

All You Need to Enhance Memory Ability

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Sunday, 01 January 2012 02:36

As years pass by, your memory ability will be gradually decreasing. This is a natural process and you cannot avoid it. Although this process is unavoidable, you can slow down the process by consuming natural foods. There are foods that are useful to enhance your memory ability and they are better consumed regularly.

Some foods are precious sources and they are essential to enhance your memory ability, let's mention tomatoes, broccoli, or salted dried watermelon seed. The nutrient contained in those foods help to keep the sharpness of your memory ability.

Dealing with this memory ability, one of the illnesses many people fear of is Alzheimer. This illness occurs when brain dramatically loses its function when people are aging. If one is suffering from Alzheimer, there is almost nothing this person can do and this is so frightening.

To prevent this illness as well as other illnesses concerning the memory ability, you are suggested to consume some natural foods which are very helpful to keep your memory ability on track if you consume them regularly. Here will be given to you some foods that are good to boost your memory ability.

The first one is flour. Either flour or its products like cereal, flour paste, and wheat bread provide B12 and B6 vitamin which increase and maintain the memory ability. It also lowers the risk of light cognitive decrease which leads to Alzheimer.

Blueberry is another alternative for you to take care of your memory ability. Based on research in Tufts University and Journal of Neuroscience, the blueberry extract maintains and improve the memory ability as well as brain functions.

According to many researches, omega3 is the most essential acid fat that stimulates the works of the brain to increase. The great source of omega3 acid fat is fish oil. It derives from mackerel, salmon, tuna, and other fish. Besides providing the omega3 acid fat, it is also rich of docosahexaenoic acid (DHA) and iodine which sharpen the memory ability and maintain the brain nerves.

Meanwhile, blackcurrant is believed as one of the biggest supplier for vitamin C. This vitamin improves the mental skills as your brain is working. By consuming blackcurrant, you are protecting your brain from toxic obtained from foods or from your surrounding environment. Other vitamins that play good role to enhance the memory ability are vitamin K and vitamin E. Vitamin K can be found in broccoli, whereas vitamin E is highly provided by nuts.