

# The reVITALIZER HOUR

with "The Swinging Sounds of Dr. William Summers

(CALL-in, 505-444-5059) ©Summers, 2024

winter solstice

SATURDAY February 1, 2024

**SPECIAL GUEST: The Listener**

TOPICS: IMA research, mirtazapine, Cloninger, UCLA, cannabis brain, metformin/MS, H<sub>2</sub> therapy, H. Simplex/AD

Quotes & Quips

HUMOR & WISDOM

When you go home, tell them of us and say,

For your tomorrow, we gave our today

– written by Simonides to honor the Spartans

who fell at the Battle of Thermopylae in 480 BC.

\* Man is the only animal that blushes, ..... or needs to."

– Mark Twain

\* Familiarity breeds CONTEMPT .....– AND CHILDREN

– Mark Twain

Joe Biden == Kakistocracy = government by the worst & least-qualified men in the society

\* If it is true that our species is alone in the Universe, then

I would have to say the Universe aimed rather low and

settled for very little. – George Carlin

32 Trillion cells = one human

PROPORTION      SIZE

1 million seconds = 11 days

1 billion seconds = 32 years

1 trillion seconds = 31,688 years

IN THESE TROUBLED TIMES REMEMBER, FEAR  
IS A REACTION.. ... COURAGE IS A DECISION.

THE PURPOSE OF THIS SHOW IS TO  
EDUCATE AND EMPOWER YOU ...THE  
LISTENER

I MAKE THE COMPLEX UNDERSTANDABLE  
EACH & EVERY SHOW.

— R. Limbaugh

FROM OUR SPONSOR

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RESEARCH AT IMA

***Attention Alcoholics and friends of alcoholics !***

My experice is every alcoholic knows it and secretly desires to stop

A NEW PROTOCOL investigating TMP-301 which sits on the  
Glutamate receptor anc hopefully stops desire for alcohol.

Age 18-65, not morbidly obese or with fatal medical conditions (hepatitis,  
cancer and NOT severly CO-addicted to other substances (cocaine, meth,).

Call 505-848-3773

ALSO early AD

Also high risk for Cardiovascular Disease

Also two studies on Depression

**The risks of adverse events with  
mirtazapine (REMERON)for adults with MAD: a systematic  
review with meta-analysis and trial sequential analysis.**

– BMC Psychiatry 25:228 (Jan 22, 2025)

Meta-analyses of 17 trials with 2,131 subjects vs placebo showed that  
mirtazapine increased the risks of somnolence, weighth gain, dry mouth,  
dizziness and increased appetite.

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**Role of Psychological Factors in Migraine**

Bob Clonninger, Xiran Yu, Fe TanCureus. 2024 Dec17; 16(12):75858  
somewhere over China.

Migraine, marked by moderate to severe headaches, is frequently  
accompanied by reversible neurological symptoms. Recent studies have  
revealed a complex and significant relationship between psychological

factors and the onset and progression of migraine. Personality traits, such as neuroticism and harm avoidance, play a crucial role in the development, progression, and treatment outcomes of migraines. Migraine patients often experience comorbid mental health conditions, such as depression and anxiety, which contribute to a diminished quality of life by exacerbating migraine-related disability and impaired occupational functioning. In particular, high levels of pain catastrophizing and anxiety sensitivity in migraine sufferers reflect their negative cognitive beliefs, which are closely linked to both their personality traits and vulnerability to mental disorders. This article explores the pathophysiological mechanisms underlying the relationship between migraine and psychological factors, including genetic influences, overlapping brain regions, 5-hydroxytryptamine (5-HT) dysfunction, and neurogenic inflammation. While traditional pharmacological treatments for migraine are often influenced by psychological factors and may have limited efficacy, psychotherapy, such as cognitive behavioral therapy and positive thinking therapy, has been increasingly recognized for its role in alleviating the psychological symptoms associated with migraine and enhancing overall therapeutic outcomes.

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## **Half of UCLA med students fail basic tests since lowering standards for minorities**

– by Jen Hodgson      Westerm Standard May 24, 2024

The University of California, Los Angeles (UCLA) med school has a staggering 50% fail rate on basic medical tests after the school lowered admissions standards for minorities.

It was once extremely difficult and academically competitive to get admitted into UCLA David Geffen School of Medicine. The acceptance rate is about 1.3%, out of roughly 14,000 applicants.

In November 2021, the school dropped its admissions requirements to accommodate a black girl who had grades far lower than the required cutoff, setting a new precedent for minorities.

-- Recent data show about 50% failing grades for UCLA med grads on standardized tests in emergency medicine, family medicine, internal medicine, neurology and pediatrics.

Nationally, the fail rate of these tests is only about 5%.

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## **Cannabis warning as major study finds two thirds of drug users suffer reduced brain activity**

– by Emily Stearn, Daily Mail January 28, 2025

Almost two thirds of people who regularly use cannabis are likely to suffer issues with brain function, concerning research today suggested.

Advocates of the drug often purport that marijuana is safe because it is 'natural'.

But US scientists, who tracked over 1,000 young adults, found 63 per cent of heavy cannabis users had reduced brain activity during memory tasks.

The figure stood at almost seven in 10 among recent users.

Experts, who claimed it was the largest study of its kind, urged users to reflect on the risk of consistent cannabis use but warned further, longer-running research was still vital.

In the study, 88 participants were classed as heavy cannabis users, with 179 moderate users who were then compared to 736 non users.

Heavy users were considered those who had used cannabis more than 1,000 times over their lifetime.

Researchers studied their brain activity via MRI scans as all participants undertook seven different tasks.

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## **Metformin & Lipoic Acid for MS**

metformin, a drug that's widely approved to treat diabetes and that may promote repair of myelin, the fatty covering around nerve fibers that's damaged in MS. The second group will receive alpha-lipoic acid, a supplement thought to have nerve-protecting properties. The third group will be given a placebo.

Metformin is thought to rejuvenate oligodendrocytes, the cells which produce myelin. Results from early stage clinical trials found that metformin reduced the number of lesions and altered levels of immune cells

The most common side effects of metformin is gastrointestinal discomfort

I am not a fan of Metformin as my patients get subtle adverse reactions such as asthenia, indigestion, flatulence, chronic nausea and often loose stools.

Alpha Lipoic Acid is a major component in Memory reVITALIZER.

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## Hydrogen Therapy: Unique Anti-Inflammatory and Lung Protection Capabilities

by Jingduan Yang, M.D. Epoch Times January 10, 2025

Respiratory diseases are prevalent in autumn and winter. The increasingly popular hydrogen therapy can help improve overall lung health and avert risk.

Inhaling hydrogen (H<sub>2</sub>) can relieve asthma, help reduce lung inflammation, and alleviate chronic obstructive pulmonary disease (COPD) and pulmonary fibrosis. It can also benefit acute respiratory distress syndrome and other conditions.

Hydrogen therapy is distinct from traditional treatment and is a newly introduced apparatus in modern medicine. Because of its powerful antioxidant and anti-inflammatory properties, hydrogen can selectively neutralize harmful free radicals, especially those that can cause severe inflammation and cell damage.

A study of mice with acute lung injury found that hydrogen inhalation increased their survival rate to 80 percent, reduced lung damage induced by lipopolysaccharides (LPS), and decreased inflammatory cytokine release in LPS mice.

Many preclinical and clinical studies have demonstrated the beneficial effects of H<sub>2</sub> in varying diseases, including COVID-19. Therefore, an effective treatment of H<sub>2</sub>/O<sub>2</sub> gas inhalation would ease the pressure on hospitals and prevent severe illness of COVID-19 patients.

Principle of Hydrogen Therapy

The main reason why hydrogen therapy is effective for different pulmonary diseases is that hydrogen is a choosy antioxidant and can selectively reduce the hydroxyl radical, the most cytotoxic of reactive oxygen species (ROS), and effectively protect cells. So far, no reports of adverse effects from hydrogen therapy have been reported.

In addition, owing to its ability to rapidly diffuse across membranes because of its small molecular size, hydrogen can reach and react with cytotoxic ROS and thus protect against oxidative damage.

### Hydrogen Therapy Applications

Patients with chronic diseases, especially those with COPD and asthma, often find their breathing capability has improved, and their symptoms have also been significantly alleviated after inhaling hydrogen gas.

#### 2 Ways to Apply Hydrogen Therapy:

1. Hydrogen Inhalation. Hydrogen inhalation devices targeting certain severe breathing issues are already available. These devices allow patients to inhale hydrogen gas directly, typically for 30 minutes to an hour for one cycle. This treatment has had positive effects on respiratory diseases, chronic asthma, and acute lung injury.

2. Drink Hydrogen-Rich Water. Although drinking hydrogen water is not as effective as inhaling it, it still has certain anti-inflammatory and antioxidant effects that can help support overall lung health.

A study published in the November 2024 edition of Free Radical Biology and Medicine showed that hydrogen-rich water alleviates airway inflammation in asthma. Hydrogen-rich water can also modify gut microbiota.

A randomized, double-blind clinical study found that drinking 1 1/2 liters of hydrogen-rich water daily for four weeks increases antioxidant capacity, thereby reducing inflammatory responses in healthy adults.



Hydrogen therapy is still a new subject, and more research is providing us with added information. Although it is a very safe and effective anti-inflammatory and antioxidant therapy that helps with systemic diseases, it is still recommended for patients with chronic diseases to apply it under the guidance of a doctor.

Hydrogen therapy brings a new possibility to our respiratory health. If pulmonary diseases can be better managed in the future, no doubt their symptoms can be improved and quality of life will improve.

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Dr. Summers, do you know anything about this?

<https://www.penguinrandomhouse.com/books/591567/the-end-of-alzheimers-program-by-dale-e-bredesen-md-foreword-by-david-perlmutter-md/>

Dave,

I know of David Pearlmutter and disagreed with much of his edicts for a score of years. Here his disciple offers a "sure fired diet" which if you follow carefully while facing Jerusalem will stop Alzheimer's disease

I agree with his premise as to the causes of AD, but his solution is a similar to a 1st Century Jew insisting that YOU, a pagan be circumcised, accept all 613 laws of Moses, and follow Kosher diet BEFORE you can become a Jew. Of course, as a Christian, I know this heresy was debunked by the Apostle Paul in the Epistle of Romans.

Pearlmutter's solution may help, but it will not "end" Alzheimer's.

Hope that helps, and thank you for this radio topic.

Dr. Summers.

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## Meta-Analysis Reveals Disappointing Efficacy for Esketamine in Depression, Suicidality

Patients with treatment-resistant depression may only receive a modest, short-term benefit from using intranasal esketamine as an add-on treatment, according to a meta-analysis published today in the *American Journal of Psychiatry*. Moreover, the analysis reveals almost no benefit from esketamine for suicidality compared with placebo.

The study renders sobering judgement on a drug that spurred much excitement after the Food and Drug Administration (FDA) approved it as an adjunct therapy for treatment-resistant depression in 2019. Last week, the FDA expanded the approval to allow esketamine as a stand-alone treatment in adults with treatment-resistant depression.

“The trial data concerning the efficacy of intranasal esketamine as an add-on treatment in depression are mostly negative after the first few days, despite a significantly greater early improvement in comparison to placebo,” wrote Konstantinos N. Fountoulakis, M.D., of the Aristotle University of Thessaloniki, Greece, and colleagues.

The authors analyzed 87 English-language articles about esketamine, including randomized control trials (RCTs), open-label trials, case reports, retrospective chart reviews, and post-hoc analyses of previous RCTs.

Across all of these, results for the efficacy of esketamine for depressive symptoms were modest at best. For instance, among 10 RCTs testing acute depressive response (using the Montgomery-Åsberg Depression Rating Scale) in 979 patients randomized to esketamine and 795 to placebo, almost all results showed esketamine was superior during the first four days but then was inconsistent after one week and not superior to placebo by week four.

A meta-analysis combining these 10 studies suggested that esketamine may be slightly efficacious at four weeks, but the improvements were no better than those seen in patients who augment their antidepressant with an antipsychotic medication.

Similarly, among 11 RCTs examining the effect of esketamine on suicidality, results suggest a significant positive effect two to four hours after administration. But the 24 hour data was inconsistent, and all seven trials reporting on suicidality around week four were negative.

Fountoulakis and colleagues did cite the positive results of a clinical trial comparing esketamine monotherapy to placebo, which the FDA used to grant its new approval. “While these results, if verified, point to an efficacy of esketamine as monotherapy, they are not superior to the results expected by continuing the same antidepressant or switching to a new one,” they wrote.

The authors also drew attention to concerns about safety and potential for abuse and addiction associated with esketamine, and to the fact that long-term effects of the drug on cognition are unknown.

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## **Alzheimer's progression covertly linked to Herpes Simplex virus, study finds**

by Ben Eddidin Jerusalem post January 20, 2025

Researchers from the School of Pharmacy at the Hebrew University of Jerusalem have discovered a surprising correlation between Alzheimer's disease and the presence of Herpes Simplex Virus-1 (HSV-1). Their study, “Anti-Herpetic Tau Preserves Neurons via the cGAS-STING-TBK1 Pathway in Alzheimer’s Disease,” was published in the peer-reviewed journal Cell Reports in early January.

Alzheimer's disease diagnosis depends on Neurofibrillary tangles, which are made predominantly of the proteins, extracellular  $\beta$ -amyloid ( $A\beta$ ), and intracellular hyperphosphorylated tau (p-tau). The causes of these pathologies remained largely undiscovered.

The possibility that Alzheimer's disease diagnosis is associated with viruses, bacteria, fungi, and parasites has been postulated over the past three decades. Pathogens such as  $A\beta$  accumulation and tau phosphorylation have been considered potential triggers of neuropathological events in the brains of Alzheimer's disease patients. Yet, the actual role of pathogens in activating the inflammatory processes that lead to Alzheimer's diagnosis remains largely uncharted territory.

Growing evidence points to a possible connection between Alzheimer's disease pathologies and infectious agents, with HSV-1 being a leading candidate. To prove the link between HSV-1 and Alzheimer's disease, the researchers attempted to detect HSV-1 proteins in Alzheimer's patient's brains.

#### Results of the study

This study detected HSV-1 DNA and proteins in human brain samples through metagenomics, mass spectrometry, western blotting, and decrowding expansion pathology. These advanced techniques helped the research team identify 19 proteins associated with HSV-1 in the brains of Alzheimer's patients. HSV-1 proteins were detected in all stages of the disease.

A significant discovery was the increased activity of a herpesvirus protein called ICP27, which became more prominent as the disease grew more severe.

In the hippocampus, a brain structure in the temporal lobe that plays a major role in learning and memory, the area occupied by ICP27 doubled from mild to advanced Alzheimer's disease characterization. It tripled from no Alzheimer's disease to advanced Alzheimer's disease.

In the entorhinal cortex, a part of the medial temporal lobe that functions with memory, navigation, and the perception of time, the area occupied by ICP27 doubled among patients with no Alzheimer's disease to mild/advanced Alzheimer's disease.

This discovery strengthens the growing evidence that infections like HSV-1 might contribute to the development and progression of the disease.

ICP27 protein was found to occupy the same space as tau. The researchers hypothesized that HSV-1 infection leads to tau phosphorylation and contributes to the changes over time seen in Alzheimer's.

The research team experimented with human brain organoids to further observe the colocalization of tau with HSV-1 proteins. These experiments revealed that HSV-1 can amplify tau modifications in specific locations linked to Alzheimer's.

Remarkably, these modifications seem to work as neuron preservers, reducing the amount of virus and neuronal death. However, as the disease progresses, these same processes may contribute to the brain damage associated with Alzheimer's disease.

Lead researcher Dr. Or Shemesh stated, "Our research shows how HSV-1 interacts with the brain and influences the pathologies of Alzheimer's disease. Early on, the changes in tau may protect brain cells by limiting the virus, but as the disease advances, these same changes could lead to more harm and accelerate neurodegeneration."

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## Study identifies benefits, risks linked to popular weight-loss drugs

by Kristina Suerwein – WashU medicine January 20, 2025

GLP-1 medications tied to decreased risk of dementia, addiction; increased risk of kidney, pancreas and gastrointestinal problems

Formally, these drugs are known as glucagon-like peptide-1 receptor agonists (GLP-1RA) and include Mounjaro and Zepbound. Informally, media, patients and even some physicians have dubbed GLP-1 medications as “miracle drugs” because of the profound weight loss among users. While these health benefits are well established, information is sparse on the drugs’ effects across the body’s organ systems.

Now, scientists at Washington University School of Medicine in St. Louis and the Veterans Affairs (VA) St. Louis Health Care System have systematically evaluated health outcomes among more than 2 million people with diabetes taking the popular weight-loss drugs. They found widespread associations with benefits to cognitive and behavioral health, while also revealing *increased risks for pancreatitis and kidney conditions*, among others.

The study is published Jan. 20 in the journal **Nature Medicine**.

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## A mentally teetering friend

In New Mexico, there are several laws and legal provisions designed to protect the rights of seniors who are deemed incompetent or incapacitated

due to dementia or other cognitive impairments. These laws ensure that seniors receive the necessary care while also protecting their autonomy and dignity. Here are some of the key legal aspects:

## **1. Guardianship and Conservatorship**

**Guardianship:** If a person is deemed mentally incompetent or incapacitated due to dementia or other conditions, a court can appoint a guardian to make personal decisions on their behalf (such as decisions about health care, living arrangements, and personal well-being). A guardian is typically a family member, close friend, or professional, but must be approved by the court. The guardian must act in the best interest of the individual, and their decisions must be regularly reviewed by the court.

**Conservatorship:** A conservator is someone who manages the financial affairs of an incompetent person. If a senior cannot manage their financial matters due to dementia, a court may appoint a conservator to make financial decisions and protect their assets.

In New Mexico, guardianship and conservatorship are governed by the New Mexico Uniform Guardianship, Conservatorship, and Other Protective Arrangements Act (NMSA 1978, Chapter 45, Article 5). This act outlines the process for establishing guardianship and conservatorship, as well as the duties and responsibilities of the appointed individual.

## **2. Advanced Directives and Power of Attorney**

**Advance Health Care Directive:** In New Mexico, individuals can create an advance health care directive (living will) that outlines their wishes regarding medical treatment in the event that they become incapacitated. A person can also designate a health care proxy (someone with power of attorney) to make medical decisions if they are unable to do so themselves due to dementia.

**Durable Power of Attorney:** A durable power of attorney allows an individual to appoint someone (a trusted person, often a family member) to manage their

financial and legal affairs if they become mentally incapacitated. This document remains in effect even if the individual becomes incompetent.

### 3. Adult Protective Services (APS)

New Mexico has a law to protect vulnerable adults from abuse, neglect, and exploitation. If a senior with dementia is being harmed, mistreated, or taken advantage of, they (or someone on their behalf) can report the situation to New Mexico Adult Protective Services (APS). APS investigates allegations of abuse and neglect, and may intervene to protect the senior.

APS is governed by the New Mexico Adult Protective Services Act (NMSA 1978, Chapter 27, Article 7) and provides resources for at-risk seniors, including those with dementia.

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## Vaccine safety alert: Jab rolled out to millions 'could cause neurological illness', health chiefs warn

by John Ely , Daily Mail January 31, 2025

Vaccine safety alert: Jab rolled out to millions 'could cause neurological illness', health chiefs warn

The alert, issued by US health chiefs, concerns a jab that protects against respiratory syncytial virus (or RSV), which was rolled out to vulnerable people in Britain for the first time last year.

The Food and Drug Administration (FDA) said results of an American study suggested two types of RSV jab carry a significant increased risk of Guillain-Barré syndrome — a disabling condition that causes damage to nerves — 42 days after vaccination.

While still recommending the jabs for eligible adults, the FDA officials said Guillain-Barré syndrome would now be listed as a risk in leaflets given to patients.



In the UK, the condition is already noted as a potential complication in patient information, however not all of those who receive the jab will be warned verbally of the risks.

Respiratory syncytial virus (RSV) is a bug that causes coughs and colds in most people, but can be potentially deadly for the elderly as well as young babies.

RSV, which is spread by coughs and sneezes, hospitalises about 30,000 children and 18,000 adults in the UK every year, due to serious breathing complications like pneumonia.

Around 100 children die from the virus each winter. It's also estimated to contribute to the deaths of 8,000 adults over the same period due to the increased strain the infection puts on patient's hearts, causing the organ to fail.

***. the US faces a 'quad-demic' of winter illnesses - flu, Covid, respiratory syncytial virus (RSV), and norovirus.***

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