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How to Keep Your Mind and Body Sharp

The way you live, what you eat and drink, and how you treat your body can affect your memory just as much as your physical health and well-being. A report published by Harvard Medical School in its online newsletter *Healthbeat* details things you can do to keep your mind and body sharp.

Manage your stress.

The constant drumbeat of daily stresses such as deadline pressures or petty arguments can often distract you and affect your ability to focus and recall, according to the Harvard report. But the bigger problem is an ongoing sense of anxiety — that can lead to memory impairment, according to the report. If you don't have a strategy in place for managing your stress, protecting your memory is one reason to get one. Deep breathing, meditation, yoga and a "mindful" approach to living can all help.



Get a good night's sleep.

People who don't sleep well at night can be more forgetful than people who sleep soundly. A good night's sleep is essential for consolidating memories. Insomnia, difficulty falling asleep or staying asleep, is the most common reason for poor sleep, according to the Harvard report. Research shows that many medicines used to treat insomnia can also impair memory and general brain function. So it's best to try improving your sleep habits first and turn to medication only if those steps don't help, according to the report. If you do need sleep aids, use the lowest dose for the shortest time needed to get your sleep back on track, according to the report.

Quit smoking.

Easier said than done, but it may help to know that smokers have a greater degree of age-related memory loss and other memory problems than nonsmokers. Research shows that people who smoke more than two packs of cigarettes a day at midlife have more than double the risk of developing dementia in old age compared with nonsmokers. However, those who stop smoking by midlife and those who smoke less than half a pack a day have a similar risk of dementia as people who have never smoked.

Drink alcohol in moderation.

Drinking too much alcohol increases the risk for memory loss and dementia. People with alcoholism have difficulty performing short-term memory tasks, such as memorizing lists, according to the report.

Protect your brain from injury.

Head trauma is a major cause of memory loss and increases the risk of developing dementia. Always use the appropriate gear during high-speed activities and contact sports. Wear a helmet when bicycling, riding on a motorcycle, in-line skating and skiing. Wear seat belts when riding in motor vehicles. Car accidents are the most common cause of brain injury, and wearing a seat belt greatly reduces the chances of severe head injury, according to the Harvard report.



May ALTRUM NEWS Exercise Boosts Mood, Weight Loss

You don't have to join a gym and work out every day to enjoy the benefits of exercise. Research continues to show that exercise, in a number of forms, can help improve your mood and your weight. Read the May ALTRUM News to learn some of the other benefits of exercise — it might even help you live longer.

February is National Heart Month. Learn about the connection between your heart and your brain in the February issue.

Improved Flavor, Coating for Male Power

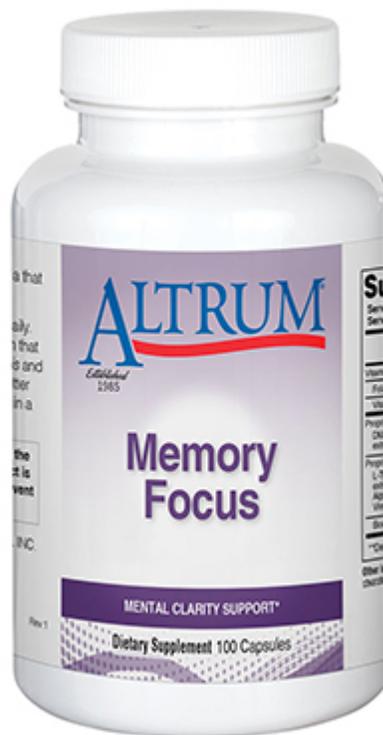
French vanilla has been added to the ALTRUM Male Power (DMP01) formulation for better flavor. The product also now features an improved coating that maintains tablet integrity.

Nutritional Support for Your Brain

ALTRUM Memory Focus provides nutrients that support thinking power, sharp mental focus and vibrant memory. And it protects your brain's function.*

Memory Focus (DMF)

Stock#	Unit	Dealer Price	P.C. Price
DMF01#	EA (1)	29.75	31.25
DMF01	CA (6)	170.10	178.65



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Please check with your physician when using prescription medication in combination with food supplements.

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