

# DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

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## Memories... -Tara pierce H

For many years, a memory has been thought of as a book on the shelf in a vast library; filed neatly away with its own DDC# to be easily accessed, as a whole, when needed. We now know that each memory is a complex construction beginning with perception. With each experience,

experts believe that the hippocampus and the frontal cortex analyze the various sensory inputs and decide if they are worth remembering. Each detail, such as the shape of the book, the color, the smell, the sound it makes as you flip through the pages and how you felt as you read the closing line, is connected to the others through



electrical and chemical messengers called neurotransmitters. The resulting memory forms a web-like pattern of cells scattered throughout the brain. Each web is built and rebuilt and is more likely to be retained as long term memory if the information is repeated or used. That is why studying before a test is such a benefit to our final score.

When our memory becomes less effective, especially as we get older, it is not always because of a structural or organic problem but simply as a result of lack of use. Studies of nursing home populations show that when patients are given rewards and challenges they are able to make significant improvements in memory. Other risk factors for memory loss include obesity, major stress in life, anxiety and anger, all of which will eventually wreak havoc on the brain. Life can easily and often throw your lifestyle for a loop. Don't forget to take a minute each day to listen to what you need to regain that balance.

In addition to mental stimulation, what you eat and drink and the quality of your sleep plays a powerful part in restoring good health and mental clarity. Regular physical exercise will increase blood circulation and get more oxygen and nutrients to all parts of the brain as well as Dr. Christopher's Memory Plus Formula. It is a great way to cleanse, re-build and increase circulation to the brain.

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