

Rapid Memory in Seven Days by J. Minninger, September 1, , Perigee Trade edition, in English.

Memory and aging Forgetfulness is a common complaint among many of us as we get older. You find yourself standing in the middle of the kitchen wondering what you went in there for. Age-related memory changes are not the same thing as dementia. It takes longer to learn and recall information. In fact, we often mistake this slowing of our mental processes for true memory loss. But in most cases, if we give ourselves time, the information will come to mind. Memory loss is not an inevitable part of the aging process The brain is capable of producing new brain cells at any age, so significant memory loss is not an inevitable result of aging. But just as it is with muscle strength, you have to use it or lose it. Your lifestyle, habits, and daily activities have a huge impact on the health of your brain. Whatever your age, there are many ways you can improve your cognitive skills , prevent memory loss, and protect your grey matter. Furthermore, many mental abilities are largely unaffected by normal aging, such as: Hormones and proteins that protect and repair brain cells and stimulate neural growth also decline with age. Older people often experience decreased blood flow to the brain, which can impair memory and lead to changes in cognitive skills. The following types of memory lapses are normal among older adults and generally are not considered warning signs of dementia: Occasionally forgetting where you left things you use regularly, such as glasses or keys. Occasionally forgetting an appointment or walking into a room and forgetting why you entered. The memory lapses have little impact on your daily performance and ability to do what you want to do. Dementia, on the other hand, is marked by a persistent, disabling decline in two or more intellectual abilities such as memory, language, judgment, and abstract thinking. MCI can involve problems with memory, language, thinking, and judgment that are greater than normal age-related changes, but the line between MCI and normal memory problems is not always a clear one. The difference is often one of degrees. If you have mild cognitive impairment, you and your family or close friends will likely be aware of the decline in your memory or mental function. But, unlike people with full-blown dementia, you are still able to function in your daily life without relying on others. Some people with MCI plateau at a relatively mild stage of decline while others even return to normal. The course is difficult to predict, but in general, the greater the degree of memory impairment, the greater your risk of developing dementia some time in the future. Symptoms of MCI include: If you get to that point, make an appointment as soon as possible to talk with your primary physician and have a thorough physical examination. Your doctor can assess your personal risk factors, evaluate your symptoms, eliminate reversible causes of memory loss, and help you obtain appropriate care. Chances are the doctor will also ask you or your partner to keep track of your symptoms and check back in a few months. If your memory problem needs more evaluation, your doctor may send you to a neuropsychologist. There are many other reasons why you may be experiencing cognitive problems, including stress, depression, and even vitamin deficiencies. Sometimes, even what looks like significant memory loss can be caused by treatable conditions and reversible external factors, such as: Depression can mimic the signs of memory loss, making it hard for you to concentrate, stay organized, remember things, and get stuff done. Vitamin B12 protects neurons and is vital to healthy brain functioning. In fact, a lack of B12 can cause permanent damage to the brain. Older people have a slower nutritional absorption rate, which can make it difficult for you to get the B12 your mind and body need. If you smoke or drink, you may be at particular risk. If you address a vitamin B12 deficiency early, you can reverse the associated memory problems. Treatment is available in the form of a monthly injection. The thyroid gland controls metabolism: Thyroid problems can cause memory problems such as forgetfulness and difficulty concentrating. Medication can reverse the symptoms. Excessive alcohol intake is toxic to brain cells, and alcohol abuse leads to memory loss. Over time, alcohol abuse may also increase the risk of dementia. Because of the damaging effects of excessive drinking, experts advise limiting your daily intake to just drinks. Older adults are particularly susceptible to dehydration. Severe dehydration can cause confusion, drowsiness, memory loss, and other symptoms that look like dementia. Be particularly vigilant if you take diuretics or laxatives or suffer from diabetes, high blood sugar, or diarrhea. Many prescribed and over-the-counter drugs

or combinations of drugs can cause cognitive problems and memory loss as a side effect. This is especially common in older adults because they break down and absorb medication more slowly. Common medications that affect memory and brain function include sleeping pills, antihistamines, blood pressure and arthritis medication, muscle relaxants, anticholinergic drugs for urinary incontinence and gastrointestinal discomfort, antidepressants, anti-anxiety meds, and painkillers. Are you taking three or more drugs? As well as certain individual medications, taking too many medications can also create cognitive problems. A recent study found that the more medications you take, the higher your risk for brain atrophy. Researchers found that the loss of gray matter was most acute in people who took three or more different medications. Compensating for memory loss

The same practices that contribute to healthy aging and physical vitality also contribute to a healthy memory. Quality face-to-face social interaction can greatly reduce stress and is powerful medicine for the brain, so schedule time with friends, join a book club, or visit the local senior center. Starting a regular exercise routine, including cardio and strength training, may reduce your risk of developing dementia by up to 50 percent. Smoking heightens the risk of vascular disorders that can cause stroke and constrict arteries that deliver oxygen to the brain. When you quit smoking, the brain quickly benefits from improved circulation. Cortisol, the stress hormone, damages the brain over time and can lead to memory problems. But even before that happens, stress or anxiety can cause memory difficulties in the moment. But simple stress management techniques can minimize these harmful effects. Sleep deprivation reduces the growth of new neurons in the hippocampus and causes problems with memory, concentration, and decision-making. It can even lead to depression—another memory killer. Watch what you eat. Eating too many calories, though, can increase your risk of developing memory loss or cognitive impairment.

Tips and Exercises to Boost Brainpower

Just as physical exercise can make and keep your body stronger, mental exercise can make your brain work better and lower your risk of mental decline. Try to find brain exercises that you find enjoyable. The more pleasurable an activity is to you, the more powerful its effect will be on your brain. Here are some ideas for brain exercise, from light workouts to heavy lifting: Play games you are not already familiar with that involve strategy, like chess or bridge, and word games like Scrabble. Try crossword and other word puzzles, or number puzzles such as Sudoku. Read newspapers, magazines, and books that challenge you. Get in the habit of learning new things: Take a course in an unfamiliar subject that interests you. Improve how well you do existing activities. If you already speak a foreign language, commit to improving your fluency. Take on a project that involves design and planning, such as a new garden, a quilt, or a koi pond. An easy way to fight memory loss

New research indicates that walking six to nine miles every week can prevent brain shrinkage and memory loss. Recommended reading

Achieving Optimal Memory – Harvard Medical School Guide Understanding Memory Loss PDF – Uses case-study examples to show different degrees and causes of forgetfulness and other lapses in cognition, with advice for diagnosis and ways to compensate for memory loss. Department of Health and Human Services: National Institute on Aging Authors:

2: 5 Surprising Causes of Memory Loss

Rapid Memory in 7 Days has 2 ratings and 0 reviews: Published September 1st by Perigee, pages, Paperback. Rapid Memory in 7 Days has 2 ratings and 0 reviews.

Sign up now Memory loss: Getting a prompt diagnosis and appropriate care is important. By Mayo Clinic Staff Everyone forgets things at times. How often have you misplaced your car keys or forgotten the name of a person you just met? Some degree of memory problems, as well as a modest decline in other thinking skills, is a fairly common part of aging. And some memory problems are the result of treatable conditions. You might misplace your glasses sometimes. Or maybe you need to make lists more often than in the past to remember appointments or tasks. Memory loss and dementia The word "dementia" is an umbrella term used to describe a set of symptoms, including impairment in memory, reasoning, judgment, language and other thinking skills. Often, memory loss that disrupts your life is one of the first or more-recognizable signs of dementia. Other early signs might include: Asking the same questions repeatedly Forgetting common words when speaking Mixing words up – saying "bed" instead of "table," for example Taking longer to complete familiar tasks, such as following a recipe Misplacing items in inappropriate places, such as putting a wallet in a kitchen drawer Getting lost while walking or driving in a familiar area Having changes in mood or behavior for no apparent reason Diseases that cause progressive damage to the brain – and consequently result in dementia – include: Researchers and physicians are still learning about mild cognitive impairment. Reversible causes of memory loss Many medical problems can cause memory loss or other dementia-like symptoms. Most of these conditions can be treated. Your doctor can screen you for conditions that cause reversible memory impairment. Possible causes of reversible memory loss include: Certain medications or a combination of medications can cause forgetfulness or confusion. Minor head trauma or injury. Stress, anxiety or depression can cause forgetfulness, confusion, difficulty concentrating and other problems that disrupt daily activities. Chronic alcoholism can seriously impair mental abilities. Alcohol can also cause memory loss by interacting with medications. Vitamin B helps maintain healthy nerve cells and red blood cells. A vitamin B deficiency – common in older adults – can cause memory problems. An underactive thyroid gland hypothyroidism can result in forgetfulness and other thinking problems. A tumor or infection in the brain can cause memory problems or other dementia-like symptoms. There are tests to determine the degree of memory impairment and diagnose the cause. Your doctor is likely to ask you questions. When did your memory problems begin? What medications, including prescription drugs, over-the-counter drugs and dietary supplements, do you take and in what doses? Have you recently started a new drug? What tasks do you find difficult? What have you done to cope with memory problems? How much alcohol do you drink? Have you recently been in an accident, fallen or injured your head? Have you recently been sick? Do you feel sad, depressed or anxious? Have you recently had a major loss, a major change or stressful event in your life? In addition to a general physical exam, your doctor will likely conduct question-and-answer tests to judge your memory and other thinking skills. He or she may also order blood tests and brain-imaging tests that can help identify reversible causes of memory problems and dementia-like symptoms. You might be referred to a specialist in diagnosing dementia or memory disorders, such as a neurologist, psychiatrist, psychologist or geriatrician. The importance of a diagnosis Coming to terms with memory loss and the possible onset of dementia can be difficult. Identifying a reversible cause of memory impairment enables you to get appropriate treatment.

3: Short Term Memory | Simply Psychology

Rapid Memory In Seven Days The Quick And Easy Guide To Better Remembering Bibme: free bibliography & citation maker mla, apa, bibme free bibliography &.

Newsletter What Causes Memory Loss? Medically reviewed by Timothy J. Mild memory loss tends to increase with age and is generally no cause for concern. Consult your doctor if memory Read More Everyone occasionally experiences forgetfulness. Noting what type of memory loss you have will help your doctor determine its cause. Many causes of memory loss are treatable if diagnosed early. If not diagnosed and treated, some illnesses will progress and make treatment more difficult. Memory Loss and Aging As you age, you may find that you have memory lapses from time to time. You may forget the name of someone you just met, or you may misplace things more often. Perhaps you rely more on lists and calendars to remember chores and appointments. Coping with Memory Loss Coping with Your Own Memory Loss If your memory is not as sharp as it once was, a few simple adjustments can help you with your daily activities. Use lists for chores. Keep a checklist of medications and when they should be taken. You can purchase these at your local pharmacy, and they will help you remember whether or not you took your medication. Keep your address book and calendar up to date. Keep your home organized and easy to manage. Be socially active and engage in hobbies you enjoy. If your memory loss is progressing or becoming severe, make an appointment with your doctor. Ask someone you trust to go with you. Depending on the severity of their condition, there are many ways you can help. Encourage them to visit their doctor if their memory loss is interfering with their daily functioning. Go with them to the appointment. Keep a checklist of their medications and when they should be taken. Help them update their address book and calendar. Help them organize their home. Keep important items in plain sight. Use sticky notes around the house as reminders of how to perform tasks. Encourage them to remain socially active. Use photographs and familiar belongings to spark memories. Arrange to have someone help in the home. If memory loss is severe, investigate home health care, assisted living, or nursing home options. Causes of Memory Loss Many factors can cause memory loss.

4: Memory lapses: When to Worry, When Not to | BU Today | Boston University

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Sculpture is generally permanent, whereas memory is ephemeral and unreliable. Guest curator DJ Hellerman, chief curator and director of exhibitions at Burlington City Arts, selected eight artists who created site-specific works. Hellerman called on artists to keep in mind "the labor, traditions and generations of people responsible for the success of the Vermont Marble Company, as well as the history of the CSSC. In his curatorial statement, Hellerman writes that these immigrants "made a significant impact on the ways we commemorate, remember and memorialize. The result is an exhibition of artists responding to and rethinking forms of monument making. Outside the studio, small chunks of discarded marble have embedded themselves in the soil over decades, while stacks of cut marble seem to be awaiting shipment, and former marble-moving beams tower overhead, adding to the industrial ambiance. His "Boat" employs traditional craft-making methods weaving, carving, hammering and more to create clothing, tools and objects similar to those made by prehistoric humans — except that he uses contemporary, nonbiodegradable materials. The boat resembles a birch-bark canoe; it contains a pair of boots, a sheaf of arrows, a bow and other items. The single-seam boots, made of high-density polyethylene, are based on Neolithic, Paleolithic and otherwise primitive forms that McCullough researched. In place of feathers on the ends of the arrows, he threaded 21st-century plastic ties. The quiver, traditionally made of leather, is Mylar. Today, petrochemicals commonly replace natural materials in everyday objects. And, like marble, those substances will be with us far into the future. Even when the objects decline and lose their usefulness, the plastic will persist. At the opening reception, McCullough lowered his boat into the brilliant green-blue water of the quarry and pushed it off. Lacking a passenger, it suggested a traditional funeral boat. As if performing, the sculpture appeared exultant, joyful, supplicating and even despondent by turns. Zompetti, of Grand Isle, began her animated projection, "West Rutland Marble Mills," with a historical photograph taken at that site. She explained how she created her animation by working from a digitized version of that photo. Eventually, she created different images and connected them to make her animation, which she projected inside the former marble-cutting facility. As the animation progresses — at about a 10th of a second per image — more and more bits of the original image go missing. By the end, the picture is unrecognizable, but the newly reordered one is beautiful in its abstraction. What is not evident is the hundreds of hours she put into her own work. Hellerman refers to this invisibility of toil as the "time of perceived labor": Consumers of all kinds of goods underestimate both the quantity of work and the time it takes to perform it. That conundrum is well-known to artists. But they are consistent with her interest in environmental issues, feminism and redefining public space. Elephants have long memories to aid in their survival, and they participate in recognizable rituals around death. Her bright, colorful sculpture of reclaimed wood and paint beckons viewers with a jazzy combination of modern shapes. On opening night, an indoor gallery showcasing strong work by Robert Bennett Jr. As a teacher of the youngest students at CSSC, she sees education as a way to transfer and create memory, which can include skills, knowledge and emotions, she said. If monuments are erected to remind future generations of their history, then the artists in SculptFest have created monuments, whether their work appears for a few weeks or remains on-site for years. Ephemeral or permanent, these sculptures are likely to remain in the memories of viewers for a long time to come.

5: Age-Related Memory Loss: What's Normal, What's Not, and When to Seek Help

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The duration of STM seems to be between 15 and 30 seconds, and the capacity about 7 items. Short term memory has three key aspects: There are two ways in which capacity is tested, one being span, the other being recency effect. The Magic number 7 plus or minus two provides evidence for the capacity of short term memory. Most adults can store between 5 and 9 items in their short-term memory. This idea was put forward by Miller and he called it the magic number 7. He found out that people find it easier to recall numbers rather than letters. The average span for letters was 7. The duration of short term memory seems to be between 15 and 30 seconds, according to Atkinson and Shiffrin. Items can be kept in short term memory by repeating them verbally acoustic encoding, a process known as rehearsal. Using a technique called the Brown-Peterson technique which prevents the possibility of retrieval by having participants count backwards in 3s. Peterson and Peterson showed that the longer the delay, the less information is recalled. The rapid loss of information from memory when rehearsal is prevented is taken as an indication of short term memory having a limited duration. Baddeley and Hitch have developed an alternative model of short-term memory which they call working memory. The control processes of short-term memory. Advances in research and theory Vol. The magical number seven, plus or minus two: Some limits on our capacity for processing information. The psychological review, 63, Short-term retention of individual verbal items. Journal of experimental psychology, 58 3, How to reference this article:

6: Headaches - danger signs: MedlinePlus Medical Encyclopedia

Auto Suggestions are available once you type at least 3 letters. Use up arrow (for mozilla firefox browser alt+up arrow) and down arrow (for mozilla firefox browser alt+down arrow) to review and enter to select.

You forgot the name of a longtime colleague at a meeting yesterday. All of these memory lapses are related to normal aging, says Andrew Budson, a Boston University School of Medicine MED professor of neurology, who specializes in memory disorders. They can happen to anyone. Because we live in an age of multitasking and distracted attention, says Budson, we need to pay careful attention to form and retrieve memories. His book is intended to help lay readers recognize signs of memory problems that are more than just part of normal aging. The book also gives advice on how to discuss memory problems with your doctor. The second thing is that many memory problems are due to things that are easily treatable and correctable, such as vitamin deficiencies and thyroid disorders, medication side effects, or even an infection. What is the difference between normal aging-related memory problems and abnormal problems? In normal aging, we expect that information may need to be repeated a couple of times for it to become stored. We expect that one may need a hint or a cue to retrieve information. We expect it may take longer to retrieve the information than when the individual was younger. The key thing is that if the information got stored as a memory, you should be able to retrieve it with a little bit of time or a cue. One reason we want people to come and see us in the clinic is that memory problems can be due to something simple that can be easily treated. What are some questions you get asked most frequently about memory? People want to know if there is a magic bullet. I tell them there is a magic bullet. Aerobic exercise—any activity that gets you breathing harder and gets your heart beating faster—releases brain growth factors that actually allow one to grow new brain cells. Brisk walking is a good aerobic exercise. We recommend a minimum of 30 minutes of aerobic exercise a day at least five days a week. The data show that some aerobic exercise is good and more is better. The other things that are very important include staying socially active and keeping a positive mental attitude. When one has a positive attitude about aging and life in general, one tends to take better care of oneself. Why do you recommend the Mediterranean diet—heavy on fruits and vegetables, fish, olive oil, avocado, nuts, beans, and whole grains and with red wine in moderation? One way it helps the brain is by reducing risk factors for stroke, such as high cholesterol and diabetes. As we write in the book, not all studies support the idea that the Mediterranean diet is good for cognition and reduced risk of memory loss, but many studies do, and none of the studies reported any side effects that would caution against adopting such a diet. Sleep can be tied up with memory problems. The first reason is obvious: The second reason is that we now know that memories go from short-term storage to long-term storage when we sleep. What are some of your strategies for remembering names—and other things? What other strategies for remembering things have you been testing in your lab? Another finding is that if there is a piece of information you want to remember, think about that information in a way that it personally relates to you. In addition to the standard FDA-approved treatments, there are more drugs in clinical trials than ever before—more than different compounds. Most of the compounds being developed are aimed at slowing down the progression of the disease.

7: 7 common causes of forgetfulness - Harvard Health Blog - Harvard Health Publishing

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Photo by Cydney Scott share it! You forgot the name of a longtime colleague at a meeting yesterday. All of these memory lapses are related to normal aging, says Andrew Budson, a School of Medicine professor of neurology, who specializes in memory disorders. They can happen to anyone. Because we live in an age of multitasking and distracted attention, says Budson, we need to pay careful attention to form and retrieve memories. His book is intended to help lay readers recognize signs of memory problems that are more than just part of normal aging. The book also gives advice on how to discuss memory problems with your doctor. The second thing is that many memory problems are due to things that are easily treatable and correctable, such as vitamin deficiencies and thyroid disorders, medication side effects, or even an infection. What is the difference between normal aging-related memory problems and abnormal problems? In normal aging, we expect that information may need to be repeated a couple of times for it to become stored. We expect that one may need a hint or a cue to retrieve information. We expect it may take longer to retrieve the information than when the individual was younger. The key thing is that if the information got stored as a memory, you should be able to retrieve it with a little bit of time or a cue. One reason we want people to come and see us in the clinic is that memory problems can be due to something simple that can be easily treated. What are some questions you get asked most frequently about memory? People want to know if there is a magic bullet. I tell them there is a magic bullet. Aerobic exercise—any activity that gets you breathing harder and gets your heart beating faster—releases brain growth factors that actually allow one to grow new brain cells. Brisk walking is a good aerobic exercise. We recommend a minimum of 30 minutes of aerobic exercise a day at least five days a week. The data show that some aerobic exercise is good and more is better. The other things that are very important include staying socially active and keeping a positive mental attitude. When one has a positive attitude about aging and life in general, one tends to take better care of oneself. Why do you recommend the Mediterranean diet—heavy on fruits and vegetables, fish, olive oil, avocado, nuts, beans, and whole grains and with red wine in moderation? One way it helps the brain is by reducing risk factors for stroke, such as high cholesterol and diabetes. As we write in the book, not all studies support the idea that the Mediterranean diet is good for cognition and reduced risk of memory loss, but many studies do, and none of the studies reported any side effects that would caution against adopting such a diet. Sleep can be tied up with memory problems. The first reason is obvious: The second reason is that we now know that memories go from short-term storage to long-term storage when we sleep. What are some of your strategies for remembering names—and other things? What other strategies for remembering things have you been testing in your lab? Another finding is that if there is a piece of information you want to remember, think about that information in a way that it personally relates to you. In addition to the standard FDA-approved treatments, there are more drugs in clinical trials than ever before—more than different compounds. Most of the compounds being developed are aimed at slowing down the progression of the disease.

8: Memory loss: MedlinePlus Medical Encyclopedia

Memory aids may help in the day to day living of patients in the earlier stages of dementia. Some families find that a big calendar, a list of daily plans, notes about simple safety measures, and.

Treating the underlying health problem may ease forgetfulness. Nutritional deficiency can also lead to memory loss. Memory loss can happen at any age and for a number of reasons. He points out things like polypharmacy taking several medications , significant depression , and poor sleep that can lead to memory complaints. Talk with your doctor about concerns you may have about your memory, so the condition responsible for your symptoms can be addressed. Discussing your symptoms and taking various tests, possibly including an MRI , may help your doctor determine what is affecting your memory, Gale says. In some cases, one or more of the following issues could play a role. Sleep Apnea This common but treatable sleep disorder causes breathing to stop briefly and frequently throughout the night. You might have sleep apnea if you wake up with a headache and have daytime fatigue “ or if your partner complains of loud snoring. When not treated, sleep apnea affects spatial navigational memory, found a study published in The Journal of Neuroscience. This type of memory includes being able to remember directions or where you put things like your keys. The research suggests that deep sleep, also known as rapid eye movement REM sleep, plays an important role in memory. One explanation is that for people with sleep apnea, oxygen delivery to the brain is interrupted several hundred times during the night, explains Dr. The injury sleep apnea causes can show up as a variety of memory loss symptoms, he adds. Silent Stroke Obvious changes in the ability to think and move normally can come from strokes that block major brain blood vessels, Gale says. Mild memory problems can also develop gradually after silent strokes that affect smaller blood vessels. These changes in brain function, which can range from mild to severe, are called vascular cognitive impairment. The brain is especially vulnerable to blocked or reduced blood flow depriving it of oxygen and essential nutrients. People with memory loss are at greater risk for stroke. And forgetfulness may be an early warning sign of stroke, found a study published in the journal Stroke. Medications Memory loss could be a sign that your medication needs to be adjusted. Several types of drugs can affect memory, according to the U.

9: Rapid Memory in 7 Days: The Quick-And-Easy Guide to Better Remembering by Joan Minninger

Sudden memory loss isn't always a sign of Alzheimer's or other types of dementia. Learn what other conditions can affect your memory -- and how to treat them.

The War Against Naturalism Any number can play Bhakti yoga XI. THE PARIA PLATEAU AND THE MARBLE CANON PLATFORM199 Epistulae morales ad Lucilium Fighting over Land Bombing an Island from the Air The omnivore dilemma full text Php codeigniter tutorial step by step The match with J.W. Showalter, 1894 Long-term stewardship and the nuclear weapons complex Game of life book Leisure Education Activities for Individuals With Substance Addictions (Leisure Education Series IV) Anand Sastris the law of torts The divinity of Ras Tafari V. 3. Two women for one ghost. The baby-sitter. The jellyfishes banquet. Shibari you can use 1996 Ashrae Handbook Heating, Ventilating, and Air-Conditioning Systems and Equipment Fix your life before its broken Coming out while staying in Handbook to the estate duty (Finance acts, 1894 1896) Wilderness and travel medicine The canzoniere spirituale for Michelangelo Buonarroti List of figures of speech with examples The Model 44 6.5mm Carbine 287 A Sussex miscellany Birth of the planet They call me Pentecostal Applied Predictive Control (Advances in Industrial Control) Winning poker systems. The bridge across forever a love story Human genome project Presidency, its duties, its powers, its opportunities and its limitations Electrical safety handbook 4th edition Twelve voices for truth Gerber-Shiu functions Muslim Zanzibaris of South Africa Manhattan GMAT Test Simulation Booklet w Marker The Adobe Photoshop Lightroom book for digital photographers The 2nd Last Chance Bitter leaf health benefits