

## Memory Problems

Written by Delores A. Hampton  
Sunday, 28 July 2013 13:57

---

Memory is affected by nutrient deficiencies, free radical exposure, alcohol, drugs, allergies, stress, and other factors. Memory problems are not limited to aging adults, but can affect those of all ages.

**Brahmi- Internal** Purposes: Improves Long and short term memory.

**Garlic- Internal** Purposes: Boosts memory

**Ginkgo biloba- Internal** Purposes: Boost brain and memory function. Dosage: Take in capsule form

### Also some helpful nutrients for this condition

#### **Vitamin C-**

Importance: High Comments: Potent antioxidant. Enhances circulation.

#### **Vitamin E**

Importance: High

Comments: Expands blood vessels. Enhances circulation to brain.

#### **Zinc**

Importance: High

Comments: Eliminates toxins from brain. Zinc gluconate lozenges or OptiZinc are recommended

## Memory Problems

Written by Delores A. Hampton  
Sunday, 28 July 2013 13:57

---