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## Can you have a semi photographic memory

Ok, let's start with a little hard love: when it comes to photographic memory, you are technically born with it or you are not. And even a lot of people outside who claims to have "photographic memory" doesn't actually have it. (Scientific consent is that about 1% of the u.s. population has it.) But here is the good news! If you are interested in strengthening your memory capabilities, there are a lot of great measures you can bring - foods to indulge, great brain exercises to be undertaken ... that will help your ability to remember things in detail much more alive. Here they are! And for further ways to increase your cognitive function, don't miss the 8 state-of-the-art video games that have shown to make you more intelligent. Shutterstock is an old adage as the weather (or at least Malcolm Gladwell): the practice makes perfect. And yes, this also applies to your noodle. A way to practice is to take a tender memory ... this is the frank scientific language for "photographic memory" test. The test requires looking two separate images, still wildly similar, and then trying to overlap the one visually the one on the other. To check a practice test, Iowa's university has covered you. So if that pinch your interest, ask your doctor to take a real and specialized-certified. Shutterstocky're probably well aware of the benefits of oils in fatty fish ... such as salmon or sardines. (Omega-3 are widely known to reduce both inflammation and blood pressure). But did you know that those smelly oils also help your brain? According to a new study outside the Harvard Medical School, Omega-3 has been shown to reverse the memory decline. As happens so, salmon is one of the 50 best cerebral foods of all time. When it comes to digesting information binders for the future memory, the material is mentally sent to the material until the most appropriate possible. If this sounds like you (and college for children, in particular: ears) we have two words for you: slow. Down. According to the search outside the UCLA, if you are trying to memorize something, it is better to break the knowledge in several days - and to repeatedly go the material. For example: if you are learning French, instead of trying to memorize different dozen adjectives by the end of the week, choose ten, and dedicate time to overcome them, say, Monday, Wednesday and Saturday. But while you find out, your cardio-obsessed colleague could be on something more than the simple perfect race form. According to a current study of current biology, if you learn something new and then exercises in four hours, at an intensity of about 80 percent, your hippocampus, the part of your brain responsible for remembering things, will experience more activity . Good news: you're probably already doing this. According to the search for North America's radiological society, a simple two cups of coffee a day will increase your short-term memory function. So if you're not getting your newspaper 16 ounces Joe every day, now it's time to start ... and for more information on why coffee could be everyone's most magical liquid, check the 75 incredible benefits for the coffee health. Hey, crowded beverage: you're lucky. According to a study in the borders in the aging of neuroscience, individuals with very little time "the people who are so busy who fail to finish all their tasks on a given day, for the relationship" having a higher brain function when Arrive to the episodic memory. For the curious: this is the type of memory involved in remembering the times and places. (So everything.) Shutterstockholine (take care: A, not chlorine) is a nutrient that, according to several studies, will instantly increase the memory shortly (In an experiment, university students who ingested Choline overperformed those who did not take a subsequent memory test.) To get enough Choline in your diet, turn to some good old-fashioned eggs. Each yolk contains 115 mg of the stuff. Shutterstock we all know the feeling: too alcohol, and then ... it happened, what happened success night? But if it hits a healthy balance, wine, always magical libation, can have the opposite effect. In reality, according to nature, resveratrol in red wine can reverse the effects of memory loss based on age. That "healthy balance?" You will be hopically happy to hear it is two glasses. Gym rats, rejoice: all that the protein you were downward reinforcing more than a simple tendon. According to research in Physiology & Behavior, a high protein diet due to the tyrosine amino acids and PhenylalanineA ε is directly related to a ferreal memory. Shutterstocknew research indicates that the luteolin substance will fight the inflammation of the brain, as you age and, in turn, will help maintain strong memory as a turn. You will find Luteolina in celery. I am sorry for that. For more advice on living your best life, a Follow us on Facebook, now! (Definition of photographic memory from the Cambridge Advanced Learner Dictionary of synonyms A, A © Cambridge University Press) Last update 1 June 2020 Improvement of mental capacity to increase memory capacity can be difficult. Especially if you want to develop eidetic memory with the ability to store visual images in long-term memory and recover them in perfect detail. But not the eidetic type of memory really exists and how to check if you have it? Discover it. Is it possible to develop visual memory? For those wishing to have phenomenal capacity to remember more, it's time to find out what is a tune memory and how to train it. First of all, it should be noted that the human brain is selective. Some information can be transformed from our mind, some events or facts can be deleted and forgotten. This is how the memory of most people works. Eye means that a person has a talent or a capacity to recover visual images with a reproduction of the smallest details that impressed in memory after this person looked at them for several minutes. That's why, sometimes, also called a photographic memory. It is believed that the ability to memorize and recall vivid and precise memories as photographs and images is innate, but most people lose with age. Therefore, in addition to the question of what is an eidetic memory, there are two issues no less crucial: it is possible to train it and what are the tactics to do it successfully. To analyze the capacities of different groups of people to capture visual images and recover them, a tender of memory has been conducted. These experiments have shown that many children are more likely to keep the image alive after it was removed from their eyes. Demonstrates the theory that such gift dissolves with time. So what to do if an adult person does not exceed eidetic test? Is there a solution to improve this type of memory? Mnemonic strategies to stimulate cerebral activity Well, anyone can develop impressive mental abilities and strengthen memory capacity, so you need to be born with such ability. A mnemonic device is a solution to most memory problems. Generally, Mnemonics are methods, a set of techniques to promote perfect storage and storage of materials of different complexity and volume. For example, you can use imaginary links to keep in mind some words or other types of associations such as rhymes, acronyms or music too. What are the advantages of mnemonic: it helps to practice unlimited long-term memory and build a warehouse in the head for a subsequent recall; Through the right approach, it is possible to organize difficult to remember the information and create a memory bridge that can be used More active learning; The study process is more capture and engaging with alternative options such as GamiFied E-Learning App or Virtual Reality in 3D; Mnemonic instruments can be used for learning a new language, preparation for examinations, or the study of scientific materials. One of the productive tactics to obtain a capacity of eidetic memory is a mental palace technique. This universal tool can increase your activity of yours Through strong attention. It is also ideal for recalling text pages, numbers, complicated definitions, speeches, tables or even graphics. The concept is that you create a map in your mind and plan the information that associates it with a familiar position. Modern technology developers offer a great alternative to standard methods to facilitate the storage process. Memoryos is a software that combines advanced e-learning with the virtual plant of the Palazzo della Mente. So you can train your mind innovatively and interactively and significantly improve photographic memory. Joey Degrandish was about 10 years old when his parents realized that there was something special of him. A ε ε - "It would be an event for years ago that we ended up like a family, and I would like randomly, A ε ε - ε " oh, it was a Monday A ε ε - A ε, A, A, A, " " It happened in June 20 ", says that Degrandis, who is now 33. A ε ε - "Mom my mom would refer to making it with old calendars he held, and they were a little 'Stunned of what I was accurate. - - Degrandis showed the ability of him that year in a magic show at school, beating his audience by correctly identifying the day of the week for a given date in recent history. And about the next 15 years, Degrandis thought about the talent of him mostly as a clean party trick: not something that everyone could do, but not something with much meaning, not even. Later it would have discovered that there are Upsides ... and amazing in love "to have an almost perfect memory. In 2010, when he was Degrandis 26, he saw a segment in 60 minutes with a handful of people with a similar capacity: a condition now We know autobiographical memory as high upper, or hsam. A ε ε - "Sits on the road with a friend and ended up in California, and I decided to visit this doctor who studied these people who seemed to be like me, A ε ε -" He says. Identification of a rare ability that the doctor was James McGaugh, research professor in neurobiology and behavior at the University of California, Irvine. McGaugh started studying HSAM in 2000, after a young woman named Jill Price contact him Of his memory A ε ε - "problem. Price, which later would have become the first person to be diagnosed with HSAM, was complained that the extraordinary memory of her was an extraordinary burden burden. A ε ε - "When I see a flash dates on the TV (or anywhere else for that matter) I am automatically returned to return to that day and memory where I was, what I was doing, what day you fell forward and forward and back and forth and back and On. A ε ε - "he wrote in an email to McGaugh. A ε ε - "A non-stop, uncontrollable and totally exhausting. In 2010, McGaugh and his colleagues had identified some others with a disturbing capacity to connect calendar dates with events, both major news (like the Challenger explosion or the death of Princess Diana) and the trivial personal details (like the one they ate or as a song they heard on the radio). After appearing on 60 minutes, McGaugh received more than 600 e-mails and phone calls from people "like DegrandisA ε ε - "that thought they could also have this ability. Ultimately, only about 60 of those people were identified by McGaugh and his team as actually having HSAM. Even over the years, and even with a lot of further media coverage, less than 100 people have been diagnosed with the condition. A, showing how rare, says McGaugh, ε, that millions of people have heard of this, but we can only find one Small number measures criteria.A ε ε The pros and cons not never forget the Degrandis, being one of those people, now participates in ongoing studies from McGaugh and other memory researchers. (In everyday life, he works in ... in a job that has nothing to do with its special skill, he says.) He enjoyed meeting others with HSAM and was struck by the things they have in common. Degrandis says he was fought by depression and anxiety, that he believes can be linked to his incapacity to let go some things. To meet other participants in the HSAM study, he has learned learned It is a common theme. A ε - "I consider myself fortunate in that I had a good life, so I have a lot of happy memories, warm and fuzzy I can rethink. A ε -" she says. A ε - "But I tend to dwell on things more extensively about the average person, and when something painful happens, like a breakup or loss of a family member, I do not forget those sentiments.A" Research also suggests that Hsam people tend to have obsessive traits. A ε ε - "subjects, such as price, focused on the ordinate," wrote McGaugh in learning and memory: a complete reference, which this year has been updated to include a chapter of Hsam. A ε ε - "Eravano a germ-avoidant, and some had hobbies that involved intensive efforts, focused and sustained, A ε -" he added. it is not yet known whether these traits are the result of their superior memory, or if both are caused by another underlying factor. and while people with superior memories have an uncanny knack for connecting dates and events, occasionally they make mistakes. A ε ε - "the memories are much more detailed of ours, and last for a period of time longer, but they are still no video recordings, A ε - "says McGaugh. A ε ε -A Memory is a distraction process and what tiramo by our brain is not always completely accurate.A A "Even people with Hsam are not better than normal when it comes to remembering things like faces or phone numbers. The ability is not the same as a so-called photographic memory, which allows people to vividly recall the details of a scene, osseva?" only for a short time; © Nor is the same as a talent held by A ε ε -A Meleiti competitive "who use mnemonic devices to remember long strings of data, for example. A ε ε -" I'm not great with names, or mundane details like if I brushed my teeth today or where I put my keys," says DeGrandis. A ε ε - " my mind is always moving and full of so many other things, and maybe that contributes, ironically, to a poor memory more short termine.A "what science can learn from people with superior memories almost two decades after the first identified case of Hsam, there are still many researchers do not know the condition. But there were also a lot of gains. A ε - "We now have a set of twins in the study, one that has this skill and one that is not," says McGaugh. A ε - "We also have a number of younger people" a young as 8 "with the feat. This shows that it is not only present in mature adults, and not something that is learned and tested over time. A ε »the UC Irvine researchers also plan to conduct functional MRI scans on people in dell'HSAM study See if their brain works differently while they are recovering the information. A ε ε -" I have colleagues in Rome started this functional image, "says McGaugh, A ε -" and we have some evidence that there are real differences that we can hope to learn a lot from ..A ε - functional MRIS - showing only anatomical structures and not processes not active as blood flow "has already shown some basic structural differences between the brains of people with and without Hsam. McGaugh says that understanding the neurobiology behind Hsam can provide new insights into how the brain stores and retrieves ri agreements. It could also be useful in the fight against Alzheimer's disease and other forms of dementia and memory loss, he says, although it is too early to say definitively whether or how. As for DeGrandis, is happy to lend his mind to science in the hope that eventually will help people who have trouble remembering things "not forgetting them. And while he and others like him sometimes feel heavy by this talent special, DeGrandis is ultimately glad. A ε - "it can be frustrating, but it's also really wonderful to have a Access to happy memories, A ε ε - "says. A ε ε -" I really try not to take it for granted. "For your safety, we sent a confirmation e-mail to the address you entered. Click the link to confirm the subscription and start receiving receiving Newsletter. If you do not get confirmation within 10 minutes, see the spam folder. Contact us on letters@time.com. letters@time.com what is a semi photographic memory. is it possible to have a semi photographic memory. can you have a partial photographic memory



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