

Smart Life Forum

SmartLifeForum.org

Presents

Mike Nichols, M.D.

Addressing the Errors of Conventional Wisdom

Thurs, Aug 21, 2008, 7 PM

LOCATION: Unity Palo Alto
Community Church
3391 Middlefield Rd

(Note: Next Month at Cubberly)

FUTURE SPEAKERS

Sept 18, Sherrill Selman, ND
"Women's Holistic Wellness"

October 16, Larry Roberts, PhD
& Tedde Rinker, DO

"The Renegade Patient"

November 20, John Gray, PhD
"Mars & Venus in Collision"

Note: Next month SLF moves back to the same room at Cubberly High School.

Short Presentation by Roberta Carlson of Bio-Banc on umbilical cord stem cell banking. She will discuss the standard and potential treatments for 70+ diseases ranging from cancers of the blood (leukemia is the most common cancer in children) and many types of anemia to immune system disorders. For more information, please check out the following websites: www.parentsguidecordblood.org, www.cordbancusa.com.

FMBR, September 26, Ophthalmologist, Dr. Carol Davis, has researched our non-local consciousness awareness as reflected by our eyes. She has discovered that the size and nature of the pupils of one's eyes are telling a story about what is occurring in both our conscious and unconscious awareness and that the effect can be facilitated by the act of intention! See www.fmbr.org for more details.

Meet Mike Nichols

Dr. Mike Nichols ("Dr. Mike") is an expert in the clinical application of early stage disease detection technologies and a pioneer in the field of medically integrated preventive health and fitness.

After twenty years of community-based medical practice he concluded that standard approaches to most illnesses wildly underestimated the intrinsic healing power of the human body and that only the Health and Fitness industry could rescue medicine from 'drug, cut, and burn' as its only therapeutic model.

Nichol's resulting research in advanced early disease detection, diagnosis, and reversal of chronic, debilitating metabolic disease resulted in a revolutionary and scientific approach to medical intervention utilizing an individual's unique metabolic condition to shape a prescriptive and precise regimen of diet, exercise, and relaxation.

In 1999, he founded the Tempus Clinic & Metabolic Training Center in Los Gatos, CA, a technology rich, software-driven preventive health and fitness facility employing science-based interventions guided by sophisticated metabolic tracking and treatment protocols. These treatments successfully arrest and reverse the progress of cardiovascular disease, hypertension, unhealthy cholesterol, Type-2 diabetes and other health problems.

He received both a Bachelor of Arts and a Masters of Arts in Mathematical Logic from the University of Chicago. Dr. Mike received his M.D. from the Loyola University of Chicago and completed his residency training at Stanford University Medical Center in Orthopedic Surgery. He is the co-investigator on several research projects with the Stanford Center on Longevity.

Main Presentation

We have evidence from the beginning of recorded history that mankind has sought to lengthen *its* years of health and well-being. The search for a "Fountain-of-Youth" expresses man's yearning for more, happier and healthier years of life on this earth.

In the current era we have reached an ironic impasse: our attempts to improve health have, with rare exception, yielded more disease and fewer years of healthy life.

A simple large-scale example illustrates this point: public health policy has for over thirty years advocated a low fat diet as a method of avoiding obesity and cardiovascular disease. The result of such advocacy has been that we have more obesity and earlier, more severe forms of cardiovascular disease.

Another example: as our sophistication at biochemistry increased and as we found more essential functional nutrients, many health advocates began urging people to take supplements to affect better health. The irony? Dr. Nichols feels that well-done large trials show harm from supplements, because advocates failed to make the distinction between **association** and **cause**. As examples, consider the following:
Lycopene? Increases severity and

frequency of prostate cancer.
Vitamin E? Increases the incidence of lung cancer. (Editors note: see the following for a rebuttal:
<http://www.lef.org/featured-articles/Rebuttal-to-Allegation-That-Certain-Vitamins-May-Shorten-Lifespan.html>)

Other examples abound. The often heard criticisms that these studies have all been controlled or devised by 'Big Pharma' no longer stand up to scrutiny.

Dr. Nichols will show why these seeming anomalies all make clear sense once some fundamental principles are kept firmly in mind when assessing health advice. His talk, "Addressing the Errors of Conventional Wisdom," will dissect some commonly held beliefs about nutrition, exercise, supplementation, sleep and stress to show the underlying line of thought which is a necessary precursor to knowing how to live a long healthy life.

In this setting he will briefly outline the logico-deductive method of scientific inquiry ("the Scientific Method") and argue that everyone must understand its principles, as there is no other technique whereby correct behavior for each individual can be discovered. "We are all our own experiment."

As members of Smart Life Forum well know, there are endless theories about nutrition, exercise and supplements. Dr. Nichols will claim that, fortunately, the time of competing theories as a clash of ideologies is nearing an end. You can become your own experiment in a sound manner, not relying on simple misleading metrics like weight gain or loss, sleep, blood pressure and other important but inadequate markers of health.

Dr. Nichols will show that the same line

of reasoning and evidence that casts doubt on the benefits of supplements also creates a line of inquiry where the tragedy of pharmaceuticals also makes sense.

Beta-blockers make this point nicely: as these drugs block adrenaline, they can and do lower blood pressure. However, adrenaline is necessary to liberate stored fat, serves as a neurotransmitter in many neurological functions, and is essential in sleep initiation, libido, and sexual function. So, by blocking adrenaline, beta-blockers can adversely affect other aspects of health and have the undesired effect of causing diabetes; one well done study suggests that almost 10% of adult onset diabetes in Great Britain is caused by beta-blockers.

Dr. Nichols will claim that we should avoid, if at all possible, *both* supplements *and* pharmaceuticals. (Editors note: as regards pharmaceuticals, JAMA study cites fatal ADRs as among top 10 leading cause of death in US; 106,000 per year¹)

So, what then is one to do if sick, or at least interested in better health? Here he will venture into the most controversial part of his presentation. Everyone is looking for inexpensive health solutions when they should be looking for *effective* ones. Not placebos and not ideologies, but demonstrably effective modalities of health. Such things are not cheap, but they are the most cost-efficient options available.

Should society spend nearly all of its healthcare dollars -- yours, the government's, and the insurance company's -- in the last year of life for most of us, or sooner and more proactively?

Will *you* spend your money on a new car,

a bathroom remodel, etc., or on getting 10 better years out of your heart? In one way or another, you will need to answer this fundamental question.

In Dr. Nichol's view, you should be spending your healthcare money and time on the quality of your medical testing (!), your food, your spiritual/relaxation disciplines, and the precision and type of your exercise.

Dr. Nichols will outline the kind of testing you need to do, how to interpret such tests, and the behavioral changes you will need to make to insure success in achieving better health. As the old saying notes "the chains of habit are too weak to be noticed until they are too strong to be broken." Our illnesses, loss of vigor, and reduced years of healthy life are not the result of shortened telomeres or 'wear and tear,' but bad habits; because of this, you will need to look deeply at every aspect of your life, habits, friendships and aspirations and create a network which monitors and enforces the health habits you choose based on the direction of the precise biochemical markers you employ and the changes they define.

Visual clinical case histories will be presented as well.

Greater health, or even the restoration of health from disease, is a viable, desirable and eminently achievable goal. Dr. Nichols will help point the way.

Citations

1. Incidence of Adverse Drug Reactions in Hospitalized Patients: A Meta-analysis of Prospective Studies, *Journal of the American Medical Association*. 1998;279:1200-1205. <http://jama.ama-assn.org/cgi/content/abstract/279/15/1200>

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