

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, July 17, 2014

Main Presentation: Diana Schwarzbein, MD

“Survival of the Smartest: Think About How You Manage Your Health”

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>



Meet Diana Schwarzbein!

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“My primary role as a physician is to educate. I want people to make informed decisions about their health.”

-Diana Schwarzbein, MD

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Announcements/Upcoming Events

Upcoming Speakers:

AUGUST 2014

Tim Guilford, MD - "The Use of Glutathione"

Melissa Fritchle - "Sexual Vitality as You Age"

SEPTEMBER 2014

Robert J. Marshall, PhD, CCN, DACBN

Scott Sherr, MD - "Hyperbaric Oxygen"

OCTOBER 2014

Dana Ullman, MPH, CCH - "Homeopathy and Nanomedicine in Chronic Disease and Immune Disorders"

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, July 25, 2014, 7:30pm-9:00pm

Sound and Consciousness

with David Gibson

www.CompleteGuidetoSoundHealing.com

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 Diana Schwarzbein, MD!



Dr. Diana Schwarzbein is a board certified physician specializing in endocrinology and the author of the three groundbreaking Schwarzbein Principle books on metabolic health. She is currently at work on her latest book, *Survival of the Smartest*. First articulated in the late 1990s, the Schwarzbein Principle is: *The degenerative diseases of aging are not genetic; they are acquired due to metabolic imbalances.*

Through nearly twenty-five years of clinical practice, Dr. Schwarzbein has proven what science now confirms, which is, that proper diet and nutrition, adequate sleep, effective stress management, elimination of toxins, appropriate exercise, and hormone balancing are the essential elements of maintaining a healthy metabolism, and that a healthy metabolism is the key element to slowing the aging process and preventing degenerative disease.

As logical as this may seem, her approach to both preventing and managing disease is in stark contrast with the ways in which medicine is all too typically practiced today. Her focus on treating the causes of diseases instead of the symptoms – and the exceptional results she has achieved with thousands of patients – set her apart.

By practicing what she teaches – by focusing on nutrition and lifestyle habits and ensuring the balance of all of the hormone systems of the body – Dr. Schwarzbein consistently restores her patients' metabolic balance and resolves myriad medical conditions with an exceptionally low reliance on prescription drugs. Further evidencing the truth of the Schwarzbein Principle, the incidence of degenerative disease among her patients is also exceptionally low.

In addition to her limited private practice, Dr. Schwarzbein actively focuses on educating physicians and the public. In 2010, she launched Menopause Power, her initiative to change the way in which doctors perceive and treat menopause. If you are interested in knowing more about Dr. Schwarzbein's views on this critical women's health issue, please visit her website at www.menopausepower.com.

Dr. Schwarzbein lives in Santa Barbara, California with her husband and her ever-growing family of rescued dogs and horses.

(End of Meet Diana Schwarzbein!)

Main Presentation by Diana Schwarzbein, MD

*“Survival of the Smartest: Think About How You
Manage Your Health”*

There was a time when human beings died prematurely from elements beyond their control. In modern, developed cultures this is no longer so. Today, we die prematurely from elements that are very much within our control. What kills us today are the decisions we make.

The leading cause of premature death in the developed world is improper nutrition coupled with lifestyle habits that insidiously undermine our health.

Human beings have the genetic capacity to live well past age 100. Yet, on average we die in our seventies and eighties. Today, we die primarily from heart disease, stroke, cancer, diabetes, osteoporosis, and Alzheimer’s dementia. These degenerative diseases are brought about by improper nutrition and lifestyle habits. In other words, we die from skipping meals, eliminating food groups, eating processed, chemically laced foods, too little sleep, too much stress, consumption of prescription and over the counter medications, exposure to environmental toxins, and inappropriate exercise.

Natural Selection is Extinct

The history of man’s quest for survival and increased life expectancy is the story of adapting to one’s environment, to overcoming or developing defenses against the various external elements that kill us. Those who adapted lived long enough to procreate and propagate offspring that could perpetuate their adapted features and behavior. Only the strong survived and got stronger.

Today, however, what kills us, degenerative disease, is almost entirely a function of our “internal environment,” our own physiology. Since degenerative disease almost always occurs in or after middle age, nearly everyone lives long enough to procreate. We are no longer naturally selected for our ability to change.

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We have mastered surviving. But, we have certainly not mastered thriving.

Because we now die prematurely from our daily habits, maximizing both the quantity and quality of our lifetime requires that we adapt our behavior to the needs of our internal environment. To do so, requires an understanding of how our bodies function. We need to understand how the decisions we make each day impact our immediate and long-term health. We have evolved from the era of survival of the fittest.

Today, the law is Survival of the Smartest!

What Keeps Us Alive Kills Us

Our bodies are programmed for survival. Human beings have amazing and complex mechanisms and systems that keep us alive. These failsafe mechanisms are engineered to be automatically triggered in response to a threat, injury, lack of food, infection, and other stresses. In human physiology these stopgaps spike our blood pressure and blood sugar levels to maximize our fight/flight capabilities, they cause inflammation, increase blood clotting to protect us from injury, and give rise to oxidation to fight off infection. They also shut down certain non-essential functions like digestion and sex drive.

Like many protective systems, these stress-induced failsafe systems are intended to function briefly, as a stopgap. Once the threat or stress has passed, the intervening stopgap is intended to stop so normal functioning can resume. While all of these interventions are essential to immediate survival, unless they are short-lived, they undermine our health.

For instance, sustained high blood sugar levels cause cellular damage. Chronic high blood pressure levels result in damage to the lining of the blood vessels. Persistent inflammation is literally a hotbed for degenerative disease. Inflammation is now linked to heart disease, stroke, type 2 diabetes, Alzheimer's dementia, cancer and other diseases. Excessive clotting, of course, can cause heart attacks and stroke. And, it is well established that oxidation reactions can produce free radicals that cause cell damage and abnormal cell behavior, which promote cancer, heart attack, stroke, type 2 diabetes, and major disorders. Of course, limited digestion also impairs healthy physiology.

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In today's, "always on," high stress culture, we are spending far too much time in stress mode and it is killing us.

However, the demands of our modern culture are not, per se, the reason we are dying prematurely. Rather, we die decades before our genetically ordained hourglass runs out of sand because of the daily habits we adopt to enable us to navigate the demands, pressures, and stresses of our daily lives.

Without realizing it, our habits keep us in survival mode and undermine our health. We do not realize we are harming ourselves because the body is so good at keeping us going even under adverse circumstances. Then, when health problems finally do manifest, it is typically the symptoms of the problems that are treated, not the underlying problems themselves. Masking the symptoms allows for continuing the very behavior that is at the heart of the problem. Thus, the problem persists. And, because nothing in physiology happens in a vacuum, the underlying problem causes additional, typically more serious problems. The symptoms of these problems are also treated, usually, with pharmaceutical and surgical interventions, which, once again, do not address the underlying cause. Statin drugs and beta-blockers do not address the actual causes of elevated cholesterol or high blood pressure. They simply mollify their effect on the body. Antacids do no more to prevent excess stomach acid than antidepressants and anti-anxiety drugs do to treat the cause of depression and anxiety. Again, they simply manipulate body chemistry to change how we feel in the throes of these problems. With the symptoms of our problems artificially in check, we are free to continue the daily habits that are causing the problems. So, we do, because we do not know any better and because modern pharmacology and technology make it seem okay to do so.

You Should Know Better

From nearly a quarter century of clinical practice, Dr. Schwarzbein has demonstrated that people have a very significant degree of control over how long and how healthy a life they live. In the final analysis, for the vast majority of people, it all comes down to their daily habits – to the decisions they make. A material companion to this core premise is that the majority of people would change their behavior if they understood -- and really believed -- it was harmful. Most people believe that what they are doing day in and day out is not hurting them and, to the extent it might be,

(End of Main Presentation)

it is no big deal. They are getting away with it and, worst case, if there really is a problem, there is a relatively benign, push-button solution, like a drug, that will make everything okay. No harm, no foul.

Attending Survival of the Smartest offers you an opportunity to understand how your body really works, to better appreciate the role of hormones in metabolism, to learn how your nutrition and lifestyle habits impact your health, and what to do to change these habits without having to make unacceptable trade-offs. You will also learn about the essential role of hormone therapy in staving off the degenerative diseases of aging.

The human body has the innate wisdom to survive in the short term. But thriving in the long term, living a long, disease-free life and “dying healthy” is another thing altogether. To do so requires that you make good decisions. Making good decisions requires proper understanding and accurate information. Presented in a non-technical, easy to understand manner, Survival of the Smartest gives you the perspective, the information, and the motivation you need to protect and restore your health. It will likely cause you to re-think the way you live and manage your health.

(End of Main Presentation)

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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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