

The MEMORY reVITALIZER HOUR

with Dr. William Summers

(CALL-in, 505 -444- 5059) SAT MAY 4TH, 2024.

TOPICS: **vintage Pharmacy** _HEALTH HACKS_ Vaseline__ Gov't_Medicine __
Ozempic __ Cursive __ BASICS, M.I. __ John Eastman/ Nazis __ Haldol vs AD
__ Tell-A-Health __

“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 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**

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May 5, 2024 pg 3

Vintage Compounding Pharmacy

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- H. R. T.
- Men's Health
- Skin Health and anti-aging
- Pain Management
- Veterinary Compounding
- Dental Health

COMPOUNDING PHARMACIES: Wilfred Chavez

Apothecary—an ancient title that, especially in pre-modern or early modern contexts, indicates a broader set of skills and duties than the core role of dispensing medications, like prescribing remedies and even giving some treatments difficult to self-administer, e.g. enemas—have largely been within the "pharmacist" umbrella in the U.S. since the mid-19th century

- The first "drugstore" in North America "appeared in Bethlehem, Pennsylvania in the mid-1700's .

- February 12th, 1770 edict from the governor in New Orleans, Don Alexandre O'Reilly, delineated the field of Pharmacist.

- The 19th century (1800s) birthed "pharmacy as we know it.

- The Philadelphia College of Pharmacy opened in 1825,

- **WILLIAM PROCTER, JR.**, who graduated from, then taught at the Philadelphia College of Pharmacy for 20 years, went on to exert so much influence over the formative years of professional pharmacy that he's now widely considered the "Father of American Pharmacy.

- the New York College of Pharmacy, established 1829 and others followed on the East coast.

- By 1900, most pharmacies stocked the shelves, partially or predominantly, with medicines prefabricated en masse by the growing pharmaceutical industry instead of custom-produced by individual pharmacists, and the traditional role of the scientifically trained pharmacist to produce medicines increasingly eroded.

- "If the pharmacist becomes a mere dispenser of medicines, 'he relapses into a simple shopkeeper."

- **BIG BROTHER IN MEDICINE**

IN 2000 IT WAS PROJECTED that the United States would be short about 40,000-52,000 physicians by the 2020s.

==> **WALGREEN'S**

Furthermore, "implementation of the Affordable Care Act identifies millions of newly insured patients needing primary care." This shortage was viewed by many as an opportunity to expand the scope of practice of existing healthcare professionals, such as pharmacists.

- ***COMPOUNDING PHARMACIES*** are pharmacies responsible for developing specific medications for patients that the patient would not be able to obtain otherwise. These medications are known as compounded medications, and they are made by mixing various pharmaceutical ingredients to craft a custom drug the patient can take more easily, at a custom dose, or along with other medications. Some of the most popular compounded medications include chrysin, hydrocortisone, tramadol, and prednisone.

- The history of compounding medications dates back more than a thousand years. The first known case of prescriptions being recorded was in roughly 2400 BCE. A clay tablet from this era describes various salves, washes, and other items.

- In the early 1930's the Pharmaceutical industry expanded massively. By 1960 under five percent of prescriptions were compounded.

- the standard format of a drug may cause negative side effects in some people that make daily life a challenge, and compounding pharmacies can address the issue. For example Premarin and 2002 Women's Health Initiative.

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 1st BITE and divide the plate.
 - Eat the actual fruit (apple, banana, pear) not the juice or a derivative (eg. dried)
 - 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 loosing weight.
- Condsider less red meat

HEALTH HACKS II

- 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.
 - 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.

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:

- smoking ** high cholesterol obesity
- lack of exercise high levels of stress
- diabetes or prediabetes 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

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."

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.
-
-

THE BAD NEWS FOR TELEHEALTH

Many well-known telehealth companies are in distress or have failed spectacularly (Teladoc, Amwell, Optum telehealth, and Babylon, to name just a few). The hype and enthusiasm for telehealth that was at a peak during the height of Covid has been replaced with a more somber assessment, and many commenters are suggesting that the future of telehealth isn't what it used to be.

What went wrong? ? The truth is that previous models of telehealth were broken, or at least failed to deliver sufficient value. Companies like TEL-A-DOC defined the perception of what telehealth is — namely, short transactional one-off visits to manage low acuity medical concerns: On-demand urgent care delivered virtually. The business model of making this service available to employers with a low per-employee fee made telehealth into a "nice to have" benefit for the convenience of accessing after-hours care, but not the foundation for needed ongoing primary care. Telehealth companies made money, even if employees didn't use the service!

During the pandemic, many office-based doctors who do know their patients were forced to give care via phone or skype-like video interactions. This introduced many people to the benefits of virtual care, but the doctors were less impressed. Doctors who had offices asked their patients to come back to their offices as soon as they could. So it's not surprising the volume of virtual care visits has fallen since the end of the pandemic.

**THE VALUE OF LONGITUDINAL,
RELATIONSHIP-BASED VIRTUAL PRIMARY CARE
TOWN vs GOWN**

Perhaps more important, virtual primary care doctors can gain insights into potential impediments to care, assess social determinants, and guide their patients to a treatment (and prevention) plan that will be most effective for them.

I have a suggestion for the radio show - a theme explaining

the basics of such things as:

What is a heart attack;

what is cancer;

what is alzheimer's;

what is arthritis;

what is high blood pressure;

what is osteoporosis;

what is a healthy diet;

what is a healthy weight; etc....