



What are Memory Problems?

Memory is defined as the **ability to retain and recall information, experiences and procedures such as skills and habits.**

Controlled by specific areas of the [brain](#), over time there are certain factors which can lead to the brain becoming unable to process or use memory like it used to. This can lead to all kinds of memory problems, from simply forgetting things more often, to more developed conditions like Senility, Dementia, or Alzheimer's Disease.

Diagnosing Memory Problems

Properly diagnosing memory problems requires a professional screening and/or evaluation by a healthcare practitioner. However, the following are common conditions that typically begin with symptoms recognizable by the sufferer or close family and friends.

Dementia is a condition characterized by a progressive decline of mental abilities, which results in the restriction of a person's daily functioning. One of the most well known forms of dementia is called Alzheimer's Disease.

Alzheimer's is a degenerative neurological disease that can take a terrible toll on one's own life, as well as on the lives of the loved ones around them. Many family members wonder [how to improve memory](#) for their loved one, but since there is not yet a cure, just providing support can be a great assistance to those struggling with the frustrations.

Senility is a similar condition, but it is not technically a disease in itself. Senility results due to the onset of old age, and the subsequent **deterioration of [brain](#) cells and memory functioning.**

Memory problems do not always have to have clinical diagnoses, however. Sometimes we may find that in our daily lives we simply cannot as easily recall memories as we used to, especially in times of stress or strain. Often times this may be due to poor circulation or nutrition, and while it is not dire, it can make day-to-day life more difficult.

What Causes Memory Problems?

The brain can be **affected by various diseases and conditions** which can lead to dementia. These include Alzheimer's disease, strokes, head injuries, and other neuro-degenerative conditions.

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All of these can contribute to the deterioration of brain cells, which is one of the **leading causes of memory loss**. Dementia and Alzheimer's have not yet, however, been linked to a definite cause.

Although memory function occurs in the brain, it is not limited to the brain. So, **environmental, psychological, and emotional factors can all impact our memory**, including the ability to create, retain and recall memories. Therefore, paying attention to these likely contributors is one way [how to improve memory](#)-- or at the very least, slow the speed of deterioration.

Stress and strain can have a significant impact on our ability to retain memories, as it acts as a distraction and puts our mental abilities under duress. In fact, scientists have discovered a direct link between the development of Alzheimer's later in life with a significant amount of stress and strain earlier on. Other conditions, such as ADD (in adults and children) and ADHD (in adults and children) have also been linked to memory trouble.

Oxygen is one of the most important factors in maintaining healthy brain function, and therefore a strong memory. If our brains are not receiving enough oxygen, they cannot work as well to store or recall memories. Often times, a lack of oxygen or adequate blood flow to all areas of the brain can leave the brain under-performing, causing reduced memory power.

All kinds of environmental and physical factors can lead to poor oxygen or blood flow, including poor diet, lack of exercise/physical activity, the presence of environmental toxins, or even being overweight. Therefore, keeping the body adequately nourished and maintained can serve as one of the best [memory improvement techniques](#).

Help for Memory Problems

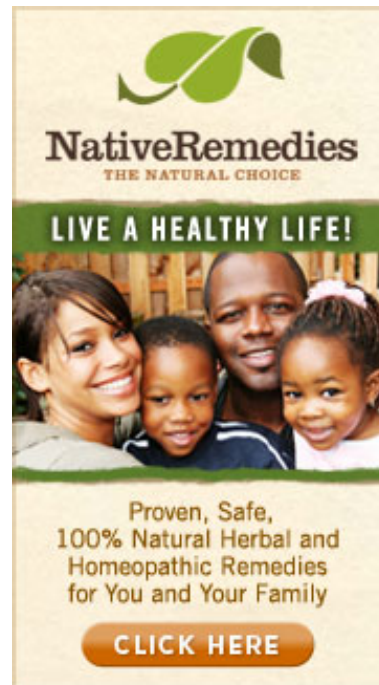
The process of forming and storing memories is a complicated one that primarily involves the brain. And while some things are beyond our control, **there are ways to improve our memory skills**.

There are alternative treatment options available for people experiencing memory problems. Making simple changes in diet, sleep, exercise, and routine can be helpful [memory improvement techniques](#).

There are also many **herbal and homeopathic remedies** which can help maintain harmony, health, and systemic balance in the brain and nervous system, without side effects or sedation. These products are known for their supportive function in maintaining brain, nervous system, and circulatory health, as well as overall well-being.

There are many ways [how to improve memory](#) through **natural remedies**, many of which aim to improve blood flow and circulation. These thereby providing the brain with the precious oxygen it needs to perform at its peak ability. By providing the brain with the oxygen it needs, you'll be providing your memory with the vital power it requires to stay strong.

Taking these preventative measures may also help ward off more serious memory problems later in life. Avoiding stress, maintaining a balanced diet, and getting



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

regular exercise are also proven [memory improvement techniques](#).

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

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In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market –giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

MemoRise™: Supports healthy cognitive functioning including memory, concentration and attention span.

MemoRise is a 100% safe, non-addictive, herbal remedy for natural memory enhancement. Formulated by a clinical psychologist specifically for middle-aged adults or seniors, MemoRise can be used to **safely maintain mental health and systemic balance** in the brain and nervous system, without harmful side effects or stimulants.

MemoRise contains a selection of herbs known for their supportive function in **maintaining brain, nervous system, circulatory and mental health, and well-being**. The formula remains true to the full spectrum method of herbal extraction, ensuring the bioavailability and balance of all the active ingredients



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In combination with a healthy lifestyle, diet, and other memory techniques, MemoRise supports the healthy functioning of the brain and nervous system, thereby helping to **maintain memory health and optimum performance**.

MemoRise provides support for routine information processing and retrieval, improved memory techniques, and helps reduce the common forgetfulness associated with an aging brain. MemoRise can be used consistently, without compromising health or risk of serious side effects.

[Learn more about MemoRise](#)

BrainTonic™: Aids in cognitive processes including concentration, memory and attentiveness.

Triple Complex Brain Tonic is a combination of three cellular-supporting biochemic tissue salts selected for their effect on brain and nervous system health.

This combination of tissue salts can be used regularly to promote **systemic balance in the brain and nervous system**, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue salts, also called cell salts or biochemic salts, are composed of **minerals that occur naturally at a cellular level** in our bodies and all organic matter on earth (plants, rocks, and soil).

There have been twelve essential tissue salts identified as important components of all body cells. Without these components, true health is not possible. Each tissue salt plays a different yet vital role in **maintaining cellular health in the organs and systems** of the body.

Ensuring the healthy functioning of all brain and nervous system cells **enhances the bioavailability of supplements, remedies, and even nutrients** in your diet.

Brain Tonic **maximizes all health efforts of the brain**, in addition to herbs and vitamins that promote mental focus in diet alone. And, because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages as well as during pregnancy.

[Learn more about Brain Tonic](#)

StudyPlus™: Improve concentration, mental clarity, memory and brain function.

StudyPlus is a 100% safe, non-addictive, natural herbal remedy and is formulated by a clinical psychologist specifically for adult students and teens.

StudyPlus has been used for many years to safely maintain **health and systemic balance** in the brain and nervous system, without side effects and strong

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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stimulants, to help assist studying strategies.

It **supports brain functioning and circulatory health** without the negative and over-stimulating effects of caffeine products used by some students to stay awake and alert.

StudyPlus contains 100% pure Gotu cola that is known for its supportive function in maintaining brain, nervous system, circulatory health, and overall well-being to support cognitive functioning.

In combination with a healthy lifestyle, diet, and general studying tips, StudyPlus helps **maintain healthy concentration, clear focus, mental clarity, optimum academic performance and healthy study habits**, without compromising health.

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