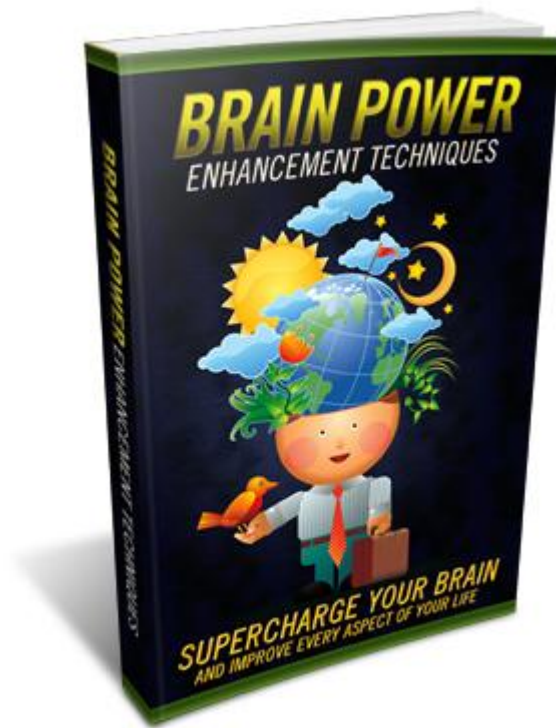


BRAIN POWER

ENHANCEMENT TECHNIQUES



**SIMPLE STEP BY STEP GUIDE TO
IMPROVING YOUR MEMORY SO YOU CAN
REMEMBER NAMES, TASKS AND PASS EXAMS.**

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Brain Power Enhancement Techniques

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Brain Power Enhancement Techniques

INTRODUCTION

Having a good memory means being able to recall information easily which you have experienced in the past. There are 2 types of memory: Long-term and short-term.

Short-term memory is the ability to store information which occurred a few minutes or even a few seconds ago.

For example, when you phone the operator for a company's telephone number, you'll be able to remember and dial the number right away. After 1 or 2 minutes, you'll completely forget about the number.

Long-term memory is the ability to store information in your brain for a longer period of time. This is information which you've made an effort to remember for a long time.

Another type of long-term memory is when something repeats itself several times so that you remember it permanently.

Or when something shocking, positive or negative occurs that stimulated your emotions quite a bit.

For example, if someone pointed a gun to your head, it'll be impossible to forget the incident.

This step by step guide is to help you improve your short-term and long-term memory. If you're physically and mentally fit, then it's a matter of training yourself to get the effective memory you want.

The steps are laid out over a span of 7 days where you'll begin to have a much better memory if you take action and practice the steps.

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Day One

Step 1 – Understanding A Bit More About Memory

Some people are born with a good memory. I have a daughter and son who have totally different characters.

My wife and I spend a lot more time with our daughter's studies. She needs to work harder than others when it comes to spelling tests, examinations etc...

My son on the other hand, needs far less attention from my wife and I compared to our daughter. The reason is, he naturally has a good memory.

He can remember things which we teach him only once. He even remembers them a few months later.

If you understand this situation or have actually experienced this yourself, don't despair. It is possible to train yourself and get a good memory.

It involves changing some of your habits, doing some brain exercises and following some techniques. You will see improvement. That's a guarantee.

There are 3 main areas which you can improve on to make a difference:

- Physical Exercise
- Brain Exercise
- Memory Techniques

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Step 2 - Basic Foundation

Your brain needs exercise. Just like your body, the more you exercise your brain, the fitter it becomes.

Memory loss that occurs in old age are normally from diseases, which we cannot do much about, and also from lack of exercise for the brain.

If you stop using your brain, then you'll lose its effectiveness which will eventually give you a poor memory.

The first thing to start having a good memory is to get good sleep and to exercise your body. This is the basic foundation necessary for having an effective memory.

Get 7-8 hours of uninterrupted sleep and do some exercise such as jogging for 30 minutes regularly.

When you get sufficient sleep, your mind is more alert. When you're sleepy, you tend to ignore things and don't care about them.

You'll pay less attention to detail and therefore it's obvious you won't remember things.

With good physical exercise, your body will be stronger and you'll have more energy throughout the day to do work. You can also think without getting tired easily.

Having a fit body together with good sleep is essential. Think of the times when you were energetic throughout the whole day. What happened?

When we're full of energy, it's much easier to read, play soccer and wanting to learn more things.

When we're tired, we just want to lie on the couch and watch television. Take a note when you're extremely tired and also when you feel very energetic. Notice the difference in the way you act and feel.

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When we exercise, we actually provide more oxygen to the brain cells and more blood flows to the brain. This helps in removing waste from your brain and makes your brain cells healthy.

You don't need to drastically change your lifestyle for a good memory. Just get sufficient sleep and exercise every two days for 30 minutes. This will benefit your memory and make you live longer.

Step 3 – Watch what you eat

Your diet affects how your brain performs and it will perform well with a steady supply of glucose.

Eating a healthy breakfast will do wonders to kick-start your brain. Everyone says that breakfast is the most important meal of the day and they're 100% right. Spend 15 minutes to prepare and eat a healthy breakfast. It's time worth spending.

As we grow old, we start to have less healthy brain cells, and as the brain cells get older they sometimes stop communicating with each other.

This slows down processes such as thinking, short-term memory retrieval and generating new brain cells.

Taking anti-oxidants can help.

Good sources of anti-oxidants are:

Vitamin A – Carrots, spinach

Vitamin C – Kiwi fruit, strawberries, tomatoes

Vitamin E – Nuts, seeds, vegetable oil

You should avoid fatty foods as they clog up the arteries and block oxygen to the body and brain.

It's proven that eating fish is very good for the brain. Fish contains DHA and Omega-3 fatty acids which both help the brain to operate at its peak.

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We all love our food and find it very hard to adjust our eating habits. I'm not asking you to make a 180 degrees change. Just gradually change what you eat and remind yourself to eat more of what is healthy.

Steps 1 – 3 are the basic things you need to know so that you understand how to develop a good memory. Start making a schedule on how you plan to eat and exercise, and take action now.

Day Two

Step 4 – Brain Exercise 1

The first exercise you can do to train your brain and memory is to activate the brain's learning process.

Use your brain as often as possible. When you learn something, your brain is being trained and new cells are made.

You're keeping your brain healthy. The more you work your brain, the healthier it becomes.

To activate the learning process, do things which you don't normally do. Here are a list of tasks which you can do regularly.

1. Cross your arms but differently. If your right arm is normally on top when you cross your arms, change it so that your left arm is on top.
2. Use your other hand when you're using your computer's mouse. This will involve switching the right and left button clicks.
3. When you take out your wallet or purse, use your other hand to take out the money.
4. When you kick a ball, use your other leg. We all have a dominant leg when we dribble with the ball – stop and use your other leg.
5. When you have time, start writing with your other hand. Write a few sentences for about 10 minutes.

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6. In a safe environment, close your eyes and move around the house for 20 minutes. Do chores such as cleaning the window, getting dressed, going to the toilet etc...

Do you know why you need to do these exercises? They're making you break your habits. The things you normally do are becoming a habit. They don't require much thinking from your brain.

By switching things around, your brain will find these process new and you will feel uncomfortable.

Your brain is therefore learning and you're giving it exercise. You'll immediately find that you need to pay more attention to what you're doing.

You can also listen to your MP3 and at the same time, iron your clothes, brush your teeth, tie your shoelaces etc...

The MP3 music is distracting you from your task. Your brain will therefore need to concentrate more.

Practice doing these exercises throughout the day. Also plan ahead on which exercises to do for the whole week.

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Day Three

Step 5 – Brain Exercise 2

Another kind of exercise you need to focus on is making your brain think. Apart from learning new tasks, your brain also needs to think, focus and find solutions to problems.

Here are some exercises, or shall I call them habits, which I highly recommend you to do regularly.

1. Play Chess

This is a fascinating game. Each game of chess is different and requires concentration. It also improves your patience.

Find time to play chess at least twice a week. Play it with your family or even online with your computer.

Chess involves the player thinking ahead several moves and enables them to focus hard on the task. This is especially good for children to develop their brain.

2. Play Scrabble

Like chess, Scrabble is very good for the brain as the players need to concentrate very hard on words which they know.

It makes them recall whatever word they saw previously in magazines or books. They will learn new words every now and then when playing Scrabble. It gives the brain a good workout.

3. Read and learn

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Reading is very important for developing the brain. So much knowledge can be found in books. It's even better if the book teaches them a new skill.

When you read, your mind is focused on the information that is being passed to you. Your brain is working throughout the duration when you're reading.

Many people take reading as a form of relaxing. It may be physically, but your brain is put to work.

4. Be active in day to day activities

For example, when you're travelling, be active in planning out the route by looking at the map.

When you're visiting an entertainment park, be the one who finds out which restaurants to eat, what "fast passes" there are, any discounts on a particular day, which rides require the most queuing etc...

When you're doing these type of tasks, your brain is using its past knowledge and experience to complete it.

With these exercises, your brain will be in a creative mode and you're well on your way to getting a good memory.

Step 6 – Brain Exercise 3

Now we will do an exercise that will train up your short-term memory. With practice you'll become very good at it.

Read through a magazine and as soon as you see a detailed picture, time yourself immediately for a minute while studying it.

Then write down as many things as you can remember from the picture. Your target is to remember 10 or more things.

Apart from pictures, you can also try to read a sentence (about 15 words) within a minute and then try to write out the whole sentence backwards.

Your brain will benefit from this strenuous exercise.

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Day Four

Step 7 – Memory Trick 1 – Having a Positive Attitude

When you start to study for something such as an examination, always have a positive mental attitude.

Tell yourself that the subject is interesting and that you're good at remembering this topic. This helps you a lot with memorizing facts.

The fact that you're affirming to yourself that you like the subject and find it interesting, your subconscious mind will believe in it. Especially after you repeat the statements with emotion.

Never, ever fear or be stressed with your studies. This will affect your ability to memorize the facts.

When you're happy or take an interest in doing things, you will do it with the best of your ability.

If a child at school hates Geography either because of the teacher or because they find the subject boring, what are the chances that he will do well for this subject?

Remember to have a positive attitude whenever you're learning something and tell yourself that you love the subject.

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Step 8 – Memory Trick 2 – Don't Multi-task

When you're trying to remember something, never multi-task.

For example, never read and listen to music at the same time. Never have the television on when you're reading. Having a good memory requires learning something with focus and paying full attention to it.

If you're studying for an exam or reading an important book which you want to learn, then go to a quiet area with no distractions.

Switch off your cell phone, your email, your MSN Messenger and hang up a **No-Disturb** sign on the door.

When you're focused and concentrate on reading the information, your brain has no choice but to remember it.

When you're distracted from what you're doing, you need a total of twenty minutes to get back into what you were doing. This is how long you need to get back into the flow of things.

A one minute phone call will practically waste 21 minutes of your time. Amazing when you look at things this way.

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Step 9 – Memory Trick 3 – Know how you learn

Some people learn best by actually seeing things and some learn best by hearing things. You need to know which way you learn things the easiest.

When you recall information from a class, do you recall it by hearing what the teacher say, or do you visualize what was written in the text book or from your notes?

It's important that you find out which way is more effective for you to learn and remember materials. If you're a visual learner then write down notes and draw diagrams on whatever you want to remember.

If you're more effective at memorizing by hearing, then record yourself on a tape recorder and listen to it over and over again.

Step 10 – Memory Trick 4 – Understand the information

Let me tell you an interesting story. A girl I used to know when she was a teenager, always did well in class.

She was always within the top 3 of the class. For her GCSE exams, she passed it with flying colors. She worked very, very hard for all her exams.

In her A-levels, she failed miserably. She only got one C grade and the others were D or E. **What the hell happened?**

Well let me tell you that during her A-levels, she studied as hard as she could. She didn't slack. I realized a few years later what her problem was when we met again.

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When she studied for exams, she did not make the effort to understand the information. She just memorized the facts.

All the hard work she put in was to memorize the facts. She was able to write out certain sentences, word for word. But she didn't know how to apply the information.

Studying for A-levels, this type of recalling is not enough. The exams have case studies where you need to apply the knowledge.

Therefore, when you're studying for an exam, make the effort to understand what is being taught and think to yourself how this applies in real-life situations.

By taking this extra step to understand things, you will require less time to study.

Step 11 – Memory Trick 5 – Taking breaks

We remember things well that are at the beginning and at the end.

We remember things at the end because it is the most recent. Therefore it's important that when you're studying, you should take breaks every 45 minutes.

When you take a break, your brain is relaxed and re-charged so that it is ready to take in more information.

If you study for hours non-stop then it is very difficult to remember the things you have studied in the middle.

Always remember that it is much easier to memorize things at the start and at the end.

You'll remember most clearly, the first 15 minutes of what you're studying and also the last 15 minutes. The 15 minutes in the middle, is also fine.

But if the duration increases, then you'll remember less and less of what you're studying.

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Even if you're not tired, take that break every 45 minutes. You need it to recharge your brain and memorize things more effectively.

Day Five

Step 12 – Memory Trick 6 – Remembering Names

When you're introduced to someone and you want to remember their name, pay attention to what is said and make a comment.

If the name is Tony, repeat the name in front of the person and shake their hand. Repeat the name again in the conversation...

"So Tony, how do you know Samuel?"

If the name is something strange which you've never heard of before, tell the person that it's a special name and if they don't mind spelling it out for you. Ten times out of ten, they won't refuse.

Once you've got their name spelled correctly, imagine their heads with a sign on top and the name written on it.

If a person's name is Jake, make it rhyme with a word like "Cake". Then imagine your new friend eating a cake when speaking to you.

These are the things you need to practice often when you want to remember someone's name.

To start practicing this, go to a crowded bar and look for a group of people. Imagine each of them are being introduced to you by a friend. Then use the techniques above to try and recall their names.

With practice, you'll find that it's a fun game to play with friends and you'll also get better and better at remembering names.

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Step 13 – Memory Trick 7 – Where did you put those items?

A lot of the times, we forget where we placed certain items. The normal explanation is that you weren't paying attention to what you were doing.

If you're leaving for a flight, sometimes you may have placed things in the house in strange places since you're in a rush. It's very likely that you'll forget where you placed it when you return.

For example, if I decide not to take my game console with me on a flight, I will take it out of the luggage place it back in the house. Since I was in a rush, I placed it in one of the drawers.

When I walk out the door, I'll visualize myself returning home from holiday and opening the drawer to find my game console. I'll repeat this visualization again at the airport while I'm waiting.

When I return home, it will be easy to remember where I placed it. Whenever you place things, pay some attention and visualize yourself looking for it. That's all it takes.

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Step 14 – Memory Trick 8 - Imagining Objects

This technique is useful if you want to memorize certain lists. Say for example, you want to memorize a shopping list of more than ten items. You have the ability to memorize this list without writing it down.

You can do this by practice remembering twenty objects that are numbered from one to twenty.

The number one could be represented by a lamppost. The number two could be represented by a snake. The number seventeen could be a gun pointing at a lamppost and so on.

Concentrate and see how you can represent these numbers with pictures.

Next, go through the shopping list and with each item, associate it with a picture.

If the first item is cereal, then imagine a box of cereal on top of a lamppost (which represents one).

By associating each shopping item with a numerical picture, you can go shopping and just go through each number in your head and buy everything.

To further expand on this method, try and memorize a room in your house and represent each object in the room by a number. For example, the window is 1, couch is 2 etc...

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Using this visualization technique, you can remember a list, in order. It takes practice but after a few days, it becomes very easy.

By using both the numerical pictures and the picture room technique, you can memorize a list of forty objects in order.

It is possible. It just takes practice.

Day Six

Step 15 – Memory Trick 9 – Use mnemonics whenever you can

When you try to remember some things in order, you can also use mnemonics which makes things so much easier.

If you want to know the colors of the rainbow for example, you would use "Richard Of York Gave Battle In Vain".

The first letter of each word represents all the colors of the rainbow. Eg. Red, Orange, Yellow, Green, Blue, Indigo and Violet.

Let's take a more difficult scenario. Say for example, you need to memorize 40 steps you should carry out in order to troubleshoot a PC problem, which is one of your potential examination questions.

For each step place a word or letter to represent it.

If the steps are:

- check connection
- check power supply
- database corrupt
- user password incorrect
- internet is down
- etc....

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Then you can use something like CPDUI to represent these first five steps.

C for connection
P for power supply
D for database corrupt
U for user password
I for Internet

Then with each letter, replace them with words such as:
City Police Dept. Understand Ideas etc... The end result is that you will remember 40 words which in turn will make you remember the 40 steps in order.

Step 16 – Memory Trick – 10 – Using stories

It's recommended that we should not use our date of birth as the pin number for our ATM card. What you can do is assign something lively that looks like numbers so that you can remember it more easily.

If the pin is 745893, then represent each number with an item.

7 = Boomerang
4 = yacht
5 = fat man
8 = a guy with specs
9 = golf club
3 = someone's behind

Picture the scenario where you throw a boomerang and it hits a yacht carrying a fat man who is wearing specs with a golf club. He shows you his behind as he falls over.

Once you picture this scenario, you'll be able to recall this pin number easily.

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Day 7

Final Step

You now have the knowledge and the techniques on how to get a good memory so that you can make your life easier.

You can spend less time studying for exams and have more confidence in yourself.

What you need to do for your final step, is to practice and revise everything you've learned during the past 6 days. Then with a notepad, write down a schedule for when you will exercise your brain and when you will practice the memory techniques.

Even schedule the time you will do physical exercise.

With this plan and with consistent practice, you'll be miles ahead of people who never take any action after reading a book...which is sad.

Taking action is everything. Just reading this book will not give you a better memory. The techniques outlined in this report work and they're proven to work.

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As well as exercising the brain to keep it in optimum performance, you should also keep your mind free of things that you don't need to remember.

The more you free your mind of garbage, the more room you'll have in your brain to remember important stuff. You need to decide for yourself what you need to memorize and forget the rest.

One of the tools I use is a PDA phone. You can use a small notepad if you prefer. With my PDA phone, I can place things which I need to do into 3 categories.

- Home
- Office
- Travelling

I place all the things what I need to do at home into the home category, then the things I need to do at the office into the office category.

Then I place all the things I need to do when I'm out and about in the travelling category.

E.g. Buying a door handle for my kitchen.

Using this system, I can free up my brain and focus much more on memorizing things which I consider important.



The Importance of Memory, Concentration and Mental & Psychological Health

Often, we do not focus on psychological health as vigilantly as we do an individual's physical health, regardless of gender or age. But like our physical wellbeing, we must also **be attentive to our psychological, or mental, state** to consider ourselves fully fit.

Many illness and conditions fall into this broad mental health spectrum such as learning disorders, concentration, memory, tension, anxiety – test taking is a prime example – depression, mood swings, depression, and even sleeplessness.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your mental health – naturally and safely.

View Natural Products for Memory & Concentration

- Learning & Concentration
- Memory

View Natural Products for Mental & Psychological Health

- Mood Support
- Stress & Sleep

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called*

natural remedies are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »