

CAN YOU REVERSE MEMORY LOSS? IN MANY CASES, THE ANSWER IS "YES!"

Memory loss is also sometimes called forgetfulness because that doesn't seem as scary as thinking about losing the information that you currently know. Comedians tell jokes about forgetfulness.

Kids tease their parents when the parent calls them by the wrong name. Friends rib one another when someone forgets a name, or can't quite recall the details of an event.

Recalling a certain date seems to stump you and you can't grasp it. Often these moments of memory loss are more a lapse than a true example of memory loss. But still, the truth is for millions of people, memory loss isn't a passing thing and it's no joking matter.

It can be frightening and life altering.

What Is Memory Loss?

There are two basic types of memory loss. The first one is known as usual memory loss. This is something that almost everyone in the world will experience at one point in their lives.

Usual memory loss is nothing more serious than a direct result of trying to take care of too many tasks at once and one or more of these to-do tasks just slips your mind and you neglect to take care of it.

This especially happens if the task is not an essential one. For example, more people will forget to pick up dry cleaning than they will to do a task like taking out the trash.

But more people will forget taking out the trash than they will paying the rent or mortgage notice. The brain classifies certain pieces of information and this is what works to help us retain the information that we need.

When we become overloaded with information and to-do lists, the brain starts to prioritize the most important jobs and those are the ones that you remember easier.

Leaving your car keys behind, misplacing your cell phone or being unable to recall someone's name is all part of usual forgetfulness. Even if this is something that happens frequently, it's still normal.

Needing a reminder to take care of tasks or to keep an appointment isn't a sign of significant memory loss. It only means you have a busy life and this type of forgetfulness is common and nothing to worry about - especially if you know that you've forgotten to pick up something or take care of something.

You can forget and then recall it. This is normal. However, the second type of memory loss is something to worry about. This type of memory loss is known as unusual memory loss.

If someone is experiencing this kind of memory loss, then there will be some significant signs that the person is struggling. One of the signs of this struggle is if the person asks a question and then within seconds or minutes, he or she will ask the same question again - even if it was already answered.

Another sign is when someone is speaking and they can't remember words that they used to know. Forgetting a word or two is common. Not being able to recall multiple words is not.

An example of this is not being able to identify that the object a person drives in is called a car or truck or vehicle. Assigning different labels to objects the person could always identify clearly before is another sign.

This would occur when someone says bed for chair. While some slipups are common, it's not common to mislabel an object and then not be able to say what it is when the person realizes he or she misspoke.

Struggling to do something they've always done that requires instructions can be another warning. Things like this are not being able to put together a car part or being unable to cook a meal because the person can't understand the directions.

Having a sudden inability to follow directions is a sign of unusual memory loss. Putting things where they don't belong is also a sign. This might be something like putting the dirty laundry in the closet instead of the hamper.

Being unable to navigate familiar areas or around stores where the person has shopped for years is another sign. An alarming sign that memory loss is unusual is if it's also accompanied by actions or emotions that the person is not normally known for.

An example of this would be someone who is mild mannered and patient becoming easily agitated and impatient. If you notice significant changes in behavior in yourself or your loved one and it's associated with memory loss, this can be a sign of something more serious. Any sign of unusual memory loss should be addressed right away.

The Different Types of Memory Loss

There are all different kinds of memory loss ranging from mild to severe - and there are a lot of things that can cause various levels of memory loss. Some memory loss is temporary, such as the kind that's caused by a side effect of certain prescription medications.

Once the person stops the medication, the memory improves. An example of this would be some types of anti-depressants or muscle relaxers. Short term memory loss, such as the type that happens after anesthesia, subsides once the medication wears off.

The use of illegal drugs can also cause an altered state of mind that can result in memory loss. Having struggles with the memory can also happen because of drinking too much alcohol. This is temporary and goes away when the alcohol is out of the body's system.

Insomnia that reaches the point of sleep deprivation is also linked with memory loss. Not getting enough sleep can affect the memory to the point that you forget what you used to be able to easily recall.

However, having the sleep that you need restored usually solves this type of memory loss. There are certain metabolic conditions such as thyroid issues that can impair the memory.

Eating a poor diet can cause you to have a lack of certain nutrients and this can also lead to memory loss. Memory loss can occur because of an accident. If the brain is traumatized, it can cause significant memory loss.

When someone has a stroke, it can affect portions of the brain that control movement or memory. Other serious health issues such as having a tumor in the brain can also cause memory loss.

Sometimes diseases known to affect the memory can occur. Dementia is the most widely known and feared type of memory loss. Age related memory loss is often called dementia.

This is not a correct term because age related memory loss and dementia are not the same thing. Age related memory loss means that a person can still do what he or she normally does.

They can go about their day but will forget things. However, they can still make decisions without a problem. It's a problem when shows signs of physical or mental decline such as impaired judgment.

The person may leave home to drive to the store and suddenly he or she can't remember how to get back home. Or the person sets off to find a new location but can't find it because he or she can't follow the directions to the new place.

This is a sign of dementia. Alzheimer's Disease is one of the most common causes of memory loss and this disease can strike someone who is in their late forties and beyond.

Many types of more serious dementia such as Alzheimer's are progressive. There are some signs that can signify that a person may be experiencing signs of Alzheimer's Disease.

If the person can't use appliances with ease like he once did, or if he can't engage in social activities or hobbies like before, it's a sign. If he can't handle his day-to-day life such as paying the mortgage or other bills, there's a problem.

Financial mistakes - such as overdrawing the bank account or forgetting to pay the utilities - can happen when someone is struggling with dementia. If the person is easily confused and gets upset because he can't find the words he wants to use, this can be a sign as well.

How to Cope with Memory Loss

Most people are in denial when they experience memory loss or see it in loved ones. This is because the idea of losing the memory is unfathomable to everyone.

It's scary because to lose the memory means losing the essence of yourself or the person that you love. And no one wants to go through that. What most people do is immediately push aside any symptoms as part of aging.

They simply assume that to get older means that the memory also goes. They don't want to deal with it because they believe that with aging comes the point of no return and there's no going back.

Another assumption is that there's a reason behind the signs of memory loss. Some people will chalk this up to stress or a lack of sleep. They'll search for anything to find a reason so that they don't have to experience the fear associated with memory loss.

Still others will brush off the signs as part of a normal thing. They believe that because people do forget things, that must be all the signs of memory loss that they noticed is. This is a form of denial to keep from having to face what's actually going on.

Unfortunately, none of the ways that people try to rationalize memory loss will work. Because eventually, the signs will become so noticeable that they can't be pushed aside and you'll be forced to deal with it.

Instead of not doing anything and refusing to cope with memory loss, you have two things that you can do. You can visit a doctor who specializes in memory loss issues.

Sometimes you'll find a doctor who will simply hand out a diagnosis, a prescription and then he'll leave you to deal with the fallout yourself. But sometimes, you can find a doctor who is compassionate and will take the time to listen to your fears and do his best to help you deal with the aftermath.

However, either scenario doesn't change the fact that you're dealing with memory loss. What happens in most cases of suspected memory loss that's unusual is the doctor will take several steps.

He'll ask a series of questions and if a serious form of memory loss like Alzheimer's is suspected, he'll run some tests. If his suspicions are correct, he'll give the patient a prescription for a drug that can be used to treat various levels of Alzheimer's Disease.

This is the route that many people take because they don't know what else to do. However, before you choose to take this road, you should know that the drugs prescribed for the treatment of different types of dementia and different stages of dementia have some side effects that can contribute to memory loss.

One of the drugs has a side effect that causes confusion. This only adds to the frustration that someone with dementia experiences. You might not realize that there are better options available for the treatment of dementia, but there are. And the more natural means that you use, the better it is for your body.

What You Can Do to Fix Memory Loss

Dementia happens as a result of damaged cells. These cells in the brain get damaged for one reason or another and cause memory loss. This damage has been traced back as being caused by a build up of plaque.

This plaque is basically just protein. But what this protein does in the brain is what causes the chaos of memory loss. It destroys the brain's receptors that help with memory.

Without the full function of these receptors, people can't remember what they once knew. A recent study showed that there is a way to reverse the cause of the protein that leads to dementia in laboratory mice.

This study found that TC-2153 could protect the brain's cells from the effects of the protein that damaged it. This protein, known as Striatal-Enriched tyrosine phosphatase or STEP for short, is the culprit that has to be stopped in order to reverse the effects of dementia.

Unfortunately for people, the TC-2153 has not yet gone through sufficient phases to ready it for human use yet. However, there are other ways that you can get this compound naturally.

By using natural inhibitors found in foods, the STEP protein can be inhibited and the methods involved in these steps can easily be learned at home. You'll learn that there are three things you can do to repair memory loss.

By consuming a diet containing three things, trifluoromethyl, benzyl alcohol and aminehydrochloride, you can get back your memory function. Though these sound like weird compounds, they're actually found in foods.

For example, trifluoromethyl is found in fruit juice. Benzyl alcohol is in teas and aminehydrochloride is in specific kinds of salt. You need to know which group contains which of these natural compounds and how to use them in your daily diet to combat the protein that causes memory loss.

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