

# **The MEMORY reVITALIZER HOUR**

with Dr. William Summers

**(CALL-in, 505 -444- 5059 ) SAT MAY 25<sup>TH</sup> , 2024.**

© Summers ,2024

***HAVE A THOUGHTFUL .....MEMORIAL DAY.....***

Memorial Day (originally Decoration Day) is **for honoring and mourning the U.S. military personnel who died while serving in the United States Armed Forces.** From 1868 to 1970, it was observed on May 30. Since 1971, it is observed on the last Monday of May.

**TOPICS:** Figs, Alz Dis, **HOME PHARM**, Mj v.EtoH, Tinnitus,  
UCLA , GI CANCER in YOUNG, Cabbage./ Hacks.

An Investment in Knowledge pays the BEST interest. – Ben Franklin

- It is a paradox of History that every dictator has climbed to power on the ladder of free speech. **IMMEDIATELY**, on attaining power each dictator has suppressed ALL free speech except his own.  
– Herbert Hoover

- Make the LIE big, ...Make the LIE simple,  
...KEEP SAYING IT, and eventually they will  
Believe it. — Adolph Hitler.
- REMEMBER JOE BIDEN WON THE 2020....ELECTION FAIR & SQUARE !  
!!!!

*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**

## 8 Amazing Health Benefits of Figs: Boost Heart Health and Reduce Cancer Risk

BY Ellen Wan May 20, 2024 Epoch Times

- Fig trees are mentioned in several religious texts. (Adam & Eve)
- 700 different species of fig trees.
- a unique pollination process.

Fig trees have a captivating and intricate pollination process that involves a remarkable partnership with tiny wasps. The fig's flowers are located inside the fruit, and specialized wasps called fig wasps are essential for pollination. This extraordinary symbiotic relationship between fig trees and fig wasps is a testament to the wonders of nature's interconnectedness.

- Fig trees are renowned for their longevity, with some specimens living for centuries. These enduring trees can withstand various environmental conditions and continue to thrive for generations, making them a **SYMBOL OF RESILIENCE** and steadfastness in the natural world.
  - The fig is not a typical fruit; rather, it is an inverted flower cluster.
  - The fig tree's leaves are visually distinctive, with their broad, lobed shape and vibrant green color. These lush leaves contribute to the tree's aesthetic appeal and make it a popular choice for ornamental landscaping.
  - Throughout history, fig trees have held cultural significance as symbols of abundance, fertility, and prosperity .....
- Symbolizing good health and longevity for more than 10,000 years, studies reflect what the ancients knew about their healing qualities.

### 1. Cardiovascular Health

Figs are rich in polyphenolic compounds, including flavonoids and anthocyanins, which are beneficial for cardiovascular health. Polyphenols are known to improve high blood pressure, exhibit antiplatelet activity, reduce low-density lipoprotein oxidation, and inhibit the formation of atherosclerotic lesions.

### 2. Reduce Cancer Risk

The polyphenols and flavonoids present in figs have also been shown to possess anti-inflammatory, immunomodulatory, and potent anti-cancer activities.

### **3. Diabetes**

Diabetes is one of the most common chronic diseases worldwide. In a review, researchers compared the effects of figs (fresh and dried) and the diabetes drug metformin on Type 2 diabetes. The results showed that metformin lowered blood sugar levels by 27.6 percent, while figs lowered blood sugar levels by 13.5 percent, about half as effective as metformin.

### **4. Antioxidant Effects**

Christopher Gardner, a nutrition scientist at the Stanford Prevention Research Center, stated in a press release from the American Heart Association that figs are very sweet and contain a lot of natural sugars, but the fiber in figs helps slow down the absorption of sugar into the bloodstream. He noted that dried figs can be eaten as a snack and also contain healthy plant-based nutrients and antioxidants, which help prevent cell damage.

One study showed that compared to vitamins C and E, dried figs have superior antioxidant properties. Participants who ate 40 grams of dried figs experienced a “significant increase in plasma antioxidant capacity for four hours.” Moreover, the figs inhibited the oxidative stress caused by “consuming high-fructose corn syrup in a carbonated soft drink.”

### **5. Alzheimer's Disease**

Figs are rich in fiber and various mineral elements and are a good source of proanthocyanidins and quercetin, which have antioxidant properties and are beneficial for brain health. In one study, researchers fed two groups of genetically modified mice with Alzheimer's disease the same diet, with one group supplemented with a 4 percent fig diet.

After 15 months of feeding, the results showed that compared to the mice on the same diet with fig supplementation, those supplemented without figs exhibited increased anxiety-related behavior and significant memory deficits, as well as severe impairments in spatial, position discrimination learning ability, and motor coordination. These results suggest that dietary supplementation of figs may help improve cognitive and behavioral deficits in Alzheimer's disease patients.

## 6. Constipation

Figs are considered an ancient remedy for constipation, aiding in nourishing the gut. One study showed that supplementing with figs for four months significantly improved the frequency of bowel movements, pain frequency, distention, and hard stool symptoms in patients with irritable bowel syndrome compared to the control group, significantly improving their quality of life.

An animal study indicated that fig extract has a natural laxative effect that does not cause diarrhea and can significantly reduce the severity of constipation induced by colitis.

## 7. Bone Density

Figs are rich in minerals and are a good source of calcium and potassium. These minerals can help improve bone density, thereby preventing diseases such as osteoporosis.

A study involving 8,732 men and postmenopausal women aged 50 and older found that women who consumed more potassium had higher bone density than those who consumed less potassium. Additionally, a higher daily intake of potassium significantly reduced the risk of osteoporosis in postmenopausal women. However, there was no apparent association between dietary potassium intake and the risk of osteoporosis in men.

## 8. Skin Conditions

Figs possess antioxidant, anti-inflammatory, antiviral, and antibacterial properties, which are beneficial for treating atopic dermatitis. One study showed that in children with mild to moderate atopic dermatitis, fig extract can offer better treatment outcome ... than Hydrocortisone 1%” as well as superior symptom relief, safety, and tolerability.

---

---

## what is Alzheimer's ?

- Alzheimer's disease causes A(PROGRESSIVE UNREMITTING) decline in

memory, thinking, learning and organizing skills over time. It's the most common cause of dementia and usually affects people over the age of 65.

There's no cure for Alzheimer's, but certain medications and therapies can help manage symptoms temporarily.

– Cleveland Clinic

- The most common early symptom is difficulty in remembering recent events. Actually, SIMPLE MATH.... BALANCING ONE'S CHECKBOOK AND CALENDARING .... missed appointments.
- Mild cognitive impairment (MCI) is often found to be a transitional stage between normal aging and dementia.
- the increasing impairment of learning and memory eventually leads to a definitive diagnosis. In a small percentage, difficulties with language (various forms of **aphasia**), executive functions, perception (**agnosia**), or execution of movements (**apraxia**) are more prominent than memory problems.[]
- As a person's condition declines, they often withdraw from family and society.
- Affected people become increasingly reliant on others for assistance, often placing a burden on caregivers.
- the late-stage or severe stage, there is complete dependence on caregivers.

- Gradually, bodily functions are lost, ultimately leading to death.

– BALANCE , falls/ fracture                      – immune system

- What causes Alzheimer's disease?

An abnormal build-up of proteins in your brain causes Alzheimer's disease. The build-up of these proteins — amyloid protein and tau protein — causes brain cells to die.  
– CLEVELAND CLINIC .....**WRONG! ! !**

- The cause of Alzheimer's disease is poorly understood. There are many environmental and genetic risk factors associated with its development. The strongest genetic risk factor is from an allele of apolipoprotein E. Other risk factors include a history of head injury, clinical depression, and high blood pressure.  
– WIKIPEDIA

- Only 1–2% of Alzheimer's cases are inherited due to autosomal dominant effects, as Alzheimer's is highly polygenic.

- The strongest genetic risk factor for sporadic Alzheimer's disease is APOEε4. APOEε4 is one of four alleles of apolipoprotein E (APOE).

APOE plays a major role in lipid-binding proteins in lipoprotein particles and the ε4 allele disrupts this function.

Between 40 and 80% of people with Alzheimer's disease possess at least one APOEε4 allele.

The APOEε4 allele increases the risk of the disease by three times in heterozygotes and by 15 times in homozygotes.

- Life expectancy of people with Alzheimer's disease is reduced.

The normal life expectancy for 60 to 70 years old  
is 23 to 15 years;  
for 90 years old it is 4.5 years.

Following Alzheimer's disease diagnosis it ranges from 7 to 10 years for those in their 60s and early 70s

(a loss of 13 to 8 years), to only about 3 years or less (a loss of 1.5 years) for those in their 90s.

- INFECTIOUS DISEASE is the most frequent immediate cause of death brought by Alzheimer's disease.

May 22, 2024

## **POSITIVE APPROACH TO DEMENTIA CARE: UNDERSTANDING THE CHANGING BRAIN**

by Teepa Snow, Occupational Therapist

Conducted over 8,000 dementia care events worldwide

Conducted over 500 webinars on effective and compassionate dementia care

Developed the GEMS State Model for understanding the progression of dementia and changes in abilities

---

## **THE HOME PHARMACY**

Family allergy & Medicine information

FIRST- AID MANUAL

First Aid (Quick Study Health) 2-side plastic covered Pamphlet – July 26, 2002  
for \$6.26 each

ACEP First Aid Manual (5th Ed): The Step-by-Step Guide for Everyone

Paperback – Illustrated, September 1, 2014 ..... \$14

EMERGENCY TELEPHONE NUMBERS

Alcohol – 91%                      Hydrogen Peroxide

Aluminum FINGER splints

Aloe vera gel.

antibiotic ointment (polysporin)

antiHISTAMINES for allergies

antiseptic cream

Benadryl

antiseptic wipes  
HYDROCORTISONE CREAM or ointment for itching  
A & D ointment                      Vasoline  
Asprin                      acetaminophen                      ibuprofen  
Adhesive bandages  
Band-Aide  
Adhesive tape  
Brush -tooth /or otherwise  
Bulb suction device for flushing wounds  
Cell phone CHARGER (SOLAR)  
elastic bandages - ACE wraps    ACE joint Support  
EYEWASH (sterile)  
Gauze bandages  
Triangular bandage  
Calamine Lotion  
COTTON Balls and Cotton Pads  
FACE MASKS  
FLASHLIGHT      & BATTERIES  
FOIL blanket  
Hand-crank radio  
Hand Sanitizer  
ICE  
ice bags    & HOT WATER BOTTLE  
Imodium  
Kaopectate  
Latex & / or NON-latex Gloves  
Local maps  
  
Matches  
Maalox or equivalent  
Notepad and pencil  
Pepto-Bismol  
Plastic bags  
Roll of Sterile cotton (or newspapers)  
needle-nose & Round-ended tweezers, & Hemostats

Safety Pins

SALT – for sore throat gargles

SUGAR or Honey - FOR WOUND HEALING

Soap

Strait Pins

Snub-nosed scissors

Spray bottle of saline wound cleanser.

SYRUP of IPECAC

Thermometer

VICK's VAPOR RUB and Mentholatum ointment

Water

Whistle

Waterproof Walkie Talkies -- Rechargeable, 60 Preset Channels,

Long Range 38-Mile Two-Way Radio Set ..... \$99

## **USES:**

home injury—> Cuts and scrapes.

Minor burns, including sunburn.

Minor sprains and strains.

Bug bites.

Minor allergic reactions, including poison ivy rash.

## **WHERE TO STORE YOUR FIRST-AID KIT:**

Store your first-aid kit someplace easily accessible in a spot that makes sense to your family — much like you would with a fire extinguisher.

---

---

<https://mail.google.com/mail/u/0/?tab=wm&ogbl#inbox/FMfcgzGxTPGBBwvfJGFKMZdmNRISjwxH>

## **Daily Marijuana Users Outnumber Daily Drinkers In US, Survey Finds**

The AP (5/22, Johnson) reports,

“Millions of people in the U.S. report using marijuana daily or nearly every day, according to an analysis of national survey data, and those people now outnumber

those who say they are daily or nearly-daily drinkers of alcohol.” Although “alcohol is still more widely used...2022 was the first time this intensive level of marijuana use overtook daily and near-daily drinking, said the study’s author, Jonathan Caulkins, a cannabis policy researcher at Carnegie Mellon University.” Caulkins said, “A good 40% of current cannabis users are using it daily or near daily, a pattern that is more associated with tobacco use than typical alcohol use.” These findings were published in Addiction.

The Hill (5/22, Nazzaro) reports, “About 17.7 million people in 2022 recorded daily or nearly daily use of marijuana, compared to the 14.7 million who reported the same habits for alcohol, marking the first time in the past 30 years that daily marijuana use exceeded alcohol use, according to an analysis published Wednesday that looks at data from the National Survey on Drug Use and Health.” Additionally, “from 1992 to 2022, there was a 15-fold increase in the rate of daily or near daily use marijuana use, the analysis found.”

\*\*\*\*\*Very interesting and very frightening. Is everyone in the White House, using MJ? It would explain a lot of their actions

---

### TINNITUS

TINNITOL= B1,2,3,6,9,12; Mg/ Zn

Ginkgo; Hibiscus; Green tea; Juniper; Garlic

Which 7 essential oils are good for tinnitus relief? The following we believe are the best 7 essential oils for tinnitus relief, a natural solution when it comes to getting rid of ringing in your ears.

- Simple Sniff      ● Cotton Ball   ● Skin application   ● Diffuser
- add to bath      ● qts in Humidifier
- a few drops of essential oils to your shampoo, conditioner, and body wash.

### HELICHRYSUM (Sunflower family) Essential Oil

Helichrysum essential oil is considered to be the most beneficial essential oil when it comes to problems with tinnitus. For alternative medicinal purposes, it is used to

heal inflammations and serves as analgesic (pain reliever).\* Helichrysum is known to repair blood vessels and nerves. When you use helichrysum to treat tinnitus it can aid in the drainage of excess fluids and help relieve pressure.

#### **PATCHOULI** Essential Oil

Patchouli essential oil is extensively known for its ability to deliver circulatory benefits. Patchouli can help drain fluids that are causing pressure in your ears, creating the ringing sensation.\*

#### **BASIL** Essential Oil

Basil essential oil has analgesic properties and can lessen pain. Documented properties of basil in aromatherapy include antispasmodic, this means that basil can act upon the muscle cells and relax the throbbing and intense thumping in your ears.\*

#### **JUNIPER BERRY** Essential Oil

Juniper Berry essential is a great oil for tinnitus relief as it is an analgesic (pain relief) and an antiseptic (infection).\* This oil is peppery, balsamic and warm, smoky, fresh and woody, reminiscent of evergreen oils.

#### **PETITGRAIN (BITTER ORANGE)** Essential Oil

Petitgrain essential oil is energetic, fresh, green, floral scent with resemblance of Neroli and citrus peel. Petitgrain essential oil is versatile as it has the ability to uplift and relax at the same time. It also has antispasmodic that can help to reduce or stop the muscle contractions that are causing tinnitus.\*

#### **CYPRESS** Essential Oil

Cypress essential oil has been known to heal the body by soothing spasms, calming the nervous system and stimulating circulation. Many people find that the persistence of tinnitus pressure dissolve with the use of cypress oil.\* Cypress can give immediate relief from ringing in the ears.

### **LAVENDER** Essential Oil

Floral, herbaceous, fresh aroma lavender essential oil is a must for relaxing and calming and to balance energy. Lavender relieves tension when the constant ringing in your ears has left you feeling stressed, exhausted and flustered. Massage, inhale or diffuse lavender to calm your mind, body and spirit.

### Safety Tips on Using Essential Oils for Tinnitus

Essential oils are not intended to be a one-time fix for tinnitus. You may begin to experience relief immediately when treating your tinnitus using essential oils. You may need to use essential oils on a long-term basis in order to see consistent, lasting results. Always use a **CARRIER OIL** when using essential oils for relief of tinnitus.

---

## Up To Half Of UCLA Med Students Are Failing Basic Medical Competency Tests, Affirmative Action To Blame

by Ashe Schow May 24, 2024 DailyWire

<https://www.dailywire.com/news/up-to-half-of-ucla-med-students-are-failing-basic-medical-competency-tests-affirmative-action-to-blame>

- The Title says it all.

---

<https://www.dailymail.co.uk/health/article-13443245/doctor-colon-cancer-young-people-signs-symptoms.html>

May 23, 2024 Daily Mail

- **Dr Kimmie Ng**,The Boston oncologist has launched one of the the world's first center dedicated to studying an **EXPLOSION OF GI CANCERS IN YOUNG PEOPLE.**

- Approximately 150,000 patients are diagnosed each year with colorectal cancer in the US. About 18,000 of them are under the age of 50, Dr Ng said. these very, very young people are often very healthy,'
- red flag symptoms may include a change in your bowel habits. So new diarrhea, new constipation, a change in the caliber of the stool, including thinner pencil thin stools.'

---

---

## Forget avocados, olive oil or blueberries. This is the new 'super-food' doctors and chefs are recommending in 2024

: Why the humble cabbage is one of the superfood greats

by Cassidy Morrison, May 24, 2024, Daily Mail

<https://www.dailymail.co.uk/health/article-13457077/Forget-avocados-olive-oil-blueberries-new-super-food-doctors-chefs-recommending-2024.html?ico=related-replace>

- Before you go to the grocery store for Memorial Day cookout essentials, consider adding the season's hottest vegetable to your shopping list: cabbage.
- It contains fiber, half your daily allowance of vitamin K, a third of your allowance of vitamin C, and ten percent of the day's folate. The leafy veggie also contains trace amounts of manganese, vitamin B6, calcium, potassium, vitamin A, iron, and riboflavin.
- When cooked on the grill, cabbage takes on what chefs and dietitians call a meaty texture and charred flavor that can be enhanced with a wide variety of marinades and toppings.
- All of them contain cancer fighting compounds and the power to keep inflammation in check, reducing the risk of heart problems.

- Cabbage can vary in color from green to red and purple, and leaves can be either smooth or crinkled.

- **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

## 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.