

Procera AVH Memory Enhancer Review

There are many choices these days for memory enhancement dietary supplements.

Aug. 12, 2009 - [PRLog](#) -- This article will answer questions about memory loss and what can be done to improve common problems such as concentration, focus, memory recall, long and short term memory, memory speed and memory decline.

Personal Perspective:

I was diagnosed with Attention Deficit Disorder in 1998 at the age of 38, after years of struggling with these problems even as far back as elementary school. My journey to climb my way out of a mental fog, was long and difficult. When I was a child, school work was a daunting task I hated, mostly due to the frustration of not being able to concentrate. This led to poor grades and feeling like I wasn't smart enough to do well like other kids. After awhile, I just resolved in my mind that this was how I would always be. Being diagnosed gave hope that medication would be the answer to my problem.

My doctor prescribed Ridlin, which had terrible side-effects that I couldn't tolerate, so he changed me to Adderall which I took everyday for 5 years. I tolerated the Adderall side-effects because my ability to focus and concentrate improved quite a lot, but every evening when I came home from work, I was irritable, mentally tired and my temper would flare up unexpectedly. Needless to say, my family suffered due to my mood swings and often avoided me all together. These drugs are stimulants so long term use can't be a good thing for anyone. I changed drugs again, this time to Straterra which is non-narcotic, but it too had uncomfortable side-effects. After 10 years of taking these drugs, I decided with the help from my doctor to wean myself off Straterra and try to manage my memory problem on my own.

Anyone who has memory problems would probably agree that it can make your life miserable. I found myself right back in the mental fog once again and absolutely hated it. I set out to find a dietary supplement in hopes I could get at least some relief. My choice was Gingko Biloba which I took for a few months but never got substantial results so I stopped taking it.

What I've Learned:

My quest today is to find a dietary supplement that will actually work. Through many weeks of researching, I set out to get my questions answered. I've found that out of all of the choices on the market today, none of them have any real proof that they will improve memory. That's because they didn't conduct a clinical trial to test their claims. I don't know about you but I can't see paying money for something that can't show me some kind of prove that the product works.

Then I came across a product called Procera AVH and was surprised to learn they had conducted clinical trials which proved that people were actually having improvements in many areas, including: focus and concentration, long and short term learning, reduction of memory decline, better mental clarity an energy, mood stability, memory recall, and even higher IQ! I was also intrigued by the fact that Procera AVH is fast acting, we all like instant gratification, right? Each ingredient has been tested and proven to be safe which is certainly a plus.

Okay my interest was sparked, so I set out to learn more about Procera AVH. I discovered that the clinical trials are based on FDA criteria which proves that its 3 individual ingredients are shown to be safe and effective. This company is determined to show the world that 20 years of research on improving brain

function has been a success. Since these claims are so impressive, I checked with the Better Business Bureau and found that after some minor adjustments in the company's claims, the BBB gives them a thumbs up being true to consumers. Now I'm really interested in what this supplement can do for those of us suffering with memory issues.

Other substantiated claims about Procera AVH include improvement in these areas: being able to think on your feet so to speak. There's nothing worse than forgetting what your talking about in the middle of a sentence, with co-workers all staring at your deer in the headlights look. Also, Procera AVH elevates mood and self confidence and reduces anxiety, stress, depression and even libido. I can't argue with that!

I learned that the brain is starved for oxygen and depleted of nutrients that it needs to function properly. neurotransmitters don't fire like they were meant to, so the result is mental fatigue, inability to focus and forgetfulness. Procera works to bring oxygen to brain cells to rejuvenate your mind, provides the brain protection from free radicals caused by stress and toxins, actually begins to restore tired out neurotransmitters, basically restoring the brain's health and ability to work properly. Of course we have to be more responsible with lifestyle choices, but it's comforting to know that Procera will help protect the brain against toxins in the environment, unhealthy diet, stress, alcohol and aging.

Other appealing factors include that Procera AVH does not contain stimulants, has clinical tests that prove Procera AVH out performs other memory enhancers on the market, has a 100% money back guarantee, has mild side-effects that can be tolerated, doesn't interfere with taking other supplements, doesn't interfere with sleep if taken as directed and it's the only memory enhancer that has been proven to work by a leading brain institute. Of course, if you are taking prescription medications always consult with your doctor or pharmacist before adding a supplement.

Conclusion:

I am very impressed with Procera AVH, especially the links they have taken in proving Procera AVH to be the best memory enhancer on the market today. Here, you can read more about Procera AVH ingredients, details on their placebo controlled clinical trial, comparison chart of other memory enhancers, pretty much everything you need to know to make an informed decision.

<http://mindbodyspiritrecovery.com/blog/?cat=505>

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I enjoy researching self improvement products based on quality, price and customer experience. If you are experiencing brain fog, trouble focusing and concentrating, Procera AVH is currently offering a free trial that includes free bottle of Procera AVH and lots of extra bonuses. Click here to read more about it: <http://mindbodyspiritrecovery.com/blog/?cat=505>

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