

The reVITALIZER HOUR
with”The Swing Sounds of Dr. William Summers

(CALL-in, 505 -444- 5059) ©Summers, 2024

SAT NOV 9, 2024.

OPEN PHONES

Quotes & Quips

HUMOR & WISDOM

TOPICS: Brain Cancer Surg, IMA RESEARCH, HxNSK, Med Map, COMA, SUCIDE & BiPOLAR, Cannabis & Coffee, AD & vitamins, BPH/ Prostate Cancer, Thermography, Magnesium, COVIDx available, Shalom, D.H.E.A.

● Elon Musk cut 90% of Twitter’s STAFF and it still working fine..... SHOULD WE TRY THAT WITH THE FEDERAL GOVERNMENT NEXT ? ; ?

● “Unthinking respect for authority is the greatest enemy of truth.” -A. Einstein

● Let every soul be subject to governing authorities. For there is no authority except from God.

– Romans 13:1

MOTRIN // CONCIERGE MEDICINE

*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 (4th 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
Order Direct at 800.606.0192

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

First Patient to Have Brain Tumor Removed Through Her Eyebrow Leaves Hospital in 2 Days Thanks to Technique

<https://www.goodnewsnetwork.org/first-patient-to-have-brain-tumor-removed-through-her-eyebrow-leaves-hospital-in-2-days-thanks-to-new-technique/>

- The new procedure not only slashes the hours needed on the operating table, but patient recovery time, as well.

- Doreen Adams underwent the unique procedure after a previous craniotomy to remove the tumor produced an unsuccessful result.

“The difference in the two surgeries is night and day,” reported Adams, who was able to leave the hospital in Scotland two days after the surgery.

- The operation was carried out by pioneering NHS surgeon Anastasios Giamouriadis in Grampian, Scotland. He adapted an already existing technique and used it to remove tumor growth, a surgery that leaves patients with only a small scar and a temporary black eye.

- The procedure also allows for surgeons to carry out the operation more quickly than a traditional craniotomy, which removes parts of the skull to expose the brain. The new method takes just three hours, compared to the craniotomy’s required 8-10.

LONGEVITY INDEX (boring video) - there is a G & F value
and CDA and VAP

Fred Pescatory, nD of NYC ... bullshit artist a vitamin combo

IMA RESEARCH

We hope to present the ACCLAIM, Alto Bipolar, and ALTITUDE studies:

ACCLAIM-

We are looking for participants with elevated Lp(a) and **RISK FACTORS FOR HEART ATTACK OR STROKE** (hypertension, hyperlipidemia, Type II diabetes, tobacco use, kidney disease, or a family history of early heart attacks). Elevated levels of Lp(a) have been associated with heart attacks, strokes and peripheral thrombosis. Lp(a) is a type of cholesterol particle that is not routinely measured as part of the standard lipid panel. The study involved a pre-screening lab test for Lp(a). The study drug blocks the production of apolipoprotein A and we want to understand if that will be beneficial for primary prevention of major vascular events.

ALTO Bipolar-

This is a study in patients with Bipolar depression. Bipolar disorder is characterized by periods of high and low mood. The study medication is proposed to promote neuroplasticity and we are looking to see if it will help with bipolar depression. The study will use a unique EEG test to identify a sub-population who are believed to be more likely to benefit from this experimental treatment.

ATTITUDE-

We are looking for participants with **MILD COGNITIVE IMPAIRMENT**, that is consistent problems with memory, problem solving or orientation that are starting to interfere with daily activities. We will be performing tests during the study screening period to confirm the presence of amyloid plaques. The study medication is a monoclonal antibody that targets amyloid plaques for removal. We are hoping that using this experimental treatment early in the course of Alzheimer's disease will slow or stop the progression of the illness.

HISTORY YOU ARE NOT SUPPOSE TO KNOW:

AMERICA is a Christian Nation.

Without the Great Awakening (1740-1760) there would have been no American Revolution (1760-1790).

The ideas, the motivation, the Biblical worldview, and the great virtuous statesmanship seen in the Founder's Times were birthed by Jonathan Edwards and George Whitefield. George Washington, Samuel Adams, Thomas Jefferson, Ben Franklin and others absorbed the Biblical ideals of FREEDOM, Individual Duty and self-governance by informed Citizens, Justice, Minimal Government with reliance on God, right to Self-Defense. Whole towns converted to Christ. Churches more than doubled.

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

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 (4th 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

Order Direct at 800.606.0192

MENTION THE MEDICAL PRACTICE – MARGARET

25% OFF OF 1ST VISIT....

505 - 878 - 0192

Gergel T et al. SUICIDE AND BIPOLAR DISORDER: OPPORTUNITIES TO CHANGE THE AGENDA.

Lancet Psychiatry Oct 2024 11(10): 781-784.

“An act of ultimate selfishness” => SUICIDE

● 15-20% of people with Bipolar Disorder die by suicide, BUT 30-60% of Bipolars attempt at least once.

● Suicide deaths are a major contributory factor in premature mortality from Bipolar Disorder, which occurs up to 20 years earlier than within the general population.

● Diagnosis of Bipolar is problematic with an average delay up to 10 years between seeking help and the diagnosis.

- Risk Factors for suicide are:
 - prior attempts
 - long duration episodes
 - family history of completed suicide
- Bipolars are assessed as low risk even in the week before completed suicide.
- RESEARCH will produce more effective treatments for bipolar disorder, reducing the severity of symptoms and the incident of suicide in this population.
- The high human cost of suicide in people with bipolar disorder and the current impasse create a moral imperative to advance and embrace opportunities for increasing survival.

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:

B. P. H.

Benign prostatic hyperplasia (BPH), also called prostate enlargement, is a noncancerous increase in size of the prostate gland.

More than 94 million men aged 40 years and older are affected globally. BPH typically begins after the age of 40. The prevalence of clinically diagnosed BPH peaks at 24% in men aged 75–79 years.

Based on autopsy studies, half of males aged 50 and over are affected, and this figure climbs to 80% after the age of 80.

SYMPTOMS ARE.... of lower urinary tract, which are voiding, and symptoms which occur after urination., need to urinate frequently, waking at night to urinate, urgency, involuntary nocturnal urination, urge incontinence (urine leak following a strong sudden need to urinate).

Bladder outlet obstruction (BOO) can be caused by BPH. Symptoms are abdominal pain, a continuous feeling of a full bladder..... RENAL DAMAGE AND UTI's

Most experts consider androgens (testosterone and related hormones) to play a permissive role in the development of BPH. They are WRONG.

TREATMENT

While herbal remedies are commonly used, a 2016 review found the herbs studied to be no better than placebos.[164] Particularly, several reviews found that saw palmetto extract,

Medications

The two main medication classes for BPH management are alpha blockers and 5 α -reductase inhibitors.

Alpha blockers

Selective α 1-blockers are the most common choice for initial therapy.

They include alfuzosin, doxazosin, silodosin, tamsulosin, terazosin, and naftopidil

Alpha blockers relax smooth muscle in the prostate and the bladder neck, thus decreasing the blockage of urine flow. Common side effects of alpha blockers include orthostatic hypotension (a head rush or dizzy spell when standing up or stretching), ejaculation changes, erectile dysfunction,[73] headaches, nasal congestion, and weakness. Less-selective α 1 receptor blockers such as terazosin and doxazosin may lower blood pressure.

The 5 α -reductase inhibitors finasteride and dutasteride may also be used in people with BPH. They inhibit the 5 α -reductase enzyme, which, in turn, inhibits production of DHT(di-hydrotestosterone), a hormone responsible for enlarging the prostate. Effects may take longer to appear than alpha blockers, but they persist for many years

DIFFERENT WAY:

- VALUE SAW PALMETTO FROM AGE 45 ON
- Age 55 on add anastrozole (Arimidex) BiW reduces estrogen and increases Test and DHT
- rodent prostate cancer is inhibited by TESTOSTERONE
- PROGESTERONE protects men from ASCVD, and vasodilates arteries
- 5% Lugol's Solution.

PROSTATE CANCER

Each year 1.2 million cases of prostate cancer are diagnosed, and 350,000 die of the disease, making it the second-leading cause of cancer and cancer death in men. One in eight men is diagnosed with prostate cancer in his lifetime and one in forty dies of the disease.

- PROSTATE CANCER is usually detected through screening tests, typically blood tests that check for prostate-specific antigen (PSA) levels. Those with high levels of PSA in their blood are at increased risk for developing prostate cancer. Diagnosis requires a biopsy of the prostate. ... NO GET A PELVIC MRI, AS IT IS TWICE AS ACCURATE.

- 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.
- Hyperthermia Klinik St. Georg in Aibling, Germany 20 yr f/u 90% cure — 2hr heat local to prostate.
- ALSO, There was no difference in survival between magnetic resonance imaging (MRI) is twice as sensitive as a biopsy for detecting aggressive prostate. PROMIS STUDY.
- Advanced prostate tumors can metastasize to nearby lymph nodes and bones, particularly in the pelvis, hips, spine, ribs, head, and neck. There they can cause fatigue, unexplained weight loss, and back or bone pain that does not improve with rest.
- Progesteron reduces Estrone and Estradiol by increasing the conversion to ESTRADIOL , A MUCH LESS ACTIVE estrogen.
- Progesterone inhibits the release of LH, the pituitary hormone that stimulates Testosterone production.
- 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.**

Food: cabbage, cauliflower, broccoli, Brussel Sprouts
saw Palmetto, beta sitosterol

- Oncologists fear testosterone in prostate cancer, BUT RODENT STUDIES in Europe show inhibition of animal model prostate cancer. AND there are two terminal prostate cancer studies where male hormone therapy helped patients live longer with a better life.

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?

AAPS NOTIFICATION

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."

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?

~ S H A L O M ~

The Hebrew word for peace, shalom (שָׁלוֹם) is derived from a root denoting wholeness or completeness, and its frame of reference throughout Jewish literature is bound up with the notion of shelemut, perfection.

Its significance is thus not limited to the political domain — to the absence of war and enmity — or to the social — to the absence of quarrel and strife. It ranges over several spheres and can refer in different contexts to bounteous physical conditions, to a moral value, and, ultimately, to a cosmic principle and divine attribute.

~ ~ D H E A ~ ~

In 1994 the DISHA law protected DHEA.

In 2007 the Uni-Marxist party, Big-Pharma and their deep state pals in the FDA tried to label it an anabolic steroid like Testosterone... highly monitored and restricted. It was defeated.

Dehydroepiandrosterone (DHEA) is one of the most abundant circulating steroids in humans.[5] DHEA is produced in the adrenal glands,[6] the gonads, and the brain.

- DHEA has been found to directly act on several neurotransmitter receptors, including acting as a positive allosteric modulator of the NMDA receptor, as a negative allosteric modulator of the GABAA receptor, and as an agonist of the $\sigma 1$ receptor.
- DHEA and DHEAs directly bind to and activate TrkA and p75NTR, receptors of neurotrophins like nerve growth factor (NGF) and brain-derived neurotrophic factor (BDNF), with high affinity.
- DHEA drops quickly after age 50. By age 70 males produce only 10-20% of the levels of their teen years.
- Low levels of DHEA are associated with depression, DIABETES, HEART DISEASE, OBESITY, AND ALZHEIMER'S
- DHEA keeps your immune system from OVERREACTING to allergies and inflammatory cytokines.
- DHEA supplements help sex drive in both women and men

ADRENAL FATIGUE has at its core low DHEA. It is metabolized into either cortisol or aldosterone. The other hormone is adrenalin (epinephrine)

SYMPTOMS: :

- | | |
|--|--|
| – AM fatigue | – salt craving |
| – low sex drive | — inability to handle stress |
| – slow recovery from trauma or illness | |
| — low blood pressure | — postural hypotension (dizzy on standing) |
| — low mood | — increase in allergies |

— lack of mental clarity

■ key nutrients === vit C, E, B2,5,6,9, 12 .. Memory reVITALIZER

adrenal glandular preparations

Ancestral Grassfed Adrenal (bovine)

Thorne Adrenal Cortex (bovine)

● It is common for adrenal problems to coexist with thyroid problems