

~ A Healthier You ~

[www.grannyearth.com](http://www.grannyearth.com)



**Looking to improve your “Memory and Concentration”?  
Vitamin B-6, Folic Acid and Ginkgo are the answer!**

Dealing with age-related memory loss can be both frustrating and frightening. It is important to take some steps to prevent these devastating diseases by supplementing our diets with scientifically proven nutrients. Taking the validated nutritional supplements Ginkgo, Folic Acid and Vitamin B-6 can improve age-related memory loss and prevent the development of Alzheimer’s disease and other dementias as we age.

Vitamin B6 is an essential nutrient that is important in the regulation of nerve trans-missions- it is needed by the nervous system for normal brain function and may also help with moods. This vitamin helps to prevent memory and focus problems, which are prone to occur as we get older. It does this by reducing the homocysteine levels in circulating blood. People with Alzheimer’s and Parkinson’s disease have elevated homocysteine levels (an amino acid that can irritate blood vessels- causing cholesterol to become more harmful). Recent research shows that reducing homocysteine levels may prevent these diseases and improve symptoms of those people who are already afflicted.

Folic Acid is another B vitamin that has long been recognized as a vital nutrient for the brain and spinal cord. Recent research demonstrates that Folic Acid has significant importance in Alzheimer’s disease. In the study of brains of deceased volunteers, it seems that diet and nutrition have a dramatic influence in it’s

development. Those who had high levels of Folic Acid showed little evidence of Alzheimer's damage in their brains.

One of the most researched herbs, Ginkgo biloba, has been found to be effective in improving currently experienced memory and focus loss; in other words, problems that we are having now. Ginkgo has been studied in individuals who have age-related memory loss, as well as in those with Alzheimer's disease and other dementia. It can improve many brain functions , such as speeding up memory recall, protecting brain cells from chemical changes and free radical damage, improving blood flow to the brain and helping nerve cells communicate with each other better. (Ask the Doctor; [www.ATDonline.org](http://www.ATDonline.org))