

A BRAIN FUNCTION TEST

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Are You Experiencing Memory Loss?

Instructions: For each of the following statements, check if the statement is true. Count up the number of "yes" answers to get your score:

- 1) From time to time, I forget what day of the week it is.
- 2) Sometimes when I'm looking for something, I forget what it is that I'm looking for.
- 3) My friends and family seem to think I'm more forgetful now than I used to be.
- 4) Sometimes I forget the names of my friends.
- 5) It's hard for me to add two-digit numbers without writing them down.
- 6) I frequently miss appointments because I forget them.
- 7) I rarely feel energetic.
- 8) Small problems upset me more than they once did.
- 9) It's hard for me to concentrate for even an hour.
- 10) I often misplace my keys, and when I find them I can't remember putting them there.
- 11) I frequently repeat myself.
- 12) Sometimes I get lost, even when I'm driving somewhere I've been before.
- 13) I often forget the point I'm trying to make.
- 14) To feel mentally sharp, I depend upon caffeine.
- 15) It takes longer for me to learn things than it used to be.

Write your score here: _____

If your score is:

12 - 15 - Your brain is running on empty. You had better see your doctor. You can refuel your brain with foods, vitamins, herbs, yogic exercises, and medicines that make you smarter. Visit Brain-Longevity.com and Meditation-As-Medicine.com

9 - 12 - Your brain functions are in danger. Check your diet today. You may be able to reduce this cognitive loss with vitamins, brain foods, herbs, and special meditation techniques

5 - 8 - Your brain is functioning just fine, but by learning to relax and by eating and drinking smarter, your brain can function at optimal levels

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