

Memory Tune™ Course



Day Three

Welcome back!

Over the days of this course, you will look at different aspects of your memory; engage in exercises that will energize memory skills and find out about the lifestyle factors that play a profound role in supporting an alert, active and healthy brain.



Brain Connections Can Re-Grow at Any Age

Keep your brain alive and young!

Once you hit the magic 50 years of age, you will begin to notice some memory changes. But the good news is that you do not have to accept memory loss as inevitable as you get older.

To continue to enjoy all that life offers, you **MUST** look after your brain and memory.

Last session, you were asked to:

1. Be sure to drink at least two more glasses of water during the day.
2. Add one more physical activity than is usual for you – like climbing a flight of stairs instead of taking the lift or taking a brisk walk at lunchtime. Did you check out the gym?
3. Take note of how well you slept. Did you have 6 – 7 hours of uninterrupted sleep? Or if you were wakeful at times, refreshing sleep?
4. To note any incidences of forgetting. Are you seeing a pattern in the times your brain is letting you down?



Did you know?

For brain cells to regenerate, you need water, sleep and relaxation.

To find out more detail about these, read the relevant chapters in your course-book:

Seven Second Memory: Rewire your Brain for a Youthful Mind by Dr. Allison Lamont & Gillian Eadie.

Now for Today's Memory Tune

1. Make sure you have taken a brisk walk of at least 20 minutes, or the equivalent exercise. It does not matter when this takes place in your day, just as long as it does!
2. Drink a glass of water

Remembering Words

3. Concentrate on each of these words below:

boat horse branch card road

spark trail game store turtle

Then repeat the list out loud five times.

Without looking at the words again, write them down from memory.

How did you do?

On average, most people will remember six or seven. If you remembered all ten, then you have an effective verbal memory.

If you remembered five or less, then a bit more focus and practice is in order.

4. Try remembering word lists of your own – items to buy, seeds or plants for the garden, components for a project you are undertaking or random word lists, just for fun.
5. Actively use Dr. Lamont's Story Technique at least once again today and for each day of this course.

Try Dr. Lamont's Story Technique.

To increase your verbal memory powers, focus on each word in your list and say it out loud, as before. But as a second step, attach a story to each word and see if you can connect these stories into a sequence that will help you to recall the words.



Jack stepped off his **boat** and was astonished to see a **horse** tied to a **branch**, with a **card** on the side of its harness which read "Road Closed Ahead". Jack, a bright **spark**, knew that the beginnings of a **trail** began here which led to a **game** park but he was heading for the **store** so he didn't go that way. He wanted to buy a can of **turtle** soup.

If you are thirsty, hydrate with a glass of water or green tea. As you concentrate on a brain task, it is very normal to find yourself needing more fluid. Your brain cells are mostly water and they've been working hard for you.

A quick snack of cashew nuts, walnuts or dried apricots will also give you positive energy without those deadening junk food calories.



Taking your Verbal Memory a bit further.

Try these Memory Tune exercises, using words.

6. **The following words are written in reverse order.** Which one shouldn't be in this group?

raeb, noil, effarig, esuom, arbez, regit, tnahpele

7. **Here are five random letters, three consonants and two vowels.** How many four letter words can you create from the following letters?

I, D, M, E, T

8. **Look at the following series of letters.** This is a well-known phrase that has the vowels removed and the consonants grouped incorrectly.

ST TCH NTM SVSN NE

Now, create your own word puzzle. Randomly select some consonants and vowels and create a word test. You can make this more difficult by allowing only words of a particular category, e.g. your workplace, garden, sport and so on.

Re-wiring your brain for an alert, responsive memory takes conscious effort. A memory trace is created in three main steps: focus; connecting with something you already know and processing. More on this next time!

Research has established quite clearly that there are brain-friendly foods, lots of them; also, there are definite no-no's in your diet if you want to keep your brain youthful and performing at its peak. Do you recall which are the best foods (the ones you like) for your brain?

You'll see that, in general, the more colourful the food, the better it is for you! All those brightly coloured fruits and vegetables look fantastic on your plate, give your brain important nutrients and they will give your body a new lease on life.



Remembering stories

Verbal memory is activated when reading as you recognise the words, understand their meaning, and integrate the words into a meaningful story. Read the following story to yourself once, reading slowly and memorizing as much detail as you can.



At 7.00 on Wednesday evening, Bruce Peterson of London was listening to the radio as he dressed to go out. A weather bulletin interrupted the news programme to warn that a thunderstorm would move into the area within two hours and remain until early morning. The storm could bring hail and up to 90 millimetres of rain and the temperature would drop by 12 degrees. Bruce decided to stay home. He took off his coat and switched on the television.

Cover the story and write down as many facts from the story as you can. Did you list at least 15? Read the story again and find the missing information. Practise again with this little story.

Julie Appleby of Boston, employed as a cleaner in a junior school, reported at the police station that her house in Queen Street had been broken into while she was at work. Her jewellery had been stolen. She had three small children, the mortgage was due, and they had not eaten since yesterday. The school staff, wanting to help, took up a collection for her.



Cover the story and write down as many facts as you can. Did you remember better this time? Practise this skill as you read the newspaper, a magazine, or a book.

Concentrate on a few sentences and remember them in as much detail as possible.



Nuts are rich in calcium, phytoestrogens and omega-3 fatty acids needed for healthy brain cells

Try your power of recall.

Think back to the two stories you read earlier and answer the questions.

1. Was the man's name Bruce Peterson?
2. Was it Monday evening?
3. Was the storm expected to move into the area on Tuesday?
4. Did the announcer warn of hail?
5. Was the woman's name Julie Appleby?
6. Did she have four children?
7. Was the woman robbed of fifty-five dollars?
8. Did the police take up a collection?

Check to see how accurately you have remembered. This is **recognition** where you are given information and asked to recognize whether it is accurate or not. Recognition is generally easier than recall where no clues are given.

Relaxation Exercise

As you breathe in deeply, raise your arms sideways, up to ear level. Exhale slowly as you lower your arms to your sides.

Repeat this exercise three times.

Hold your hands in front of your chest, elbows up and concentrate as you feel your chest fill with air. Keep your shoulders down as you breathe in and exhale.

Repeat this several times.

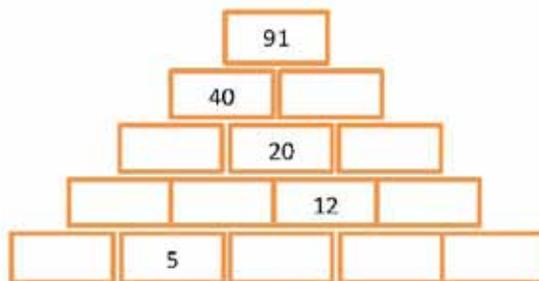


Not all exercise has to take the form of running or jogging. Tai Chi can offer a splendid workout both mentally and physically.

Give it a try!

Brain Wake Up

Each brick in the wall below represents the sum of the two numbers below it. Complete numbering all of the bricks in the wall, based on the digits already provided.



Before you go to bed tonight, without reading the stories again, take a moment to write down as many details of the two tales as you can remember. Did you remember as many facts as you did immediately after reading the stories? Did the picture alongside each story come to mind, helping you to remember what the story was about?

Don't forget! Leave a reminder in a prominent place.

Get ready for your next session

Make a list of the individual foods you eat between now and your next Memory Tune session. Note them in two columns – colourful and white/pale foods.

1. Note your sleep pattern tonight and keep a tally over the days of Memory Tune.
2. Think back over the three new skills you have learned so far - what are they? Practise them at least three times each before the next session.

Solutions:

P.4: (6) The MOUSE did not belong in the group.

(7) diet, dime, edit, emit, item, mite, tied, time, tide. Did you find any more?

(8) A stitch in time saves nine.

Brain Wake up: Start at the top in this way: $90-40=51$ then $40-20=20$, $51-20=31$ and so on.

91, /40, 51/ 20, 20, 31/ 12, 8, 12, 19/ 7, 5, 3, 9, 10



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