

Speaker 1:

Welcome to your Memory Mastery Class number four. First of all, congratulations for making it this far, 90% of people who started programming like this, never finish it, so you're in the top 10%, how does that make you feel? You've learned a ton of information so far in the first three Memory Mastery Classes. So far we went over three techniques to jar your memory and the moment you forgot it, as well as some mnemonic devices to remember key items like where you parked your car or someone's name. In the second class, we talked about the diet for longevity and improved memory.

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We also talked about how fasting with a food mimicking fast has been shown to activate stem cell growth, and how cool is that? Fasting with food is proving to be one of the most beneficial strategies for your health. The third class taught you how specific actions can increase the protein BDNF in your brain. This is that miracle bro-protein that is so important for your memory and cognitive function, not to mention keeping you away from anxiety and depression. In case you missed any of the sessions, you can find the links to those up above this video.

Speaker 1:

Now, it's time for Memory Mastery class number four, where we it all together and show you the next steps to boosting your memory for the short and long term. Today we're going to talk about nine external factors in your life that may be affecting your memory and then how to fix them. Because you see, sometimes a declining memory isn't because of anything you're doing or not doing, it's a function of your environment. Now, some of these can't be changed. In that case, you have to work extra, extra hard at growing your brain and memory using some of the techniques I've shared in the other three classes and or join our boost your memory coaching program that I'll go into later.

Speaker 1:

So let's look at what I mean when I say the environment affecting your memory. Well, this includes everything, doesn't it? From the air we breathe, to the people we surround ourselves with, you'd be surprised to learn how many things can affect our memories. So I want to address just the top few. First, that unfortunately a lot of people can't change our medications. I will caveat this by saying that I believe most people can change and get off of their medications in a wide variety of instances by changing their lifestyles and what they eat, but for those souls like my brother who had a heart attack at the young age of 45 and another at 49 and he's healthy as a horse otherwise, he has to be on statins, platelet thinners and blood thinners for life. I empathize with those of you in these circumstances, but I encourage you to really work hard to fight the negative effects these drugs can have your cognition and your memory.

Speaker 1:

It's not a losing battle and you can fight and win, my brother did. But if you want to get back to changing, your diet can literally change your life and medications. On that note, I have an inspiring story for you. My dad got diagnosed 10 years ago with chronic kidney disease and he never changed his diet, and to be fair, no one ever told him to. This year it kind of came to her head and he went into full kidney failure. At 85 and with three heart attacks under his belt and a pacemaker, yes, sometimes it's hereditary, like my brother following in his footsteps, he isn't a candidate for kidney replacement. I went to visit him in Palm Springs on a Friday afternoon and he could barely get out of bed all weekend. We went to see his kidney doctor on Monday together and he ordered some blood tests.

Speaker 1:

At that point I asked the kidney doctor, "what should his diet be?" He said, "I don't see any changes at this point." Well, after the blood test, his doctor called and said he had to go straight to the ER as he was in kidney failure. So we fast forward 10 days in the hospital and 25 pounds lost because you don't want to eat when your blood is so full of those poisonous toxins that your kidneys can't process. He got the life sentence of needing a machine to clean out the toxins in his blood that his kidneys could no longer process with dialysis. So for those of you that don't know, dialysis usually means going to a center three times a week for three to four hours a day, have your blood pumped out of you into a machine and to be cleaned and then pumped back into you once all the toxins have been removed. It's an external kidney, if you will.

Speaker 1:

I asked everyone, from the nurses, the doctors, the kidney center staff, what should he be eating or not? They only give me broad strokes, like stay away from salt, no one, not one gave me any information on how much he could have of the three no-nos, which for kidney, is phosphorus, salt and potassium and which foods he could and couldn't eat, and I was shocked. So I went in and I created my own measurements for him after doing extensive research online. I gave him a shopping list that we put on his refrigerator of what he could and couldn't eat when he get out very rarely, like once a month and what he could eat on occasion like once a week. Much to his dismay, the no-nos were things he loved like ice cream and cheese, even his water intake had to be restricted, but he did it and he did it without complaint. He followed that thing to 80, I don't know that I could've done that, but I guess when it comes to life or death, it's easier to choose the right foods.

Speaker 1:

There were other crazy things that happened during this time. I kept asking doctors to review his meds because he was on eight or 10 of them at the time plus some supplements that one of the doctors had recommended. No one ever made any changes, but I was laying there one night about two weeks into his dialysis center and I just woke up with a start and being an expert in supplements that hit me like a 10 ton heavy thing. He was taking an over 65 multivitamin, and I jumped out of bed and went to look the label and sure enough, he was taking a supplement that had 35% of a normal person's intake of potassium a day. That's over 100% for someone on dialysis. I immediately took him off of it. When we shared the story with doctors, they didn't even comment, it was crazy. I stayed with him for seven weeks during this time to take care of him.

Speaker 1:

He went from needing a wheelchair when he got out of the hospital because he was so weak, this is my son trying to push him down the street, to a walker and then at the end of seven weeks he was walking on his own, back in the gym, putting on weight and even driving himself to dialysis. Somewhere in the fifth week of dialysis, his kidney doctor ordered some blood tests and he was shocked with what he found. My dad was regaining his kidney function. The doctor gave him the next week off of dialysis and then two weeks and then an entire month off. His kidneys were only at 6% when he was in the hospital, but now they were at 15%. Then came the best news of all, because he was so good with his diet and his kidneys were able to process the amount of potassium, sodium, and phosphorus he was taking in everyday, let's do a drum roll, he was able to stop dialysis all together. Stop the life sentence.

Speaker 1:

They took the catheter out of his chest and now as long as he stays on the diet, he can swim and shower again and travel and not have to go back to work, as he like to call it, making three trips a week to the dialysis center. Can you believe that? Let me put this in a little bit of context. From 1998 to 2007, they studied 17,890 dialysis patients, you know how many regained enough kidney function to stop dialysis? 39, 39 out of almost 18,000, that's less than 0.2% of dialysis patients, and my dad is one of them. Now, his attitude and his lifestyle certainly put them at better odds of this, but we also know the diet played a giant role in his success. This further cemented my belief that most diseases and illnesses can be cured with food if caught early enough.

Speaker 1:

So let's get back to some other environmental conditions that'll affect your memory. Thyroid issues, actually a rapidly declining memory is a red flag that something is wrong with your thyroid. Menopause, hot flashes and insomnia contribute to memory issues, but that should subside after these go away after menopause. Medications, now I know I already touched on this, but let's go into more detail. Many prescription drugs interfere with your memory. Anxiety medications like Xanax, Valium, and Ativan hinder your brain's ability to transfer short term memories to longterm storage. Other drugs include tricyclic antidepressants, statin drugs like what my brother is on, beta blockers, narcotic painkillers, incontinence drugs, sleep aids and antihistamines like Benadryl. Also being sick, people who are sick and exposed to more germs like the Herpes Simplex Virus AKA cold sores, score 25% lower on cognitive tests than those without.

Speaker 1:

Researchers concluded that past infections may contribute to cognitive impairment, maybe due to damage in your blood vessels. Wifi, now, I could do a full class on the dangers of wifi for your brain, health and memory, especially for children. Unfortunately in the connected world we live in, it's almost impossible to get away from wifi. So here are a few tips. Shut it off at night before you go to sleep. The worst thing you can do is have your cell phone by your head at night, at least put it in airplane mode. Some functional doctors I work with have even gone so far as to eliminate it in their offices and homes. Going back to wait, can you believe it? Wires, in my home we turn it off after the workday is complete, that means throughout dinner and at night there is no wifi. I may not be able to help the rest of the outside world around my exposure, but where I spend the most time, I certainly can control.

Speaker 1:

Smoking and alcohol consumption affects memory of course they do right? As far as drinking goes one to two glasses of red wine specifically a couple times a week is actually good for your brain health. But if that's something you're simply not capable of doing, then I'd recommend just cutting it out of your life for good. Water quality, this is a big one and I can go into details on everything from the fluoride they put in our drinking water to the metal poisoning. At least get a Brita water filter or something like that no matter where you live. Air pollution, new research suggests that longterm exposure to air pollution can lead to physical changes in the brain as well as learning and memory problems and even depression.

Speaker 1:

Mold, please get your houses checked for mold. There's a growing body of evidence that ties mold directly to Alzheimer's and many other diseases including depression. Now, I don't know about you, but that kind of list makes me want to throw my arms and say, "I give up." How can you fight all those things that you have absolutely no control over like WiFi or menopause or being sick or air pollution? It's like

that theory that everything causes cancer, if you read all the media reports around it. But all is not lost, I promise. How do I know? Because there is a growing body of people that are living to a hundred and beyond with sharp as attack memories. More so than at any other time in our recorded history, okay, some say that back in Jesus's day people lived to over 200 but I'm just looking at the past 1,000 years or so, people are turning 100.

Speaker 1:

They're active and engaged, they're fun and loving and passing on the lessons of their lives. And they're doing it in spite of that era, they lived through much worse air pollution and we have now poor. Water quality, they grew up way before government regulations on water quality. Poor hygiene, that oppression, two world Wars and mold, I'm sure they grew up around tons of it in their houses for leaky roofs and basements. Their life expectancy was 47 years old when they were born. So what can you do, especially about the components you can't control like air pollution and WiFi? You can do everything you can to continue growing your brain, adding BDNF and stimulating stem cell growth. And you can do my other nine pillars of brain health that I haven't shared with you yet.

Speaker 1:

So I have to ask you, have you learned a lot so far from the series? Do you want to learn even more? How would you like more coaching around improving your memory? How would you like to have a community to support you in your brain health journey? How would you like to see physical, tangible evidence and results from your efforts in trying to improve your memory? Just like seeing the scale drop when you're trying to lose weight. How would you like to 30 days from now be able to show up at a party and remember everyone's name that you met? Or be more confident in your decisions and be more creative overall. You can. With our 30 day boost your memory coaching program. This is the fast track to boosting your memory and getting rid of the damage that occurs in your brain that creates memory lapses like retract from the first lesson.

Speaker 1:

What you learned in the past for Memory Mastery sessions is just the tip of the iceberg for what can be done to improve your memory and overall brain health. And just learning about what can cause memory loss, it's not the same thing as taking action to improve your memory. In the 30 day boost your memory coaching program, and by the way, don't let the 30 day title fool you I'll get to that later. You'll learn all of my nine pillars of brain health and you'll have action plans after each coaching session to follow based on your skill level. The strategies in this memory coaching program will give you all the tools you need and information you need to get to the root cause of your brain health and memory problems. I created this memory coaching program after hearing tens of thousands of personal memory and brain health stories from our customers. Some were just devastating.

Speaker 1:

Like the customer who had both parents get Alzheimer's disease within six months of each other. Neither parent could remember her after just two short years imagine that. Seeing both parents and having all those memories about them, but they look at you like you're a complete stranger and don't want you around. It just broke my heart. Some stories were amazing like this 76 year old man that decided to go back to school after being bored in retirement for three years because he had always wanted to learn mechanical engineering and become an inventor. You see, I wanted a way to be able to work with every customer to teach them how easy it can be to fix their memory problems and regrow

their brain no matter their age. I want to make the golden years really golden for everyone. Now I know I can't do that, but I can make a dent. I already have with all the thousands of testimonials we've received on our coaching program, so here's a great one from Leslie Harding.

Speaker 1:

"I want to thank you and Russell for your work putting this all together. This is actually my second time viewing your program. I was thinking while watching how great it would be to share with others and now thanks to you I can. I recently retired and I've been working on these very issues and I've improved so much in one year. Thank you again." Leslie Harding. If you liked what you learned in the Memory Mastery Series, you're going to love what you'll learn and accomplish in the 30 day boost your memory coaching program. By working with doctors and neurologists and nutritionist and professional coaches and health practitioners and more over the last seven years, I am now able to bring you the most cutting edge tools and techniques to make your memory as good as it was 20 years ago. So that by your next birthday you can feel younger, look younger, be smarter, and have a brain that's sharp as attack, but all of these experts do come at a cost, some charge, as much as \$1,500 for their memory program, and you have to travel to them.

Speaker 1:

This means that only the top earners can get the care and help they need to make lasting changes in their memories. And this just isn't right. So we took all of their cutting edge information and put it in a simple format where we implement the expert recommendations using professional science-based tools in a community setting. In our 30 day boost your memory coaching program, you'll get two easy video coaching sessions a week where I guide you through what changes you'll need to make for the next four days. Your time commitment is only two hours a week, that's it. Only two hours a week to change your life and health and happiness in 30 days. All from the comfort of your own home. I take you step by step week by week to help you to implement the nine pillars of brain and memory boosting strategies and you get to keep the lessons forever.

Speaker 1:

You can watch them over and over, share them with friends or loved ones, save them to watch six months from now, a year from now if you can't start right away. It's called a 30 day booster memory coaching program, but because you get to keep them forever, you can do it on your own schedule. 30 days, 90 days a year or even two years from now. You do it on your schedule, not mine and you won't be alone. You are 10 times more successful when you have a partner or a community doing it with you and you get that with the boost your memory coaching program through our interactive Facebook members only group. Now this is where you get to hear other people's stories like the ones I shared with you above and you get to share your story to get support and feedback back from the group.

Speaker 1:

Of course, you're not obligated to share your story and challenges if that makes you uncomfortable, but sometimes just reading what other people are going through can give you the confidence and the motivation you need to keep going and you will be successful after 30 days if you do the work, I promise you that. You won't even recognize yourself after 30 days. And you'll have fun doing the sessions too, they're entertaining and they're challenging. This boost your memory coaching program is our secret to super brain health. Everything we recommend helps support your brain health, reduces the risks, you'll get dementia and increases your short and longterm memory, all proven by scientific studies. You'll also

get follow along worksheets, action plans so that you have the first step to take after each session. Each action plan has different recommendations and they're based upon where you are in life. You're unique and your plans should be as well.

Speaker 1:

We created these sessions to be fun and entertaining and challenging because we know that laughing is an important key to mental health and we know if we can make you laugh, you'll actually want to do the sessions. And back to our mission. We want to make a measurable improvement in your memory, but memory is elusive and it's hard to actually see and feel improvements. So we give you the tools to measure your success every step of the way. It's like stepping on the scale when you're on a diet like we talked about and seeing it fall by a pound every couple of days, seeing the results in black and white will give you the power, the willpower to keep going. It makes you feel strong and proud that your efforts are paying off.

Speaker 1:

One of our customers to Cecil Pettit shared with us her improvements on the program." Just want to let you know that I've improved my score by 47 points in the eight weeks that I've been doing this program. I'm not as foggy as I used to be and I'm clear in my thinking and my word finding which had been a problem, is not as much of a problem anymore. I'm very pleased with this product. Thank you." Here's what some of the scientific studies say about the tools and techniques we'll teach you. In a study done in Japan, researchers wanted to see what effect our state of mind has on diseases. They found your mental state directly controls your body and we'll teach you how to control your mental state to reduce stress and anxiety and to have the healthiest body. We'll teach you a technique that has been found in one study by the University of Pennsylvania Medical Center to give you significantly more blood flow to the parts of the brain that support attention and emotional regulation.

Speaker 1:

Other studies have shown that by following these expert tips, you can shave 20 years off of your brain aging. You'll also get world class customer support. We already shared with you that you'll have a community with our private members only Facebook group. But if you don't want to do Facebook or just want some individualized care, our team of specialists are there to answer all your questions for you within 24 hours except on weekends, we need to rest our brains to be the best we can for you as well. And sometimes we may not have the answer, but we have a network of specialists and researchers and even doctors that can help lead the way for you to find the answers you need. You'll even get private Q&A sessions with these specialists and doctors where you can ask them anything you want for free.

Speaker 1:

"These people were beyond amazing. They went out of their way to educate me. I must say that their customer service is amazing. I really do hope these people get a lot more customers, not only because they rock, but because their program works," Janet Montoya. So what does this mean for you? You can repair some of the past damage. You can help improve your memory today and you can help prevent future dementia without spending a fortune on doctors or medications. But we don't really care about the money, we care about fixing people's memories. We both have been there. My brother with his heart attacks and the prescription medications like the statins that are wrecking havoc on his memory, and I've had my own trials and tribulations that one of them you've made the news and set me on a really deep spiral into depression, and we now know what that does to the memory.

Speaker 1:

We both have come miles from where we were by using the coaching programs techniques, and you don't have to go out and spend extra money on fancy exercise equipment or special food and you won't have to spend upwards of \$1,500 on professional experts that your health insurance simply doesn't cover. Our 30 day booster memory coaching program is normally by exclusive invitation only to our current simple, smart science customers for \$395, but since you attended this Memory Mastery Series, and have stuck with me for the last four sessions, I know you're serious about fixing your memory and your overall brain health, which means that you are also someone who will complete the program and help us get to our goal of helping one million people. As our Memory Mastery Series attendee, I want to congratulate you and offer this to you for only three easy payments of \$49, that's at \$248 savings, almost 63% off when you order today through this workshop.

Speaker 1:

And even better if you do one payment today, you'll pay only \$127, that's a remarkable \$268 savings. You get a full 30 days of booster memory coaching sessions that will start to repair the damage to your memory. You'll get the tools to measure your memory success, so you can see the difference in writing. You get a community to support and motivate you and world class customer support, all for less than \$4.23 cents a day. That's less than a vanilla Venti Latte at your local coffee house. I'm also going to give you a brain fitness test to see how your memory is functioning today free with your order. This test was created by world renowned neuroscientists, Dr. Majid Fotuhi, and it'll measure your starting point. And we'll use the Cambridge University's memory tests that I've had you take all along as we go along to see the improvements yourself, just like watching the pounds fall off the scale.

Speaker 1:

Again, our goal is to make a measurable improvement in your memory and health, but we can't do that without measuring your progress. And you will be thrilled with your coaching program, I guarantee it. You will notice the benefits from the 30 day through stream my coaching program, which will repair and help regain your youthful memory. If you are all skeptical about investing this small amount in your memory and your brain health, then let me make it incredibly easy for you to say yes. Right now the 30 day boosts your memory coaching program is 100% satisfaction guaranteed. Try to your heart's content if you're not completely thrilled with it within 60 days, send us an email for a prompt refund. That way if it works for you, it was worth every penny, wasn't it? And if it doesn't, it costs you nothing. And when you invest in yourself today, you get even more.

Speaker 1:

We haven't touched on the importance and role sleep plays on your memory yet, but getting good quality night sleep is a major problem for the average person. We created a report that dives deep into the reasons why you may not sleep well and what to do about it called The Better Sleep Report. I truly believe sleep should be looked at first when it comes to any health issue. And that's why we put together this comprehensive guide just for you. Normally we read until this report for \$27 but since you're very serious about improving your memory and brain health as an additional bonus, I'm going to give it to you for free. Just click on the yes, boost my memory button now, below this video and we'll send it to you right away in your email so that you can use it as early as tonight.

Speaker 1:

"I usually get six or seven hours of sleep, but about once a week I just can't sleep for more than four or five hours. But since using your techniques, I've been remembering more parts of my dreams every night and now it's only about once a month that I can't sleep well." James Jones. Again, you're in the top 10% of all people by completing the Memory Mastery series. So as a congratulations, I want to send you a copy of my How To Never Forget Names and Dates and Where You Left Your Keys Again in two Easy Steps. That will be in your email inbox later today. This will also give you a headstart into your new memory coaching program. If the 30 day boost your memory coaching program doesn't clear your memory fog, if it doesn't take you by the hand step by step to end those embarrassing moments and forgetfulness, or if it fails to help you be more confident in your health, then understand you will receive a full refund no questions asked.

Speaker 1:

This is the only time you'll see this offer for the 30 day boost your memory coaching program. We don't offer it at this price on our website or anywhere else except to our best simple, smart science customers. As you can see, all the risk is squarely on my shoulders. So here's how to order right now. See the yes boost my memory button below this video. I want you to click on it when you do and place your order, you'll get a private members only Facebook group for support and motivation, you'll get world class customer support to get the answers you need fast. You'll get renown neuroscientists Dr. Majid Fotuhi's Brain Fitness Calculator to test where your brain health is today. You'll get results you can see from the Cambridge University Memory report to see how well your memory improves throughout the program.

Speaker 1:

You'll get a copy of A Better Sleep Report, which is a \$27 value. You'll also get a copy of How To Never Forget Names and Dates and Where You Left Your Keys Again, in Two Easy Steps. You earned it after completing this series. And you'll get a 60 day guaranteed that you will be thrilled or your money back. And of course they'll get 30 days of tools and techniques and a challenging and fun format to boost your brain and overall health. These cutting-edge trainings will change your life forever in only two hours a week, I promise, or your money back. And when you order today, we'll give you an additional 10% off just for being part of the Memory Mastery Series. Just use the coupon code Memory when you're checking out.

Speaker 1:

So click the add to cart button now and use the coupon code Memory and you'll be on your way to enjoy all the benefits we talked about here and more. So let's get started now. I'll see you in your first memory boosting coaching class. And thank you so much for your time during this series and all your great questions, helping people like you is what my passion is all about. And I am so happy that I got to share these four sessions with you and I get to share the next 30 days in your boost your memory coaching session. Thank you.