

The MEMORY reVITALIZER HOUR #
with Dr. William Summers
(CALL-in, 505 -444- 5059) SAT March 2, 2024.

**THE Spirit of the Lord is upon me,
because the Lord has anointed me to preach
good news to the poor.**

**He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives and release
from darkness for the prisoners, to proclaim the year of the
Lord's favor**

**and the day of vengeance of our God,
to comfort all who mourn,
and console those who mourn in Zion
To give them beauty for ashes,**

**The oil of joy instead of mourning,
The garment of praise instead of a spirit of despair.**

– Isaiah 61.

FIVE MONTHSSINCE THE SAVAGES OF HAMAS ATTACKED ISRAEL
AND VIOLENTLY raped, killed & TOOK HOSTAGES.

*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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**THANK YOU FOR LISTENING, CALLING AND TELLING
OTHERS ABOUT THE SHOW**

HIGH FRUCTOSE CORN SYRUP

High-fructose corn syrup (HFCS) is about 55% fructose, a type of sugar. It takes your body more steps to breakdown fructose compared to glucose. High amounts of this sugar can lead to serious health issues.

1. Adds an unnatural amount of fructose to your diet HFCS comprise around 45% glucose and 55% fructose

2. Increases your risk of fatty liver disease

3. Increases your risk of obesity and weight gain

HFCS, plays a key role in the development of obesity

4. Excessive intake is linked to diabetes

5. Can increase the risk of other serious diseases HFCS and sugar have been shown to drive inflammation, which is associated with an increased risk of obesity, diabetes, heart disease, and cancer. HFCS may exacerbate inflammatory diseases like **GOUT**.

6. Contains no essential nutrients. The definition of “Hollow calories”

FROM THE CLINIC: ISCHIOFEMORAL IMPINGEMENT

Ischiofemoral impingement (IFI) syndrome is an uncommon form of hip pain related to extra-articular hip impingement due to decreased space between the lesser trochanter of the femur and the ischial tuberosity of the pelvis. This syndrome is often challenging to diagnose due to the multifactorial nature and number of potential sources leading to symptomatic impingement.

Its diagnosis is challenging and requires the combination of physical tests and imaging studies. In the present narrative review, we found that femoral anteversion predisposes patients to the narrowing of the ischiofemoral space and subsequent quadratus femoris muscle injury. Magnetic resonance imaging serves as the gold-standard diagnostic tool, which facilitates the quantification of the ischiofemoral distance and the recognition of edema/fat infiltration/tearing of the

quadratus femoris muscle.

Ischiofemoral impingement (IFI) was first reported by Johnson in 1977 in three patients with hip pain after hip surgery.

- On physical examination, most patients have pain during hip range of motion. Symptoms may be reproduced by a combination of hip extension, adduction and external rotation or with flexion and internal rotation. This pain is usually localized to the posterior hip.
- radiographs may show abnormal proximity of the ischium and lesser trochanter with subcortical cysts and sclerosis of the opposing surfaces.
- TREATMENT is NON-surgical vs. Surgical injections (into quadriceps muscle) , PT, rest, change jobs

Surgery: open vs endoscopic procedures.

Amy Schumer has been diagnosed with Cushing syndrome. What to know about the rare disorder

by Becca Wood.

<https://www.msn.com/en-us/health/other/amy-schumer-has-been-diagnosed-with-cushing-syndrome-what-to-know-about-the-rare-disorder/ar-BB1iPfdt?ocid=msedgntp&pc=HCTS&cvid=33205e87066145ec977434a192998124&ei=34>

The 42-year-old comedian shared the news in Jessica Yellin's "News Not Noise" newsletter released Feb. 23, saying that the syndrome was "brought on by getting steroid injections in high doses."

"While I was doing press on camera for my Hulu show, I was also in MRI machines four hours at a time, having my veins shut down from the amount of blood drawn and thinking I may not be around to see my son grow up," Schumer said, after noting that she felt "reborn" by knowing her diagnosis.

Schumer said learning that her type of Cushing syndrome will “just work itself out” and that being told she was healthy was the “greatest news imaginable.”

Exogenous Cushing syndrome is brought on by taking glucocorticoid medicines, which are typically used to treat inflammatory diseases and pain, according to the Mayo Clinic.

Cushing syndrome, or hypercortisolism, occurs due to abnormally high levels of the hormone cortisol. This can happen for a variety of reasons.

The most common symptoms of this condition are:

- weight gain
- moon-shaped face), and widow’s hump)
- purple stretch marks on the breasts, arms, abdomen, and thighs
- thinning skin that bruises easily
- skin injuries that are slow to heal
- acne
- fatigue
- muscle weakness

CAUSES:

IATROGENIC is The most common cause of Cushing syndrome.

TUMORS

- Pituitary gland tumors: When you have pituitary gland tumors, the pituitary gland releases too much adrenocorticotrophic hormone (ACTH), which stimulates cortisol production in the adrenal glands. This is called Cushing disease.
- Ectopic tumors: These are tumors outside of the pituitary that produce ACTH. Ectopic tumors usually occur in the lung, pancreas, thyroid, or thymus gland.
- Adrenal gland abnormality or tumor: An adrenal abnormality or tumor can lead to irregular patterns of cortisol production, which can cause Cushing syndrome.
- Familial Cushing syndrome: Although Cushing syndrome isn’t typically inherited, it’s possible to have an inherited tendency to develop tumors of the endocrine glands.

TALES FROM THE CRYPT

Effingham, ILLINOIS ==> Tell your doctor the truth for better care

Dr. Singh – “I am hoping she is feeling better now.”

HISTORY YOU ARE NOT SUPPOSE TO KNOW

The Battle of Kings Mountain

The Battle of Kings Mountain in South Carolina during the Southern Campaign of the American Revolutionary War, resulting in a decisive victory for the Patriots. The battle took place on October 7, 1780,

- the Patriot militia defeated the Loyalist militia commanded by British Major Patrick Ferguson of the 71st Foot. Ferguson had arrived in North Carolina in early September 1780 to recruit troops for the Loyalist militia and protect the flank of Lord Cornwallis's main force.
- The Battle of Kings Mountain was fought by roughly 900 backcountry militia known as the Overmountain Men. The Overmountain Men militia units at the Battle of Kings Mountain came from Tennessee, South Carolina, North Carolina, and Virginia.
- The battle was a pivotal event in the Southern campaign of Lord Cornwallis. The surprising victory of the American Patriot militia over

the Loyalists came after a string of Patriot defeats at the hands of Lord Cornwallis, and greatly raised the Patriots' morale.

- The Battle of Kings Mountain lasted 65 minutes.[46] The Loyalists suffered 290 killed, 163 wounded, and 668 taken prisoner. The Patriot militia suffered 28 killed and 60 wounded.
 - This Battle pushed the British to the Battle of the Cowpens (described in The Patriot) which pushed Cornwallis into Yorktown and led to Washington's victory ending the American Revolution.
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TIDBITS: What is wrong with Prep H

PREPARATION H: RAPID RELIEF WITH LIDOCAINE:-
- GET SOOTHING RELIEF

- California seized enough **FENTANYL** in 2023 to kill the entire world population 'nearly twice over'

MARIJUANA NEWS :

USING MARIJUANA IN ANY FORM IS LINKED TO A 42% INCREASED RISK OF A STROKE - AND 25% HIGHER CHANCE OF A HEART ATTACK, STUDY WARNS

by Emily Joshu Daily Mail February 28, 2024

- Researchers in Massachusetts and California spent four years evaluating more than 400,000 US adults in 27 states to examine the link between cannabis use and issues like heart disease and stroke.
- The team recruited 430,000 patients in 27 states and two US territories. The participants were between ages 18 and 74, and the average age was 45.
- The team found that any type of cannabis use - smoking, vaping, or edibles - was 'associated with a higher number of adverse cardiovascular outcomes.'
 - ▣ And those who used weed daily had a 25 percent higher risk of heart attack and 42 percent increased chance of suffering a stroke.

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IN THE NEWS: Brazilian woman, 27, who was arrested for pretending to be a doctor and treating around 30 patients at hospital confesses to buying diploma online

- Mirian Santana was arrested at a public health facility in Brazil on Monday for providing illegal care to patients
- The 27-year-old drew suspicions within the medical staff at the site after Treating about 30 people before they discovered she was using the identification of another doctor
- Santana told police she had purchased her diploma online for \$8

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Feel like everyone's getting sick lately? Latest CDC maps reveals dozens of states are still hotspots for flu and stomach bugs

Ohio, Nebraska, NEW MEXICO, Michigan and Arkansas have 'very high' flu levels

by Caitlin Tilley, Daily Mail Mar 6, 2024

- the flu are typically much more intense than colds and can often cause stomach issues.
- During the **2022–2023 season**, an estimated 31 million people were sick with flu, with 14 million visits to a health care provider for flu, 360,000 hospitalizations for flu, and 21,000 flu deaths.
- **THIS IS THE WORSE FLU YEAR SINCE 2011 !!**
- Two more children have died from the flu, bringing the total to 93 deaths
- Stomach bug causing violent diarrhea is slamming the North East
- Latest data from the CDC showed that nearly 14 percent of tests in the region came back positive for norovirus at the start of February
- rate of **FLU** hospitalizations is 51 per 100,000 population.
- from 3,400 hospitals across the country, in the week, more than 14 percent of tests came back positive for flu in the US for the week ending February 24.

- There are viruses circulating at all times of year, and this ‘mystery virus’ is likely one of the common seasonal illnesses that were suppressed during the Covid pandemic.
-

US suffers year's worth of measles cases already in first two months of 2024 - as vaccine uptake dips below dangerous threshold

by Luke Andrews Daily Mail Mar 4, 2024

- Official figures showed there were 41 cases of measles in January and February
 - At this time last year, the US had detected only three cases of measles
 - More than half the world faces high risk of measles cases,
 - outbreaks have been attributed to falling measles vaccination rates for the third year in a row.
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TRAUMATIC BRAIN INJURY (TBI)

traumatic brain injury (TBI), also known as an intracranial injury, is an injury to the brain caused by an external force.

- Causes include falls, vehicle collisions, sports and violence.
And lack of oxygen or circulation to the brain
- MI , drowning, stroke etc.

Brain injuries can be classified into mild, moderate, and severe categories. The Glasgow Coma Scale (GCS), the most commonly used system for classifying TBI severity, grades a person's level of consciousness on a scale of 3–15 based on verbal, motor, and eye-opening reactions to stimuli.

- In general, it is agreed that a TBI with a GCS of 13 or above is mild, 9–12 is moderate, and 8 or below is severe.
- symptoms related to the functions of the damaged area.
- people killed by brain trauma do not die right away but often days to weeks after the event; rather than improving after being hospitalized, some 40% of TBI patients deteriorate.

Primary brain injury (the damage that occurs at the moment of trauma when tissues and blood vessels are stretched, compressed, and torn) is not adequate to explain this deterioration; rather,

it is caused by secondary injury, a complex set of cellular processes and biochemical cascades that occur in the minutes to days following the trauma. These secondary processes can dramatically worsen the damage caused by primary injury and account for the greatest number of TBI deaths occurring in hospitals.

- Secondary injury events include damage to the blood–brain barrier, cascades of factors that cause inflammation, free radical overload, excessive release of the neurotransmitter glutamate (excitotoxicity), influx of calcium and sodium ions into neurons, and dysfunction of mitochondria.
- Hypertonic saline can improve ICP by reducing the amount of cerebral water (swelling), though it is used with caution to avoid electrolyte imbalances or heart failure. Mannitol, an osmotic diuretic, appears to be as effective as hypertonic saline at reducing ICP; however, some concerns have been raised regarding some of the studies performed. Hypertonic saline is also suitable in children with severe traumatic brain injury.

TREATMENT

TRANEXAMIC ACID within three hours of a head injury decreases the risk of death.

Certain facilities are equipped to handle TBI better than others; initial measures include transporting patients to an appropriate treatment center.

Both during transport and in hospital the primary concerns are ensuring **PROPER OXYGEN SUPPLY**, maintaining adequate blood flow to the brain, and controlling raised intracranial pressure (ICP), since high ICP deprives the brain of badly needed blood flow and can cause deadly brain herniation.

Other methods to prevent damage include management of other injuries and prevention of seizures.

Some data supports the use of **HYPERBARIC OXYGEN** therapy to improve outcomes.[]

ADD: lower total **BODY TEMPERATURE** within the 1st 24 hours.

Statins: Most prescribed Drugs with Hyped Benefits and Downplayed side effects.

- by Vance Voetberg. Epoch Times 10/24/2023

Discuss.

A Vitamin (Beta Carotene)

2,000IU dose/day (low dose)

This is a low dose of "carotenoid", a family of plant pigments found in tuberous vegetables such as carrots, sweet potatoes, yams, pumpkin and cantaloupes. The Three major carotenoids are beta carotene (orange), lycopene (red), and lutein (yellow). Phytochemicals are "plant chemicals". The Carotenoids are phytochemicals. It is very important that lutein and zeaxanthin intake is higher than beta carotene. lutein and zeaxanthin are both yellow carotenoids. This prevents cancer and reduces the risk of retinal disease from macular degeneration. At least 6 mg of lutein per day is necessary to reduce macular degeneration by 57%. Beta carotene is one of the safest of all vitanutrients. Even 250,00 IU a day for months will not result in harm, other than orange skin. It keeps LDL cholesterol from oxidizing and thus works well against heart disease. Beta carotenes also re establish cell to cell communications via the gap junctions.

- B. Sardi p45 -48

Retinol (vitamin A1) is a primary alcohol found in tissues of animals and fish, mainly in the liver. vitamin A has a number of important functions. it is essential in the retina and deficiency results first in night blindness. Growth and differentiation of epithelial cells, bone cells (osteoclasts), and reproductive cells depend on vitamin A. Embryonic development requires vitamin A. immune function is enhanced by carotenoids. There may be cancer prevention credited by vitamin A. Aging of skin is diminished by vitamin A.

Hardman JG, Limbird LE, Molinoff PB, Ruddon RW (eds). Goodman & Gillman's The Pharmacological Basis of Therapeutics (9th Ed). New York: McGraw-Hill. 1996 page1573-1582.

Vitamin A (Retinyl palmitate & Beta Carotene) 6,000 IU 1,500 IU
120%

The discovery of vitamin A may have stemmed from research dating back to 1816, when physiologist François Magendie observed that dogs deprived of nutrition developed corneal ulcers and had a high mortality rate.

Vitamin A is the generic term for a group of fat-soluble compounds highly important for human health. A 2011 review found that vitamin A supplementation of children at risk of deficiency aged under five reduced mortality by up to 24%. It is estimated that vitamin A supplementation averted 1.25 million deaths due to vitamin A deficiency in 40 countries since 1998.

Vitamin A can be found in two principal forms in foods:

RETINOL, the form of vitamin A absorbed when eating animal food sources, is a yellow, fat-soluble substance. Since the pure alcohol form is unstable, the

vitamin is found in tissues in a form of retinyl ester. It is also commercially produced and administered as esters such as retinyl acetate or palmitate.

The **CAROTENES** alpha-carotene, beta-carotene, gamma-carotene; and the xanthophyll beta-cryptoxanthin (all of which contain beta-ionone rings), but no other carotenoids, function as provitamin A in herbivores and omnivore animals, which possess the enzyme beta-carotene 15,15'-dioxygenase which cleaves beta-carotene in the intestinal mucosa and converts it to retinol

- Antioxidant potential of vitamin A was first described by Monaghan and Schmitt,(1932) who reported that vitamin A can protect lipids against rancidity. Several reviews have appeared to outline the basic structural and metabolic characteristics of vitamin A and information about its potential as antioxidants in relation to the heart diseases. Vitamin A has a vital antioxidant contribution in protecting human LDL against copper-stimulated oxidation
- Protects Your Eyes From Night Blindness and Age-Related Decline. Vit A is a major component of the pigment rhodopsin. Rhodopsin is found in the retina of your eye and extremely sensitive to light.
- **CANCER:** vitamin A in the form of beta-carotene has been linked to a decreased risk of certain types of cancer, including Hodgkin's lymphoma, as well as cervical, lung and bladder cancer
- Enhance the immune system. Dendritic cells located in the gut are able to mediate the differentiation of T cells into regulatory T cells. Regulatory T cells are important for prevention of an immune response against "self" and regulating the strength of the immune response in order to prevent host damage. Together with TGF- β , Vitamin A promotes the conversion of T cells to regulatory T cells. Without Vitamin A, TGF- β stimulates differentiation into T cells that could create an autoimmune response. It's involved in the production and function of white blood cells, which help capture and clear bacteria and other pathogens from your bloodstream. Helps maintain mucous barriers in your eyes, lungs, gut and genitals - hence ward off infections
- **Healthy Skin:**
vitamin-A-based medications for acne are now available with a prescription.
- **SUPPORTS BONE HEALTH:**
A recent meta-analysis of observational studies found that people with the highest amounts of total vitamin A in their diet had a 6%

decreased risk of fractures.

- **PROMOTES HEALTHY GROWTH & REPRODUCTION**

Retinoic acid regulates the transcription of genes – acts through nuclear receptors (steroid-like receptors).

deficiency blocks the development of sperm cells, causing infertility in females can impact reproduction by reducing egg quality and affecting egg implantation in the womb. Also in the Fetus, involved in the growth and development of many major organs and structures of the unborn child, including the skeleton, nervous system, heart, kidneys, eyes, lungs and pancreas.

SYNERGY: absorbs better with PC & PS

Acetyl-L-Carnitine

250 - 1500 mg

Acetyl L-Carnitine crosses the blood brain barrier more sufficiently than L-carnitine.

- It is involved in the metabolism of protein, carbohydrates and fats, and especially in the conversion of fats into energy being used by the body to lower blood triglycerides. It is a carrier of fatty acids into the mitochondria of the cell
- Thus, it is good for cardiovascular health by speeding the conversion of fat into cellular energy.
- In vegetarians it is an essential nutrient, because the body requires lysine, methionine, B1, B6 and iron in a complex reaction to make L-Carnitine.
- Acetyl-L-Carnitine is associated with increased levels of glutathione and CoQ10. It mimics acetylcholine and thus positively affects cognition.
- it provides acetyl groups that may be used in the formation of the neurotransmitter, acetylcholine
- It generally improves energy production in the brain and may be beneficial in depression.

- Acetyl-L-carnitine (ALCAR) may help reduce the severity of chemotherapy-induced peripheral neuropathy.
 - L-carnitine supplementation could reduce fasting blood sugar and hemoglobin A1c
 - could be beneficial for the treatment of depression.
 - significantly reduced diastolic blood pressure, especially in people with overweight and obesity
 - may help prevent age-related mental decline and improve markers of learning
- L-CARNITINE (after acetyl cleaved) is a carrier of fatty acids into the mitochondria of the cell. It also is a semi-essential nutrient that can be made from lysine and methionine, B1, B6, and iron. It is not included in the Memory reVITALIZER formulation, because it is patented, expensive, and the synthesis components (lysine, methionine, B1, B6) are in the formula.

There are several other types of carnitine:

D-carnitine: This inactive form has been shown to reduce blood levels of carnitine and increase fat buildup, leading to liver inflammation and oxidative stress .

Acetyl-L-carnitine: Often called ALCAR, this is possibly the most effective form for your brain. Studies suggest that it may benefit people with neurodegenerative diseases .

Propionyl-L-carnitine: This form is well-suited for circulatory issues, such as peripheral vascular disease and high blood pressure. According to some older research, it may boost the production of nitric oxide, which improves blood flow

L-carnitine L-tartrate: This is commonly added to sports supplements due to its rapid absorption rate. It may aid muscle soreness and recovery in exercise

Boron:

When ingested, boron is converted to boric acid and absorbed in the gastrointestinal tract; the body absorbs about 85% to 90% of ingested boron.

The bones, nails, and hair have higher boron levels than other body tissues, while fat has lower levels. Boron is excreted mainly in the urine, but small amounts are excreted in the feces, sweat, and breath.

As boric acid it **forms esters with glycols and in carbohydrate chemistry** it reacts preferentially with cis-glycols.

It interacts with calcium in bone formation and result in stronger bones. The element is not found free in nature.

- Boron is similar to carbon in that it has a capacity to form stable covalently bonded molecular networks. Carboranes, metalboranes, phosphacarboranes, and other families comprise thousands of compounds. Boron compounds show promise in treating arthritis. It forms Boron trioxide which can react with magnesium to downmodulate inflammation, even in the brain.