

Silicon Valley Health Institute

host of the Smart Life Forum

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

Julia Ross, MA, MFT, NNTS

“Sugar Addiction: Defeating The Greatest Dietary Crisis Of All Time”

Cynthia Quattro, P.A., DAOM, LAc

“Your Mind: Keeping it Sound”

Meet Julia Ross, MA, MFT, NNTS.



JULIA ROSS, M.A., M.F.T., N.N.T.S., has founded and directed seven programs treating eating disorders, addictions and mood problems, in the San Francisco Bay Area, since 1980. At the Recovery Systems Clinic, founded in 1988, Ross and her clinical team have developed an innovative treatment model, internationally recognized for its successful nutrient therapy and biochemical rebalancing strategies.

Thousands of former overeaters can attest to the effectiveness of these methods which Ross spells out in her new Diet Cure, just released in a 40% updated edition. Ross has taught at several San Francisco Bay Area universities and presented at hundreds of professional conferences internationally. She has been featured in many publications, from the Journal of Molecular Psychiatry to Vogue Magazine. Her numerous media appearances include an NBC special on her successful nutritional approach to depression. Ross' books have sold over 200,000 copies in four languages. She trains and certifies clinicians in the U. S. and abroad through the NeuroNutrient Therapy Institute. (see practitioner resources on moodcure.com)

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Presentation Location:

Cubberley Community Ctr.
Room H1
4000 Middlefield Rd.
Palo Alto, California
Driving directions on our website,
www.SVHI.com

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

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Foundation for Mind Being Research (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/

Main Presentation:

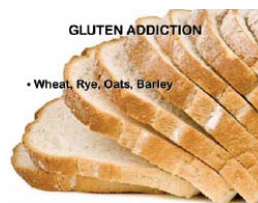
Sugar Addiction: Defeating The Greatest Dietary Crisis Of All Time

by Julia Ross, MA, MFT., NNTS.

Julia will provide Clinical assessment and precautions handouts and amino acid trials with volunteers. You will observe the presenter interview and treat volunteers with amino acids to demonstrate assessment, dosing, and quick responses.

After the this presentation, attendees will:

1. Understand what the new sugar is and exactly and why sugar has been found to be four times more addictive than cocaine.
2. Be familiar with reliable assessment tools to identify depleted neurotransmitters (NTs) by specific deficiency symptoms such as overwhelming cravings for refined sweets and starches, depression, anxiety, insomnia, over---stress, fatigue, AD/HD, and pain.
3. Identify which of five amino acids will eliminate these sugar cravings and other symptoms for particular individuals.
4. Be convinced about the many dangers of low calorie dieting in all its forms, particularly as it impacts carb cravings and weight gain.
5. Know how to effectively address hypoglycemia, and allergy---addiction with diet changes, targeted aminos, and other nutrient supplements.

**Sugar Addiction**

Most Americans are Experiencing Epidemic Increases in both Weight and in Degenerative Diseases Like Diabetes, Heart and Liver Disease, and Cancer.

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Future Speakers:**August 16:**

Ron Rothenberg, MD,
on Hormones

September 20:

Adiele Tel Oren, MD

October 18

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

(MAIN PRESENTATION, continued)



These new weight and health problems are now known to be direct consequences of our increased sugar consumption and sugar's newly exposed *addictiveness and toxicity*. Sweet foods are actually **more** addictive than alcohol or drugs. As NIDA chief Nora

Volkow explained in her April 30, 2012, 60 Minutes segment, the brain's pleasure and appetite---regulating centers create the addictive response to sugar as well as to other drugs. A 2007 University of Bordeaux study found sugar and sugar substitutes to be four times more addictive than cocaine. Many other recent studies show similar findings. On June 21, 2012, more recent evidence of this addiction was announced: "The New Gulf War Syndrome" in Kuwait. Since its introduction to U.S. food in the 1980's, Kuwait has developed 1) 88% overweight rates, second only to U.S. rates, and 2) thousands of bariatric surgeries per year. Similar scenarios have been reported in every country that our sweetened foods have invaded. Without effective nutritional first---aid, sugar will continue to be irresistible and its disastrous global impact on the health of infants, children, and adults will continue to escalate.

Experts like UCSF's pediatric obesity expert professor Robert Lustig, M.D., appalled by the new evidence of sugar's toxicity are crying out for its taxation and regulation. Lustig lays 35 million deaths a year worldwide at sugar's door. Our most lethal drug, tobacco, kills 5 million. The fatal difference? Sugar is much *more* addictive than tobacco. But, like the addictiveness of tobacco, sugar's increasing addictiveness has been a well---kept secret until 2010, when David Kessler's *The End of Overeating* exposed the food industry's systematic and successful campaign to addict America. Since then the damning research on the impact of the new sugars, notably high fructose corn syrup, has been steadily coming in.

As the director of alcohol, drug, and food addiction treatment programs since 1980 in the San Francisco Bay Area, Julia Ross knows just how addictive sugar can be. Hear more from her on sugar addiction and how to combat it on July 19, 2012.

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(MAIN PRESENTATION, continued)

The Sugar Crisis is Compounded by Low---Calorie Dieting

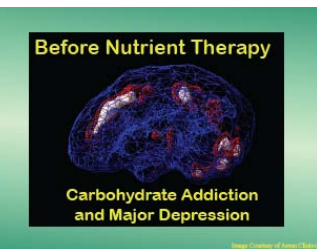


The formal diet is passé. Out with Atkins, Nutrisystems, and Optifast. Instead, weight---loss dieting has become a permanent feature of our daily lives: more coffee, more diet drinks, more low---fat foods; skipping breakfast, skipping lunch, fasting. Cleanses, laxatives, diuretics, vomiting, diet pills, tobacco, and opiates. Anything but the low---sugar, low---starch diet that we all know would solve the problem. The results? A continuation of our unprecedented weight gain and epidemic increases in high---carb diseases like diabetes. Despite the research

finally showing Atkins' low--- carb diet to be effective and health---promoting, his low---carb movement has collapsed. Not so strange, as Atkins banned the foods that we can no longer do without.

All low calorie dieting increases carb cravings by depleting the brain's appetite---and---mood---protective neurotransmitters. It also decreases muscle mass, lowers metabolic rate, and has many other well documented adverse consequences. The malnutrition resulting from our over--- consumption of nutrient--void sugars and other carbs, alternating with our attempts at food restriction has destroyed the good health, weight, and mood we enjoyed before 1970. The combination of junk food and low---cal has led to a high---carb famine, the likes of which the world has never seen.

The Solution: Brain---Targeted Amino Acid Therapy.



Our sugar cravings start in the brain. The brain sites that create and regulate our appetites and moods are completely dependent on a constant supply of *five specific amino acids*. Providing those aminos as supplements can stop sugar cravings within 10 minutes and permanently correct the deficits that cause addictive sugar cravings in a few months.

In 24 hours: Sugar (and starch) cravings gone; emotions balanced; weight gain stopped; blood sugar regulated; liver, kidney and cardiovascular stress relieved; immune functions strengthened.

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

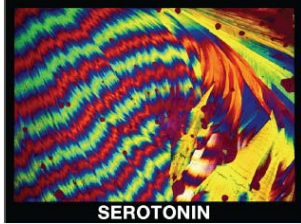
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Annual Membership \$60 (per household).
Benefit: Access to a community of experienced scientists and physicians who share information and similar interests.

(MAIN PRESENTATION, continued)

Neuronutrient Repair



Supplemental amino acids are immediately transformed in the body and brain, into mood ---and appetite---regulating Serotonin, Catecholamine, Endorphin, and GABA. These neurotransmitters can then re---establish a healthy control over our appetites and moods.

Ross has taught at several San Francisco Bay Area universities and presented at hundreds of professional conferences internationally. She has been featured in many publications, from the Journal of Molecular Psychiatry to Vogue Magazine. Her numerous media appearances include an NBC special on her successful nutritional approach to depression.

Ross' books have sold over 200,000 copies in four languages. She trains and certifies clinicians in the U. S. and abroad through the NeuroNutrient Therapy Institute. (see practitioner resources on moodcure.com)

This Presentation Will Demonstrate How Brain---Targeted Nutritional Tools Can Turn Off Food Cravings Quickly, Safely, and Permanently

Conventional weight loss diets, such as the now popular Duken Diet, advocate fat--- and --- calorie restriction, which the carbohydrate typical American overeater cannot sustain for long because of what we know are biologically triggered cravings. Ross *eliminates the food cravings first* then she eliminates the unneeded calories from sweets (and any excessive starch) consumption without reducing the consumption of other healthy foods at all. The author releases readers from gorger's guilt by explaining that the brain is the problem, not lack of self---discipline! She then explains how brain---targeted nutrients correct the faulty brain chemistry in 24 hours, as she's been seeing at her clinic for almost 25 years.

The brain and body rely on certain nutrients to regulate appetite and provide pleasure. Dieters and overeaters are deficient in these nutrients. Supplying these readily available nutrients as supplements, is the key to eliminating cravings, overeating, unneeded weight gain, and degenerative disease.

If You Are a Health Professional Working With Weight Loss With People who need to change their diets for Improved Physical and Emotional Health but Can't, You Won't Want To Miss This Presentation

"I'm Leah Lund, Holistic Health Coach in Colorado and Founder of One Whole Health. When I first began working with health coaching clients, I hesitated to work with weight loss. Despite the fact that weight loss programs/products constitute a \$61 Billion industry in the US, I felt there was no guarantee my clients would be successful. The statistics **on** people regaining weight after an initial loss suggested I was setting myself and my clients up for failure. Despite the best intentions and will power, I knew that some people simply could not stay away from sugar and white flour.

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(MAIN PRESENTATION, continued)

Then I began mentorship with nutritional therapy pioneer Julia Ross, author of "The Diet Cure." From the moment I introduced Amino Acid Therapy into my weight loss programs, every client has been successful in losing weight. Some as much as 23---25 pounds in 12 weeks. What is more impressive to me is that my clients report they no longer have cravings. They have corrected their brain chemistry versus relying on will power. They can now stay away from undesirable foods with **no** effort. " (May, 2012)

David is to be Returned to Italy A Bit of Cultural News



After a Two Year Loan to the United States Michelangelo's David is Being Returned to Italy



His Proud Sponsors were:



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.



Meet Dr. Cynthia Quattro, P.A., DAOM, L.Ac.



Cynthia Quattro is a Physician Associate and Doctor of Acupuncture and Oriental Medicine. Dr. Quattro has been practicing Integrative Medicine for more than 25 years at medical centers in New York, San Francisco and currently has a family medicine practice in Santa Cruz, CA and her new location in Los Altos, CA. Her practice specializes in hormone balancing, the treatment of chronic diseases including Lyme disease, detoxification and longevity. She recommends the combination of western medical treatments, nutrition, plus Oriental Medicine therapies including Japanese style acupuncture.

Dr. Quattro has been a radio guest on programs such as Layna Berman's, Your own Health and Fitness. She has been a faculty member at the Acupuncture and Integrative Medicine College in Berkeley, CA and the American College of Traditional Chinese Medicine in San Francisco, CA. She presents accredited seminars on the Integrative Medicine Treatment of Lyme disease. She has published articles in acupuncture and medical journals and is currently writing a book on the treatment of medical conditions using western and Oriental Medicine methods.

Short Presentation:

Your Mind: Keeping it Sound by Dr. Cynthia Quattro

What is a sound mind and how do we go about protecting it and restoring it? In this short presentation some of the most significant factors that affect the mind are discussed. It will include looking at how genetics and the environment impact how the mind develops and how it may lead to its deterioration. Stress, hormones, nutrition, chronic diseases and trauma all impact the mind and the brains ability to function normally.

One area of growing research is the effects of neurotoxins on the health of the brain. These include far ranging origins such as molds, bacteria, and infectious proteins called "prions". Heavy metals are a constant threat to the health of brain and many common food additives. In this discussion some of the best strategies will be reviewed including the most effective nutrients for the brain, brain exercises to stay fit and what to avoid to maintain a sound and healthy mind