

# Memory

## What Is Memory Loss?

As we age, it's normal to forget things more easily. Memory loss can vary from forgetting something that happened just a few moments ago to a more memorable event that happened a long time ago. There are many different types of memory loss and a wide variety of causes as to why this could happen. Memory loss differs from dementia in that a person with dementia won't usually be aware of their memory loss or could even deny it.

## What Causes Memory Loss?

The most common causes of memory loss are anxiety, stress, and depression. Otherwise, it could be caused by a head injury, such as after a car accident or after a stroke, which cuts off the blood supply to the brain and causes brain tissue to die. Other less common reasons for memory loss include an underactive thyroid, long-term alcohol misuse, bleeding in the brain (i.e. a subarachnoid haemorrhage), a Vitamin B1 deficiency, problems with blood flow to the brain, a brain tumour, or a stressful or traumatic event that causes a person to block out the memory.



**“My MS follows a pattern of relapses and remissions. During the relapses I suffered double vision, stiffness, numbness, loss of balance, loss of bladder control, impaired use of my arms and legs, fatigue, poor concentration, loss of memory and depression. During one of the relapses, in June 2003, I started to take Serrapeptase.**

**I now feel brilliant. Everything has improved. Since last June I have had no relapses, the tightness in my spine that indicates the presence of MS has gone, as have the constant pins and needles in my fingers. My balance has improved and what is perhaps best of all, the old confident pre-MS me has returned.”**

**- Maureen Rooney**



*Follow the Health Plan as recommended for the best results:*

## MEMORY LOSS HEALTH PLAN

The following plan is designed to provide a boost for your memory health.

*Your 4-8 Week Plan, From My eBook, Robert Redfern  
Supplements to support a healthy brain and mind - in order of priority:*

- [Serranol](#) - Take 1 capsule, 3 times daily. Serranol supports healthy blood flow and circulation to the brain.
- [Curcuminx4000](#) - Take 3 capsules, 3 times daily. Curcumin is an antioxidant with powerful benefits for brain health. This is because curcumin can cross the blood brain barrier, meaning it has the potential to treat a range of neurological disorders.
- [Relaxwell](#) - Take 2 capsules, 30 minutes before sleep. Promotes relaxation and healthy cortisol levels.
- [ReFocus Vinpocetone](#) - Take 2 capsules, 2-3 times daily. Contains Vinpocetine that can boost brain health.
- [Gingko Biloba](#) - Take 2 capsules, 2 times daily. Helps with memory loss. Increases blood vessel elasticity and supports better blood flow to the brain.
- [Lithium Balance](#) - Take 2 tablets, 3 times daily. Supports healthy mental and balanced chemical responses.