

# The MEMORY reVITALIZER HOUR #

with Dr. William Summers

(CALL-in, 505 -444- 5059 ) SAT April 27, 2024.

## TOPICS:

“What is a soul? It's like electricity - we don't really know what it is, but it's a force that can light a room.”

RAY CHARLES

– A love of **TRADITION** has never weakened a nation, indeed it has strengthened nations in their hour of peril."

– SIR WINSTON CHURCHILL

“Some people see things that are and ask, **'Why?'**

Some people dream of things that never were and ask, **'Why not?'**

Some people have to go to work and don't have time for all that."

— George Carlin

On Columbia University and Hamas Supporters

"Never underestimate the power of stupid people

in large groups."

– George Carlin

✓ 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**

Word FROM OUR SPONSOR

---

**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

---

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

---

---

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

## COVID 19 “The Gift that KEEPS ON GIVING

### NIH Refuses to Release Details of COVID-19 Vaccine

**Royalty Agreement.** U.S. government agency claims it doesn't have to disclose the information.

By Zachary Stieber April 18, 2024

NIH is refusing to release additional information about an agreement it reached over a COVID-19 vaccine that has earned it at least \$400 million.

- In February 2023, Moderna announced that it had paid \$400 million to the NIH and would make additional payments in the future as part of a licensing agreement for spike proteins used in the company's COVID-19 vaccine.
- “There are a lot of NIH officials who resent transparency,”

---

---

## HEALTH HACKS

### WEIGHT LOSS:

- EAT SLOWER.... PUT your fork down between bites, talk to someone at the table
- IF EATING OUT, decide what goes home BEFORE YOU EAT THE 1<sup>ST</sup> BITE  
and divide the plate.
- Eat the actual fruit (apple, banana, pear) not the juice or a derivative (eg. dried)

## HEALTH HACKS II

- Home made snack ... pineapple slices sprinkled with cinnamon, and grilled x 2 minutes per side.... add some yogurt for a desert.

- Substitute cinnamon for sugar.

Eg. Core and partially slice apple in a dish, sprinkle cinnamon with a trace

of table sugar on the apple , Bake for 15-20 minutes in toaster oven or air fryer.

- add turmeric + pepper to any meat at levels tolerated to “protect against heart disease, IBS, stomach ulcers, cancer, arthritis.

- Smaller plate = smaller portions
- STOP eating before you are full.
- THE PURPLE CABBAGE TEST

Are you acidic? Are your kidneys getting “old”?  
Do you have a hidden cancer pouring out Lactic Acid, making you “tired”?

1 > Blend 1/4 purple cabbage in a quart of water overnight,

2 > Drain off the water , leaving a purple liquid .

3 > pour a small amount in your toilet making the water a Very light purple.

4 > observe when urine is added

=>BLUE is alkaline your Cool!

=> purple

is acidic, eat more leafy vegetables

==> RED or PINK

is VERY acidic, think about a cancer work-up if you

Are losing weight. Consider less red meat

IF YOU ARE A MAJOR CARNIVOR, CONSIDER more veggies  
less meat to reduce risks of a] cancer b] heart disease

c] AODM II

d] CVA

start with “Veggie Day” once a week, opt for the Tofu

In India and Okinawa they live longer because 85-90% of their food is plant based. They eat fish and meat less than three meals a week.

## HEALTH HACKS III

- Zing up your steamed vegetables with a salad vinaigrette
- Dark chocolate helps regulate the stress hormone cortisol and stabilize your metabolism.
- The simple act of smelling your morning coffee can help lower stress.

### ■ Menstrual Cramps, Heavy Periods

Fennel seeds or Fennel tea stops pain, cramping AND nausea better than NSAID  
adding ginger increases the benefit.

### ■ DRY SKIN IN THE DESERT?

Rub in some inexpensive virgin coconut oil from the grocery store, it is the base for many expensive skin products

## VASELINE PETROLEUM JELLY USES

1 } DRY SKIN

2} REMOVE MAKE-UP from eyebrows

3} protect skin when dying hair with thin line of vaseline at the hairline, over the ears

and back of the neck.

4} Dry lips

5} squeaky door, vasoline on th hinges

6} rubbed around the nails to soften cuticles

7} rub into healing cuts to prevent scarring

8} sooth razor bumps after shaving

9] apply in the nose during a cold or URI

10] Going in front of a camera? A little bit of Vaseline on the teeth works wonders.

11} moisturize rough knees and elbows

12] shine boots, shoes, handbags with a dab of Vaseline and buffing with a cloth.

13] FIRE STARTER.... Vaseline on a cotton ball, then light

14] REMOVE dried candle wax.... rub on Vaseline, let sit 30 minutes, wipe off with damp cloth

15] SUPERGLUE DRY-OUT: put a dab of Vaseline under the cap and around the rim..... Keeps it from drying out.

---

---

**Dr. PETER McCullough raised concerns over the last few weeks that a virus like the current H5N1 strand of avian flu has many of the hallmarks of a potential pandemic scare.**

– paid ad in Epoch Times

■ Gain of function research on H5N1 has been practiced in the United States at our very own University of Wisconsin’s biolab. The results are unknown, but extremely concerning from a public health-perspective after the lab-leak that resulted in COVID-19. And, while Dr. McCullough says the current risk to humans is low for now, he cautions that a mutated bird flu pandemic would advance several of the globalists’ goals:

● Dr. McCullough said:

"Out of an abundance of caution, we are adding Tamiflu to the Contagion Kit. Tamiflu is a safe medication approved treat Influenza type A, viruses like avian flu. We will continue to closely monitor this situation and make further recommendations as warranted."

Tamiflu Oseltamivir (generic Tamiflu™) is an antiviral medication that disrupts replication of the Influenza A and B virus, including the avian ‘bird flu’ H5N1 variant, within the body to reduce the severity of flu symptoms.

Contagion Emergency Kit [Wellness Co ] includes:

- Azithromycin (generic Z-Pak) 250 mg - 12 tablets
- Budesonide 0.5 mg/2 mL – 10 vials (plus nebulizer included)
- Hydroxychloroquine 200 mg -20 tablets
- Ivermectin 12mg – 25 tablets
- Oseltamivir 75 mg (generic Tamiflu™) - 10 tablets

---

SOURCE OF [NEWS](#):

Not jAGS - hospice in nursing homes, value of digital bottles, Healthcare policy, End-of Life Care SECTION, REHABILITATION SECTION => Engaging partners, lay persons, and learners through effective marketing and messaging.

## **GOVERNMENT MEDICINE (IN BRITAN)**

**Number of cancer patients waiting twice as long as they should to start cancer treatment has doubled since 2020, figures show**

– by Kate Pickles Daily Mail April 21, 2024

- Almost 16,000 patients have waited more than four months to receive cancer care after receiving an urgent referral over the past four years.
  - This is twice as long as the NHS target which requires treatment to start within two months of when cancer is first suspected.
- 

**From curbing your craving for alcohol to boosting fertility, all the surprising health benefits of Ozempic**

– by Rebecca Whittaker Daily Mail April 21, 2024

- Semaglutide is well-known for its weight loss benefits. Up to 2 stone.
- semaglutide might reduce drug cravings and alcohol consumption.
- National Institutes of Health published a study in 2023 that found semaglutide discouraged rodents from drinking alcohol.
- Having a healthy weight can reduce your risk of developing heart and circulatory diseases like strokes and vascular dementia.
- The company also believes it could help treat diabetic patients with kidney failure.
- some US doctors prescribe the jabs off-label to treat polycystic ovary syndrome (PCOS), one of the leading causes of fertility struggles in women. But experts say losing weight can generally help fertility.
- GLP-1 medications like Ozempic and Wegovy could have an effect on cognitive disorders and even ward off Alzheimer's.

Novo Nordisk is studying what impact these drugs have on cognitive function.

---

---

## **America's fight to save handwriting from extinction as IQs begin to fall for first time ever and teachers warn some 20-year-olds can't sign checks anymore.**

– by Nikki Main, Daily Mail April 22, 2024

- The US government DEPT OF RE-EDUCATION removed the skill from the core curriculum in 2010 due to claims it was time consuming and would not be useful in the age of technology which meant schools could instead focus on typing classes.
- Previous studies have revealed that IQ scores have dropped for the first time in a century and indicated that technology could be to blame.

- New legislative bills have been passed in states like California and New York requiring students aged six to 12 years old to learn cursive writing, but others are still advancing in state legislature while some are still hesitant to revert back including Colorado, **NEW MEXICO** and Nevada.
- A new study published in February by researchers at the Norwegian University of Science and Technology (NTNU) found that handwriting is linked to increased cognitive brain function, motor skills and memory.

## **BACK TO BASICS SECTION:**

### What is a heart attack? . . .

1 ] A heart attack happens when blood flow to the heart is blocked or cut off.

If there's not sufficient oxygen-rich blood flowing to the heart, it can cause damage to the affected area.

As a result, the heart muscle begins to die.

2] symptoms for a heart attack can include:

chest pain or discomfort	shortness of breath
pain in your LEFT arm, shoulder, or neck	
nausea	sweating
lightheadedness or dizziness	fatigue
upper body pain	trouble breathing

3] WOMEN vs MEN

With women, the pain is often described as tightness, squeezing, or pressure in the chest,

while men tend to describe it as a "heavy weight on the chest."

women are more likely than men to experience symptoms:

- SOB
- nausea, vomiting
- pain in the upper back or jaw
- dizziness or lightheadedness
- extreme fatigue

#### 4] SILENT HEART ATTACKS

- people with diabetes are more likely to have silent heart attacks compared to people who don't have diabetes.

55 percent of people with diabetes have coronary artery disease. Having impaired blood flow in the coronary arteries is a major risk factor for a heart attack.

#### 5] ISOLATED CHEST PAIN:

Chest pain caused by reduced blood flow to the heart muscle is called angina.

It's a common symptom of heart disease.

**TWO MAIN TYPES OF ANGINA:**

- stable angina, the most common type of angina and one that is predictable — often occurring with physical exertion or stress
- unstable angina, which is unpredictable and should be treated as a medical emergency

REST – If chest pain doesn't subside with rest or comes and goes for a period of 10 minutes or more, you may be having a heart attack.

#### 6] BASIC TYPES OF HEART ATTACK

two main types of heart attack.

**TYPE I HEART ATTACKS** are where plaque on the inner wall of the artery ruptures and releases cholesterol and other substances into the bloodstream. This can then form a blood clot and block the artery.

**TYPE II HEART ATTACKS** the heart does not receive as much oxygen-rich blood as it needs, but there is not a complete blockage of an artery.

**OTHER CAUSES OF HEART ATTACKS** include:

torn blood vessels - BLUNT CHEST TRAUMA

blood vessel spasms - CNS, PHARMACOLOGIC (nicotine)

drug misuse

hypoxia, lack of oxygen in the blood ... eg) Pulm emboli, drowning, Fire

#### 7] RISK FACTORS that you can control:

\*\* high cholesterol  
lack of exercise  
diabetes or prediabetes

obesity  
high levels of stress  
eating a diet high in trans fats  
and saturated fats

Xs alcohol consumption  
sleep apnea

## 8] DIAGNOSIS

- blood test of troponin T, a protein found in the heart muscle. Elevated levels of troponin T in the bloodstream is associated with a heart attack.

- EKG

- 2-D Echocardiogram uses sound waves to create an image of the heart's chambers and valves, can reveal how blood is flowing through the heart and what parts of the heart, if any, have been damaged.

- CARDIAC ANGIOGRAPHY

A CATHETER IS inserted into the blood vessels. It allows the cardiologist to view areas in and around your heart where plaque may have built up.

They can also inject dye into your arteries, order an X-ray to see how the blood flows, and view any blockages..... and perhaps insert "stents" (a wire mesh tube inserted into the coronary artery to keep it open.)

## 9] TREATMENT

- Stent

- Angioplasty

- Coronary Bypass Surgery - Cardiologist reroutes the blood around the blockage.

- Heart valve surgery (if a leaky valve)

- Pacemaker a device implanted beneath the skin. It can help your heart maintain a normal rhythm.

- Heart transplant. Rare

## 10] **How to help someone having a heart attack**

call emergency services (911 or Heart Hospital) immediately and follow the instructions they give you regarding what to do.

## 11 ] HEART ATTACK COMPLICATIONS

- Leaky heart valves
- arrhythmia, skipped heart beats.
- In males, difficulties with erections

---

---

### POLITICS OF MEDICINE:

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

---

---

### SEXUAL LUBRICANTS

“A woman can experience vaginal dryness at any point in her life — even young women experience this,” says Lauren Streicher, M.D., clinical professor of obstetrics and gynecology at Northwestern University's Feinberg School of Medicine, and author of *Slip Sliding Away: Turning Back the Clock on Your Vagina*. “And even when dryness isn’t an issue, lube makes sex feel better and the whole thing more fun.” After all, regardless of who or what you're into, the wet feeling of lubricants can make penetration of any kind way more pleasurable, and possibly, easier. But when you’re ready to buy a lube, the options can seem dizzying.

Dr. Streicher suggests people use silicone-based lubes (we discuss more about this later on in the story), but to keep you fully informed, here's a quick look at the different types of lubricants you can buy.

### Types of lubricants

**Water:** Made with water, are usually inexpensive and thinner, but that means they dry out quicker. They can also damage the vagina or a\*\*\* tissue, which can increase infections, if they do not have low osmolality. They work well with condoms and sex toys.

**SILICONE:** Don't contain any water or oils, last longer and are less likely to cause irritation. However, they are more expensive and aren't ideal for lower-grade silicone sex toys.

**OIL:** Coconut, avocado and sunflower oils can be used, or they can be synthetic, like Vaseline. They are not recommended for use with a condom and can cause irritation. If you use latex condoms for contraception or protection against STIs, you should stay away from any oil-based lubricants, because they can damage condoms.

**HYBRID:** These usually include a mix of water and silicone.

The water-based lubricants here all have a low osmolality count, which is crucial if you want to use a water-based lubricant. The silicone-based group includes Dr. Streicher's top recommendation and some others that are top sellers on Amazon. We did not include any oil-based recommendations. For more top-rated lubricants, consult our guides to the best a\*\*\* lubes and the best CBD lubes.

---

---

## **Suspended, De-Banked, But Not Sorry: John Eastman 'Tenfold' More Convinced of Illegalities in 2020**

By Brad Jones      April 24, 2024 Epoch Times

Constitutional scholar John Eastman is unfazed, even jovial, in spite of having just spent 10 weeks on trial defending his license to practice law.

And in spite of a ruling from a State Bar of California judge recommending that his law license be revoked.

Last summer, the State Bar charged Mr. Eastman, the former Dean of Chapman University Law School, with 11 counts of misconduct related to his role in representing former President Donald Trump after the 2020 presidential election.

But, Mr. Eastman told The Epoch Times in an exclusive interview on April 5, he has no regrets about representing President Trump nor for alleging fraud and questioning the election results.

“No. Absolutely not,” he said bluntly. “What I saw at the time raised real serious questions in my mind about the validity of the election.”

Since then, Mr. Eastman said his investigation has confirmed his suspicions “tenfold.”

Mr. Eastman, who was accused of not having the evidence to back up those allegations, said he will appeal Judge Yvette Roland’s March 27 ruling recommending disbarment, but in the meantime his law license has been suspended on “involuntary inactive enrollment,” which means he can’t practice law in California.

He’s still an active member of the District of Columbia Bar, where he is currently representing U.S. Reps. Matt Gaetz (R-Fla.) and Marjorie Taylor Greene (R-Ga.) in a federal case against the California cities of Anaheim and Riverside for allegedly conspiring to suppress and shut down their political rallies, infringing on their constitutional rights to free speech.

“Some federal courts, as long as you’re licensed someplace, you’re allowed to continue. If you’re suspended in any place, even if you have active licenses elsewhere, there is a process to go through on whether they’re going to suspend you as well,” Mr. Eastman said. “So it’s just more crap to deal with.”

---

## **Why You Need To Be Careful Peeling Off The Stickers On**

### **Your Fruit**

Story by Patrick Bauman Epoch Times April 25, 2024

small pieces of plastic are glued to individual pieces of fruit and contain a price lookup code (PLU) that identifies that specific type of fruit during checkout.

While handy tools for a complex supply chain, fruit stickers are a pain to deal with at home.

It might be tempting to peel off these pesky stickers as you unload the fruits. At best, they're a bit of an eyesore in your fruit bowl and at worst can be accidentally consumed the next time you reach for a crunchy apple. However, it's best to leave the stickers alone until you're ready to actually eat the piece of fruit. As anyone who's tried knows, removing the gluey stickers often removes a bit of fruit skin as well. This blemish might look minor, but given time it will lead to browning and speed up the rotting process.

- If you do have the misfortune of accidentally consuming one of these ubiquitous stickers, there is a bit of a silver lining: Fruit stickers are edible.

## **11 Canned Spam Hacks You Should Know**

1] CUT THE BOTTOM OF THE TIN , to extract it

2] Boil it to reduce the saltiness

3] Shape SPAM with a cookie cutter

This is an especially handy idea when you're coming up to a holiday, like Halloween, Christmas, or Easter, where shaping meat into pumpkins, reindeers, or bunnies could make for a fun meal for the entire family. Or, next time you cook up a special Valentine's dinner for a loved one, think of Spam and how great it would look in the shape of a heart.

4] HOT WATER , to extract itself

run some hot water over the closed can for a few seconds or plunge it into a bowl of very hot water. This will loosen the fat content in the meat, causing it to separate from the can walls of its own accord. By the time you do open the can, the Spam should already be ready and waiting to pop out effortlessly when you tip it upside down.

#### 5] USEFUL LID

consider cutting Spam with the lid. Since the lid can be peeled right off, why not then use it to slice the Spam directly in the tin? This is especially useful on camping trips or picnics, where knives may not be readily available or have been forgotten entirely. Just make sure you thoroughly wash the can before you open it, so as to ensure the cleanliness of the lid.

#### 6] DESERT SPAM

Spam is an incredibly versatile ingredient. It can be used in burgers, casseroles, Hawaiian Spam musubi, and countless other applications. But did you know that it can also be used in desserts to great effect? Just like bacon is able to add a salty punch to chocolate brownies and the like, Spam can also impart a welcome savory element to a myriad of sweets, when used in small doses.

For instance, you can try adding a few thin slices of Spam to your s'mores. To make this work, fry up the Spam as if it were bacon, and then layer it on Graham crackers along with a marshmallow, grilled or cooked over an open fire, and your favorite chocolate. For best results, make sure the Spam is nice and crispy.

#### 7] AIR FRYER

Turn up your air fryer to 360 degrees Fahrenheit and cook the Spam slices for about 15 minutes. If the Spam fries are still not crispy enough after that, cook them a little longer.

#### 8] Low Carb Diet?

Use spam as the "Bread" in a sandwich

#### 9] TURN SPAM DRIPPINGS INTO GRAVY

Just fry your Spam in butter with a dash of oil, then remove the meat and add milk to the pan until the concoction thickens into a glorious gravy. This is a great trick if you need a quick gravy and don't have a kit or mix on hand. And you can use it on anything you would normally eat with gravy. Pour it liberally over your mashed potatoes, roasted vegetables, stuffing, other meats, or buttermilk biscuits.

10] A SEASONING AGENT

you can use these various Spam flavors as built-in seasonings. Meaning, that next time you make something with Spam, choose the type based on what you want your dish to taste like.

LOW SODIUM	OVEN ROASTED TURKEY	HOT & SPICY
CLASSIC	SPAM LITE	MAPLE FLAVORED
SPAM JALAPENO	HICKORY SMOKED	TOCINO (Filipino)
Bacon Flavored	Teriyaki	

11] Enhance your left overs with cubed SPAM (eggs, casserole, potatos, rice etc

---



---

## Study Urges Doctors to Rethink Prescribing Antipsychotics for Dementia Patients

by Sheramy Tsai April 22, 2024 Epoch Times

In a study published in The BMJ, researchers highlighted significant concerns regarding the use of antipsychotic medications in patients with dementia. The study found that antipsychotics, commonly prescribed to manage agitation and aggression in dementia patients, carry a high risk of severe health issues, including strokes, blood clots, heart attacks, heart failure, fractures, pneumonia, and acute kidney injury. These risks are most pronounced in the early stages of treatment.

Researchers advise doctors to consider “these wide-ranging adverse outcomes” before prescribing antipsychotics such as Haldol, Risperdal, and Seroquel to dementia patients.

- The study analyzed data spanning over two decades, encompassing 173,910 dementia patients aged 50 years or older. Among them, 35,339 were prescribed antipsychotics. Their medical records were compared with those of patients who did not receive these medications.
- Data from doctors’ offices across England reveal that the risk of developing severe conditions like pneumonia and strokes peaks within the first week of starting antipsychotics. Notably, the risk of PNEUMONIA more than doubles for users within the first three months of treatment compared to non-users.

The study further reveals that antipsychotic users have a 61 percent higher risk of **STROKE** and a 43 percent increased likelihood of **FRACTURES** than those not on these medications. Moreover, antipsychotic users face a 72 percent increased risk of ACUTE KIDNEY INJURY and a 62 percent higher risk of venous thromboembolism, a serious blood **CLOTTING DISORDER**.

- Medical experts are united in their call for research into safer and more effective treatments. They advocate for non-drug approaches like tailored behavioral interventions and environmental adjustments as viable alternatives to antipsychotics.