

Lester62

Drinking improves your memory according to Cliff Claven's "Buffalo Theory." The buffalo herd moves along as fast as the weakest and slowest buffalo. Predators like wolves help the herd by going after the weakest buffalos and killing them. Thus the herd is improved and can now move faster. Likewise, it is known that alcohol kills brain cells. But, like the wolves and the buffalo it only kills the weakest brain cells which make your mind work more slowly. This is why after a few drinks, most people feel smarter. Let me add a comment about the French. When the Germans overran the invincible Maginot line at the beginning of WWII, it was said that the French army put up little resistance because they were drunk. So anything that may be good can become bad if taken to excess.

This reminds me of a story about General Grant who was a top tactician during the War Between the States. He was well known for being a drunk. When questioned before Congress, he was asked, "General is it true that you drink to excess?" General Grant replied, "Gentlemen, I will drink to most anything. I have a bottle with me and if you will join me, 'To excess.'"

Posted On 03/22/2017

leelee1010

I like that one, Lester. I think the wolves have cleared out all my weak brain cells and I'm down to two strong healthy ones. I'm feeling pretty smart and still laughing. And... I can wear smaller hats, now that my head has downsized.

Posted On 03/22/2017

Lester sounds like you've seen the light and if i had to hazard a guess i'd say you surely have been sipping from the fountain of youth. The fact remains that deaths from all causes are lower in people who drink even 6+ drinks per week than those who completely abstain . Temperance morals, of course. Alcohol cannot benefit humans because "we" say it's bad and "Screw the science." This shows up, for eg.in descriptions of the famous Mediterranean diet. Lucky Mediterranean dwellers consume easily half a liter of wine per day. In some countries like Spain, with strong tradition of wine as part of a balanced diet, wine has been recognized by law as food!

Yet most researchers fail to mention this important detail. Pivotal research in the New England Journal of Medicine (25 Feb, 2013) confirmed well-worn notions that the Mediterranean diet, including 7 or more glasses of wine per week, significantly reduced rates of heart attacks and strokes, as compared to a low-fat crap diet. That's not saying that wine is the sole source of benefits gained from the Mediterranean diet. But you can tell phoney researchers from the honest ones: phoney researchers hide the wine element and just pretend it isn't there.

All in all, Alcohol in moderation has tremendous health benefits, but the trick is to know which type of alcohol you can tolerate. As an example red wine has TREMENDOUS health benefits, but it also has about 100 times more Histamine than white wine,so if this bothers you then you may find you can tolerate white wine much better. Same with grains, if you don't tolerate grains well then stay away from grain alcohol, ditto for potato stay away from vodka. We all have heard of the so-called "French paradox": the fact that the French down HUGE quantities of wine and fat, yet don't seem any the worse for it. Why? It's nearly always wine. As the Italians say, Wine is like bottled sunshine. It's good for us. Have a read. CHEERS!

file.scirp.org/.../FNS20121200016_43763276.pdf

Posted On 03/23/2017

ScouseBilly

Context- and state-dependent memory are well known and researched in Psychology. If you encode or register something in memory while drunk, for example, you will recall the information better at a later date when in a similar state, i.e. drunk! In fact detectives know well that a witness who was in a state of altered consciousness should be placed in a similar state to effect more accurate recall - this may well NOT be presented in court, of course but can certainly aid them in their investigation.

Posted On 03/23/2017

iamblessediam

Yo Lester62 -- CHEERS to you, indeed! I remember that segment - drinking mezcal at the time, I looked at the double shot - as I was tilting my Corona with lime - thinking "damn, brain fuel too...no wonder I like this stuff;-))! Here's a reminder about Cliff's "take" on drinking cold beer: [www.youtube.com/watch].

Seriously though, NO ONE will have any "worries" about memory loss if this research keeps going in the direction it's going - everyone will be "connected" from the "inside" via "neural dust" - welcome to future life according to the embedded video: [flipboard.com/@flipboard/flip.it%2FRRQJ-beyond-fitbit-neural-dust-put..]. As if the FDA and CDC and other US government agencies need any additional help, the extreme application of this emerging technology could be this - thinning: [www.youtube.com/watch]. I wonder what Cliff would say about neural dust;-))!

Posted On 03/23/2017

Almond

nao3425... I, too, often feel I need a shower after listening to the daily news. So much is disgusting!

Posted On 03/23/2017

Islander

I'm another one of those people whose memories go back before the age of two. My mother died shortly after my third birthday, giving me an easy reference point to date earlier memories of time spent with her and my family. Vivid memories include making a snowman with my parents... my mother wearing a purple and grey snowsuit... my dad going inside to get the "piggy knife," a butcher knife with a brass pig inlay, to carve the snowman into a statue. And the previous summer, when we went to the carnival... and I had to pee and my folks took me back behind the tents. I remember trips to the hospital to visit my mom... and the day the ambulance came to take her away for the last time.

My father's remarriage began the long history of a dysfunctional household and ironically, I have few memories from that point right through adolescence. I left home permanently at 17. My half-siblings tell me of events I have absolutely no recollection of. As an adult, on the other hand, I have an excellent recall of what I have read. It appears that memory is a powerful censor, choosing what to cherish and what to discard.

Posted On 03/23/2017

iamblessediam

Hi Islander -- Thank you for sharing your story! I grew up in a house of domestic violence - MERCY, ugly, indeed! Emotional trauma - emotions in general - effects memory recall. A comprehensive "analysis" of how one's "emotions" effect learning and memories is detailed in "You Are the Placebo: Making Your Mind Matter" by Dr. Joe Dispenza - the book breaks down a complex subject into an easily understood format. Your story is indicative how feeling "safe" and not feeling safe effects memories and how those accumulated memory events shape beliefs, decisions and actions. When I examine my own life habits and how I respond to events in a way that's not really reflective of my heart's intelligence, I can "trace" my response back to an emotional trauma event in the past. That event shaped a "belief" that's no longer comfortable in my current thinking about reality. I have a choice then - keep it or fix it and move on. Ain't we humans lucky in having the capacity to be resilient? Nothing brought the word "resilience" front and foremost in my life then when in rehab learning to "reable" myself and life using, now, one hand - which is still and ongoing experience - you should see me hang bed sheets on a clothesline - FUNNNYYYY - my neighbors and I have had good "laughs" with that one;-)! As stated in the article, learning to laugh at oneself and thoroughly enjoy has a way of ameliorating the worst of times - at least I've found it to work that way. When I laugh, frustration(s) melt! That's why laughter yoga is so effective - it's now being used in the "learning" environment: [www.laughteronlineuniversity.com/children]. Laughter therapy is being used in "wellness" settings of all types: [www.skillsyouneed.com/.../therapeutic-laughter.html]. Love, blessings and peace everyone...and laugh more!

Posted On 03/23/2017

LoriSmi

I, too, have a lot of memories before age 5, even going back before age 2. Once when I was 12, my dad and I were driving and I had an image (memory) in my brain that sometimes I would recall. I asked my dad about his earliest memory and he told me, then I told him about mine. I remembered laying in the middle of a good sized bed watching the tv which was up in the corner on a shelf in the room. The room was not real big, decorated in browns with a lot of furniture and the curtains on the windows also had brown in them. My dad told me I could not remember this. I told him I did and was seeing it in my head as we spoke. He told me someone had to have told me about it. No, I sometimes thought about it as I had very vivid pictures in my head. He got mad and told me I could not remember! Yes, dad, I do! He shook his head and told me it was impossible as I was only 6 months old at the time. It was my maternal grandparents home when they lived on a certain street when I was a baby. I have memories of watching the ants crawl around me (I was mesmerized with their activity), watching them crawl on me, and eventually crying as they got inside my shorts and were biting me. My mom was mad I'd allowed this and she griped at me as she put me in the tub to get them off of me. I was 2 1/2.

I have 3 distinct memories of one of my uncles- one of him holding me on his legs shaking me and teasing me, with me trying to hit him and him laughing uproariously. He and I walking home from the store, a large Tootsie Roll in one hand and him holding my other hand. Going to the airport to see him off when he went into the Air Force as I loved watching the planes land and people debarking as it was magical. My uncle died when I was 3 1/2. I remember watching and waiting for a friend to come home from Kindergarten so we could play- he was 5 and I was 3. I remember getting chicken pox when I was three. So many memories from when I was 2-3 and older! I have a memory like an elephant.

Posted On 03/23/2017

Islander

I am, this is the second time I've seen you allude to the loss of a limb (I'm not here every day so perhaps I missed something). I am so sorry. I can't imagine the challenges of going through life with one hand. My admiration of you just jumped a great leap — especially your positive attitude and ability to laugh at yourself... blessed indeed. I am so impressed with the person that is YOU.

Posted On 03/23/2017

Maurya

"Resilience" is a funny thing. Life is full of trade offs. I do have memories of my personal life prior to the age of five, but the very early years have been lost to me because of "resilience" (AKA survival mechanisms). During my early years, I was mute, due to living in total terror from the time of my birth. At some age, prior to age five, but not sure of the date, I began to speak in complete sentences. There is nobody around now to ask about those lost years (early 1950s), as those foster families now have been lost to historical record. My interpretation is that at some point my child brain created some sort of order that made sense to me at that time, and when that mental ordering had been accomplished, I felt that I was free to speak, having listened carefully to adults speaking for several years by that time. But I do wonder what sort of personal experiences needed to be suppressed in my memory for that mental ordering, and ability to fit in socially and to succeed in school to take place.

Posted On 03/23/2017

Almond

I find that memory also involves effort and prioritizing. I see my mind as a warehouse filled with goods. If it is to be orderly, there are some things that get discarded or at least moved to a back room. I take the lessons from trauma, release the grief and move on. I know many people who deal with PTSD, but I find my present life is too valuable and engaging to dwell on negativity from the past. I actually have to stop and think to recall pain from earlier times.

So, my day-to-day memory is selective and controlled by me. I allocate much more brain space to living in the present and planning my future than recalling bad things in my past. My life has not always been good, but when I think back to the past, my earliest memories are of good things.

I must have been around 2 years old and just starting to walk. I recall that because of the house we lived in. Like many children, I awoke before the rest of the household. I do not remember cold--it must have been(!)--but my bare feet shuffled across the bedroom floor to a low upper (attic loft) window where I could look out into the backyard. It was the first time I saw snow on the ground. I was fascinated, more by the etchings in the snow, than the snow itself. Later, I knew that these were bird tracks. My life was so new at that age, that I accepted the snow without thinking much about it--each day of my life was filled with so many new things. I was more intrigued by the tracks. I remember the silence in the household at that hour and have always loved those kinds of moments.

Something I used to get in trouble for was playing with the laundry on the line, esp., the low hanging sheets. I was like a cat drawn to motion. My mother would hang sheets on parallel lines. My brother and I would run through them with our fingers pointed like horns, batting at the sheets, pretending it was a bullfight, we were the bulls charging a flapping cape. I don't know where we ever heard of bullfights at such a young age.

Posted On 03/23/2017

Liz Smith

I can recall things when I was two years old, can remember what I was wearing, who was with me and where I was. The lady at the house we were staying had hatched some chickens from eggs she had in an old drawer from a unit. A lady rode a horse along the beach. Now I'm 77 years old I still have a good memory. Think it runs in families. I have a gap in remembering some peoples names but rarely forget a face but the reverse is true, recall a name but not the face in my memory. My mother could hear a tune on the radio and immediately tell you the year it came out. She has been dead now 30 years but if I have mislaid anything I can call to her to help me find things and she will often take me straight to the item I could not find. Is that my memory waking up or other reasons?

Posted On 03/23/2017

jameskenn

Liz I concur with your experience. I remember the smell of my pram, it was a plastic odour and I also remember being annoyed by the rattle that stretched across it. Quite vividly I recall being placed on the bed for changing and watching my mother get dressed herself. J

Posted On 03/23/2017

CaddyB

No one believes me, but I remember learning how to talk. My grandmother, especially, would look closely at me and say words, and I would try to understand her. I also remember taking my first steps in my grandparents' dining room, probably because everyone made such a fuss about it.

Posted On 03/23/2017

Epona777

I remember being two as well. I remember my sister as a baby getting her diaper changed and she is not quite a year younger than me. I also have a strong memory from my second year as it was a memorable year for most people alive then. It was the moon landing. My father sat me in front of the TV and told me I had to remember what I saw and that it was very important. Funny thing is, I don't remember the moon landing on the TV, but I can tell you what that TV looked like (big wooden frame that sat on the floor), the wallpaper, the light in the room, the whole arrangement of the furniture in the living room, etc. I have various other memories of my toddler years. All with something strong to impress me. One was a bee sting on my foot. Another was the rooster chasing my sister while she cried and ran as fast as she could (poultry never seemed to like her), I distinctly remember potty training as well.

Posted On 03/23/2017

mettalaw

As a cognition therapist, I can suggest why only some classical music boosts memory and Beethoven doesn't usually make the grade. Only largo (slow) movements really help. It's not rocket science: listeners entrain with the music, slowing the breathing and heartbeat to the point where adrenalin decides to quit running around the body and take a nap, leaving the frazzled brain free to lay down memories.

For 15 years I've used a very good program utilizing this technique of slowing down and regularizing the learning organism (PACE, from Learning Rx in Colorado Springs) , with excellent results, including fixing many students' auditory-learning deficits, memory deficits and even apparent ADHD. When I was a law student, I made a long "study tape" of baroque slow movements to help me memorize a gazillion rations, statutes and cases--it works. Parents could use it as background for students' homework hour (although I am against most homework for kids).

Posted On 03/23/2017

Chimonger

Baroque for the b-roke mind.... And yes, it sure does! It'd be great if there was a radio station that only played that kind of music...make it easy for anyone to tune in and calm down!

Posted On 03/23/2017

iamblessediam

Yes, shifting the autonomic nervous system from the sympathetic - fight/flight - to parasympathetic - relaxed/calm - changes one's emotional state. People have little comprehension just how much their "emotional state" effects every aspect - moment-to-moment - of their lives. The most successful advertising campaigns known used - and continue to use - subliminal messaging with music that stimulates a parasympathetic response. The right music can accomplish that autonomic nervous system "shift" as fast as a blink of the eyelid without total awareness it happened. Love, blessings and peace!

Posted On 03/23/2017

Kithara

The rhythm of most Renaissance music was organized around the concept of 'tactus' which was based on the human pulse.

Posted On 03/23/2017

CaddyB

Interesting you mention subliminal advertising, iam. I mute the TV when most car ads come on except for the one done by Matthew McConahey (sp?). He speaks softly with quiet classical music in the background. Because of this I remember he's selling a Lincoln!

Posted On 03/23/2017

Almond

The mind forgets, but the body remembers. Some responses are automatic, without thinking.

Posted On 03/23/2017

iamblessediam

Hi CaddyB -- What's really interesting to me about that kind of advertising is how long the "association" with the "face" continues to reside in the subconscious mind. Without thinking, a person will unconsciously "associate" an advertisement "face" with anything else that person does - if you follow me. That "association" can - and often does - permeate into the dream state. Emotions make the space in time relative;-))! Love, blessings and peace!

Posted On 03/23/2017

queenoftheworld

My kids want to listen to their music, urban rap, when studying. Thanks Mettalaw for giving me reason to back up my beliefs.

Posted On 03/24/2017

Sam.Shuter

Eliminating the negative concepts with which we seem to re-enforce our inabilities would also be very helpful to most who frequently utter statements such as 'My memory is not very good.' or 'I always forget the simplest things'. Your sub-conscious mind will believe what you tell it without even evaluating what you tell it. Change your statements, and say them with positive emotion. 'My memory is getting better every day!' and 'I enjoy remembering/learning new things!' are 2 examples of positive memory re-enforcement. Also, for those who are 'afraid of numbers' and say things such as 'I can only remember 4 to 5 numbers at a time', then this needs to be changed as well. Your memory is really a LOT better than you acknowledge. Do you know your area code and phone number? Do you know your work phone number? How about the phone number of a best friend? If I asked you to string those numbers all together and recite them for me, you would be able to recite a 30 number sequence, without error, and very quickly as well. You could probably extend this to a 40 or 50 number sequence if you were not entirely dependent on the speed dial function. The problem is not in remembering long sequences of numbers, but in how we relate those numbers to our thinking.

Posted On 03/16/2017

forbiddenhealing

Standardized testing and "education" through college has placed memorization and an informational overload above reason, logic and practical utility...They turned learning into stress where stupidity and obedience are the goals of the mass brainwash....Many will never see the forest for the trees in a single lifetime...Exactly.....Skeptical ignore-ance becomes an admirable quality in sidestepping the matrix.

Posted On 03/23/2017

Almond

There are still many areas where students would be helped by more attention to memorization. There are many things you can reason out or look up in a book. Other kinds of information, you must have immediately available for use. speaking a foreign language, formulas in math and science, etc.

memory training can be useful at developing links in the brain. Perhaps that is one reason why so many experts are not able to use information in their field to combine different fields of learning. They have never developed the brain connections to think outside the box. Intelligence is not only about having basic knowledge, but also being able to see relationships between many things and then being resourceful at problem-solving to actually use what we do know.

Knowing a foreign language is the best example I can think of. You must memorize vocabulary and grammar. No listener has the patience to wait for you to look up every word you will need. There are nuances and new ideas to convey by combining words. There is intonation and volume and enunciation, combined with body language. You must be able to speak, read and write. memorizing is only the beginning of learning a language.

Imagine if you tried to learn chemistry, but had to look up the symbol for each element every time you worked a chemical formula. I understand that many people cannot even recite the alphabet nowadays. I feel examples like this point to a failure in education... maybe not the system itself, but the belief that children should be constantly entertained and not have to do anything boring. That is why they call it "work". If it was only fun, people would do it on their own.

Posted On 03/23/2017

Garlicmeister

Memories can form much earlier than 5 because memories and the emotions associated with them are stored in specific places on the cerebral cortex and can be recalled when the emotions are re-experienced, I remember my first birthday party in the back yard of our house. My two year older brother and I have birthdays only a week or so apart and so both birthdays were celebrated together as one. I got a ball and my brother got a drum. I liked his drum but he would never let me play with it. It was the last birthday party I ever had until I was 30 and some friends threw a party for me . My father let home in anger two months later in May, 1940 when I was 14 months old and I clearly remember every detail of the night he left and never came home again. There were never any more birthday presents and only three Christmas presents in my young life because we were poor and "Santa Claus" could never find our house. We boys knew by school age that Santa Claus was a myth and we never believed in him at all.

So I disagree that people cannot form memories before age 5; most just can't remember them. I could write a book about things that happened to me before the age of 5. I still remember lots and lots of things 3, 4 and 5 years of age and I still remember every shack and shanty we lived in and the Christmas we 3 boys spent at home alone with no food or presents in the house while our mother was out working. At age four I used a coffee can key to pick the lock on my mother's suitcase and I removed 3 oranges so we boys would have something to eat.

We lived in a shack in an alley in the black part of town and I remember being surrounded by a lot of black teenagers who wanted to kill us until I convinced them we weren't the boys they were looking for. All this when I was 4 and my younger brother was 2. I can still feel the fear I felt and kept under control as I faced down a mob of very angry black guys. So, yes, people can form memories at very early ages.

Posted On 03/23/2017

LoriSmi

What a very hard life you lived! And some people today believe they are 'poor' even though they can afford cable tv and tattoos! I know those hard early years must have made you into a very resourceful person. I also hope things became better for all of you when still children, including your mom. How hard it must have been on her to barely be able to provide for her children. She must have cried herself to sleep some nights wondering how she would feed you, though she worked so hard.

I remember such hard times when I was newly married and my son was little- though I never had to leave him alone at quite that young age to work, though I did have to leave him and his sister at home alone on Saturdays to work half a day when they were 7 & 4. They would watch cartoons and make themselves cereal. I would call on my break to check on them. I was divorced from a truly dead-beat man in all ways. I had a babysitter during the week, but not on Saturdays. A few of my trusted neighbors knew my kids were home in case there was an emergency. Where I lived we all looked out for one another and no one would have called CPS knowing how hard we all had things.

My mom abandoned us when I was 8, the oldest of 4 kids, and we often stayed alone, with an uncle and his 4 kids (also abandoned) right next door as my dad had to work to pay the bills. No extra money for babysitters. I grew up fast and became responsible as I had to help watch my siblings (ages 7, 5 & 2) while my dad got his 2 1/2 hours sleep before heading out to his 2nd job. My dad worked 80+ hours per week with 2 1/2 hours sleep each night just so we could eat and have a roof over our heads. These hard times did not last too long, thankfully. Life is often hard, but it can make us very strong, very resourceful, and very empathetic towards others. And for me, a great and strong faith in the God of the Universe, the Great I Am, who cares for us and protects us (just as you were protected from the mob). Thank you for sharing.

Posted On 03/23/2017

Almond

I am shocked at what people call poverty nowadays. Growing up, it meant wondering what you would have to eat for the next meal and hoping there would be carrots ready to pull in the garden. It meant making an excuse not to attend a dress up party because you had nothing to wear, you did not even own hose. It meant trips to the pawn shop. Clothes that were too small, too tight and too warm for summer. It meant 2 school dresses in a nearly empty closet. To this day, I still feel richly blessed to get discarded clothing and hand-me-downs.

I remember the year we decided our family would take a vacation. We did without dessert and proudly told the Fuller Brush man that we were saving every penny so we could go on a (real!) vacation. It was such a big dream! Until that time, the most travel we were aware of one time when we took my father to the train station.

A friend and her husband try to work with a church group that helps families get out of debt. He helped one family draw up a budget, but they insisted cable tv was a necessity. People have money not only for tattoos, but hair color&make up, snacks, cigarettes.

I am esp. disgusted about local charities. Many will not accept gently worn clothing for needy children. It must be new and they prefer cash. There is a special program for new coats, hats and gloves. Also pajamas, backpacks, etc.. There is already a program in local schools that provides one grocery sack of gently worn clothing per semester to any needy child--more often if school counselor state there is a special need. So, I was shocked to see that \$125(for new clothing!) was allocated for each young grade school child--in addition to some donations of new clothing! As an professional friend commented, "I shop second hand and I don't even spend that much on my clothing in a year." I remember when needy children were thrilled to get 1 Xmas gift. Now, I see them hit every give-away charity in town, discard what they do not want or sell it on CL/EBay

Posted On 03/23/2017

markuzick

My personal theory is that long term memory begins about the time we learn to speak and is probably a requirement for speech.. I uttered my first words at 8 months and could speak sentences by 10 months which coincides with my earliest memories. I've found that this relationship between LTM and speech generally holds true for people who have an idea about when both began.

I believe early speech may have been bad for my motor development as I was surrounded by attentive adult relatives who brought me objects that I asked for or carried me to where I needed to go; e.g., I was toilet trained long before I could walk. Consequently, having no incentive to crawl, I missed the crawling stage and have been uncoordinated and poor at sports, which is generally true of all people who have skipped crawling. Parents should be aware of this problem for babies who don't crawl and train them via play to engage in that activity.

Posted On 03/23/2017

breathoflife

That's not my experiences. My daughter never crawled, just got up and walked when she was 10 months, and she was amazingly coordinated. My son crawled till 18 months and he is not as adept.

Posted On 03/23/2017

Almond

Good points both.

Posted On 03/23/2017

markuzick

@Breathoflife

When I read about the importance of crawling to motor development it struck me as likely true because of my personal experience. Your daughter, being so advanced in early motor skills compared to most children is obviously an exception to the general rule. I have a sister like that. She was opposite to me: walked at 9 mo. and didn't talk until 18 mo.; where I talked at 8 mo. and didn't walk until 18 mo. I don't recall if she crawled though.

Posted On 03/25/2017

acs4457

Memory is an interesting subject. Every time I wonder what Dr. M is coming up with next, he surprises me. I am turning 65 and can still remember images and incidents from when I was approx 2.5 years old. As I did a BA in psychology I have always been interested in this subject and took careful note of my 5 rather clever children's abilities. I have found it strange and somewhat disturbing that they do not remember from such young age and wondered why that is as they performed better and further academically than I did.

Tiredness and interest are definitely two factors that also affect ones memory. I also read at varsity that you should not eat heavily before an exam as then your blood goes to the digestive system and not to the brain, for some time ? Today I know that eating starches is a bad idea as they definitely make you drowsy soon afterwards. I remember being told that if you sip a little wine while studying and keep it up while writing an exam, you do better. I never tried that one but once did do better in a philosophy exam, without studying much, after having had a beer or two before the exam, than I had done before in those tests ! That was quite amusing. Apparently we received our memory from the Neanderthals who seemed the firsts to have developed a larger bulb on the rear of their skulls.

Posted On 03/22/2017

Magnolia

acs4457, I concur with your alcohol theory. I was a serious alcoholic in high school and college. I kept a pint of vodka in my purse and would go in the girls bathroom and take a couple of shots before any test. I found that being relaxed made it so easy to access memories of what I had studied. Generally was an A student all throughout. Fell asleep in class rather a lot though. Gave up alcohol, smoking, drugs and caffeine when I was deciding to become a mom. Except for a glass of red wine once in a great while, I am pretty much clean. I don't worry so much about remembering stuff. When you get old, nobody expects you to.

Posted On 03/23/2017

Almond

Interesting. I found that a bit of test-taking stress always helped. I am multi-lingual. The one thing I did not like was being distracted by unanticipated incidents right before a test. The hardest was when I would walk down a school corridor and people from different backgrounds would each speak to me in their own language while I was trying to focus my thoughts, memory and vocabulary in one language. That took mental acrobatics to shift gears too many times. Less energy for remembering the information at hand.

Many days, I feel overloaded with my energies scattered in many different directions, so I have become a compulsive list maker.

Posted On 03/23/2017

modunn

Writing things down helps in memory recall. I find if I write things down, I can easily recall them, even if I don't read the note again. I have recall of events pre five but agree, most people's memories seem to start from age 5 years.

Posted On 03/22/2017

forbiddenhealing

Memory is easy, forgetry not so easy...Recall seems to relate to attention and relaxed awareness at the time, observations on 5 sensory levels plus instant assessments, emotional impact and pattern awareness, and things you are keyed-on...yet under hypnosis or deep systemic relaxation like a splash of wine; everyone has a photographic memory...Daily review and a "must be remembered list" help....The age 5 idea is obviously wrong since I hold many memories back to day 1.

Most folks when given 3 elements of a task will usually remember one,... garble or lose the other two>>>Too poor to pay attention...A few will recall the 3 and 50 other details...Somewhere in the middle is the discerning of relevant concepts useful for action or of value in the future...The observant tracker sees the past in the present to take advantage of the future...which may be food over the next rise....Today presents the different problem of eliminating mass media disinformation/TMI...false tracks..fake maps..man traps.

Posted On 03/23/2017

RaajSingha

I just finished reading '2 Weeks To A Younger Brain' by Dr. Gary Small and Gigi Vorgen. Good and helpful advises and tricks to enhance memory and avoid dementia. I liked, building a story around the grocery list or other unrelated words, exercising left and right brain. Everything felt fine until I reached the section on Statin, Namenda, Aricept etc. and I started having serious doubts, to which side of the fence the good doctor is.

Sample these, "Statins may protect our brains by blocking the liver's production of an enzyme necessary for cholesterol synthesis", "Research also has linked cholesterol to the amyloid plaques deposited in the brains of Alzheimer's victims, suggesting that statins might protect brain health by disrupting amyloid brain deposition".

"medicines such as Aricept (donepezil), Exelon (rivastigmine), and Razadyne (galantamine) increase brain levels of acetylcholine. Adding on Namenda (memantine), which affects a different neurotransmitter, provides further cognitive benefits. These medications have been approved for the treatment of Alzheimer's disease, but they also help patients with related illnesses, such as vascular dementia and dementia with Lewy bodies. The drugs not only temporarily benefit memory and thinking, but they can also lower levels of agitation and improve symptoms of depression". Small, Gary; Vorgan, Gigi. 2 Weeks To A Younger Brain (Kindle Locations 2756-2757). Humanix Books. Kindle Edition. There is more on the virtues of such drugs in the book.

Posted On 03/23/2017

Islander

That paragraph on statins is devastating. Jeepers, our brains are MADE OF cholesterol! "Statins might protect brain health," my left foot!

Posted On 03/23/2017

Maurya

The information contained in these quotations from the book is nothing short of alarming. What would be the problem with readily available supplements such as Alpha-Glycerol Phosphoryl Choline (A-GPC), Vinpocetine, or Ashwagandha? Oh, right; no mega-bucks to be profited from these.

Posted On 03/23/2017

Norisnita

Thank you very much for this very interesting suggestion to read this book. What I would be interested in the book '2 Weeks To A Younger Brain' by Dr. Gary Small and Gigi Vorgen is for the advises and tricks to enhance memory and avoid dementia and what I would find interesting, as you have mentioned, is about the exercises to develop left and right brain. I will borrow this book at my library. Thank you very much!

Posted On 03/23/2017

iamblessediam

Hi Norisna -- Do a search on "brain gym" or "super brain yoga" for exercises that stimulate whole brain function. A simple trick - cross both your feet and arms and then do some mindful rhythmic breathing - like breath in on a four count, hold on a four count and then breath out on a four count - repeat that for about 3-5 minutes. I agree with Islander and Maurya and their observations about the man-made "synthetic chemicals" referenced in that book - NO - FULL STOP - they...are...toxins - period! I use vinpocetine and ashwagandha as remediation from years of alcohol and other drug abuses - both recreational and those taken to recover from recreational drug use, plus the effects of a poor diet for many years. Taking care of the organic part of the grey matter with neuronal regenerative nutrients and the right exercise goes hand-in-hand with memory-building exercises suggested in the article. Love, blessings and peace!

Posted On 03/23/2017

stanleybecker

memory - what is memory? - is it the ability to remember useless strings of numbers that have no importance other than the satisfaction of being able to recall them - I never even try to remember bank account numbers/ phone numbers/ ID numbers/ and internet passwords - in fact I avoid remembering anything these days that I can access through memory aides like google search engines - after all that is why search inquiries were created - I'm good at searches on the internet - my life time of intense reading seems to have given me prowess at tag words - this tells me that you can't recall what you don't already know - a large frame of reference would be necessary for recall that has a QUALITATIVE impact on your existence - the first principal in Stanley's book of memory is to widen your general knowledge - become aware of what knowledge you wish to become accomplished in - know what you are attracted to in the field of knowledge [and strive for that] - remember the biblical injunction "seek and ye shall find"

I use lists for everyday chores - I learned this from my father - my father also marked all his purchases with a date of purchase - this is useful in keeping the flow of time accessible my main interest is language - I use dictionaries/ check out etymologies/ and delve into the speculations of language theorists - this field of knowledge is vast - I use indices and "word search"

- my point is that I have shifted from "recall" to ACCESS - my experience is that stress about problems of recall are counterproductive - as you get older you are carrying a heavy load of data - especially if you have dedicated your life to the accumulation of relevant data as against trivialities that so many memory coaches have emphasized - if you are having a "senior moment" - be relaxed about it - move your mind away from the pressure of failed recall and come back to it later or the next day - if you want to have something IMPORTANT to recall BROADEN your MIND - go for QUALITY

Posted On 03/22/2017

grulla

Agreed "Stanley", trying to remember unnecessary details is wasteful and should be written down for recall. If one memorizes small details, it should only come from constant, repetitious use. "You don't use it, you lose it" has a positive side to that adage. Even zombies tethered to their smart phones know that.

Posted On 03/23/2017

Islander

Stanley, who remembers "useless strings of numbers"? I know of no one who does this intentionally, although we will remember some from frequency of use (like a friend's phone number), and I once had a colleague who remembered strings of numbers without even trying, a prodigious feat.

In my observation, two things drive memory: emotion and interest. We can easily recall events associated with intense emotion: being physically attacked, present at the death of a loved one, or where we were during a significant event, like 9/11 or the Kennedy assassination. We also remember anything connected with our personal interests. Sports fans remember names of team players, coaches, years of wins and losses, even scores of specific games. My son's interest was in military aviation and he could recite the names, models, top speed, and every other pertinent detail associated with any one of the Air Force's planes. I'm an avid non-fiction reader and have filing cabinets of assorted data in my head, not because I memorize anything, just because it's interesting! I can converse fluently in the arts and sciences, but I'm perfectly ignorant of pop culture. I don't own a tv, have never seen the dramas and sitcoms all my peers are familiar with, have never seen Star Wars or other sci-fi films/shows, don't recognize most celebrities and know almost nothing about pop music from about 1945 on. You don't want me on your team of Trivial Pursuit!

Posted On 03/23/2017

LoriSmi

My mind retains trivia, 'useless numbers' such as birthdays, phone numbers, bank account numbers and even my driver's license number (same number for life). Why? Just the way my brain works. I memorized my license number by writing it down years ago on my checks at the store (I was a cashier and knew they'd do this). After writing it a couple of times it was cemented into my brain for life.

I know all my family's birthdays (parents, siblings, aunts, uncles, grandparents), all of my ex-in-law's birthdays (including the sister-in-law's kids'), my husband's family's, my step-mom's family's, all of my grandkids' (23 of them), my sons and daughter's-in-law and many of my friend's. I have excellent retainment skills when I read and can recall the story lines of books I read 30+ years ago- enough to discuss them. I am a prolific reader.

I do not have a photographic mind, but I can recall which side of a page something is on, where the placement is, and can view it in my mind -can even see the words, though I cannot focus them in close to read them. I've watched Jeopardy! before and answered questions without knowing how I knew- some really obscure answers that I must have read at some point and my brain filed away the information.

I like that I can access the Internet and find things I need to know- but I can't help retaining information as it seems to stick like glue in my brain. I am a stickler for detail, though I can meet you, walk away, and I could not describe what color clothing you had on! My husband often says he hopes I am never in a crime as I won't remember anything! Of course, if I know the crime is happening, I will, but if not, probably not as I don't find clothing important to remember unless it is something truly flamboyant. My husband is like you- he says he does not remember trivial things like birthdays (dates) and such. He had a hard time learning our kids' birthdays (they are adults now). Everyone's brain works different. God made us all unique.

Posted On 03/23/2017

seg

neggeroni,lol good one grulla.. I see many folks can recall memories from waaay back as 1 year old..Just proves that Tommy Jones was right all along, memories don't leave like people do they always stay with you, sings it with me folks.. and don't be afraid to shake your behinds,
www.youtube.com/watch ,

and if your feeling high, reach fir a piece of the American pie, www.youtube.com/watch?v=uAsV5-Hv-7U&list=RDEmKJOB6pBfWnduimFF_VkLp..

Posted On 03/23/2017

mihail

Islander, warm congratulations on not owning a TV! I only know one person who doesn't, and you.

Posted On 03/23/2017

Almond

I believe reading is important and educated people should do it daily. You can learn a lot from a book, but you cannot learn everything. There are some things that must be memorized based on our daily level of functioning. There are other things we use less often that we can look up in books. That is what reference books are. Other things are learned by experience or trial and error. Some of us learn from observation and others. As my grandmother said, "Some people have to learn the hard way"-- and some never do.

Posted On 03/23/2017

iloveoliver

I have many, many memories before age five! Lots from my crib and beach house!

Posted On 03/23/2017

Steve_A_Ray

While much of the info is good, I found it surprising that the joining of the two hemispheres via the corpus collusum at ages 2-3...is not mentioned at all!!!! This is a very big part of infantile memory. When we are born, our hemi's are not connected. I often remember age 3. Please consider this another piece of the memory pie. THanks. Steven

Posted On 03/23/2017

AirMojo

Learn to play a musical instrument, and learn to play it well, if you don't already. Harmonicas are the best, because they come in many different tunings, keys, designs, chromatic, diatonic, tremolos, bass, chord. The really fun ones, like the small 10-hole diatonic harmonicas are the best for me... plus they are extremely portable, and easy to take with you. Of course the learning involves listening to a lot of different music, and training your ear and brain and muscle memory to learn and figure songs, licks, and riffs out. There are a lot of amazing professional harmonica players out there to listen to and some give online lessons.

Posted On 03/23/2017

ICONOCLAST

That was my 8th birthday present, but I wish I'd had a chromatic one then to satisfy my desire to play all the tunes I knew.

Posted On 03/23/2017

seg

You folks might like this, www.youtube.com/watch

Posted On 03/23/2017

AirMojo

iconoclast... it's never too late to get a chromatic and learn. The problem with the basic 10-hole Richter-tuned harmonica (common for blues, folk, country), is they were designed to play chords on the low octave while playing a melody on the middle and upper octaves. But you can still play melodies... you have to find the "missing" notes by bending techniques, and play in a different key than the key that is marked on it... there are different "positions" for playing a 10 hole blues harp.

But today, there are special tunings available that make it easier to play melodies. Seydel offers the "circular" tuning that many people like. I have one, but I am too use to playing the regular richter-tuned harps, with the breathing and note patterns that I have learned over the past 38 years. New players will find them much easier to learn to play.

Posted On 03/23/2017

ICONOCLAST

AirMojo I did get a chromatic about 30 years ago but one or two of the notes didn't resonate without enough pressure. I do understand muscle memory because I play about on a piano as well making up and imitating stuff.

I've never tried the bending but I know what you mean.

Seg I loved the Stevie Wonderful bit but has he been eating two or too many apples a day. The apples are not in his eye. Long life to Stevie.

Hope he gets better doctors than Prince or Jacko had.

Posted On 03/24/2017

19beets

In 2012, a work truck going about 50 mph rammed my stationery car against another truck. We were both innocently waiting at a red light. The resultant TBI caused short-term memory loss (I couldn't remember people I had just met a week before), inability to organize, loss of recall (how to make out a check, for example), emotional sensitivity (I cried at the drop of a hat... And I am no crier). Someone recommended Lumosity. I played its computer games every day. Some were pretty easy, and I could do them with no problem. One, however, was a spinning maze that I literally cried over because I just could not do it. Even so, I kept trying. Within about six months to a year I could do the simple version. Once I moved into year two, I could do more advanced versions. That gave me such a sense of achievement! I'm sure other approaches helped during this interval, omega-3's and saffron, for example, and just healing time. Lumosity was a nice way of challenging myself and seeing the improvement over the interval I used it.

Posted On 03/23/2017

boatgirl

My earliest memory was when I was a few days shy of my 3 rd birthday.....on Dec. 7, 1942 (a day that will live in infamy). My Mother, twin sister and I were on a train coming up from Florida to NYC and I remember that we kept stopping at just about every town along the way to pick up soldiers and since the train was crowded, the soldiers had to stand all the way to NYC....but my Mom made my sister and I give up our seats and we ended up sitting the lap of a soldier. I also remember the dark green velvet seats on the train.

Posted On 03/23/2017

grulla

"I also remember the dark green velvet seats on the train." Wow, steam era memories, cool. Both you and this article/forum just reminded me of when I was also about 3 Y.O. old, circa 1948, living around 144 St & Riverside Dr. in Manhattan, NYC, I was peeking and squeezing through the spaces of a concrete wall, fascinated by a steam engine shoving freight cars down below, parallel to the Hudson River. I almost fell down that cliff when my mom grabbed me just in the nick of time. Even back then, working steam engine sightings were becoming rare as diesels engines were taking over rapidly,. and a couple years later, I recall my dad had invested in Baldwin steam locomotive stocks which were devaluating rapidly due to dieselization, and I now remember him moaning about that bad stock investment. Thanks for bringing up all those memories.

Posted On 03/23/2017

Kippers

boatgirl: Pearl Harbor was December 7, 1941.

Posted On 03/24/2017

honorarenwick

Yes, I remember plenty before I was 5 such as squatting on the edge of the road, popping tar bubbles and nightmares I had. My mum who was very bright recalls running away from home at the age of 18 months and telling the police where she lived. Hell, I couldn't walk until I was 18 months old!

Posted On 03/22/2017

Almond

I once babysat for the child of 2 physicist parents. They were pretty laid back about child-raising without trying to teach their son much. The boy was 18 months old. Such a lovely child. When it came time for bed, I told him he could pick out a book and I would read him a story. This was not one of the simplest children's books that he chose, either. He said, "No, I will read you a story." Well, that amazed me. I thought maybe he was just precocious and had memorized all the words to his favorite story. Later mom told me that he had taught himself to read! So, I guess there is still opportunity meeting with genetics when it comes to intelligence.

Posted On 03/23/2017

eganstew

I want to say I have a memory when I was less than two. My mother was pregnant with my little sister who was born on my birthday. My mom fell as she hung clothes on a line, and a neighbor lady came to comfort me and help my mom. Since my sister is two years younger, I assume this accident happened a month or a few weeks of my sister being born. That would put me at 1 year and several months old. I have had other tell me I can not remember that young, but I remember things that happened before I was three as at that age I went to National Jewish Hospital because I had TB.

Posted On 03/23/2017

Krofter

Instead of visualizing the various parts of my kitchen, i visualize when I get to my little health food store where I do a lot of my shopping. All I have to do is scan the produce section to know what I need from there, or look down an aisle to know if I need something from that aisle.

Perhaps because men tend to be more physical than women, men are said to perform better with activities that require good spatial reasoning skills. When Michael Jordan drove the lane and took off well before the basket to make a slam dunk, he was using a lot of spatial reasoning to determine how he was going to thread the needle and work it all out so that his hand would be able to slam the ball through the hoop at just the right moment. My spatial reasoning was never that good. Swinging an axe to chop wood is another good example. Even though we don't look at the axe as it swings through the air, some of us can still get it to hit the center of the piece we're trying to split. I remember picking up one of my grandpas at the train station at the age of three.

Posted On 03/23/2017

lor7224

I distinctly recall residing in the Shriners Hospital for Crippled Children when I was 3 years old. I was away from my parents for almost a year. I remember their visits, the Santa Claus party, water physical therapy as well as isolation for screaming. I can close my eyes and picture my crib location. At 69 I am still blessed with a photographic memory. I do exercise regularly, too, including walking and Silver Sneakers exercise classes.

Posted On 03/23/2017

Grammie8

I am dealing with my third episode of a brain issue. I have Lyme and Mold illness, and seen some of the best doctors. My brain has horrid short term, and even worse problems with follow through, absent of emotion, no ambition. This is most likely due to toxin overload of the brain. Any one with similar experiences, please respond to me privately.

Posted On 03/23/2017

dividingcricker

Grammie Could try green tea with stevia ,curcumin bcm95 ,magnesium , oregano oil, these are just a few to research There are many others ...you could work on positive habits like walking , diet ,etcOne thing I recommend is oil pulling ...is thousands of years old buy working on the bacteria of the mouth this will improve overall health.....

Posted On 03/23/2017

Almond

Dental fillings as a contributing factor? After all, they are in the head and can disrupt energetic pathways. Must optimize each supportive factor.

Posted On 03/23/2017

grulla

I assume you are describing airborne mold, as opposed to ingested mold. I've recently been going through misery with rusty red male Juniper tree pollen causing nasal/sinus symptoms, but the other day I started sneezing repeatedly like a cannon, way above and beyond my juniper allergy. When that happens, I know that I must have eaten something moldy like that old spinach I put on my breakfast omelet the other day. And how I can tell, is that only Benadryl helps with those radical, mold injected sneezing fits, as any other allergy meds have absolutely no effect. I always keep Benadryl available against insect and snake bite emergencies too.

So that leads me to the next question, do you have hidden mold in your house? The first and easiest places to check are in, under, and around wet areas such as kitchen and bathroom sinks. Mine were always wet due to condensation, so I had a cabinet maker modify the cabinet doors with ornamental, stamped, perforated, aluminum sheet metal, just like a picture frame. That allowed both sink cabinets to breathe and prevent any mold from developing. And it helped to prevent frozen winter water pipes as well.

Unless one lives in the tropics, most mold from moisture that develops in the walls comes from within the abode's household activities such as bathing & showering, cooking, human breathing & sweating, potted plants, etc. That is why it is important to first paint your walls with a sealer, before applying the final coats, in order to prevent household, mold producing moisture from permeating the walls causing that mold to build up within and outside of the inner walls. Adequat sized and properly installed wall and attic outside ventilation and insulation are also critical against mold buildup. There are many books and websites available on mold prevention that one can access.

Posted On 03/23/2017

sashole

I'm not sure what the ability to recall events before age 5 and memory-enhancing techniques have to do with each other. I remember pretty much everything since I was 2; my wife doesn't remember much of anything that had occurred before she turned 9. Yet at present our abilities to recollect the past and learn new stuff are about equal. Of course, I agree that vigorous mental exercise, physical fitness, and eating the right stuff are crucial to stave off age-related mental deterioration.

Posted On 03/23/2017

bptr12

I remember when I was 1. My mother used to bath me in the kitchen sink.

Posted On 03/23/2017

markuzick

Were you able to speak? My theory is that long term memory and language go hand in hand, though while LTM is probably a requirement of language, language may not be a requirement of LTM.

Posted On 03/23/2017

grulla

Hey everyone, maybe a little "philosophy" could help your memory problems. Lying around, pondering the problems of the world, I realized that, at my age, I don't really give a rat's ass anymore. If walking is good for your health, the postman would be immortal.

A whale swims all day, only eats fish, and drinks water, but is still fat. A rabbit runs, and hops, and only lives 15 years. A tortoise doesn't run, and does mostly nothing, yet it lives for 150 years. And they tell us to exercise? I don't think so.

Now that I'm older, here's what I've discovered... 1. I started out with nothing, and I still have most of it. 2. My wild oats are mostly enjoyed with prunes and all-bran. 3. Funny, I don't remember being absent-minded. 4. Funny, I don't remember being absent-minded. 5. If all is not lost, then where the heck is it? 6. It was a whole lot easier to get older, than it was to get wiser. 7. Some days, you're the top dog, some days you're the hydrant. 8. I wish the buck really did stop here; I sure could use a few of them. 9. Kids in the back seat cause accidents. 10. Accidents in the back seat cause kids. 11. It is hard to make a comeback when you haven't been anywhere. 12. The world only beats a path to your door when you're in the bathroom. 13. If God wanted me to touch my toes, he'd have put them on my knees. 14. When I'm finally holding all the right cards, everyone wants to play chess. 15. It is not hard to meet expenses... they're everywhere. 16. The only difference between a rut and a grave is the depth. 17. These days, I spend a lot of time thinking about the hereafter... I go somewhere to get something, and then wonder what I'm "here after." 18. Funny, I don't remember being absent-minded. 19. It is a lot better to be seen than viewed. 20. Have I sent this message to you before... or did I get it from you...or was it posted by "seg" before??? If so, give him the points, not me, lol.

Posted On 03/23/2017

grammasmitty

My first memory is Christmas when I was 9 months old. Sitting on the floor in front of the tree looking out to the room. I had a soft stuffed grey elephant between my legs. I crawled to my left to a toy bassinet my sister had gotten, pulled myself up to stand. My fingers were curled over the top edge of the bassinet and I peeked in to see the baby doll inside (blond hair in curls, pink bow. Then my sister pushed me down while screaming: MINE!!!!!!!!!!

Posted On 03/23/2017

LoriSmi

Gee, Everyone, I sure enjoyed reading your memories and your observations. Very interesting!

Posted On 03/23/2017

PeppersMom

Wow - I can remember going back to 18 months. My brother was born then and when mom brought him home, my sister and I sat next to each other on the sofa and she put him on our laps. I remember the snow when I was two and three, three inches deep on the school buses and water frozen in a bucket on the porch. I also think about things in three dimensions, which I did not realize was unusual until a college professor told me when I was about 35.

Posted On 03/23/2017

MDG

I have a couple memories from before I was 5, one I remember very well was riding space mountain at Disney World when I was about 2 1/2. I remember grabbing a yard stick out of my mothers hands and breaking it over my knee at age 4 or 5 (she would smack my brother and I with it if we were being bad and really deserved it). I apparently was always defiant of authority :-)

I wonder though, since I'm "only" 47, if I'll retain these memories into old age. My father tells me (age 76), that he doesn't even remember his teenage years very well, while I remember quite a lot from those years, including how I felt (depressed and shy, mostly). Of course, I forget things I did yesterday now, so I still need to work on short term memory anyway. I just find it interesting that most people can't recall their earliest years, but I still can, and I've certainly not done any of the "brain boosting" stuff Mercola recommends (at least, not until the last few years, anyway).

Posted On 03/23/2017

My dad just turned 81, and though his short-term memory is gone from dementia/Alzheimer's, he can still recall things from his childhood and teen years. My dad is beginning to forget people's names from the past, but he can still recall the memories.

All my life (I am 57) my dad has begun a story something like this: "Back in 1950, on a Sunday in March, we were..." And he'd tell who was there, what they were doing, and what the weather was like. Because my dad was always very thorough with his memories, sometimes even down to specific dates, I, too, learned to catalog my memories like he does. Isn't that what everyone does? Apparently not. I often get teased by friends who will ask me HOW do you know it happened on a Tuesday in September of 1971? I don't realize I do the exact same thing as my dad! Very strong memories are cataloged in my brain in this manner so I can remember days of the week, the weather, what we were doing, the time of the year, and the year. I like detail and the multi-faceted details. It can absolutely drive some people crazy when so much detail about an obscure memory is given, but for me, it is written in stone in my brain. Crazy learned behavior from my dad! :)

Posted On 03/23/2017

Almond

Big confession time here. I have always hated wearing a bra. It felt like an archaic relic of social conformity. very uncomfortable. So, now, there are only a few occasions when it is absolutely necessary due to certain social occasions and types of clothing. After a certain age, my mother would become very angry if I left home without a bra. When she gave me my first bra, I hated it. So, I took a scissors and cut it in half.

The truth is that if you are an older woman, you are often ignored and no one notices or cares. I have a big event coming up this weekend at which I am a speaker, so must dress up a bit and remember to wear a bra. Ha! I live the kind of life where it is easy to become "poorly socialized." :-)

My husband used to have an incredible memory, although it is still pretty good. For example, I can ask him the year any hit song was released. He recalls music in relation to the events that occurred in his life. My parents said it does not matter what you eat because, days later, you will not remember it anyway. You can give my husband a date and he will tell you what we had for supper. He recalls memories as pictures. He can glance at a page of printed material for a few seconds, close his eyes and read it back in his head. He has an incredible ability to map the land and know where he is at any given time... find his way out of the center of a forest, or go from point A to point B. he tells me that he does this by recognizing changes in vegetation and knowing where everything should lie in the pattern--soil types, elevations of vegetation, knowing where water can flow, etc.. He is a better dowser than me, so may also feel energy form the land and navigate based on a sense of magnetics. I suspect it is selective breeding. His ancestry is closer to his hunter-gatherer ancestors. Visual imagery and this sort of memory was important for survival when you had to scan the horizon for game herds and recall the patterns of nature.

Posted On 03/23/2017

Debbie_53

There are a few different types of memory discussed here, and I am not sure how a strength or weakness in one would translate to another, or relate to overall brain function and health. I have always had a terrible memory for random, unrelated bits of information, such as numbers or lists, and so I learned early in life to memorize just a few things and somehow relate the others to them. That is one kind of memory, which I think used to be referred to as rote. One thing I do remember well is a favorite expression of one of my high school teachers: never bother to memorize anything you can easily look up. I took that to heart, and have become adept at knowing where to find information quickly.

As for early life experiences, I have quite a few memories from before I was three years old, including climbing the fire escape with my mother to get into our apartment because the landlord had just painted the stairs, and being afraid of falling off. That experience resulted in a fear of heights and many years of nightmares until I finally figured out the connection. I also remember my mother pushing me down the road in a baby stroller to visit my grandmother, and watching our new house being built, which we moved into when I was two and a half.

I remember experiences much better than names and faces, and faces better than names. I think my ability to remember is related to the amount of interest I have in what I am trying to remember. When I am first introduced to a person, their name will usually slip by me, so I have forgotten it just a few minutes later. If that person engages me in an interesting conversation, I will remember well what they said, and often be able to recall it many years later. Memory, in its various forms, is an important brain function, but hardly the only one. I think maintaining optimum physical health, remaining actively involved in life, and continuing to learn new things that challenge our minds all play a part in preventing mental decline.

Posted On 03/23/2017

TheBitemore

I'm 73 years old, and my earliest memories go back to when I was 18 MONTHS old! My sister was born when I was 18 months old, and I remember, clearly, when she was brought home after being born. I remember tickling her to make her giggle in "baby-talk." I also recall, at around this time, climbing out of my crib, which was next to my mother's make-up table, and onto that table, whereupon I scribbled all sorts of things on the mirror using her lipsticks and other cosmetics. Needless to say, the crib got moved as far as possible away from that temptation! One other memory stands out (actually, two memories, both of which occurred before I was 3 years old): I recall meeting my great grandmother, and I recall that, because WWII was still going on, and we were in Los Angeles, we had to do a "blackout," meaning no lights on, and all shades drawn, just in case bombers flew overhead looking to bomb our city. The memories don't stop there, of course. When I was 3 we lived in Panama (my father was stationed there), followed by a move to Guatemala, before returning to the states when I was 4. In Guatemala my father caught a lobster that was as big as I was tall, and he forced me to pose for a picture holding the scary looking beast. I still have that photo, and all the memories that go with it. I refused to eat lobster until I was in my late 30's! I honestly don't know how common or uncommon this sort of recall actually is, but I really do have lots of memories from before I was 5 years old.

Posted On 03/23/2017

Jodee

My own data collection leads me to believe that the assertion that we don't have the ability to form memories until around age 5 may be a fallacy. Personal curiosity lead me to investigate this notion among my large circle of friends and acquaintances. Some home schooled, some started their kids in school at kindergarten and some children didn't start school until 2nd grade, which was the law in California at the time. Granted, this is empirical/anecdotal evidence gathered from a relatively small sample set of about 100 kids total, but the clear pattern that emerged over the years would seem to contradict the aforementioned supposition on memory forming. Those teens who could not remember anything before age 5 were almost exclusively those who had started school in kindergarten. In contrast, the vast majority of teens who had been home schooled or school delayed until 2nd grade had memories from as young as 2 and some could even remember their births. (These were almost exclusively home birthed kids.) I kept track of these results in the late 80's, early 90's by interviewing teens and parents. There were no kids who had gone to a preschool in the data collection. Preschool was almost unheard of in my community of associates. My hypothesis is that early schooling, ie. kindergarten, may have had a trauma-based effect on memory forming. Just a thought. Again, not a peer reviewed study by any means, but a rather interesting "coincidence."

Posted On 03/23/2017

Barbara Charis

My long term memory at 83 goes back to a happening, when I was six months old. It is very vivid. I remember other events from two years of age on. I am always amazed, when friends don't remember things I remember from back in our early teens. My memory was not related to nutrition back in the thirties, forties or fifties. There was hardly any food in the thirties and early forties. Then when money was available it was primarily processed "garbage." It would be interesting to know how many people do have memories earlier than five years of age.

Posted On 03/23/2017

sammy7

My mom put the crib in front of her vanity and I remember looking in the mirror before the age of two. Remember a lot of stuff before the age of four. When you have been thru a lot of trauma, you remember stuff you wish that never happened. Kept it to myself and will till I die.

Posted On 03/23/2017

HealingMindN

Hello, Dr. M. I'm surprised you didn't mention Harry Lorayne. He has a manual floating around on the web, "How to Develop a Super Power Memory." It contains a few of the principles you have mentioned here. Thanks for the extra tips!

Posted On 03/23/2017

jamNjim

People that don't recall memories before age 4 or 5 do so because they had no trauma. I recall a lot of things before age 5 because my dad went to war, our dog got ran over by a car, I got sick and threw up, I got severely burned (3rd degree), and we moved. Trauma plays an important role in long term memory. Anyone on this forum who has no memory of your younger years is blessed. My wife is a perfect example. She is a Professor with a PHD. I can recall my entire childhood from age 3 to 9 and she can't recall anything prior to age 6. She is twice as smart as I am. So IQ has nothing to do with it. She thinks I'm smart because I remember things that happened when I was 3. Moral of the story is that all of you parents need to keep the first 5 years of your children's lives as calm as possible. Avoid all drama, arguing, and make life low risk. A child that can survive the first 5 years without any horrid emotions will be an incredible human being when they reach adulthood. Of course, life happens.

Posted On 03/24/2017

RawMilkRocks

COMPLETELY disagree with the assertion that memory doesn't begin until age 5.

My FIRST memory is lying in my crib watching a wind up clown doll go around in circles and play Brahms's lullaby and I hated it (pre-verbal, remember the feeling). Of course, I only knew much later the name of the song (obviously) but the doll was given back to other family shortly after my first birthday and I didn't see it again until I was in my 40s. Same doll, same song, confirmed by my aunt that it sat beside my crib.

My mother and father divorced when I was four and I have many, MANY memories of him living with us. Also, I recall sitting in an old-fashioned hook-over-the-front-seat car seat and I remembered two of them: one with a steering wheel and one with a horse's head. My mother vehemently disagreed and said I only had the steering wheel. Due to violence and illness in our home, I was sent to live with a foster family for 5 months when I was six months old. Near my 40th birthday I tracked that family down. They had several pictures of me still and in one, there I am sitting on the couch in my car seat THEY had for me: yes, it had a horse's head. I was six months old to 11 months old during that time. I also remembered their wallpaper, shown in the pictures, and picked a nearly identical one for my own kitchen 35 years later. If these researchers actually believe that memory doesn't start before five, please have them contact me. Good grief!

Posted On 03/24/2017

healthfreedomfighter

Here is an activity that will boost your memory: birding. Learn the different species in your area, how to identify them in different plumages (and sexes). Learn their songs and song variants. This is a long-term project, but you will also be outdoors a lot and walking a lot. And it can be a social activity, especially as you learn from others more experienced.

Posted On 03/24/2017

tmradius

Never mind remembering anything before 5 years! I am worried that I might not remember any thing at all after 100 and I am 99 now. (At 5 I remember my father hiring movers to move the family from one house to another in a rural Michigan area. The mover was a horse drawn wagon that got stuck in a ditch about 100 yards from the destination house.)

Posted On 03/24/2017

dutchess901

The very best way to remember anything is by associations. Years ago when I was waitressing I found myself taking a drink order for 8 people without my pen and pad. Rather than embarrass myself that I was not prepared to take the order I quickly associated the drinks with the person. For example if someone wanted a whiskey sour, I would associate them with looking sour, a martini, I would picture them with an olive on there nose. I not only got all the drink orders correct, but also gave everyone the correct drink. Another trick I use is if I'm thinking about something just before I fall asleep and I want to remember it in the morning I will take something off my end table by my bedside and throw on the floor. In the morning it will spark my memory.

Posted On 03/24/2017

Liz Smith

Seems many of us born in 1930/40's have good memories. I can recall before I was born even. I was conceived very quickly after my sister and a woman my mother knew suggested she visited someone they knew who could solve the problem. I had a difficult birth, but I never liked the lady who made the suggestion. I mentioned it to my mother when I was about 10 but she said it had never been mentioned to anyone after the first occasion so she didn't know how I got to know about it. My sons now recall things that happened during WW2 that they couldn't possibly have known in their lives, there are more things in life that people do not understand.

Posted On 03/24/2017

How much does the book cost? Why is it a secret?

Posted On 03/23/2017

Bradroon

By "coincidence" i happened to be fascinated by a talk on increasing your memory on a TEDx talk from Sweden. One point he made - make your memorizations fun. Your brain then is interested. When it's interested it places importance on it.

When you do rote things your brain is not paying attention - driving without BEing there, what did you eat for breakfast, etc - no importance placed on it and so even though it is recent and common you may not recall what ate for breakfast this morning.

As for the lead-in - memory before age 5 - the first memory from this life that i can put a time stamp on was getting baptized a couple weeks after being born. i also recall being on Mrs DeVries's kitchen floor with lineoleum squares of marbles black/white/red/yellow/green - and not being able to stop myself from rolling onto my back. i would lay face down (Mrs DeVries would set me back on my stomach) and scratch the gorgeous colors in the linoleum - and talk to the sunshine, which wouldn't TALK back, but is sentient....

Posted On 03/23/2017

carlasue2

I can remember very clearly the first time I escaped my crib, way before age five. My mom was as sharp as a tack until her death at age 84. My father is still sharp at 87. Genetics are hopefully a good thing here. I do know having two operations and two additional procedures where I was put under in the past year have had a huge negative impact on my brain. It's just now starting to feel like things are getting back to normal. Lots of coconut oil, 85% chocolate, nuts and omega 3 oils in my diet. I think it helps.

Posted On 03/23/2017

Dannnn1

I have lots of memories from before I was five, but none before two I don't think. They had globe shaped light covers on the lampposts in the neighborhood, that someone had drawn Charlie Brown faces on, and I used to watch the Muppet Show. Once I was looking out the back window of our townhouse overlooking a field, and started yelling "cowboys". My Mom dismissed it at first, but eventually came and saw the train of covered wagons in the field. So she took me down there, which I don't really remember, and talked to the people who I think were dressed in period clothes. Years later when I asked about it, she said they were going out West like that (we were in Virginia).

At three and four, during the day my Mom would lock me and my little brother in the basement with a gate across the top of the stairs. My dad had one of those old cylinder of death type lawnmowers with the exposed helical blades that spins when you push it. I was fascinated with that thing, and one day I had it most of the way out the sliding glass door of the basement before she came down and stopped me.

Posted On 03/23/2017

ICONOCLAST

outlook.live.com/owa/?path=/mail/AQMkADAwATY3ZmYAZS05YWQzLTkwOTMtMDACL..

Above is a link to a newsletter of Dr Al Sears regarding Rosmarinic acid, a component of Melissa Officinalis under a heading " The Brain Booster of Kings and Queens" PS I'm not promoting any of his products, just sharing knowledge.

Posted On 03/23/2017

starman777

Thanks for another excellent article and memory tips, Dr. Mercola!

Posted On 03/23/2017

ndrwlxndr

The memory techniques described were taught by Harry Lorayne a very long time ago. I read his first book back in the 1970's. And it has a lot of other techniques to be able to do some impressive "memory tricks". I like his original book better, as in the more recent versions have become more condensed, presumably to make it easier for our shorter attention spans to be able to get thru it.

Posted On 03/23/2017

SuzanaS

Here is the link to the book:

docs.google.com/.../edit

Posted On 03/24/2017

Almond

If I have a poor memory, how am I going to remember to use mnemonic devices? The best brain exercise I have found is being challenged by hanging around people who are smarter than I am. -But that gets tiring after a while. I think the greatest memory boost is to engage with life. Have projects and goals to pursue every morning when you wake up. Something stimulating to look forward to each day.

Posted On 02/22/2024

grulla

But also, "if you don't use it, you can lose it", should be an exception and normal consideration.

Posted On 02/22/2024

Guillermou

To promote memory, it is very favorable to do physical exercise with brain exercise. A combination of exercise and cognitive training (CECT) is more effective than either intervention alone. The present systematic review and meta-analysis were conducted to evaluate the effect of CECT on working memory in the elderly. The current meta-analysis showed that the effects of CECT on working memory in the elderly are moderated by the frequency of the intervention and cognitive status. CECT showed significant positive improvements in working memory in both healthy individuals and those with MCI. While there is a general consensus that higher training frequency generates greater benefits, the results of the current meta-analysis found that the low-frequency intervention is more than three times more effective than the high-frequency intervention.

Some previous studies have also indicated that high-frequency interventions are less effective than low-frequency interventions suggesting that high-frequency interventions may cause cognitive fatigue in older people. peerj.com/.../15108 (2023).----- Cognitive and motor tasks show overlapping activity in the prefrontal cortex, basal ganglia, and cerebellum, suggesting recruitment of shared neural resources.

In addition to neurocognitive mechanisms, exercise causes changes in the concentration of neuroendocrine markers related to cognitive development in children and adolescents. Neurotrophins, such as brain-derived neurotrophic factor (BDNF) and insulin-like growth factor-1 (IGF-1), have gained much attention due to their contributions to neural circuit development and function. Depending on the stage of development, these neurotrophins have different functions. While BDNF mainly regulates synaptic www.sciencedirect.com/science/article/abs/pii/S1364661321003120 (2022),.....

Posted On 02/22/2024

Guillermou

At the link 10 EASY BRAIN EXERCISES TO IMPROVE YOUR MEMORY Your best bet is all kinds of different things that exercise your brain in different ways. "Variety is great," says Dr. Scharre. "The more you do with your brain, usually the better it is." This list of exercises for your brain can help you get started. One of the exercises is meditation. In one study, people with mild cognitive impairment or mild Alzheimer's disease who did 30 minutes of guided meditation every day for six months showed slower degeneration in crucial areas of the brain than people who didn't. New to meditation? We researched a ton of meditation apps and compiled a list of the best ones to help reduce anxiety. www.goodhousekeeping.com/health/wellness/a43068545/brain-exercises-for.. (2023).----- ...and to see the world well also mental exercise 15 BRAIN EXERCISES THAT ENSURE MEMORY IMPROVEMENT www.magneticmemorymethod.com/brain-exercises (2023).-----

Posted On 02/22/2024

MarKe

Memories form well before the age of 5, as I have some. When one of my children was maybe 3 he was talking about memories from either another world or another life. I am not talented enough to have been able to figure out which. There is also Smart Brain, for anyone interested and the Arrowsmith program, for those who have disabilities. Arrowsmith's book, *The Woman Who Changed Her Brain*, is a good place to start. Barbara Arrowsmith had multiple cognitive problems but was brilliant enough to work with others to figure out exercises to "normalize" her ability by changing her brain. The program is now on the internet, costly, but I have heard it is very successful.

Posted On 02/22/2024

brianallen1

I remember certain occurrences from 3 1/2 years to 5, such as family vacations. At age 5 (kindergarten) I have very distinct memories. It might be age or more so the experiences of school in my first social setting.

Posted On 02/22/2024

grulla

What boggles my mind is that I can remember most all of the incorporated towns of the densely populated suburban county where I grew up over ~50 years ago, and I can even remember most of the names of all the appx 40+ railroad cops (mostly WWII vets) I briefly worked with in just a 20 month period from 1968-1970. Yet, I'll forget something from just a short while ago...go figure???

Posted On 02/22/2024

stickybud

I'm addicted to this site: <https://www.futoshiki.com/> (tricky 5s).

Posted On 02/22/2024
