

# **The MEMORY reVITALIZER HOUR**

with Dr. William Summers

**(CALL-in, 505 -444- 5059 )** SAT Aug 31 , 2024.

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**GUESTS:** Roberta MIKUS & JENNY CULVER , Biblical  
Citizenship

## **TOPICS:**

### Quotes & Quips

- 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 TAMPON TIM AND Kamila  
are conservative MARXISTS .**

- – The Marxist Binary oppressor & victim

- “I have never let my schooling interfere  
with my education.” – Mark Twain

- How much does a Chimney cost? NOTHING, its on the house!
- I found a book called How to Solve 50% of Your Problems. So I bought 2.

*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

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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, **MENAU** 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

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**MED PRACT:** Tired of 8 min Gov't med visit. Call Margaret

@ 505-878-0192

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**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

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*Memory reVITALIZER*

Riboflavin [vitamin B2] ..... 6mg (462%..RDC)

**B2 Vitamin (riboflavin)**

• It is a starting compound in the synthesis of the coenzymes AND essential to the formation of two major coenzymes, *flavin mononucleotide* and *flavin adenine dinucleotide*. These coenzymes are involved in energy metabolism, cellular respiration, and antibody production, as well as normal growth and development. The coenzymes are also required for the metabolism of niacin, vitamin B6, and folate. Riboflavin is prescribed to treat corneal thinning, and taken orally, may reduce the incidence of migraine headaches in adults.

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- The flavin coenzymes support the function of roughly 70-80 flavoenzymes in humans

- Riboflavin combines with vitamin C to produce an antioxidant enzyme called glutathione reductase.

- As a water-soluble vitamin, any riboflavin consumed in excess of nutritional requirements is not stored; it is either not absorbed or is absorbed and quickly excreted in urine, causing the urine to have a bright yellow tint. It is a light sensitive nutrient (Experimental Eye Research 14: 605-609, 1992).

It is easily destroyed by exposure to light.

- Deficiency of riboflavin leads to cataracts.

- FOOD SOURCES: beef liver, Chicken liver, and Almonds

- EXCESSIVE LEVELS OF RIBOFLAVIN IN HUMAN EYES MAY ACCELERATE THE ONSET OF RETINAL DISEASE AND CATARACTS, because the eye is a transparent organ that is exposed to solar ultra violet radiation [Experientia 49:1084-87, 1993].

- No more than 10 mg of riboflavin should be given as a daily dose [Proceedings of National Academy of Sciences. 1979; 76:3504–06]. Vitamin E diminishes the toxicity of riboflavin [Free radical biology and Medicine. 1998;24: 798-808]. The ‘activated’ form of riboflavin is better absorbed and is riboflavin-5'-phosphate).

-B. Sardi p 54-53; S.A. Levine

- Riboflavin is vital for proper metabolism and also helps to shore the immune system by reinforcing antibody reserves. It is essential for hematopoiesis.

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- Extra riboflavin keeps tissue in good repair. riboflavin helps convert vitamin B-6, and B-3 (niacin) into its active forms. It protects the nervous system.
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## Nicotinamide is a form of vitamin B3

Niacin (as niacinamide) ..... 24mg (150% RDC)

- **B<sub>3</sub> Vitamin** (nicotinic acid or niacin)  
Three versions of nicotinic acid (vitamin B<sub>3</sub>) are niacin, niacinamide, and inositol hexanicotinate. The latter is a combination of nicotinic acid with inositol.  
Taken orally, it releases niacin slowly thereby minimizing the likelihood of niacin flush.
- However, Vitamin B<sub>3</sub> **IN VERY HIGH DOSES** in any form exceeding 1,500 mg per day may cause liver damage.
- **DEFICENCY** Pellagra is a disease caused by a lack of the vitamin niacin (vitamin B3).  
Symptoms include inflamed skin, diarrhea, dementia, and sores in the mouth, Mental confusion or aggression and eventually dementia. Areas of the skin exposed to friction and radiation are typically affected first. Over time affected skin may become darker, stiffen, peel, or bleed.
- Nicotinamide, as a part of the cofactor nicotinamide adenine dinucleotide (NADH / NAD<sup>+</sup>) is crucial to life.
- both NADH / NAD<sup>+</sup> redox-active pairs is involved in **EVERY** major biochemical pathway. They participate in the trafficking of electrons as “reducing equivalents”, the electron packets that facilitate metabolism. Niacin is involved in the production of energy, detoxification and the regulation of blood sugar and cholesterol levels. Suggested dose 250 mg bid- tid.

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HERBS: **CASTOR OIL**

● castor oil has a nutritional makeup composed of a powerful mix of proteins, vitamins, fatty acids, and antioxidants. castor oil can in fact be useful in certain cases of hair loss. "Because it's polarized, the castor oil actually attracts dirt and effectively cleanses the skin." castor oil is thought to enhance and increase the absorption of other products.

● Many people have experienced impressive results after applying castor oil to their EYE BROWS with the goal of increasing hair growth.

● Shouldn't the age-old remedy work the same type of magic on the tops of our heads?

● **ALLERGY:** Start out with a patch test. Don't use it more than once a week.

● Warm the oil in your palms before working it through the roots of your hair and brushing it out toward the ends.

● Leave it in for **15 TO 20 MINUTES MINIMUM**, and then shampoo it out of your hair. You can wet your hair beforehand in order to make the oil soak in better. Do note that, for some, castor oil can be difficult to work with because of its tendency to stick.

**ULTIMATE HAIR RESTORER**

1tbs castor oil }  
1tbs muster seed oil } warm and apply x 20 min, then  
1 tbs coconut oil } shampoo out

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## **HERBS: Thuja Essential Oil**

### **1. Immune System Fortification**

Thuja essential oil takes center stage in supporting the immune system. Regular use is touted for enhancing the body's natural defenses, providing robust protection against common ailments. It contains antibacterial and astringent qualities that help in improving immune support system.

### **2. Respiratory Congestion Relief**

Inhaling the invigorating scent of thuja essential oil proves beneficial in alleviating respiratory distress. It contains antimicrobial properties, which becomes an ally for those seeking relief from congestion and respiratory discomfort. Inhale the revitalizing aroma to experience relief from lung congestion, bronchitis, etc. fostering respiratory wellness. The expectorant properties of this oil help clear out mucus and phlegm, and give relief from coughs.

### **3. Stress Alleviation**

Thuja oil emerges as an effective stress reliever. Advocates of aromatherapy turn to this oil to create a calming environment, promoting relaxation and mental well-being. Also, many women also find its aroma to influence emotional wellbeing.

### **4. Menstrual Symptom Relief**

For those grappling with painful menstrual symptoms, thuja essential oil offers solace. Its soothing properties can ease discomfort and provide a natural remedy for menstrual pain. It has harmonizing influence on hormones and enzymes. Massaging with this oil can help reduce abdominal pain.

### **5. Detoxifies Body**

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Detoxify your body naturally by incorporating thuja essential oil into your wellness routine, harnessing its diuretic properties that aid in increasing urination and eliminating toxins like uric acid from your system. The blood and lymph cleansing capabilities of thuja essential oil, with its regenerative and astringent properties, contribute to the process of removing toxins effectively, promoting a healthier internal environment. Its diuretic and expectorant properties, help improve metabolic functions and assist in the elimination of waste from the body.

#### 6. Rheumatism and Arthritis Relief

Thuja essential oil contains anti-inflammatory properties that offer relief to those battling joint pain. It also contains anti-rheumatic properties that help improve blood flow and thus help release pain from any specific area. Regular application may contribute to a reduction in discomfort associated with these conditions.

#### Thuja Essential Oil Benefits For Skin

##### 1. Acne Treatment

For individuals battling acne, thuja essential oil can be a game-changer. Its antimicrobial and anti-inflammatory properties aid in combating acne-causing bacteria and reducing redness, promoting clearer skin.

##### 2. Anti-Aging Elixir

Rich in antioxidants, thuja essential oil contributes to the fight against free radicals, preventing premature aging. Regular application may reduce the appearance of fine lines and wrinkles, promoting a youthful complexion.



### 3. Skin Irritation Soother

Whether it's eczema or dermatitis, thuja essential oil comes to the rescue. Its soothing properties can provide relief from skin irritations, making it a valuable addition to your skincare routine.

### 4. Relief from Warts

Thuja essential oil emerges as a natural remedy for warts, renowned for its potent antiviral and astringent properties. When applied topically, the oil may assist in diminishing the appearance of warts in the first place by targeting the viral cause.

## Hair Benefits Of Thuja Essential Oil

### 1. Scalp Health

A healthy scalp is the foundation for luscious locks. thuja essential oil, with its antibacterial properties, helps maintain a clean and balanced scalp, reducing the risk of dandruff and other scalp conditions.

### 2. Hair Growth Stimulator

Thuja essential oil stimulates blood circulation in the scalp, promoting healthier hair follicles and potentially encouraging faster hair growth. It might also help reduce hair loss.

### 3. Hair Shine Booster

Say goodbye to dull and lifeless hair! thuja essential oil can impart a natural shine to your locks, leaving them looking vibrant and nourished.

## Other Benefit Of Thuja Oil

### Insect Repellent Properties

Thuja essential oil boasts remarkable insect repellent properties, making it a natural shield against unwanted pests. Its potent aroma acts as a deterrent, keeping insects at bay. It can be used against ants, parasitic insects like bed bugs, lice, ticks, etc.

### Different Ways To Use Thuja Essential Oil

#### 1. Aromatherapy Bliss

Enhance your ambiance by adding a few drops of thuja essential oil to a diffuser. Inhale deeply as the revitalizing aroma permeates the air, creating a soothing and stress-relieving atmosphere.

#### 2. Skincare Marvel

Revitalize your skincare routine by mixing a drop of thuja essential oil with your favorite moisturizer. This infusion can provide an added boost, combating acne, reducing signs of aging, and soothing skin irritations.

#### 3. Haircare Ritual

Elevate your haircare regimen by incorporating thuja essential oil. Add a few drops to your shampoo or conditioner to promote a healthy scalp, stimulate hair growth, and impart a natural shine to your locks.

#### 4. Topical Application

Harness the targeted benefits of thuja essential oil by diluting it with a carrier oil and applying it topically. This method allows you to address specific concerns such as joint pain, providing relief from conditions like rheumatism and arthritis.

### 5. Bug-Repellent Solution

Guard against insects naturally by using thuja essential oil as an insect repellent. Mix a few drops with a carrier oil and apply it to exposed skin, creating a fragrant barrier that keeps bugs at bay during outdoor activities.

### 6. Detoxifying Bath

Indulge in a rejuvenating bath by adding a few drops of thuja essential oil to your bathwater. This not only imparts a delightful aroma but also supports the detoxification process, leaving you refreshed and revitalized.

### 7. Massage Magic

Experience the therapeutic benefits of thuja essential oil through massage. Blend it with a carrier oil and indulge in a relaxing massage to alleviate stress, promote circulation, and address specific areas of discomfort. Massaging this oil can offer relief from muscle and joints pain as well.

## DIY Recipes To Incorporate Thuja Essential Oil In Daily Routine

### Recipe #1 - Thuja Infused Moisturizer

#### Ingredients:

- 1 ounce unscented moisturizer
- 5 drops thuja essential oil

#### Instructions:

In a small container, add one ounce of your favorite unscented moisturizer. Carefully add 5 drops of thuja essential oil to the moisturizer. Mix thoroughly to ensure even distribution.

**How to Use:** Apply a small amount of the infused moisturizer to your face and neck in the morning and evening as part of your skincare routine.

HISTORY YOU ARE NOT SUPPOSE TO KNOW:

**John William Money** (8 July 1921 – 7 July 2006) a NAME

OF ignominy

was a New Zealand psychologist, sexologist and author known for his research into sexual identity and biology of gender. Given Legitimacy by Johns Hopkins U.

Working with endocrinologist Claude Migeon, Money established the Johns Hopkins Gender Identity Clinic, the first clinic in the United States to perform sexual reassignment surgeries on both infants and adults. Died frozen in Parkinson's Disease.

Dr. John Money, a sexologist and psychologist from New Zealand who practiced at Johns Hopkins, is considered the first to coin the terms “gender identity” and “gender role,” describing the “internal experience of sexuality” and the “social expectations of male and female behavior” respectively. These concepts are prominently featured in trans activism today, and are used to bolster claims of “gender fluidity.”

But Money's history is a dark and controversial one, the details of which are often neglected when discussing his contribution to the popularization of “gender vs. sex” discourses.

Like many sexologists, Money believed **PEDOPHILIA** was a harmless sexuality which, when practiced “properly,” led to the child suffering no harm. In fact, Money's theories on pedophilia were so sympathetic that, to this day, his work is prominently featured on the website of the North American Man-Boy Love Association (NAMBLA)– one of the longest-established pederast rights groups.

In the 1990s, Money allowed himself to be featured in interviews with Paidika, a pedophile psychology journal named after the Greek adjective for “boyish,” and has been used by pedophile rights activists to refer to the younger partner in a pederastic relationship.

In a 1991 interview for the journal, Money is quoted as saying: “If I were to see the case of a boy aged ten or eleven who’s intensely erotically attracted toward a man in his twenties or thirties, if the relationship is totally mutual, and the bonding is genuinely totally mutual, then I would not call it pathological in any way.”

During check-ups, Money would subject the twin boys to disturbing experiments. They were forced to replicate sexual intercourse with each other, touch and inspect each other’s genitals, and watch pornography. Money would show the twins photos from smut magazines and “explicit” sexual photos of kids. He would then prod them about their sexual arousal, and question their attractions. The children were also expected to comply in front of audiences of as many as 6 other adults, and some reports state Money also took photos and videos of the children engaged in rehearsed sexual activity. At the time, both of the twins were just 6 years old.

John Money was a pervert. He was a child abuser. He was a pedophile sympathizer, if not a pedophile himself. And if a movement finds its origins in a man like John Money, it is time for that movement to do some (gendered) soul searching.

## **BACK TO THUJA**

Benefits:

This DIY moisturizer combines the hydrating properties of the base moisturizer with the skin-soothing and anti-aging benefits of thuja essential oil, promoting a radiant complexion.

Recipe #2 - Thuja Scalp Treatment for Healthy Hair

Ingredients:           2 tablespoons coconut oil (carrier oil)  
                  7 drops thuja essential oil

Instructions:           Melt the coconut oil until it becomes a liquid.

Add 7 drops of thuja essential oil to the melted coconut oil.

Mix well and let it cool to room temperature.

**How to Use:** Massage the mixture into your scalp, ensuring even distribution. Leave it on for at least 30 minutes before shampooing your hair.

**Benefits:**

This DIY scalp treatment combines the nourishing properties of coconut oil with the scalp-stimulating benefits of thuja essential oil, promoting a healthy and balanced scalp.

**Recipe #3 - Thuja Aromatherapy Diffuser Blend**

**Ingredients:** Diffuser

- 3 drops thuja essential oil
- 2 drops lavender essential oil
- 2 drops eucalyptus essential oil

**Instructions:**

Fill your diffuser with water according to the manufacturer's instructions.

Add 3 drops of thuja essential oil, 2 drops of lavender essential oil, and 2 drops of eucalyptus essential oil to the diffuser.

Turn on the diffuser and enjoy the aromatic blend.

**How to Use:**

Use the diffuser in your living space to create a calming atmosphere. Inhale deeply and experience the soothing effects.

**Benefits:**

This aromatic blend not only harnesses the calming properties of thuja essential oil but also combines with lavender and eucalyptus for a well-rounded, stress-relieving experience.

**Recipe #4 - Thuja Infused Bath Salts for Detoxification**

**Ingredients:**

- 1 cup Epsom salts
- 10 drops thuja essential oil

**Instructions:**

In a bowl, combine 1 cup of Epsom salts with 10 drops of thuja essential oil. Mix well to ensure the oil is evenly distributed.

**How to Use:**

Add the infused bath salts to your bathwater and soak for at least 20 minutes to enjoy the detoxifying benefits.

**Benefits:**

This DIY bath salt recipe combines the relaxing properties of Epsom salts with the detoxifying effects of thuja essential oil, providing a rejuvenating bathing experience.

**Recipe #5 - Refreshing Room Spray**

**Ingredients:**           20 drops of sesame oil

2-3 drops thuja essential oil

Water (amount as per your water dispenser capacity)

**Instructions:**

In a mixing bowl, add 20 drops of sesame oil and mix 2-3 drops of thuja essential oil.

Stir the oils well to create a balanced blend.

Add the oil to a water dispenser.       Fill the remaining space in the dispenser with water, considering the dispenser's capacity.

**How to Use:**

Dispense the refreshing blend into your living spaces using the water dispenser. Enjoy the invigorating aroma that wafts through the air, creating a rejuvenating atmosphere.

**Benefits:**

This room spray not only utilizes the nourishing properties of sesame oil but also incorporates the aromatic benefits of thuja essential oil. It serves as a natural air freshener, promoting a crisp and revitalizing ambiance in your home or office.

Thuja essential oil blends well with the other essential oils like cedarwood, neroli, geranium, tangerine, mandarin, lavender, pine needle, etc. So, you can customize these blends with any of your favorite essential oils depending upon your requirement. However, always remember to dilute the essential oils before applying it on the skin.

### Risks And Precautions

When Using Thuja Essential Oil Thuja essential oil is toxic in nature and can pose risks. It contains compounds that may have adverse effects when not appropriately handled. So, it is important to use this oil with proper care and precaution.

Following are some points to consider before using essential oils:

#### 1. Dilution is Key

Prior to topical application, it is imperative to dilute thuja essential oil with a carrier oil. This dilution mitigates the risk of skin irritation or sensitization, ensuring a safer application.

#### 2. Patch Test

Before applying topically onto your skin or the desired area, it is important to perform a patch test by applying a small amount of diluted thuja oil to a discreet area of your skin. Monitor for any adverse reactions, such as redness or itching. If irritation occurs, refrain from further use.

#### 3. Avoid Ingestion

Never ingest Thuja essential oil. Due to its toxic nature, internal consumption can lead to severe health issues. Always use this oil for external purposes only.

#### 4. Pregnancy and Nursing

Pregnant and nursing individuals should exercise extra caution. Consultation with a healthcare professional before using Thuja essential oil is advisable to ensure the safety of both mother and child.

#### 5. Children and Pets

Keep Thuja essential oil out of reach of children and pets. Children and pets may be more susceptible to the concentrated compounds in the oil, and accidental ingestion or excessive exposure should be avoided.

#### 6. Phototoxicity

Thuja essential oil may exhibit phototoxic effects. Avoid exposure to direct sunlight or UV rays for an extended period after applying the oil topically, as it may increase the risk of skin irritation.



## 7. Medical Conditions

Individuals with pre-existing medical conditions, particularly liver disorders or skin sensitivities, should seek advice from a healthcare professional before incorporating Thuja essential oil into their wellness routine.

## Conclusion

In conclusion, Thuja oil, derived from the coniferous tree known as Thuja, stands as a versatile remedy with myriad health uses. Beyond its aromatic allure, it serves as a respiratory tract stimulant when diffused. As we explore the known benefits of Thuja oil, it becomes evident that this natural elixir not only holds promise for skin conditions but also plays a vital role in promoting respiratory wellness.

## How do you use Thuja essential oil?

You can directly inhale from the bottle of thuja essential oil, or diffuse 4-5 drops using a diffuser, or you can dilute thuja oil with any carrier oil and apply topically.

## How do you extract Thuja oil?

Thuja oil is typically extracted through a process called steam distillation. The leaves and twigs of the thuja tree are subjected to steam, and the steam carries the essential oil from the plant material. When the steam is cooled and condensed, the essential oil separates from the water. This method captures the aromatic compounds of the thuja tree, resulting in the production of thuja essential oil.

## **Is Thuja essential oil safe?**

Using thuja essential oil in diluted form is considered safe for use.

## How to use Thuja oil for hair?

You can add a few drops of thuja oil in your shampoo or conditioner to promote hair and scalp health. You can also mix thuja oil with any carrier oil and massage your scalp and after 30 minutes rinse off using shampoo.

**Is Thuja oil good for dandruff?**

Yes, thuja oil contains antibacterial properties that help in dealing with scalp conditions like dandruff, dry hair, etc.

**Is Thuja oil used for hair growth?**

Yes, thuja oil can be used for hair growth as it stimulates blood circulation in the scalp and promotes faster hair growth.

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**¿ QUESTION ? What immunizations do you recommend for adults?**

Tdap or TD (Tetanus, diphtheria) q 10 years

MMR (measles, mumps, rubella) childhood,  
\*Varicella (chicken pox) two doses - childhood if not had chickenpox good x 20 yr.  
\* RZV (Zoster Shingrex) Two doses - ¿>50y/o

HPV - human papilloma virus 2-3 doses age 27-45

Pneumococcal vaccine – one dose PPS15 followed by PPSV23  
– or single dose PCV20

Hepatitis A – 2 - 4 doses

Hepatitis B – 2-4 doses

Meningococcal A,C – 1-2 doses age 19-25

Meningococcal B – 2-3 doses age 19 - 25

FIO .... influenza COVID19

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## MAGNESIUM

Magnesium is the eighth-most-abundant element in the Earth's crust . Magnesium is a chemical element with the symbol Mg and atomic number 12. It is a shiny gray metal having a low density, low melting point and high chemical reactivity. Like the other alkaline earth metals (group 2 of the periodic table) it occurs naturally only in combination with other elements and it almost always has an oxidation state of +2.

More than 300 enzymes require magnesium ions for their catalytic action, including all enzymes using or synthesizing ATP and those that use other nucleotides to synthesize DNA and RNA. The ATP molecule is normally found in a chelate with a magnesium ion.

Plants require magnesium to synthesize chlorophyll, essential for photosynthesis.

. Magnesium is one of several electrically charged minerals, called electrolytes, that the body uses to regulate body functions like heart rhythm, blood pressure, and brain function.

.Magnesium plays a central vital role in:

Bone development and repair

Blood pressure

Brain function

Blood glucose (sugar)

Heart rhythm

Metabolism (the conversion of calories to energy)

### VOLUME OF DISTRIBUTION

60% in the skeleton, 39% intracellular (20% in skeletal muscle), and 1% extracellular (plasma).

Intravenous magnesium loading tests are more accurate and practical. A retention of 20% or more of the injected amount indicates deficiency.

48 % of the United States population consumed less magnesium than recommended in the Dietary Reference Intake.

• .Symptoms of magnesium deficiency range from nausea, fatigue, and muscle cramps to abnormal heart rhythms, seizures, and coma.

• The kidneys are responsible for maintaining the optimal levels of magnesium in the body. They do so by either increasing or decreasing how much magnesium is eliminated in urine.

**DEFICIENCY CAUSES**

- |  |                |
|--|----------------|
| Alcoholism   | Celiac Disease |
| Cystic Fibrosis  | Diabetes       |
| Diarrhea   | IBS            |
| Gastric Bypass   | Kidney disease |
| Meds - antibiotics, diuretics PPI, immunosuppresants, pancreatitis | FASTING        |

**FOOD SOURCES**

- Spices, nuts, cereals, cocoa and vegetables are rich sources of magnesium.
- Green leafy vegetables such as spinach are also rich in magnesium. Beverages rich in magnesium are coffee, tea, and cocoa.

## What Exactly Are You Inhaling When You Wear a Face Mask?

by Susan C. Olmstead August 8, 2024 Epoch Times

Disposable face masks, such as those health officials encouraged (or in some cases, mandated) the public to wear during the COVID-19 pandemic, are made of synthetic fibers and may contain chemical compounds. Many people have questioned the wisdom of wearing masks made of synthetic fibers for long periods, asking whether inhaling the chemical compounds masks release could lead to health problems.

Masks may release up to 5,390 microplastic particles in a 24-hour period and surgical masks in particular may release approximately 3,152 microfibers in less than one hour, according to a review in the journal *Ecotoxicology and Environmental Safety* in April.

To perform this review, German and Swiss researchers examined 24 studies evaluating 631 surgical, cloth, and N95 masks to determine their composition and the compounds they released. Sixty-three percent of the masks showed “alarming results,” the researchers wrote, releasing high amounts of micro- and nanoplastics.

- The researchers found that many substances in the masks—among them volatile organic compounds (VOCs), xylene, acrolein, per- and polyfluoroalkyl substances (PFAS), phthalates, lead, cadmium, copper, and titanium dioxide (TiO<sub>2</sub>)—exceeded the established safety limits for humans.

- In a 2022 article published in the journal *Nature*, a group of researchers determined that 12 types of masks all “exceeded the acceptable exposure level to TiO<sub>2</sub> by inhalation,” and they called for regulatory standards for the use of TiO<sub>2</sub>, a potential human carcinogen.

- The latest study of this type, “Comprehensive Risk Assessment of the Inhalation of Plasticizers From the Use of Face Masks,” which recently appeared in the journal *Environment International*, tested four types of masks for the presence of 31 types of plasticizers. It also investigated to what extent these compounds and others were released (and thus inhaled) during simulated mask use.

While “overall plasticizer concentration was similar in all four face mask types,” the researchers report, they found surgical masks and FFP2s (widely used in Europe) had high plasticizer release rates of around 4 percent (3.9 percent and 4.8 percent, respectively).

- “Face masks are predominantly composed of synthetic materials,” most commonly polypropylene, polystyrene, polyethylene terephthalate, and polyester, the researchers wrote. The researchers were part of the Environmental and Water Chemistry for Human Health (ONHEALTH) group within the Institute of Environmental Assessment and Water Research in Barcelona, Spain.

- Manufacturers also incorporate additives such as phthalates and organophosphate esters (OPEs) into masks as plasticizers “to increase softness and flexibility, or as a flame retardant,” the researchers stated. Other chemical compounds found in masks include heavy metals, PFAS, and VOCs.
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## Rebecca Lavrenz

the story of Rebecca Lavrenz, the 72-year-old great-grandmother and faithful Christian who entered the Capital building with a group for several minutes, caused no harm, and left when she was asked.

Defended by National Constitutional Law Union.

Thankfully, Rebecca will NOT go to jail, but she faces massive consequences that will severely impact her life.

The sentence was:

- Six months house arrest
- 12 months probation
- A whopping \$103,000 fine!

The fine is the largest ever handed down for a misdemeanor, and that's why I'm writing to you. Please help me relieve Mrs. Lavrenz of this burden by donating today.

[https://secure.winred.com/national-constitutional-law-union/nclu-lavrenz-mb-bm?utm\\_source=nclu-lavrenz&utm\\_medium=bm&utm\\_campaign=mb&utm\\_term=mmn&amount=25](https://secure.winred.com/national-constitutional-law-union/nclu-lavrenz-mb-bm?utm_source=nclu-lavrenz&utm_medium=bm&utm_campaign=mb&utm_term=mmn&amount=25) ....

Judge Zia Faruqui, a member of the Board of Advisors of Muslim American Public Service, took shots at Rebecca's Christian faith which was not appropriate in any setting.

Judge Faruqui's final restriction had me scratching my head. He stated, "You went in to try to find Congress people to find them and confront them. That's unacceptable. You can't do that. Nobody can do that. The way to do that is through our legal system. To go to court."

No, that is not how it works. We have a representative Congress that serves the people and communicates with the public directly, NOT through the courts.

Tied to that statement, the judge ordered Rebecca to obtain permission from her probation officer to meet with her members of Congress. I do not believe that restriction is Constitutional.