



Frank Shallenberger, MD, HMD, ABAAM

Health, Aging, and Disease – It's All About Energy!

Cubberly Community Center
4000 Middlefield Road, Room H1, Palo Alto, California

September 16, 2004 at 7:00 PM

Future Speakers:(on Third Thursdays)

- **October 21** , Ray Francis on “Aging and Disease are Mistakes” and Bill Grant on Health Benefits of Sun and Vitamin D.
- **November 11** , (***Second Thursday**) Julian Whitaker, MD, on Orthomolecular Treatments for Chronic Diseases.
- **December 16** , Gerald Reaven, MD, on Insulin Resistance, Moderate Alcohol Consumption, and Risk of Cardiovascular Disease.
- **January 20**, Parris Kidd, PhD, on Phospholipids and Omega-3 Fatty Acids for Brain Vitality - Recent Advances.

Mini-Presentation: Bio-Med 101

Our Toxic World Since the beginning, humans have been at war with other living creatures that want to eat parts of our bodies. To survive, it was necessary to develop all kinds of cures and medicine men to administer them. Fast forward to the 20th century when advances in medicine, biochemistry, sanitation and public health essentially eliminated lethal infectious diseases that include pneumonia, tuberculosis, diphtheria, typhoid fever, scarlet fever and small pox. Humans learned to use chemicals that made life a great deal more comfortable. We also learned how to increase the production of crops and animals for food. However, the unintended consequence of the current chemical era is to have created materials that jeopardize our health and that of the unborn. Even worse, we have unknowingly and irretrievably spread those chemicals across the face of the earth. Even though we know this, it cannot be easily stopped because of the momentum and deception-for-profit of those that dispense these chemicals which are stimulated by the unrelenting demand of the consumer. The only defense at this stage of events is to become knowledgeable enough to avoid the worst of the toxins and to learn how to detoxify the body. The continuation of the rapid rise in non-infectious disease rates currently underway will eventually force people into positive actions for their own survival. You will learn about important toxins, what they do to your body and a protocol for detoxication.

Meet Dr. Frank Shallenberger

Dr. Shallenberger has devoted his thirty year professional career to understanding the fundamentals of how the body heals itself, and what keeps us well. He uses an approach that integrates the best of alternative medicine with the best of conventional medicine. Dr. Shallenberger is the founder and medical director of The Nevada Center. He is board certified in Anti-Aging Medicine, and has served as a Clinical Instructor in Family Medicine at the University of California School of Medicine in Davis. He is a member of the American College for the Advancement of Medicine, The American preventive Medical Association, The American Holistic Medical Association, The Society for Orthomolecular Health-Medicine, and The International Society of Cosmetic Laser Surgeons.

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Medicine, and The International Society of Cosmetic Laser Surgeons.

He is the president of the Nevada State Homeopathic and Integrative Medical Association. Dr. Shallenberger is the inventor of Bio-Energy Testing™, a patented testing procedure which uses oxygen uptake analysis to determine mitochondrial energy dynamics. He has written a book entitled “Bursting With Energy”, which described his research into how humans make energy, and what improves energy production. Dr. Shallenberger is a pioneer in the use of ozone in medicine, and has published a book and several papers on the clinical application of oxidative medicine, a new discipline that emphasizes the profound importance of oxygen and energy production in health and longevity. He has won numerous cycling events, and garnered silver medals in the Nevada State Mountain Bike Championship Series and the Northern California Time Trials. He aims to keep himself and his patients young and energetic for a long, long, long, long time.

Overview

Every single aspect of our physical and mental function is energy driven. Whether we are talking about anti-oxidant defenses or the action of hormones on membranes, it is all driven by energy production. However, energy production decreases in a linear and predictable fashion as we age and develop degenerative disease. Is this energy decrease a result of aging, or are the effects of aging a result of decreased energy production? Seven years ago Dr. Shallenberger developed a testing technique which has since been patented called Bio-Energy Testing™. The testing procedure examines the level of energy production in a patient by analyzing his respiratory gas concentration at rest and under an exertional load. As a result of using this method of analysis on hundreds of his patients, Dr. Shallenberger believes that the evidence is strong that it is decreased energy production that causes aging. He therefore developed a theory of aging which he calls the Energy Deficit Theory of Aging.

This talk will focus on the two components of this theory:

1. How decreased energy production causes aging and disease;
2. A hallmark of decreased energy production is a predictable switch from fatty acid

metabolism to glucose metabolism. He will then show how maximizing your energy production leads to maximizing your health and safety.

In the context of discussing these topics Dr. Shallenberger will explain what Bio-Energy Testing™ is, how a person's state of health can be defined and quantified, and most importantly what interventions have proven useful in increasing energy production. Some of these interventions will surprise you. It is Dr. Shallenberger's contention that maintaining youthful energy production levels as we grow older is the secret to treating the aging process.

The Chinese knew it over 3,000 years ago: it is a decrease in energy production (they called it chi) that is responsible for aging and degenerative disease. Maintain youthful levels of energy as you grow older and you will maximize your health and vitality and dramatically decrease your chance of disease.

Before you can effectively start optimizing your energy production and extending the length and quality of your life, you must first be able to measure exactly how good (or bad) your present level of energy production is. Additionally, once you get started on your re-energizing program, you will want to objectively test the effectiveness of the program. Why wait until some time off in the future to find out you were missing a few crucial steps and didn't realize your full energetic potential? As a preventive minded physician, these have always been the two issues closest to his heart. So ten years ago he set out to develop a way to measure energy production.

Bio-Energy Testing™

What he discovered was that the most reliable, scientifically validated way to determine a patient's energy production status is by analyzing his body's ability to convert oxygen to carbon dioxide. This can easily be done using currently FDA approved pulmonary gas analysis technology. He then developed a patented assessment program which sorts out and analyzes the breath by breath conversion data while a patient is in a resting state and also under an exertional load. The result is a testing procedure which is able to reliably measure and quantify all the aspects and dynamics of human energy production. He calls the procedure Bio-Energy Testing™. He has used this testing program on thousands of patients over the past seven years, and the information has helped by validating much of what he thought was true about health and disease, as well as surprised him by offering

new and unanticipated insights.

The Energy Deficit Theory of Aging

Because of Bio-Energy Testing™, it is now possible to measure energy production easily, accurately, safely, and non-invasively. Additional big side benefits include the ability to accurately determine metabolic rate, carbohydrate vs. fatty acid utilization rates, overall strength, cardiac output, pulmonary function, and other clinically important information. This technology has enabled him to discover and verify what he now calls the Energy Deficit Theory of Aging which states the following:

The processes involved in aging and degenerative disease are all energy dependent, and are accelerated by two interwoven states acting to decrease aerobic energy production and increase anaerobic energy production:

- (1)** Suboptimal resting (basal metabolism) and exertional (aerobic capacity) oxygen consumption.
- (2)** A substrate utilization shift from primary fatty acid/amino acid cellular bioenergetics to primary glucose cellular bioenergetics.
 - I.* Suboptimal resting (basal metabolism) and exertional (aerobic capacity) oxygen consumption.
 - II.* A substrate utilization shift from primary fatty acid/amino acid cellular bioenergetics to primary glucose cellular bioenergetics.
 - III.* The processes involved in aging and degenerative disease can be decelerated and even reversed by altering these two states to increase aerobic energy production.

As an anti-aging physician, the one thing that he wants most to be able to assess is biological age. His research using Bio-Energy Testing™ has shown that the previously illusive concept of biological age can now be accurately determined by measuring energy production. For example, a 75-year-old woman who has the energy production dynamics

of a 45-year- old woman has a biological age of 45. And, in every case he has seen over the years, she will function every bit as well as a 45-year-old woman. Similarly, a 45-year-old woman with the energy production dynamics of a 75-year-old, has a biological age of 75, and consistently experiences symptoms characteristic of that older age group.

Does this Really Work ?

Before he discovered the advantages of Bio-Energy Testing™, like other anti-aging physicians he had to just assume that the measures he was recommending to his patients were in fact really slowing down and reversing the aging process. Now, using the information resulting from this testing procedure it is possible to actually demonstrate the effectiveness of these programs. He believes that Bio-Energy Testing™ at this point in time is the ultimate tool for medical diagnostics and anti-aging medicine, and this lecture will show you why. For an initial understanding of the concepts behind Bio-Energy Testing™, read his book entitled, *Bursting With Energy* which can be purchased at www.bursting-with-energy.com, and also at Amazon.com.

*****Membership Notice*****

All members should try to bring a friend to this meeting (no charge for first time visitors). Previous visitors can continue to come for \$5 per meeting. Remember dues and payments are necessary to pay for the meeting room, the printing and mailing of newsletters. the sound system and the projection system.

