

# HAVING A GOOD STRONG MEMORY

The exact mechanisms by which stress erodes brain functioning still remain unclear, somewhat a mystery, though the research suggests it's related to the ability of exercise to maintain telomere length, is a big key factor in aging. Regardless my friends, of the mechanism at play, the correlation should be very clear. It comes down to exercising, exercise protects against stress and, consequently, defends our beautiful brain from harmful pressure.



Of course, exercise is not the only or even the most direct way to reduce the stress and in turn benefit our brain. Fotuhi says that the simple things like taking a few minutes out of your day to kick back and relax, can go a long way. Just try to be happy. Life will definitely go on, he says. If you're late, you all have heard the saying, it is what it is. Getting stressed over it will accomplish nothing. And it will not help you in having a good strong memory.



Meditation is another stress reliever-seems to offer benefits similar to those of exercise. Though some further research is needed to prove causation, a study from 2015 found that meditators tend to have better-preserved gray matter in the brain, especially the hippocampus, than the counterparts who did not meditate. While emphasizing the preliminary nature of his research, University of California, Los Angeles, doctor Florian Kurth says that meditation can both expand the brain's gray matter and reduce the stress along the same lines as exercise.



If you have the time left between meditating and exercising and if you still want to improve your brain health, and having a good strong memory, you may want to try what the experts call cognitive stimulation. In common parlance, it just simply means learning some new things and then applying that new knowledge in practice.



The taxi drivers in metropolises like London and Paris learn the intricacies of the city's geography and the traffic patterns and then apply that knowledge in ever-changing circumstances. This actually affects the structure of the brains of the drivers, according to a 2000 study, that was conducted before the era of universal GPS. Cabbies' posterior hippocampus, the part of the brain that is typically associated with spatial memory, grew throughout their career.

By them learning and creating new knowledge, the gray matter got bigger, Kurth explained. He likens this effect to the way that weightlifting training affects the muscles. The more a person work out, the more a certain region improves. However, as with weights, the gains in brain development can disappear if you don't continue to work that region.



Of course, a job as a taxi driver is not the only way for employment to provide the kind of stimulation that will grow the brain, and help you in having a good strong memory. Learning new things is the key my friends, People past the point of formal schooling which is to say, most of us might want to try learning a new language, learning to play the guitar or maybe skateboarding. Whatever you do, always make sure, you just don't learn it, apply it frequently.

Like anything in science, none of these interventions to prevent or slow cognitive decline come with any satisfaction guaranteed, this my friends is real talk. Some people certainly defy the trends, and all recommendations evolve as the research changes. But although scientists and the doctors always love to say MORE RESEARCH IS NEEDED, the existing research does support meditation, exercise and lifelong learning as reliable ways to work your mind, and to help you in having a good strong memory.

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What people don't realize is that memory loss has many treatable components, and if people treat those component, people will improve, Fotuhi says. People need to start taking real responsibility for their brain health in the same way they take real responsibility for the health of their teeth. These are very simple interventions with some profound benefits.



Yoga improves our mindset and our decision-making, by keeping our brain sharp. According to a study in PLOS One in 2018 doing hatha yoga for just 50 minutes followed by a 10-minute guided mindfulness meditation once a week for 6 weeks may improve recollective powers. Working memory involves the temporary storage and the processing of information, such as reciting a phone number in your head or following directions, explains study author Devon Brunner, a clinical research assistant at the Center for Depression, Anxiety, and Stress Research.



More research is needed to understand the exact connection, however, it is likely that the benefits stem from a combination of the things that are happening during yoga, such as movement, integrating breath and redirecting attention,



Devon says.



A combination of yoga, pranayama, and meditation may help you to live longer and age more gracefully, according to a 2017 study that was published in the journal *Oxidative Medicine and Cellular Longevity* by researchers in New Delhi. It was with ninety-six healthy adults followed a program that included 90 minutes of these practices five days a week, After 12 weeks, they all showed improvements in several markers of cellular aging, including main-taining telomere length ( which is an enzyme that repairs and lengthens telomeres )



Telomere attrition is associated lifestyle diseases and aging. So the bottom line is yoga, pranayama, and meditation may prevent the onset of diseases and prolong a healthy life, researchers say. Though we can not yet change our chronological age, we can definitely slow down the pace at which we do age with yoga and meditation, says the study authors.

Yoga and meditation practices have repeatedly been shown to be associated with preservation of BRAIN TISSUE in late life, and these wonderful findings suggest that this may be due to the enhancements of BDNF (brain-derived neurotrophic factor) signaling, explains the study author Rael Cahn, PhD, who is an assistant professor of clinical psychiatry and behavioral sciences at the Keck School of Medicine at the University of Southern California, however, more research is needed to determine if shorter practices of yoga can also boost BDNF to this level.



Illustrated In this article, you have been given many ways to help you in having a good strong memory, please take care of your brain.

May you be always in good health, humbly yours Paul Earl.

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