

The MEMORY reVITALIZER HOUR

with Dr. William Summers

(CALL-in, 505 -444- 5059) SAT March 2, 2024.

Quotes & Quips

HUMOR & WISDOM

TOPICS: Food/ Diabetes;HFCS; TBI memory; CUSHINGS (Amy Schumer);TALES FROM THE CRYPT; HYNSK; tidbits BIDEN'S H & P; Mj NEWS; COVID-hearing loss

- One useless man is a shame, two is a law firm, and THREE is a Congress -- JOHN ADAMS
- there are TWO WAYS TO CONQUER & ENSLAVE A COUNTRY. ONE is by the sword, the OTHER IS BY DEBT.
– JOHN ADAMS
- DO NOT complain about growing old. It is a privilege denied to many.
– Mark Twain
- POWER ALWAYS THINKS.... THAT IT IS DOING GOD'S SERVICE, **WHEN IT IS VIOLATING ALL OF GOD'S LAWS.**
– JOHN ADAMS
- 'Why do you need God, when you have us, the Democrats'
– Nancy Pelosi
- WHEN the people are afraid of the government, that's tyranny. But WHEN the government is afraid of the people, that's liberty. – Thomas Jefferson.
- The more you KNOW, the more you know you DO NOT KNOW.
– Aristotle

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

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OTHERS ABOUT THE SHOW**

BASICS: FOOD the preamble to Diabetes

ALL Food is made up of

1. Carbohydrates & Fiber

main energy source. Sugar, starch. 1 gm = 4 calory

2. Protein - building blocks of body. 58% slowly convert to carb 1 gm= 4 calory

3. Fats - give flavor to food. 10% converts to carbs 1 gm = 9 cal

4. Water

5. Minerals

6. Vitamins

Diets? Think in grams. 1 lb= 456 cal 1oz = 30 gm 1 nickle = 5 gm

1 slice bread = 1 oz thus 30 gm = 15 gm carb/2.5gm protein/ 12.5 gm fiber+water

1 small orange = 100 gm = 10gm carb + water

1 oz meat = zero carbs / 7 gm protein / 5 gm fat / 18 gm water & fiber

More on Carbohydrates:

- monosaccharide = 1-chain eg) glucose, fructose, galactose AVOID !!
- oligosaccharides = 2-4chains of simple sugar. eg) maltose (corn starch), sucrose(cane sugar), lactose (milk)
- polysaccharides = long complex chains of sugarSTARCH as in potatoes
More slowly absorbed with less imediate effect on blood sugar

Diabetes Mellitus

- As of 2020, 38% of all US adults had prediabetes.
- 37.3 million people have diabetes—that's 11.3% of the US population.
- 28.7 million people have been diagnosed with diabetes.
- 8.5 million people who have diabetes have not been diagnosed and do not know they have it.
- In 2017, 425 million people had diabetes worldwide
- Type 2 makes up about 90% of the cases.
- The WHO estimates that diabetes resulted in 1.5 million deaths in 2012, making it the 8th leading cause of death.

Diabetes, also known as diabetes mellitus, is a group of common endocrine diseases characterized by sustained high blood sugar levels.

- Diabetes is due to either the pancreas not producing enough insulin, or the cells of the body not responding properly to the insulin produced.
- Diabetes, if left untreated, leads to many health complications.
- Untreated or poorly treated diabetes accounts for approximately 1.5 million deaths per year.
- NON SPECIFIC SYMPTOMS include blurred vision, headache, fatigue, slow healing of cuts, and itchy skin.
- Prolonged high blood glucose can cause glucose absorption in the lens of the eye, which leads to changes in its shape, resulting in vision changes. Long-term vision loss can also be caused by diabetic retinopathy.

-
-
- classic symptoms of untreated diabetes are unintended weight loss, polyuria (increased urination), polydipsia (increased thirst), and polyphagia (increased hunger).

TYPES:

TYPE 1 DIABETES is characterized by loss of the insulin-producing beta cells of the pancreatic islets, leading to insulin deficiency.

Long ACTING Lantus, levemir, Basaglar

INTERMEDIATE NOVOLIN n, Humulin N

SHORT Novolin R, Novolog, Humulin R
Humalog, NovoRapid.

TYPE 2 DIABETES is characterized by insulin resistance, which may be combined with relatively reduced insulin secretion.

GESTATIONAL DIABETES resembles type 2 diabetes in several respects, involving a combination of relatively inadequate insulin secretion and responsiveness. It occurs in about 2–10% of all pregnancies and may improve or disappear after delivery.

- **COMPLICATIONS** due to damage in small blood vessels include damage to the eyes, kidneys, and nerves. **EYES**, known as diabetic retinopathy, is caused by damage to the blood vessels in the retina of the eye, and can result in gradual vision loss and eventual blindness. Diabetes also increases the risk of having glaucoma, cataracts, and other eye problems. It is recommended that people with diabetes visit an optometrist or ophthalmologist once a year.

- Damage to the **KIDNEYS**, known as diabetic nephropathy, can lead to tissue scarring, urine protein loss, and eventually chronic kidney disease, sometimes requiring dialysis or kidney transplantation.

- Damage to the **NERVES** of the body, known as diabetic neuropathy, is the most common complication of diabetes.

The symptoms can include numbness, tingling, sudomotor dysfunction, pain, and altered pain sensation, which can lead to damage to the skin.

- Diabetes-related **FOOT PROBLEMS** (such as diabetic foot ulcers) may occur, and can be difficult to treat, occasionally requiring amputation. Additionally, proximal diabetic neuropathy causes painful muscle atrophy and weakness.

MANAGEMENT:

Diabetes management concentrates on keeping blood sugar levels close to normal, without causing low blood sugar.

THE FOUNDATION OF DIABETIC MANAGEMENT IS:

dietary changes, exercise, and weight loss,
THEN THE use of appropriate medications (insulin, oral medications).

I. 1st line BIGUANIDE: inhibits liver glucose production & increases peripheral glucose uptake

METFORMIN

II. 1st LINE in T₂DM + ASCVD/ CVA's

GLP-1 RECEPTOR AGONISTS Glucagon-like peptide-1 receptor agonists

==> work by activating the GLP-1R, rather than inhibiting the breakdown of GLP-1as do DPP-4 inhibitors, and are considered more potent.

advantages over older insulin secretagogues, such as sulfonylureas or meglitinides, is that they have a lower risk of causing hypoglycemia.

significant improvements in cardiovascular and renal outcomes.

1● albiglutide (Tanzeum, manufactured by GSK), approved in 2014

2● dulaglutide (Trulicity, manufactured by Eli Lilly), approved in 2014

3● exenatide (brand Byetta, mfg by AstraZeneca), approved 2005/2012

4● liraglutide (Victoza/, Saxenda for obesity, mfg by Novo Nordisk), approved in 2010

5● lixisenatide (Adlyxin in US, mfg by Sanofi), approved in 2016

6● semaglutide (Ozempic/ Rybelsus, Wegovy for obesity, mfg by Novo Nordisk), approved in 2017

- 7● tirzepatide (Mounjaro, manufactured by Eli Lilly), approved in 2022

III. 1st LINE T₂DM WITH HEART FAILURE OR WITH RENAL FAILURE

SGLT2 INHIBITORS: SGLT2 inhibitors, also called gliflozins or flozins, are a class of medications that modulate Sodium -glucose transport proteins in the nephron (the functional units of the kidney),

- unlike SGLT1 inhibitors that perform a similar function in the intestinal mucosa
- THEY inhibit reabsorption of glucose in the kidney and therefore lower blood sugar WITH SUGAR LOADED URINE.
- gliflozins have been shown to provide significant cardiovascular benefit in patients

- 1● Bexagliflozin was approved brand Brenzavvy in January 2023
- 2● Canagliflozin was the first SGLT2 inhibitor approved March 2013, brand INVOKANA
- 3● Dapagliflozin is the first SGLT2 inhibitor approved EU 2012. United States brand FARXIGA, 2014.
- 4● Empagliflozin, approved US 2014, brand JARDIANCE by Boehringer Ingelheim.
- 5● Ertugliflozin was U S brand name STEGLATRO, 2017

IV. 2ND LINE: : : THIAZOLIDINEDIONES

also known as glitazones. Thiazolidinediones or TZDs act by activating PPARs (peroxisome proliferator-activated receptors), a group of nuclear receptors, specific for PPAR γ (PPAR-gamma, PPARG).

- Insulin resistance is decreased
- Adipocyte differentiation is modified
- VEGF-induced angiogenesis is inhibited
- Leptin levels decrease (leading to an increased appetite)
- Levels of certain interleukins (e.g. IL-6) fall
- Antiproliferative action
- Adiponectin levels rise

V. 2nd LINE : : : : : SULFONYLUREAS

Increase insulin secretion by binding Beta-cell receptors.
Taken 30-60 minutes before food. Start with low dose and gradually increase over weeks

- 1• glipizide (Brand Glucotrol)
- 2• chlorpropamide (Brand Diabinese)
- 3• glimepiride (Brand Amaryl)
- 3• glyburide (Brand Micronase/ DiaBeta)
- 4• Tolbutamide (Tolinase)

VI. 2nd LINE : : : : : DPP-4 INHIBITORS

a class of oral hypoglycemics that block the enzyme dipeptidyl peptidase-4 (DPP-4).

They inhibit enzyme that breaks down endogenous GLP (incretin secreted from intestinal L cells). Increased GLP reduces blood glucose by inhibiting glucagon release and stimulating insulin secretion. Avoid if hx of pancreatitis.

- 1• Sitagliptin (approved 2006, Merck & Co. as Januvia)
- 2• Vildagliptin[7] (EU 2007, Novartis as Galvus)
- 3• Saxagliptin (US 2009, as Onglyza)
- 4• Linagliptin (US 2011, as Tradjenta by Eli Lilly)
- 5• Alogliptin (US 2013, NESINA by Takeda)

VII. 2ND LINE : : : : MEGLITINIDES

These increase insulin secretion with shorter onset and half-life than Sulfonylureas. Take before each meal, never when fasting.

Side effects include weight gain and hypoglycemia.

- 1• nateglinide (STARLIX)
2. repaglinide (PRANDIN)

VIII. 2ND LINE : : : : ALPHA-GLUCOSIDASE INHIBITORS

● These block polysaccharide and disaccharide breakdown and decrease postprandial hyperglycemia. Give WITH food. Start low and increase weekly . No use in patients with GI issues.

● work by preventing the digestion of carbohydrates (such as starch and table sugar). Carbohydrates are normally converted into simple sugars (mono-saccharides) by alpha-glucosidase enzymes present on cells lining the intestine, enabling mono-saccharides to be absorbed through the intestine. Hence, alpha-glucosidase inhibitors reduce the impact of dietary carbohydrates on blood sugar.

- 1● Acarbose- Precose or Glucobay
- 2 ● Miglitol – Glyset

HIGH FRUCTOSE CORN SYRUP

High-fructose corn syrup (HFCS) is about 55% fructose, a type of sugar. It takes your body more steps to breakdown fructose compared to glucose. High amounts of this sugar can lead to serious health issues.

1. Adds an unnatural amount of fructose to your diet HFCS comprise around 45% glucose and 55% fructose
2. Increases your risk of fatty liver disease

3. Increases your risk of obesity and weight gain

HFCS, plays a key role in the development of obesity

4. Excessive intake is linked to diabetes

5. Can increase the risk of other serious diseases

HFCS and sugar have been shown to drive inflammation, which is associated with an increased risk of obesity, diabetes, heart disease, and cancer.

HFCS may exacerbate inflammatory diseases like gout.

6. Contains no essential nutrients. The definition of “Hallow calories”

Candy, packaged sweets (Twinkies), Soft drinks,
Juice drinks, Fast food products (Apple Pie, dipping sauces)
Ice Cream, breakfast foods (pancake syrup)

fruit preserves & Jams Many breads and crackers
applesauce

CONCLUSION: STAY away from this stuff.

Traumatic BRAIN INJURY

MEMORY – there is more than ONE TYPE

For years, researchers and experts have debated the classification of memories. Many experts agree that there are FOUR MAIN CATEGORIES OF MEMORY. All other types of memory tend to fall under these four major categories.

Memory is sometimes also classified into stages and processes. People who classify memory into only two distinctive types, implicit and explicit memory, view that other types of memories like sensory, short-term, and long-term memories aren't types of memory but stages of memory.

SENSORY MEMORY (very short term memory)

Sensory memory allows you to remember sensory information after the stimulation has ended. Researchers who classify memory more as stages than types believe that all other memories begin with the formation of sensory memories.

Typically your sensory memory only holds onto information for brief periods. Remembering the sensation of a person's touch or a sound you heard in passing is sensory memory.

When a sensory experience keeps recurring, and you start to attach other memories to it, the sensory experience stops living in your sensory memory. It might move to your **SHORT-TERM MEMORY** or more permanently to your **LONG-TERM MEMORY**.

There are **THREE TYPES OF SENSORY MEMORY**:

- iconic, which is obtained through sight;
- echoic, which is auditory; and
- haptic, which is through touch, taste, or smell.

SHORT-TERM MEMORY

As the name implies, short-term memory allows you to recall specific information about anything for a brief period.

Short-term memory is not as fleeting as sensory memory, but it's also not as permanent as long-term memory.

Short-term memory is also known as **PRIMARY OR ACTIVE MEMORY**.

Research estimates that short-term memories only last for about 30 seconds.

When you read a line in a book or a string of numbers that you have to recall, that's your short-term memory at work.

You can keep information in your short-term memory by rehearsing the information. For example, if you need to recall a string of numbers, you might keep repeating them to yourself until you input them. However, if you are asked to recall those numbers about 10 minutes after inputting them, you'd most likely be unable to.

EIDETIC MEMORY: The Reality Behind the 'Photographic' Mind Working Memory

WORKING MEMORY is a type of memory that involves the immediate and small amount of information that a person actively *uses as they perform cognitive tasks*.

While some experts view working memory as a fourth distinct type of memory, working memory can fall under the classification of short-term memory and, in many cases, is even used interchangeably.

Improving Your Memory With ADHD

LONG-TERM MEMORY

We store a vast majority of our memories in our long-term memory. Any memory we can still recall after 30 seconds could classify as long-term memory. These memories range in significance—from recalling the name of a friendly face at your favorite coffee shop to important bits of information like a close friend's birthday or your home address.

There is no limit to how much our long-term memory can hold and for how long. We can further split long-term memory into TWO MAIN CATEGORIES: explicit and implicit long-term memory.

EXPLICIT LONG-TERM MEMORY

Explicit long-term memories are memories we consciously and deliberately took time to form and recall.

Explicit memory holds information such as your best friend's birthday or your phone number. It often includes major milestones in your life, such as childhood events, graduation dates, or academic work you learned in school.

In general, explicit memories can be episodic or semantic.

Episodic memories are formed from particular episodes in your life. Examples of episodic memory include the first time you rode a bike or your first day at school.

Semantic memories are general facts and bits of information you absorbed over the years. For instance, when you recall a random fact while filling in a crossword puzzle, you pull it from your semantic memory.

Conditions such as Alzheimer's disease heavily affect explicit memories.⁴

IMPLICIT LONG-TERM MEMORY

We are not as deliberate with forming implicit memories as we are with explicit ones.

Implicit memories form unconsciously and might affect the way a person thinks and behaves.

Implicit memory often comes into play when we are learning motor skills like walking or riding a bike. If you learned how to ride a bike when you were 10 and only ever pick it up again when you are 20, implicit memory helps you remember how to ride it.

We can retrieve long-term memories a few different ways.

The three types of **MEMORY RETRIEVAL** are recall, recognition, and relearning.



Amy Schumer has been diagnosed with Cushing syndrome. What to know about the rare disorder

by Becca Wood.

<https://www.msn.com/en-us/health/other/amy-schumer-has-been-diagnosed-with-cushing-syndrome-what-to-know-about-the-rare-disorder/ar-BB1iPfdt?ocid=msedgntp&pc=HCTS&cvid=33205e87066145ec977434a192998124&ei=34>

The 42-year-old comedian shared the news in Jessica Yellin's "News Not Noise" newsletter released Feb. 23, saying that the syndrome was "brought on by getting steroid injections in high doses."

"While I was doing press on camera for my Hulu show, I was also in MRI machines four hours at a time, having my veins shut down from the amount of blood drawn and thinking I may not be around to see my son grow up," Schumer said, after noting that she felt "reborn" by knowing her diagnosis.

Schumer said learning that her type of Cushing syndrome will "just work itself out" and that being told she was healthy was the "greatest news imaginable."

Exogenous Cushing syndrome is brought on by taking glucocorticoid medicines, which are typically used to treat inflammatory diseases and pain, according to the Mayo Clinic.

TALES FROM THE CRYPT

Effingham, ILLINOIS ==> Tell your doctor the truth for better care

Dr. Singh – "I am hoping she is feeling better now."

HISTORY YOU ARE NOT SUPPOSE TO KNOW

The Battle of Kings Mountain

The Battle of Kings Mountain in South Carolina during the Southern Campaign of the American Revolutionary War, resulting in a decisive victory for the Patriots. The battle took place on October 7, 1780,

- the Patriot militia defeated the Loyalist militia commanded by British Major Patrick Ferguson of the 71st Foot. Ferguson had arrived in North Carolina in early September 1780 to recruit troops for the Loyalist militia and protect the flank of Lord Cornwallis's main force.
- The Battle of Kings Mountain was fought by roughly 900 backcountry militia known as the Overmountain Men. The Overmountain Men militia units at the Battle of Kings Mountain came from Tennessee, South Carolina, North Carolina, and Virginia.
- The battle was a pivotal event in the Southern campaign of Lord Cornwallis. The surprising victory of the American Patriot militia over the Loyalists came after a string of Patriot defeats at the hands of Lord Cornwallis, and greatly raised the Patriots' morale.
- The Battle of Kings Mountain lasted 65 minutes.[46] The Loyalists suffered 290 killed, 163 wounded, and 668 taken prisoner. The Patriot militia suffered 28 killed and 60 wounded.
- This Battle pushed the British to the Battle of the Cowpens (described in The Patriot) which pushed Cornwallis into Yorktown and led to Washington's victory ending the American Revolution.

TIDBITS:

PREPARATION H: RAPID RELIEF WITH LIDOCAINE:– – GET SOOTHING RELIEF

- California seized enough **FENTANYL** in 2023 to kill the entire world population 'nearly twice over'

COVID19 NEWS: Pfizer and Moderna COVID Vaccines' Efficacy Exaggerated, Effectiveness 'Well Below' 50 Percent, Researchers Say"

by Marina Zhang Epoch Times 2/28/2024.

Researchers allege that biases and manipulation of Pfizer and Moderna COVID-19 vaccine clinical data have exaggerated vaccine efficacy and underestimated vaccine adverse events.

By substituting some of Pfizer's phase 3 clinical data and defining a person as vaccinated or unvaccinated according to Pfizer's criteria in the clinical trials, Mr. Doshi and his authors found that Pfizer clinical trial could inflate a vaccine with zero efficacy to 48 percent. Their finding was published in the Journal of Evaluation in Clinical Practice.

Millions of Lives Saved Based on Modeling:::::

The COVID-19 mRNA vaccines have been promoted to have saved millions of lives. However, Mr. Lataster said that those statements may not reflect what happened in real life.

Under represented Adverse Events

While Pfizer and Moderna phase 3 clinical trials followed adverse events from the day of vaccine administration, they defined an individual as vaccinated only if several weeks had passed following vaccination.

Biden's bill of health: Annual check-up reveals more details about President's sleep apnea disorder which is linked to dementia - as well as heart and cholesterol conditions which put him at risk of strokes

By alexa Lardier, Daily mail February 28, 2024

- Dr Kevin O'Connor said the 'most notable' change in the past year concerned Biden's sleep apnea - a disorder the President has had for 16 years and which is associated with an increased risk of dementia.
- The physician-flack added: 'He continues to be fit for duty and fully executes all of his responsibilities without any exemptions or accommodations.
- Biden's routine physical included consultations with doctors specializing in optometry, dentistry, orthopedics, neurology, physical therapy, cardiology and dermatology.
- The White House confirmed the president did not undergo any cognitive tests.

- the physical revealed Biden has an irregular heartbeat, or atrial fibrillation, which causes an irregular and often unusually fast heartbeat and drastically raises the risk of a stroke. The President has suffered from the condition since 2003. He takes the blood thinner apixaban, brand name Eliquis, to treat the heart condition.

- Heart arrhythmia can cause a variety of serious heart health complications including blood clots. If a blood clot breaks loose, it can travel directly from the heart to the brain, which can cause a stroke - which is why people with irregular heartbeats are at up to a five times greater risk of one.

- OTHER (BENIGN) conditions include acid reflux, season allergies, a stiffened gait and nerve damage in his feet.

- the president takes the blood thinner Apixaban (Eloquis), Rosuvastatin (Crestor) to lower cholesterol, nasal sprays fexofenadine (ALLEGRA) for allergies, famotidine (Pepcid) for his acid reflux and esomeprazole (NEXIUM) for heartburn.



MARIJUANA NEWS :

Using marijuana in ANY form is linked to a 42% increased risk of a stroke - and 25% higher chance of a heart attack, study warns

by Emily Joshu Daily Mail February 28, 2024

- Researchers in Massachusetts and California spent four years evaluating more than 400,000 US adults in 27 states to examine the link between cannabis use and issues like heart disease and stroke.
- The team recruited 430,000 patients in 27 states and two US territories. The participants were between ages 18 and 74, and the average age was 45.
- The team found that any type of cannabis use - smoking, vaping, or edibles - was 'associated with a higher number of adverse cardiovascular outcomes.'
 - ▣ And those who used weed daily had a 25 percent higher risk of heart attack and 42 percent increased chance of suffering a stroke.

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Best Buy Pharmacy, Menaul Pharmacy, **VINTAGE**
PHARMACY (on Montgomery), Evergreen Herbal Market
(Rio Rancho), Moses Kountry Store (4th Street),
Village Apothecary in Cedar Crest, **HIGHLAND**
PHARMACY, Kare Drug (AZTEC, NM), **PURPLE SAGE HERB & HEALTH**
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COVID-19 and Its Vaccines Linked to Sudden Hearing Loss, Considered an 'Emergency': Doctor

Some studies suggest an autoimmune reaction induced by the spike protein may be to blame.

By Marina Zhang Epoch Times March 1, 2024

Dr. Clarice Saba, an otorhinolaryngologist in Brazil, developed sudden hearing loss in her right ear a week after receiving her first dose of the COVID-19 adenovirus vaccine.

“I did all the exams and could not find any other reason other than because of the shots,” she told The Epoch Times.

Several studies have linked sudden hearing loss to the vaccine, with the most comprehensive study coming from France. Four hundred cases of post-vaccine sudden sensorineural hearing loss were evaluated, with 345 medical reports assessed by two audiology experts for potential causality. “[Sudden sensorineural hearing loss] after COVID-19 mRNA vaccines are very rare adverse events,” the French authors concluded, adding that these rare adverse events “do not call into question the benefits of mRNA vaccines but deserve to be known given the potentially disabling impact of sudden deafness.”

- Some studies have proposed that the SARS-CoV-2 virus may replicate in the ears and cause damage to the blood vessels and nerves there. Case studies evaluating hearing problems in COVID-19 patients found inflammation of the inner ears, inflamed cochlea and vestibular nerves, and bleeding of the ears.
- Mr. Marsland has also seen mild tinnitus improvement in patients who have been dripping two drops of glutathione and one drop of castor oil in their ears.