

Optimizing Memory Performance

2-Hour Webinar

Presented by Guy Annunziata, DC

This is a 2-hour webinar that will begin by providing a basic review of the physiology of memory and cognitive function. We will discuss how memories are formed, consolidated, and retrieved. We will also discuss the different types of memories and the areas of the brain responsible for each type of memory, including long term, short term, auditory short term, auditory long term, episodic, sequential and memory processing. The course will continue with a discussion about Alzheimer's disease and dementia. We will examine the different theories regarding the etiology of these conditions, and we will talk about the latest research in this area. We will then continue the conversation on how an individual can improve their memory and overall cognitive function. We will present peer reviewed literature that will show the efficacy of brain exercises, gamma entrainment and heart rate variability training in improving memory and cognition.

HOUR 1

- Review physiology of memory and cognitive function
- Discuss how memories are formed, consolidated, and retrieved
- Discuss the types of memories including long term, short term, auditory short term, auditory long term, episodic, sequential and memory processing

HOUR 2

- What is Alzheimer's and dementia?
- Basic etiology of Alzheimer's and dementia
- Present literature on how to improve memory and cognition, including brain exercises, gamma entrainment and heart rate variability training