

Are “senior moments” becoming embarrassing? Four techniques that improve short-term memory as you age.

As you age, your memory may not be what it used to be.

Do you . . .

- Walk into a room and then you can't remember what you came there for?
- Forget peoples' names . . . even people you *know*?
- Lose things constantly, like your keys, your wallet, your shoes, or your car?
- Stammer “Um, um, um,” while trying to search your foggy brain for the words that you were looking for?
- Go to the store and forget the one thing that you meant to buy?
- Blank on movie and book titles?
- Feel like your brain is foggy and you're losing your edge?

Look, it's ok . . .

It can be frustrating and embarrassing to forget things and have other people see you as someone who has “senior moments.”

Over 40 million Americans experience age-related memory loss.

And the older we get, the more sensitive we get to little lapses. Because how do we know if it's normal or if it means something is wrong? Does it mean we are getting dementia or Alzheimer's?

We can't help but worry that our memory will never come back. What if we lose our ability to do the things we enjoy?

Or what if we have one lapse too many and lose the trust of the people around us?

If you're forgetting things more often, chances are you're asking yourself these questions:

“Why do I keep forgetting things? Will I ever get my memory back?”

Our short-term memory begins to decline by the age of 25.

By age 50 we may have already lost 50% of our short-term memory, and it only gets worse.

Memory will continue to decline with age if you don't take action.

This article will give you several things you can do to preserve and protect your memory. By that I mean your ability to recall the information that is already stored in your memory.

. . . So it's not on the tip of your tongue.

. . . So you don't say the wrong name when you're talking to your children.
. . . And so you don't forget what you were just talking about, or what you just read.

In this article we will go ways to improve your short-term memory as you get older.

Most of the techniques are simple lifestyle changes. The fifth technique will give you a leg-up against time.

But before I go into the techniques, let's back up a second.

Let's talk about how your brain works.

Your brain has 100 billion neurons, and they make 1 trillion internal connections in your brain.

It's really how they connect and how they talk to each other that determine our memory—our thinking—and it's *critical*.

As a brain cell grows, it makes branches.

It's important, because it uses those branches to communicate with other brain cells.

Think of your brain cells as trees, and your brain is a forest. It's these connections that create our memory and our ability to think.

Memory Technique #1: Understand what short-term memory is and how it works.

There is no way that you can remember every piece of information and every sensory experience that you are exposed to.

Every minute of every day images, sounds, words and numbers pass through our awareness. Our brains ignore and forget the vast majority of that information. It has to! Otherwise we would be completely overwhelmed.

Short-term memory is where your mind holds onto small pieces of information for a brief amount of time and eventually puts the important stuff into long-term memory.

Think of your short-term memory as a desk where you organize mail. Most of the mail is going to go straight to the trash. You can't possibly read all of it, and most of it is irrelevant junk. Some of the mail will catch your attention, and you will put it into a pile for later. A small amount will be stored into a filing cabinet where it can be retrieved later when you need it.

The trick is to figure out which pieces of information are important enough to go into the filing cabinet.

If something is important enough to remember, you need to rehearse that information (kind of like a piano player repeating music until he has it memorized) until it is put into long-term memory.

Memory Technique #2. Stop multitasking.

Appreciating what it takes to remember something (repeating the information in your mind and concentrating on it) is the first step to improving your short-term memory.

Next, you have to stop doing things that sabotage your ability to retain information. Stop multitasking.

In an article in the mental health section of Web MD titled, “Why multitasking isn’t efficient,” Susan Kuchinskas explains that you never truly multitask because your cerebral cortex can only focus on one thing at a time. While it may seem like you are doing several things at once, your brain is switching the focus from one task to the next and back again. And none of the tasks get the attention and concentration that they deserve.

So if you are talking on the phone with your boss, carrying in groceries, and petting the dog all at the same time... it’s no wonder you can’t find your keys.

And if you are checking your email, talking on the phone, listening to music and writing down the date of your dentist appointment... is it any wonder that you missed the appointment?

The human brain requires concentration in order to remember things, and our culture is obsessed with multitasking. Try doing one thing at a time instead.

Memory Technique #3: Get enough sleep.

Getting a good night’s sleep immediately after learning something new is the key to remembering it.

That’s because memory involves three steps; gaining new information, consolidating it into your mind, and recalling it later. Acquiring the information and accessing it happen when you are awake. But researchers agree that consolidating that information into your mind is something that occurs when you are asleep.

Sleep deprivation can throw off your memory immediately. When you’re tired, it is hard to focus and concentrate, which makes you less likely to retain the information to begin with. Overtired neurons can’t process information and you might have a hard time remembering things that have been stored in your long-term memory.

Consider this if you think your memory loss is due to old age. It might be that you need a good night’s sleep.

Natural Option #4: Eat right and get enough water.

To increase your alertness, focus, and memory, start by drinking a glass of water.

Your brain needs plenty of water to function, and dehydration can lead to short-term memory impairment.

Avoid (or reduce) foods and beverages that lead to brain fog, like sugar, alcohol and other simple carbohydrates. Trans fats and saturated fats, tofu, and salt also have negative effects on cognitive function.

Simply take note of what you've been consuming regularly, and begin to cut these irritants out of your diet.

Now I know what you may be thinking . . . you really enjoy those foods! You really don't want to cut them out.

Well, fortunately there IS a natural way to not have to cut these things out of your life. You'll see how (keep reading!)

More about #4. So how can we replenish those neurotransmitters?

Remember how our mind is made up of interconnecting branches?

Those branches are made up of neuropeptides. Neuropeptides are compounds that work as neurotransmitters. They are made in the neurons and play a role in many of the brain's functions.

When we age, we don't make enough neuropeptides, which forge those connections. Without neuropeptides, we lose the branches on our tree. They shrink and memory begins to fail. Our brain suffers.

Imagine being able to go back to when your brain produced all the neuropeptides that you needed.

Cebria™ is a safe, effective supplement for brain support, with over 12 million doses taken around the globe. Cebria™ supplements those neuropeptides that your body produced in abundance when you were younger.

With Cebria™, one capsule a day will give the body back what it had when it was younger: an abundance of neuropeptides to grow those branches to increase the communication.

Cebria™ works by:

- Improving our short-term memory.
- Increasing focus and concentration.

- Boosting mental sharpness and clarity.
- Raising your ability to retain new information.

And most importantly, it works to renew your confidence.

Our experts, Dr. Marcus Laux, N.D., and Dr. Herbert Moessler, Ph.D., have shown through double-blind studies that neuropeptides are the answer to age related memory loss and that Cebria™ creates a significant improvement in memory.

Our patients have noticed a dramatic improvement

“I don’t feel like an old person. I feel like a younger person because I can remember more.”
Bob Bundies

“I just felt my brain was clear. It’s unbelievable that such a little pill can have such a huge impact.”

Gina Motley Cathy

“I was losing my confidence because I thought ‘I’m forgetting so many things.’ I’m not worried about that anymore.”

Don Ward

“I saw myself go from forgetting names, forgetting phone numbers, forgetting you-name-it, to having it at my fingertips. The biggest gift is that I feel like I’ve gotten a piece of myself back.”

Pamela Stark

Are you ready to get your memory back to the way it was? Or even improve it?

Don’t let yourself keep going through life with things slipping your mind. Now is your chance to improve your memory the natural way once and for all—by helping your brain form those connections between neurons.

What I’m about to show you will help you avoid:

- Wasting time searching for all the things that you’ve lost; keys, wallet, glasses, book, car. You’ll finally start remembering where you left them.
- The embarrassment of forgetting peoples’ names over and over again, even when you really should have remembered it.
- Living with it, all the while secretly worried that you may be declining or getting dementia or Alzheimer’s.

You don't have to live with any of this! It doesn't have to keep getting worse.

Click here to learn how you can solve your memory problems in fewer than 30 days, with an all-natural, potent solution backed by science.

Cebria consists of patented neuropeptides, extracted from natural proteins, which contain a unique combination of amino acids to nourish the brain and help support its optimal function.

To learn more about this all-natural solution that will help you say goodbye to embarrassing "senior moments."

Click here and see for yourself.