



Concentration & mental alertness is important to everyone especially in our present hectic working environment which we have to be multi-tasked or lose out to others. Likewise for our children in this competitive academic world which they need to manage their studies & extra-circular activities well.

Stress is the main factor affecting unstable concentration & memory loss but there are other causes like:

- Aging.
- Genetic.
- Vitamin B1 deficiency.
- Vitamin B12 deficiency.
- Health problems like Alzheimer's disease, brain damage, depression, hypoxia, deficiencies of kidney, liver & spleen, etc could be worsening more unstable concentration & memory loss.



Some symptoms of poor memory are:

- Confabulation (i.e., invented memories or real memories recalled out of sequence).
- Confusion.
- Depression.
- Difficulty handling day-to-day affairs, such as balancing a checkbook, keeping appointments, or preparing meals.
- Forgetting people, facts, and events that were previously known well.
- Getting lost and misplacing items Increased difficulty in following directions or taking a step-by-step approach to a familiar task.
- Irritability.
- Language difficulties, such as mixing up words or trouble remembering a word.
- Neurological disorders (e.g., tremors, uncoordinated movements).
- Poor performance on memory tests.
- Repeating the same stories and/or questions.
- Slow thinking, etc.

Boosting your memory power is one way to have better concentration & mental alertness. Try some acupressure ways to boost up your memory power!

Boost Your Memory Power With Acupressure
穴位按摩提高记忆力

Massage each acupoint for 3-5 minutes at 2-3 times daily.
按摩每个穴位3-5分钟，每天2-3次，这些穴位也有助于减轻头痛。



In addition, take note of what foods sources to consume & not to consume as well as identify the right supplementary for boosting better memory power.

Recommended Food Sources For Better Memory Power



- Beans: All beans, lentils & legumes.
- Fruits: Berries, dates, goji berries, longans, red dates & especially red/ black/ purple & blue fruits, etc.
- Grains: Black rice, brown rice, cereals, germinated brown rice, millet, oats & purple rice, etc.
- Herbs & spices: Anise, basil, cardamom, cinnamon, coriander, dill, garlic, ginger, onions, parsley, rosemary & shallots, etc.
- Meat & Seafood: deep-water fish.
- Nuts & Seeds: All nuts & seeds like almonds, chestnuts, ginkgo nuts, lotus seeds & walnuts, etc.
- Vegetables: Beetroot, carrots, celery, chives, leeks, legumes, okra (lady's fingers), pumpkin, sea vegetables (eg: kelp & seaweed), sweet potatoes, tapioca, yams & especially red/ black/ purple & blue fruits vegetables, etc.
- Others-Teas: Almond, basil, ginkgo leaves, goji berries, longans, parsley, rosebuds, rosemary & walnuts, etc.
- Proteins play a part in memory boosting & advisable to take proteins foods like eggs, milk, whole grains in the morning because proteins help to improve energy level.
- Vitamin B1 deficiency: Animal livers, asparagus, beans, blackstrap molasses, brewer's

yeast, Brussels sprouts, cereals, eggs, fish, green peas, legumes, macaroni, milk, nuts, pasta, pork, poultry, pumpkin, seeds, sweet potatoes, watermelon, wheat germ, whole grains, etc.

● Vitamin B12 deficiency: Animal livers & kidneys, beef, brewer's yeast, dairy foods (cheese, eggs, milk & yogurt), fish (herring, mackerel, salmon, trout & tuna), fish eggs, fish fin, lamb, meat, miso paste, seafood, sea algae, seaweed, shellfish, soybean & tempeh, etc.

Avoid or Least Intake Of Foods For Better Memory Power



● Alcohol, caffeine beverages, carbonated beverages, chocolate, fried or greasy foods, processed foods, refined sugars (Eg: biscuits, cakes & pastries) & salt, etc.

● Do not overeat because overeating stalls the energy at the center of the body, preventing it from nourishing the brain.

● Avoid smoking.

Supplementary For Better Memory Power



- Herbs & Natural Extracts: Chlorella, Ginkgo Biloba, Ginseng, Gotu Kola, Lingzhi, Maca & Spirulina, etc.
- Amino acids, Vitamins & Minerals: 5-Hydroxytryptophan (5-HTP), Carotenoids, Choline, Flavonoids, Gamma-amino Butyric Acid (GABA), Inositol, L-Carnitine, L-Tryptophan, N-Acetyl Cysteine, Omega 369, Phosphatidylserine, Vitamin B complex, Vitamin C, Vitamin E & Selenium, etc.

* Recommendations: Try out our tea recipes: (1) [Ginkgo Leaves Rose Buds Tea \(For Cold Body System\)](#). (2) [Ginkgo Leaves Peppermint Tea \(For Heaty Body System\)](#), [Ginkgo Nuts Walnuts Soup](#)