

Title:

Mother's Advice For Optimal Memory

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Summary:

Remember when you were still young and mother would tell you to eat your vegetables, go to bed

Mother used to say fruits and vegetables are good for you. Undeniably, they are. Studies reveal

Keywords:

memory,optimal memory

Article Body:

Remember when you were still young and mother would tell you to eat your vegetables, go to bed

Mother used to say fruits and vegetables are good for you. Undeniably, they are. Studies reveal

I bet you've heard of the same old ^early to bed, early to rise makes a person happy, healthy,

Quit smoking and cut down on caffeine. Researchers found that consuming a pack or more cigaret

Fish is food for the brain. Fish contains the polyunsaturated fatty acid DHA, which is the mai

^Did you take your vitamins?~ mom used to tell you this every morning. That's because they are

Get off that sofa. Get out and get some exercise. Seems like a complete drag but exercise, lik

Remember that you're always better off with a sharp memory.

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