

The reVITALIZER HOUR

with 'The Swinging Sounds of Dr. William Summers

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SATURDAY February 15, 2024

SPECIAL GUEST: The Listener

TOPICS: IMA, HRT, Tetanus, Teetering FRIEND, RSV Jab, H2 Rx, phenylephedrine, Breakfast, Sinusitis, Cannabis, Chocolate, MMR vaccine

Quotes & Quips

Federal Judge

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.

HUMOR & WISDOM

White Wedding Dress

* 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

<https://mycancerstory.rocks/the-blog/>

32 Trillion cells = one human

PROPORTION SIZE

1 million seconds = 11 days

1 billion seconds = 32 years

1 trillion seconds = 31,688 years

x 38 = 1,216 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

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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,).

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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, weitht gain, dry mouth, dizziness and increased appetite.

plasmalogens

<https://www.todaysgeriatricmedicine.com/archive/SO19p6.shtml>

Study Finds Hormone Replacement Therapy Can Safely Treat Menopause Symptoms

By Ayla Roberts Epoch Times May 30, 2024

<https://www.theepochtimes.com/health/study-finds-hormone-replacement-therapy-can-safely-treat-menopause-symptoms-5649989>

. A new study has determined that, when it comes to treating the symptoms of menopause, the overall benefits of hormone replacement therapy outweigh the risks. However, researchers found that the evidence does not support hormone therapy as an effective preventative measure for cardiovascular disease, dementia, or other chronic diseases.

The study, published in the Journal of the American Medical Association (JAMA), analyzed follow-up data related to the Women’s Health Initiative (WHI) study—the largest study for women’s health in the United States and a nearly two-decade-long undertaking. The researchers determined that hormone therapy is an effective treatment option for postmenopausal women, particularly those in early menopause who are younger than 60 years old.

Study Findings Explained

The WHI study was conducted from 1993 through 1998. Participants consisted of 161,808 postmenopausal women within the United States between 50 and 79 years old. Relevant data was collected from the study participants for up to 20 years to determine the efficacy and side effects of hormone replacement therapy during menopause.

After analyzing the WHI’s follow-up data, the JAMA study researchers concluded hormone replacement therapy (HRT) is a safe treatment option for common vasomotor menopause symptoms, such as hot flashes and night sweats. The researchers also found that initiating hormone replacement therapy in early menopause (before age 60) resulted in fewer adverse effects compared to late menopause.

I am glad to see the researchers mention the increased risk of side effects from HRT in late menopause. I wish doctors would be more upfront with patients about the downsides of HRT, because the truth is, it doesn't work well for a lot of women," Mindy Pelz, a chiropractor and functional health expert, told The Epoch Times in an email.

Researchers also found the evidence did not support routine calcium and vitamin D supplementation to prevent fractures in postmenopausal women. Nor did it support the use of a low-fat diet as a means to prevent breast or colorectal cancer in postmenopausal women.

"It's always good to get more clarity on what hormone replacement can and cannot do. For some women, hormone replacement therapy makes a night-and-day difference in menopause symptoms like hot flashes and mood—but it's helpful to know that HRT won't protect you from menopause's impact on heart health, brain aging, and chronic disease risk," Ms. Pelz said.

Background and Prior Research

Through decades of research, scientists have been able to better understand which hormone treatments are beneficial—and which should be avoided. For example, researchers of the WHI study learned that a certain type of progestin—medroxyprogesterone acetate—was linked to higher rates of breast cancer. On the other hand, micronized progesterone, a type of bioidentical hormone, does not increase the risk of breast cancer.

"Bio-identical hormones are a safer alternative to traditional HRT because they are plant-based transdermal creams that are structurally identical to human hormones; the body recognizes them, binds to them, metabolizes them, excretes them, activating the same functions as before menopause sets in. They are just as powerful to prevent hot flashes, night sweats, weight gain, and sleeping difficulties and do not pose an increased risk for breast cancer, heart disease, blood clots, or strokes," Dr. Gowri Reddy Rocco told

The Epoch Times in an email. Dr. Rocco is a double board-certified physician in family medicine and regenerative, anti-aging, and functional medicine.

The WHI study also found an increased incidence of pulmonary embolism in women taking estrogen orally. Other forms of estrogen, such as patches, creams, or gels, are considered a safer option because they are not metabolized by the liver.

“It is imperative to recognize that the WHI study only studies results of using synthetic, oral estrogens and progestins. It is important to clarify the confusion so women feel comfortable and understand the differences between the traditional synthetic HRT and Bio-Identical Hormones (BHRT). The WHI was not based on BHRT or physiological studies, it was based on synthetic, animal-derived, and traditional oral estrogens and progestins,” Dr. Rocco said.

Hormone Replacement Therapy and Menopause

Postmenopausal women account for approximately 55 million people in the United States and 1.1 billion people worldwide. During menopause, a woman’s body no longer produces adequate amounts of the hormones estrogen and progesterone. According to Dr. Rocco, this drop in hormone levels can cause uncomfortable menopause symptoms, including hot flashes, night sweats, anxiety, depression, weight gain, difficulty sleeping, and difficulty losing weight. These symptoms can last for up to 10 years after the start of menopause.

Hormone replacement therapy is used to relieve menopausal symptoms in women.

Generally, if a postmenopausal woman has a uterus, she will be prescribed a combination of estrogen and progesterone. This is because progesterone can help protect women with a uterus from endometrial cancer, which can form from estrogen-only therapy. If the woman no longer has a uterus due to a hysterectomy, then she will be prescribed estrogen only.

However, HRT isn't appropriate for everyone, and according to Ms. Pelz, it shouldn't be seen as a universal fix.

"I sometimes work with clients who view hormone replacement as a cure-all, or something that can replace a healthy lifestyle—but that's not the case," she said. "If you're going through menopause, it's more important than ever to keep up a healthy diet and lifestyle."

Advantages and Disadvantages of Hormone Replacement Therapy

The most immediate advantage of HRT is relief from uncomfortable menopausal symptoms such as night sweats, hot flashes, insomnia, and vaginal dryness. Studies suggest that long-term hormone therapy can prevent bone fractures.

There is also evidence that HRT could help lower the risk of bowel cancer and prevent bone loss (osteoporosis).

As for disadvantages, research suggests that women on HRT have higher rates of blood clots, stroke, and breast cancer compared to women who are not on HRT. The risk of heart attack may also be slightly increased. In general, the longer a woman is on HRT, the greater the risk of grave side effects. Therefore, treatment should be for the shortest amount of time possible, using the lowest effective dose possible.

"Some disadvantages of taking HRT include the need to apply topical cream morning and night, which can be cumbersome, finding a qualified physician or clinician to prescribe and monitor it, and it can be pricey as insurance does not cover it," Dr. Rocco noted.

Natural Alternatives to Hormone Replacement Therapy

For those who prefer not to take hormones, there are certain lifestyle changes and natural alternatives that may help alleviate menopausal symptoms.

Exercise, eating a balanced diet, relaxation therapy, and yoga are all lifestyle changes that can help lessen the severity of menopausal symptoms. Avoiding potential triggers, such as caffeine, smoking, alcohol, and spicy foods, may also be beneficial.

“You’d be amazed by how much you can improve your hormone levels and ease menopause symptoms through lifestyle changes,” Ms. Pelz said.

As far as exercise, Ms. Pelz specifically recommends lifting weights and walking. “Weightlifting increases sex hormones, which is good for menopausal symptoms. But it does a lot more than that, too. Muscle mass and bone density are two of the biggest predictors of quality of life as you age. Menopause decreases both of them—and lifting weights reverses those declines, ensuring you look and feel your best as you age. Also, walk every day.”

“It sounds basic, but research shows that low-level movement throughout the day makes a huge difference to both your hormone production and your overall health. I also think it’s one of the most underrated tools for weight loss. Aim for 10,000 steps a day if you can, but start with whatever’s possible. Even 1,000 steps a day will make a big change to how you feel if you’re consistent with it,” she added.

Foods containing soy have been shown to alleviate menopause symptoms due to the way soy mimics estrogen in the body. Ms. Pelz also recommends that menopausal women reduce their sugar and refined carbohydrate intake, explaining: “They wreak havoc on your hormones and they’ll make you gain weight, which causes further hormone disruptions. Trade the dessert and simple carbs for complex carbs like squash, sweet potato, lentils, and beans.

This is good advice for anyone, but it's especially important during and after menopause.”

Dr. Rocco agrees that dietary changes can make a huge difference. She recommends a diet rich in vegetables, plant-based foods, and clean meats, as well as reducing one's sugar intake to improve cardiovascular health.

“Additionally, reducing alcohol intake is crucial as it affects hormones and increases cortisol production, leading to weight gain. Including more lentils and yams in the diet provides phytoestrogens which can naturally increase estrogen production,” she advised.

herbal remedies may also be helpful during menopause, including but not limited to:

Black cohosh

Red clover

Evening primrose oil

Lemon balm

Fenugreek

Fennel

Ginkgo biloba

Licorice

— TETANUS —

Tetanus (from Ancient Greek τέτανος 'tension, stretched, rigid'), also known as lockjaw, is a bacterial infection caused by *Clostridium tetani* and characterized by muscle spasms. In the most common type, the spasms begin in the jaw and then progress to the rest of the body. Each spasm usually lasts for a few minutes. Spasms occur frequently for three to four weeks.[1] Some

spasms may be severe enough to fracture bones.[2] Other symptoms of tetanus may include fever, sweating, headache, trouble swallowing, high blood pressure, and a fast heart rate. The onset of symptoms is typically 3 to 21 days following infection. Recovery may take months; about 10% of cases prove to be fatal.

C. tetani is commonly found in soil, saliva, dust, and manure. The bacteria generally enter through a break in the skin, such as a cut or puncture wound caused by a contaminated object. They produce toxins that interfere with normal muscle contractions. Diagnosis is based on the presenting signs and symptoms. The disease does not spread between people.

— In 2015, there were about 209,000 infections and about 59,000 deaths globally.

Tetanus can be prevented by immunization with the tetanus vaccine. In those who have a significant wound and have had fewer than three doses of the vaccine, both vaccination and tetanus immune globulin are recommended. The wound should be cleaned, and any dead tissue should be removed. In those who are infected, tetanus immune globulin, or, if unavailable, intravenous immunoglobulin (IVIG) is used. Muscle relaxants may be used to control spasms. Mechanical ventilation may be required if a person's breathing is affected.

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.

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.

Dr. Summers Why did you DEVELOP MEMORY
reVITALIZER IN 1995... pre internet....? ?

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 (H₂) 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 H₂ in varying diseases, including COVID-19. Therefore, an effective treatment of H₂/O₂ 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.

Hypotension Blood pressure drug recalled due to black contaminants—FDA highlights safety risks

by Michael Walter | January 30, 2025 | Cardiovascular Business

Provepharm, an international pharmaceutical company with U.S. offices in Pennsylvania, has recalled a lot of **phenylephrine hydrochloride** injections after a customer discovered “visible black particulate matter” in a sealed vial.

“Administration of an injectable product containing particulate matter may cause local irritation or swelling as a response to the foreign material,” according to a recall notice shared by the U.S. Food and Drug Administration (FDA). “If the particulate matter enters the blood vessels, it can travel to various organs and potentially blocking blood vessels in the heart, lungs or brain, leading to serious complications such as stroke or even death.”

Phenylephrine hydrochloride injections are used to treat hypotension, typically in patients under anesthesia being prepped for surgery.

From a Listener in Santa Fe

Hearty Breakfast Associated With Lower Depression Risk in Patients With CVD

Individuals with cardiovascular disease (CVD) who eat more calories at breakfast have a lower risk of depression compared with those who eat fewer calories at breakfast, according to a study issued in **BMC Psychiatry**.

“There is growing evidence that individuals with [CVD] are more likely to develop depression when compared to the general population—and dietary factors have been shown to play an important role in depression occurrence and development,” wrote Hongquan Xie, of the **Harbin Medical University** in China, and colleagues.

Xie and colleagues analyzed 2003-2018 data from **31,683 individuals** enrolled in the National Health and Nutritional Examination Survey, which collects detailed dietary and nutritional data of adults and children in the United States. A total of 3,490 participants (average age of about 66, about 58% male) had CVD, 554 of whom also had depression according to their responses on the Patient Health Questionnaire-9. Participants reported what they ate during the day, and the food was evaluated for macronutrients and dietary energy (calories).

Overall, participants who ate the most calories at breakfast (791 calories on average) had about a 30% lower risk of depression compared with those who ate the fewest (88 calories). Other macronutrients, including carbohydrates and protein, were not associated with the risk of depression. Additionally, the authors found that substituting 5% of the calories from dinner or lunch with breakfast led to a 5% decrease in depression risk.

The authors wrote that the study's results emphasize the core principle of chrono-nutrition:

“WHEN YOU EAT IS AS IMPORTANT AS WHAT YOU EAT. Dietary energy consumption time should coordinate with body clock fluctuations to reduce the risk of depression.”

SINUSITIS & RHINITIS

- Rhinitis and sinusitis are both respiratory conditions, but they have different causes and symptoms¹². Here are the key differences:
- **Rhinitis**: Inflammation of the nose caused by allergens.
Sinusitis: Infection in the sinuses, which are air-filled tissues around the nose¹.
- **Sinusitis**, also referred to as a sinus infection, occurs when the lining of your sinuses becomes inflamed due to an infection caused by either a virus, bacteria, or (rarely) a fungus. You can also get a sinus infection if your sinuses are regularly blocked — by congestion, for example, or by a nasal obstruction, such as a polyp.
- **Rhinosinusitis**: A more accurate term for sinusitis, emphasizing the relationship between the sinuses and nasal passageways

TREATMENT:

For Sinusitis:

Saline nasal spray: Helps rinse the inside of the nose¹.

Nasal corticosteroids: Reduce inflammation and swelling.

Decongestants: Available over-the-counter to relieve congestion.

◦ cetizine (Zyrtec) ...

- chlorpheniramine 4mg Contact/ Actifed
- benadril
- Phenergan (promethazine) tablets, cream,

SIDE EFFECTS

drowsiness, weak or shallow breathing;
light-headed, confusion, agitation, hallucinations, nightmares;
seizure (convulsions);
fast or slow heartbeats;
...jaundice (yellowing of the skin or eyes);
...uncontrolled muscle movements in your face (chewing, lip smacking,
frowning, tongue movement, blinking or eye movement);
...easy bruising or bleeding (nosebleeds, bleeding gums);
....sudden weakness or ill feeling, fever, chills, sore throat,
 mouth sores, red or swollen gums, trouble swallowing;
.... severe nervous system reaction--very stiff (rigid) muscles,
 high fever, sweating, confusion, fast or uneven heartbeats,
 tremors, feeling like you might pass out.

Antibiotics in severe cases

Colloidal Silver, Oil of Oregano,

◦ **Umckaloabo**, known scientifically as *Pelargonium sidoides*, is a South African plant that has been shown to be a helpful herb for sinus infections. This is due to this herb's antimicrobial effects, which can help to fight against pathogens present in the sinus cavity.

This plant was historically used by indigenous African tribes, including the Zulu people, to treat a variety of health complaints, including upper respiratory tract infections like bronchitis and tuberculosis. This plant is also called South African geranium.

◦ **Bromelain** is a proteolytic enzyme that comes from pineapple juices and stems. It's known to have anti-inflammatory properties, as well as mucolytic (mucus dissolving) capabilities.

◦ **Cineole**, known scientifically as 1,8-cineole, is a plant chemical that's found in many plant-based essential oils. It is commonly found in **eucalyptus** (*Eucalyptus globulus*) and in magnolia flower buds (*Flos magnoliae*), a popular traditional Chinese medicine herb.

Lab-based research indicates that cineole may be one of the best herbs for sinus infections. It has been shown to improve mucus clearance, block inflammation, and reduce pain perception. A randomized, double-blind trial compared cineole with placebo in 152 patients with rhinosinusitis. The researchers found an improvement in nasal secretion and a reduction in headaches and nasal obstruction in the cineole group. Mild side effects were noted in the cineole group, including heartburn and exanthema (rash). The investigators noted that cineole may serve as a helpful natural therapy during the first 4 days of sinusitis, but antibiotics should be used if sinus infection symptoms continue.

- **Manuka Honey** is a special honey that comes from New Zealand and Australia. Compared to typical honey, manuka is special in that it's a monofloral honey, which means that it's made solely from pollen that comes from the **tea tree bush** (*Leptospermum scoparium*).

Tea tree has strong antimicrobial properties and these properties are carried over into manuka honey. Thus, manuka has potent antibacterial activity, which is attributed to its high concentration of methylglyoxal, hyperosmolarity, hydrogen peroxide, and low pH.

On lab-based study discovered that manuka honey has bactericidal activity against biofilms formed by *Pseudomonas aeruginosa* and *Staphylococcus aureus*. It's antibacterial effects were found to be higher than commonly used antibiotics. It's thought that these antibacterial properties may have implications for treating chronic rhinosinusitis.

A clinical trial looked at the impact of manuka honey in individuals with allergic fungal sinusitis. In this study, 34 patients were topically treated with manuka honey in one nostril daily for 30 days. The participants reported improvements in sinus health at the end of the study.

- Sinupret® FORMULA [sold in Germany] consists of Gentian (*Gentiana radix*), Primula flower (*Primula flos*) Sorrel (*Rumex herba*), Elder Flower (*Sambucus flos*), and Verbena (*Verbena herba*).

Balloon Sinuplasty for sinusitis relief uses the inflation of a small, endoscopic balloon to widen your nasal passages and restore proper sinus drainage. The procedure lasts about 20 minutes and is a minimally invasive alternative to traditional sinus surgery. It can also be performed in-office, is relatively painless, requires minimal recovery time, and has long-lasting results.

CANNABIS NEWS !!

Hospital and emergency room patients diagnosed with cannabis use disorder – defined as an inability to stop using cannabis even when the drug is causing harm – died at almost three times the rate of individuals without the disorder over the next five years,” a study published on Thursday in JAMA Network Open found.

The findings show “patients with cannabis use disorder were 10 times as likely to die by **suicide** as those in the general population. They were also more likely to die from **trauma**, drug poisonings and **lung cancer**.” A separate study published Tuesday in JAMA Network Open “found that more cases of **schizophrenia** and psychosis in Canada have been linked to cannabis use disorder since the drug was legalized.”

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Benefits of Dark Chocolate

1. Nutritious

A 100-gram bar of dark chocolate with 70–85% cocoa contains (1Trusted Source):

11 grams of fiber

66% of the DV for iron

57% of the DV for magnesium

196% of the DV for copper

85% of the DV for manganese

2. Chocolate is considered rich in antioxidants.

3. The flavanoids in dark chocolate can stimulate the endothelium, the lining of arteries, to produce nitric oxide (NO) .

One of the functions of NO is to send signals to the arteries to relax, which lowers the resistance to blood flow and therefore reduces blood pressure.

4. Dark chocolate supplemented with the flavanol lycopene was found to significantly decrease levels of total cholesterol, LDL (“bad”) cholesterol, and triglycerides (11 Trusted Source).

5. A review of studies revealed that eating chocolate 3 times per week lowered the risk of cardiovascular disease by 9% . SADLY, Eating chocolate more often showed little additional benefit.

6. The flavanols can protect against sun damage, improve blood flow to the skin, and increase skin density and hydration.

The minimal erythemal dose (MED) is the minimum amount of UVB rays required to cause redness in the skin 24 hours after exposure.

Studies have shown that MED can increase and even double after consuming high-flavanol dark chocolate or cocoa for 12 weeks (16). The result is that your skin has better protection from the sun.

7. Studies show that eating high flavanol cocoa can improve blood flow to the brain in young adults. This may explain why eating cocoa daily appears to improve attention, verbal learning, and memory .

MMR VACCINE NOT PROVEN SAFER THAN THE DISEASES.

Most cases of measles, mumps, and rubella are BENIGN. Death and permanent disability from MMR were rare before availability of the vaccine. Safety studies of the vaccine are lacking and inadequate.

Transient Ischemic Attack Associated With Annual Decline in Cognitive Function Similar to Stroke

Individuals who have a transient ischemic attack (TIA), also known as a mini stroke, are likely to experience an annual rate of cognitive decline similar to that experienced by people with stroke, according to a report in JAMA Neurology.

Lead author Victor Del Bene, Ph.D., of the University of Alabama, and colleagues said the findings call for more aggressive screening and treatment following TIA to minimize cognitive risks. “Despite the quick resolution of symptoms and no radiological evidence of injury, TIA appears to be sufficient either directly or indirectly to initiate a pathological process leading to long-term changes in cognition,” they wrote.