

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

SAT OCT 26, 2024.

Early VOTING !!

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

- 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

*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

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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.)

‘Silent Phase’ of Alzheimer’s Begins Decades Before Symptoms, NIH Study Suggests

by George Citroner October 21, 2024

- The disease progresses in two distinct phases, with brain changes beginning up to 20 years before symptoms appear. The findings, published in Nature Neuroscience,

- Alzheimer’s disease has a long pre-symptomatic period, with related changes taking place in the brain “10, 15, even 20 years before the onset of memory and thinking symptoms,” Igor Camargo Fontana, Alzheimer’s Association director of scientific conference programming, told The Epoch Times.

- This research could also open new avenues for earlier detection and targeted treatments.

“One of the challenges to diagnosing and treating Alzheimer’s is that much of the damage to the brain happens well before symptoms occur,” Dr. Richard J. Hodes, director of the NIH National Institute on Aging, said in a statement. “The ability to detect these early changes means that, for the first time, we can see what is happening to a person’s brain during the earliest periods of the disease.”

- the initial phase of Alzheimer’s is insidious, unfolding slowly over time and occurring well before noticeable memory problems arise. During this phase, a gradual buildup of beta-amyloid plaques and tangles—hallmarks of Alzheimer’s—can be observed.
- The second phase of Alzheimer’s disease is starkly different. It’s characterized by rapid accumulation of amyloid plaques and tangles, significant neural damage, and cognitive decline symptoms such as memory loss and confusion, alongside increased levels of inflammation and cell death. Researchers have found that this deterioration occurs as part of a complex interplay of changes within neural circuitry.
- The “bigger picture” is that Alzheimer’s long pre-symptomatic period presents opportunities for early detection and intervention to prevent the onset of dementia symptoms, Fontana said. “If the findings in this new paper are confirmed by other labs,” he added, “it raises the question of whether effectively addressing the brain changes that happen in what the authors call the first ‘quiet’ phase can slow, delay or prevent the second, more destructive phase.”

==> TAKE MEMORY reVITALIZER.

Map reveals states where you don't want to live if you have a health emergency - is yours one?

by Alexa Lardier Daily Mail October 20, 2024

Utah, Nevada NM and Arizona rank among the worst for access to healthcare

Study Suggests 1 in 4 'Unresponsive' Patients May Be Conscious

by George Citroner October 10, 2024

- The study, published in the New England Journal of Medicine in August, sheds light on a condition known as cognitive motor dissociation (CMD), also called covert consciousness. The research, involving 241 unresponsive patients across several medical centers, including Columbia University Irving Medical Center and Weill Cornell Medicine, challenges our understanding of consciousness in patients with severe brain injuries.

- There have been a number of recorded cases where someone appears to be in a coma following some type of head injury or cardiac arrest, Dr. Ted L. Rothstein, a neurologist in Washington D.C. affiliated with George Washington University Hospital and not with the study, told The Epoch Times. “But if you whisper, think of playing tennis, or think of your mother telling you such and such, certain parts of the brain might light up with functional MRI,” he said. “And that would indicate that these people are really in a minimally conscious state, not totally comatose.”

● Dr. Jan Claassen, a neurocritical care specialist, one of the study's lead authors, and a prominent figure in consciousness disorders research, explained the significance of these findings. "We now know that the phenomenon of cognitive motor dissociation, seen in patients from several different centers with a variety of brain injuries, is actually common," he said in a press release. This phenomenon occurs when patients show no outward responses to commands but demonstrate brainwave activity indicative of awareness during electroencephalogram (EEG) or functional magnetic resonance imaging (fMRI) tests, he noted.

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

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COFFEE

Coffee Linked to Reduced Parkinson's Risk

by George Citroner May 15, 2024 Epoch Times

- New research explores caffeine's potential neuroprotective effects.
- a recent study in Neurology adds to the evidence that caffeine may help prevent Parkinson's disease, a progressive movement disorder.
- The new study examined coffee intake and future Parkinson's risk in 184,024 participants across six European countries.

Unlike prior studies, it quantified caffeine biomarkers years before Parkinson's onset. Researchers identified 351 Parkinson's cases, matched with controls by age, sex, study center, and fasting status during blood collection.

Results showed that higher caffeine consumption and the presence of key metabolites like paraxanthine and theophylline were linked to reduced Parkinson's risk.

- Paraxanthine and theophylline have been shown to have antioxidant effects. Oxidative stress is believed to play a role in the neurodegeneration seen in Parkinson's, so compounds with antioxidant activity may help protect neurons from damage. Also, Parkinson's involves the death of dopamine neurons. Some research suggests paraxanthine and theophylline may increase dopamine receptor signaling, which could compensate for neuron loss.
- The neuroprotective effects were exposure-dependent, with the highest consumption group having nearly 40 percent lower Parkinson's risk compared to non-coffee drinkers.

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 Matthew S. Hicks a David B. Hogan Jenny Basranb Erika M. Ebly 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 aswell 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 CLINKON won the popular vote (46.4% to 48.5% for Clinton) ... Recall 114% of voters in inner city Philadelphia voted for H iilaary . 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.

COVID-19: Are You Getting Your Latest Booster?

Dear :

This is the time of year when the annual push for flu shots is on, now being combined with promotion of COVID and RSV shots. Have you decided yet?

While your public health director is almost certainly all for it, there is one dissenting voice.

The surgeon general of Florida, Joseph Ladapo, M.D., Florida Surgeon General Joseph Ladapo, M.D., advises against the use of mRNA COVID-19 vaccines.

The graph below illustrates the proportion of people who got COVID with and without getting vaccinated. While at first saying that if you got vaccinated you wouldn't get COVID, authorities changed the message to saying that "the vaccines appear to greatly reduce the risk of hospitalization and death."

image.png

The CDC's current official advice is: "Everyone ages 6 months and older should get the 2024–2025 COVID-19 vaccine. This includes people who have received a COVID-19 vaccine before and people who have had COVID-19."

The Florida Department of Health guidance states that:

- It is important to provide patients with informed consent.
- The most recent booster approval was granted in the absence of booster-specific clinical trial data performed in humans. Furthermore, this booster does not protect against the currently dominant strain, accounting for approximately 37% of infections in the United States.
- The federal government has not required COVID-19 vaccine manufacturers to demonstrate their boosters prevent hospitalizations or death from COVID-19 illness.
- The federal government has failed to provide sufficient data to support the safety and efficacy of COVID-19 boosters, or to acknowledge previously demonstrated safety concerns associated with COVID-19 vaccines and boosters.
- Elevated levels of mRNA and spike protein from the mRNA COVID-19 vaccine persist among some individuals for an indefinite period.
- Potential DNA integration from the mRNA COVID-19 vaccines pose unique and elevated risk to human health and to the integrity of the human genome.

Individuals need to be aware of these considerations, ask their doctor questions, and do a risk-to-benefit analysis: Is this new shot right for you?