

# Memory Support for Life: Practical Ways to Strengthen Memory



**BrainBuilders  
Health** by CFDI  
Applied Neuroscience & Integrative Wellness



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Health

# Memory Support for Life



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# How Memory Works

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## Factors that Impact Function

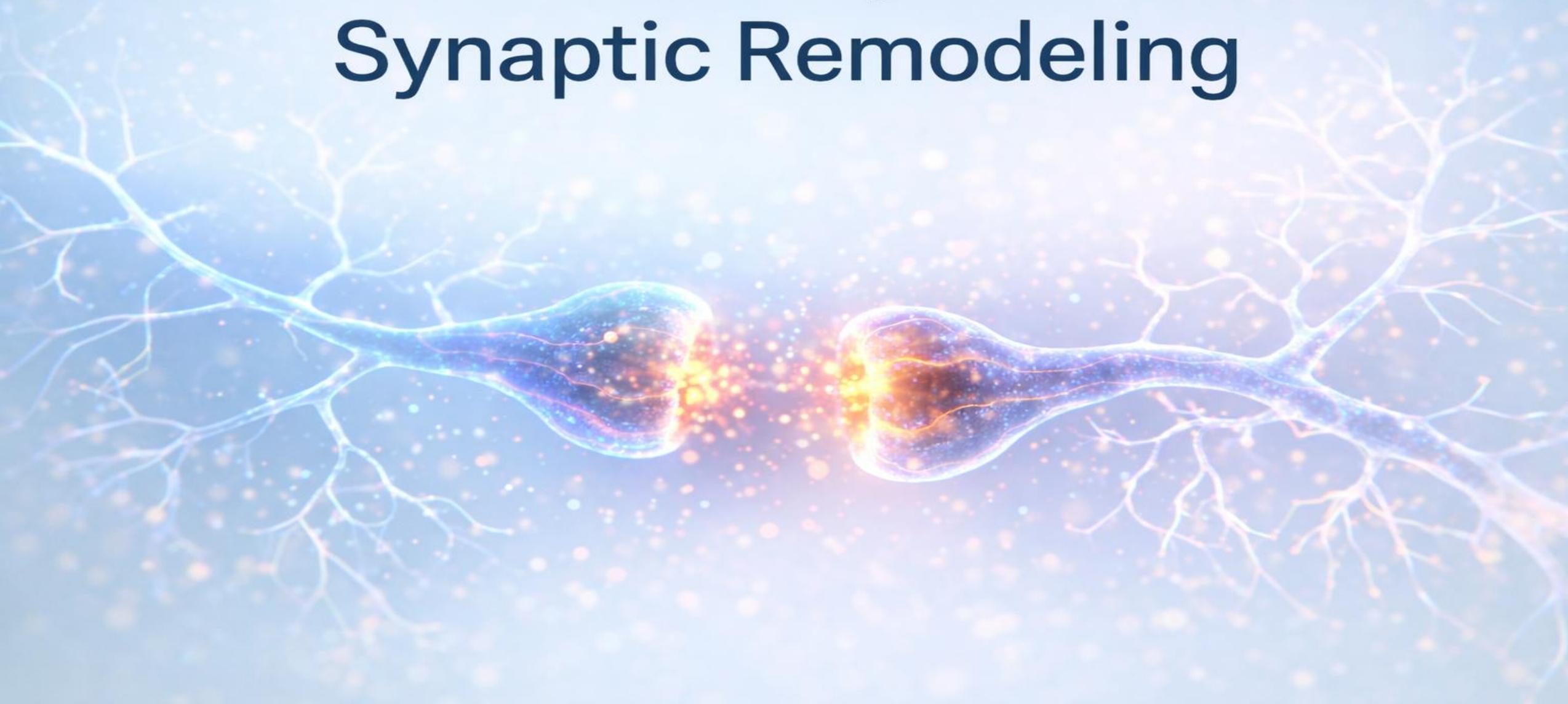
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## Actions that Strengthen Memory

A hand is shown from the bottom, holding a glowing, golden orb. The background is a soft, out-of-focus sunset or sunrise with warm colors and a faint rainbow arc. The overall mood is serene and hopeful.

# How Memory Works

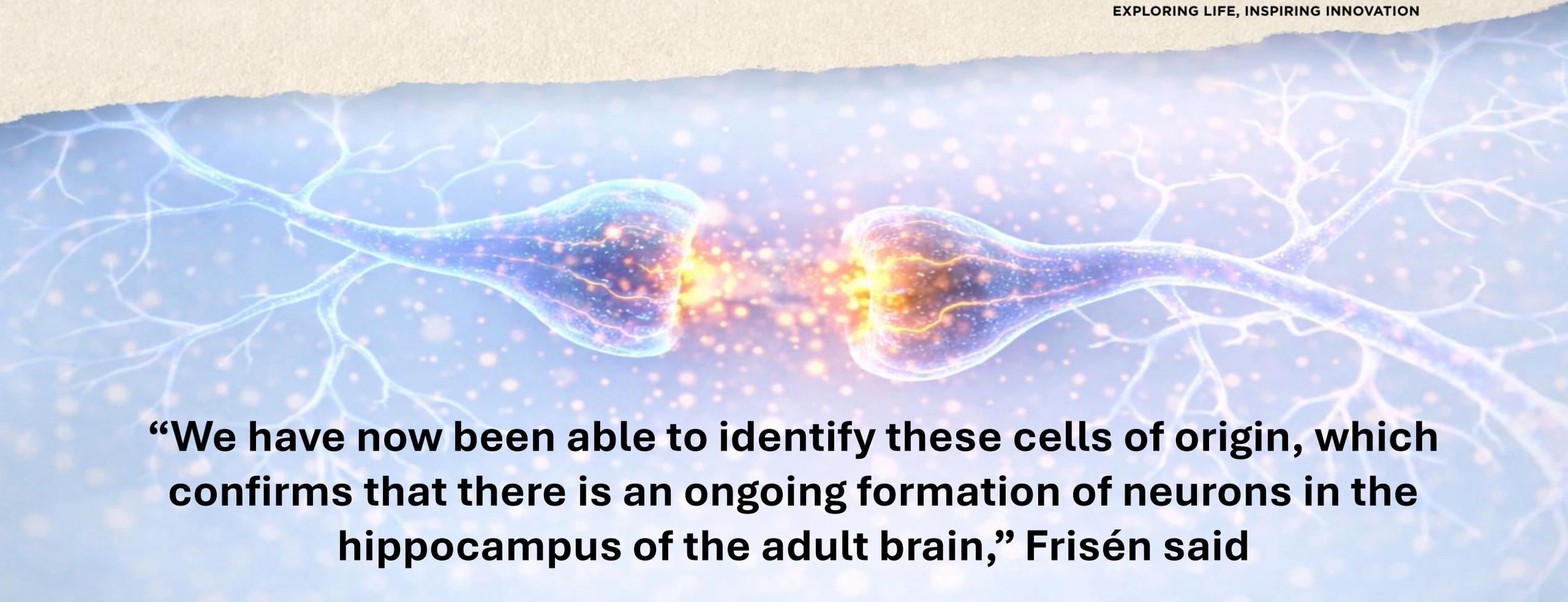
## Synaptic Remodeling



# **New Neurons Forming in Adult Brains**

**July 3, 2025**

**TheScientist**  
EXPLORING LIFE, INSPIRING INNOVATION



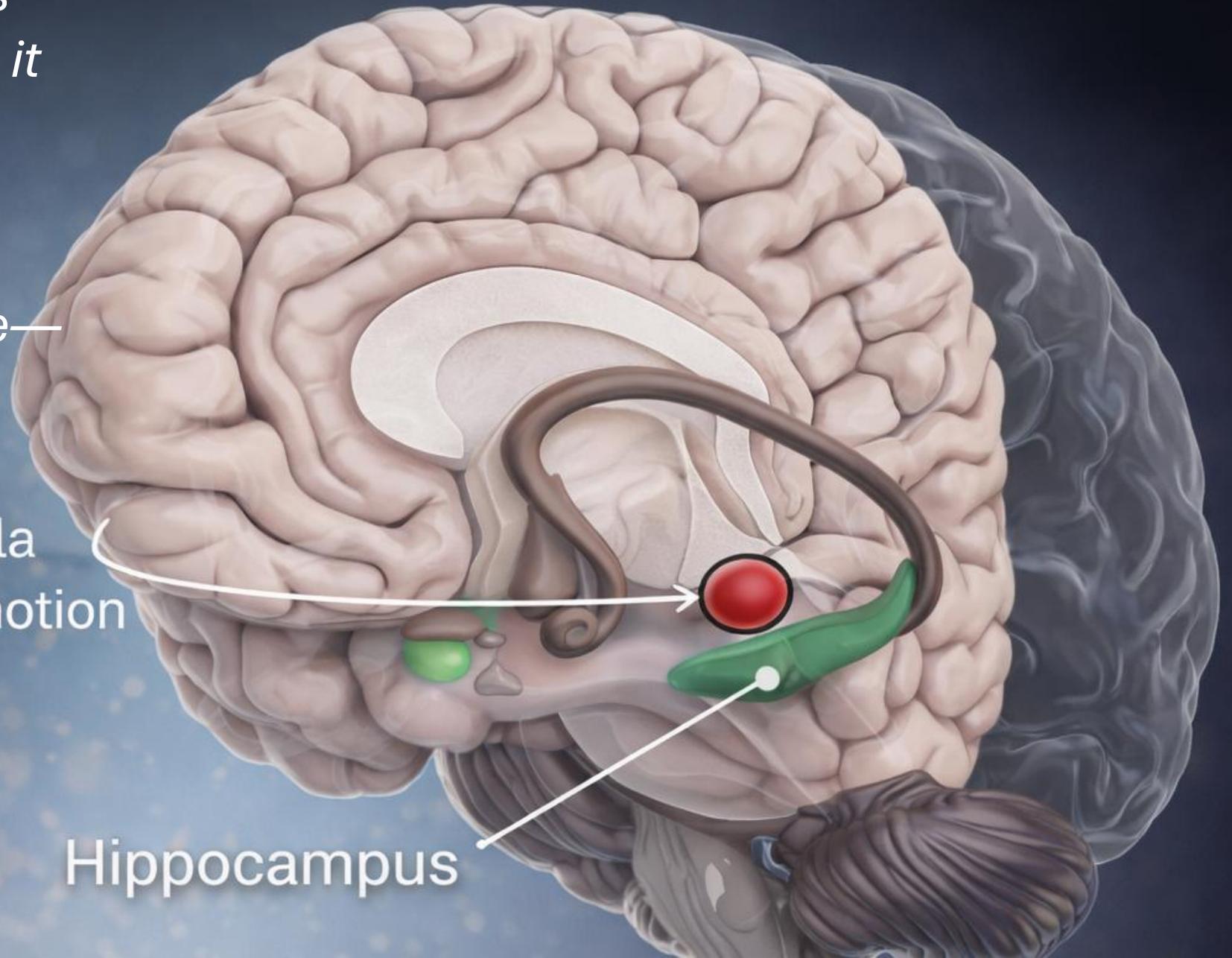
**“We have now been able to identify these cells of origin, which confirms that there is an ongoing formation of neurons in the hippocampus of the adult brain,” Friséen said**

**Hippocampus:** *“This is what happened, where it fits, and how it connects.”*

**Amygdala:** *“Is this safe—or not?”*

Amygdala  
Base emotion  
Center

Hippocampus



# How Memory Works Best

- **With association**
- **With interest**
- **With emotional relevance**



# Why Fun Accelerates Change



Fun signals safety!  
Safety increases flexibility  
Flexibility supports  
change

# Like An Orchestra

- **Attentional Networks**
- **Encoded Memory**
- **Working Memory**

- Regulation
- Timing
- Coordination
- Recovery

When one area struggles  
**The whole system feels it**



# Factors That Impact Memory Function



Nutrition



Sleep



Hydration



Metabolic Health



# Take Action to Strengthen Memory

# STRETCH

## Your Memory

Work it out like a muscle!

Working Memory Encoded Memory

# Tools Used to Develop Memory



Reaction &  
Response Timing



Rhythm &  
Neural Timing

# Color Word

**Yellow**    **green**    **Black**    **blue**    **Black**

**Black**    **Yellow**    **green**    **Yellow**<sup>\*</sup>    **green**

**Purple**    **red**    **red**<sup>\*</sup>    **Black**    **red**

**blue**    **green**<sup>\*</sup>    **green**    **Yellow**    **blue**

**Black**    **Purple**    **Yellow**    **blue**    **Yellow**

**blue**    **blue**    **Yellow**    **red**<sup>\*</sup>    **Yellow**



# Number Columns

2  
0  
4  
8  
7  
6  
3  
1  
5

0  
6  
1  
3  
2  
4  
7  
5  
8

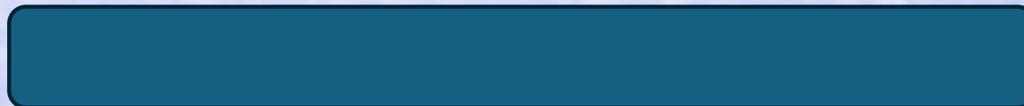
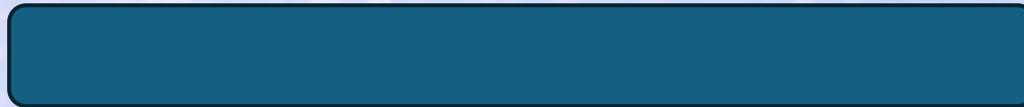
6  
1  
3  
2  
0  
4  
7  
5  
8

## Directions

- **Add 2** to each number – go across and skip a column for more challenge
- **Add 1** to the black columns and 3 to the red column
- **Start at** the bottom and say the numbers in the first and third columns
- **Hold up** the same number of fingers you are saying to the beat down column 1
- **Hold up** 1 more finger than you are saying down column 2
- **Coordinate responses** to the beat of a metronome for optimal challenge – increase speed

# Listen & Recall

*No writing.  
Just listening.*



# Pattern Tap

Cross-body  
coordination  
Attention + movement  
Gentle challenge

- One hand taps knee
- Other hand traces slow pattern
- Eyes follow
- Switch sides

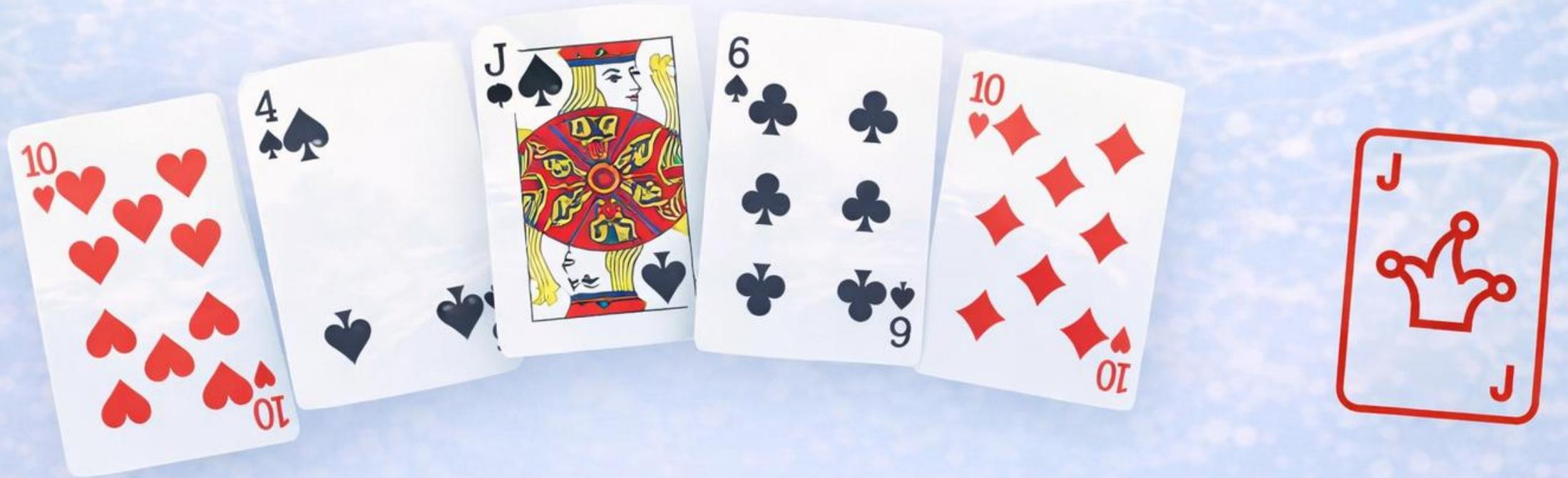
**Cross-body  
Tap**

**Pause**

**Clap**

# Cards in Sequence

*Builds Working Memory & Sequential Recall*



Can you remember the cards in sequential order?

Card Sequence

# Memory Support for Life

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Brain Health



Cognitive  
Exercise



Measure  
Progress



Daily  
Application



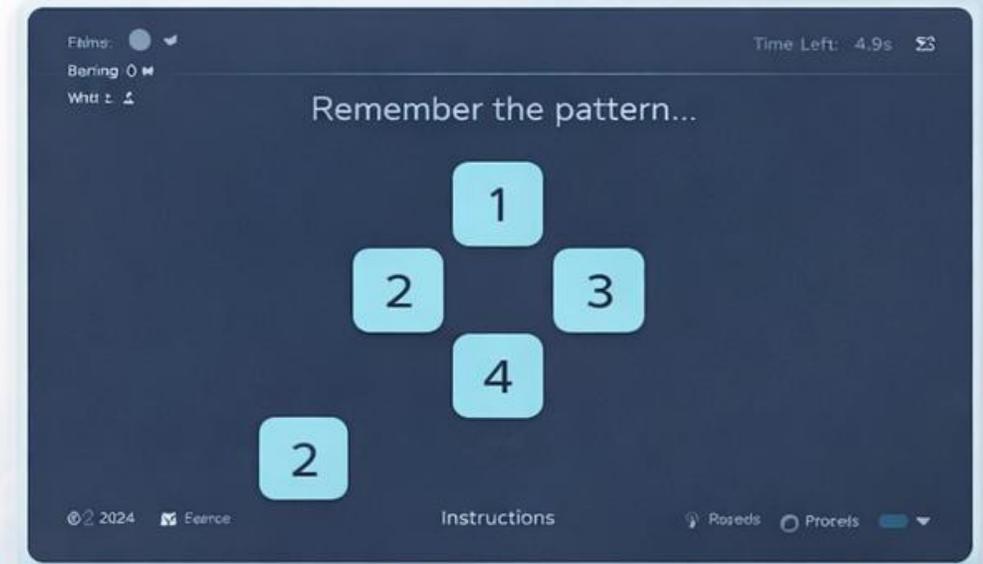
# Objective Memory Assessment

Creyos provides standardized, objective insight into how memory functions in the brain.

Rather than relying on observation or self-report, CFDT uses performance-based tasks to identify how information is processed, stored, and retrieved across key memory systems.

**Memory functions assessed include:**

- Working memory
- Spatial and visuospatial memory
- Episodic (associative) memory



**Conclusion: Guided, structured programs—like CFDT—drive stronger, more consistent cognitive gains**

# Structured Cognitive Programs: New Evidence

US POINTER Study Findings

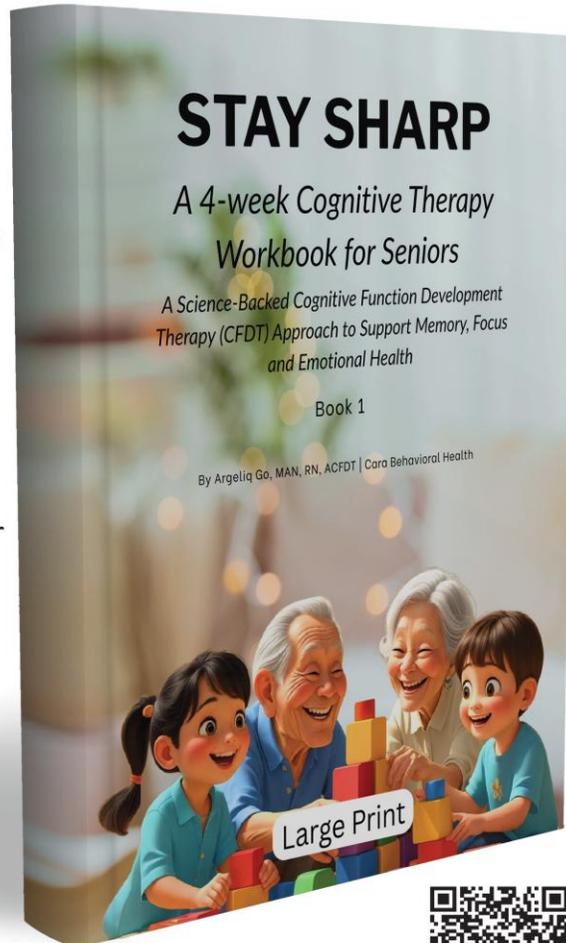
U.S. POINTER Randomized Clinical  
Trial — *Structured vs Self-Guided  
Multidomain Lifestyle Interventions for  
Global Cognitive Function*. JAMA,  
2025. [JAMA Network+1](#)

JAMA Network

DOI: [10.1001/jama.2025.12923](https://doi.org/10.1001/jama.2025.12923)

A self-guided journey designed with seniors in mind.

This workbook is also ideal for anyone interested in CFDT and eager to challenge their brain.



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Work out on your own

Or

Check out CFDI /  
Brain Builders  
Health

# Questions



**Medicare**  
**United Healthcare**  
**Aetna**

# Cognitive Function Development



Innovative, non-invasive, non-pharmaceutical, one-on-one therapeutic modality



Developed and refined over the past 15 years – underpinned by clinically applied neuroscience



1<sup>st</sup> peer reviewed research published 12/24 – Frontiers in Human Neuroscience. Study done by the Centre for Neurology Studies

# Results – 80 yr old

