

Smart Life Forum

www.smartlifeforum.org

NEXT MEETING: Thursday, January 19, 2012, at 7pm

Dr. Jacob Swilling, Ph.D. on pH, Blood Sugar, and HCL as determining factors in cancer.

SHORT PRESENTATION:

Scientific Evidence for the Health Benefits of Alkaline Ionized Water, by Beverly Rubik, Ph.D.

Municipal drinking water, prefiltered and treated by an ionizer, a commercial device, which performs partial electrolysis, followed by collecting the cathodic water that is alkaline (pH 8.5 to 9.5), shows a high negative oxidative reductive potential (-150 to -250 mV) compared to tap water (+150 mV). This means that it is a powerful antioxidant. A growing body of scientific and medicine literature from researchers worldwide shows numerous beneficial effects from drinking this water, even over short term, especially by patients with diabetes and/or kidney disease, who show improved outcomes with fewer medical complications. Basic science studies suggest that this water increases the activity of a key detoxifying enzyme in the body, superoxide dismutase, which is central to protecting against free radical damage both in aging and chronic degenerative disease

Beverly Rubik earned her Ph.D. in biophysics in 1979 at the University of California at Berkeley. She is internationally renowned for her pioneering work in frontier science and medicine. Her main area of focus is research on the subtle energetics of living systems, including the human energy field, energy medicine devices, and whole-person health and healing. She has published over 80 papers and 2 books. Dr. Rubik presently serves on the editorial boards of Journal of Alternative & Complementary Medicine; Evidence-Based Integrative Medicine; and Integrative Medicine Insights. She has served on the advisory boards of various distinguished organizations, including the Program in Integrative Medicine at University of Arizona under Dr. Andrew Weil.

Presentation Location:

Cubberley Community Ctr.
Room H1
4000 Middlefield Rd.
Palo Alto, California

Driving directions on our website,
www.SmartLifeForum.org

*For those who cannot attend
we have live streaming
and video archiving at
<http://SmartLifeForum.org/live>*

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Foundation for Mind Being Research (www.FMBR.org)

January 27: speaker Luis Minero, expert on out-of-body experiences. His workshop will be on January 28 and 29. Sally Clark will speak on "Guided After Death Communication". February 24: Dr Liliana Cerepnalkoski, is the speaker. She is a pioneer in the fields of medical intuition, energy medicine, human consciousness and transformation.

Meet Dr. Jacob Swilling, Ph.D.



Dr. Swilling graduated from the Damelin College in Johannesburg, South Africa majoring in Biology and Nutrition. Subsequently he founded the first Nutrition Academy and Body Line Health Center. He immigrated with his wife and daughter to the United States in response to an opportunity to work with Seroyal Nutrition, and completed a Ph.D. with Donsbach University, subsequently renamed International University of Nutrition Education (IUNE).

Dr. Swilling pursued a career in research in Clinical Nutrition with a specialization in chronic illness, cancer

and degenerative disease acting as consultant to practitioners and corporations.

Dr. Swilling is internationally known for his work in the field of Biological Medicine that developed into a working model at the Genesis West Medical Center located in Playas de Tijuana, Baja California, Mexico, which he, his wife Pamela and daughter Odette operated for more than ten years. This Clinic was regarded as the most advanced of its kind in the testing, evaluation and treatment of cancer and other chronic disease.

Several publications have published articles written by Dr. Swilling including *Explore*, *Natural Health Magazine*, *National Health Federation Magazine*, *Alive in Canada* and *Productivity SA*. These include articles describing his research experience relating to cancer and degenerative disease. His research experience demonstrating the connection between amalgam fillings and root canals as a causal factor in the development of Cancer and Multiple Sclerosis was given special attention.

Dr. Swilling is well known as a key-note speaker at Health Conventions in the United States, Canada, Mexico, South Africa, Israel, Thailand and Malaysia. He is also a frequent guest speaker on Radio and TV. His workshops at Health Conventions included: "Cancer Self-Help Support Program for Cancer Patients, Family, Care Givers and Friends, pH, HCL and Blood Sugar As A Determining Factor In Health and Disease, New Dimensions in

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Future Speakers:

February 16: Jerry Tenant:
"Healing is Voltage"

March 15: Tsu Tsair Chi,
PhD, on Estrogen
Management to Prevent
Cancer

April & May: Open

June 21: Ron Rothenberg,
MD, on Hormones

About Smart Life Forum

Smart Life Forum, Inc. is a 501(c)(3) California nonprofit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

Annual memberships in Smart Life Forum, Inc. and charitable donations are tax deductible to the extent allowed by law. For information on how to join or make a donation, please visit our website:
www.smartlifecycleforum.org.

For questions, please contact Mike Korek at (650) 941-3058.

Biological Medicine,” and his popular weekend seminars “The Causes Prevention and Treatment of Illness and Disease,” held at the Cuchuma Ranch Bio-Medical Health Retreat, a beautiful seventy acre ranch in the valley nestling against the famous sacred healing Cuchuma Mountain.

In 2006 Dr. Swilling travelled with his wife and daughter to Malaysia in response to an invitation from a medical group to help set up Alternative Healthcare Centers in that country. During 3 years he acted as consultant resulting in a Research and Development Program that has over 40 registered Medical Clinics. The success of his work was described in the Sunday Star Newspaper, the Medical Tribune and Chinese Newspapers. After returning to the US in 2009 he founded the Know Your Options Wellness Center in Costa Mesa, CA and is currently servicing a growing list of practitioners and corporations.

Dr. Swilling has published 9 books: “Cancer Self Help Program”, “Diabetes: A Self Help Solution”, “Minerals: Key to Vibrant Health and Life Force”, “pH, HCL and Blood Sugar: As Determining Facts In Health and Disease”, “Healing Power of Natural Whole Foods”, “Bio-Cleanse Detoxification: Colon Restoration Program”, “Medical Ozone: A Hidden Source of Disease Prevention and Treatment”, “Guidelines for Planning a Nutritious and Balanced Daily Diet”, and “Nutrition, Sex and Fertility”. The books can be seen on www.kyopublications.com

He serves as adjunct faculty on the board of the Global College of Nutritional Medicine an accredited degree offering institution located in Santa Cruz, CA

Dr. Swilling regards his work as his mission to bring to as many people as possible more natural biological medicine based on his 25 years of research experience. The response to his mission motivated him to develop his Self-Help Support Program, a resource now used by increasing numbers seeking to take a more active role in developing their own personal health care programs for themselves and their families. Dr. Swilling can be contacted by email at knowyouroptions@gmail.com or by calling 714-708-3600

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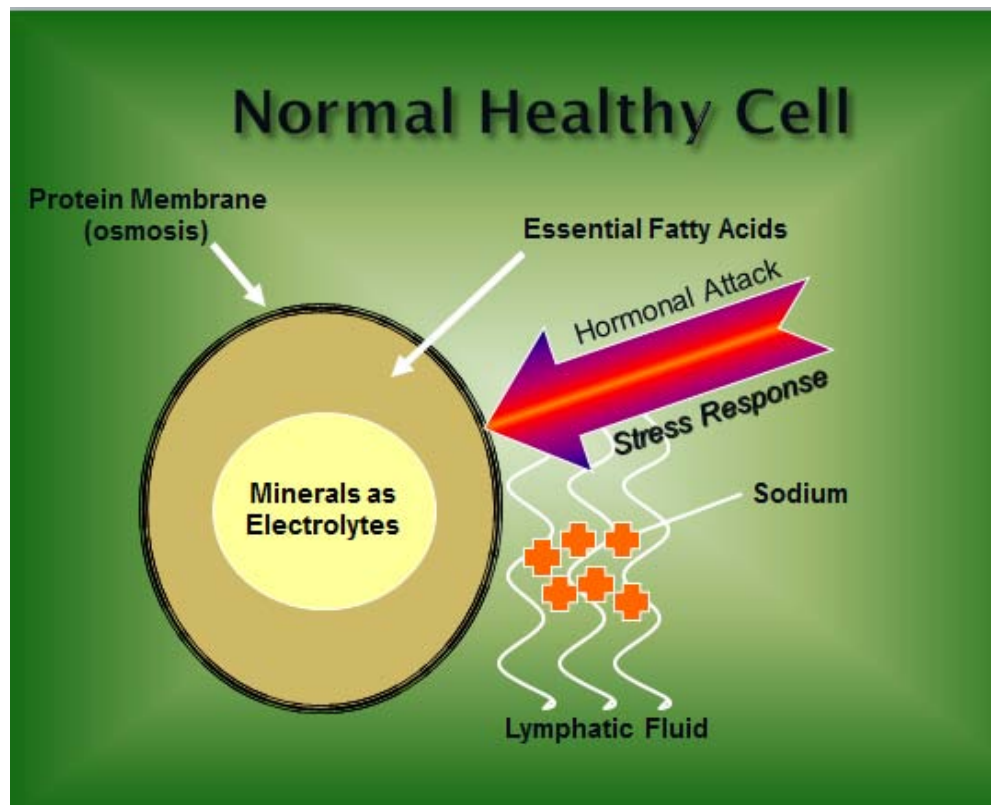
Main Presentation:

Ph, Blood Sugar, and HCL as determining factors in Cancer

by

Dr. Jacob Swilling, Ph.D.

Today's lecture is about pH., blood sugar and HCL as determining factors in cancer. After more than 20 years as a researcher in cancer, Dr. Swilling has no doubt pH is a factor in cancer and possibly in most illness and disease. Using advanced microscopy in the study of cellular biology in cancer with thousands of patients has taught Dr. Swilling what we will cover today. Our creator intended that the human body function in a very sensitive alkaline/acid pH balance. The greater the integrity of this balance the more perfect is health. Cancer begins when this balance is disturbed. This important subject has for years been neglected and misunderstood.



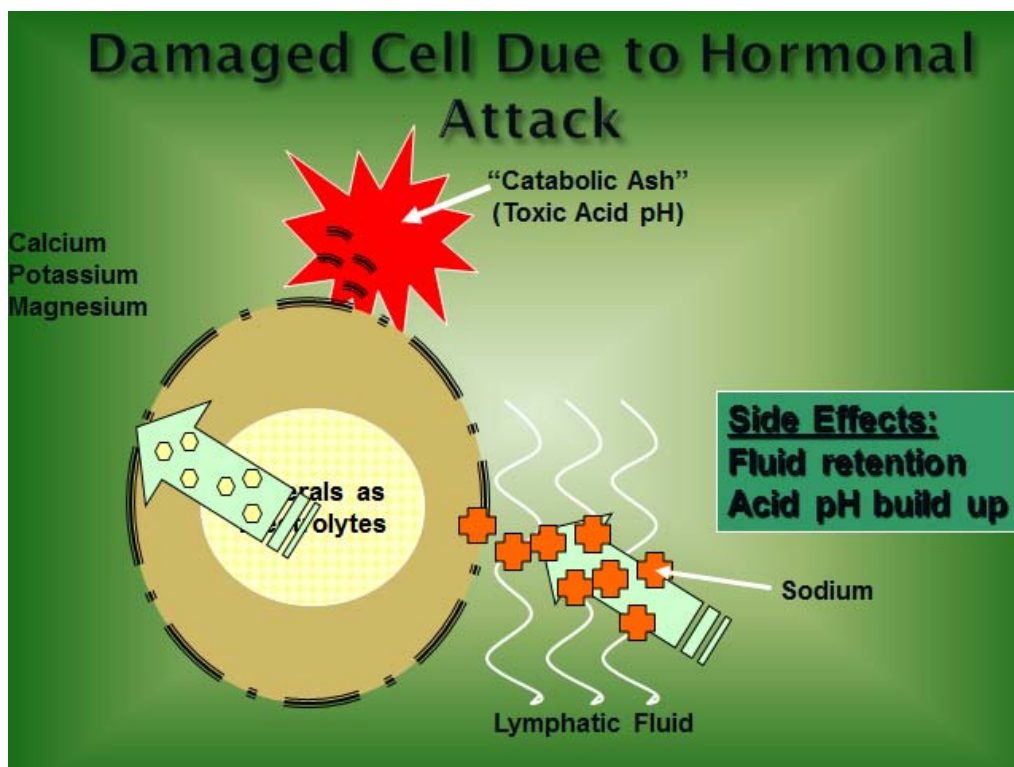
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Many assume the body is automatically programmed to deal with stress in any form – physical, emotional, mental, whether frequent or severe as in some traumatic event. However the body is in a constant process of building reserves to be able to respond to stress. Stress demands release of hormones needed to convert these reserves to resources. However when these reserves become depleted due to too frequent or severe demands, the body goes into a rescue mode. This begins with a release of hormones you are all familiar with as the Adrenaline hormones and the fight or flight response.

Under study these hormones target weak sites to release resources particularly the protein component which is the healer. A major breakthrough was revealed when such damage to the membrane released a toxic waste that behaved like a severe acid. It is this acid that upsets the sensitive pH balance. These acids affect the surrounding cells altering their alkaline pH leading to uncontrolled development such as polyps, fibroids and tumor formation.

Another breakthrough was understanding how refined sugar and carbohydrate cause a spike in blood sugar triggering an insulin response leading to a predictable dive. This dive turns out to be a severe stress, contributing to the depletion of the reserves. So it can be seen how carbohydrate and sugar add to the pH acid environment.



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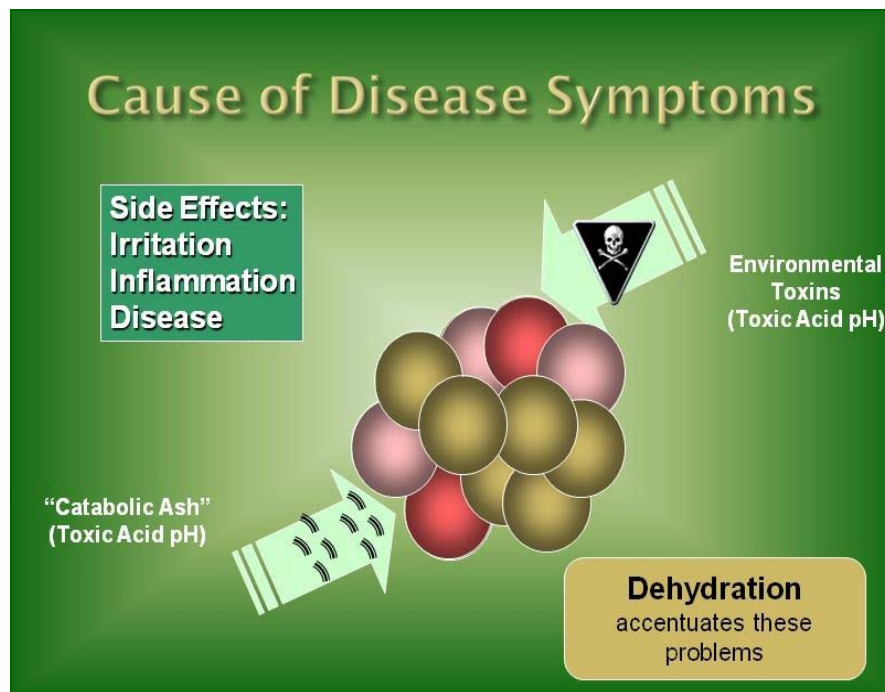
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Another breakthrough became clear when these acids were seen to migrate to stress sites. Examples of these stress sites include parasites, injuries, infections – in fact any inflammation as small as a pin head. This for the first time explained why cancer appears at so many sites from which the type of cancer derived its name.

In yet another example Dr. Swilling's research clearly indicated three different types of acids in the body as follows:

1. The critically important naturally occurring HCL in the digestive system.
2. Acids resulting from incompletely digested foods. This particularly so when HCL is depleted.
3. Catabolic acid released from damaged cells described above.

Each has shown to be a source of cancer and very often the cause of advanced or terminal cancer. To help cancer patients we have to restore an alkaline pH balance.



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See website for other payment options.

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