



Improve Your Memory

No Proof That Games Work!



The gaming industry is earning BILLIONS of dollars convincing **unsuspecting consumers** that their games improve memory. Note the following, pasted directly from Wikipedia regarding Lumosity:

On January 5, 2016, Lumos Labs agreed to a \$50 million settlement (reduced to \$2 million subject to financial verification) to the Federal Trade Commission over claims of false advertising for their product. The Commission found that Lumosity's marketing "preyed on consumers' fears about age-related cognitive decline, suggesting their games could stave off memory loss, dementia, and even Alzheimer's disease", without providing any scientific evidence to back its claims.

So, forget games, here are some **strategies that really do work!**

Pay Better Attention

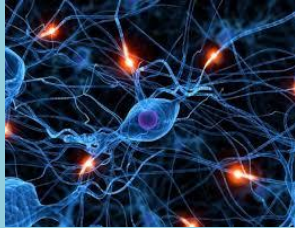


Memory experts say that about 50% of memory improvement is simply paying better attention. That might seem obvious, but it's a habit that can be difficult to achieve. The human mind likes to wander!

Flash-Card Mania helps you pay better attention because it's all about learning **small facts** about a wide variety of things. When you hear **something related** to something you already know, paying attention becomes automatic!

For example, our [Flash-Card News](#) is all about learning small **news bytes** like **names** of government officials, **actors** with movies coming out, talk show hosts, **mini news facts**, etc. If you review Flash-Card News regularly, you'll build up an impressive bank of mini facts. We guarantee that when you encounter one of these mini facts in your daily life, you'll pay more attention and remember new facts you learn. That's because **new facts connect** to a fact you already know!

Establish Memory Connections



This leads to our next point: Memories don't live on their own – they connect with other facts. The more general knowledge you have, the more **“anchor facts”** you have to connect other things to.

Here's a simple example: Say you study our [art history](#) category and learn a bit about **Jackson Pollock**. He was famous for his paint **splatter technique**. One day you meet somebody named Kevin Pollock. You'll remember his name easier by associating it with Jackson Pollock. Using an **image** as a connection helps even more. Imagine Kevin Pollock with paint splattered on his face!

Increase Confidence



Memory improves when you have confidence in remembering. When **athletes lose confidence**, they don't catch as many **passes**, score as many **goals**, sink as many **putts**, etc. It's all about **attitude!**

The same is true of your memory. When you feel confident, you're not distracted by **negative thoughts** about not being able to remember. When you're not floundering on basic things like [capital cities](#), your [vocabulary](#) and the **names** of people in the news & [news facts](#), you gain **confidence**. Your memory works faster when you're confident!

Again, our [Flash-Card News](#) is the best **confidence booster** on the Internet for your memory! Don't waste your time & money on useless games that have nothing to do with the real world and the information you encounter on a daily basis. Instead, use Flash-Card News and easily keep up on things **people are actually talking about** every day.

We have many other Flash-Card learning categories to boost confidence, like **capital cities**, **history**, world **flags**, **vocabulary**, etc.

Improve Your Vocabulary



Vocabulary truly is one of the **major keys** to keeping your memory sharp! After all, **most of what we learn comes through language**. Once you start losing your **vocabulary**, reading becomes more difficult. You might even lose interest in reading altogether.

We have Flash-Cards for one thousand words, with plans to add many more in the coming months. It is absolutely essential that you **keep your knowledge of words sharp!**

Use Pictures



Whenever possible, use pictures to help you remember. For whatever reason, **pictures are remembered more easily than words**. For example, if somebody is named Joe Katz, you can remember his name by imagining him with a cat sitting on his shoulder. The more **ludicrous** the image, the more likely you are to remember!

Repetition is Key



If you really want to remember something, repetition is critical! **Repeat names** of people you meet. That's one key thing almost every expert says about memory improvement. With our Flash-Card system, you get just the **right amount of repetition**. Our system continuously monitors your performance and makes adjustments, based on items you get right or wrong. Our algorithm is calibrated to make sure you get as close as possible to **7/10 questions right** on an ongoing basis.

Exercise



A lot of studies have concluded that exercising regularly helps your memory by improving **blood flow to the brain**. Specifically, **aerobic exercise** that gets the heart pumping is recommended. Physical activity helps boost blood flow throughout the body, including the brain. It's been suggested that this causes brain cells to become better at **connecting** with one another.

Get Better Sleep



It's believed that Sleep actually **triggers changes in the brain that solidify memories**, strengthening **connections** between brain cells and transferring information from one brain region to another. There are many information sources about how you can get better sleep. Our main function here is to make sure you're aware that it's a key factor.

Reduce Stress



Going hand in hand with better sleep, is reducing stress. In fact, if you can **reduce stress**, one benefit will likely be **better sleep**. This is also true of **exercise**. It's also a great stress reliever. In fact, there are many ways to reduce stress, and we encourage you to seek them out. Again, our main function here is

to list some of the things you need to do, not necessarily a complete description of how to achieve each item. There's no shortage of information about how to reduce stress!

As a side note, Our **Flash-Card** system is an effortless, **stress free** way to learn about many different topics. Our "**secret sauce**" is that we programmed the **algorithm** to make sure users continuously get about **7/10 questions right**. This means, it isn't too difficult or stressful, but also not boring. There's always a bit of challenge. It doesn't mean you'll always get 7/10 right answers. You might go as low as 3/10 or as high as 10/10. But, the system is always adjusting, trying to move you towards 7/10 correct answers. We strongly encourage you to test out our algorithm by learning [USA capitals](#). You will be amazed at how **easy and fun** it really is!

Increase Social Connections



The more social connections you have, the better your memory is likely to be. That's probably because different **people are interested in different things**. You encounter a much wider **array of information** when you network with lots of different people, and converse regularly. Left alone, most of us would focus only on the things we're immediately interested in.

This is also why our Flash-Card Mania system is so effective. You can quickly and easily **learn about many things**, which gives you many different **connections** to help learn new things.

Another side benefit of **social connections** is that they can help **reduce stress**. Talking with friends can help lessen some of our worries and fears.

Don't Multi-Task



It's tempting to think we're more productive if we try to do two or more things at once. However, studies have shown that you're more **mistake-prone** if you aren't fully concentrating on **one task**. Furthermore, it's more likely that you won't **remember details** about what you've done. Did you email that invoice out to an important customer? Having to re-check things later actually makes you **less productive!**

Use Rhymes & Stories



We remember things made up of **rhymes** because of the **obvious connection** between them. They sound the same. When did Columbus discover America? Many people remember it through the little rhyme, “**In 1492, Columbus sailed the ocean blue.**” It can also be helpful to invent little **stories** to help you remember things. Each part of a story **connects** to the rest of the story. Be creative!

Brain Food

For a better memory, try foods that studies have shown to be brain boosters. **Avocados** contain vitamin K and folate, which are said to help prevent strokes and help to improve memory and concentration. Natural nitrates in **beets** boost blood flow to the brain. They’re also high in antioxidants. **Blueberries** are one of the most antioxidant rich foods on record. Furthermore, because of their high levels of gallic acid, **blueberries** are especially good at protecting our brains from degeneration and stress. Minimally processed **dark chocolate** with at least 70 percent of **cocoa** is chockfull of **flavonols**, which have antioxidant and anti-inflammatory properties. They can also help lower blood pressure and improve blood flow to both the brain and heart. Real extra **virgin olive oil** is truly a brain food, thanks to the powerful antioxidants known as **polyphenols** that are found in the oil. Finally, **fish** is packed with **omega-3 fatty acids**. Omega-3 fats build brain cell membranes, reduce brain inflammation, and promote new brain cell formation. **Salmon** is an especially good source of omega-3.

There are **spices** that can help your memory too. **Carnosic acid**, one of the main ingredients in **rosemary**, helps protect the brain from **neurodegeneration**. Another spice, **Turmeric** helps boost antioxidant levels and keep your immune system healthy, while also improving your brain’s **oxygen intake**. This keeps you alert and able to process information.

Use Flash-Card Mania Regularly



As outlined in the first three items, **Flash-Card Mania** helps your memory in three ways. We boost your **confidence**. When you aren't floundering on everyday things like names of people in the **news**, **capital cities**, and your **vocabulary**, you are more **confident**. Your brain tends to work faster when you're **confident!** Having a wide range of basic facts in your brain also helps you pay better **attention**. When you have some knowledge about something, you will automatically pay attention when you hear something related to your existing knowledge. And, the new information is more easily remembered because it **connects** to that existing knowledge.

We don't make any claims that we will change your brain, or **"increase working memory"** or any of the nonsense that those peddling games make. **Flash-Card Mania** helps you **remember key things**, like small **news facts**, capital cities, **vocabulary**, names of people in the news, etc because you can review them regularly with our Flash-Card system. But, regular use of our system has **real benefits**, as described above!