

# Silicon Valley Health Institute

Host of the Smart Life Forum

NEXT MEETING: Thursday, September 20, 2012, at 7pm

**Adiel Tel-Oren, MD, DC, CCN**

*“Skin Lesions and Health: Why, How, and What To Do About It”*

**Steve Fowkes**

*“Eating Meat and Eggs Will Kill You?”*

***Meet Adiel Tel-Oren, MD, DABFM***



Dr. Adiel Tel-Oren (“Dr. T”) is a health pioneer and inventor focusing on Natural Principles, Health, and Sustainability. He is a physician, university professor and holistic scientist. He promotes “functional medicine,” a science-based, natural approach to diagnosis and therapy.

Dr. Tel-Oren, born in Jerusalem, received his medical degree in 1996 at the prestigious Russian State Medical University, Moscow, and did his hospital rotations in Minneapolis, MN and in Moscow. He is also a US trained doctor of chiropractic (high honors, 1990) and a licensed, board-certified clinical nutritionist. He is President Emeritus, Dean of Medical Sciences, and Professor of Functional and Nutritional Medicine at the University of Natural Medicine in Santa Fe, New Mexico.

Dr. Tel-Oren has founded and supported many projects including the Ecopolitan Health Network (headquartered in Minneapolis), which includes detoxification and healing clinics, non-profit 100% organic

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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](http://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](http://www.FMBR.org))

September 28 Meeting: Janet Mayer im, will be our speaker . Her topic will be “Afterlife Communication”.

*(Meet Dr Tel-Oren, continued)*

raw vegan restaurants, Foraging Retreats, Eco-Treks in Nepal, an Eco-Village in Wisconsin (in progress), and a Hypoallergenic Gluten-free bakery ([www.greenbakery.net](http://www.greenbakery.net)). You can find more information on [www.ecopolitan.com](http://www.ecopolitan.com).

Dr. T is an unusually knowledgeable person with the goal of empowering others. He has a sharp mind and an open heart, coming from a place of truth and integrity. He works tirelessly with people around the globe to make a difference. He is also the founder of several health and charity programs worldwide, including the Israeli Center for Functional Medicine, CCODER Nepal Community Health Program, and the Ecopolitan Eco-Health Community. Dr. T's main humanitarian project is the creation of a network of schools, orphanages, and Day-Care centers, "The Everest Learning Academy" - to educate and nourish the poorest children in Nepal. They protect and nurture 800 children (and growing rapidly) who otherwise would end up on the streets or become victims of trafficking.

**NOTE: Everybody will be offered a FREE brief skin evaluation for any removable lesions. This is possible during the lecture break AND on Friday from 10 - 3 PM at 1012 Metro Circle in Palo Alto (only 5 min. from Cubberley) in a more personal setting. You can make an appointment on [www.doctorTevents.com](http://www.doctorTevents.com). For questions you can call Anna at (650) 595 1779.**

### *Main Presentation:*

## **Skin Lesions and Health: Why, How, and What To Do About It by Adiel Tel Oren, MD, DC, CCN, DABFM**

What is happening inside your body is often reflected in your overall skin health. The skin, like all other organs, is susceptible to inflammation which points to an assault on your immune system.

**In this presentation, you will learn how diet, exposure, and general health create various skin growths, blemishes and more**

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### **Future Speakers:**

**October 18 :**  
Dr. Steve Blake, ScD  
*"Nutrition and Alzheimer's Disease"*

**November 15:**  
Frank Shallenberger, MD  
*"Use of Oxygen to Prevent Cancer Risks"*

**December 20 :** TBA

**January 17:** TBA

### **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)*

**serious lesions and what they indicate about overall health. Dr. T will discuss natural approaches to regaining healthy-looking and blemish-free skin, including improvement of diet and organ function. You will find out how to enhance the structure of blood vessels that support the skin by providing it with essential nutrients and removing waste materials to prevent and even reverse premature aging. Dr. Tel-Oren will reveal a revolutionary non-surgical method to treat and remove unwanted skin growths safely, painlessly, and esthetically.**

Why do we have those things on our face, chest, neck, belly or back? Why do we have those skin protrusions that we call moles, or solar keratosis, or xanthomas, or hemangiomas? Each one of them tells us a different story. Moles are a result of irritated nerves. So look for the nervous system, why is it irritated? Chemicals, toxins, pollutants, or any kind of stress? The skin can give us clues about ways to improve our health. There is a lot we can do about it.

Because of the seriousness of solar keratosis, also known as actinic keratosis, we should focus on this lesion, which is a pre-cancerous skin condition.

Patches of the skin become rough, crusty, or scaly, and ultimately develop into thick dry bumps that may occasionally slough off and re-form, frequently leading to basal cell carcinoma (a common yet serious skin cancer). These patches may vary greatly in thickness, color, pigment density, and diameter (2 - 6 millimeters, or one tenth to one third of an inch), and may appear in clusters. They develop in areas that are exposed to ultraviolet radiation (the sun, tanning booths, or UV lamps) frequently, intensely, or constantly. The areas of the face that are more directly exposed to solar radiation (the upper cheeks, nose, forehead, and temples) are especially susceptible. So are the scalp (in balding individuals), the ears, the neck and upper chest, and sometimes the lips, forearms, and the back of the hands.

Although there may be other factors that contribute to solar keratosis (nutritional status, vitamin D insufficiency,

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(MAIN PRESENTATION, continued)

subcutaneous accumulation of toxins, trans fats, rancid fats, free radical damage, depressed immune system, electromagnetic radiation/EMR or fields/EMF), excessive solar exposure remains the most apparent cause. This is why we see fair-skinned individuals (with lower density of protective skin pigment) as having a high risk for developing solar keratosis. Those who spend (or have spent) many midday hours in the outdoors, such as gardeners, farmers, hunters, hikers, outdoors athletes, golfers, tanning "professionals," and sun-worshippers have the greatest likelihood of developing these skin abnormalities, especially if they reside or have resided in ozone-depleted areas that increase exposure to solar radiation. It's ironic that most sunscreens always reduce the inflammatory response to UVB exposure, but do not sufficiently protect against UVA, which is much more damaging. By eliminating the warning signs that would cause us to get out of the sun, they only increase UVA exposure. This may explain the fact that since sunscreens have been introduced 10-15 years ago, the prevalence of skin cancer and solar keratoses has dramatically increased, appearing even in children, a population that had previously been rarely affected.

The problem with recognizing this skin condition at the earliest phase is that many of the lesions, which take years to develop, start as flat areas of roughness that are pigmented similarly to the skin surrounding them. Therefore, they are often invisible initially, requiring gentle palpation with a sensitive finger to recognize their presence. At that phase, they tend to grow slowly and usually cause no signs or symptoms. They may be hard to detect even later on, when they become scaly, because the scales may slough off intermittently, causing the lesions to "disappear." As a result, the typical patient may have no significant concerns about these patches, even when they grow back. This is why solar keratosis lesions often remain untreated for many years, gradually developing into increasingly noticeable (thicker, tougher) and riskier lesions. When a solar keratosis has become thickened or ulcerated, especially if it looks like a "volcano" erupting within the skin, it may have already advanced to basal cell carcinoma (or other skin cancers).

### **The Standard Approach**

Most reputable medical authorities agree that solar keratosis lesions should be removed, because of their well-established propensity to become cancerous and because they are unsightly and uncomfortable. Unfortunately, the treatment available to most medical doctors is invasive, toxic, or surgical, with risk of

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*(MAIN PRESENTATION, continued)*

inflammation, deep scarring, infection, discomfort, destruction of the immune, lymphatic and circulatory support systems of the skin (increasing the risk for cancer recurrence) and the need for toxic anesthetics. Therefore, doctors are hesitant to treat the early manifestations of solar keratosis, and often neglect to diagnose these milder, almost invisible lesions that they do not intend to treat aggressively anyway. In addition, the patients neglect to mention these seemingly innocent lesions at the initial phase, drastically reducing the chance for early diagnosis and therapy.

Once the diagnosis is established, and especially in high-risk individuals, the majority of medical practitioners take the wait-and-see approach, requiring their patients to visit them regularly to monitor abnormal skin areas, until a lesion becomes thick or bulky enough, and suspicious enough to justify an unpleasant surgical or aggressive removal (using liquid nitrogen cryotherapy, curettage and cauterization, or strong inflammation-causing creams). Susceptible individuals would appreciate knowing that there is a safer, pain-free, pre-emptive option that is not nearly as invasive and can therefore be employed at earlier phases of the condition, reducing the risks, discomfort, and multiple follow-up "monitoring" visits (always worrisome) associated with the "standard" medical approach.

### **A Safe, Non-Invasive Option**

Modified trichloroacetic acid has been used successfully in the USA during the last 75 years, and further improvements by Dr. T during the past 24 years (resulting in a proprietary formulation) became the treatment of choice for 50,000 patients with various skin lesions including solar keratosis, but because it has not been recently described as a "standard" treatment option in medical schools and hospitals, it has remained relatively anonymous. The treatment is non-invasive, and involves gentle application of the liquid on the keratotic lesion, leading to the formation of a scab within 2-3 days, and the sloughing-off of the entire lesion within 2-4 weeks (the larger and flatter the lesion, the longer it takes for the scab to fall). The amount of liquid applied will determine the depth of the area removed. No significant pain is sensed; therefore many lesions can be treated at once without any anesthetics. The results are superior to any surgical procedure, in terms of scarring, recurrence, and patient tolerance. In the rare event that a remnant of the lesion is noticed underneath the fallen scab, another treatment will easily cause it to scab again and thus it will be safely removed in its entirety. No cutting of the lesion or bleeding will ever occur, leaving no chance that any particles of the lesion would enter the blood stream or disseminate to other parts of the body. This approach can be used for almost all types of skin lesions.

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### **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.



**Prevention**

Wear sun-protective clothing such as hats, long-sleeved shirts, long skirts, or pants when prolonged exposure is anticipated, especially if your skin is fair. Take short sunbathing periods 2 - 3 times per week at around noon (11 AM to 2 PM) in the summer, with front and back exposure of 10 - 20 minutes each. (Longer is OK if your skin is darker, in order to increase vitamin D3's protection against skin cancer and other types of cancer - and many other disorders). Especially in the winter, take professional-quality vitamin D3 supplements (preferably micellized). Eat a diet that provides a good balance of antioxidants and is free of carcinogens, trans-fats, and rancid fats. Also, reduce toxins and pollution in your food and environment, including electromagnetic pollution.

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## Meet Steve Fowkes



Steve Fowkes is an organic chemist, neurobiochemist, nutritional formulation consultant, legal expert witness and is considered an expert in brain function and metabolism. He has written several books, authored numerous articles and papers, illustrated books and scientific papers and served as editor, technical editor and guest editor on many more. He is currently writing his sixth book. In 1979, he co-founded a nutrition company, Vitamin Research Products and managed their research, new product development, manufacturing, data-processing and shipping departments until 1983. In 1992, he founded and continues to direct the Cognitive Enhancement Research Institute. His ability to translate technical topics for the public led to TV appearances on *People are Talking*, a San Francisco-based TV talk show, *The Dr. Dean Edel Show*, a nationally syndicated TV talk show, and CNN's *Larry King Live* and several anti-aging documentaries. Steve is available for private and group nutrition counseling.

### Short Presentation:

## Eating Meat and Eggs Will Kill You?

by  
Steve Fowkes

Many vegans and more recently the China Study have vilified eating meat, and now eggs are "nearly as dangerous as smoking." Steve will disagree with the science behind these attention-getting headlines and suggest the safest ways to eat eggs and meat.

The China Study - a book by Campbell & Campbell that has sold over 500,000 copies - examined mortality rates from cancer and other chronic diseases. The authors conclude people who eat a plant-based/vegan diet—avoiding animal products such as beef, pork, poultry, fish, eggs, cheese, and milk, and reducing their intake of processed foods and refined carbohydrates—will escape, reduce, or reverse the development of chronic diseases.

In a written debate with Campbell in 2008, Dr. Loren Cordain, advocate of the Paleolithic diet, argued that "the fundamental logic underlying Colin's hypothesis (that low protein diets improve human health) is untenable and inconsistent with the evolution of our own species," and that "a large body of experimental evidence now demonstrates a higher intake of lean animal protein reduces the risk for many diseases." The contemporary paleo diet consists mainly of fish, grass-fed pasture raised meats, vegetables, fruit, fungi, roots, and nuts, and excludes grains, legumes, dairy products, salt, refined sugar, and processed oils. Steve Fowkes will help us sort out the conflicting points of view in his short presentation..