

# The Tricks to Protect and Improve Brain Health

Melissa Scott November 06, 2018



Divine Bounty L Carnitine

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([Newswire.net](#) -- November 6, 2018) Orlando, FL -- Researchers have been conducting studies to learn about brain health and how it can be protected.

According to Rick Haganir, Ph.D., the best thing for memory is exercise.

Dr. is the director of the Johns Hopkins Department of Neuroscience.

It has been speculated that exercise promotes blood flow to the brain, which then strengthens connections between memory-forming cells.

“Memory is just a tiny part of brain functioning, and there’s a lot you can do to protect your brain health,” says John Hopkins, neurologist.

It has been recommended to incorporate heart-pumping exercise in one’s daily routine. This is not only beneficial for brain health, but also reduces the risk of diabetes and hypertension. It actually has other health benefits like weight control and mood and sleep improvements.

It has also been recommended to get adequate sleep on a daily basis, and to stay socially engaged. These are found to be helpful for the brain and improve mental functions.

Some natural remedies have been found beneficial for brain health, and one is L-Carnitine.

According to scientists, this natural ingredient has a remarkable ability to cross the blood brain barrier with ease. This is believed to be how it produces neuroprotective benefits.

What makes it even more beneficial is it could directly stimulate the production of acetylcholine, which is a powerful neurotransmitter.

In many studies, L-Carnitine was able to delay age-related changes in memory or mood. It may even be helpful in fighting Alzheimer’s.

The Alzheimer’s Association reveal that there is an estimated 5.3 million people in the United States with Alzheimer’s.

By 2025, this prevalence is estimated to skyrocket to 7.1 million, which is a 40 percent increase.

Scientific research supports the claim that L-Carnitine promotes blood flow and memory. As mentioned, it offers support to healthy acetylcholine brain levels.

This is what makes it even more advantageous as acetylcholine is vital in healthy memory, learning, computation, analysis, perception, and many other cognitive functions.

Experts reveal that higher acetylcholine levels often lead to greater synaptic flexibility and even memory formation. These are actually two indicators of healthy brain function.

In a double-blind, placebo-controlled human study, scientists treatment the subjects with L-Carnitine supplements.

It was found they achieved improvements with their early neurodegenerative disease symptoms after 12 weeks of supplementation.

More studies are still underway to validate the remarkable brain-health benefits of L-Carnitine. However, it remains true that its importance for health can be hard to overlook.

To experience its benefits, it is wise to take into account the use of Divine Bounty L-Carnitine ([amazon.com/dp/B06XF7K9MM](https://amazon.com/dp/B06XF7K9MM)).

## **About Divine Bounty**

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at <http://www.DivineBounty.com>.

## **Divine Bounty**

*12001 Research Parkway*

*Suite 236 A*

*Orlando, FL 32826*

*United States*

*(407) 545 7738*

*[media@divinebounty.com](mailto:media@divinebounty.com)*

*<http://www.DivineBounty.com>*

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