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## **Simple Ways To Improve Memory** (reading – 3.2. - 9.2.)

by: **Alexanes Leeny**

Are you seeking ways to Improve Memory? The human mind is undoubtedly a wonderful tool but memory is a skill that can only be cultivated with some practice and a lot of patience. Anyone wanting to improve memory can learn memory sharpening skills and problem solving techniques with only a little effort.

No one actually has "bad" memory. The problem is that people unknowingly end up developing bad memory habits as early as infancy itself. Because of bad recall habits, people often face problems during examinations, interviews and other circumstances that require efficient memory.

Many people believe that they possess a poor capacity to remember facts, information and experiences in life. However, many ways and techniques, which can be applied at any age, aid in memory improvement. In fact, improving memory is just a method of modulating certain personal habits in order to practice skills that can help in strengthening recall power.

If you are also looking for ways you can improve your memory then the best way to start is by visiting the [improvememoryhub.com](http://improvememoryhub.com). By visiting this website, you will be able to draw the maximum advantage of the free memory improvements articles, videos and resources. The website features interactive and skilled audio techniques that can help those suffering with problems of memory loss.

Who would not like to sharpen his/her cognitive function and improve their ability to retain information? Memory improvement techniques are endless and it is very important to effectively navigate through these techniques so that life becomes even easier thereby increasing brainpower.

All of us know that neither memory loss nor the ability to improve memory is dependent on age. Regardless of your age, you can successfully improve your memory. Below are a few ways that can help you to improve your memory.

### **Proper Diet and Sleep**

It is very important to have a highly nutritious diet that is rich in minerals and vitamins. Following a proper diet and adequate sleep is also extremely important. Both these things help to optimize learning abilities and keep the body healthy. Diets rich in fruits and vegetables have been proven to improve brain activity.

### **Stay Organized**

Staying organized helps in reducing stress and simplifying life. Staying clutter free will help you get rid of trivial matters. You will be able to channel your mental energy and focus on things that are more important. Staying organized will also increase your ability to retain more information.

### **Exercise Your Brain**

In order to function at a high level, our brain needs adequate exercise. It is extremely important to keep the brain active and give it enough opportunities to grow. You can involve yourself in crossword puzzles, Sudoku and in playing strategy games such as chess or checkers.

### **Use Brain Foods**

According to studies, certain food items help in improving memory. Some of these items are grapes, apples, blueberries, onions, whole-grain puffed rice, spinach, curry, orange juice, nuts, dark leafy vegetables, fish and caffeine.

### **About The Author**

For more information on how to improve memory, visit the site [www.improvememoryhub.com](http://www.improvememoryhub.com). The website provides interactive and skilled audio techniques and memory articles that can help people of all ages sharpen their memory.

The author invites you to visit: [www.improvementmemoryhub.com](http://www.improvementmemoryhub.com)



## **What's So Special About Arabica Coffee?** (reading – 10.2. - 16.2.)

by: **David Huggett**

Have you ever wondered why it is that Arabica coffee is mentioned as a selling point on some coffees and why it seems to attract a higher price as well? A quick online search will return hundreds of results for coffees boasting "100% pure Arabica beans" or "blended using Arabica coffee".

The answer is a lot more simple than you might think. Most coffee blends are made using either Arabica or Robusta, and most of the time, a mixture of the two in varying ratios. Robusta cherries contain, on average, just over twice the caffeine of Arabica cherries (which you might think is a good thing!) and more caffeine than almost any other major coffee type. Caffeine itself has a slightly bitter taste, and this shows up in the blending process when Robusta is used, resulting in a bitter and slightly burnt taste. Arabica, by contrast, contains far less caffeine and therefore results in a smoother and less bitter flavour.

Of course, the blending and roasting processes can correct much of this, and so there's no need to be put off drinking coffee that is primarily made using Robusta beans, unless it's cheap and nasty coffee anyway. Generally speaking, the more Arabica that is used in a given blend, the smoother and less bitter it will taste (assuming it has been made properly of course), with 100% Arabica coffee being particularly sought after by many coffee drinkers.

Another factor that makes Arabica coffee more desirable than other types is that the plants it comes from are less hardy than Robusta coffee plants, and therefore they are more expensive to source. In some years with adverse weather conditions, the price will increase more than other types of coffee simply because the plants haven't produced the same sized crop as normal. Arabica is also more susceptible to pests and needs very specific climactic conditions including soil with low acidity levels, an evenly distributed amount of regular rainfall and a temperature averaging around 20 C.

All of these factors contribute to a higher price, which in turn means it's not used as much in cheaper coffee blends.

Robusta plants, on the other hand, can grow at lower altitudes and don't require the same precise weather conditions to thrive. They are less vulnerable to pests and each tree can produce as much as double the crop of a similar Arabica tree. That's not to say that Robustas are always inferior - like anything else, there is varying quality and the very best can produce an outstanding espresso for example, and there are also Arabicas that are of below average quality too. However, taken as a whole, Arabica is generally reckoned to be of superior quality.

Ultimately of course, all of this is irrelevant if you prefer the taste of something else. Try a 100% Arabica blend and then try a few with more Robusta and see if you can tell the difference - it should be quite noticeable. Most instant coffee (unless it states otherwise), together with supermarket own-brand ground coffee will be made up predominantly, or exclusively, of Robusta beans.

As with most things, you get what you pay for. So next time you see a coffee being advertised as 100% Arabica, you'll know why you're having to pay that little bit more for it.

About The Author

A1 Coffee is one of the UK's leading online coffee stores and is an authorised Lavazza coffee distributor. Visit us at <http://www.a1coffee.co.uk> and <http://www.mazzergrinders.com>

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**Why avoid eating before bedtime?** (reading – 17.2. - 23.2.)

by: **Dorian Foreman**

It is late, you are sleepy, but, you still want to eat something before bed. Sounds familiar? Probably yes and there is nothing wrong with that, but if you get used to treat yourself with some evening meals, must be very careful and not eat just anything.

Chocolate

Yes, it is tempting. Although very tempting, regardless any time of the day, but night is the most uninspired choice you can make. Chocolate will cause insomnia and you will have a restless night. The next day morning, you will be tired like after a night of party. Perhaps half a square will have very strong effects, but this is the version that you can consider in case you really desire it.

Cheese

Cheese can fall hard on the stomach and really bad problems occur when you are lactose intolerant. Avoid cheeses night before bed and leave them for the next morning.

Spicy Food

If only passed more than two hours after dinner, and you try to taste a food spicy, no doubt it will cause

stomach pain that will not let you sleep. Avoid spicy foods, even in a minor way.

Cookies, cake or ice cream

You have a cake of ice cream in the freezer, and you only think about it? You know you will not be limited to a small spoon and you'll be tempted to eat more, more and more until you feel your stomach hurts. Avoid sweets evening, especially if you know you can not take just about a mouthful. This will cause your stomach pain and you will have insomnia.

Hamburger

Yes, delicious, we know, you have not eaten hamburger for some time, and fast food is 5 minutes from you, but the burger is the most uninspired choice culinary normal and much less at night. It is full of fatties, which will be submitted to your body quickly, especially at night. Remember that fatties are deposited on blood vein and block blood flow and oxygenation efficiency of the brain.

About The Author

Although if you want to try cooking recipes, or just try other in different games, please visit our website dedicated to cooking games at [www.cookinggamesclub.com](http://www.cookinggamesclub.com)

Article Source:

<http://www.articlebiz.com/article/1051587799-1-why-avoid-eating-before-bedtime/>



**Identity: Who Are You?** (reading – 24.2. - 1.3.)

by: **Linda Hancock**

I recently watched an interesting video in which Paul McCartney was asked about the break-up of the Beatles. He explained that this was a shock and when it occurred he didn't get out of bed for days. The interviewer asked if he had been worried about money. Paul's reply was powerful. He stated that he wasn't thinking about money at all. He was just trying to adjust to the fact that he was no longer a Beatle.

You see Paul's whole identity had been wrapped up in his role as part of a famous group. Everywhere the Beatles went there were throngs of screaming fans who would do anything just to be near the four rock stars. Their reputation and fame were recognized on a world-wide scale. For ten years they couldn't do anything wrong. John, George, Ringo and Paul shared a unique bonding and daily experiences that few ever even imagine. They wrote and made music together, travelled together and had enmeshed identities that didn't offer any outside balance.

And then it was over!

Paul didn't know who he was outside of the group. His entire identity disappeared and he was helpless in knowing how to deal with that let alone move forward on his own.

Many of us get caught up in similar situations. We invest all of our time and energy into one job and then, when it is gone, think we are without value. Some individuals are left feeling empty when a relationship ends and there is nothing and no one to help them through the crisis. They have allowed the relationship and other person to define them. Those who identify themselves with riches are left personally destitute when their riches disappear.

Identity is about knowing inside that you have value no matter what is going on around you. It is not arrogance or narcissism but a healthy understanding that you are here for a reason and have a purpose. It is more about who you are and what you can give than about what you own.

If you want to improve your identity consider the following:

1. You are a unique individual unlike anyone else on earth. No one has your exact looks, skills or viewpoints.
2. There is always opportunity to change or improve yourself. You can learn new skills, adopt a most positive attitude, and set healthier goals.
3. Expanding and balancing your interests, relationships and activities will help you to build a solid foundation for the future so that if one thing ends you will not be in crisis.
4. Other people need and want you in their lives. It truly is better to give than to receive but when you give, you usually also receive.
5. One person can make a difference in the world. Just think about Mother Theresa, Mandela, Edison or even Dr. Seuss!
6. Fame does not necessarily define value or worth and, as experienced by Paul McCartney, can be fleeting.
7. Each day holds the opportunity to start over (or do better)!

I wish you the very best as you consider and improve your identity!

About The Author

And now I would like to invite you to claim your Free Instant Access to a complimentary list of 10 Steps to Making Your Life an Adventure when you visit <http://lindahancock.com>

From Dr. Linda Hancock, Registered Psychologist and Registered Social Worker

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