

Research Article

Thirteen New Universal Design Public Health Measures-Worth Knowing and Doing to Live Longer

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Abstract

Simple inexpensive clinical health improving procedures, Universal Designs, are offered which should be promoted by public health organizations everywhere. These procedures are the result of discovering the cure for the author's severe laryngospasm disorder. Discovering the SAM prompted reflections on improving simple valuable self-care for all. All techniques are described and recommended for improving health care and comfortable living for everyone everywhere old enough to follow directions. They have to be daily practiced and made routine. Following these twelve procedures should improve everyone's health. They should be universally understood and practiced. Change your routines and stay healthy.

Keywords: Oral hygiene; Best breathing; Pulmonary hygiene; Dental care; Snoring; Bruxism; Sport re-oxygenation; Choking; Knee/back exercise; Child drawing for mental health; Obsessions; Obesity; Wordangels; Sore throat prevention; Integration; Prurience removal (reduces rape); Stopping pain and inflammations; Minor sport injuries; Leg & muscle cramps; Family medication history

Best mouth hygiene

Almost all contagious diseases from Strep Throat to viruses infect through the mouth--especially the gums (In fact, most likely all diseases have something to do with what we inhale or ingest. Good bacterial flora in the mouth promotes health and protects against all sickness). Basically, a clean mouth means strong gums which means better health. Teeth should be brushed twice a day--morning and bedtime with flossing before each time. Flossing firmly strengthens the gums. Teeth, gums and tongue need brushing, especially the gums which need massaging to stay firm and strong. The vibrating toothbrushes are best and give a 2 minute hygienic cleansing better than any manual brushing. And that tender tooth needs a solo 30 second vibration. Add a little extra-fluoride toothpaste to the brush too. Take a small dab of topical triple antibiotic ointment and smear on inside tooth-gum ridge once a week. Mouth hygiene means not putting garbage into your mouth: Keep hands clean; avoid cigarettes, marijuana, inhalants, snorts, street drugs, or anything unclean. Keep everything about and in your mouth clean and your gums strong. Mouth gargling and rinsing several times a day with a favorite over-the-counter mouthwash and/or occasionally with strong salt water solution (salt water kills most germs) is recommended. A small pea-size glob of salt on your toothbrush or on the sore tooth can help too. Finally, "best breathing" by the nose strengthens the mouth gums also by lessening gum dryness, and the nose is both a barrier and expeller of negative inhalants. Mouth hygiene is essential to good hospital care. (Also, as in 5 infra, topical dental antibiotic rub should be helpful in preventing infections if on steroids or if in a hospital or any where high in infectuous agents. In fact, a dab of triple antibiotic ointment in the nose and on teeth at the first sign of a cold might strengthen resistance. Also, a little dab of that vitamin filled skin cream helping your wrinkles might strengthen gums and nasal membranes.) Finally, if you have a chronic mild cough, you are likely getting drip down "crud" from the microbes in your mouth--and doing a full mouth cleaning 2 or 3 times a day for a week might cure your chronic cough.

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Best breathing

When things are going bad or tense, and someone says "Take a deep breath", they really should say: "Do the SAM twenty times!" And athletes should be trained to do their "heavy breathing" by repeating the SAM.

Make no mistake; there is a "best" way to breathe [1]. "Nasal inhalation" is the best way--It is more diaphragmatic requiring less muscle effort and thus more of the inhaled oxygen is available elsewhere in the body. However, "shutting your mouth" is obligatory for efficient and effective "nasal breathing"--laryngeal reflexes open better with "air into the nose" than with "air into the mouth." Mouth closure while breathing prevents dryness of mouth mucous membranes which work best when moist. A dry mouth because of mouth breathing does not protect well. Snoring dries the mouth, so practice sleeping by nasal inhaling and exhaling with shut mouth is essential. Choking basically is the erroneous simultaneous intermingling of inhaling-and-swallowing which can be prevented and corrected by nasal breathing. Learn and practice the acronym "SAM": Shut mouth; Air in nose; Mouth cough (if choking or clearing throat) or just exhale (by mouth or preferably nose). The SAM must be practiced--it does not come naturally for most. Learn, practice, and teach the SAM--you will be "best breathing." Best Breathing is essential for good hospital care especially in intensive care units. Athletes can build oxygen before and after their events by nasal breathing for best pre- and re-oxygenation (I got this idea after watching professional hockey--and feeling quicker oxygen recovery when pushing my lawn mower as an 80 year old. It works!). Do the SAM 10 times before straining at a stool also!

(By the way, the SAM works as a panic attack/temper/rage/confusion stopping technique by detachment from the source of emotionality to calmer self-awareness and improved oxygenation--"Panic" and all related are likely due to unconscious "not breathing" and one is low on oxygen. "Get more oxygen! Just do the SAM ten times and think it through. Shut your mouth and breathe through your nose!" Keep repeating this. See 7 below).

Best coughing

Pulmonary hygiene

The lungs never quit. They discretely expel unhealthy molecules and microbes inhaled so effectively that pulmonary--"excretion" is taken

for granted and overlooked. Coughing is the body's way of expelling something definitely foreign and unwanted. Coughing is not just a symptom. It is nature's cleansing procedure. To make a cough more effective, do the SAM! First Shut the mouth, then inhale Air nasally as deeply as you can, and then really explode a Mouth cough into your kerchief or elbow. That really should be done as personal health measure twice daily for 3 coughs after brushing your teeth. This cleans your lungs. If you feel a chest cold coming on, do it several more times whenever. It can help prevent the chest cold and can keep you healthier. At the first sign of a "cold", it should be done four times a day. It should be done after every cigarette by smokers. It does not take much reflection to conclude that lungs need help with "cleaning" the crud now being inhaled. This should help prevent lung cancer and most infectious diseases which enter the body through the lungs. If you urinate every day, you should pulmonary hygiene every day.

Best knee & back exercises

Walk 50+ steps on your heels; or rock back and forth from one heel to the other. The paraspinal muscles (including the psoas) and hip ab & ad -ductors are all exercised by walking on your heels. You will be surprised how the aches and pains often disappear after consistent heel walking (or heel rocking). The paraspinal muscles especially do not get exercised with upright walking, and it seems that the spinal cord system works better with stronger paraspinal muscles. I discovered this during my recovery from bilateral simultaneous knee replacements due to cartilage deterioration since "bends" during deep sea diving when in U.S. Navy Submarine Service. It worked and I found heel walking helped whenever I have had knee or back aches ever since. Walking on heels is almost a full body massage of back related muscles we hardly ever use in daily upright routines. Easiest to do while brushing your teeth or standing in the shower. I am shocked at how this works if done at the first sign of back, shoulder, or knee discomfort. Whenever any aches and pains anywhere linger, I do the heel walking and get well. I think heel walking exercises paraspinal muscles improving nerve and vascular function to everywhere! For leg & muscle cramps, you get relief with doing the SAM as fast as you can for a full minute or two.

Saving teeth

These are my experiences. At 78 years old, my lower left 2nd molar begins to throb and hurt. The dentist checks with x-rays finding nothing but recommends someone for extraction--"This is what is regularly done to relieve dental pain and discomfort" (which I knew because of relatives' having many such extractions). However, the dentist did give me a trial of penicillin and higher fluoride toothpaste which did not work well enough after two weeks. But I thought that the antibiotic by pills would never get concentrated about that tooth, so I bought topical triple antibiotic cream. I squeezed a little high fluoride toothpaste and the topical antibiotic on my finger and massaged them onto and around my hurting tooth. Before each time, I used a toothpick to gently slide between the gums around the tooth so the ointment could penetrate deeper. I did this after tooth brushing morning and night. My tooth slowly healed after six weeks of this. I still do the toothpaste/antibiotic massage occasionally as in 1 supra (Best Mouth Hygiene). I have had successful outcomes with several others, including an old male who had three root canals but did not need a fourth after doing the antibiotic massage. Studies show that simple dental cavities are due to infection. It seems all dental problems are bacterial problems--occasional antibiotic massage may be preventive of most dental problems. Two years later, the same tooth started to throb and hurt...some improvement with what I did before, but not enough after two weeks. So I changed to topical metronidazole cream and it cleared up in four weeks... (Parenthetically, I remembered what I did as a physician on the first nuclear missile submarine, the USS GEORGE WASHINGTON SSBN598 (Admiral Rickover wanted "MDs" on board in those days to prevent medical reasons for loss of our 90 day submerged war deterrent patrols). Several

"toothaches" afflicted a couple of the men on my patrols. I did not want to extract, so I decided that the mouth was "exterior" to the body and topical antibiotics might work. I gave some to the men having them rub the tooth and gum area three times a day. All felt better and we went to twice a day after two weeks and then once a day until patrol was over. The guys dental problems resolved and had not further problems.)

Also, dental antibiotic massage might help reduce infections if on steroids for any reason. I was briefly put on steroids for traumatic arthritis and could feel an increase in dental sensitivity, so I started my topical antibiotic dental massage until off the steroids. This reminds of 1 above (mouth hygiene) to consider the "preventive" aspects of topical antibiotic dental massage for infections if in a hospital or wherever there are high concentrations of infectious disease agents--or a dab of antibiotic ointment into each nostril and on one's gums at the first sign of a cold might help defense against full cold syndrome.

Back to saving teeth summary: Use vibrating toothbrush with higher fluoride toothpaste specifically massaging vigorously the tender tooth for 30 seconds at least each time. Dab triple antibiotic ointment (or better, I found, a dab of metronidazole cream) and steroid ointment, and massage into tender tooth four times a day. Nothing guaranteed but worth a try. If not work, see the dentist.

Saving childrens' mental health

Doc Sam presented interactional drawings with children as an effective therapy in child psychiatry and mental health promoting technique for parents and their children. This was a Grand Rounds Presentation, Department of Psychiatry, Case Western Reserve University School of Medicine: "Therapeutic Sequential Drawings with Children -- a New Technique" 1970. He extended D. W. Winnicott's "squiggles" by taking turns with the child in the creation of the drawings. This helped and led the child to express the good, the bad, the ugly, the helpful for "that week" or month or any time interval. Any past or anticipated event could be focused on by interactional mutual drawing with the child creating, and reliving, an emotive event. While drawing, the therapeutic emoting and processing were far beyond simple "talking it out." The words used while drawing have more intense, deeper and material substance to the catharsis. Reproductions of series of drawings were provided with the stories briefly detailed. The presentation was then submitted as an article for the Journal of Pediatric and Adolescent Psychiatry. A jealous, feminist, anti-Catholic supervisor prevented its publication. She graduated the same year as Doc Sam from medical school, but got to complete her psychiatric training while Doc Sam served four years in the U.S. Navy. That qualified her to supervise him during his psychiatric residency. Other co-reviewers of the Journal told the director of the Department of Child Psychiatry about her unprofessional behavior. The director made her tell Doc Sam of her preventing his article's publication. The appalled co-reviewers of the Journal of Pediatric and Adolescent Psychiatry contacted him about his "Squiggles" article asking his support for their individual plans to promulgate such to which he agreed. Doc Sam believes that parents and others can do the Squiggle drawing effort with their children on a regular basis with great emotional benefit and positive interactional relationship enhancement. "Let's draw the best thing that happened this week." "Let's draw the worst thing that happened." "Let us draw X ("your emergency room visit!" for example). Doc Sam believes this is not only a therapeutic technique for physicians wanting to help a child work through emotions, but a universal mental health parenting technique helping positive child development and self understanding in the family setting. Universally, parents should do this with each child each week. Doc Sam believes this will improve all child development and family togetherness. It will be human interaction...better than giving them electronic gadgets or watching television together.

Reducing obesity and other obsessions

Distract from obsessions

By doing the SAM gently and repeatedly, when the urge hits to eat or do one's obsession, and repeating the Catholic Mantra of ultimate human purposes: "life, sacrifice, virtue, love, humanity, peace, freedom, and natural death without fear" over and over, you may be able to gradually free yourself from your habituation/obsession (and perhaps even help replace addictions). It takes time and practice but most can be helped by the extra oxygen of the SAM (See 2 above.) and the distraction of naming the ultimate human purposes. Consistent with this is the discovery that "words are angels" (First detailed in my books *Happy Ending* (1996) and *Everybody For Everybody* (2012)). (Parenthetically: A recent web node (check it out) about "The Mystery of Language Evolution" states "that all heavyweight evolutionists--linguists, biologists, anthropologists, and computer scientists--are giving up on answering the question of where language comes from and how it works." Amazing: Language is beyond the material universe because it cannot be understood scientifically? The failure of Darwin now includes the inability of evolutionists to explain language, thereby requiring Spirit and the spirituality of language? It seems reasonable that words are non-neurological, non-material "persons", fitting well "per" meaning "beyond & through" and "sonare" meaning "the sound"--"Personhood is what is beyond & through the sound" and thus also an accurate understanding of "words." Suddenly, to review the human birth, history and being of "words" in the Oxford English Dictionary (an incredibly fascinating experience) is to find the biography of an immaterial "person" who "is a message" and "is a meaning." Suddenly you realize that language is created by and filled with spiritual messages carrying information expanding the metaphorical psychology of "words" to personhood, i.e., "character content" or "consciousness of consciousness." Overlooking these facts, we thoughtlessly take language for granted, because it is so spontaneous and universally learned. Thus, few bother to go beyond the mere presence and automatic use (and abuse) of language with its millions of words. That "words are angels" has been totally ignored. To see "words" (no one knows how many, but millions at least) as consistent with innumerable "angels" (as Scripture describes) is the only logical conclusion...Indeed, innumerable "words" are the only logical answer as what could be innumerable "angels" in Scripture. Unrecognized as such, they have been with us since the beginning. Humans have suffered not understanding "words are angels". The conclusion is that even though speech defines man, language/speech is materialistically inexplicable. Believers must evoke John the Evangelist, "In the beginning was the Word..." I add: ..to which God created Love as humans and created more "words" (called "angels") giving messages enabling all to return from the Big Bang space/time Lovolution to a death recompression back into the non-space, nontime Statimuum with God of the pre-BigBang Eternity. Thus neither creation nor life can be understood without angels recognized as words. I humbly must add my explanation presented first in my book "Happy Ending" (1997) and repeated in my book "Everybody For Everybody" (2012). I presented "The Word Spectrum" of ten categories-- Latin, Scripture & Tradition with three subgroups; Latin and Cross Cultural Words with three subgroups; Cultural words; Subcultural Family Words; Daily Living Words; and Anti-Words. Thus there are ten (3+3+4) areas of human concern which correspond in same sequence to St. Thomas Aquinas' Hierarchy of Angels: Seraphim, Cherubim, Thrones, Dominions, Virtues, Powers, Principalities, Archangels, Guardian Angels, and Demons. The epiphany is that once one understands angels, one understands words and the Word; and then we can better understand our universe and ourselves. We come to realize how Spiritual we are and should be. Some parts of my attachment should be posted on every reader & writers' desk. In addition, language has its origin from "personhood" ...the soulful spirituality enabled by the conscious-of-consciousness super (meaning "above") nature of human DNA creatures. There should be a card or meme saying WORDS ARE

ANGELS ("wordangels") every time someone speaks, listens, reads, or writes. Words should be used with full Hippocratic humanbeingness metaphorically enabled by spirits from God...By language, we are being religious whether we want to be or not. Words are needed for everything. It is time we understood words are angels and should be treated as such.

If a non-believer, at least psychologically keep in mind that "words are angels" metaphorically...say it to yourself when you listen, speak, read and write...over and over...and good humble "science cannot explain" rational psychology will be with you as immaterial messengers enabling communication unique to humans. So always talk with dignity, unity, integrity, identity, and spirituality or with truth, oneness, good, and beauty. The ultimate human purposes will be yours to say to you: "life, sacrifice, virtue, love, humanity, peace, freedom, and natural death without fear." If you think of wordangels, you will change your life.) You may find your obsessions and maybe even addictions can be replaced with something healthier.

Stopping snoring

bruxism

Snoring means you are mouth breathing. Like Pavlov's dog, de-conditioning techniques should work. Jostle the snorer shaking his shoulder. At the same time say: "Shut your mouth (you can gently push his chin closed with other hand) and breathe through your nose only in-and-out and roll over". Repeat until he does. In time, with repetition, he will likely be conditioned to do it all as soon as you put your hand on his shoulder. Snoring is from the mouth. With the mouth closed, there is no snoring. Breathing through the nose gets more oxygen and is healthier than mouth breathing. Teach the SAM and practice it often.

Stop that sore throat and flu

At the first "soreness" of the throat...that early sharp pain with normal swallowing begins salt water gargles! Take small cup of water and add tablespoon + of salt. Gulp into your throat without swallowing. Swirl around with head held back and let flow to back of throat and then gargle as best you can. Swirl around again and spit out into the sink. Do over and over until cup is empty. Repeat every 4-6 hours until sore throat fades. See your doctor if persists over 24 hours. Hopefully the salt will kill the reasons for the sore throat. And do the pulmonary hygiene (3 above).

Panhumanity

Live «full» humanity as best you can. «PAN» is redundant, but needed because color, ethnicity, race, religion, groupthink tend to make all forget that «humanity» is all of us! As my Italianate father would say banging the table: «We are all the same! We are all the same! Even when we shout our differences!» You cannot fight racism with your own racism. You cannot fight color with color. You cannot fight sub-culture with sub-culture. To embrace less than «content of character» is to be part of the problem rather than the solution. Color, race, sex, geographic heritage et cetera are as important as height and weight. As Martin Luther King, Jr. encouraged: «Content of character» is how to present yourself virtuously and judge virtues of others. We must identify as HUMANS: African, Asian, Caucasian, Hispanic, Negro, and by other words which bring the personhood of transcendent human history

Life, Sacrifice, Virtue, Love, Humanity, Peace, Freedom, and Natural Death without Fear by commitment to Life, Liberty and the Pursuit of Happiness--All these being basic ultimate human purposes. Anything else will almost always fail because it is not fully human because it ignores the content of one's character. Content of character, as Dr. King stated, MEANS: at least, the cardinal virtues of prudence, justice, temperance and fortitude--which are the only ways to act and how to judge others. If you really want to be healthy and help everybody's health, stop promoting that which identifies less than fully human. Color, race, and

subcultures harden the heart and dissolve the brain. Needed is universal «Hippocratic Humanbeingness» as in «Make That Interaction Count», *J Psychol Clin Psychiatry* 2015, 2(3): 00072 (available from author at Sam@DocNigro.com).

Stopping sex assault and rape by stopping prurience and mocking immodesty

otherwise, unnatural sex will make you crazy (separate “sub-article”) by Samuel A. Nigro, MD, retired psychiatrist, deplorable ad hominem pamphleteer.

Freud showed that unnatural sex makes people crazy.) Rape is the imposition of originally unplanned, unwanted sexual stimulation. Males are “raped” very easily and typically do not care until they later tend in guilt to regret being so weak and unnatural with sexual stimulation. As females become haremized by the current culture of masturbation, they too become unwitting rapists of the males as they overstimulate them by immodesty. The “sexsations” flooding from the press & media promote the sex assault of females by over stimulating males (just as the violence in the press & media is imitated by the angry, disturbed and suggestible who shoot up schools or do other violence--where do you think they get the horrible ideas except from advertising and celebrated glitz). Often, after the mutual rapes are consummated, many females, like the males can, in guilt, regret being so weak and unnatural. This article offers words which mock non-marital, unnatural sex actions so they become less stimulating, less occurring, and resulting in less rape and less sex assault. It encourages modesty and helps defuse immodesty (Immodesty is a sexist assault against males especially, contagiously making them sexually active. Immodesty is basically anti-male bigotry, destructive of childhood, and a public health hazard). Immodesty is the sexist promotion and imposition of unnatural sex usually by women, which destroys virtue of males especially, traumatizes children’s brains by imposing adulthood, disrupts traditional family life by a contagious sex-maniac masturbation culture, and is a public health hazard which should be prohibited by law for the common good including the reduction of pollution (“unnatural sex” is “pollution”).

Removing prurience and mocking immodesty

As Freud proved, sex (and violence) makes you crazy. Thus, everyone needs the words to reduce seductive (and imposed, which is “rape”) genital mania in a culture which uses unnatural sex to create excitement, interest, advertising, entertainment, and imitation even though it is pollution against nature. In Nature, unless a biochemical mistake, sex is consistent with normal functioning and reproduction. It is not “anything/ anywhere” as humans now abuse themselves resulting in rape and assault. Planetary Nature is certainly not an epidemic of masturbation as is the case now with humans. Indeed, until now, human cultures have always had rules to keep sex for opposite sexed adults at a time consistent with reproduction. “Marriage” was the psychosocial pheromone for humans; just as biochemical pheromones kept sex “reproductive” for subhumans (got a cat?). Be glad humans do not have biochemical pheromones because there would be no “love” between us. For humans, marital sex is “love” consistent with planetary norms for sexuality: between opposite gendered same species adults consistent with reproduction. In nature, any other sexuality is pollution for all the animals including humans (Unnatural sex does rarely occur because biochemical abnormalities happen which are basically “diseases.”). To keep human sexuality consistent with Nature and Nature’s God (as in the Constitution), here are the words to remove prurience for everyone’s better health. Use these words whenever you see or hear about non-marital sexual activity and the culture of masturbation:

(1) Seeing shapely buttocks, call them “anus protectors” or “bowel movement protectors”.

(2) Seeing breasts presented seductively, call them “milk, cancer, sweat, fat, pontoon, hanging, useless chest glands”.

(3) Seeing the vagina, call it a “baby blood hole which has a urine hole in front of it, a feces hole behind it and is filled with blood ¼ of the time.” Call it a “cunt” too, meaning “Cesspool Under Neath Them”--Lesbians have approved the word by enjoying “cunt-fests”; and harem-feminists have it in the daily vernacular by leading the audiences in singing and shouting it in the play *Vagina Monologues*.

(4) Seeing the penis, call it the “ud (urine director) because 99 percent of the time, the ud (nee’ penis) is used to urinate in the direction wanted by the male and should always be called the ‘urine director’ (‘ud’) instead of ‘penis’ (the latter word now applicable only to normal sexual intercourse).

(5) Seeing cleavage, call it “female mooning of the milk, cancer, sweat, fat, pontoon, hanging, useless chest glands”.

(6) Seeing pubic hair, call it “fu-- friction absorber” so the skin is not injured during non-marital intercourse--that is “fu----” which is all sexual intercourse outside of marriage.

(7) Seeing orgasm outside of normal intercourse, call it “masturbation or sexcretion” which is “squirting” for males and “sliming” for females outside of normal sexual functioning consistent with reproduction, and thus is unnatural and therefore “pollution”. Call it “sperm/slime collecting” by “sperm/slime collectors.” Remember that sexual relief is basically selfishness or a form of natural excretion (like “wet-dreams”) which should not become enslaving ways of genital manias or obsessive-compulsive disorders. Sexual squirting for men and sexual sliming for women are body excretory acts accompanying nature’s way of starting a baby--neither squirting nor sliming alone should be so important that one loses one’s identity and life because of them.

(8) Remember, my colleague’s words as he went back to his country to find a woman to marry: “American women are really something. You can always get a handjob, a blowjob, or a quick screw--It is as significant for our relationship as my taking a leak. They are harem-feminists. I am going back to....to find a real woman.” Do not create harem-feminist members. Do not be part of the local feminist harem.

(9) Remember that “Non-marital sexual activity is nothing but helping each other ‘go to the bathroom’ (‘toileting’ or ‘sexleting’ or ‘sexcreting’) and that ‘pornography’ is nothing but public toileting and public excretion best seen as ‘a bunch of dogs licking each others’ rear ends.” Call non-marital sex “sperm/slime collecting” and those who do it “sperm/slime collectors.” And always ask non-marital (un-natural) harem-feminists whether they wipe their urine and feces to or from their cunt or baby-blood hole so you know how clean they are.

(10) Help us remember not only that “we are born between feces and urine” (as St. Augustine said) but that we procreate between feces and urine too--And please, God, help us remember all this so we do not become crazy about sex, any more than crazy about urinating, defecating or menstruating. Remind us that for all animals on the planet, sex is a simple biological function to create life--it is not recreation, entertainment or a game. Help us remember that the fantasy filled press and media (liar-papers and unreal-vision) culture of celebrated indecency and dishonor is actually the creation and promotion of non-being (which is also an accurate definition of “evil”). Remind us that for mankind, sexual activity is for union--and-reproduction in a spiritual and marital relationship for family life, and that all other sexuality is sliming and squirting excretory pollution when outside of marriage, and sex has made you crazy. Help all know that almost all illnesses enter the body through the mouth and keeping ones mouth clean and healthy makes for a long life (and thus the mouth should not be used for toileting!). Help young people know that they will fall in and out of puppy-love with “broken heart” feelings many times before finding the right person to marry, so pre-marital sex is not smart but is to sell one’s self out to another when the smartest approach is to never let the other party think you care very much until there is a mutual marriage

commitment-and even then to help each other “go to the bathroom” is almost always a violation of the future marriage vows and a betrayal of one’s future spouse. Help young people to know that, even though it is the best feeling in the world, “puppy luv” makes you stupid and a victim as does the masturbation culture of today. Regardless, thank God for the sexual creativeness of our lives in marriage and Nature. And especially, thank God for making sex pleasurable, otherwise there would be no human race and we would likely not touch each other with ten foot poles. Uds and baby-blood holes are kinda nasty so close to feces, urine and blood. Help us remember that sex is sacred in marriage and that extramarital sex is excretion or satire. Help us remember that lives are created by Natural sex and lost by non-marital sex. And by practicing these eleven messages, you will be less likely to be made crazy by sex and can help others also. You will not be manipulated by or kidnapped by the dirty old men, the gay genital maniacs, the harem-feminists, and the abortionists (who make money because of unnatural sex) all of whom are in charge of the press & media [2].

(11) Finally, do not stimulate the genitals to calm screaming babies, especially boys. It creates abnormal brain development of over-sexualization and will likely make them obsessive about sex when grown up.

1. Soul of the Earth by Samuel A. Nigro, MD

2. How to deal with the press & media (the Suggestibility Profession):

Ten mantras for the press and media

1. The press and media are unreliable about anything that is important and they make you a voyeur of non-being because most of it is untrue, except the weather forecasts. (2) Celebrities, newscasters, newsreporters and moviemakers are fakes; it takes those hours to prepare for the role they will play. Celebrities are fakes unworthy of imitation. (3) Do not be suggestible, remembering that people imitate what they see (from running around naked to killing people), repeat what they hear, and buy what they are told to buy from junk stuff to junk ideas-so do not be gullible by believing the press and media which are nothing but flickering lights and ink-smudged nonsense. (4) The press and media are frauds: they preach free speech but censor more than anyone; they claim tolerance but suppress all with which they do not agree; they proclaim equality but do not present fairly and equally all points of view; and they pretend diversity except for people and ideas not in agreement. (5) That is not me! That is not me! That is not me! (A special mantra to be said continuously while watching television, movies and the internet). Whatever you did already this morning was informationally more than all other molecular accumulations for billions of miles and billions of years so you are special as life is special-Do not let the press and media influence you and thereby ruin it all. (6) Sex in all nature is to make babies and/or create family in the most developmentally favorable circumstances possible which, for humans, means a marriage between a man and a woman. (7) God is. He does not like sin. You have to have your sins forgiven and suffer to recompress to before the Big Bang to be with Him. Sinning is less if you do not believe the press and media about anything. (8) The people of the press and media do not include, believe, understand, accept, reflect, represent, portray or care about the common man (male or female) regardless of what claimed. They are mostly traitors to the Founders of America and their Ten Commandments. They will never tell what they do not want the public to know. And you should never tell their pollsters the truth. The press and media are Satan’s way of giving information. They want to kidnap your mind. (9) You will never learn anything worth believing about the Roman Catholic Church from novels, movies, or the press and media. (10) The press and media are the biggest frauds, liars, and tyrants ever to exist in the world. The press and media are run by dirty old men, gay cult genital maniacs, harem-feminists, serial rapists, and abortionists; and they suggest violence to be imitated in almost every thing they present.

The press&media have created a culture of sex and violence. Do not be suggestible, but learn and live virtue.

For brain inflammations

Stunned and startled by the relief of acute arthritis pain by topical steroids, speculations are offered for any and all disorders possibly related to “inflammatory processes.” I found myself wondering and using the word “imaginary” (as Darwin used it--pp 66 and 71 of *The Origin*) such that what ever has an inflammatory element might be greatly helped by steroids. Steroids might reduce the need for strong pain medications.

WHAT HAPPENED TO ME: How to stop pain? My answer is startling for an 80 year old retired physician who never heard or realized how simple it was...at least for me this one time, which was not imagination. Try topical steroid cream. So at 80 years old, I have arthritic aches and pains off and on, which respond acceptably to acetaminophen, aspirin, tylenol, and naproxen. I rarely need to take more than one tablet weekly. At next flare up, I take a different one, believing that “tolerance” is a big problem for all pain meds--Tolerance leads to higher dosing and stronger meds which lead to opioid use, more tolerance, then addiction and abuse. (That is how I used to treat patients with new pain complaints--rotate non-opioids weekly) Both of my knees have been replaced because of bends in the Navy. So I have come to use heel-walking(1) for whatever starts to ache--believing paraspinal muscle exercise by heel-walking increases circulation and neurological activation everywhere with relief if needed (Actually, occasional 30 seconds of heel-walking works for mild aches anywhere and is not imaginary either). But recently, my right hand (slightly deformed by arthritis) began to throb, get numb, tingle and hurt so bad that it woke me up and I could not get back to sleep, even after 3 tylenols in 30 minutes. My hand was stiff and I could barely lift anything or move thumb and fingers. The pain was worse than when my knees were replaced. Wow. If I had an opiate, I would have taken it. I was hurting so bad at 1 A.M., heel-walking never entered my mind as I paced around. Unable to remain in bed, I am moaning seated at my computer checking messages with the hurting hand uselessly held up high. Then my concerned wife, unintentionally awakened by my movements, offered me a homeopathic cream she uses. I read the label and thought, how does a topical cream like this penetrate into her painful joints? I remembered a tube of topical triamcinolone in my cabinet and remember it is an anti-inflammatory agent--so if a topical homeopathic remedy gets absorbed and works, why would not powerful triamcinolone (Imagination?). I squirted about 3 inches on the back of my painful useless hand & wrist; and about 1 inch glob into my palm. I then massaged it all into my hand working especially where it hurt. I went back to bed, and suffered for about 15 minutes before feeling some relief. But in an hour, I was up again, better but not good enough, and I repeated the triamcinolone massage with another 3 plus 1 inches of it. Back to bed and slept well! Up at 7 AM, my hand is tender and stiff, but I could fix my breakfast and the pain was hardly a problem. After breakfast and reading the morning paper, I went about the rest of the day doing everything I usually do until 5 PM (including lifting well a five gallon can of shingle sealer). Surprised at my improvement, I then started to write this up. My hand felt comfortable but a little stiff as usual and little finger deformity as usual. But overall, it is like none of this happened. Two external massages of a little triamcinolone onto painful areas may reduce inflammation causing pain. Totally surprised, I looked up “steroids and pain” to find such is well documented but why did I never hear of this during fifty years of medical practice? There are even topical hydrocortisone preparations available over-the-counter promoted for “arthritis pain relief” (but none were available at a local drugstore so I bought the 1% hydrocortisone for dermatologic pain to see how it would work). Topical steroids may be a simple process to use before oral pain meds and before opioids especially. And, why is it not first in pain treatment protocols? I have done the topical 1%

hydrocortisone twice for early mild beginning of pain of the wrist in the six months since I first used the triamcinolone. Otherwise, I do whatever I want with my wrist now.

Imagination

If pain persistence is linked to inflammation, should not stopping the inflammation help? If any disorder is linked to inflammation, from acute concussion, acute psychosis, post-traumatic stress disorder, gender disorders, and so on, even perhaps to autism spectrum disorders, should steroids be given a try? And should we rub a little on the head after a concussion? Should an oral or iv small dose be given after medical/surgical treatments known to have pain sequelae? Or the 21 tab 4 mg methylprednisolone packet but taken prn? And for mental illnesses because of the current "inflammation" theories of mental illness? My imagination runs a little wild may be. We need to find out. (I read about "Prevacus" in Sports Illustrated 11/20/17 which is trying to develop neurosteroids to be administered through the nose to reduce concussion inflammation! Until they do so, the rubbing of ones gums and oral cavity with a dab of topical hydrocortisone, triamcinolone, or other steroid might be helpful...or just enough absorbed to help--and the mouth offers more absorption area than the nose!). Whatever, but with pain, low dose or topical steroids are worth a try--cheap, easy, quick, but read cautions and warnings about it and any medication you ever use. If it does not work, do not continue, and check in with your doctor regardless. I am just amazed that discrete trials of topical (or even systemic) steroids are not the first pain treatment and for suspected inflammatory linked disorders--like minor injuries in sports. I hope such steroids will help as much as the little bit of it helped me.

Medication genetic history

(Office handout and family history improving health care in many ways)

Understanding family medication (genetics!) history was found important in selecting medications to use. Doc Sam developed the "Sam Nigro Pharmacologic Medication Genetic Test". He discovered that a medication which worked best for a person was likely to be the best medicine for another family member with similar symptoms--and what did not work for another family member (or caused adverse reactions) should not be tried first. For years, he had an office handout to gather family data for illnesses and medication failures and successes. This was especially helpful for psychiatric medications, but may also be of benefit for non-psychiatric disorders, especially if the disorder is one which "runs in families". This "test" should render expensive biochemical genetic tests to be unnecessary and actually is more specific. Doc Sam promotes this as a universal medical process during initial evaluations, enabling clinical discovery of the genetic basis for "What worked best (or worst) for another family member may work best (or worst) for this patient." But the data must be sought and such should be routine for all medical care now. All physicians should provide every patient, and keep for every patient, a Family Medication Booklet containing the history of family medication use. Not to do this is "inadequate history" at best and "medical incompetence" at worst. Competent medical care must do this everywhere for everyone. Every family should have a handy, easily copied booklet of medication use by all family members to bring to their physicians.

References

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