

The MEMORY reVITALIZER HOUR

with Dr. William Summers

(CALL-in, 505 -444- 5059) SAT JULY 20th, 2024.

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TOPICS: Memory reVITALIZER

Brenda & Ray Sidel

Advise of Albert Einstein to a young cancer scientist Ernest
Sternglass "Don't go back into academia. The will kill every bit
of originality out of you.

- The Past is where you learn the Lesson; . . . The Future
is where You APPLY the lesson.
- 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 !!!!! *...and Donald Trump is a convicted Felon.*

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
**To 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
Mongomery), Evergreen Herbal Market (Rio Rancho),
Moses Kountry Store (4th 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

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

Albuquerque NeuroScience MEMORY
DIFFICULTIES? • AGE 50-87 • poor
memory>6months • ?? possible ALZHEIMER'S?
• must have caregiver / loved one to participate.
ALBUQUERQUE NEUROSCIENCES
101 Hospital Loop NE, Unit 209,
Albuquerque, NM 87109
Tel: 505-848-3773

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

A THEORY of SCHIZOPHRENIA
“WHAT I DO IN THE CLINIC”
Family of Three. Mom & Dad in 50's and son age 29.

In the human, adult neurogenesis has been shown to occur at low levels compared with development, and in only three regions of the brain: the adult subventricular zone (SVZ) of the **lateral ventricles**, the **amygdala** and the dentate gyrus of the *hippocampus*.

● **Japanese Doctor**

I Love This Japanese Doctor

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that's it... Don't waste time on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it's like saying you extend life of a car by driving faster. Want to live longer? - Take nap.

Q: Should I reduce my alcohol intake?

A: Oh no. Wine made from fruit. Fruit very good. Brandy distilled wine, that means they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Grain good too. - Bottoms up!

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of one, sorry. My philosophy: No pain...very good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food fried in vegetable oil. How can getting more vegetable be bad?

Q: Is chocolate bad for me?

A: You crazy?!? HEL-LO-O-O!! Cocoa bean! Another vegetable! It best feel-good food around.

Q: Is swimming good for your figure?

A: If swimming good for figure, explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is also a shape!

SUMMARY: Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Beer in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride my life was"!!!!

IN THE NEWS:

Biden Says He'd Consider Dropping Out if.... a 'Medical Condition' Emerged

- Nine House Democrats cosponsored a bill in April, led by U.S. Rep. Bennie Thompson, D-Miss., who chaired the bipartisan select committee to investigate the Jan. 6 attacks. The bill was to strip former President Donald Trump of his Secret Service detail. Felons are not entitled to Secret Service.

HISTORY YOU ARE NOT SUPPOSE TO KNOW:

Rev Thomas Hooker (July 5, 1586 – July 7, 1647) founded the state of Connecticut an outstanding speaker and inspiration for "Fundamental Orders of Connecticut", which some have described as the world's first written democratic constitution establishing a representative government. Our founders had all read his sermons which quotes Deuteronomy 1:13 “Choose *WISE*, understanding, and *KNOWLEDGEABLE* men from among you, and I (the LORD) will make them heads over you.”

Hooker’s thought of a voting democracy was radical in 1638, but perisher Henry Wolcott Jr took shorthand notes and published it.

YES, GOD HAS BEEN PART OF THE FOUNDATION OF AMERICA, AND NEEDS TO BECOME A CENTRAL FOCUS OF ***OUR*** POLITICIANS AGAIN, if America is to survive.

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Peer INSIDE the human heart: Shocking video reveals the difference between a healthy organ and one from a patient with cardiovascular disease

By JONATHAN CHADWICK FOR MAILONLINE July 16, 2024

- The imagery has been achieved by experts at University College London (UCL) and the European Synchrotron Radiation Facility (ESRF) in Grenoble, France.

- a new X-ray technique to capture the anatomical structure down to 20 micrometres – half the width of a human hair. the team used an X-ray technique called hierarchical phase-contrast tomography (HiP-CT). it achieves a full 3D view of the organ that's around 25 times better than a clinical CT scanner.'

In certain areas, imaging has been done to cellular level – meaning individual cells of the organ are being shown.

- It wouldn't be possible to image a living person's heart in this way as the radiation dose would be too high.

- Experts think the images will provide an resource for better understanding cardiovascular disease – the name for various conditions that affect the heart or blood vessels, and the biggest cause of death worldwide.

- **THE HEARTS ARE FROM TWO DECEASED PATIENTS;** the healthy one was from a 63-year-old white male donor without any known heart problems.

- Meanwhile, the diseased heart was from an 87-year-old white female donor with a history of ischaemic heart disease, which is when the heart is weakened due to receiving reduced blood flow.

HORMONES & BONE

.New Hormone Discovery Unlocks Hope for Osteoporosis Treatment

. By Sheramy Tsai July 10, 2024

. mystery: **HOW BREASTFEEDING WOMEN MAINTAIN STRONG BONES** despite the significant loss of calcium needed for milk production. In lactating mothers, the high demand for calcium needed for milk production can lead to significant bone loss. Normally, estrogen is protective for women, helping to counteract bone loss by promoting bone formation. However, its levels drop sharply during breastfeeding. Despite this drop, breastfeeding women seldom experience osteoporosis or bone fractures, suggesting another factor is at work to protect their bones.

Previous research published in Nature found that **blocking a specific estrogen receptor in certain brain neurons** of female mice led to significant increases in bone mass. Suspecting a hormone in the blood was responsible, the study researchers conducted an exhaustive search and identified a hormone called **Cellular Communication Network**

Factor 3, or CCN3, as the bone-building factor in these mutant females. Dubbed the “lactation-induced brain hormone,” CCN3 is found in the brains of lactating mice and plays a crucial role in maintaining bone strength during lactation.

“One of the remarkable things about these findings is that if we hadn’t been studying female mice, which unfortunately is the norm in biomedical research, then we could have completely missed out on this finding,” Holly Ingraham, senior author of the new study and professor of cellular molecular pharmacology at UCSF, said in a press release.

- CCN3 prevents the skeleton from dissolving during lactation while stimulating bone formation for new calcium deposition.
- The financial burden of osteoporosis, estimated to cost \$25 billion annually in the United States, could be significantly alleviated by treatments derived from CCN3.

SLEEP: Low-Dose Aspirin Alleviates Inflammation Caused by Sleep Deprivation..

By Ellen Wan Epoch Times July 10, 2024

a randomized, placebo-controlled crossover trial involving 46 healthy adults. The trial employed three protocols: sleep restriction with **low-dose aspirin**, sleep restriction with a **placebo**, and regular sleep with a placebo. Participants took 81 milligrams of aspirin daily. Under sleep restriction, they slept four hours each for five nights, followed by three nights of recovery sleep at eight hours per night. The control group maintained eight hours of sleep throughout.

The results showed that under sleep restriction conditions, preemptive intake of low-dose aspirin mitigated the pro-inflammatory responses compared to placebo. Specifically, aspirin reduced inflammatory markers, including interleukin (IL)-6 expression and C-reactive protein (CRP).

- one theory suggests that lack of sleep leads to inflammation due to changes in blood vessels. Typically, blood pressure decreases, and blood vessels relax while we sleep. When sleep is limited, blood pressure does not decrease as usual, potentially triggering vascular endothelial cells that activate inflammation.
- Additionally, sleep deprivation disrupts the normal function of the brain's internal cleaning system, known as the glymphatic system. During deep sleep, cerebrospinal fluid washes through the brain, clearing out beta-amyloid proteins associated with brain cell damage. Without adequate sleep, this cleaning process is incomplete, leading to a buildup of the protein and subsequent inflammation. This creates a vicious cycle where beta-amyloid accumulation in the frontal lobe further impairs deep sleep, making it increasingly difficult to retain and consolidate memories.
- cumulative sleep loss can decrease the structural integrity, size, and function of brain regions such as the hippocampus and thalamus. These regions are particularly vulnerable to damage in the early stages of Alzheimer's disease.
- it is estimated that about one-third (33.2 percent) of U.S. adults sleep less than seven hours per night. An increasing number of studies have shown that insufficient sleep affects emotions, memory, and energy levels and can lead to inflammation. Inflammation is the body's natural response to disease and injury, but if not regulated, it may affect brain structure and increase the risk of chronic diseases such as autoimmune diseases, cancer, coronary heart disease, stroke, and Type 2 diabetes

- The novelty of this study is that it investigated whether we can pharmacologically reduce the inflammatory consequences of sleep restriction,” said Larissa Engert, the lead author of the Harvard study, in a news release. “We used a non-steroidal, anti-inflammatory drug because it has been shown to affect specific inflammatory pathways, which were previously shown to be dysregulated by experimental sleep restriction or sleep disturbances.”
- Aspirin has been used for over 3,500 years and remains a popular choice for preventing cardiovascular events. While daily aspirin intake may reduce the risk of heart attack and stroke, it also raises the risk of bleeding. Even at low dosages, the academic community holds varying opinions on the benefits and risks of aspirin. SO USE GARLIC

THE SIMPLE APPLE.....

With over 7,000 different cultivars available worldwide, it's no surprise that apples are the most widely consumed fruit globally

Calories: 104

Carbs: 28 grams

Fiber: 5 grams

Vitamin C: 10% of the Daily Value (DV)

Copper: 6% of the DV

Potassium: 5% of the DV

Vitamin K: 4% of the DV

2–5% of the DV for vitamins E, B1, and B6.

1. Wt loss: filling & fiber
2. Cardiac - lowers cholesterol
3. 18% reduction of AODM (Quercetin)

4. Gut Health... a pre-biotic

5. CANCER.... Antioxidants in apples may offer beneficial effects against certain types of cancers, including lung, breast, and digestive tract cancers

6. ASTHMA Antioxidant-rich apples may help protect your lungs from oxidative damage.

7. BRAIN HEALTH: Research in rats shows that quercetin's antioxidant effects may protect the brain and nerves from oxidative damage and prevent injuries that can result in degenerative brain diseases, like Alzheimer's disease or dementia

8. IMMUNITY Apples can be an important tool in your immune-supporting tool kit. According to past research in animals, a diet filled with soluble fiber helped convert immune cells that were pro-inflammatory into anti-inflammatory and immune-supporting ones. Another animal study, published in May 2018 in the journal Immunity, found that a diet high in dietary fiber helped protect mice against the flu.

9. DENTAL HEALTH Eating apple helps in cleaning both teeth and gums. When you eat apples, the fiber in them cleanses the teeth, and the antibacterial properties thought to come from this fruit keep bacteria and viruses at bay.

10. SKIN HEALTH

The powerful antioxidants in apples counteract the damaging effects of free radicals, which are directly linked to premature aging, wrinkles, age spots, and other age-related conditions.

11. NSAID PROTECTION

Catechin and chlorogenic acid found in apples help protect the stomach lining from injury from nonsteroidal anti-inflammatory drugs (NSAIDs).

Random thoughts of the MOON

HAT TIP • • • **Harrison JACK Schmitt** (July 3, 1935–) is an American geologist, retired NASA astronaut, university professor, former U.S. senator from New Mexico, and the most recent living person—and only person without a background in military aviation—to have walked on the Moon.

In December 1972, as one of the crew onboard Apollo 17, Schmitt became the first member of NASA's first scientist-astronaut group to fly in space. As Apollo 17 was the last of the Apollo missions, he also became the twelfth and second-youngest person to set foot on the Moon and the second-to-last person to step off of the Moon (he boarded the Lunar Module shortly before commander Eugene Cernan.

Harrison and Gene Cernan assembled their lunar module on the moon's surface in their space suits. They drove about 21 miles exploring more of the moon than ever before over 3 days with three different excursions.

Sadly, few people on planet earth paid attention in 1972... I in my 1st year of residency at Washington U (St. Louis) was one. 36hr “on” 12 hr “off”.

- Astronaut Schmitt’s Journey was on a SATURN V rocket designed by Wernher von Braun at a cost of 152 B. ● it stood 363 feet (111 m) tall, and, ignoring the fins, was 33 feet (10 m) in diameter. Fully fueled, the Saturn V weighed 6.5 million pounds.

- The SATURN V was moved to the launch sight on a flat top ‘vehicle’ called “The Crawler. , this largest land vehicle ever made that moves on enormous treads That starts 3 ½ miles from the launchpad where the SATURN V was built on top of it. At the right time (hurricane free) The CRAWLER with SATURN V on top of moves down a special highway 30 feet deep designed to handle the strain of millions of pounds moving across it without shifting. The CRAWLER has locomotive-sized diesel engines that consume 165 gallons of fuel for every mile it travels at ½ mile per hour. ● Once the SATURN V lifts off it hits a top speed of 25,000 mph

- **CONSIDER THE MOON**

- ANALYSIS of moon rocks demonstrate that 4.5 billion years ago, shortly after the formation of our solar system... a fortuitous event occurred a Mars-sized object hit Theia, our proto-Earth at just the right angle.... just the perfect speed to create a bigger Earth and a spinning Earth, and left-over parts we call THE MOON.

- MOON composition == Earth composition

- NOW, **OUR MOON IS AN ODDITY**, outrageously large Compared to other moons in our solar system.

- It is big enough (27% of earth) to maintain our spinning axis relative to the sun, so we have 4 seasons

- It maintains tides which are essential for costal life forms.

THE ODDS of all of this 'coincidence' happening is $1:10^{40}$,
.... an unimaginable number What a coincidence !!
⇒ What are the ODDS ?? → → THIS POINTS TO
INTELLIGENT DESIGNie.....> GOD.

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Pharmacy, Best Buy Pharmacy, Menaul
Pharmacy, **VINTAGE** PHARMACY (on
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