Brain Memory Disc

Very encouraging & scientific message from a Senior citizen:

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much like a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something and when
they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.

SO THERE.
Now when I reach for a word or a name , I won't excuse myself by saying "I'm having a senior moment". Now, I'll say, "My disk is full!"

I have more friends and family I should send this to, but right now I can't remember their names.

So, please forward this to your aging family and friends; they may be my friends, too.

Sent from my iPhone