

VIBRANT HEALTH

BALANCED LIVING

# natural SOLUTIONS

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*—at all costs!*

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ACTRESS AND ADVOCATE TALKS  
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# Q & A

Every month we ask top practitioners to address your health concerns. This month find solutions for memory loss, low blood sodium levels, and shoulder pain.



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Recently I've had to go from my house to the car about three times before I can leave for work. I seem to be forgetting my phone, my coffee, and my other set of keys...sometimes even my computer! When I go to bed at night, I remember that one thing I was supposed to do, but forgot. Can you help me with some natural ways to boost my memory so I don't feel so lost?

Many people feel a need to improve memory and recall, particularly if they have been misplacing items or forgetting things. In reality, though, making improvements in our ability to

pay attention and focus is often what is needed to improve our ability to remember things.

One essential nutrient that has been shown to have an impact on brain function—including attention—is citicoline or CDP choline. In recent studies it has been shown that daily supplementation with Cognizin (a specific brand of this nutritional supplement ingredient) improves attention capacity. Attention capacity refers to the brain processes that are related to the recognition and intake of new information. Results indicated that participants who were administered either the 250 mg or the 500 mg citicoline supplement showed significantly better attention capacity than participants who received placebo.

Cognizin citicoline provides a mechanism for the essential nutrient, choline, to be absorbed and available in the brain. While choline is found naturally in food, including eggs and meat, our bodies do not absorb choline very well as we age.

Citicoline is comprised of cytidine and choline and the presence of cytidine improves the absorption of choline in the brain. Brain imaging studies of Cognizin citicoline suggest it provides essential building blocks for energy production in the brain and improves focus, concentration and mood. Citicoline is also thought to increase release

of brain neurotransmitters, such as dopamine, that are closely associated with cognitive function, particularly sustained attention and focus.

ASK US!

**Have a pressing health concern or question?**

Email your questions to [letters@naturalsolutionsmag.com](mailto:letters@naturalsolutionsmag.com). Put "Ask the Doctor" in the subject line.

