

The MEMORY reVITALIZER HOUR

with Dr. William Summers

(CALL-in, 505 -444- 5059) SAT April 6, 2024.

TOPICS:

Cholesterol; Socialized Medicine; Witch Hazel; SPAM; HACKS BIDEN DISEASES; Larger brains; Vaccines exposed; Ivermectin vs Cancer; Atkins diet

Quips & Quotes

- 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

“I do not want to earn my living; I simply want to live”

– Oscar Wilde

*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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OTHERS ABOUT THE SHOW**

FROM THE CLINIC:

ASKED TO REVIEW THE CHOLESTEROL THEORY AND DISCUSS THE INDUSTRY THAT TRYS TO ROB YOU OF YOUR CHOLESTEROL

20%....High cholesterol foods: eggs, cheese, shellfish,
grass fed beef, organ meat (liver), sardines, full-fat yogurt.

what GOOD IS CHOLESTEROL?

WHY ARE STATINS , THE WRONG APPROACH?

Reviewed with Paul Guessing , President of th Rio Grande
Association **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 SAVINGS
ACCOUNTS**.

Title IV sets guidelines for group health plans. HMO

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, YOU HAD LOST YOUR DOCTOR
AND ARE SPENDING TWICE AS MUCH FOR HEALTHCARE.

<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% W/o HEALTH INSURANCE

NUMBER of active physicians in N M			ONE / per
Psychiatry	379	5,600
Surgery	270	8,000
Anesthesiologists	...	263	8,000
ER medicine	418	5,100
Radiology	232	
Cardiology	147	14,500
Oncology (cancer)	...	94	
Endocrine& metabolism	47	45,000

- 47# IN CRIME
- 44# ECONOMY
- 50# EDUCATION

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 called tannins.
- In 1866 Rev. Thomas Newton Dickinson opened a distillery to bottle witch hazel, setting the standard. ● E.E. Dickinson & Co. operated a processing plant in Essex, Connecticut,
- Nearly all of the witch hazel lotion in the world is still made in East Hampton, Connecticut.
- Witch Hazel is a large deciduous shrub THAT is the last plant to come into bloom each year; its Y-shaped branches have been used as divining rods to discover underground water; 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, 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. Whene 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.
- 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 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. 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 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, 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

- 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** W.H. 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.

- 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 W.H. 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 Cleaning Make an Air Freshener
Clean Your Jewelry
Mop Floors
Use as a Household Cleaner
Witch Hazel to Reduce Eye Puffiness
Witch Hazel Tea Treatment for Acne and Blemishes
Witch Hazel Facial Toner

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PHARMACY, Kare Drug (AZTEC, NM), PURPLE SAGE HERB & HEALTH
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SPAM

- Spam is a product associated with the mid-20th century. BUT, Spam is enjoying a period of popularity unrivaled in its history. In 2021, Hormel Foods reported 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."

♡ "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."

- 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.

— <https://www.msn.com/en-us/foodanddrink/foodnews/9-false-facts-about-spam-we-ve-all-believed/ar-BB1jjiQB?ocid=msedgntp&pc=HCTS&cvid=55759b10ff054f17aa7c6f48e56f783c&ei=126>

LIFE HACKS

Sodium BiCarb for Dysuria:

GINGER TEA FOR DIGESTION alleviate nausea, gas, and indigestion. Chamomile tea is a gentle, effective way to promote relaxation and improve sleep quality. Its calming properties can also reduce anxiety,

Local Honey for allergies

GARLIC is known for its immune-boosting properties, making it an excellent remedy for colds and flu. Raw garlic at the first sign of sickness can help fight off viral infections. . For a less pungent option, garlic can be chopped and swallowed with water like a pill.

ALOE VERA is a natural

soothing agent for burns, sunburns, and skin irritations. Applying fresh aloe vera gel directly to the affected area can provide immediate cooling relief and promote healing. Its anti-inflammatory properties help reduce swelling and redness.

APPLE CIDER VINEGAR

Gargling with a mixture of apple cider vinegar and warm water can soothe a sore throat. The acidic environment it creates is hostile to bacteria, helping to fight infection. This remedy is most effective when used at the first sign of throat discomfort.

An oatmeal bath can naturally soothe itchy, irritated skin. Finely ground oatmeal mixed into a warm bath creates a milky liquid that relieves discomfort from conditions like eczema, chickenpox, or poison ivy. The colloidal properties of oatmeal help to moisturize and protect the skin.

- Peppermint has natural analgesic properties that can help stop headaches. Applying peppermint oil to the temples and back of the neck provides a cooling sensation that can help reduce headache pain. This remedy is especially effective for tension headaches.
- Gargling with salt water is a time-tested remedy for sore throats. The salt helps to draw out fluids from the throat tissues, reducing swelling and clearing mucus. This simple solution can be made with just a teaspoon of salt dissolved in a glass of warm water.
- Turmeric is renowned for its anti-inflammatory and antioxidant properties. A turmeric paste, made by mixing turmeric powder with water, can be applied to the skin to reduce inflammation from insect bites or stings. Consuming turmeric in food or as a tea can also help alleviate internal inflammation.
- Placing raw potato slices on the forehead or temples can offer relief from headache pain. The potato's cooling effect, combined with its moisture, can help ease tension and reduce inflammation. This remedy is an easy, natural way to address headaches without medication.

- Cabbage leaves are believed to have anti-inflammatory properties that can help soothe joint pain. Placing chilled cabbage leaves on affected joints can reduce pain and swelling, especially in conditions like arthritis. This remedy works best when the leaves are left in place for extended periods.

A baking soda water solution can help alleviate the discomfort of urinary tract infections (UTIs). Baking soda helps to neutralize the acidity in the urine, providing relief from pain. While not a substitute for medical treatment, it can offer temporary relief as a complementary measure.

Lemon balm, applied topically, can speed up the healing process of cold sores. Its antiviral properties help reduce swelling and redness, and it can also prevent the spread of the virus. Lemon balm can be applied in the form of a cream or directly from the plant.

- Placing a small piece of raw onion over the outer ear can help alleviate earache pain. The natural compounds in onions have anti-inflammatory and antibacterial properties, providing relief from ear discomfort. This remedy should be used with caution and never involve inserting anything into the ear canal.

- Rubbing the inside of a BANANA PEEL on warts is an old remedy that some claim can help reduce their size and appearance over time. The natural oils and compounds in the banana peel are thought to work by softening the wart and encouraging healing. This method requires patience, as it may take several weeks to see results.

BIDEN DISEASES

From the human plague to measles and mumps, we've recently seen a resurgence of several uncommon sicknesses. But now, disease specialists are also warning that leprosy is making its way back. THANK YOU JOE BIDEN. in 2022 with 136 new cases OF LEPROSY per the CDC S

1. Discolored patches of skin

Leprosy may cause discolored "patches of skin that may look lighter or darker than the normal skin,"

2. Lumps and ulcers

leprosy can also cause growths on or under the skin. This may include "painless ulcers on the soles of feet" or "painless swelling or lumps on the face or earlobes,"

3. Loss of eyebrows or eyelashes

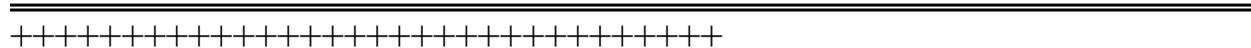
Hair loss is another possible symptom of leprosy

4 Stuffy nose and nosebleeds

Leprosy can also affect mucous membranes in the lining of the nose.

5 Numbness

The bacteria behind leprosy can attack nerves, which may lead to numbness in the affected areas of the skin.



March 30, 2024

Human Brains Are Getting Larger With Each Generation

by Dennis Thompson Mar 27, 2024 HealthDay

It turns out that human brains are getting larger with each generation, potentially adding more brain reserve and reducing the overall risk of dementia, researchers report March 25 in the journal JAMA Neurology.

People born in the 1970s have nearly 7% larger brain volume and almost 15% larger brain surface area than folks born in the 1930s, according to the results of the 75-year study.

- lead researcher Dr. Charles DeCarli, director of the University of California, Davis Alzheimer's Disease Research Center.

For the study, researchers analyzed brain scans of participants in the Framingham Heart Study, a multi-generational project launched in 1948 to analyze disease patterns among people in the town of Framingham, Mass.

The study has continued for 75 years and now includes second- and third-generation participants, researchers said. MRIs of the participants' brains were conducted between 1999 and 2019.

✓ Researchers found gradual but consistent increases in several brain structures when they compared participants born in the 1930s to those born in the 1970s.

- “Larger brain structures like those observed in our study may reflect improved brain development and improved brain health,” DeCarli said in a university news release. “A larger brain structure represents a larger brain reserve and may buffer the late-life effects of age-related brain diseases like Alzheimer's and related dementias.”

VACCINATIONS

vaccination is a trauma of considerable measure, and it should be undertaken with great caution. And yet, what we've seen since then is the addition of more and more vaccines to all of us, not just children ...

“Dissolving Illusions: Disease, Vaccines, and the Forgotten History. By Dr. Suzanne Humphries

- Questioning Vaccines Has Never Been Allowed
- Dissolving Illusions the death rate for many diseases was at least 96% decreased, sometimes 99% decreased, when vaccines and antibiotics came onto the scene.
- polio was nearly eradicated well before the first polio vaccine became available. The primary reasons for its disappearance were the relatively rapid change in sanitation and hygiene.

Brilliant for them to grab on to that pathophysiology and give it a name [after] a virus — a virus that's actually a commensal [symbiotic] in the human body that's been shown to cause no harm in most people ...

Your immune system is always dealing with it, keeping it under control. But if you add a toxin to that, a toxin that increases permeability of the gastric mucosa, then all bets are off. Then, these entities can gain access.

✓ Jonas Salk was recruited to produce the first polio vaccine, and a massive propaganda campaign ensued to instill the idea that the polio vaccine was the greatest medical achievement there ever was. In 1954, Salk began a massive field trial of the vaccine that lasted one year. Millions of dollars were spent on it. It was one of the largest medical experiments in history, at the time.

- At the end of the trial, there were scientists who disagreed with the design of the vaccine, and there were statisticians who spoke about its flaws. There were biochemist and biologists who warned the vaccine would cause a big problem, because if you don't kill the virus, it'll come back stronger. Alas, all detractors were replaced and the vaccine was licensed anyway.

Two years later, access to the complete database finally became available, and scientists who went through it “ripped it up, down and sideways,” “It was absolutely a terrible design. The interpretations were incorrect. Change in Diagnostic Criteria Made Polio Vaccine Appear Effective

Ivermectin Could Be a ‘Powerful Drug’ for Fighting Cancer—Here’s Why

by Marina Zhang -epoch times March 21, 2024

“There are at least nine perfectly defined cancer targets affected by ivermectin,” Dr. Alfonso Dueñas-González, an oncologist and senior researcher at the National Autonomous University of Mexico, told The Epoch Times.

The first reports of ivermectin’s anti-cancer properties came in 1995. Two French researchers found that ivermectin—a Nobel Prize-winning anti-parasite drug—could reverse multidrug resistance in tumors. The drug targets tumor stem cells—a driver of cancer tumors and relapses—and promotes cancer death.

Ivermectin also enhances the effects of chemo and radiation therapy. It has a broad impact on the immune system, increasing immune offense against cancers.

It also INHIBITS CANCER CELL CYCLES, helping prevent the formation of new cancer cells. The drug promotes the killing of cancer cells by inducing mitochondrial stress and prevents cancer survival by preventing new blood vessels, which transport energy and fuel to cancers, from forming near cancer cells.

Dr. Peter P. Lee, chair of immuno-oncology at the City of Hope, is a leading researcher in the United States on ivermectin as an immunotherapeutic drug for cancer.

Extreme low carb diets

- ✓ YOUR BRAIN CONSUMES 20% OF YOUR BODY'S ENERGY WHILE BEING ONLY 2% of body weight.
- ✓ extreme low carb diet result in excess linoleic acid, endotoxins, and even in menstruating women excess estrogen, and LOW conversion of T4 into T3 by the Liver.
- ✓ Extreme low carb diets compromise cells dependent on glucose namely, RBC, neurons, reproductive organs, kidney medulla, retina, skeletal muscle.
- ✓ PROPER DIET BALANCE MANIFESTS BY
High body temperature, high energy, strong libido, good sleep, strong hair and nails, high T3, low TSH, low rT3 overall good energy.

✓ The liver is responsible for producing most of the active thyroid hormone (T3) by converting T4 into T3. Cortisol, which can be chronically elevated on a low-carb diet, blocks that conversion.⁴ And even without cortisol, not consuming many carbs leads to low T3 production⁵ since T3 production is dependent on liver glucose and glycogen status.⁶ In clinical studies a calorie restricted, low-carb diet depresses T3 levels similar to starvation, where a calorie restricted diet with carbs does not.

✓ Gluconeogenesis Is Inefficient and Requires a Lot of Energy
Overall, six ATP worth of energy is invested to produce one molecule of glucose, which gives us only two ATP when broken down through glycolysis. It's like trading \$6 bills for \$2 bills.

✓ Elevated stress hormones will be very catabolic in the long run. Meaning, muscles can get wasted away slowly over time.

🕯 President Biden issued

a stern condemnation of Jesus Christ after learning that the Savior of mankind had the audacity to rise from the dead on Biden's "Trans Day Of Visibility".

– Babylon Bee April 1, 2024

France banned Mail in voting in 1975 due to fraud.

Mexico banned Mail in voting in 1992 due to fraud.

Belgium banned Mail in voting in 2018 due to fraud.

Sweden does not permit Mail-in voting.

Italy does not permit Mail-in voting.

Ukraine does not permit Mail-in voting.

Russia , Japan, all Middle East countries, all Latin American countries do not permit Mail-in voting.

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