

# The MEMORY reVITALIZER HOUR #

with Dr. William Summers

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

**THE SPIRIT OF THE LORD is upon me,  
because the Lord has anointed me to preach  
good news to the poor.**

**HE has sent me to bind up the brokenhearted,  
to proclaim freedom for the captives and release  
from darkness for the prisoners, to proclaim the year of the  
Lord's favor and the day of vengeance of our God,**

**TO COMFORT all who mourn,  
and console those who mourn in Zion**

**To give them beauty for ashes,**

**The oil of joy instead of mourning,  
The garment of praise instead of a spirit of despair.**

– Isaiah 61.

**FIVE MONTHS .....SINCE THE SAVAGES OF HAMAS ATTACKED  
ISRAEL AND VIOLENTLY raped, killed & TOOK HOSTAGES.**

✓ If a man empties his purse into his head, no one can take it from him.  
– Benjamin Franklin => Never stop learning.

✓ Government is NOT reason; it is NOT eloquent; it is a force,... LIKE  
FIRE, Government is a dangerous servant and a fearful master.  
— George Washington

Doctor - Latin .... for “Teacher”

*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**

Word FROM OUR SPONSOR

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**WHERE TO GET Memory reVITALIZER® / life IMAGINED®**

Local Stores

Share N'Care Pharmacy in Belen , Duran's Central Pharmacy, Arnett's Regent Pharmacy, Best Buy Pharmacy, Menaul Pharmacy, **VINTAGE** PHARMACY (on Montgomery), Evergreen Herbal Market (Rio Rancho), Moses Kountry Store (4<sup>th</sup> Street), Village Apothecary in Cedar Crest, **HIGHLAND PHARMACY**, Kare Drug (AZTEC, NM), **PURPLE SAGE HERB & HEALTH** (Bosque Farms), and Sierra Blanca Pharm in RUIDOSO, NM

§ <https://www.memoryrevitalizer.com> [www.LifeLink.com](http://www.LifeLink.com)  
Order Direct at 800.606.0192

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**MENTION THE MEDICAL PRACTICE – MARGARET  
25% OFF OF 1<sup>ST</sup> VISIT....  
505 - 878 - 0192**

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**THANK YOU FOR LISTENING, CALLING AND TELLING  
OTHERS ABOUT THE SHOW**

## Vitamin E Helps Decrease Your Cancer Risk

Despite the fact it combats inflammation, makes red blood cells and supports immune health, 75% to 90% fail to reach the recommended dietary allowance of 15 mg per day -

Vitamin E is an important fat-soluble vitamin and antioxidant that combats inflammation, makes red blood cells, supports healthy immune function and helps your body use vitamin K, which is important for heart health.

Vitamin E deficiency increases your risk for immune dysfunction, cognitive deterioration, cardiovascular disease and certain cancers, including prostate, breast, colon and lung cancers

A meta-analysis of 11 studies concluded that patients with lower concentrations of serum vitamin E (the vitamin E level in your blood) had a higher risk for colorectal cancer. Other studies have shown natural vitamin E may reduce your risk of lung cancer by more than 60%, and gamma-tocotrienol, a cofactor, may decrease prostate tumor formation by 75% and inhibit growth in human breast cancer cells

✓ Food is your best source of vitamin E, since food contain a combination of the eight types of vitamin E. Oh, NOT SO Dr. Mercola. Memory reVITALIZER USES “mixed tochtrenols”

-<https://mail.google.com/mail/u/0/?tab=wm&ogbl#inbox/FMfegzGxSHgkpwdDjSGWrwbDmPSBgngv?compose=GTvVlcSKhpfrddtDSjSHZGvsQwPFznKPZnVkJHQDhtHdFbGXMlstkPCHBxMxZPffPLbZkFKTwwNfj>



## **Acetyl-L-Carnitine**

250 - 1500 mg

Acetyl L-Carnitine crosses the blood brain barrier more sufficiently than L-carnitine.

- It is involved in the metabolism of protein, carbohydrates and fats, and especially in the conversion of fats into energy being used by the body to lower blood triglycerides. It is a carrier of fatty acids into the mitochondria of the cell
- Thus, it is good for cardiovascular health by speeding the conversion of fat into cellular energy.
- In vegetarians it is an essential nutrient, because the body requires lysine, methionine, B1, B6 and iron in a complex reaction to make L-Carnitine.
  
- Acetyl-L-Carnitine is associated with increased levels of glutathione and CoQ10. It mimics acetylcholine and thus positively affects cognition.
  
- it provides acetyl groups that may be used in the formation of the neurotransmitter, acetylcholine
  
- It generally improves energy production in the brain and may be beneficial in depression.
  
- Acetyl-L-carnitine (ALCAR) may help reduce the severity of chemotherapy-induced peripheral neuropathy.
- L-carnitine supplementation could reduce fasting blood sugar and hemoglobin A1c
  
- could be beneficial for the treatment of depression.
  
- significantly reduced diastolic blood pressure, especially in people with overweight and obesity
- may help prevent age-related mental decline and improve markers of learning

●**L-CARNITINE** (after acetyl cleaved) is a carrier of fatty acids into the mitochondria of the cell. It also is a semi-essential nutrient that can be made from lysine and methionine, B1, B6, and iron. It is not included in the Memory reVITALIZER formulation, because it is patented, expensive, and the synthesis components (lysine, methionine, B1, B6) are in the formula.

There are several other types of carnitine:

**D-carnitine:** This inactive form has been shown to reduce blood levels of carnitine and increase fat buildup, leading to liver inflammation and oxidative stress .

**Acetyl-L-carnitine:** Often called ALCAR, this is possibly the most effective form for your brain. Studies suggest that it may benefit people with neurodegenerative diseases .

**Propionyl-L-carnitine:** This form is well-suited for circulatory issues, such as peripheral vascular disease and high blood pressure. According to some older research, it may boost the production of nitric oxide, which improves blood flow

**L-carnitine L-tartrate:** This is commonly added to sports supplements due to its rapid absorption rate. It may aid muscle soreness and recovery in exercise

## **Boron:**

When ingested, boron is converted to boric acid and absorbed in the gastrointestinal tract; the body absorbs about 85% to 90% of ingested boron.

The bones, nails, and hair have higher boron levels than other body tissues, while fat has lower levels. Boron is excreted mainly in the urine, but small amounts are excreted in the feces, sweat, and breath.

As boric acid it **forms esters with glycols and in carbohydrate chemistry** it reacts preferentially with cis-glycols.

It interacts with calcium in bone formation and result in stronger bones.

The element is not found free in nature.

- Boron is similar to carbon in that it has a capacity to form stable covalently bonded molecular networks. Carboranes, metalloboranes, phosphacarboranes, and other families comprise thousands of compounds. Boron compounds show promise in treating arthritis. It forms Boron trioxide which can react with magnesium to downmodulate inflammation, even in the brain.

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## **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.
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## **IN THE NEWS:** Brazilian woman, 27, who was arrested for pretending to be a doctor and treating around 30 patients at hospital confesses to buying diploma online

- Mirian Santana was arrested at a public health facility in Brazil on Monday for providing illegal care to patients
  - The 27-year-old drew suspicions within the medical staff at the site after Treating about 30 people before they discovered she was using the identification of another doctor
  - Santana told police she had purchased her diploma online for \$8
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## **US suffers year's worth of measles cases already in first two months of 2024 - as vaccine uptake dips below dangerous threshold**

by Luke Andrews Daily Mail Mar 4, 2024

- Official figures showed there were 41 cases of measles in January and February
  - At this time last year, the US had detected only three cases of measles
  - More than half the world faces high risk of measles cases,
  - outbreaks have been attributed to falling measles vaccination rates for the third year in a row.
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## Does Preparation H Actually Help Under-Eye Bags?

— <https://www.byrdie.com/preparation-h-for-eye-bags-4846495>

According to Dr. King, Preparation H can theoretically improve under-eye bags because of the constricting effect—but it comes with risks, so you're better off using products meant for the eyes. “Preparation H can hypothetically be helpful for under-eye bags because it constricts blood vessels, which can reduce puffiness,” she says. “There is an anti-itch version of the formula that also contains 1% hydrocortisone, an anti-inflammatory that, in theory, might temporarily reduce puffiness if inflammation was contributing to the fluid retention under your eyes.” However, it can also cause irritation, which may actually contribute to the area becoming even more inflamed and puffy.

So, don't run to your drugstore just yet. Even though some people have luck with using the ointment as a de-puffer, it doesn't mean that Preparation H will necessarily address the causes of your particular under-eye bags.

### Potential Side Effects

“Preparation H has a number of ingredients that can cause injury if you accidentally get some in your eye, including an increased risk of cataracts and glaucoma,” Dr. King says.

And even if you're extra careful about avoiding the eyes, it's important to remember that the skin around your eyes is totally different than the skin on the rest of your body. (Which is why there are more specialized skin care treatments for it). The skin around your eyes is incredibly thin, sensitive, and delicate, and Dr. King says that Preparation H can cause irritation and even permanent damage, hence why the medicine's makers explicitly caution against using it for puffy under-eye bags.

“Hydrocortisone is a corticosteroid,” Dr. King says. “And prolonged use of topical corticosteroids can cause thinning of the skin, increased skin fragility, enlarged blood vessels, and can even result in problems with your adrenal gland.” (Your adrenal gland is the natural steroid producer in your body.)

Plain **HYDROCORTISONE CREAM** (like the Cortizone-10 you probably have in your medicine cabinet) will have similar results if you use it on your under-eye bags, including potentially enlarged blood vessels.

None of this sounds good—or worth the risk of less-puffy under-eye bags—especially when better, and safer, treatments exist.

## **OTHER Eye Bags TREATMENTS**

### **Cold Compresses**

Plenty of fairly effective DIY methods for puffy eyes exist, notes Dr. Michael Somenek, a plastic surgeon in Washington D.C.. He says that when it comes to home methods,

- it's all about cooling the area down to de-puff. "One way to try and minimize under-eye bags is with a cold compress. This will help decrease swelling by reducing the amount of blood flow. You can find a sealable bag and fill the bag with ice cubes, use an ice pack, or even use a frozen spoon or frozen bag of frozen vegetables." Ice rollers for the face are another popular pick for cooling things down.

### **CAFFEINATED EYE CREAMS**

Dr. Somenek says that those with puffy under-eyes should look for an eye cream that contains caffeine because it reduces puffiness by constricting the blood vessels under the skin.

- "Topical caffeine can also improve circulation in the skin and tighten the skin around the eyes, which will reduce inflammation associated with bags."

Dr. King also suggests finding an eye cream with caffeine in it, like The Ordinary Caffeine Solution and First Aid Beauty 5 in 1 Eye Cream. By constricting the blood vessels, caffeine in skincare can help to "reduce the amount of fluid accumulating." Tons of great firming eye creams exist as well, which can also provide some temporary reprieve.

## RETINOL OR PEPTIDES

Other options include formulas with retinol or peptides, adds Dr. Somenek. Retinol stimulates collagen production, which helps to even tone, strengthen and hydrate the skin. Peptides also boost collagen and elastin production and help reduce puffiness around the eyes, which can make under eyes appear firmer and more taut.

## FACIAL MASSAGE

If your eye puffiness is due to fluid retention, then there are facial massage techniques you can try at home to help coax the fluid out of the face. Over an eye cream or face oil,

- try gently pressing your knuckles into the inner corners of the eyes, then slowly pull outward towards the ears. You can also use a tool like a gua sha or NuFace to do the work for you.

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## Memory reVITALIZER CONTENTS

**A Vitamin** (Beta Carotene)

2,000IU dose/day (low dose)

This is a low dose of "carotenoid", a family of plant pigments found in tuberous vegetables such as carrots, sweet potatoes, yams, pumpkin and cantaloupes. The Three major carotenoids are beta carotene (orange), lycopene (red), and lutein (yellow). Phytochemicals are "plant chemicals".

- The Carotenoids are phytochemicals. It is very important that lutein and zeaxanthin intake is higher than beta carotene.

● lutein and zeaxanthin are both yellow carotenoids. This prevents cancer and reduces the risk of retinal disease from macular degeneration.

At least 6 mg of lutein per day is necessary to reduce macular degeneration by 57%.

- Beta carotene is one of the safest of all vitamins. Even 250,000 IU a day for months will not result in harm, other than orange skin. It keeps LDL cholesterol from oxidizing and thus works well against heart disease. Beta carotenes also re-establish cell to cell communications via the gap junctions.

- B. Sardi p45 -48

Retinol (vitamin A1) is a primary alcohol found in tissues of animals and fish, mainly in the liver. Vitamin A has a number of important functions. It is essential in the retina and deficiency results first in night blindness. Growth and differentiation of epithelial cells, bone cells (osteoclasts), and reproductive cells depend on vitamin A. Embryonic development requires vitamin A. Immune function is enhanced by carotenoids. There may be cancer prevention credited by vitamin A. Aging of skin is diminished by vitamin A.

Hardman JG, Limbird LE, Molinoff PB, Ruddon RW (eds). Goodman & Gillman's The Pharmacological Basis of Therapeutics (9<sup>th</sup> Ed). New York: McGraw-Hill. 1996  
page 1573-1582.

Vitamin A (Retinyl palmitate & Beta Carotene)                      6,000 IU    1,500 IU  
120%

The discovery of vitamin A may have stemmed from research dating back to 1816, when physiologist François Magendie observed that dogs deprived of nutrition developed corneal ulcers and had a high mortality rate.

Vitamin A is the generic term for a group of fat-soluble compounds highly important for human health. A 2011 review found that vitamin A supplementation of children at risk of deficiency aged under five reduced mortality by up to 24%. It is estimated that vitamin A supplementation averted 1.25 million deaths due to vitamin A deficiency in 40 countries since 1998.

Vitamin A can be found in two principal forms in foods:

**RETINOL**, the form of vitamin A absorbed when eating animal food sources, is a yellow, fat-soluble substance. Since the pure alcohol form is unstable, the vitamin is found in tissues in a form of retinyl ester. It is also commercially produced and administered as esters such as retinyl acetate or palmitate.

The **CAROTENES** alpha-carotene, beta-carotene, gamma-carotene; and the xanthophyll beta-cryptoxanthin (all of which contain beta-ionone rings), but no other carotenoids, function as provitamin A in herbivores and omnivore animals, which possess the enzyme beta-carotene 15,15'-dioxygenase which cleaves beta-carotene in the intestinal mucosa and converts it to retinol

- Antioxidant potential of vitamin A was first described by Monaghan and Schmitt,(1932) who reported that vitamin A can protect lipids against rancidity. Several reviews have appeared to outline the basic structural and metabolic characteristics of vitamin A and information about its potential as antioxidants in relation to the heart diseases. Vitamin A has a vital antioxidant contribution in protecting human LDL against copper-stimulated oxidation
- Protects Your Eyes From Night Blindness and Age-Related Decline. Vit A is a major component of the pigment rhodopsin. Rhodopsin is found in the retina of your eye and extremely sensitive to light.
- **CANCER:** vitamin A in the form of beta-carotene has been linked to a decreased risk of certain types of cancer, including Hodgkin's lymphoma, as well as cervical, lung and bladder cancer
- Enhance the immune system. Dendritic cells located in the gut are able to mediate the differentiation of T cells into regulatory T cells. Regulatory T cells are important for prevention of an immune response against "self" and regulating the strength of the immune response in order to prevent host damage. Together with TGF- $\beta$ , Vitamin A promotes the conversion of T cells to regulatory T cells. Without Vitamin A, TGF- $\beta$  stimulates differentiation into T cells that could create an autoimmune response. It's involved in the production and

function of white blood cells, which help capture and clear bacteria and other pathogens from your bloodstream. Helps maintain mucous barriers in your eyes, lungs, gut and genitals - hence ward off infections

- **Healthy Skin:**

vitamin-A-based medications for acne are now available with a prescription.

- **SUPPORTS BONE HEALTH:**

A recent meta-analysis of observational studies found that people with the highest amounts of total vitamin A in their diet had a 6% decreased risk of fractures.

- **PROMOTES HEALTHY GROWTH & REPRODUCTION**

Retinoic acid regulates the transcription of genes – acts through nuclear receptors (steroid-like receptors).

deficiency blocks the development of sperm cells, causing infertility

in females can impact reproduction by reducing egg quality and affecting egg implantation in the womb. Also in the Fetus, involved in the growth and development of many major organs and structures of the unborn child, including the skeleton, nervous system, heart, kidneys, eyes, lungs and pancreas.

SYNERGY: absorbs better with PC & PS

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**NEWS: America on verge of measles MAYHEM: Hundreds feared to be infected in California and Arizona outbreaks as US suffers year's worth of cases in two months -**

## as doctors say antivaxxers and Biden's open border policy are allowing virus to spread.

THANK YOU JOE BIDEN

By Luke Andrews Daily Mail March 12, 2024

- America appears to be on the precipice of a major **MEASLES OUTBREAK** with cases in the first two months of 2024 nearly outpacing the whole of last year — as doctors warn many young physicians have never even seen a patient infected with the virus.
- Hundreds of people are already feared to be infected in California and Arizona after cases were confirmed in people in the states who visited local hospitals.
- And there are also fears over an outbreak at a 1,800-strong migrant shelter in Chicago — after four cases were confirmed, including two among children. cases in FL, GA, IL, MN, MO, NY, PA
- Ramp up vitamin A..... Which is in Memory reVITALIZER

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## I rub raw lemons on my armpits instead of deodorant - people think I am crazy but I am convinced it works

BY Madison Burgess Daily Mail March 11, 2024

Chelsey Pleasant, a 34-year-old fitness instructor from North Carolina, started using lemons to maintain personal hygiene, after one of her personal training clients recommended it.

At the time, she was pregnant with her second child and struggled to keep the sweat at a minimum - however, the citrus fruits worked so well that she's not looked back since.

## MSG

- “In addition to soup and eggs, MSG can be added to **salad dressings, bread, tomato sauce, meats, popcorn,** ‘an absolutely filthy martini,’ you name it. MSG is a great way to add flavor to just about anything except sweets. It’s particularly great with vegetables, too.”
  - He makes no mention of THE REAL PROBLEM WITH MSG: WEIGHT GAIN. If you search “msg-induced obesity” at PubMed, you will come up with almost one hundred citations.
  - It’s hard to get research animals to overeat and become obese — in order to study obesity — so scientists feed the rats, mice and hamsters MSG to make them eat more and put on weight.
  - Those who used the highest amount of it in their food had nearly triple the incidence of being overweight, yet we're consuming 300 times more than we did in 1950.
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## Media Twists Findings of Study Linking High Serotonin to Dementia

– Analysis by Dr. Joseph Mercola

- Serotonin, often misconstrued as the "happy hormone," acts as an antimetabolite, hindering energy production in your mitochondria, which can result in fatigue, slowed metabolism and weight gain
- Mainstream media, influenced by pharmaceutical interests, distorts research findings to perpetuate the narrative of serotonin as the "happy hormone." This is exemplified by recent misreporting on dementia research
- Contrary to media portrayal, recent research links high serotonin levels, not low, to dementia

- Other adverse effects of serotonin include fibrosis, impaired thyroid function, metabolic dysregulation, oxidative stress and psychological impacts such as insomnia and depression
- For optimal health, you want to keep your serotonin level low. One way to do that is by increasing GABA, which is available as a supplement, as GABA increases the degradation rate of serotonin.

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## HISTORY YOU ARE NOT SUPPOSE TO KNOW:

**THE FIRST OPIUM WAR**, also known as the Anglo-Chinese War, was a series of military engagements fought between the British Empire and the Qing dynasty of China between 1839 and 1842. The immediate issue was the Chinese enforcement of their ban on the opium trade by seizing private opium stocks from merchants at Guangzhou and threatening to impose the death penalty for future offenders.

- Despite the opium ban, the British government supported the merchants' demand for compensation for seized goods, and insisted on the principles of free trade and equal diplomatic recognition with China. Opium was Britain's single most profitable commodity trade of the 19th century.
- After months of tensions between the two states, the Royal Navy launched an expedition in June 1840, which ultimately defeated the Chinese using technologically superior ships and weapons by August 1842.
- The British then imposed the Treaty of Nanking, which forced China to increase foreign trade, give compensation, and cede Hong Kong Island to the British. Consequently the opium trade continued in China.

- THE UNITED STATES HAD NO DOG IN THIS FIGHT, but the Chinese maintain they cannot tell one white guy from another, justifying CHINA'S Fentanyl War against the USA.

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## FDA Approves First Treatment to Treat Fatty Liver Disease With Scarring

– By arnie Dahnke Epoch Times March 15, 2024

- nine to 15 million adults have NASH. NASH prevalence is projected to increase by 63% by 2030.
- NASH occurs when fatty deposits accumulate in the liver, even in individuals who consume little to no alcohol.
- High-risk factors for non-alcoholic fatty liver disease, which can progress into NASH, include diabetes, high cholesterol, high triglycerides, poor diet, metabolic syndrome, polycystic ovary syndrome, sleep apnea, and hypothyroidism.
- The disease typically progresses slowly with a majority of patients taking years or even decades to show progression,”
- Inflammation in the liver causes NASH, leading to scarring of the organ's muscle tissue due to fat deposits and buildup. When scarring occurs, the liver enters a potentially life-threatening condition known as cirrhosis.
- Rezdiffra works by **REDUCING THE AMOUNT OF FAT** that accumulates in the liver in the first place. To ensure the medication's safety and efficacy, Madrigal Pharmaceuticals, the manufacturer of Rezdiffra, conducted a

- double-blind, placebo-controlled study involving 888 patients. Participants received either 80 or 100 milligrams of Rezdiffra once daily. After one year, 26 to 27 percent of participants who received 80 milligrams of Rezdiffra and 24 to 36 percent of those who received 100 milligrams experienced no worsening of liver scarring, compared to only 9 to 13 percent of participants taking the placebo.

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## Repeat Influenza Vaccination Linked to Higher Risk of Infection: CDC Preprint

– by Marina Zang

01/03 / 2023

- Investigators found that **REPEAT ANNUAL INFLUENZA VACCINES** are associated with an increased risk of influenza infection. The designated clinics during the eight seasons from 2011 through 2019. More than 55,000 clinical visits were analyzed, and vaccine status was further examined.
- Repeat vaccinees, when compared against non-repeat vaccinees, had a 10 percent increased risk of contracting the influenza type A H3N2 virus but not for influenza type B and influenza type A H1N1 variants.
- Those who had contracted influenza in prior seasons were more protected against infection if the current circulating variant was of the same subtype.
- Similarly, a 2015 Canadian study found that the vaccine provided 43 percent protection among the previously unvaccinated, while those vaccinated during the prior season had an immunity of minus 15 percent, meaning that they were at a greater risk of infection than before.

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## COUGH

- Coughing is actually therapeutic. When you cough, your body is trying to eliminate mucus or foreign materials from your lungs and upper airway passages, or you're reacting to something that's irritating your airway. It's also important to know that a cough is a symptom, not a disease, so once you uncover the underlying cause, you can better deal with it.
- A productive cough produces mucus or phlegm, and you don't want to suppress this type of cough because you want to clear the mucus or phlegm.
- Nonproductive coughs don't produce mucus or phlegm and can occur with the common cold, bronchospasm, allergies, use of ACE inhibitors (e.g., captopril, enalapril, lisinopril), asthma, and exposure to environmental irritants.

### Natural Remedies for Cough

1. Tea
2. Honey
3. Peppermint
4. Fenugreek
5. Marsh Mallow

No, not the little white puffs that go into hot chocolate—but the herb—*Althaea officinalis*.

6. Slippery Elm
7. *Andrographis Paniculata* known as “Indian echinacea,” it's frequently used to manage the common cold

## == HEAL WOUNDS WITH TABLE SUGAR ==

- Sugar is known to have wound-healing properties, with scientific papers from as early as the 1800s confirming this fact.

- Sugar has a chemical structure that draws out moisture, which helps reduce bacterial populations and inhibit bacterial growth.
- Sugar can be used in dry granulated form or mixed with water and other substances to make pastes and salves.
- To use it for wound healing, mix one teaspoon of sugar with a small amount of water to create a paste. This paste can be applied directly to a wound and left on for at least 15 minutes.
- When sugar is applied to a burn wound, it helps to draw out the heat, reduce inflammation, reduce the pain and prevent infection. Sugar can create a paste that can be applied directly to the wound to help speed up the healing process.
- **ABRASIONS, SCRAPES**
  - Clean the wound and cover it with a thin layer of sugar.
  - Leave the sugar until a scab forms, and then rinse the wound with clean water.
  - Reapply the sugar as needed until the wound has healed completely.

**WITCH HAZEL** is an astringent made from the bark and leaves of the witch hazel shrub. It has been used for centuries as a topical remedy for skin inflammation.

- witch hazel's leaves, bark, and twigs are medicinal chemicals called tannins.
- In 1866 Rev. Thomas Newton Dickinson opened a distillery to bottle witch hazel, setting the standard for witch hazel production.
- E.E. Dickinson & Co. operated a witch hazel processing plant in Essex, Connecticut,

- 
- Nearly all of the witch hazel lotion in the world is still made in East Hampton, Connecticut. In the late 1800s and early 1900s
    - Witch Hazel is a large deciduous shrub is the last plant to come into bloom each year in the Northeast; its Y-shaped branches have been used as divining rods to discover underground water; it has played a fascinating role in Connecticut's industrial history; and its extract has been hailed for hundreds of years as a balm for irritated skin, among other maladies, and continues to be used in cosmetics and personal care products to this day.
      - Witch hazel grows slowly to a height and width of 15-20 feet. It is happy under the canopy of forest trees, where its zig-zag limbs reach gracefully to where sunlight can touch them. When grown in full sun witch hazel assumes a tighter—yet still very attractive—vase-shaped form.
      - The large, oval, velvety leaves with scalloped edges are blue-green in summer and gold in the fall.
      - The fragrant, lemon-yellow flowers (sometimes tinged with orange or red) have four or five ribbon-like petals that appear in late fall and winter after the leaves have fallen, sprinkling a bit of cheer into the darkening winter landscape.
    - Dickinson harvests dormant, mature witch hazel plants In 33,000 acres of NEW ENGLAND (BEYOND CONNETICUT) during the winter months. These plants have lost their leaves for the season, and have been exposed to the natural elements for years, allowing them to grow bark that holds the most efficacious components. In essence, we capture the most powerful plants at their peak potential out in nature, never on a cultivated farm. And, our sustainable harvest is annually certified as an organic wild crop, that actually promotes forest regrowth by clearing the canopy to allow younger witch hazel plants and other hardwoods to flourish.
  - Humphreys Pharmacal, Inc, 31 East High Street, East Hampton, CT 06424