



Natural Remedy for Memory power

Memory power:

- A strong memory depends on the health and vitality of your brain. The brain's incredible ability to reshape itself holds true when it comes to learning and memory. The natural power of neuroplasticity to increase your cognitive abilities, enhance your ability to learn new information, and improve your memory.



Causes:

- Forgetfulness has become a very common problem among both young and older people. There are various elements that lead to forgetfulness and poor memory; carelessness, not knowing the principles of memorization, and not using information are some of them. The causes of poor memory from emotional aspects such as depression, stress, and a confused mind as well as the behavioral aspects of alcohol and drug addiction, and alternative religious inspirations to help tackle the causes of bad memory.

Symptoms:

1. Forgetfulness
2. Amnesia
3. Impaired memory
4. Loss of memory
5. Amnestic syndrom

Diagnosis:

- Memory loss, also referred to as amnesia, can occur for a variety of reasons, including injury, illness or age. Understanding the symptoms of potential memory loss can make diagnosis easier, especially for your doctor. To diagnose memory loss, your doctor will take note of your symptoms and run tests to determine any underlying causes of the memory loss, such as Alzheimer's disease.

Ingredients:

1. Honey

Natural Remedies:



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- Eating 10 grams mixture of Cashew Nut with honey in the morning and evening about 15 days will help to increase memory power. Drinking hot Milk mixed with Cardamom powder and Honey during night time in everyday helps to increase memory power. This is very natural homemade home remedy to increase memory power.

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