

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: Thursday, February 20, 2014**

**Main Presentation: Devra Davis, PhD, MPH**

*“Disconnect: An Inconvenient Truth About Cell Phones”*

**Secondary Presentation: Colleta Hargis, MD**

*“PEMF in Treatment”*

## Smart Life Forum

### Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

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

For those who cannot attend,  
you can view livestreaming at

<http://bit.ly/Zpld3o>

See our archived videos at

[http://tinyurl.com/  
smartlifeforum](http://tinyurl.com/smartlifeforum)



*Meet Devra Davis!*  
Page 3



*Meet Colleta Hargis!*  
Page 6

## Newsletter Table of Contents

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Devra Davis, PhD, MPH!

Page 4 - Main Presentation: *“Disconnect: An Inconvenient Truth About Cell Phones”*

Page 6 - Meet Colleta Hargis, MD!

Secondary Presentation: *“PEMF in Treatment”*

Page 8 - Become a member of the SLF Community!

## Announcements/Upcoming Events

### Upcoming Speakers:

MARCH 20, 2014

Sook Hong, DDS - "Biological Dentistry"  
Sharone Franzen, LAc - "Ancient Medicine for Modern Ills"

APRIL 17, 2014

Robert Rowen, MD - "Is Ozone Therapy the Miracle Cure That So Many Seek?"  
Suzanne Mansell - "Ayurvedic Medicine"

MAY 15, 2014

Tom Levy, MD - "Game Changing Research on Death by Calcium"  
Marcus Freudenmann

### Upcoming Foundation for Mind Being Research Meeting (FMBR)

**Friday, February 28, 2014 @ 7:30PM**

Speaker: Mark Ireland

Please go to [www.FMBR.org](http://www.FMBR.org) for more information.

If you have questions please email [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com).

Thank you.

## ***Presentation Speaker: Meet Devra Davis, PhD, MPH!***



Devra Davis, PhD, MPH is an award-winning writer and scientist, who received the National Book Award for her first non-fiction book, *When Smoke Ran Like Water*—which was the subject of several award-winning documentaries by the weather channel, BBC History, and BBC Nova, as well as U.S. public television, WQED Pittsburgh. Her other documentary film work includes: *Exposure: environmental links to breast cancer*, with winner of the NY Film Festival science documentary award; *Journal to Planet Earth* with Matt Damon, for PBS, produced by Marilyn and Hal Weiner; *The Idiot Cycle*—a French public television documentary with David Servan-Schreiber; and various programs on Dutch, Australian, and Japanese Public Television programs. She also was Founding Director of the Board on Environmental Studies and Toxicology at the U.S National Academy of Sciences and the Center for Environmental Oncology at the University of Pittsburgh Cancer Institute, and a Presidential appointee to the National Chemical Safety and Hazard Investigation Board. She is currently President of Environmental Health Trust and Visiting Faculty with the University of California, Berkeley, Goldman School of Public Policy, and guest lecturer at Dartmouth College, Dominican University, University of California, San Francisco and elsewhere.

*(End of Meet Devra Davis!)*

# Main Presentation

## by Devra Davis, PhD, MPH

*Article Written by Susan R. Downs*

*“Disconnected: Cell Phones and the Inconvenient Truth”*

Cell phones are two-way microwave radiating devices that have never been tested for safety. With growing numbers of young children using these devices today, it's important to understand their potential health impacts. Serious health risks have been reported for cell phone and other wireless devices such as cordless phones, but considerable controversy characterizes this work. Sometimes clinical case reports provide evidence that cannot otherwise be amassed.

Cell phone radiation can affect every living cell of the body. Research has shown that mobile phone radiation decreases melatonin,<sup>1</sup> induces oxidative stress and can induce reproductive dysfunction in females and males.<sup>2</sup> Cell phones have a possible deleterious effect on sperm.<sup>3</sup>

This last March, researchers in the Department of Embryology in Turkey, a NATO supported institution, reported they had found that animals exposed prenatally to normal cell phone radiation produced offspring with increased brain damage, fewer brain cells and a variety of abnormalities.

In South Korea where there is an extremely high use of wireless technology, a syndrome has been observed which they call “digital dementia.” Also, South Korea has one of the highest rates of dementia in the world – one out of thirty eight.

Some doctors believe that their patients’ brain, breast and testicular cancer came from the ways they were using phones over many years. Women who put phones in their bras have developed unusual tumors corresponding to the shape of the phone. WHO has classified electromagnetic radiation as a class 2 B carcinogen. This is the same category as lead, engine exhaust and DDT.

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The results are even more severe for our young. The brain triples in the first two years of life, and the faster cells are growing, the greater damage. Unborn fetuses are at the greatest risk followed by infants and young children. The young child's brain continues to develop until adulthood, and damage of the early years can accumulate and magnify. iPads over bouncy seats or potties pose uncharted risks to future brains and bodies. The Health Ministry of Israel—a nation sophisticated in radar and microwave radiation—advises limited exposures to wireless for young children.

What is the human toll exacted from today's uses of cell phones and other microwave radiating devices? Why do Russian, Finnish, Korean, Israeli and Indian scientists urge precautionary policies to reduce exposures now? Why must phones sold in France and Israel come with headsets and radiation labels? Why do all smart phones include buried precautions about keeping them off the body? What can we do to protect our children and those yet unborn? Who are cell phone survivors and non-survivors? How will the FCC respond to competing demands from safety advocates to lower radiation from phones, and from industry to increase them—under the rubric of international harmonization?

In protecting ourselves from the impact of cell phone radiation, distance is our friend. Cell phone should not be used in cars, trains or planes, as the exterior of the vehicle acts as a large antenna and moving from strong to weak cell signals magnifies any risks.

### **References**

1. Burch JB et al. Melatonin metabolite excretion among cellular telephone users. *Int J Radiat Biol.* 2002 Nov;78(11):1029-36
2. Nazıroğlu M, Yüksel M, Köse SA, Özkaya MO. Recent reports of Wi-Fi and mobile phone-induced radiation on oxidative stress and reproductive signaling pathways in females and males. *J Membr Biol.* 2013 Dec;246(12):869-75
3. Dama MS, Bhat MN. Mobile phones affect multiple sperm quality traits: a meta-analysis. *F1000Res.* 2013 Feb 12;2:40.

*(End of Main Presentation)*

## *Meet Dr. Colleta Hargis, MD!*



Dr. Coletta Hargis is an obstetrician-gynecologist working in the East Bay. She went to medical school and residency at UCSF. She uses alternative approaches in healing including PEMF.

She has a long standing interest in alternative medicine. Frustrated by allopathic medicine which failed to heal a medical condition, she was referred to a traditional Chinese acupuncture medicine. Her intrigue led her to a two year study of acupuncture and Chinese Medicine and various healing modalities. Her current interests focus on energy healing.

*(End of Meet Dr. Hargis!)*

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## Secondary Presentation by Colleta Hargis

*Article Written by Susan R. Downs*

*“PEMF in Treatment”*

PEMF, short for pulsed electromagnetic field, as advocated by Dr. Oz helps move the body towards wellness. The body contains multiple electromagnetic fields. Each organ and tissue has a unique electromagnetic signature. Microcurrents contain information and create specific biological responses.

PEMF is thought to decrease inflammation by increasing calcium binding to calmodulin which binds to eNOS increasing nitric oxide production. This increases vasodilation, and has anti thrombotic and anti proliferative effects. PEMF stimulates the lymphatic vessels resulting in the acceleration of the removal of waste products.

Healthy cells in tissue have a voltage difference between the inner and outer embrace referred to as the membrane resting potential that ranges from - 70 to -80 mV. This causes a flow of ions through its voltage dependent ion channels. In damaged cells, the potential is raised causing an increased sodium inflow and edema. The use of PEMF to damaged cells re establishes normal resting potentials. The magnetic field induces an electron flow in one direction, then the other. This allows a more efficient ion exchange thus increasing cellular oxygenation and nutrition. PEMF increases cellular flexibility, stimulates cellular communication and increases cellular growth and repair.

Studies have shown that PEMF can decrease blood glucose, lower blood viscosity, triglycerides, total cholesterol and can increase HDL in rats. In osteoporosis, PEMF was shown to increase bone mineral entity, increases the growth of osteoblasts, increases TGF beta 1 (growth factor, decreases the inflammatory cytokine IL-6, decreases the prostaglandin PGE-2 and lowers urinary deoxypyridinoline.

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Studies have shown that:

- Fatty material deposition on the lining of the thoracic aorta was significantly lighter in PEMF groups
- PEMF attenuated cortical ischemic edema
- PEMF reduced ischemic neuronal damage
- PEMF has antimicrobial effects
- PEMF reduces biofilms
- PEMF increases TNF alpha
- PEMF shows the growth of T cell lymphoma and prolonged survival

Studies have indicated that PEMF therapy has helped in chronic lower back pain fibromyalgia, cervical and knee osteoarthritis, persistent rotator cuff tendinitis and multiple sclerosis. Dr. Hargis will discuss the clinical uses of PEMF. Fatty material deposition on the lining of the thoracic aorta was significantly lighter in PEMF groups.

*(End of Secondary Presentation)*



### **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 Susan Downs at [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com).

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