# 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 <u>Brain-Longevity.com</u> and <u>Meditation-As-Medicine.com</u>

**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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The above is copyrighted by Dr. Singh Khalsa, and is from his website <u>Brain-Longevity.com</u>, where are instructions, workshops, supplements, and mind-body exercises for brain rejuvenation. Also visit Dr. Khalsa's main website at <u>Meditation-As-Medicine.com</u>

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