

# Silicon Valley Health Institute

host of the Smart Life Forum

[www.svhi.com](http://www.svhi.com)

NEXT MEETING: Thursday, June 21, 2012, at 7pm

## John Gray, PhD *Venus on Fire, Mars on Ice*

### *Meet John Gray, PhD*



John Gray, PhD is a best-selling relationship author and a leading voice in personal communications. He is the author of 17 books, including The New York Times #1 Best-Selling Book of the last decade, MEN ARE FROM MARS, WOMEN ARE FROM VENUS. His 17 books have sold over 50 million copies in 50 different languages around the world.

John is a leading internationally recognized expert in the fields of communication and relationships. His unique focus is assisting men and women in understanding, respecting and appreciating their differences. John's advice can be easily used to improve relationships at home and in the workplace.

For more than 35 years, he has conducted public and private seminars for thousands of participants. In his highly acclaimed books, videos and transformational seminars, John entertains and inspires audiences with practical communication techniques. Gray's

*(continued on next page)*

### **Presentation Location:**

Cubberley Community Ctr.  
Room H1  
4000 Middlefield Rd.  
Palo Alto, California  
Driving directions on our website,  
[www.SVHI.com](http://www.SVHI.com)

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

### **In This Issue**

*Meet John Gray, Ph.D.*  
main speaker                      page 1 - 2

*Main Presentation:*  
***“Venus on Fire, Mars on Ice”***  
pages 2 –6,

Foundation for Mind Being Research ([www.FMBR.org](http://www.FMBR.org))

**August 24 Meeting:** Dr. Ibrahim Karim, will be our speaker (more later; workshop to follow, more later).

His website, [www.biogeometry.com/english/](http://www.biogeometry.com/english/)

*(MEET JOHN GRAY, Ph.D., continued)*

purpose is to create a world where men and women understand, respect, appreciate and ultimately work together.

John Gray is a popular speaker on the national and international lecture circuit and often appears on television and radio programs to discuss his work. He has made guest appearances on such shows as Oprah, The Dr. Oz Show, Good Morning America, The Today Show, The CBS Morning Show, Live with Regis, Fox & Friends Weekend, Good Morning New York, Larry King Live, CNN and Company and many others. He has been profiled in major publications across the United States. John Gray lives with his wife and children in Northern California.

Summit Entertainment (Lionsgate) has purchased the rights to John Gray's bestseller "Men are From Mars, Women are From Venus" with the intention of creating a feature film and TV series.

---

### ***Main Presentation:***

## **Venus on Fire, Mars on Ice by John Gray, PhD**

John Gray reveals the connections between hormone levels and happiness and advises men and women to harness the connections between stress, blood sugar, body fat, and behavior to create lifelong passion and better health. Gray, whose Men are from Mars, Women are from Venus series reinvented the ways in which men and women differ in their chemical makeup, and demonstrates that the differences between the sexes, and how they relate to one another, can be explained—and managed—by our hormones.

He has helped millions of couples with their relationships by unraveling their complicated feelings. Using his simple but enlightened approach, he addresses the way the hormonal differences between the sexes affects the way they interpret and respond to one another and the world around them. Gray reveals why women need a good supply of oxytocin and men, testosterone. He explains the

*(continued on next page)*

### **Future Speakers:**

#### **July 19:**

Frank Shallenberger, MD

#### **August 16:**

Ron Rothenberg, MD,  
on Hormones

#### **September 20:**

Adiele Tel Oren, MD

### **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.SVHI.com](http://www.SVHI.com). For questions, please contact Mike Korek at (650) 941-3058.

*(MAIN PRESENTATION, continued)*

impact of stress on hormonal balance, and how the stress of our modern lives is having far reaching effects on our relationships and our health.

Gray answers the following questions:

- How do hormones have an impact on my relationship?
- What is oxytocin and how can it help reduce stress for women?
- How does testosterone help men reduce their stress levels?
- What is man-o-pause?
- Why do women score lower than men on tests that measure happiness?
- What is cortisol and how can it be a benefit/detriment to my relationship?
- How does the cycle of action and rest helps men cope with stress?
- How does the cycle of giving and receiving support help women cope with stress?
- What are super foods and how can they help in replenishing hormones?
- How is balancing blood sugar connected to balancing hormones?
- What is and/or causes role reversal?

### **Achieving Hormonal Harmony is the Key to Happiness**

Recent scientific discoveries have proven that the difference between the sexes and how they relate to one another are biochemically based and can be explained by our hormones. "These hormonal differences don't just determine whether we like to shop or fix things; they reveal the unique ways that each gender deals with stress," explains Gray. Gray delves into providing a plan to ensure ample production of the hormones that our bodies need both mentally and physically.

### **The Hormones of Fire and Ice: Oxytocin and Testosterone**

"Women and men aren't different because they grew up differently or came to look at the world in differing ways, although both can be true," says Gray. "It's because the bodies of men and women are hormonally poles apart. The biochemical makeup of the two genders is not the same." We

*(continued on next page)*

## Smart Life Forum

### Board of Directors

Dave Asprey, President  
 Effie Mae Buckley  
 Laurel Corcoran, CFO  
 Susan Downs, MD, VP, Secy  
 Bill Grant, Publicity  
 Michael Korek, Programs  
 Larry Wiessenborn, Sound

### Founder

Kathryn Grosz

### Advisory Board

Alan P. Brauer, MD  
 Bernd Friedlander, DC  
 Tim Gallagher, DDS  
 Bill Grant, PhD  
 Phillip Lee Miller, MD

### Meeting Moderators

Dave Asprey, Stan Durst,  
 Phil Jacklin, Mike Korek

### Volunteers

Rob Baum, Assistant Editor  
 Jake Brzakovic, Fitness Advice  
 Laurel Corcoran,  
 Records/Printing/Mailing  
 Laura Dominguez-Yon, Newsletter  
 Layout  
 Steve Fowkes, Technical. Advisor  
 Mike Korek, Newsletter Editor and  
 Program Director  
 Rob Larson, Equipment Mgr.  
 Sharon Luehs, Associate Editor  
 Don Southard, Reception  
 Larry Wiessenborn, Audio Eng.  
 Pamela Zuzak, Video Sales

*(MAIN PRESENTATION, continued)*

have known this, in broad terms, for a long time. But it's only recently that we've gained the scientific knowledge to pinpoint which hormones are most influential in the success and failure of relationships. "For a man, increased levels of testosterone reduce stress," explains Gray. "For a woman, increased levels of oxytocin reduce stress." Gray emphasizes it's important to understand that both genders do make use of both testosterone and oxytocin, but, both men and women differ greatly on how much of each hormone they need.

### **Testosterone: Men Must Make 30 Times More than Women to Cope with Stress**

Without testosterone, a man's stress level rises quickly. "When a man's hormonal testosterone level goes up, his stress level comes down. That's not true for women." Too much testosterone can cause aggression and impulsivity and can actually raise a woman's level of stress. To cope with stress, a man is drawn to situations that either release testosterone or rebuild testosterone, which is why men enjoy fixing the toaster or changing the oil. "As he acts, a man feels competent and powerful," says Gray. "But soon thereafter he needs to kick back and recover, because resting or taking time for recreation gives him a chance to rebuild his stores of testosterone."

### **Oxytocin: Women Deplete Their Supply Faster than Men**

To cope effectively with stress, women are more drawn to situations that stimulate the release of oxytocin and facilitate the rebuilding of oxytocin. "By sharing herself in nurturing situations, oxytocin is released and her stress levels decline," and, says Gray, "By receiving nurturing support, she is able to rebuild her oxytocin levels." Availing themselves of opportunities to rebuild oxytocin levels by receiving nurturing support is the greatest unmet challenge of women today. Finding time to receive nurturing is often the last thing a woman is willing to do when she's under stress.

### **Good News: We Can Change the Way Stress Effects Our Bodies**

"Anyone who has ever been in love knows that when you're sharing love, feeling loved or giving love, you feel wonderful," says Gray. "This feeling of wonderful is actually the release of stress, and the dissipation

*(continued on next page)*

Join Us! First time Visitors may attend free of charge.

Smart Life Forum, Inc. (SLF) is a California qualified 501(C)(3) nonprofit corporation organized under state law for educational and scientific purposes as a public benefit corporation. Please make your check payable to "Smart Life Forum, Inc." Please send your email address as well.

**Donations** welcome: send to,  
Laurel Corcoran, Treasurer,  
314 Grant Ave, Palo Alto, 94306  
See website for other payment options.

**Annual Membership \$60** (per household).  
**Benefit:** Access to a community of experienced scientists and physicians who share information and similar interests.

*(MAIN PRESENTATION, continued)*

of cortisol levels.” Cortisol, a hormone released by our adrenal glands in times of stress, is the culprit that shuts down the production of the other hormones our bodies need. Under stress and high levels of cortisol, the body stops making feel-good hormones that keep us healthy and happy. Often cortisol levels remain higher than need be because we don’t use it up by physically running away, etc. “Clearly, what we must do is to fix the adrenal switch so that we produce only the cortisol we need, when we need it,” explains Gray.

### **Nutrition for Healthy Hormones: Steady Blood Sugar and Super foods**

“We must fuel our bodies with the nutrients that are so essential to providing the physical foundation for our brains,” according to Gray. Steady blood sugar prevents spikes in cortisol, the stress hormone, thus preventing adrenal burnout and promoting the production of healthy hormones. Healthy blood sugar levels also provide fuel to make feel-good brain chemicals, such as dopamine, serotonin, and endorphins. Super foods are those that have been used by different cultures for thousands of years and are known for their extra nutritional benefits. They are super rich in amino acids, good fats, vitamins, minerals and medicinal phytochemicals. Some super foods include:

- Maca powder: derived from a root that grows in Peru at some of the highest altitudes on the planet. Maca is known to lower stress levels and increase the production of hormones. Maca can help stop hot flashes in women and increase libido in men.
- Goji berries: most commonly grow in Tibet and Mongolia. Research in China has shown that these berries help stabilize blood sugar.
- Cacao nibs: pure source of chocolate. Rich in magnesium and are an excellent source of iron. Known to uplift mood and feelings of love and happiness. Like goji berries, a super-concentrated source of antioxidants.
- Açai berries: from Brazil, where they are known to raise the metabolism to increase energy levels without the side effects of caffeine. While caffeine increases stress levels, açai berries lower them.
- Molasses: contains all the minerals that are stripped away from processed refined sugars. Only a small amount is needed.
- Coconut Oil: stimulates the body to burn more fat. Helps body shift from the emergency state of sugar burning to the relaxed and longer lasting energy state of fat burning.

Testosterone is something of an emergency hormone, released in situations that require urgency, sacrifice for a noble cause and problem solving. This hormonal difference offers us a keener understanding of why men and women so often fail to “get” one another. It’s because men and women have very different biochemical needs when they seek to cope with stress—whether that’s the big stress of a major loss or setback or the little stress of working through a to-do list.

#### **For Testosterone Release**

1. Urgency and Emergency
2. Sacrifice for a Noble Cause
3. Problem Solving

#### **For Oxytocin Release**

- Safe and Cooperative
- Caring and Supportive
- Nurturing Activities

*(continued on next page)*



*(MAIN PRESENTATION, continued)*

This is a ground-breaking discovery for the newly emerging science of gender intelligence. It deserves our attention because it points both men and women in the right direction when seeking to handle the ups and downs of daily life. More importantly, it helps each side make sense of the opposite sex and the very different ways in which the other gender copes.

So for clarity, let's delve deeper into this remarkable hormonal discovery. Understanding the differing effects of oxytocin and testosterone on men and women is the first step in making the subtle shifts in behavior and nutrition we'll discuss.

Let's start with men. When a man's hormonal testosterone level goes up, his stress level comes down. That's not true for a woman. Testosterone feels good to her because it gives her a sense of power and capability and makes her feel sexy, but it doesn't lower her stress level. Too much testosterone can cause aggression and impulsivity and, yes, it can actually raise a woman's level of stress.

To cope effectively with stress, a man is drawn to situations that either release testosterone or rebuild testosterone. Problem solving releases testosterone, which is why men enjoy fixing the toaster or changing the oil. As he acts, a man feels competent and powerful. But soon thereafter he needs to kick back and recover, because resting or taking time for recreation gives him a chance to rebuild his stores of testosterone. Take away either half of the cycle and I'll show you a man who is stressed out and probably not functioning very well. Now let's look at women. When oxytocin levels go up in a woman, her stress levels come down. This is not true for a man. Oxytocin feels good to him, increasing his tendencies toward trust, empathy, and generosity, but it's like testosterone in a woman— oxytocin doesn't lower his stress level. It may even increase it. Practically speaking, too much oxytocin can make a man sleepy and knock his testosterone level down significantly. To cope effectively with stress, women are drawn to situations that stimulate the release of oxytocin and facilitate the rebuilding of oxytocin. By sharing herself in nurturing situations, oxytocin is released and her stress levels decline. By receiving nurturing support, she is able to rebuild her oxytocin levels. This cycle of nurturing, then receiving nurturing support, then nurturing again, governs the life of a woman who is successful in coping with her stress. If you deprive her of any part of it, she will soon be feeling like she is stretched too thin.

## Videos for Sale

Smart Life Forum offers an extensive video library of most of our meetings, available on DVD. You may purchase a DVD at the meeting, or request a DVD via email. Please see our website for meeting information and how to order.

