

# **The MEMORY reVITALIZER HOUR**

with Dr. William Summers

**(CALL-in, 505 -444- 5059 )**

**SAT JUNE 29<sup>th</sup> , 2024.**

© Summers ,2024

**TOPICS:** Memory reVITALIZER

An Investment in Knowledge pays the BEST interest. – Ben Franklin

Advise of Albert Einstein to a young cancer scientist Ernest  
Sternglass “Don’t go back into academia. The will kill every  
bit of originality out of you.

- Make the LIE big, ...Make the LIE simple,  
...KEEP SAYING IT, and eventually they will  
Believe it. — Adolph Hitler.
- REMEMBER JOE BIDEN WON THE 2020....ELECTION FAIR &  
SQUARE !!!!! *...and Donald Trump  
is a convicted Felon.*

I DO NOT FEAR ARTIFICIAL INTELLIGENCE as  
MUCH

.....AS I FEAR GENUINE STUPIDITY.

*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**

Word FROM OUR SPONSOR

---

---

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

Local Stores

Share N'Care Pharmacy in Belen , Duran's Central Pharmacy, Arnett's Regent Pharmacy, Best Buy Pharmacy, Menaul Pharmacy, **VINTAGE** PHARMACY (on Montgomery), Evergreen Herbal Market (Rio Rancho), Moses Kountry Store (4<sup>th</sup> Street), Village Apothecary in Cedar Crest, **HIGHLAND PHARMACY**, Kare Drug (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**

---

---

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

# Orange Peels Emerge as Potential Cardiac Superfood

Peels were found to inhibit a compound tied to cardiovascular problems.

by By George Citroner Epoch Times     June 18, 2024

Orange peels are nutrient-dense and rich in antioxidants, vitamins, minerals, and fiber.

In a study published in the Journal of Agricultural and Food Chemistry, scientists examined the effects of an orange extract on compounds linked to heart disease, suggesting that orange peels may be repurposed as a natural health supplement or food ingredient.

Trimethyl**amine** N-oxide (TMAO), a compound linked to an increased risk of cardiovascular disease, can build up in the body, and too much of it can increase the risk of heart problems. But the extract from orange peels can reduce the amount of TMAO that gets produced.

Trimethyl**amine** (TMA), another compound linked to higher risk of heart problems and produced when the body digests red meat, is made by tiny organisms called gut microbiota that live in the stomach. The orange peel extract makes it harder for these microbiota to produce TMA.

The researchers tested the production of TMAO and TMA using two types of extracts: polar and non-polar fractions. (The polar fraction includes anything that dissolves in the water or vinegar part of the mixture, while the non-polar fraction includes anything that dissolves in the oil part of the mixture and stays away from the water.)

The non-polar fraction effectively reduced TMAO and TMA production, while the polar fraction contained feruloylputrescine, a compound that significantly inhibited the enzyme needed for TMA production.

---

---

## HISTORY YOU ARE NOT SUPPOSE TO KNOW:

- The 1619 PROGRAM = Marxist and a LIE \$\$ and Divide
- Between 1525-1866, 12.5 million Africans were forcibly transported from their homelands to fill labor demands in North American, South American, and Caribbean colonies . ONLY ABOUT 2.5% came to the 13 Colonies. Even Denmark received more than USA.
- Peter Salem was a black patriot instrumental in the beginning of the Revolutionary War... the BATTLE OF BUNKER HILL. The American's "Lost" the battle after two charges by the British, because we ran out of ammunition. But Peter Salem had one remaining shot. He stood nearly alone as the rear guard as the Americans retreated down the hill and fatally shot shot and mortally wounded Major John Pitcairn, the British commanding officer leading the final charge up the hill. He stood next to Dr. Joseph Warren who was brutally executed at point blank range by the British.
- the casualties of the Battle of Bunker Hill were high: Patriot gunfire had cut down some 1,000 enemy troops, with more than 200 killed and more than 800 wounded. More than 100 Americans perished, while more than 300 others were wounded.

- **James Armisted Lafayette** was the most well-known Black spy of the American Revolution. Born enslaved in Virginia, the French General Marquis de Lafayette recruited him to spy for the patriots in the summer of 1781. With the permission of his owner, James infiltrated General Charles Cornwallis' headquarters where he served the British Officers and learned they were going to encamp in YORKTOWN. He passed the information to Lafayette who informed George Washington who set the trap of the battle of Yorktown that ended the American Revolution in Victory.

---

## .CANCER INDUSTRY NEWS !!!

### **CONCLUSION about CANCER INDUSTRY:**

Our chances of surviving a cancer diagnosis is increased 400% by simply saying "NO" to useless cancer screening tests and mainstream cancer treatments like .surgery, chemotherapy and radiation therapy.

==>

==>

==>

### **.Cancer-Drug Costs Skyrocket, Leaving Even Insured Patients in Financial Ruin**

As cancer rates rise for people under 50, the cost of life-saving treatment is rising far past their ability to pay.

.by George Citroner June 20, 2024

. ● For more than seven decades, cancer has remained **among the top two leading causes of death**. Well over one-third of the U.S. population will confront a cancer diagnosis during their lifetime, according to National Cancer Institute estimates.

- **Generation X, those born between 1965 and 1980, is experiencing a sharper rise in cancer** rates across major types than any previous generation dating back to 1908. This trajectory suggests that elevated cancer incidence in the United States could persist for decades to come, representing a looming public health crisis.
- Many **cancer patients and survivors are drowning in medical debt** despite having health insurance, according to a recent survey from the American Cancer Society's Cancer Action Network.

Forty-seven percent (47%) of over 1,200 cancer patients and survivors surveyed have accrued debt due to their cancer treatment, with 49 percent carrying a burden exceeding \$5,000. As many as 69 percent have been grappling with this debt for over a year, and more than a third (35 percent) have been saddled with cancer-related debt for three years or longer.

- Drug prices have been increasing, far outpacing inflation, according to a recent report prepared for the American Hospital Association by Healthspieren, a public health consultancy. While inflation was approximately 6.4 percent from January 2022 to 2023, the average price of cancer drugs increased by 15.2 percent in 2023 and 32 percent the year prior.
- 

## Widely Used and Deemed Safe, These Food Additives Are More Harmful Than Thought

- Over 73 percent of food is ultra-processed. While some ingredients are 'generally recognized as safe,' research has begun to show why that may not be the case.

By Flora Zhao    June 22, 2024    Epoch Times

- Today, over 73 percent of the U.S. food supply is ultra-processed. While both natural and ultra-processed foods are referred to as "food," there is a vast difference between them. For instance, **ultra-processed foods** are not grown in soil but manufactured in factories, using many ingredients that

cannot be found in the average home pantry.

- Beyond conventional additives such as preservatives, colors, and flavorings, many new additives are emerging. Stabilizers, emulsifiers, firming agents, leavening agents, anti-caking agents, humectants, and more have been invented to modify and improve the taste and texture of food.
- Among the most widely used FDA-approved substances added to food, many have a safety classification known as **“generally recognized as safe”** (GRAS) based on their extensive historical use before 1958 or their safety evaluation in the 1970s or more recently.
- **THE AMOUNT** of substances added is left to the manufacturer’s discretion. Many of the commonly used food additives were granted GRAS approval between 1970 and 1975, when people could not foresee the situation today,” she said. During that era, fewer women worked outside the home, and people consumed more home-cooked meals made from natural ingredients. With the prevalence of ultra-processed foods in today’s diet, the consumption of certain additives has naturally exceeded initial expectations.
- many additives that enhance color, flavor, and other sensory aspects are “essentially not necessary.
- a cohort study involving nearly 45,000 middle-aged and older individuals **IN FRANCE** found that for every 10 percent increase in the intake of ultra-processed foods, the risk of **all-cause mortality** increased by 14 percent (14%).
- a 2024 umbrella review published in the BMJ, convincing evidence has been found linking ultra-processed food to
  - a 50 percent increase in cardiovascular disease mortality,..
  - .... a 53 percent increase in common mental disorder outcomes,
  - and a dose-dependent 12 percent increase in diabetes risk.

- over half of packaged foods contain phosphate additives.

Phosphate additives encompass a range of substances with various functions, such as stabilizing, thickening, emulsifying, adjusting acidity and alkalinity, improving texture, enhancing flavor, providing antioxidant properties, preserving, and coloring. Some phosphates serve multiple functions simultaneously.

- INORGANIC PHOSPHATE FOOD additives are quickly absorbed into the bloodstream, significantly increasing blood phosphate levels and releasing hormones that promote phosphate excretion. These hormones can have a range of adverse effects on the cardiovascular system, kidneys, and bones, resulting in reduced vitamin D levels, bone loss, vascular calcification, and impaired kidney filtration capacity.

- Another issue is that additives that are safe individually might exhibit unexpected interactions WHEN COMBINED.

---

---

## **Medica Insurance, Mayo Clinic accused of 'deceptive' insurance practices in lawsuit, leaving employees with thousands in medical bills**

by Caitlin Tilley Daily Mail June 24, 2024

- The Arizona employee has filed a class-action lawsuit against Mayo Clinic
- The suit alleges that Medica knowingly directed patients to pricier options
- The Mayo Clinic Network serves more than 1.3million patients across its locations in the Midwest, Florida and Arizona and it has 80,200 employees. in 2023, it had a revenue of \$18billion with an income of \$1.1billion.



- Mayo Clinic offers employees self-insured plans, which means the employer itself collects premiums and fees from enrollees, as opposed to a separate medical insurance company.

- In the class-action lawsuit, filed in US District Court on April 2, the employee said they were looking for a psychiatrist after their son suffered a 'mental health crisis' in 2019.

The employee went to the insurance's website and searched for mental healthcare providers for children within 50 miles of their home in Scottsdale, Arizona. The search returned no results for in-network doctors that would be covered by insurance. The employee attempted multiple times to appeal Medica's decision to not reimburse them, but they were all denied. Numerous other employees have joined the suit.

---

## **New Antibiotic, lolamicin, Targets Only Harmful Microbes**

### **lolamicin**

- Antibiotics non-selectively destroy both harmful and beneficial gut bacteria, but there is now potential to preserve the good.  
by Huey Freeman      Epoch Times

- Scientists at the University of Illinois took on the challenge of developing an antibiotic that kills gram-negative bacteria, which are often resistant to antibiotics, without destroying microbes necessary for good health. If bacteria do not develop resistance to this drug, it could be a significant breakthrough in treating infections for years to come.

- Chemistry professor Paul Hergenrother, co-leader of the study, said people are waking up to the realization that life-saving antibiotics also have serious side effects.

- The study focused on killing infectious gram-negative bacteria, which are harder to kill because they have a double layer of protection. Drugs used in hospital settings that destroy harmful gram-negative bacteria also fight against beneficial bacteria, said Kristen Muñoz, lead author of the study.

“Most clinically approved antibiotics only kill gram-positive bacteria or kill both gram-positive and gram-negative bacteria,”

- there has not been a U.S. Food and Drug Administration (FDA)-approved antibiotic in more than 50 years targeting gram-negative bacteria, which are incredibly problematic and difficult to treat

- The new drug, **lolamicin**, has been found to be effective in mice in cases of acute pneumonia and septicemia, a bloodstream infection. Sepsis, a complication of septicemia, causes about 270,000 deaths out of the 1.7 million adult cases each year in the United States, according to the Centers for Disease Control and Prevention.

- THEY were able to develop a drug that not only targets problematic pathogens, but because it is selective for these pathogens only, we can spare the good bacteria and preserve the integrity of the microbiome.

**drug side effects profiles are written by the legal department of the pharmaceutical company.**

---

---

# Medical and Health Hacks

From “201+Home Remedies” 2024

SEASONAL ALLERGIES, local honey bid, tid

ACNE, 1Tbs honey+ oatmeal into a paste  
massage onto your face and neck for 30 minutes. Wash  
off with warm water.

ASTHMA Combine 1/4 cup onion juice+ 1 tbs honey+  
1/2 tsp black pepper Take 1 teaspoon regularly

ARTHRITIS drink parsley tea (simmer 1 teaspoon chopped parsley in  
1 cup boiling water ) Sip throughout the day.

BAD BREATH, a sweet fruity odor might suggest diabetes  
an ammonia-like sent could signal kidney failure  
Mouth sores, flu, indigestion, and lung infections  
can also give bad breath.  
\*\* 1/2 tsp ground cinnamon+1Tbs clove+ 1 Tbs nutmeg, mix  
in a bowl, then add 1/4 pint sherry or vermouth . Store in  
special bottle and take a few drops in glass ow water to swish & swallow  
daily.

BLOATING, 1Tsp apple cider vinegar+1-2 Tsp honey in glass of warm  
water.

BRUISES, Arnica oil. Or ruber butter on the bruise  
massive bruise? Eat fresh pineapple.

BUG in EAR?? Tilt your head with suspect ear facing up.

Have someone pour warm water in the ear.... the bug will float to the top and can be removed.

BURNS, immediately use ice. Later honey is a natural healer  
egg white spread on the burn and allowed to dry feels cool  
and removes the sting of burns.

Quick blisters, or blackening is a SERIOUS BURN, seek medical help.

CHAPPED LIPS: rub simple raw honey on the lips.

Or mix almond oil with melted beeswax 5:1, then rub on the lips

COLIC in a baby, colic tea

1tsp caraway/ dill/ or fennel seeds steeped in a cup of boiling water.

COLD SORES, apply witch hazel with a cotton swab (Humphreys preferred)  
91% alcohol.

COMMON COLD:

1-2 grushed garlic cloves+juice of one(1) lemon  
+ pinch of cayenne pepper+1/2 Tsp ground fresh ginger +  
1-2 Tbs honey .... add ½ pint boiling water,  
allow to cool and drink the whole brew. Then go to bed and get rest.

CONSTIPATION drink warm water with a little lemon juice in it.

CRAMPS Muscle spasms . Soak a wash cloth in hot water and  
place over affected area.

or massage 1:1 mix of olive oil+clove oil into the affected area.

CUT OR MINOR WOUND sprinkle cayenne pepper to stop the bleeding

Thyme or tea tree oil will clean the wound

Honey can be used for more severe wounds.

DEOTERANT, 1/4 cup witch hazel +alovera gel+ 1Tsp glycerine + antibiotic essential oil, eg lavender. Put in bottle, pat on after shower or bath.

DIARRHEA, eat salted rice and drink the water it was cooked in.

DRY SKIN. Muslin to cover face with holes for eyes, nose, and mouth. With a pastry brush on mashed avocado and/or mannaise.

EARACHE, warm olive oil and put a few drops in the ear.

Or

warm the ear with medium temperature hair dryer 6 inches from the affected ear for a minute or two

or

slice an onion in half, warm for 20 sec in microwave then place over the affected ear.

EYE DUST or foreign body in the Eye. **DO NOT RUB THE EYE !**

1<sup>st</sup> gently lift the upper eyelid over the globe of the eye several times

2<sup>nd</sup> place the person in a chair with you behind the victim and bend the Victim's head back and inspect looking for the FOREIGN BODY.

IF found, remove with dampened corner of handkerchief, gauze or moistened cotton swab.

3<sup>rd</sup> flush eye with warm milk, then water.

**EYE STYE** Styes are bacterial infection on the edge of the eyelid, often caused by staph bacteria

– use a warm compress to the eye and call MD for antibiotic

\*\* Recurrent styes could indicate a vitamin A deficiency

FATIGUE ½ pint boiling water + 1Tsp rosemary leaves, add ½ cup of this to your coffe in AM

HAIR, clean dirty hair to prevent achne of the face and back.

HEADACHE, rub a cut lime or lemon on your forehead.

INSOMNIA, chamomile tea at bedtime.

MAKE-UP, remove before going to bed and cleanse the skin thoroughly. Use face masks or exfoliate regularly to remove dead skin cells and freshen the skin.

MENSTURAL CRAMPS,  
pumpkin seeds daily the week before your period  
or  
herbal tea from bay leaf + grated ginger root, boil & simmer  
5 minutes, strain and drink

MOUTHWASH, most mouthwashes do more harm than good,  
because they contain alcohol which dries mucous membranes  
and damages gums.  
**INSTEAD**, rinse and gargle with a glass of warm salty water.

MOUTH ULCERS place raw garlic clove on the cancer sore

NAUSEA, ½ tsp grated ginger root in cup of boiling water, strain and drink  
or put in water bottle for road trip.

PRESBYCOUSIS or age-related hearing loss, is the cumulative effect of aging [ear trauma] on hearing. Use ear protectors in noisy workplaces, and limit exposure to rock concerts or use loose ear plugs for partial protection.

SKIN CLEANSER, mash 3 strawberries and ½ pint milk.... whisk well and apply to skin, leave until dry, then wash off with warm water.  
STRAWBERRY MASK

SORE THROAT,  
gargle with apple cider vinegar (1 tsp/glass of water)  
or  
1 tsp salt+baking soda in glass of water  
or  
chew a raw onion slice  
or  
finely chopped onion mixed with honey + 1/2lemon + cup of blycerine  
sip regularly.

SPLINTER, remove it iw t scotch tape or other tape

SMELLY FEET often is due to wrong gootwear... synthetic fabric which does not allow sweat evaporation or absorption, so the foot stays wet.  
TREAT smelly/sweaty feet with a combination of caster oild + zinc  
or Brew two(2) tea bags in 1 pint of water. SOAK your feet in tea for five (5) minutes daily until the problem is gone, then periodically. ~

STOMACH UPSET, 1 Tsp cinnamon + honey + 1 cup water, simmer x 20 years

TONGUE BURN, sprinkle a little sugar on the tip of the tongue.

TOOTHACHE , clove oil +vanilla extract or oregano oil on a Q-tip to the involved  
tooth and surrounding gum area.

TOOTH KNOCKED OUT, in an accident. Immerse the tooth in a cup of whole milk where it will keep for up to twelve (12) hours. Your dentist can reinsert the toot into the socket.

**WHOOPIING COUGH**, 1Tbs chopped thyme leaves in 1 pint water,  
boil, cool and strain. Sip regularly.

WRINKLY SKIN, cut seedless RED grapes in half and crush them on  
YOUR face and neck. Leave for 20 minutes, then rinse off with warm water.

---

---

~ ~ THE HUMAN BODY ~ ~

High Sugar diets age skin as much as smoking or /sunburning

Foods that one craves are the most unhealthy

NERVES running through the body extend 45 miles  
messages travel on nerves at speeds up to 250 mph.  
The Human Body contains 600 muscles

HALF of our RBC's are replaced every seven (7) days.

SKIN is the largest organ in the body, with 12% of the body weight  
\*\*\*\* SKIN sloughs about 1 ½ lb of dead skin per year.  
There are thirty-one (31) pairs of spinal nerves

The KIDNEYS clean over  $10^6$  gallons of blood

INSENSIBLE LOSS — one loses ½ liter of water per day  
by simply breathing

THE LUNGS have surface area the size of a tennis court.  
The left lung is smaller than the right lung, to make room for the heart.



The SMALL INTESTINE is nearly 20 ft long

TASTE BUDS are more numerous in babies than adults, but prefer bland food.

The average Human Body contains 40 liters of WATER

80% of the HEAT LOSS escapes through the head,  
WEAR A HAT !!

The Liver is the largest solid organ weighing about 3-5 lb in an adult

SALIVA is produced at a rate of 2 pints per day, and  
10,000 gallons in a lifetime.