

“The day you stop learning is the day you begin decaying.” -Isaac Asimov

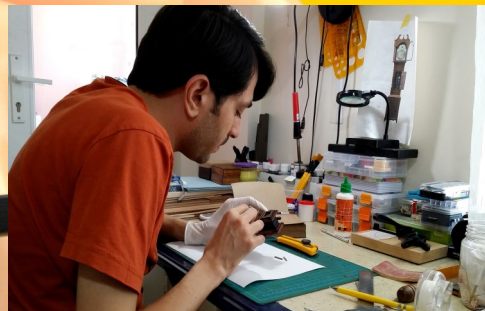
DO THESE THINGS FOR BETTER BRAIN HEALTH!

GET MORE SLEEP

EXERCISE



LEARN A NEW SKILL



A HEART HEALTHY DIET IS A BRAIN HEALTHY DIET

To keep your brain healthy and strong, you need to feed it new, novel, and different experiences.

THE MIND DIET

- 3 PORTIONS OF WHOLEGRAINS A DAY
- 1 DARK GREEN SALAD AND 1 OTHER VEGETABLE A DAY
- BERRIES AT LEAST TWICE A WEEK
- AT LEAST 30 GRAMS OF NUTS PER DAY
- BEANS OR LEGUMES AT LEAST EVERY OTHER DAY
- POULTRY AT LEAST TWICE A WEEK
- FISH AT LEAST ONCE A WEEK
- AT LEAST 140ML OF RED WINE EVERY DAY
- NO MORE THAN 1 TBSP A DAY OF BUTTER OR MARGARINE. CHOOSE OLIVE OIL INSTEAD.
- CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK
- PASTRIES AND SWEETS LESS THAN 5 TIMES A WEEK

The DASH Diet for Healthy Blood Pressure

Follow these DASH (Dietary Approaches to Stop Hypertension) guidelines for a healthier, more balanced diet.

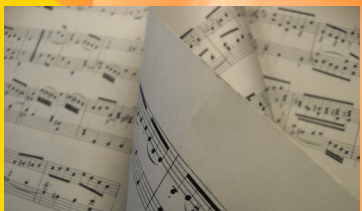
- Grains: 4 TO 8 SERVINGS PER DAY
- Fresh Fruits and Vegetables: 4 TO 5 SERVINGS OF EACH PER DAY
- Lean Protein: 6 OR LESS SERVINGS PER DAY
- Legumes or Nuts/Seeds: 4 TO 5 SERVINGS PER WEEK
- Fat and Sweets: LIMITED
- Low-fat Dairy: 2 TO 3 SERVINGS PER DAY

OhioHealth: Discover how the DASH diet can help you manage your blood pressure at ohiohealth.com

When learning anything new, you don't have to be good at it. It is just important to keep learning.

IMPROVE YOUR DENTAL HEALTH

LEARN A MUSICAL INSTRUMENT

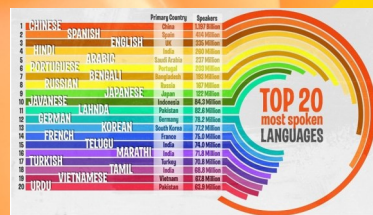


MOUTH BODY Connection

The Surgeon General reports that at least 80% of American Adults have gum disease but the impact goes far beyond the mouth.

- Alzheimer's & Dementia:** Research shows those with chronic gum disease for more than 10 years, have a 70% higher risk of developing Alzheimer's. *-Alzheimer's Research & Therapy*
- Stroke:** People with gum disease are 3x as likely to die from stroke. *-Mayo Clinic*
- Respiratory Disease:** Poor oral hygiene can increase the risk for pneumonia & respiratory infections. *-Journal of American Dental Association*
- Heart Disease:** People with gum disease are 2x as likely to die from Heart Attack. *-Mayo Clinic*
- Obesity:** Being obese significantly increases the risk of periodontal disease. *-International Association for Dental Research*
- Sexual & Reproductive:** Gum disease has been linked to pre-eclampsia, low birth weight, fertility issues, and erectile dysfunction. *-http://gumdisease.com*
- Cancer:** Men and women with a history of gum disease are 14% more likely to develop cancer than those with healthy gums. *-Fda.org*
- Diabetes:** Diabetes & bleeding gums increases your risk of premature death by 400-700%. *-American Academy of Family Physicians*
- Osteoporosis:** Studies show a significant connection between periodontal disease and osteoporosis, especially in women. *-National Health Institute Osteoporosis Division*
- Rheumatoid Arthritis:** Research has found an association between gum disease and rheumatoid arthritis. *-American Academy of Family Physicians*

LEARN A NEW LANGUAGE



Alzheimer symptoms appear 5.1 years later than average in Bilingual speakers.



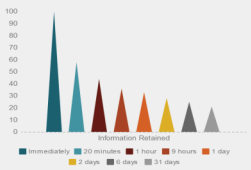
FIGHTING THE FORGETTING CURVE

What is the forgetting curve?

Exponential, progressive loss of learning over time, first studied by German psychologist Hermann Ebbinghaus.

When learning isn't reinforced, information is quickly lost, eventually leveling off to retaining only a small fraction of what was learned.

Ebbinghaus Forgetting Curve



What affects retention?

While many factors influence memory these are some of the most common



Forgetting has a purpose.

It's how your brain avoids information overload and helps you prioritize.

How do you fight forgetting?

To boost retention, people need to practice or study beyond the initial point of learning. Doing so helps information, skills or behavior become ingrained.

This strategy is called overlearning. Multiple reinforcements signal to the brain that the information is important.

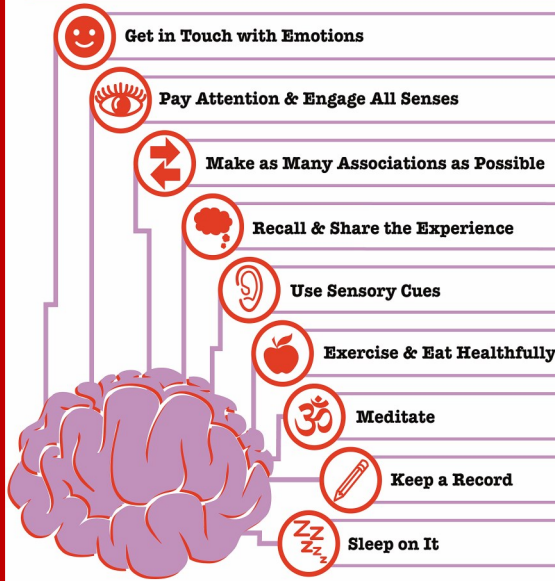


Without reinforcement, each **hour** of material requires **40-50 minutes** of relearning.

How to help.

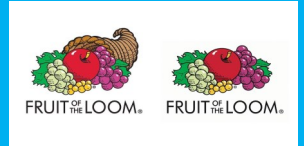


9 Ways to Prolong Memories



The Mandela Effect

Can you remember which is the real image?



Learning the ALMOST impossible

Zeewhy ex-warrior
Z Y X W
 Vut's our coupon
V U T S R Q P O N
 Milk Jug
M L K J I H G
 Feed cute baby alligators
F E D C B A



TV and YouTube sources

Memory Explained - Vox & Netflix
 Brain Games - NatGeo & Disney+
 YouTube channels: Crash Course, SciShow, BeSmart, BrainsExplained

ABOUT YOUR PRESENTER

Born on the Southwest side of Chicago, William Pack got his first job in a magic shop at the age of 11. He is an award winning magician and storyteller. His natural comedy and astonishing sleight of hand has made him a popular choice for banquet and party entertainment. He has presented his adult educational programs for 100s of libraires and groups to rave reviews. AVAILABLE FOR CORPORATE AND PRIVATE EVENTS.

For Educational Programs: LibraryProgramming.com
 For Entertainment Performances: VeryFunnyMagic.net

BOOK SHELF

Liked the DON'T FORGET! memory program?
 Here are some good books for further study.

- MOONWALKING WITH EINSTEIN - Joshua Foer
- THE MEMORY THIEF - Lauren Aguirre
- THE MEMORY ILLUSION - Dr. Julia Shaw
- REMEMBER - Lisa Genova
- MEMORY MATTERS - Steve Cantwell
- THE MEMORY BOOK - Harry Lorayne
- UNLIMITED MEMORY - Kevin Horsley
- MEMORY SUPERPOWERS! - Nelson Dellis