

# **Ask Dr. Rico (Second Opinion)**

## **HOUSEKEEPING**

Welcome to Ask Dr. Rico. (Second Opinion) podcast. This is Dr. Americo Simonini, cardiologist, etc etc etc at Cedars Sinai hospital in Los Angeles California. Here, I and often featured guests will try to unpack and find solutions to some of our most pressing questions, trends, propaganda and facts, from a doctor's perspective. From our intellectual and ethical to political lives and the increasingly strange circumstances we keep finding ourselves in, let's figure out what we're doing here.

I will also populate a section focusing on medicine and supplements. What each are, why they do what they do to us as well

as claims made versus documented instances.

To ask a question, subscribe and comment on our youtube, tiktok, twitter, facebook or directly on our website and the most on-topic questions will be featured.

## **MEDICINE**

What is the difference between medicine and supplements other than vitamin industry is not regulated by our government.

Entresto

Coreg

Bisoprolol

Leqvio

Statins

Repatha

Aspirin

Clopidogrel

Warfarin

Beta-Blockers

Ace Inhibitors

Testosterone & Estrogen + blockers. How damaging are they and are the effects reversible, de-transitioning.

## **SUPPLEMENTS**

Lumbrokinase

Serrapeptase

Nattokinase

Nitric Oxide (L-Arginine & L-Citrulline)

Alpha Lipoic Acid

Acetylcarnitine

L-Theanine

CO-Q10

Berberine

Myo-Inositol

L-Taurine

Vanadyl Sulfate

Olive Leaf Extract

Cacao

Cinnamon

Apple Cider Vinegar

Turmeric

Ginseng Root

Bioperine

Thiamine

Niacinamide

Biotin

Riboflavin

Folate

Pyridoxine Hydrochloride

Pantothenic Acid

Choline Bitartrate

Conjugated Linoleic Acid

Gymnema Sylvestre

Amlase  
Puradyme Amylase  
Malt Diastase  
Glucosyl Amylase  
Puradyme Cofactor  
Quinoa Sprouts (Chenopodium quinoa)  
Fennel Seed (Foeniculum vulgare)  
Rose Hips (Rosa canina)(fruit)  
Carrot (Daucus carota)(root)  
Broccoli (Brassica oleracea)(flower)  
Creatinine

### **Some topics to start initial series.**

#### 1) *RATIONING HEALTH CARE.*

I understand doctors are not judges and the Hippocratic Oath demands you treat EVERYONE. But what should be done when hospitals are overcrowded and there isn't resources to treat even regular emergencies such as heart attacks and trauma let alone VACCINATED Covid patients? Do you think peoples' beliefs should supersede the lives of those who contributes to a functioning society?

#### 2) *VACCINES*

Flu, HPV, Covid, Cancer... How many damn vaccines do I need??

#### 3) *MEDICINE/SUPPLEMENT, HEART ATTACK GUN*

What drugs or supplements causes heart attack? Can I overdose on supplements? The CIA has a heart attack gun, how does it work?

#### 4) *MYOCARDIAL INFARCTION, STROKE*

Difference between heart attack, myocardial infarction, stroke? Can an injury in my toe send a blood clot to my heart/neck?

#### 5) *POM*

But POM is best anti-oxident!!! Anti-oxidents is all I need!!!! Joe Rogan, President Trump, Bret Weinstein and America Frontline Doctors all use anti-bodies to cure themselves of Covid, why can't I??

#### 6) *MRI, MRA, MRE, TCP, CT...*

What are the differences?

#### 7) *SYMPTOMS*

Headache, lump in throat, shortness of breath (not enough air), light sensitivity, auditory enhancements, are all potential heart issues?

#### 8) *BACK OF THE LINE*

Low on monoclonal anti-bodies, and preference is given to the unvaccinated. So if I get vaccinated and come down with a bad case of Covid, I'm disposed to the back of the line for treatments? WTF, why should I get vaccinated then??

### 9) *MISTRUST*

Dr. Simone Gold, who likens herself to Suzan B Anthony, Rosa Parks, says vaccines are pathogenic, containing poison, how do I know she is wrong? She is a licensed Doctor (American Frontline Doctor) endorsed by an American President. How do I know which Doctor and experts to believe?

### 10) *MISINFORMATION*

How do I distinguish between real and fake news? The president of the United States and his team of doctors endorsed Hydroxychloroquin and said I have nothing to worry about as there is Ivermectin like Joe Rogan has used and beat Covid with. Who and where do I trust to get factual information and not commercialized propaganda?

### 11) *MEDICINAL SIDE EFFECTS DAMAGE*

How much damage does opiates, Narcan do to me compared to Covid? What of the cases of medicinal side effects doing more damage than successfully treat the symptom of the disease??

### 12) *INTERVENTION*

But but but more patients die during surgical procedures than survive! How do I know I will survive from the intervention?

### 13) *RACISM*

I know there is a medical oath, but with the amount of

medical professionals who have expressed their personal views of racism, nationalism and supremacy on social media, how do I know the “medical professional” treating me has my best interest at heart? What can I do if I KNOW FOR FACT they are trying to “accidentally” hurt me?

14) <https://www.covid19treatmentguidelines.nih.gov/therapies/immunomodulators/fluvoxamine/>

15) What is Fibrin, fibrinolysis and fibrinogenesis?