

Published based on [Improving Memory: Discover The Best Vitamins To Help](#)

Improving Memory: Discover The Best Vitamins To Help

Medical science is always interested in approaches to slow down the aging process. A particular area that has received plenty of attention of late is that of mental function and particularly [improving memory](#) . Scientists have examined the chemical basis for memory and many have introduced medicines for memory enhancement, others have looked at using nutrition to improve memory.

In our brains and nervous systems, there are actually networks of nerves which have got essentially endless possibilities for inter-connectedness. You could certainly think about this linking as a kind of wiring configuration, and fresh hubs will be set up when you learn something, by means of patterns of neurological processes across the system. It is theorized that the act of recall may be experienced by way of revisiting these neural pathways. These actions are helped by neurotransmitters which are substances acquired from our food along with what we drink. Consequently experts have been discovering the benefits of vitamins and minerals on mental performance, such as memory.

The most important neurotransmitter of memory (and other very important physical processes) is a compound called acetylcholine. In order to generate this particular compound, the brain needs the nutrient choline (derived from phosphatidyl choline) along with vitamin B5. It has been learned that amounts of acetylcholine in the brain are likely to reduce as we get older and this decrease has been proven to give you poor ability to recall along with various other problems. So this had led scientists to look for ways to increase its levels to help with [improving memory](#) .

Curious about memory enhancement, the drugs trade has gone for looking to develop medicines to do the trick, due to the fact that as artificial substances, they could be branded and promoted for large profits. It has investigated the effects of smart drugs for both patients with Alzheimer's and for the much larger market of men and women troubled with so-called age-related memory decline.

Two approaches have been used. The first approach was to make medications which slow down or prevent the breaking down of neurotransmitters. In this group of drugs, the medication Piracetam has been extensively researched and observed to have generally valuable outcomes on memory performance. The medication is associated with a drug group termed nootropics, connected to pyroglutamate, which is an amino acid. An additional substance known as Deprenyl (a mono-amino-oxidase inhibitor (MAOI) is employed to combat Alzheimer's disease.

In the short term, the results appear good, however the longer term results have not yet been tested and it is possible that these kinds of medicines will lead to biochemical imbalances, since they are artificial substances, and are consequently not completely developed for our bodies' biochemistry.

The second kind is smart hormones which are sold over the counter in the USA. The hormone that has received the most publicity is melatonin (chiefly regarding lessening the side effects of jet-lag), which is a hormone made by the pineal gland. Controversially, some scientists advocate that it ought to be taken to improve your memory. However, the problem is that, although it is a natural substance, there is a subtle balance of hormones in our systems, which is easily upset and could bring about all sorts of unwelcome side effects.

On the other hand, if like many people, we go back to fundamentals and take a look at the food substances required to create acetylcholine (mostly choline and vitamin B5), then there is another means for anyone to keep balanced amounts of this substance. Studies have suggested that providing that you have adequate intake of foods, food supplements and vitamin supplements to supply us the required nutrient building blocks, will undoubtedly lead to memory enhancement in many people. And so, ideally we need to consume a sensible diet with plenty of fruits and vegetables, and oily fish 3 times a week. It would be sensible to speak with a nutritionist or some other qualified health professional to give you advice on your unique requirements for memory vitamins. The effects will not happen right away, yet you will without doubt be making good progress towards laying the foundations for [improving memory](#) .

You can also find this article published on [Improving Memory: Discover The Best Vitamins To Help](#), and on

the tag pages [food](#), [health](#), [improving memory](#), [memory vitamins](#), [self-help](#).