

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, June 19, 2014

Main Presentation: Ahvie Herskowitz, MD

“A Highly Individualized Approach to Restoring Health: Converging Modern Medicine with Tools from Other Traditions and Practices”

Secondary Presentation: Charles Hall

“The Science of Behavioral Change”

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:

JULY 17th, 2014

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

AUGUST 2014

Tim Guilford, MD - "The Use of Glutathione"

Melissa Fritchle - "Sexual Vitality as You Age"

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, June 27, 2014 @ 7:30pm

Spirit Communication and Channeling
by Jean Millay, PhD
at Unity Community Church - Y.E.S. Hall
3391 Middlefield Road
Palo Alto, CA

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

Thank you.

Presentation Speaker: Meet Ahvie Herskowitz, MD!



Dr. Ahvie Herskowitz is Clinical Professor of Medicine at UC San Francisco (UCSF) and is Founder of Anatara Medicine, a multidisciplinary integrative center in San Francisco. His training includes a medical degree from The Albert Einstein College of Medicine, residencies in Pathology and Internal Medicine, and fellowship training in Cardiology at The Johns Hopkins Medical Center. During his 12 years at Johns Hopkins, he was co-appointed in Medicine and Molecular Immunology and Microbiology. His clinical responsibilities were complemented by directing a multidisciplinary NIH-sponsored research team in the study of molecular and immunological mechanisms of heart ischemia, heart transplantation, heart failure and autoimmunity.

In addition to his appointment at UCSF, he has served as Director at the Ischemia Research and Education Foundation, working with over 100 leading heart surgery hospitals around the world, dedicated to reducing adverse outcomes during and after heart surgery. In 2001, he co-founded The Institute for OneWorld Health, the first non-profit pharmaceutical company in the United States, dedicated to developing new medicines for diseases of poverty in the developing world.

Throughout his career, Dr. Herskowitz has been developing novel alternative approaches towards health. Following formal training in Five Element Acupuncture in 1999, he has been dedicated to building a world-class integrative medicine team approach towards prevention and treatment of vascular, immunologic and recalcitrant chronic diseases. As Founder of Anatara, he leads a team of dedicated staff and senior advisors advancing new approaches to personalized and proactive medicine based on the convergence of seven vital disciplines.

(End of Meet Dr. Herskowitz!)

Main Presentation by Ahvie Herskowitz, MD

“A Highly Individualized Approach to Restoring Health: Converging Modern Medicine with Tools From Other Traditions and Practices”

Our current medical model is unsustainable, rewarding procedures more than results. “Evidence-based medicine” which constitutes our standards of care – is contradicted in 1 out of every 7 studies. My colleague, Dr. Eric Topol, has described our standards of care being dictated by “eminence medicine” - by committees formed with senior academic clinicians whose work is largely funded by pharmaceutical interests. The “average” patient, which is the basis of pharmaceutical drug development, is a fiction. We all require individualized evaluations, risk assessments and treatment plans.

We are now entering a renaissance period for medicine, where emerging molecular genomics can be converged on to nutrition/biochemistry and detoxification techniques and added to higher order level therapies such as stem cell therapy, oxidation and IV nutritionals. Combining these tools with the power of longstanding European and Eastern medical traditions provide deeper insight into individual archetypes and symptom patterning. The purpose of my presentation is to provide the rationale and description of this comprehensive approach, which leads to a more precise and layered approach to optimizing personal health.

There is a consensus in both the patient and medical communities that patient care is in need of a serious overhaul. We can read in academic journals and the news alike about ways to make improvements, and what the best practices maybe, with many agreeing that it requires a combination of techniques, or an integrative approach, to best serve the 21st Century patient population. After a renaissance of clinical, scientific and pharmaceutical knowledge gathered since WWII, doctors can no longer be criticized for lack of disease knowledge, treatment options or approaches. Yet, how is it possible that we have accumulated so much knowledge, and still rank 37th worldwide in most key healthcare metrics? To understand this, and to enable the needed paradigm shift in healthcare, we all need to be more aware of how current healthcare system developed. A brief history will be presented.

(Continued on Next Page)

Specifically,

- How the use of technology is rewarded over outcomes
- Why and how the pharmaceutical industry is failing
- How our “standards of care” create more confusion than clarity

For example, recent articles in NEJM discuss the concept of "Precision Medicine," which will allow medical practitioners to treat illness with extreme accuracy. By taking this approach, patients would receive the right medicine administered in the right dose at the right time based on their unique biological needs. The best evidence of this type of future treatment plan was illustrated by examples of patients receiving personalized cancer treatment based on the genetic profile of specific tumors.

As advanced as the evolving approach to cancer treatment appears to be, additional studies reveal why it may not be as simple as it sounds. Will the promise of genomics revolutionize medicine as we know it today? Will we all be getting the right drug, the right dose, at the right time, and have access to highly individualized therapies in the near future? I don't believe these new realities are around the corner. In my opinion, few diseases and cancers will be significantly impacted by more targeted genomics, and a whole new educational system will need to be developed to train physicians to deal with the increased level of complexity. Currently, less than 5% of physicians feel confident to speak about genomics. Even with exponential growth in the new drug development, it will take multiple generations to replace our current pharmacopeia of 2,000 drugs, (1 generation = 10-15 years).

Are there solutions to the imperfect scenarios outlined above that will define the real future of medicine? As stated above, it appears that an integrative approach to healthcare is the best way for patients and practitioners to navigate through our currently flawed system. However, the generalized concept of integrative care still is not enough-it must be truly personalized and truly integrative care to have the best outcomes. This will require a systematic rigorous and collaborative approach involving a layering of techniques and traditions, or "Convergence Medicine."

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Practitioners adhering to the Convergence Medicine model must work in unison to maximize their effectiveness of their treatments, combining their respective knowledge and specializations with those of their colleagues to practice true integrative medicine. They must also understand the need to take an energetic approach, meaning that they must move energy in order to best handle more seriously ill individuals. Addressing illness based solely on symptoms is not enough.

Why is a convergent approach needed? Because we have a changing World and the way we practice medicine must change with it. To illustrate, over the last 70 years, we have experienced fundamental alterations in the sources of our food supply, the influx of antibiotic and other pharmaceutical use, not to mention an exponential increase in exposure to environmental pollutants, and climate change. These factors have all contributed to dramatic increases in asthma, diabetes, autoimmune diseases, Alzheimer's and Parkinson's Disease. We are also witnessing the rise of mystery immunologic and neurologic illnesses in adults and children. The dramatic surge in the numbers of children with food and environmental sensitivities, as well as autism, is particularly troubling.

We must understand that our body's symptoms are clues. Clues that our biosystem is flashing a red warning signal. We cannot afford to ignore our body's "gauges" much like we cannot ignore the oil temperature and pressure gauges in our cars. When we develop early warning signals, we need to take action, and partner with healthcare professionals that seek a more integrative approach.

This integrative approach focuses on prevention and prediction, and seeks to understand symptoms as early warning signals, rather than nuisances that have to be masked and hidden. Plans and strategies can then be developed that empower patients to participate in their own healthcare, because we live in serious times, where our bodies and minds, are under great stress. The body is a self-regulating machine of immense complexity, and the more aware you and your healthcare partners are of your body's unique signals, the more likely you will be able to recover your steady state of health.

Individual cases will be presented throughout to illustrate the strength of this integrative approach.

(End of Main Presentation)

Meet Charles Hall!



Charles is a Licensed Vocational Nurse, Certified Professional Health and Wellness Coach, and the founder and CEO of the South Bay Energized Life Forum in San Jose, CA. He got his start in health care working as a home health aid after completing nursing school and took care of an elderly women with terminal pelvic cancer while looking after her two grandsons for a year and four months. After getting his license as a vocational nurse Charles worked at a Mental Health and Rehabilitation Psychiatric Facility as a psychiatric nurse for a little over a year. It was at this facility where Charles decided he wanted to start his own business around coaching others to achieve their optimal health. It has been over two years since he started his business and aims to facilitate permanent change in the health habits in others for the better through his specific coaching style.

Website: <http://www.sbelf.com/>

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(End of Meet Charles Hall!)

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Secondary Presentation by Charles Hall

“The Science of Behavioral Change”

The big picture of this talk is help others understand how they can create the change they want in their life, with the scientifically verified six stages of change outlined in Dr. James O Prochaska’s book “Changing for Good.” This talk is for those who want to create permanent change in their life, especially those who want to create changes with respect to their health and well being. You will learn about the 6 stages of change, the ‘processes’ involved with these stages of change, and what to expect as you use these tools in your life. The benefits of this talk are better goal-setting skills, better understanding of what stage you are in with creating a change in your life, and an understanding of what you can do next to create permanent change for the better. At the end of the talk I will cover what you can do to take the next step in creating the change that you would like to have in your life.

(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.

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