

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, March 20, 2014

Main Presentation: Sook Hong, DDS, NMD

“How Dental Issues Affect Health”

Secondary Presentation: Sharone Franzen, MS, LAc

“Chinese Medicine: An Ancient System for Modern Times”

Smart Life Forum

Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

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)



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Announcements/Upcoming Events

Upcoming Speakers:

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 - "Truly Heal Your Body, Your Life, and the World from Cancer"

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, March 28, 2014 @ 7:30PM

Speaker: Jerry Kroth, PhD
"Aliens and Man"

Location: 3391 Middlefield Road, Palo Alto, CA
Doors open at 7:00PM

Please go to www.FMBR.org for more information.

If you have questions please email susanrdowns@hotmail.com.

Thank you.

Presentation Speaker: Meet Sook Hong, DDS, NMD



- Received DDS degree from University of Pacific, school of dentistry in 1992
- Received Naturopathic degree from an American College of Integrative Medicine and Dentistry in 2012.
- Received mastership through Bio-research institute.
- Completed 2 years of mini-residency through Institute of Advanced TMJ Studies
- Completed post graduate course on Advanced Orthodontics and TMJ through Mid-America Orthodontic
- Member of International Academy of Oral Medicine Toxicology as well as International Association of Biological Dentistry and Medicine.
- Also a founding member of American Association of Ozone Therapy
- Currently own a private practice in Sunnyvale, California.

(End of Meet Sook Hong!)

Main Presentation by Sook Hong, DDS, NMD

“Oxygen/Ozone Therapy in Dentistry”

Dr. Hong practices integrative dentistry, which like integrative medicine seeks to treat the root causes of illness using the least invasive, toxic or damaging method. Oxygen therapies have been widely used in integrative medicine for decades- particularly in Europe - with a very good safety record. There are a few specific types of patients who should be cautious in use of ozone (those with G6PD deficiency, or “favism”, among others). Medical oxygen (ozone) has been used to disinfect and treat disease for over 150 years, particularly in World War One (1914-1918), when doctors applied ozone to topically infected wounds and discovered ozone not only reduced infection, but also had anti-inflammatory properties ^{1,2}. Ozone has been used to treat infections, wounds and multiple diseases, and ozone's effectiveness is well documented. Ozone has been used to disinfect drinking water before 1900, and has been known to treat over 100 diseases ³. The first ozone generator was patented by the engineering genius Nikola Tesla in 1896, as part of the Tesla Ozone Company ⁴. A clinical review of ozone therapy details these cases and more ⁵.

If ozone therapy is so effective, why isn't it very popular in the US? We have to go back in history for the answer. The 1910 Flexner Report, "Medical Education in the United States and Canada" submitted to The Carnegie Foundation, established the American Medical Association as the door keeper to officially sanctioned medicine. A century later, many aspects of today's medicine come from the Flexner Report and its aftermath.

When Flexner researched his report, "modern" medicine faced vigorous competition from different approaches. Flexner doubted the scientific validity of all forms of medicine other than that based on “scientific research”, deeming any approach to medicine that did not advocate the use of treatments such as vaccines to prevent and cure illness as tantamount to quackery and charlatanism. Medical schools that offered training in various disciplines including electromagnetic field therapy, phototherapy, eclectic (botanical) medicine, naturopathy, and homeopathy, were told either to drop those courses from their curriculum or lose their accreditation and underwriting support. A few schools resisted for a time, but eventually all complied with the Report or shut their doors ⁶.

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At this point, after over 100 years, many well meaning health care providers simply are unaware of the safety and effectiveness of alternative medicine techniques, such as ozone.

Dr Hong's talk will cover:

1. Dental Connection to our body
2. Heavy Metal Toxicity
3. Root Canal Myth
4. Ozone in Dentistry
5. ANS blockage from a TMJ and Cranial imbalances.

Below are uses of ozone in dentistry:

Oxygen/Ozone therapy has been used successfully in many countries throughout the world since 1840. It has been recently gaining interest within the medical community in the wake of an increasing number of scientific and clinical papers published in international peer-reviewed medical journals. Many of the basic mechanisms of the action of Ozone are now well understood, yielding research that has resulted in the rationale for the use of ozone in many pathological conditions related to pain, inflammation, oxidative stress, cancer, atherosclerosis, diabetes, neuropathy and acute and chronic infections.

What is Ozone?

Ozone is a natural allotrope of oxygen found in upper layer of atmosphere protecting living organisms on earth from U.V. (ultra-violet, shorter wavelengths and higher frequency) Radiation. Ozone is created by an energetic reaction that results in an oxygen molecule (O₂) being split into singlet oxygen (O¹). A singlet oxygen then combines with a diatomic oxygen (O₂) forming Ozone (O₃). Ozone is an unstable gas which quickly gives up an oxygen molecule, thus becoming a strong oxidant having multiple beneficial effects in our body.

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Ozone is an oxidant and is referred to as an oxidizer. Healthy cells have antioxidant enzymes in their cell membranes such as SOD (superoxide dismutase), Catalase, Glutathione peroxidase, etc. There are also antioxidants such as vitamin C and vitamin E present in the ECM (extracellular matrix) fluids and plasma. These antioxidants protect the healthy cells from being oxidized (burned up) by ozone. Pathogens such as Bacteria, Virus, Fungi and Parasites have little or no antioxidant enzymes in their cell membrane and are thus neutralized.

Ozone is an effective antimicrobial agent, with potent anti-inflammatory properties along with favorable cellular and humoral (antibody mediated) immune response in our body. It disrupts tumor metabolism, helping metabolic and immune modulation. It is used in the sterilization of medical and dental equipment, purification of drinking water, and provides many more benefits in our health.

How does Ozone produce therapeutic effects in the Dental Office?

In dentistry, as a result of increasing clinical research, we now developed protocols to address oral infections such as periodontal disease and endodontic infection. We use ozone to arrest and reverse early caries process, osteomyelitis, bisphosphonate-induced osteonecrosis stomatitis, herpetic lesions, sinus infections, neuralgia, pulpal hypersensitivity, enhance healing after an extractions, TMJ symptoms and resolving cavitation.

- Antibiotic effect - Ozone damages the bacterial cell membranes by ozonolysis and oxidation of intra cellular proteins, leading to loss of organelle functions. Unlike antibiotics, this action is selective to microbial cells and thus does not affect human body cells. In conventional dentistry and medicine, we prescribe antibiotics for any infections in the body, and often the pathogens become resistant to antibiotic therapy. Ozone can be very effective in eliminating infections; even those that exhibit antibiotic resistant strains.
- Effect on Virus- Ozone makes the infected cell intolerant to peroxides and changes the activity of reverse transcriptase thus hampering viral protein synthesis.

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- Effect on Fungal and Protozoa- similar to Antiviral effect, Ozone inhibits cell growth.
- Effect on cellular and Humoral Immune system - Ozone reactivates the immune system through macrophage activation and Cytokine release which in turn boost immune system which makes it useful in patients with low immune status and immunodeficiency.
- Anti-inflammatory Action – Ozone stimulates release of interleukins, leukotriene and prostaglandins thus reducing inflammation and promote wound healing and healthy cell growth.
- Effect on Micro-circulation – Ozone causes secretion of NO (nitrous oxide) which is a vasodilator and hence dilates arterioles and venules. It prevents clumping of red blood corpuscles and increases their contact area for oxygen transportation. It also activates aerobic processes at cellular level thus stimulating circulation of blood and hence used in treatment of circulatory disorders.
- Effect on Biofilm: Biofilms are a complex aggregation of structurally and genetically diverse microorganisms growing on a solid surface. Biofilms are found in dental plaque, carious lesions, periodontal membranes, in the jaw bone and dental waterlines. Periodontitis, like other biofilm infections is unresponsive to antibiotics agents and host defenses because the causative microbes live in complex communities that persist despite challenges that range from targeted antibiotic agents to phagocytosis. The clinical studies have demonstrated that oxidative agents dissolve the biofilm matrix. This means that usage of ozone could be a promising outcome in eliminating biofilm in our mouth.
- Pharmacodynamics:
Ozone, a powerful biocide takes only 10 seconds to kill 99% of bacteria, fungi and viruses, at strengths of 25 micrograms of Ozone gas per ml of Oxygen. This translates into 0.25 parts of Ozone to 99.75 parts of Oxygen. Research in Europe has demonstrated that the potency of one molecule of Ozone has the oxidizing power of 3000 -10,000 molecules of chlorine. The same research also showed that

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the Ozone killed pathogenic organisms 3500 faster with no toxic side effects and no toxic byproducts. Velio Bocci, MD, in his book, "OZONE: A NEW MEDICAL DRUG", states, it is clear that among complementary approaches, ozone therapy has emerged as the one that is well explainable with classical biochemical, physiological and pharmacological knowledge".

Modes of Ozone Administration in Dentistry

Ozone is administered to patients for therapeutic purposes in various forms such as Ozone gas, Ozonated Oil or as Ozonated water.

- Ozone Gas - An Ozone generator produces ozone by passing Medical Grade Oxygen through high voltage tubes and ground electrodes. The generated Ozone is applied to patient through Syringe to inject into the gum or to the jaw bone or through a fitted mouth- piece which gets adapted to teeth.
- Ozonated Oil - useful for external application. Ozone is passed through plant extracts such as olive oil, safflower oil to form a thick gel containing ozonides. Ozonated oil works wonders on treating skin lesions and fungal infections.
- Ozonated water – studies have shown that Ozonated water increased metabolic activity of fibroblast cells and improved lipopolysaccharide-induced inflammatory response. It also has strong bactericidal activity against plaque biofilm.

Modes of Ozone application in Dentistry

- Caries Lesion: Ozone shows encouraging results in treating early tooth decay thus promising painless dentistry in the future. Increasing exposure time of ozone from 10 sec to 60 seconds changed its antimicrobial effect from disinfection to sterilization. However, the cavitated lesion deep into dentin needs to be restored.
- Hypersensitive Teeth: Enamel and Dentin loss occurring due to multiple factors like attrition, abrasion, erosion, and trauma from occlusion, may cause hyper sensitivity. Diagnosis of etiology is vital. After elimination of the cause, 40-60 sec application of ozone is found to reduce pain in sensitive teeth.
- Necrotic Root Canals and Peri-apical lesions: In infected necrotic canals, ozonized oils, Ozonated water and Ozone gas all can be used to disinfect canals as described above.

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- **Periodontal Treatment:** Periodontal disease is a multifactorial disease process in the mouth. The role of microorganisms, host response in the etiology of periodontal disease is well established. The disinfection power of ozone over other antiseptic makes the use of ozone in treatment of periodontitis a very good alternative. There are different applications modalities are available using ozone gas, irrigation with ozonated water and ozonized oil. A customized fitted mouth piece can be fabricated in the lab with two ports whereby ozone can be delivered via inlet port and the scavenging ozone via the other outlet. This procedure is effective on both hard and soft tissues in the mouth.
- **Prevention of Root Canal Therapy:** With Ozone therapy, many Root Canals will be eliminated. After removing decay, irrigation with Ozonated water significantly reduced the bacterial population in the root canal. In the case of mechanical exposure of nerve, we can irrigate the tooth with ozonated water and inject Ozone gas into the canal to kill the bacteria to prevent root canal.
- **Treatment of Cavitation or NICO:** Cavitation or NICO (neuralgia inducing cavitation osteonecrosis) refers to a hole containing toxins in the jaw bone, often at the site of a previously extracted tooth or a failed Root Canal tooth. Ozone gas can be injected directly into the cavitation site using x-tip (needle like drill that are hollow in the middle into the bone) has remarkable effect on treating cavitation and NICO. In some cases, laser assisted surgery may be necessary to clean out dead tissues prior to an Ozone therapy. Adjunct therapy such as LLLT (low level laser), nutritional support is recommended to enhance healing of the body.
- **Bleaching;** after Root canal treatment, crown discoloration is a major esthetic problem. Ozone was successfully used to lighten the darker color.

Is Ozone Toxic?

To reiterate, Ozone is a strong oxidant! Because of this extreme oxidant capacity, prudent clinical procedures are required. Scavenging the excess ozone gas and preventing it from escaping into the office environment is essential. This aspect is critical because the membranes of the eyes and lungs are very weakly protected by antioxidant enzymes. These are the only issues that require protection from the dosage levels that are used in Dental ozone protocol.

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Conclusion:

Ozone has revolutionized dental practice and it is expected to be a cornerstone of dental care in the near future. It has become one of the most unique resources for oral systemic approaches. When ozone is used in Dental procedures it treats the cause of the problem NOT JUST THE SYMPTOMS. This produces a proactive approach to treatment rather than solely engaging in routine damage control. Most people possess a fear towards dentistry. The Ozone treatment offers a painless, non-invasive alternative to conventional treatment for tooth decay, root canal therapy and even cavitation. The visions described in this article may sound unlikely, implausible or even heretic. Yet, the theoretical and applied research to turn them into reality is progressing rapidly. The Ozone therapy certainly changed my practice greatly. A bright future that lies ahead in dental field and medicine, but we shall all have to work very long and very hard to make it come to pass.

Footnotes

1. Stoker G. Ozone in chronic middle ear deafness. Lancet. 1902;160:1187-8.
2. Johansson E, Claesson R, van Dijken JW. Antibacterial effect of ozone on cariogenic bacterial species. J Dent. 2009;37:449-53. <http://www.ncbi.nlm.nih.gov/pubmed/19342147>.
3. Shoemaker JM. Ozone therapy: History, physiology, indications, results. [cited in 2010]. Available from: http://www.fullcircleequine.com/oz_therapy.pdf
4. McLean L. The miracle of ozone therapy. [cited in 2009 Jun]. Available from: <http://www.thenhf.com/article.php?id=2069>
5. Elvis A M, Ekta J S. Ozone therapy: A clinical review. J Nat Sc Biol Med 2011;2:66-70 <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312702>
6. Wikipedia, http://en.wikipedia.org/wiki/Flexner_Report

(End of Main Presentation)

Meet Sharone Franzen, MS, LAc



Sharone Franzen, MS, LAc, grew up in San Francisco. She earned her Master of Science in Chinese Medicine at the American College of Traditional Chinese Medicine on Potrero Hill, where she also taught for two years. She now runs her own Chinese medicine clinic in the Lakeside Village neighborhood of San Francisco. She specializes in treating pain and mood disorders, and has been certified in Facial Rejuvenation Acupuncture by the lovely and brilliant Mary Elizabeth Wakefield.

(End of Meet Sharone Franzen!)

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Secondary Presentation by Sharone Franzen, MS, LAc

“Chinese Medicine: An Ancient System for Modern Times”

Given the accomplishments of modern science and technology, one might wonder what possible advantage an ancient system of healing could offer. Can it really be effective and safe? Are there conditions for which Chinese medicine might be preferable to conventional medicine? This lecture will explore the ways in which acupuncture and herbs work to address most health issues. We will discuss the following features of Chinese medicine:

- therapy vs. pain management
- differential diagnosis: syndrome vs. disease
- side effects
- meridian theory
- herbal medicine
- literary traditions
- maintaining the paradigm

Understanding these points will demystify Chinese medicine and show how it can respond to “modern” ills.

(End of Main 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.

For questions, please contact Susan Downs at susanrdowns@hotmail.com.

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