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Senior Moments: Keeping Your Mind Sharp As You Age

We've all joked about occasionally having a "senior moment" when we've forgotten where we put something, or what we were doing or saying. It's amazing that with all the stimulus our brains receive nowadays, that we are able to process and recall any of it?

Weighing in at only about three pounds, the brain is truly an amazing and complex organ with over 100 billion cells. And just like the rest of your body, it needs exercise to keep it functioning optimally. When it comes to preventing memory loss or dementia, unfortunately, the secret has yet to be discovered. So although there are no guarantees, there are a number of things that you can do now, and as you grow older, to keep your mind in tip-top shape.

Challenge Yourself: Mentally-stimulating activities help create new pathways of thinking and keep your brain in shape, which could help prevent memory loss. Learn something new, like learning to play a musical instrument or crotchet. Even changing your routine and habits slightly to get you off of auto-pilot mode occasionally will keep you on your toes.

Be Social: depression and stress can both contribute to memory loss, but social interaction can help reduce the effects on your memory.

Manage Chaos: Get organized by making note of tasks, appointments or events in a calendar or electronic device of your choice. Repeating it aloud while you do so will help you recall later.

Stop Multitasking: It may seem almost impossible at times... but try not to do too many things at once. Limit your distractions and allow yourself the chance to focus on one thing at a time.

Get Moving: Exercise increases blood flow throughout the body which could help keep you mind sharp. A minimum of 150 minutes a week of moderate activity is recommended for adults. For those that don't have time or tire easily, a few 10-minute walks a day provides the necessary benefits.

Feed your Head: A well-balanced diet full of whole grains, low-fat proteins, and a rainbow of fruits and vegetables does your whole body good. The essential fatty acid (EFA) DHA is critical for brain development in children, but will also help support your brain as you age. Hazle Drugs brand of "Cognitive Boost" include: Acetyl-L-Carnitine used for brain energy metabolism and membrane fluidity; Glutamine: a neurostimulator and GABA, a calming neurotransmitter precursor; L-Pyroglutamic acid used for the metabolism of acetylcholine-releasing nerve cells; L-Tyrosine: used for long-term memory and dopamine which is a muscle control precursor. Other ingredients include: DMAE, Ashwagandha Extract, Eleuthero Extract, Blueberry Extract, Ginkgo Extract, Vinpocetine, Phosphatidylserine, Glycerophosphocholine. Used daily, Hazle Drugs brand of "Cognitive Boost" may improve absentmindedness and other mild memory problems associated with aging.

For more information of keeping your mid sharp as you age, please contact Certified Clinical Nutritionist, Bill Spear, R.PH, CCN at Hazle Drugs, 1 E. Broad St., Hazleton, Pa. 18201. 570-454-2476 www.hazledrugs.com

Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal Nutritional Consultations at Hazle Drugs 1 E. Broad St. Hazleton, Pa. 18201, (570)-454-2476. Call for more information or to schedule your Nutritional Consultation today