

9 PROVEN WAYS TO IMPROVE MEMORY AT ANY AGE



#1: Exercise Regularly



#2: Learn New Things



#3: Cut Out Sugar



#4: Prioritize Sleep



#5: Meditate



#6: Get Omega-3s



#7: Try Curcumin



#8: Do Intermittent Fasting



#9: Consider The Keto Diet

50 Ways To Improve Your Memory

L Cohen



50 Ways To Improve Your Memory:

How to Improve Your Memory and Concentration Michael C. Kellett,1983 *Boost Your Memory* 50minutes,2017-05-24
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