

The reVITALIZER HOUR with
Dr. William Summers

(CALL-in, 505 -444- 5059) **SAT SEPT 28, 2024.**

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Quotes & Quips HUMOR & WISDOM

TOPICS: MD shortage, voter fraud, Common Cold,
Beer, additives, Apple,

● Political language is designed to make lies sound truthful , murder respectable and give an appearance of solidity to “PURE WIND”.

– GEORGE ORWELL

● If you don't read the newspaper, you are uninformed. If you do read the newspaper, you are mis-informed.

– Mark Twain

● DO NOT complain about growing old. It is a privilege denied to many.

– Mark Twain

■ **“DEMOCRACY:** *When the People find that they can
vote themselves money, that will herald the end of the republic”*

– Benjamin Franklin

*IN THESE TROUBLED TIMES REMEMBER, FEAR IS
A REACTION..*

.... COURAGE IS A DECISION.

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Report: To bolster N.M.'s medical workforce, reform malpractice law, cut red tape

By Gabrielle Porter gporter@sfnewmexican.com

— Sep 22, 2024

A new policy report from Think New Mexico outlines

10 RECOMMENDATIONS for state leaders to help bolster the ranks of medical workers across New Mexico, where shortages are projected to worsen over the next decade. Those shortages create gaps that often leave patients struggling to access health care.

“It just seems like a crisis that needs comprehensive solutions,” said Fred Nathan, Think New Mexico’s executive director. Included in the list of structural and legal shifts is a money matter: The report recommends New Mexico create a \$2 billion permanent fund to bankroll proposed other changes.

“While some of the recommendations in this report will save taxpayer money, like malpractice reform, many of the other recommendations collectively carry an annual price tag of around \$100 million,” the report says. “The legislature can pay for these reforms without raising taxes or reducing spending on other essential programs by creating a permanent fund for health care using some of the volatile revenues from the current oil and gas boom in New Mexico.”

New Mexico’s health care worker shortage plagues nearly every corner of the state and was only exacerbated during the coronavirus pandemic. Citing data compiled by the New Mexico Health Care Workforce Committee, **Think New Mexico’s report noted the state lost 30% of its primary care providers between 2017 and 2021, while OB GYNs, dentists, psychiatrists, pharmacists and emergency medical technicians also saw steep drop-offs.**

Los Alamos is currently the only county in the state without a shortage when it comes to national standards of access to health care providers, the report said.

Health care industry leaders have called repeatedly for changes to the state's Medical Malpractice Act in recent years after lawmakers overhauled the law in 2021, raising the payout caps for civil claims.

Providers have faced **SURGING COSTS FOR MEDICAL MALPRACTICE INSURANCE** after the change. Think New Mexico noted in its report an independent provider's average annual premium for a standard malpractice insurance policy is about \$43,020, while a similar policy would cost about \$22,030 in Arizona or \$23,772 in Colorado.

The nonprofit think tank called for a number of revisions, including capping attorneys' fees, ending the lump-sum payouts that began after legislative changes in 2021 and limiting the amount of punitive damages that can be awarded to plaintiffs by a jury.

Under the 2021 overhaul, the cap for hospitals was raised initially to \$4 million in 2022 and was set to increase each year until it reaches \$6 million in 2026. Lawmakers gave smaller outpatient clinics a break in 2023, setting their payout cap at \$1 million, but other medical facilities have seen their caps — and insurance premium costs — continue to rise.

Nathan said the goals of proposed changes in the Think New Mexico report are to “restore some balance” but maintained the reforms would be good for all parties. “The main beneficiaries of these loopholes in the Medical Malpractice Act are lawyers,” he said. “The reforms that we're proposing would prioritize the patient while making New Mexico a better place for health care providers to practice and paying lawyers a fair wage for their services.”

The think tank also recommended New Mexico join all 10 major interstate health care worker compacts, which allow providers to practice across state lines, including via telehealth. New Mexico is now a member of the Enhanced Nursing Licensure compact, but not those that apply to physicians, physical therapists, counselors and other specialists.

“New Mexico is one of only five states that have adopted fewer than two interstate health care compacts,” the report said, noting several lawmakers in 2023 tried and failed to pass bills to join more compacts.

OTHER RECOMMENDATIONS outlined in the report:

- Creating a centralized credentialing system for health care workers.
- Making the state’s tax policy more friendly to health care providers, including by permanently repealing the gross receipts tax on all medical services.
- Increasing Medicaid reimbursement rates and reducing the portion of Medicaid claims that are denied.
- Supporting the educational pipeline for health care workers, including at both the high school and college levels.
- Allowing international physicians to apply for provisional licenses to practice in the state.

Nathan said solving the health care shortage is urgent, as the problem is expected to grow quickly in coming years. New Mexico has the oldest physician workforce in the country, with large numbers of those doctors looking to retire within the next several years. “We think it’s urgent that the Legislature focus on the health care shortage in the 2025 session,”

Nathan said

NEW MEXICO VOTER FRAUD

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

In plain language, Dominion Voting Machine Scheme promises their clients that they will follow certain security protocols to comply with state and federal law to protect the election system. This protocol is defined by the Federal Information Processing Standards (FIPS) and mandates encryption of certain files and practices for how the cryptographic keys are stored and protected.

Dominion has woefully failed to follow even the most basic security practices. Shockingly, Dominion stores the encryption keys in plain text within the same database that they are supposed to be protecting. This means that anyone with access to any part of the election system can get the encryption keys, decrypt the data, alter it, re-encrypt it and there would be no record of the change in the system.

New Mexico uses the same election system as Georgia, and it is confirmed that the encryption keys are stored in plain text on the election databases on New Mexico county election computers.

WARNING !!

Check your supplement and vitamin labels, **thousands of additives are used as fillers, coloring, preservatives, and lubricants** in more than 90% of products! Should you be concerned if your supplements contain these 6 additives?

Some frequently used additives to watch for:

- Microcrystalline Cellulose: Made from wood chips and used as a filler.
- Silicon Dioxide: Used as a whitener. You may recognize it when used as a small desiccant packet in many other products.
- Titanium Dioxide: Recently, it has been banned in the state of CA and it is even classified as carcinogenic but still used in various supplements!
- Magnesium Stearate and Vegetable Stearate: Vegetable stearate can be sourced using hydrogenated seed oils, which can promote inflammation and cause allergic reactions.
- Maltodextrin: It has a glycemic index value higher than that of table sugar! It is also linked with IBD.
- GMO Soy, Soy Lecithin and Alpha Tocopherol (Synthetic vitamin E): Soy itself has some issues. It can block nutrient absorption and raise estrogen levels. As GMO soy, it is heavily sprayed with pesticides and genetically engineered, which may modify the end user's DNA. We are 100% soy-free in all our products.

FIBROMYALGIA

Fibromyalgia is a condition characterized by abnormal pain perception, affecting an estimated 2 percent to 8 percent of the general population. Patients experience widespread pain and stiffness, often accompanied by severe fatigue, as well as memory, sleep, and mood disturbances.

Fibromyalgia is often accompanied by mental health issues. A systematic review indicated that patients with fibromyalgia were more than three times as likely to die by suicide compared to the general population.

FIBROMYALGIA RECOVERY: FROM 2 YEARS OF SEVERE PAIN AFTER A CAR ACCIDENT TO OVERNIGHT CURE

– BY Yu Xin and Teresa Zhang September 13, 2024 Epoch Times

‘My body felt like an instrument of torture, a prison trapping and tormenting me,’ Isabella Murphy said.

Ms. Murphy, a Taiwanese National, found a job before completing her master’s degrees and started a family in the United States. However, in 2005, a car accident turned her life upside down. Just a month after starting her job, she was rear-ended on her way home. Though she did not sustain any external injuries, she suffered from soft tissue injuries and a mild concussion. The doctors told her that no treatment was needed and that she would recover slowly.

However, nine months later, her condition deteriorated, even affecting her ability to walk.

She decided to return to Taiwan to seek traditional Chinese medicine (TCM) treatment, as Western medicine could not cure her. They told her she had multiple “dislocated joints” and entered treatment for a year... with no success. A fellow patient gave the label FIBROMYALGIA. She came across pamphlets for Falun Gong which consists of five sets of gentle exercises, including sitting meditation. It guides practitioners to elevate their moral characters by following the principles of truthfulness, compassion, and forbearance, thereby achieving physical and mental well-being.

she found Falun Gong's core book, "Zhuan Falun." After reading "Zhuan Falun," she was deeply shaken and found answers to many of her questions. The morning after finishing "Zhuan Falun," she prepared to move her limbs, bracing herself for the usual pain. However, something miraculous occurred. "Normally, I could only move my limbs a little bit, but at that moment, my hand lifted up easily. I thought I was dreaming. I tried moving another part of my body, and my other hand moved, too, without any pain!" She sat up, put her feet on the ground, and walked downstairs smoothly. Everything was just like before the car accident.

FIBROMYALGIA is a medical syndrome which causes chronic widespread pain, accompanied by fatigue, waking unrefreshed, and cognitive symptoms. Other symptoms can include headaches, lower abdominal pain or cramps, and depression. People with fibromyalgia can also experience insomnia and a general hypersensitivity. The cause of fibromyalgia is unknown. In 1987 it was considered a Factitious Condition akin to COMPENSATION NEUROSIS.

Fibromyalgia is estimated to affect 1.8% of the population and 90% are female.

RX

Some medications were weakly recommended for severe pain (duloxetine, pregabalin, tramadol) or sleep disturbance (amitriptyline, cyclobenzaprine, pregabalin). Others were not recommended due to a lack of efficacy (nonsteroidal anti-inflammatory drugs, monoamine oxidase inhibitors and selective serotonin reuptake inhibitors).

Cannabinoids may have some benefits for people with fibromyalgia. Growth hormone, sodium oxybate, opioids and steroids were strongly recommended against due to lack of efficacy and side effects.

Exercise is the only fibromyalgia treatment that has been given a strong recommendation – Tai Chi, Yoga, Meditation, Falun Gong, simple walking.

It appears that Q10 coenzyme and vitamin D supplements can reduce pain and improve quality of life for fibromyalgia patients.

Hyperbaric oxygen therapy (HBOT) has shown beneficial effects in treating chronic pain by reducing inflammation and oxidative stress

Beer could be GOOD for you: Scientists find drinking could boost gut health Scientists found drinking beer could be better than abstaining all together

by Rebecca Whittaker , Daily Mail Sept 1, 2023

<https://www.dailymail.co.uk/health/article-12469263/A-pint-good-stuff-Scientists-beer-boost-gut-health.html>

- Polyphenols, fibre and ethanol in beer supercharge the immune system
- But experts warn it is only beneficial in moderation and alcohol causes cancers

Beer was found to be more effective than probiotics when drunk in moderation.

** The study, by the Dalian Medical University in China, claims polyphenols, fibre and ethanol in beer are the key ingredients to supercharging your immune system. Dalian, a Chinese village of 7 million+

How to treat the Common Cold”

The common cold is actually a viral infection in your upper respiratory tract. A cold can be caused by more than 200 viruses Trusted Source. The most common are rhinoviruses (10 - 40%). Coronavirus (20%), RSV and parainfluenza

There are also a lot of viruses that doctors haven't identified

The average common cold lasts anywhere from 7 to 10 days Trusted Source, but they can last as long as 2 weeks Trusted Source

Nasal symptoms include:

congestion sinus pressure runny nose
stuffy nose loss of smell or taste sneezing
watery nasal secretions postnasal drip or drainage in the back of your throat

HEAD SYMPTOMS include:

watery eyes headache sore throat cough
swollen lymph nodes

WHOLE BODY symptoms include:

fever fatigue or general tiredness chills
body aches low grade fever below 102°F (38.9°C)
chest discomfort some difficulty breathing deeply

TREATMENTS

Decongestants antihistamines
Chlorpheniramine 4mg Cetirizine [Zyrtec] 10 mg
sore throat/ horse
Salt Water Gargle zinc lozenges
Warm bath

Fever/ myalgia

Tylenol

NSAIDS

- FLUIDS (salt)

- HERBALS:

Astragalus (milkvetch, locoweed, Goat's-thorn) is available in most of the herbal food stores in the form of drops and tablets & tea.

Echinacea

Elderberry syrup

Garlic

Ginger tea with honey

Lemon balm oil few drops in steam

Parsley, sage, rosemary & thyme

- Honey

- 1 cup -hot water

- 2 tbs-honey

- 1/2-lemon juice

- 1 tsp-cinnamon

- 1.5 oz brandy or bourbon

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IV. 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).

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PHARMACY ON PILL HILL, Kare Drug in AZTEC, NM, and Sierra
Blanca Pharm in RUIDOSO, NM**

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The Age When You Should Stop Shoveling Snow Is Way Earlier Than You Think

Story by Stephanie Dolgoff Country Living,

<https://www.msn.com/en-us/health/medical/the-age-when-you-should-stop-shoveling-snow-is-way-earlier-than-you-tink/ar-BB1jdDwd?ocid=msedgntp&pc=HCTS&cvid=a4dec3eb4f8b416b830f0f61a730902c&ei=7>

An “age is just a number” mindset is fantastic when it comes to things like writing your first novel later in life or marrying your soulmate who happens to be younger than you.

But one place it does not apply is when it comes to shoveling snow, which so many of us do every winter: The incidence of sudden heart attack spikes some 16% in men of a certain age when it snows, particularly if it's a big storm, leading to a 34% rise in deaths, a large, two-decade Canadian study found. (The study authors didn't see the same link in women, as they noted,

apparently men tend to do the driveway-clearing, especially if there's a snowpocalypse.)

Why is snow-clearing so dangerous for some?

Let's start with the fact that wet snow is freakin' heavy. In one study on men, the average shovelful of snow weighed 16 pounds. "That's 16 pounds per shovel, 12 lifts a minute for 10 minutes," says Barry Franklin, Ph.D., a spokesperson for the American Heart Association and director of Preventive Cardiology and Cardiac Rehabilitation, Beaumont Health in Royal Oak, MI. That adds up to almost 2000 pounds, the weight of a subcompact SUV. A different study conducted by Franklin and his team years ago found that a shoveler's heart rate increases up to 97% of his max heart rate, more than when the same person does a treadmill test at maximum exertion.

Secondly, snowstorms happen when it's, well, cold. When you huff and puff in that cold air, your blood vessels constrict, making it harder for blood to circulate around your body. This ups your blood pressure, making it harder still for your heart to get enough blood, he says.

But what makes shoveling snow uniquely dangerous has to do with the activity itself, which is why the American Heart Association has been working to raise awareness of the unique risks involved. Here's why:

Shoveling is static exertion, i.e., you're standing in one spot and using your upper body to lift heaps of heavy, wet snow. "With this kind of exercise, you see sudden, big increases in heart rate and blood pressure," says Franklin. Lifting with your arms asks much more of your heart than if you lifted the same weight with your legs, says Franklin.

Hoisting and pushing tends to make us hold our breath as we strain, which also leads to an increase in heart rate and blood pressure.

Standing still while you shovel or use the snowblower means that "your heart is running like hell, but you're not moving your legs, so blood pools in the lower extremities," explains Franklin. I.e., it's not getting back up to your heart as readily.

And then there's the constriction of the arteries of your heart because it's

cold; these are the size of cooked spaghetti to begin with, he says. That ups blood pressure and means less blood gets to your heart.

What does age have to do with it?

“People don’t run into trouble if they’re 20 or 30 because they haven’t developed coronary artery disease,” says Franklin. “But if they’re 45 to 50 or older, with known or hidden heart disease, especially people who are habitually sedentary, this activity is very dangerous.”

Note that he said “hidden” heart disease — lots of us have heart disease we aren’t aware of; if we haven’t noticed symptoms, we’d have no reason to be diagnosed. “If you’re over 50 and grew up eating McDonald’s and Ben & Jerry’s, you probably have some heart disease — that’s just a fact,” says Franklin.

The same is true if you have diabetes or high blood pressure — both risk factors for heart disease — even if you haven’t had heart symptoms such as chest pain. “Sometimes the first and last symptom of heart disease is cardiac arrest,” he says.

Of course, there are physically fit middle-aged people who would be better able to handle this level of exertion. “There’s no way I can come up with an age and gender cutoff point because people vary tremendously,” says Franklin. “All I can say is that if you exercise regularly, have normal cholesterol and don’t smoke, it’s intuitive that you would be at lower risk, though there’s no such thing as no risk. Our ability to predict remains imperfect.”

As for women’s risk, Dr. Franklin says it would be hard to prove that clearing snow is just as dangerous for women of a certain age, because the relevant research has been done only on men, and on a population level, fewer women appear to shovel. Still, “Women, like men, are certainly susceptible to coronary disease, and there have been reported heart attacks in women, including some fatalities, following snow removal,” he says.

So is there a safer way to clear your driveway?

Yes!

Pay the neighbor kid. This is a must for people in their seventies and eighties. Even if you've done it before without a problem, and especially if you have ever smoked or have any other heart disease risks, it's time to hang up the shovel, says Franklin.

Push, don't lift. Pushing snow off your steps with your shovel, rather than hoisting it, says Franklin, puts less strain on the heart.

Mind the wind chill. If the real-feel temperature is very cold, your vaso-constriction will be worse. Always dress in layers, with hat, gloves and a scarf.

Avoid heavy meals, smoking or alcohol before and after shoveling.

Start and stop. Take a work-rest approach, he says, which will bring your heart rate and blood pressure back down. "Don't try to do it all at one time." Use an electric snow blower. This is still risky if you have heart disease and other health issues, but because you are moving, it is somewhat safer, says Franklin.

Don't ignore symptoms. "If you have pain or discomfort anywhere from the belly button up, stop," says Franklin. And if you feel any of the signs of a heart attack, call 911 or get to an emergency department immediately.