

The reVITALIZER HOUR with Dr. William  
Summers (CALL-in, 505 -444- 5059 ) ©Summers, 2024

**SAT OCT 19, 2024.**

**VOTING BEGINS TODAY !!**

Quotes & Quips

HUMOR & WISDOM

TOPICS: Heart Dis, NM md crisis, Gout, Eggs, Arth fruits, Cannabis &  
Coffee, Prostate Cancer, Electoral College, Thermography, Magnesium

- “Unthinking respect for authority is the greatest enemy of truth.” -A. Einstein
- Political language is designed to make lies sound truthful , murder respectable and give an appearance of solidity to “PURE WIND”.  
— GEORGE ORWELL
- Our CONFIDENCE in the future is based firmly on what God has done for us in Christ. No matter what our situation may be, we need never despair because CHRIST IS ALIVE — Billy Graham
- Make the LIE big, ...Make the LIE simple,  
...KEEP SAYING IT, and eventually they will  
Believe it. — Adolph Hitler.
  - REMEMBER ...and China TIM AND Kamila  
are conservative MARXISTS .
- – The Marxist Binary oppressor & victim

■ **“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.

THE PURPOSE OF THIS SHOW IS TO  
EDUCATE AND EMPOWER YOU ...THE LISTENER  
I MAKE THE COMPLEX UNDERSTANDABLE  
EACH & EVERY SHOW.  
— R. Limbaugh

FROM OUR SPONSOR

---

---

**WHERE TO GET Memory reVITALIZER® / life IMAGINED®**

Local Stores

Share N'Care Pharmacy in Belen , Duran's Central  
Pharmacy, Sam's Regent Pharmacy, Best Buy Pharmacy,  
Menaul Pharmacy, Evergreen Herbal Market (Rio  
Rancho), Moses Kountry Store (4<sup>th</sup> street), Village  
Apothecary in cedar Crest, **Kare Drug in 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

---

---

TEN (10) SIGNS YOU MAY HAVE HEART DISEASE

1. Nagging subtle nausea
2. Chest Pain (angina), esp brought on by exercise/ stress
3. SOB / DOE
4. Numbness/weakness on one side of body T. I. A.
5. Sudden slurring of words ..... T,I.A.
6. Sudden brief visual loss or blurring O.G.C.
7. Leg pain without reason [exercise/ trauma] ... P.A.D.
- 8 Cold feet P.A.D
9. Delayed healing of foot injuries.
10. Palpitation of the Heart (A.F.)

---

---

PHYSICIAN CRISIS  
IN NEW MEXICO AND AMERICA

● **New Mexico lost 30% of its primary care providers between 2017 and 2021, while OBGYNs, dentists, psychiatrists, pharmacists and emergency medical technicians also saw steep drop-offs.**

● Kamela Harris, who is running for President, has vowed to eliminate private medicine. She will solve Healthcare by Total Socialization.

● If Harris and China Tim Waltz win there will be SINGLE PAYER MEDICINE [STATE RUN] .... MEDICAL CARE WILL BECOME "PRICELESS".

=> But Prices are a benchmark created by having suppliers and consumers. When there are numerous suppliers (competition) the prices are the lowest.

=> When Medical care is supplied by a monopoly it atrophies and truly ceases to exist. EXPOUND ON RUSSIA 1992.

=> A government bureaucrat can never have greater expertise than your doctor, nurse, or other healthcare worker.

- But ISN'T MEDICAL CARE A BASIC HUMAN RIGHT ?  
NO! Rights cannot be bestowed by man. Rights can only be VIOLATED .  
eg) Murder = violates the victim's right to life.  
eg) Theft = violates the victims's right to property  
eg) Slavery = violates the victim's right to freedom  
and self-determination
- HOW WOULD WE KNOW IF Government  
is Monopolizing Healthcare  
=> long waits to see doctors  
=> "efficient" 8 minute medical visits  
=> "Selling" the latest government 'cure" , ie vaccines

Here is in Albuquerque we have two HMO's which are gov't medicine with a private veneer/ the VA/ and the STATE University.

- CONCLUSION: WHEN THE GOVERNMENT FORCES YOU to accept their healthcare, the government is claiming ownership over YOU and claiming ownership over your doctor.

---

---

## **Gout**

Gout is a painful form of inflammatory arthritis and SKIN inflammation due to the formation of uric acid crystals in your joints and skin. Early stage gout symptoms come on suddenly, often at night, and may take you by surprise.

A common early symptom is severe pain in one joint, usually Trusted Source a big toe.... making it hard to walk.

gout pain can also affect other joints, such as your:

- knee
- ankle
- wrist
- fingers

- Early stage gout symptoms usually include significant swelling in the affected joint and surrounding area. This can be mistaken as CHF or DVT if unilateral.

- Inflammation may cause the skin of the affected joint to look bright red and shiny. Your skin may also be tender and warm or hot to the touch. Pruritus can be intense.

- Gout is more common Trusted Source in males than in females. Women are more likely to develop gout postmenopause.

- Risk factors for gout include:

- obesity
- high cholesterol
- diabetes
- psoriasis
- high blood pressure
- kidney disease
- osteoarthritis
- family history of gout

- taking medications that increase uric acid buildup, like low dose **ASPIRIN**, **DIURETICS (esp HCTZ)**, or **NIACIN**
- drinking alcohol to excess
- eating a high-purine diet of foods such as organ meat

**Some foods** may trigger a flare by raising your uric acid levels.

- organ meats, red meats, certain types of seafood, alcohol and beer
- vegetables, legumes, and beans is good for your health and may help you lower your uric acid levels
- Yeast extracts: These are found in frozen dinners, canned soups, bouillon cubes **INCREASE** uric acid.
- Fructose and sugar-sweetened beverages can also increase the risk of gout and gout attacks, even though they're

not purine-rich. they can raise uric acid levels by accelerating several cellular processes

- limit refined carbs such as white bread and items made with white flour, and choosing whole grain foods instead.
- All fruits are generally fine for gout. Cherries may even help prevent attacks
- soy products and vitamin C supplements could potentially prevent gout attacks
- vitamin C may help uric acid crystals to dissolve more easily, which could help your body expel uric acid

#### TREATMENT -

anti-gout agents, such as **COLCHICINE**, to reduce swelling, inflammation, and pain quickly.

They may also prescribe oral **CORTICOSTEROIDS** or give you a corticosteroid injection directly in the affected joint.

Other prescription medications, such as **ALLOPURINOL** (Zyloprim, Lopurin) or **FEBUXOSTAT** (Uloric), can help reduce uric acid levels.

#### **HOME TREATMENTS** include:

(NSAIDs)

icing the affected joint to reduce pain and inflammation

elevating the affected joint to reduce swelling

resting the affected joint

#### **DIFFERENTIAL DIAGNOSIS:**

pseudogout

rheumatoid arthritis

psoriatic arthritis

septic arthritis (joint infection)

cellulitis (bacterial skin infection)

---

---

# Egg Consumption and 4-Year Change in Cognitive Function in Older Men and Women: The Rancho Bernardo Study

by Donna Kritz-Silverstein

Nutrients 2024, 16(16), 2765; <https://doi.org/10.3390/nu16162765>

August 2024

<https://www.mdpi.com/2072-6643/16/16/2765>

The effect of dietary cholesterol on cognitive function is debatable. While **eggs contain high levels of dietary cholesterol**, they provide nutrients beneficial for cognitive function. This study examined the effects of egg consumption on change in cognitive function among **890 ambulatory adults** (N = 357 men; N = 533 women) aged =55 years from the Rancho Bernardo Study who attended clinic visits in 1988–1991 and 1992–1996. Egg intake was obtained in 1988–1991 with a food frequency questionnaire. The Mini-Mental Status Exam (MMSE), Trails B, and category fluency were administered at both visits to assess cognitive performance. Sex-specific multiple regression analyses tested associations of egg intake with changes in cognitive function after adjustment for confounders. The mean time between visits was  $4.1 \pm 0.5$  years; average ages were  $70.1 \pm 8.4$  in men and  $71.5 \pm 8.8$  in women ( $p = 0.0163$ ). More men consumed eggs at higher levels than women; while 14% of men and 16.5% of women reported never eating eggs, 7.0% of men and 3.8% of women reported intakes =5/week ( $p = 0.0013$ ). In women, after adjustment for covariates, egg consumption was associated with less decline in category fluency (beta = -0.10,  $p = 0.0241$ ). Other associations were nonsignificant in women, and no associations were found in men. Results suggest that egg consumption has a small beneficial effect on semantic memory in women. The lack of decline observed in both sexes suggests that egg consumption does not have detrimental effects and may even have a role in the maintenance of cognitive function.

---

---

## 6 Essential Anti-Inflammatory Fruits for Relieving Arthritis Symptoms

By Ellen Wan Epoch Times October 1, 2024

- Arthritis encompasses around 100 conditions affecting joints and surrounding tissues. Osteoarthritis, or degenerative arthritis, is the most common form. It typically affects the joints in the hands, knees, lower back, neck, and hips, and currently has no cure. While medication can relieve pain, it cannot halt or reverse cartilage damage, which tends to worsen with age.
- the polyphenolic compounds found in fruits exhibit antioxidant and anti-inflammatory effects, which can help prevent and alleviate joint degeneration. Six fruits, in particular, have been shown to be beneficial for joint health
- **POMEGRANATE** has been used as a medicinal herb for thousands of years. A study found that pomegranate juice had the highest antioxidant activity when compared to red wine and the juices from grapes, blueberries, cranberries, black cherries, apples, and oranges.
- **AVOCADO** is popular for its high content of monounsaturated fatty acids, potassium, vitamin E, and fiber. One avocado contains approximately 21 percent of the recommended daily intake of vitamin E. Avocado is also rich in carotenoids, including lutein. avocado seeds are also rich in antioxidant polyphenols and various phytochemicals, exhibiting more potent antioxidant and anti-inflammatory properties than the fruit's flesh.
- **BERRIES**, including strawberries, cranberries, blueberries, and raspberries, are rich in vitamins, minerals, and antioxidants such as flavonoids and other polyphenols.  
Berries are among the most effective foods for alleviating pain in arthritis patients, according to Dr. Wessam Labib, director of geriatric medicine at Loma Linda University'



- **TART CHERRIES** are relatively sour and can be eaten raw, but they are more commonly processed into dried fruit, preserves, juice, or used as filling for frozen or canned cherry pies. Rich in polyphenols and vitamin C, tart cherries offer strong antioxidant and anti-inflammatory properties, making them one of the top anti-inflammatory fruits recommended

- **WATERMELON** is packed with antioxidants like lycopene, vitamin C, beta-carotene, and polyphenols. These compounds help protect joint cartilage cells from oxidative stress and inflammation, thereby alleviating joint discomfort.

- **BANANAS** are a good source of potassium and magnesium, both of which support bone density and may help alleviate arthritis symptoms. A large banana provides 9 percent of the recommended daily intake of magnesium.

---

---

## Long-Term Cannabis Use Significantly Increases Risk of Heart Disease and Death

by Ellen Wang Sept 3, 2024 Epoch times

<https://www.theepochtimes.com/health/long-term-cannabis-use-significantly-increases-risk-of-heart-disease-and-death-5696889>

A study published June 6 in JAMA Network Open found that long-term use of Cannabis sativa significantly increases the risk of death from cardiovascular disease, cancer, and overall causes. Another study published in the Journal of the American Heart Association (JAHA) in February indicated that as the frequency of cannabis use increases, the risks of heart attack and stroke rise sharply.

The JAMA Network Open study analyzed data from over 120,000 individuals in the UK Biobank. About 55 percent of participants were **FEMALE**, with an average age of 55, and about 45 percent were male, with an average age of 56. The median follow-up period was nearly 12 years. In this study, heavy use was defined as having used cannabis more than 100 times in one's lifetime. A self-reported questionnaire determined cannabis use.

● The study showed that females with heavy cannabis use had a more than 1.5-fold higher risk of cardiovascular disease mortality compared to nonusers. After comprehensive adjustments to exclude other influencing factors, it was found that the risks for all-cause mortality, cardiovascular disease mortality, and cancer mortality in women increased by 49 percent, 167 percent, and 61 percent, respectively. These risks increased by 28 percent, zero percent, and 9 percent for men, respectively. This suggests that heavy cannabis use has a greater impact on mortality risk for women, particularly with a significant increase in the risk of cardiovascular disease mortality.

---

---

A Listener asked [WHY I GET POLITICAL ON A MEDICAL SHOW](#). The answer is Billy Joel's iconic song, "WE DIDN'T START THE FIRE," and goes like this:

We didn't start the fire

It was always burning, since the world's been turning

We didn't start the fire

No, we didn't light it, but we tried to fight it

FROM OUR SPONSOR

---

---

**WHERE TO GET Memory reVITALIZER® / life IMAGINED®**

Local Stores Share N'Care Pharmacy in Belen , Duran's Central Pharmacy, Sam's Regent Pharmacy, Best Buy Pharmacy, Menaul Pharmacy, Evergreen Herbal Market (Rio Rancho), Moses Kountry Store (4<sup>th</sup> street), Village Apothecary in cedar Crest, Kare Drug in 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

---

---

## COFFEE

I'm an endurance athlete who quit caffeine for 30 days - the effect it had on my body went against what I'd been told.

by Sadie Whitelocks October 4, 2024 Daily Mail

- An endurance runner and fitness coach, he consumes anywhere from two to six cups of coffees' worth, depending on his workout regimen.
- Common side effects of cutting caffeine abruptly can include headaches, nausea, muscle pain, tiredness, difficulty concentrating and irritability.
- Along with no benefits, Runyon said he was surprised to have no withdrawal symptoms.

---

---

## ~~ CANNABIS ~~

Growing Number Of Cannabis Users Enduring Serious Health Consequences  
The New York Times (10/4, A1, Twohey, Ivory, Kessler) reported that “from Washington State to West Virginia, psychiatrists treat rising numbers of people whose” cannabis use “has brought **ON DELUSIONS, PARANOIA AND OTHER SYMPTOMS OF PSYCHOSIS.**” Meanwhile, “in the emergency departments of small community hospitals and large academic medical centers alike, physicians encounter patients with severe vomiting induced by the drug – a potentially devastating condition that once was rare but now, they say, is common.” According to the Times, “as marijuana legalization has accelerated across the country,” physicians “are contending with the effects of an explosion in the use of the drug and its intensity.” With more Americans “consuming more potent cannabis more often, a growing number, mostly chronic users, are enduring serious health consequences.”

---

---

## Supplemental Use of Antioxidant Vitamins and Subsequent Risk of Cognitive Decline and Dementia

Colleen J. Maxwell<sup>a</sup> Matthew S. Hicks<sup>a</sup> David B. Hogan<sup>a</sup> Jenny Basran<sup>b</sup> Erika M. Ebly<sup>c</sup> University of Calgary, Calgary, Canada

Dementia and Geriatric Cognitive Disorders Apr 2015

### Abstract

There are conflicting reports about the potential role of vitamin antioxidants in preventing and/or slowing the progression of various forms of cognitive impairment including Alzheimer's disease (AD). We examined longitudinal data from the Canadian Study of Health and Aging, a population-based, prospective 5-year investigation of the epidemiology of dementia among Canadians aged 65+ years. Our primary objective was to examine the association between supplemental use of antioxidant vitamins and subsequent risk of significant cognitive decline (decrease in 3MS score of 10 points or more) among subjects with no evidence of dementia at baseline (n = 894). We also explored the relationship between vitamin supplement use and incident vascular cognitive impairment (VCI; including a diagnosis of vascular dementia, possible AD with vascular components and VCI but not dementia), dementia (all cases) and AD. After adjusting for potential confounding factors assessed at baseline, subjects reporting a combined use of vitamin E and C supplements and/or multivitamin consumption at baseline were significantly less likely (adjusted OR 0.51; 95% CI 0.29–0.90) to experience significant cognitive decline during a 5-year follow-up period. Subjects reporting any antioxidant vitamin use at baseline also showed a significantly lower risk for incident VCI (adjusted OR 0.34, 95% CI 0.13–0.89). A reduced risk for incident dementia or AD was not observed. Our findings suggest a possible protective effect for antioxidant vitamins in relation to cognitive decline but randomized controlled trials are required for confirmation

---

---

## **CANCER INDUSTRY:**

### **PROSTATE CANCER**

- major clinical trial called PROTECT that did a 10-year follow-up on guys with prostate cancer that included active surveillance (where you essentially monitor your prostate cancer to see if it gets worse and needs treatment), radical prostatectomy and radiation.
- There was no difference in survival between the three groups. Absolutely none.
- ALSO, There was no difference in survival between magnetic resonance imaging (MRI) is twice as sensitive as a biopsy for detecting aggressive prostate.
- ALSO, Prostate cancer cells is sensitive to heat  
SO HANG OUT IN SAUNA'S
- cancer cells don't tolerate extra heat as well as normal, healthy cells. So researchers found that you can heat up the body and kill cancer cells without killing healthy cells. **SAUNAS CAN BE POWERFUL DISEASE FIGHTERS.**

---

---

*I am but a conduit of important information*

**National Popular Vote Interstate Compact** [NPVIC] is a malignant Marxist movement funded by Democrat Billionaires since 2006 to circumvent Federal Constitutional Amendments by going State-to-State to pass a law that “**ALL OF THE STATE ELECTORS**” go to the winner of the national popular vote... to take effect when the # states in the compact reach >270 Electoral votes. **THEY HAVE 209 ELECTORS** from California, **COLORADO**, Connecticut, Delaware, NY, New Jersey, **NEW MEXICO**, Oregon Rhode Island, Maryland, Massachusetts, Minnesota, Vermont, & Washington,

Add Pennsylvania, Michigan or Wisconsin and YOU BYPASS the **ELECTORAL COLLEGE**.

What this means is the Kamela and China Tim only have to Blitz Los Angeles/ NYC/Chicago, Dallas Houston, Phoenix, Philadelphia, and San Antonio, & San Diego ==> victory.

That is California/ Illinois, PA, TX will determine the Presidency. New Mexico will become irrelevant.

**BUT...BUT..... BUT.... The Electoral College is a wonderfully thought out component of an interlocking federalist system that HAS AS A PRIMARY GOAL PROTECTION OF FREEDOM & INDIVIDUAL LIBERTY.** The dense populated democrat strongholds enjoy a big advantage in the House of Representatives and largely in Presidential

elections. THE SENATE & ELECTORAL COLLEGE COUNTER BALANCE THIS,...and protect lower population states like New Mexico, Alaska , Wyoming, Vermont, from

*“POLITICAL IRRELEVANCY.”*

Thomas Jefferson said “The natural progress of things is for liberty to yield, and government to gain ground.” Over 237 years (Constitution ratified Sept 17, 1787) the Deep State and Federal Gov’t have continued to usurp power from the local government. The Constitutional plan is BOTTOM↗ UP, TODAY THE REALITY IS TOP ↘ DOWN. Our founders understood the nature of Democracy and mob rule deteriorates into despotism.

let us look at a few example Popular vote elected officials 1) Adolph Hitler was elected. 2) Venezuela elected Hugo Chávez 3) Juan Perón elected in Argentina 4) Mohamed Morsi elected in Egypt 5) Robert Mugabe in Zimbabwe

the Electoral College preserves the balance between Federal and State power/ Each state’ electors are the sum of Senators (always TWO) plus Representatives (based on Population) so the most remote small state gets at least 3 votes. **Eliminate the Electoral College and New Mexico voters are unnecessary.**

**Our legislature need to withdraw from the [NPVIC]**

The Electoral College and the 2016 election was NO ACCIDENT. DJT won the Electoral College handily (304 to 227) but Hillary CLINTON won the popular vote (46.4% to 48.5% for Clinton) ... Recall 114% of voters in inner city Philadelphia voted for Hillary . America suffered under Obama, .... A Hillary presidency would have brought Bidenomics/ emerging wars/ de-stabilization of the Dollar and all of the woes of the Harris-Biden Reich without the fresh-air 4 years of the Trump Presidency. We would probably be trying to survive a GREATER DEPRESSION and WWII.

# Thermography: Decoding the Body's Silent Signals

by Emma Suttie D. Ac. October 18, 2024 Epoch Times

- Thermography detects heat on the skin's surface using an infrared camera and is a safe, painless, and cost effective screening tool used for prevention.
- Thermography, also known as digital infrared thermal imaging (DITI), is a non-invasive screening test that uses an infrared camera to detect subtle temperature changes on the skin's surface. These changes can provide clues about what's happening inside the body, revealing factors such as inflammation, hormonal imbalances, and lymphatic congestion, which can lead to a buildup of fluid in the body's tissues.
- "It's measuring the surface temperature of the skin, and then the software program will assign a different color to every temperature—and that's what creates our image on our computer screen," she said. "So, in essence, whatever area of the body that we're looking at, you can think of it as a geographical temperature map,"
- Thermography differs from tests like mammography or ultrasound in that it's a test of physiology or function, rather than anatomy or structure.
- What Thermography Can Detect  
Thermography can help visualize a wide range of dysfunctions in the body, according to Horner's website, including:  
Unexplained pain and inflammation  
Digestive issues (liver, stomach, pancreas, spleen, intestines)  
Leaky gut



Thyroid function challenges  
Immune imbalance  
Dental and sinus issues  
TMJ (disorders of the temporomandibular joint in the jaw)  
Neck and spinal problems  
Breast health  
Breast risk health assessment  
Lymphatic congestion  
Hormone imbalance

- One of thermography's key benefits is its ability to create a baseline for each patient through annual scans. Each patient's infrared breast scan is unique, like a fingerprint. Any changes in this pattern over time can signal a potential problem.

#### A BASELINE IS THE KEY TO BEST RESULTS

In cancer-free patients, the results can help assess future cancer risk.

#### SEVERAL FACTORS CAN AFFECT A THERMAL IMAGE.

Recent exercise  
Consumption of caffeine, nicotine, or alcohol  
Certain medications and supplements  
Recent surgeries or dental work  
Tattoos and scarring  
Sunburns  
Room temperature

- Mammography fails to detect one in five breast cancers, and false-negative results occur in one in eight cases, according to a 2022 review. **AND YOU IRRADIATE THE BREASTS.**

- Suitable for dense breasts: Thermography works well for women with dense breasts where mammograms are less effective.

---

---

Memeory reVITALIZER

## Study Links Low Magnesium to DNA Damage and Chronic Disease Risk

by George Citroner Sept 19, 2024 Epoch Times

- While you often hear about the importance of vitamin D and zinc for boosting immunity, another important but often overlooked nutrient is magnesium.

- Up to 15 percent of people in the United States don't get enough magnesium, which may have negative health consequences.

A study published in the European Journal of Nutrition in June adds to the growing body of evidence highlighting the importance of magnesium for overall health. By linking low magnesium levels to increased DNA damage, researchers at the University of South Australia suggest that magnesium may be particularly central in protecting against age-related chronic diseases.

- Researchers analyzed blood samples from 172 middle-aged adults and found a correlation between low magnesium levels and elevated amounts of homocysteine, an amino acid linked to increased risk of dementia, heart attack, and stroke.

Participants with magnesium levels below 18 milligrams (mg) per liter were more susceptible to a broad range of other health issues, such as Alzheimer's disease, Parkinson's disease, various cancers, gastrointestinal diseases, and diabetes.

The study also found that higher magnesium levels were linked to lower homocysteine and higher B vitamins, suggesting that magnesium is essential for protecting DNA from homocysteine-induced damage, especially when folate and vitamin B12 are deficient.

Magnesium plays a crucial role in more than 600 enzymes in the body. This essential mineral is integral to critical physiological processes, including energy production, the regulation of blood pressure, and blood sugar control. Low magnesium intake has even been linked to accelerated aging.