



Aim for 122: Age-Proofing Your Brain and Memory

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Brain References
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www.LLM.life**





In a Nutshell

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**Those who take appropriate preventive steps
may enjoy as many as 10 additional quality years**

—Thomas T. Perls MD, Margery H. Silver EdD

**You control how healthy you are . . . and how long
you are going to live . . . there is no biological
reason why we cannot live to be over age 100**

—Dr. Robert Willix Jr, *You Can Feel Good All the Time*

**Biologically we can reverse the aging process by
15 to 25 years!**

—Miriam Nelson PhD

Ask Yourself -

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How old would you think you were if you didn't know your date of birth: younger, older, or the same?



There are several types of ages:

- ✓ **Chronological age – unalterable**
- ✓ **Psychological age – can be changed**
- ✓ **Biological age – can be speeded up or slowed down**

Brain Design

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In large sample studies, the number one fear of people related to aging was that their memory might fail: stop talking about forgetting and start talking about remembering

The brain was designed to filter out Information and forget – you have forgotten much more than you can recall



Ask the reasons your brain does recall specific memories? What do you recall about your childhood? Reminisce about it!

Forgetfulness Factors

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- Gerontophobia – fear of aging / elderly
- Lack of physical exercise
- Insufficient water intake
- Lack of nutritious food
- Insufficient sleep
- Lack of brain exercises
- Failure to pay attention
- Overeating or undereating or poor quality foods (refined, processed . . .)

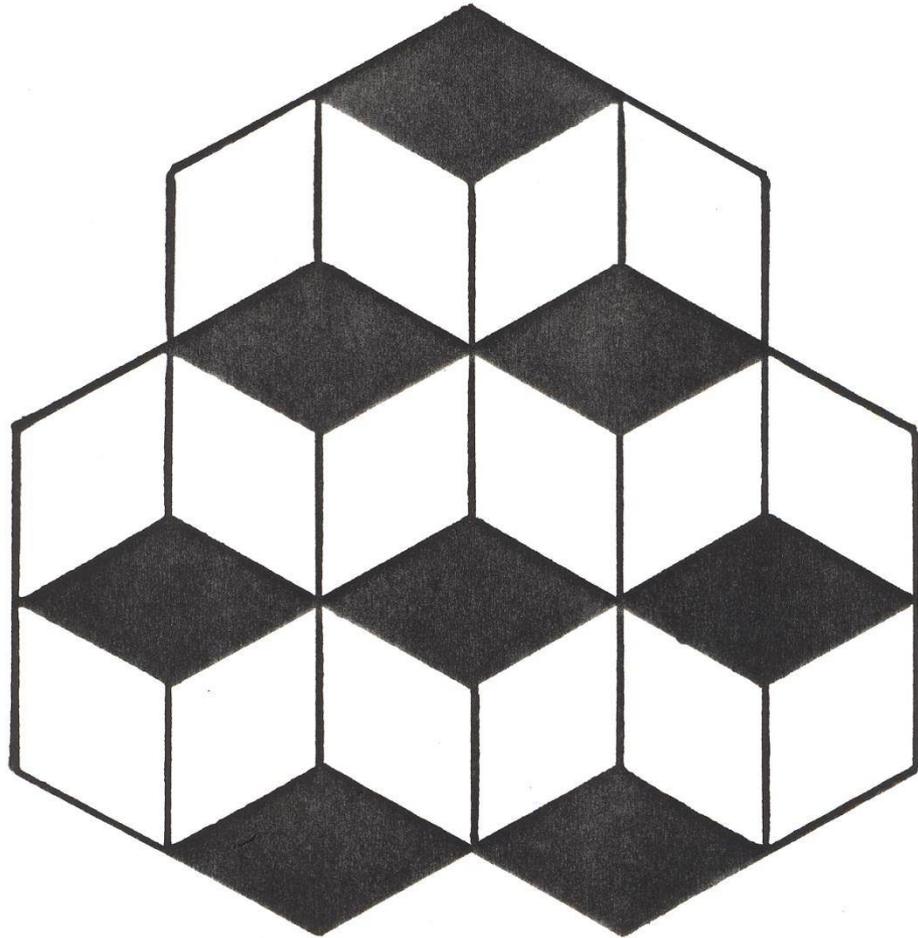


Factors, Cont'd

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- **Personal laziness**
- **Free radical damage**
- **Side effects of medications (e.g., sleeping pills)**
- **High intake of alcoholic beverages**
- **Brain injury (e.g., trauma, strokes, Parkinson's, Alzheimer's, dementia)**
- **Unmanaged stressors**
- **Lack of good social network - relationships**





Three Types of Memory

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- **Declarative or verbal memory tends to weaken with age**
- **Nondeclarative or nonverbal memory tends to weaken with age**
- **Intelligent or creative memory (processing concepts and ideas and learning from your life experiences) can strengthen with age**

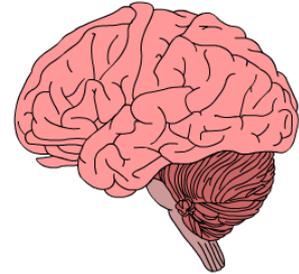


Intelligent / Creative Memory

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Is composed of three elements

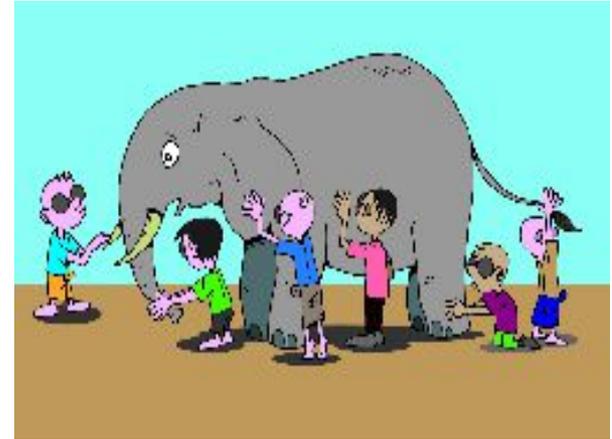
- 1. Memory pieces (facts, experience, and knowledge)**
- 2. Connections and associations among the memory pieces**
- 3. The distinctive mental processing that occurs through mixing and matching them, which can provide insight, enhance creativity, help with problem-solving, and retain memory**



Make Multiple Associations

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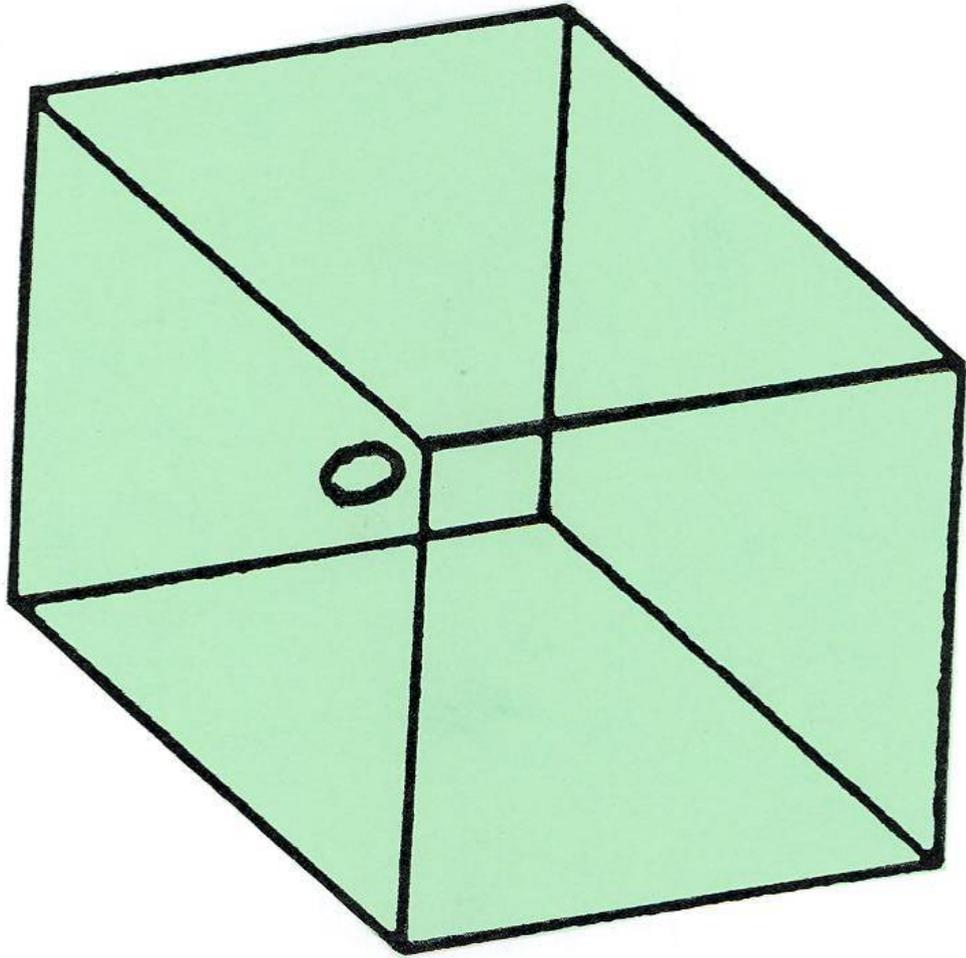
**It was six men of Hindustan
To learning much inclined,
Who went to see the Elephant
(Though all of them were blind)
That each by observation
Might satisfy the mind.**



—John Godfrey Saxe

***The Blind Men and the Elephant* (19th Century Poem)**

**Metaphorically, do everything you can to picture
the whole elephant . . .**

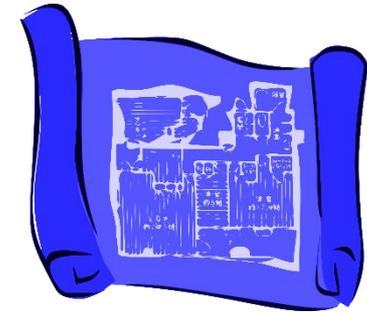


Strategy #1

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Use memory aides regularly

- Always place your keys in the same place
- Write to-do lists
- Park your car in same location
- Create associations



When this, then that

If this should happen I could do that . . .

Strategy #2

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Hone mental flexibility

- **Minimize convergent thinking (the supposedly one solution that available information will lead you to discover)**
- **Maximize divergent thinking (thinking outside the box on purpose)**
- **Practice viewing thing from the opposite angle (e.g., Jenner solved the Smallpox puzzle by studying who did not get it)**

Strategy #3

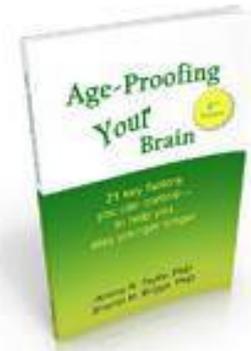
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Develop a sense of ‘coherence and self-efficacy’

An attitude, a mindset, that life circumstances are manageable, meaningful, and that you are in control of your life, at least to some degree

Older adults with this perspective tended to have stronger immune systems and better health

Know what you can and can’t control, the difference between them, and control what you can—partially if not completely



Strategy #4

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Hang out with smart people

Brain releases nerve growth factor in the presence of stimulating people and environments

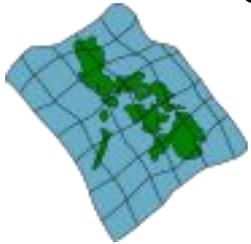
- **Keep your own brain stimulated: travel, do word games and puzzles on your phone or computer**
- **Connect with friends, share ideas, and play games that make new connections between ideas (e.g., an orange can be used as a ball, a brick as a hand-weight, a bathtub as a punch punch bowl ... and so on)**

Strategy #5

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**Your brain can only do what it thinks it can do—
and it's your job to tell it what it can do**

**Expect and affirm daily that you are
retaining your memory**



- **Expectations give your
brain a 'mental map' to follow**

**Intelligent memory strengthens as you call on
your memories and connections between them**

—Barry Gordon MD PhD



Memories

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When I was young I could remember everything whether it happened or not. Now that I am older I can remember only those things that never happened.

—Mark Twain

When you cannot recall something tell your brain calmly and deliberately:



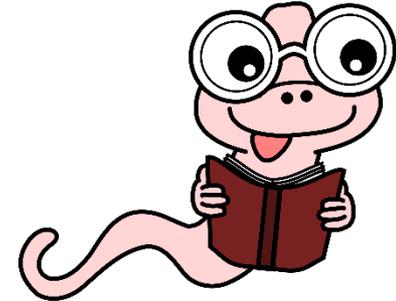
Jon, you are remembering _____

Strategy #6

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Do brain aerobic exercises daily

- Read aloud 10 minutes each day
- Minimize TV
- Do simple math calculations quickly
- Rehearse what you want to remember using visualization and auditory processing (Picture it in your mind's eye and then say it aloud)



Strategy #7

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Hone your sense of humor and laugh!

- **Jokes expose connections and illustrate how to make new ones, which can help hone intelligent / creative memory**
- **Look for the humor in everyday living and and choose to smile and laugh mirthfully often**
- **Studies re commend a minimum of 30 mirthful laughs a day . . . (those who are happy, healthy, and often long-lived laugh between 100-400 times a day)**

Living Beyond 100

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**Nearly a decade ago, Dr. Walter M. Bortz II—
Clinical Associate Professor at Stanford University
and co-chair of the AMA-ANA Task Force on
Aging—pointed out that the human body is
programmed to last 1 or 2 decades past the
century mark: *If you don't sabotage its
natural process, your chances of making
it to 120 are excellent***

Aim higher—you'll get farther!



Jeanne Louise Calment



Birthday cake - age 117

www.grg.org/JCalmentGallery.htm

Born 21 Feb 1875

Died 4 Aug 1997

**Lived 122 years,
164 days**

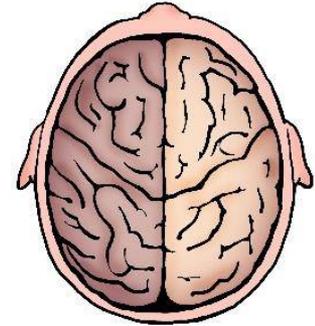
**Club 122 Longevity
was named in her
honor**

www.LongevityLifestyleMatters.com

www.LLM.life

Use it or Lose it...

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Take steps NOW to prevent and / or to retard the onset of aging symptoms

Due to the plasticity of the brain, if you've already 'lost it' – you just may be able to use it again at least at some level if you persist...

Develop a brain-based *Longevity Lifestyle*—it's worth the work and everyone will benefit: YOU and everyone who loves you