

# The MEMORY reVITALIZER HOUR #

with Dr. William Summers

**(CALL-in, 505 -444- 5059 ) SAT March 23, 2024.**

Quotes &

Quips HUMOR & WISDOM

TOPICS: Paul J. Gessing, President, Rio Grande Foundation = GUEST

- 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

Ψ samizdat

Half of the truth, is often a great lie. – Ben Franklin

- ✓ 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

*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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## SOCIALIZED MEDICINE IN AMERICA

I – 1947 the Wagner-Murray-Dingell Bill,

Truman felt the middle class was left out when it came to health care coverage and fought to institute a federal health plan paid for through a payroll tax.

1965 – Lyndon B. Johnson

On July 30, 1965, President Lyndon B. Johnson signed the Medicare and Medicaid Act, also known as the Social Security Amendments of 1965, into law. It established Medicare, a health insurance program for the elderly, and Medicaid, a health insurance program for people with limited income.

1996 - BILL/HILLARY CLINTON      HIPAA

The Health Insurance Portability and Accountability Act of 1996 (HIPAA or the Kennedy–Kassebaum Act.

The act consists of 5 titles:

Title I protects health insurance coverage for workers and their families when they change or lose their jobs.

Title II, known as the Administrative Simplification (AS) provisions, requires the establishment of national standards for electronic health care transactions and **national identifiers for providers**, health insurance plans, and employers.

Title III sets guidelines for pre-tax medical spending accounts.

Title IV sets guidelines for group health plans.

Title V governs company-owned life insurance policies.

2010 – Barack Obama

The **un-** Affordable Care Act (ACA), formally known as the Patient Protection and Affordable Care Act (PPACA) and colloquially known as Obamacare, is a landmark U.S. federal statute enacted by the 111th United States Congress and signed into law by President Barack Obama on March 23, 2010.

By 2016, the uninsured share of the population had roughly halved, with estimates ranging from 20 to 24 million additional people covered. The law also enacted a host of delivery system reforms intended to constrain healthcare costs and improve quality.

After it went into effect, increases in overall healthcare spending slowed, including premiums for employer-based insurance plans.

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<https://www.usnews.com/news/best-states/rankings/health-care>

NEW MEXICO IS RANKED #32 Health Care Quality

#31 Public Health

#43 Health Care Access

35.1% OBESITY RATE

14.4% WITHOUT HEALTH INSURANCE

UNMschool of Medicine

#82 in research; and “4<sup>th</sup> best in “Primary Care

but unranked 50# in Internal Medicine or #50 Psychiatry

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POPULATION OF NM. 2,115,266 // 25% Spanish Speaking  
18% poverty rate; ; 80% of Illegals are South Americans

NUMBER OF ACTIVE PHYSICIANS IN NEW MEXICO

			ONE / per
Psychiatry	.....	379	5,600
Surgery	.....	270	8,000
Anesthesiologists	...	263	8,000
Emergency medicine	.....	418	5,100
Radiology	.....	232	
Cardiology	.....	147	14,500
Oncology (cancer)	...	94	
Endocrinology, diabetes, & metabolism	.....	47	45,000

● More than one-third of the land in New Mexico is protected by the federal government, employing people in agencies such as the National Park Service to protect national parks and historic sites. The U.S. government also maintains military and research institutions in the state. Three Air Force bases, White Sands Missile Range and the federal research facilities at Los Alamos National Laboratory and Sandia National Laboratories are located in New Mexico.

● 47# IN CRIME & CORRECTIONS

● 44# ECONOMY

● 50# EDUCATION

PSYCHIATRY ..... 379

- Telepsych 4 you 5203 Juan Tabo nurse practitioner
- Sandia Psych 3900 Juan Tabo Dr. Alicia Burbano, MD  
Montoya Sandra L PHD
- Dan Kerlinsky 7007 Wyoming
- Monarch Psych 8204 Louisiana Justin Beatty MD/Ava Boswell MD.
- Christian Counseling 5345 Wyoming

- Blue Mesa Psych \* Counseling= 3 doctorally-prepared psychiatric mental health nurses
  - Ralph Lind
  - UNM
- 

20 listings only one genuine psychiatrist.

Annual prevalence of mental illness among U.S. adults, by demographic group:

Non-Hispanic Asian: 16.4%

Non-Hispanic Native Hawaiian or Other Pacific Islander: 18.1%

Non-Hispanic Black or African American: 21.4%

**Hispanic or Latino: 20.7%**

**Average 22% of . 2,115,266**

**THUS 465,358 cases for 379 Ψ = 1,227 /psych**

**Non-Hispanic White: 23.9%**

Non-Hispanic American Indian or Alaska Native: 26.6%

Non-Hispanic mixed/multiracial: 34.9%

Lesbian, Gay or Bisexual: 50.2%

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## WITCH HAZEL

**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 CONNECTICUT) 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

## USES OF WITCH HAZEL

### CLEANING      GARDEN & YARD      FOOD PRESERVATION

- soothe skin irritations.
- effective and gentle astringent for the skin.
- a natural ingredient for DIY cleaning solutions around the house.
- reduce acne inflammation, I dab witch hazel on the pimples
- DIY skincare products, mix witch hazel with natural ingredients like aloe vera or essential oils.
- Remove Makeup face washes, makeup removers, or even aftershaves
- house cleaning, witch hazel and water. Effective for wiping surfaces and leaves fresh smell. It's safe and non-toxic, with pets and children.
- Treat Razor Burn
- Reduce Eye Puffiness and Under-Eye Bags
- Tone Skin
- Treat Oily Skin
- Reduce Scars and Stretch Marks
- Moisturize Dry, Itchy Skin
- Remove Hair Dye from Skin
- Treat Blackheads
- Witch Hazel for Dandruff

- Heal Bruises

Apply witch hazel to swollen or bruised skin three times daily. The witch hazel reduces swelling and speeds healing.

- Prevent and Heal Cold Sores

As soon as you feel the beginning of a cold sore, dab on a little witch hazel. Witch hazel can get rid of cold sore overnight. It calms the inflammation and prevents it from progressing to the blister stage. Use it regularly on existing cold sores to speed healing.

- Heal Sore Gums and Mouth

Witch hazel shrinks the inflammation and helps heal sore gums and mouth sores. Swish witch hazel around the mouth after brushing and spit it out.

- Soothe a Sore Throat and Laryngitis

For a sore throat and laryngitis, use the healing power of witch hazel tea. Either gargle the tea or drink it. For added pain relief, add a couple of cloves to the leaves before brewing or a single drop of clove oil after brewing.

- Clean and Heal Minor Cuts

- Soothe and Clear Diaper Rash

- Soothe Hemorrhoids

Witch hazel reduces inflammation, relieves itching and burning, stops bleeding, and helps the hemorrhoids heal. Chill your witch hazel in the refrigerator to use as a cold compress. Soak a cotton pad with cold witch hazel and hold it in place as long as possible.

- Temporary Relief from Varicose Veins

Witch Hazel Benefits for My Poison Ivy and Poison Oak

Witch Hazel Benefits for My Sunburn

Witch Hazel for Bug Bites

Witch Hazel Soothe Chicken Pox Blisters

Anti-Aging Properties Of Witch Hazel for Me

Anti-Cancer Properties for Me

- Preventing Swimmer's Ear  
Drop a few drops of witch hazel extract into the ear canal using an eye dropper two to three times daily. Clean the outside parts of the ear with a swab dipped in witch hazel.
- Witch Hazel Benefits for My Psoriasis  
Witch Hazel Benefits for My Eczema  
Using Witch Hazel for My Hives and Allergic Rashes
- Using Witch Hazel as An Antiperspirant  
Witch hazel regulates the oil production of the skin, removes excess oil, and kills bacteria on the skin that cause odor problems. With regular use, it acts as an antiperspirant, but it may take a few days to get perspiration regulated. Use a deodorant as needed.
- Improving My Mood  
Combine witch hazel with essential oils (Lavender, Lemon, Orange) to create a fragrance that will not only smell great but improve your mood as well.
- TOXICITY: Be careful about taking witch hazel by mouth. High doses can cause liver or kidney damage, but small doses are safe.

#### Witch Hazel Uses for My Pets

Use Witch Hazel to Remove Ticks

Clean Your Pet's Ears

Remove Pet Odors

#### Witch Hazel Uses for My Cleaning

Make an Air Freshener

Clean Your Jewelry

Mop Floors

Use as a Household Cleaner

#### Recipes for My Witch Hazel Benefits and Uses

How I Use Witch Hazel to Reduce Eye Puffiness

How I Make Witch Hazel Tea

My Soothing Witch Hazel Gel for Skin Irritations

My Anti-Itch Formula

My Witch Hazel Treatment for Acne and Blemishes  
My Witch Hazel Facial Toner

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## SPAM

● Spam is a product most people associate with the mid-20th century. Yet, Spam is enjoying a period of popularity unrivaled in its history. In 2021, Hormel Foods reported that Spam had seen seven years of consecutive, **RECORD SALES GROWTH.** Thank you Joe Biden

● One of the most enduring false facts about Spam concerns the meaning of its name. There are many theories surrounding the meaning of "Spam," with some suggesting it stands for "Scientifically Processed Animal Matter," "Shoulder of Pork and Ham," and even "Salt Preserves Any Meat." However, the most enduring suggestion is that it is a portmanteau for "Spiced Ham."

The name "Spam" was first used in 1937, although Hormel Foods had been producing canned meat since the 1920s. As the story goes, Hormel Foods needed a name for the canned pork product and offered a \$100 prize for whoever came up with the best name. At a party, an actor named Kenneth Daigneau, who was the brother of a Hormel Foods executive, suggested "Spam." Daigneau later admitted he had already come up with the name but just didn't know what to use it on. Despite this, Jay Hormel, CEO of Hormel Foods at the time, stated that the name was indeed a combination of the words "spiced" and "ham." The company's official stance has changed since Hormel made this remark. In the FAQ section of its website, Hormel Foods describes the "spiced ham" meaning as a "popular belief" and states that very few people know the true meaning behind the word "Spam," if there is a meaning, that is.

- Contrary to common belief, Spam will spoil given enough time, something the brand itself admits. As a result, cans of Spam have a best-before date that is roughly three years after the product was manufactured. That being said, some people claim that Spam is usually safe to consume for as long as five years after it was manufactured. The reason it lasts so long is because it contains a preservative called sodium nitrite, which inhibits the growth of potentially harmful bacteria such as *Clostridium botulinum*. The inclusion of salt also acts as a further preservative, while the vacuum-sealing of the can also prevents the meat from sweating and oxidizing. Finally, the meat is preserved by being cooked inside the can, killing any germs or bacteria residing in it.
- One of Spam's major selling points when it came out in 1937 was its low price; a 12-ounce can cost \$0.25. Today, Spam still enjoys its reputation as a cheap food, even though a 12-ounce can retails for around \$4 at Target. (Prices may vary by location.) This works out to roughly \$0.33 per ounce, ... Still a Bargain.