

HOW TO IMPROVE YOUR MEMORY

Improve your memory, get rid of brain fog, and boost your focus with this simple guide to science-backed tips and supplements.

EXERCISE

Exercise boosts memory and neuroplasticity, your brain's ability to adapt to new situations or information and recover from stress.

TRY THIS:

- Strength training
- Endurance training
- Yoga
- Swimming
- Anything that gets your body moving

DUAL N-BACK TRAINING

Dual N-back training is an intense type of brain training that permanently improves your short-term memory, problem-solving skills, and IQ.

TRY THIS:

- Do dual N-back training for free online
- Learn more in "Game Changers" by Bulletproof founder Dave Asprey

SLEEP

Want to boost your recall and focus? Go to sleep. Consistent quality sleep improves your short-term and long-term memory and boosts overall cognitive function.

TRY THIS:

- Switch to decaf within 8 hours of bedtime
- Limit blue light exposure after dark
- Meditate before bed
- Sleep in a cool, pitch-black room

SUPPLEMENTS

According to research, the following supplements may give healthy adults a natural mental boost:

BACOPA MONNIERI

Enhances memory, attention, mood, and stress response.

DOSE:

750 mg daily with a fat source like Brain Octane oil or avocado

ARTICHOKE EXTRACT & FORSKOLIN

Work together to improve learning and short-term memory.

DOSE:

3 softgels of Bulletproof Smart Mode daily

OMEGA-3 FATTY ACIDS

Improve memory and overall brain function by preventing or reversing cognitive decline.

DOSE:

1000-2000 mg of DHA and EPA omega-3s per day from foods like wild fatty fish and grass-fed beef, or 2 softgels of Bulletproof Omega Krill Complex daily



Learn more at blog.bulletproof.com

Sources
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