

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, May 15, 2014

Main Presentation: Tom Levy, MD

“Death by Calcium - Proof of the Toxic Effects of Dairy and Calcium Supplements”

Secondary Presentation: Marcus Freudenmann

“Truly Heal Your Body, Your Life, and the World from Cancer”

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>



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Announcements/Upcoming Events

Upcoming Speakers:

JUNE 19th, 2014

Ahvie Herskowitz - "A Highly Individualized Approach to Restoring Health:
Converging Modern Medicine with Tools from Other Traditions and Practices"

Charles Hall - "The Science of Behavioural"

JULY 17th, 2014

Diana Schwarzbein, MD - "Metabolic Issues" & "Hormone Issues"

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Sunday, May 25, 2014

Dr. Gabriel Cousens Enhancing Spiritual Life
through a Conscious Evolutionary Diet,
and Shaktipat Meditation
at Center for Spiritual Living, San Jose

For more info on Gabriel Cousens Presentaitons
May 23, 24 & 25, see:

<http://www.treeoflifebayarea.com/index.php/drcousens>.

FMBR (I-ASC) will be co-hosting

The 33rd Annual Conference of the Society for Scientific Exporation

Theme: "The Mysterious Universe"

June 5th-7th, 2014

at the Burlingame Hyatt Regency

for more information, visit www.scientificexploration.org/meetings/.

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

Thank you.

Presentation Speaker: Meet Tom Levy, MD!



Dr. Levy is a board-certified cardiologist and a bar-certified attorney. After practicing adult cardiology for 15 years, he became aware of the enormous toxicity associated with much dental work, as well as the pronounced ability of properly-administered vitamin C to neutralize this toxicity. He has written three books on the wide-ranging properties of vitamin C, addressing its ability to neutralize all toxins and resolve most infections, as well as its ability to resolve or substantially curtail many chronic degenerative diseases, including cancer and coronary heart disease. Additional books have addressed optimal nutrition, the specifics of dental toxicity, especially root canals, and the importance of glutathione as an antioxidant inside the cells of the body and as an important partner to vitamin C in the antioxidant matrix of the body.

Currently, Dr. Levy continues to research the impact of the orthomolecular application of vitamin C and antioxidants in general on chronic degenerative diseases. His ongoing research involves documenting that all diseases are different forms of focal scurvy, arising from increased oxidative stress, and that they all benefit from protocols that optimize the antioxidant levels in the body. His present focus centers on validating the ability of a protocol of toxin removal and antioxidant restoration to angiographically normalize most moderate and even many advanced cases of atherosclerotic coronary artery disease, as well as to completely resolve advanced cases of cancer in a high percentage of cases. Another protocol felt to be a reliable cure for Lyme disease is also currently under investigation.

His next book will be entitled *Death By Calcium*, in which he will demonstrate that supplemental calcium is nearly always highly toxic. It will be demonstrated that the current protocols for treating osteoporosis, a focal scurvy of the bones, ultimately cause substantially greater disease and more death, largely via heart attacks and cancer, than the condition being treated.

(End of Meet Dr. Levy!)

Main Presentation by Tom Levy, MD

“Death by Calcium - Proof of the Toxic Effects of Dairy and Calcium Supplements”

For the most part, vitamin and mineral supplementation impacts very positively on the overall health of the population, in spite of much of the aggressive and irrational attacks lead by the pharmaceutical industry. However, the evidence is now overwhelming that one of the most popular supplements ever, with the ongoing support of most conscientious physicians and other healthcare practitioners, is in fact very toxic and should never be chronically supplemented.

The supplement is calcium, in any form, although some forms are more toxic than others. Furthermore, it is now clear that excess dietary calcium, as is realized with the routine ingestion of milk and other calcium-laden dairy foods, is also a toxic and life-shortening practice.

This book highlights and clearly documents the science behind the following assertions:

1. Women with the highest calcium consumption, regardless of source (diet, supplements), had a death rate two and one-half times higher than the women with lower consumption. This was a prospective study on 61,433 women followed over a 19-year period.
2. Women with osteoporosis do not have a generalized, body-wide deficiency of calcium. Rather, there is a deficiency of calcium in their bones, but the rest of their bodies have a calcium excess.
3. While calcium supplementation alone can increase the calcium density in the bones, it does not decrease the chances of an osteoporotic fracture. It is a cosmetic improvement only, and it further fuels the excess of calcium outside of the bones.
4. Typical American diets supply enough calcium for the needs of the body when blood vitamin D levels are maintained in the proper range.
5. Because of the emphasis on increased calcium intake, the typical osteoporosis patient faces a much higher chance of death from heart attack and stroke than from the consequences of an osteoporotic fracture.
6. Osteoporosis is a focal scurvy (severe vitamin C deficiency) of the bones.

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7. All chronic degenerative diseases feature increased levels of calcium inside the cells of the body.
8. Measures that decrease further uptake of calcium inside the cells of the body substantially decrease the chances of death from all causes (a generalized reduction in mortality).
9. Increased calcium deposition outside of the cells, as well as increased levels of calcium inside the cells, increase the chances of malignant transformation and the development of cancer.
10. Over a third of Americans over the age of 45 already have evidence of arterial calcification.
11. Many natural agents increase calcium in the bone, decrease calcium excesses throughout the body, and decrease the chances of death from all diseases. These include magnesium, vitamin D, vitamin C, vitamin K, and essential fatty acids (omega-3).
12. The proper restoration of deficient levels of sex hormones (estrogen, testosterone) and thyroid hormone helps normalize calcium metabolism and also decreases the chances of death from all causes.

To recap, then, medicine has long regarded calcium supplementation as beneficial to health. In fact, although limited amounts of calcium are vital to health, excess levels of it play routine roles in the development of chronic degenerative disease, malignant transformation, and premature cell death. Whenever a cell dies, there is already excess calcium inside it. Like iron and copper, small amounts are essential, especially in helping many enzymes function normally, but larger amounts will always be toxic and increase oxidative stress wherever accumulation occurs.

Additional important facts/studies:

1. Calcification in the thyroid gland increases the incidence of malignancy.
2. Advanced magnetic resonance imaging found calcification in 22 of 23 malignant prostates.
3. Increased intracellular oxidative stress is seen in all chronic degenerative diseases, and increased intracellular calcium appears to always cause/associate with increased intracellular oxidative stress.

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4. Many cancer cells develop an increased number of calcium channels, presumably to maintain the elevated levels of intracellular calcium seen in all cancer cells.
5. Pulling calcium out of cancer cells makes them less aggressive and prone to metastasis.
6. Toxins, such as methyl mercury, facilitate calcium intake into cells in the process of causing cell death.
7. Calcium channel blockers, by limiting calcium intake into cells, effectively treat many different chronic degenerative diseases.
8. All three types of calcium channel blockers significant decrease all-cause mortality (long-acting forms in particular).
9. In and of itself, increased calcium in the diet (especially dairy) is not good for you.
10. Unlike the ridiculously low RDAs for many other vitamins and minerals, the RDA for calcium is ridiculously high, largely created in such a fashion to justify the regular intake of dairy in the diet.
11. While osteoporotic bones are deficient in calcium, this deficiency is a result of the disease, not the cause of the disease.
12. Osteoporosis is a focal scurvy of the bones. Vitamin C has been documented to:
 - a. Create osteoblasts
 - b. Suppress osteoclasts
 - c. Prevent the bone breakdown resulting from oxidative stress
 - d. Be needed for collagen synthesis
 - e. Be needed for collagen cross-linking
 - f. Lessen the risk of osteoporotic fracture
 - g. **Lowers all-cause mortality**
 - h. Results in greater bone density (in the absence of calcium supplementation)
 - i. Accelerates bone healing
 - j. Protects against metastatic calcifications outside of the bones
13. Magnesium is a natural calcium channel blocker/calcium antagonist. Magnesium
 - a. Dissolves calcium deposits
 - b. Decreases elevated intracellular calcium levels
 - c. Regulates active calcium transport
 - d. Increases bone density and decreases fracture incidence
 - e. Lessens insulin resistance

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- f. Inhibits formation of atherosclerotic plaques
 - g. Decreases the incidence of some cancers
 - h. **Lowers all-cause mortality**
14. Vitamin K
- a. Inhibits metastatic calcification
 - b. Prevents fractures, sustains bone density, and improves bone quality
 - c. Helps dissolve abnormal calcification outside of the bone
 - d. Lessens chances of CAD
 - e. Can prevent and treat some forms of cancer
 - f. **Lowers all-cause mortality**
15. Vitamin D
- a. Lowers the risk of bone fracture and helps prevent osteoporosis (as a solo agent)
 - b. Suppresses bony resorption with the associated loss of calcium from the bone
 - c. Decreases the risk of many cancers and boosts the immune system
 - d. **Lowers all-cause mortality**
16. Omega-3 fatty acids
- a. Inhibits fracture risk and helps improve bone health
 - b. **Lowers all-cause mortality**
17. Most people require no more than 400 mg of calcium to be ingested on a daily basis (with about 250 mg of that being absorbed and utilized).

Also included in the book are extensive protocols for the treatment of heart disease, cancer, osteoporosis, and other chronic degenerative diseases. There is also substantial information on how to best monitor the effects of these protocols, and whether further modifications need to be incorporated in them over time. There is also a detailed and extensive section on my suggestions as to how to optimize the administration of vitamin C, in its different forms, and for different conditions and both acute and chronic infections.

(End of Main Presentation)

Meet Marcus Freudenmann!



Marcus Freudenmann is an expert in the world of alternative and integrative treatments for cancer. He is the founder of Truly Heal. He is the producer of the documentary Cancer is Curable. The film presents the thesis that healing cancer has less to do with giving a patient medicine and instead teaching a person how to avoid toxins, how to detoxify the body, how to replenish the deficiencies, and how to live a healthy, happy lifestyle.

(End of Meet Marcus Freudenmann!)

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Secondary Presentation by Marcus Freudenmann

“Truly Heal Your Body, Your Life, and the World from Cancer”

Marcus Freudenmann is an internationally respected game changer in the world of alternative and integrative treatments for cancer. We are fortunate to have him speak during a rare United States tour. He will address the complexity of alternative and integrative cancer treatments, as well as how to evaluate a patient effectively with a systematic approach that covers all aspects that can lead to disease. Through such an evaluation a practitioner and patient can create a synergistic treatment protocol which is individualized, fine-tuned and more effective for the individual's situation.

This lecture is ideal for cancer patients, family members, caregivers and nurses as well as health professionals who truly want to be effective in supporting their patients health and healing from cancer.

You will learn:

- How to find and eliminate all root causes of cancer
- Which tests, treatments and remedies will provide the highest probability for greatest success
- Why particular treatments work for some but not for all
- How to implement healthy lifestyle habits that increase your quality of life
- How to heal trauma, negative emotions, resentment and even grief that undermine the body's immunity and often underlie disease
- How to find your life purpose that fills you with passion and joy

(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.

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

Become a Member!

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