

LIBRACIN NATURAL MEDICINE IND. LTD



LOSS OF MEMORY

- CAUSES & NATURAL REMEDY -

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MEANING

If you have difficulty remembering things, your mind may make the leap to Alzheimer's disease – but that's not the only cause of memory loss. Chronic lack of sleep, anxiety, and even some drugs can cause memory troubles. Treating the underlying health problem may ease forgetfulness. Nutritional deficiency can also lead to memory loss.

You can't find your keys or you forget an appointment. For many people in middle age or older, simple acts of forgetfulness like these are scary because they raise the spectre of Alzheimer's disease.

But Alzheimer's is not the only health issue that can lead to forgetfulness, which is often treatable if you know the cause, according to the National Institute on Aging. Memory loss can happen at any age and for a number of reasons.

“Patients might experience memory loss and describe their symptoms similarly, but a doctor can tease apart what parts of the brain are affected,” says Seth Gale, MD, a neurologist at Brigham and Women's Hospital in Boston. He points out things like polypharmacy (taking several medications), significant depression, and poor sleep that can lead to memory complaints. “When you drill down and find out what is actually happening with brain function, you can reassure someone. They have the capacity to learn and store information but because of their overloaded mental resources, they are having trouble,” says Dr. Gale.

CAUSES

Poor blood circulation, Drugs side effect, accident, anxiety and causes of lack of memory. Below are other causes of loss of memory.

1. **Sleep Apnea:** This common but treatable sleep disorder causes breathing to stop briefly and frequently throughout the night. It is linked to memory loss and dementia. You might have sleep apnea if you wake up with a headache and have daytime fatigue— or if your partner complains of loud snoring. When not treated, sleep apnea affects spatial navigational memory. This type of memory includes being able to remember directions or where you put things like your keys. One explanation is that for people with sleep apnea, oxygen delivery to the brain is interrupted several hundred times during the night. The brain is stressed, so people wake up. The injury sleep apnea causes can show up as a variety of memory loss symptoms.
2. **Silent Stroke:** Obvious changes in the ability to think and move normally can come from strokes that block major brain blood vessels. Mild memory problems can also develop gradually after silent strokes that affect smaller blood vessels. These changes in brain function, which can range from mild to severe, are called vascular cognitive impairment. The brain is especially vulnerable to blocked or reduced blood flow depriving it of oxygen and essential nutrients. People with memory loss are at greater risk for stroke. And forgetfulness may be an early warning sign of stroke, found a study published in the journal *Stroke*.
3. **Medications:** Memory loss could be a sign that your medication needs to be adjusted. Several types of drugs can affect memory, according to the U.S. Food and Drug Administration (FDA), including: sleeping pills, antihistamines, anti-anxiety medications, antidepressants, certain painkillers, cholesterol-lowering medication and diabetes medication.
4. **Nutritional Deficiency:** A lack of sufficient B12, one of the B vitamins essential for normal nerve function, can lead to confusion and even dementia. Each day, you should get about 2.4 micrograms of B12 in your diet from natural sources like dairy products, meat, and fish, or from foods fortified with vitamin B12 — like fortified cereals. Try our free online tool to plan healthy meals that will give you the vitamins you need.

5. **Stress, Anxiety, and Depression:** Significant stress or anxiety can lead to problems with attention and memory, cautions Lyketsos. This is particularly common among people who may be juggling home and work responsibilities and are not sleeping well. Usually, easing stress can improve memory. Untreated chronic stress can lead to depression, which could also affect brain function. A mood disorder may improve with medication and counselling.

HERBAL REMEDY

Libracin traditional herbal supplements and fruits help reactivate and improve memory. These herbal alternatives include:

- A. Herblin Complex <http://libracin.com/product/herblin-complex/>
- B. Phyto Bliss <http://libracin.com/product/phyto-bliss-herbal-tea>
- C. Aloe Vera <http://libracin.com/product/aloe-vera-plus-bitters-aloes-SP>
- D. Bounty <http://libracin.com/product/bounty-herbal-tea/>
- E. Mascum Herbal Pride <http://libracin.com/product/mascum-herbal-pride-SP>



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Car Wash, Ikate Surulere, Lagos State.
09067687536, 08156811248
09079852695, 08170715107

ABUJA FCT:

KUBWA:

Hadza Plaza,
Opposite Channel 8 Junction,
Kubwa Abuja, FCT.
08104248293, 08060738106

ZUBA:

Shop No B4, Zuba Plaza,
Zuba, Abuja FCT.
09094061768, 09060823886

DUTSEN:

Shop 60/61 MMG Shopping Complex,
1st Gate, Dutsen Alhaji, Abuja FCT.
07068259254, 09060732488

BWARI:

Atanu Plaza, Beside Peace Park,
Opposite Bwari Market, Bwari Abuja FCT.
08138622678, 09065450205

MARARABA:

Fortress Plaza, Shop No. C7 2nd Floor,
Abuja/Kiffi Exp. Way, Sharp Corner,
Mararaba, Abuja FCT.
08100784750, 09060942743

MPAPE:

Ansar Plaza,
Suit No. 109 By Oceanic/Begger Junction,
Mpape, Abuja FCT.
08066745186, 09064999439

KURUDU:

De-Bright Plaza, Kurudu Junction,
By Orozo/Karshi Road, Abuja FCT.
09036188267, 09068730988