Although Marilu Henner made her name playing gutsy, sexy, red-haired divorced mother Elaine O'Connor-Nardo on the TV series "Taxi" (1978-1983), she has a much more impressive claim to fame.

Henner has 'Highly Superior Autobiographical Memory', or H-SAM, the ability to recall the details of nearly every day she has lived. There are about a dozen such people worldwide.

"I've had this memory since I was 5 years old," says Henner, "but I've exercised it through the years. So it's got a very strong nature, but it's also something I nurture — they're equal to me." (Nature and Nurture)

Henner, who recently raised $100,000 for the Alzheimer's Association, says people "can probably improve their brains" by sampling some of the "nurture" exercises she has devised. "Things like crossword puzzles and sudoku are helpful for one part of your brain," she says. "But many different parts of the brain must be activated in order to retrieve a memory."

Video

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### Brief History of Memory Improvement

1. Seminates of Capo created first Memory Palace — 500 BC

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### Memory Palace

Many types of Memory Palaces, such as

- The "Method of Loci" — Rooms in a (ten-room) house
- Ten houses or a street
- Ten places on your body
- Ten pegs with unusual objects, such as an elephant, a tower, an island
- Rhyming Pegs, which are probably easier to remember.

Now, what Memory Palace does Marilu Henner use?

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### Rhyming Pegs

- 1-Hill
- 2-Store
- 3-Shoe
- 4-Dog
- 5-Horse
- 6-Slide
- 7-Heaven
- 8-Gate
- 9-Tree
- 10-Hen

Example of Using the Rhyming Pegs

My Jokes:

1. Gun - Hebo at the beach, links to friends visiting couple in FL
2. Shoe - Translator using shoes as megaphone for Hard of Hearing
3. Tree - Virgin Mary checking on her shrines at Christmas
4. Door - With Wrench made of Chrome Hubcap
5. Hive - Sitting on top of a Cross on the Asian Way
6. Sticks - Golf Clubs making golf for bitten by snakes
7. Heaven - Wife asks husband about burial or cremation
8. Gate - Professor going through gate, but late to class
9. Wine - Never partaken by Mahatma Gandhi
10. Hen - Big Fat Hen laughing at an unstepped gun

Practice with the Rhyming Pegs:

Suppose you wake up in the middle of the night thinking that there are three things that you must do the next day. But you don't have anything to write them down, and you fear that you will go back to sleep and forget them.

So you decide to try hanging them on rhyming pegs.

The three things are:
1. Pay the electric bill before you incur a penalty.
2. Call your daughter, ask her to stop by today, to pick up some frozen food from your suddenly inoperable refrigerator.
3. Reconvene your bank account because you suspect a deposit may have been lost.

So, what are the pictures connected to your pegs?

(SHOOTING OUT LIGHTS, SHOES IN FRIDGE, CHECKING BANKBOOK UNDER A TREE)

Let's try the Rhyming Pegs on a Shopping List:

1. Bread - Shoot bread into shelves.
2. Milk - Shoes full of milk with a little chocolate boat floating around.
3. Bananas - It's a palm tree with bananas instead of coconut so when they fall, it's a banana split.
4. Tomatoes - It's a door with nut-tomatoes stuck to it, like a padded door that you bounce off of.
5. Lettuce - Bees are flying around the hive with nectar, leaves for wings and are bumping into each other.

I used Rhyming Pegs for the list of ten words.
First time was probably in spring 2013, then again in the fall.

After 12 months, my retention level was 9 out of 10.

Can you try the Rhyming Pegs for a hardware shopping list?

Nails
Screws
Washers
Phillips Head Screwdriver
Ball-Head Hammer
3 IN 1 Oil

Using Pegs For Your Favorite Jokes:

1. Gun:
Man in old clothes, looking like a pirate, who could but doesn't have a gun in his pocket, sitting on a bench on a Florida beach. Old lady comes by and asks, "Aren't you new here?"

2. Shoe:

Hard of Hearing

11/9/2019
Names and Faces

We'll consider both Rote Memorization of names, and also making Pictures with the names. Sometimes you do this instinctively, such as with people called Red, Whitey, Blondie, Lefty, Tiny, Strench, etc. The Picture method is more difficult but, if you are willing to try it and practice it, will eventually produce the fastest results.

First, let's consider Rote Memorization, which is the usual method. How can you improve your chances of remembering a name?

1. Listen carefully to the name. Be sure you actually hear it.
2. Repeat it to the person. If there's any uncertainty, discuss the name—such as, "Is that a familiar name?" Or, "Is it spelled with an 'e' or 'i', etc.
3. Try to use it in your conversation, such as, "Well, Roger, do you get to these gatherings very often?"
4. Could you write it down? (Story about golf partner Joyce Folder, who told me her name was forgot, but remembered the sign)
5. After your conversation is over, repeat it again to yourself and then date it and summarize at the end of the day. (Get it right)

Another way to make Rote Memory easier:

I have gone to Florida for a couple of months in the winter several times and usually attend a soup church. So, on one of those visits, I decided to go to church on the first Sunday I was there and happened to see the pastor as soon as I walked in the door. He looked at me and recognized me, and because he was very good at remembering names, I was sure he was going to call me by name as I got closer to him. So, I thought, "Now it's been a year but I really should remember his name!"

Next, the name came to me right away because his name had an alliteration, or actually it was his nickname which I said in alliteration. But I just saw his face and his nickname immediately popped into my brain because it was a pleasant alliteration that was kind of fun to say. So right away I said, "Hello, Pastor Peter!"

Is it possible that you remember alternate names easier? In last year's memory class, several names stick out in my memory. Those names are Bill Folsom, Chuck Brower, and Don Farn. And those are the only names that I happen to remember from that class.

But what if the name you want to remember is not an alliteration? Can you make a name, a nickname such as Pastor Peter, for example? Could you think of your Moderator as "Nifty Neil," or possibly, "Nice Neil?"

Another example of an effective political slogan:

"Like Ike"
Did he win?
Yes
Does it have alliteration?
Yes, although alliteration with a vowel is probably not as impressive as with a strong consonant such as B-K-P-T.
Does it have rhythm?
Yes, and the rhythm is very basic one, similar to the popular "U-S-A"
The Picture Method for names:

Example: "Charlene"

Must lean in on the chair so as not to fall off.

Then chair-lean becomes Charlene in your "true memory" (it corrects little errors).

Jerry Lucas Book:
"Names & Faces Made Easy"

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Do mental pictures help you remember people’s names?

Perhaps you may remember that British movie actor’s name? Don’t say it out loud just raise your hand.

Does this help?

Or do you remember having a traitor as a教室? So what is his name?

Benedict Cumberbatch

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A lady at a Charity where I volunteer always greets me by name, but I don’t remember her name, even though she told me once. She has curly hair, often red or blonde, maybe purple, and she looks a little like this.

So I finally found her name, from a fellow worker. It is Esther.

How could you remember her name?

So I look at her hair and think of an Easter egg, and then my true memory corrects that and I say: "Hello Esther!"

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Let’s talk about how bad, or actually how good, your memory is:

Stop about new job at Target. My employee no. was 58854514. When our trainer told us to memorize it, I realized and thought that this was asking a lot of us. But all the young people simply memorized theirs immediately, so I did too.

Your ability to memorize is probably not as good as when you were younger, but do you still remember things that you memorized years ago? Such things:

- the alphabet
- numbers from 1 to...
- days of the week
- months of the year
- mnemonic devices such as "30 days hath...", "I before e, except..."
- multiplication tables
- social sec. number
- poems, quotes, scripture etc.
- passwords (my biggest problem when you have different roles)

Can you still memorize some things such as passwords, phone numbers, addresses, birthdays and anniversaries, names, quotations, songs, poems etc.?

In summary, you can remember things memorized long ago, and you can memorize new things if you decide to try. And it’s fine exercises just to try.

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Pills That May Help Memory - from Dr. Small’s book:

Vitamins and Minerals for Keeping Brains Young

When a patient complains of a memory problem, one of the first things we do is to test their blood levels of vitamin B12. Low levels of vitamin B12, as well as low levels of zinc, can cause many symptoms.

- Vitamin B12 is essential for normal brain function.
- Low levels of vitamin B12 can cause symptoms such as weakness, fatigue, and cognitive impairment.
- Other vitamins that are important for brain health include vitamin B6, vitamin D, and magnesium.

Dr. Sarah Bach, a nutritional epidemiologist from the University of Utah, advises healthy older people to take a daily vitamin B12 supplement in addition to a daily multivitamin. Research has shown that vitamin B12 is important for brain health.

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Nuro MR

Omar 12 leftside stock - Ships Within 48 Hours

BRIN HEALTH

Nuro MR can safely support your brain by increasing important “learning” transmitters, improving blood flow, and boosting energy so you feel youthful and sharp.

FOCUS

Life is better when you can stay focused and pay attention. Our blend includes several ingredients demonstrated to help you concentrate and perform better on a variety of mental tasks.
Dr. Small goes on to say, "For healthy people who wish to take antioxidant supplements as part of their healthy brain diet, I (Dr. Small) recommend a daily dose of:

- 400 units to 800 units of vitamin E and
- 500 to 1000 mg of vitamin C.

Antioxidant foods and supplements not only help protect our brains but also protect our bodies against some forms of cancer, diabetes and Parkinson’s disease as well as increase our immune defenses to colds and viruses.”

Dr. Jeffries’ experience: After over 40 years of my family taking vitamin C - a daily dose of 1,000-2,000mg of Vitamin C has stopped some thrcats when they are staring, has lowered the number and severity of costs and may have stopped the growth of breast cancer.

Dr. Jeffries personally tested vitamin C's benefits against cancer. She found that a daily dose of 1,000-2,000mg of Vitamin C could help prevent and treat some forms of cancer.

The researchers tracked 3,000 older subjects for use of medications with an anticholinergic blocking effect on the nervous system.

Dementia risk in older adults starts to rise after three years of regular use of the medications, says study author Sherry Gray, professor of pharmacy at the University of Washington. The longer people took the drugs and the higher their dose, the higher their risk of dementia, although it’s important to note that short-term use was not linked to higher risks.

We know these medications may have an effect on memory, and we always assumed these effects were reversible. We didn’t think these medications were changing the brain permanently. Our study shows these link between the highest use and increased dementia risk,” says Gray. The researchers tracked 3,000 older adults for use of medications with an anticholinergic blocking effect on the nervous system.

The most common medications in the study include:

- Antidepressants such as oxirazepam
- First-generation antihistamines such as cimetidine
- Antiemetics

Phosphatidyl serine: The FDA declared that, based on its evaluation of the totality of the publicly available scientific evidence, the agency concludes that:

“there is no significant scientific agreement among qualified experts that a relationship exists between phosphatidylserine and reduced risk of dementia or cognitive dysfunction.” (So don’t bother to take it.)

However, at least some people think it works, so there usually appears to be no reason not to use it. (I started taking 2/day on 4/12/16 but discontinued about a month later because my cardiologist thought it might be causing some recent chest pains)

Now, how long should you take a "Memory Supplement" until you begin to observe some change?

To finish our discussion of dietary supplements:

A number of recent clinical studies have demonstrated the potential benefits of alfalfa, garlic, folic acid, and other vitamins and minerals in preventing or reducing the risk of certain diseases. Some of these studies have reported a lower incidence of specific cancers, cardiovascular disease, and other chronic illnesses. However, other studies have not been able to confirm these findings. It is important to note that these studies are still preliminary and more research is needed to determine the true benefits of these supplements.

To keep conditions in check, my body needs antioxidants like vitamins C and E, but they can also provide protection against certain cancer and heart disease. Recent studies show that people with high blood levels of these antioxidants have lower risk of developing cancer, heart disease, and other chronic illnesses.

In a new study reported by AARP, Jan '15: Drugs To Avoid

A new study links use of common medications — including over-the-counter drugs for insomnia and hay fever — to a higher risk of dementia, including Alzheimer’s disease. Medications in the study included anticholinergic drugs found in Benadryl, deep sleep found in Tylanol PM, and certain antidepressants and treatments for bladder control.

Dementia risk is riskier in adults starting to rise after three years of regular use of the medications, says study author Sherry Gray, professor of pharmacy at the University of Washington. The longer people took the drugs and the higher their dose, the higher their risk of dementia, although it’s important to note that short-term use was not linked to higher risks.

We know these medications may have an effect on memory, and we always assumed these effects were reversible. We didn’t think these medications were changing the brain permanently. Our study shows a link between the highest use and increased dementia risk,” says Gray. The researchers tracked 3,000 older adults for use of medications with an anticholinergic blocking effect on the nervous system.

The most common medications in the study include:

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- First-generation antihistamines such as cimetidine
- Antiemetics

Antimicrobials for bladder control such as oxybutynin

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Using Pictures to help recall words you often use:

It may seem a lot of work to create a picture for a word we want to remember, but actually we use some words over and over again. For seniors interested in memory, perhaps the words dementia and Alzheimer’s appear in your conversations often. I have ways of remembering those words.

Dementia: Memory is small, like a snail.
Alzheimer’s: A man with memory problems visits the doctor.

His wife asks, “What did the doctor say?”
He says it’s nothing.
“Exactly, exactly” he says.
“He said it’s just an ‘oldtimers disease’.”

For Long Term Recall, here’s another Prompt you can try:

Picture – Can you find a picture in your brain that will show you the word? For example, if you were on a trip, did you take a picture that will show you the word (such as the name of a National Park you visited) or something that may remind you of the word?

Example:
One time I was trying to remember the name of the part of England on the southwest corner. It did not come to me for awhile. Then suddenly I saw a white sign with gold letters that spelled out CORNWALL, which may have been a sign I had seen as we pulled into the train station.

But I have another way to remember this name based on a visit there once. We crossed over a river along which there were rows of maize, or corn growing, and the guide said that the people of Cornwall considere there to be a wall of corn.