

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, September 18, 2014

Main Presentation: Robert J. Marshall, PhD, CCN, DACBN
“New Frontier of Integrative Medicine”

Secondary Presentation: Scott Sherr, MD
“Hyperbaric Oxygen Therapy: Wound Healing & Anti-Aging”

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:

OCTOBER 2014

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

Dr. Aum, ND - Sleep Your Way to Weight Loss

NOVEMBER 2014

Dr. Eliaz

DECEMBER 2014

Miguel Toribio-Mateas

Chair, British Association for Applied Nutrition and Nutritional Therapy

JANUARY 2015

Dr. T.

Upcoming Foundation for Mind Being Research Meeting (FMBR/I-ASC)

Friday, September 26, 2014, 7:30pm-9:00pm

The Forbidden Archeologist

Michael Cremo

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: Robert J. Marshall, PhD, CCN, DACBN!

Formally trained in mathematics and chemistry, I began my career in operations research working for a chemical company tasked to optimize production. However, I took ill with a parasitic infection which altered the direction of my career. I was driven to use my training to search nutrition to find a cure. It took years, but I not only found a cure, I also gained extraordinary knowledge of how the body works. Along the way, I developed the Nutrition, Health and Activity Profile, which is a computerized service for practitioners. In turn, they began sending their difficult cases, which led to the birth of a clinical nutrition practice. It continues to this day, now a six month waiting list. Along with career, I was poisoned with genetically modified tryptophan. The settlement made possible the birth of Premier Research Laboratories food supplement company of which I am the CEO. The poisoning birthed the Quantum Reflex Analysis (QRA) which saved my life. In fact, I am the only survivor of 128 people who experienced Eosinophilia Myalgia Syndrome as the result of genetically modified tryptophan poisoning, which affected the lungs in particular.

(End of Meet Robert J. Marshall!)

Main Presentation

by Robert J. Marshall, PhD, CCN, DACBN

“New Frontier of Integrative Medicine”

Epigenetics literally means “above” genetics. It refers to external alterations to DNA that can then turn genes “on” or “off”. These changes do not change the sequence of DNA, but instead, affects how cells “read” the genes. Epigenetic modifications alter the physical structure of DNA.

Example: In DNA methylation, a methyl group is added to part of the DNA molecule. This then prevents certain undesirable gene traits from being expressed.

Epigenetics and Cancer: Scientists believe epigenetics can play a role in the development of certain cancers.

Example: an epigenetic alteration could “turn off” a tumor suppressor gene – a gene that keeps the growth of cells in check – could lead to uncontrolled cellular growth. Example: an epigenetic alteration could “turn off” genes that help repair damaged DNA, leading to an increase in damaged DNA. This, in turn, could increase cancer risk.

Upregulating the Genes: Key nutrients such as magnesium may provide exciting gene-altering effects by upregulating 24 genes that reduce total fat storage and down regulate 36 other genes that promote weight gain.

Downregulating the Genes: POPs (Persistent Organic Pollutants) have gene-altering effects that can be devastating. They can induce Alzheimer’s disease later in life through altering gene expression in all aspects of the nervous system. One major goal of epigenetic research is to identify the healthy nutrient gene switches, such as magnesium. But we also must identify the broad range of common gene stressors such as heavy metals and persistent organic pollutants (POPs), and evolve innovative methods to eliminate them. The second major goal in epigenetic research is to identify the essential nutrients needed to obtain a healthy gene deck, especially the most deficient essential nutrients, i.e. minerals, EFAs (essential fatty acids), B vitamins and vitamin E.

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Types of Pesticides:

1) **Organophosphates:** pesticides that are generally derived from phosphoric acid and act on the enzyme, acetylcholinesterase.

Soil Degeneration: Soil study- After exposure to organophosphates, the soil nematode, *C. elegans*, showed negative alterations of three functional areas: metabolic processes, immune response and cellular repair mechanisms. After removal of the organophosphates, the nematodes returned to steady-state levels.

Alzheimer's Disease: Human study- Pesticides, specifically organophosphates and organochlorines, lead to Alzheimer's disease later in life by inhibiting acetylcholinesterase at synapses in the somatic, autonomic, and central nervous systems. These effects could alter gene expression with respect to the nervous system.

Mental/Motor Delays: Human study- Children exposed to higher levels of chlorpyrifos, an organophosphate, were "significantly more likely to experience Psychomotor Development Index and Mental Development Index delays, attention problems, attention-deficit/hyperactivity disorder problems, and pervasive developmental disorder problems at 3 years of age."

2) **Carbamates:** organic compounds derived from carbamic acid. Like organophosphates, it acts on the enzyme acetylcholinesterase but through different mechanism of action.

DNA Strand Breaks: Human study- Various classes of pesticides, including carbamates, increased the amount of DNA single strand breaks in both hepatic DNA and brain nuclear DNA as a result of increased reactive oxygen species and oxidative tissue damage from the xenobiotic exposure.

Double Strand Breaks: Research grass study- Methomyl, a carbamate pesticide used mainly on grasses for forage but not on fruits and vegetables, showed the pesticide "induced significant concentration-dependent increases in DNA damage of target cells compared with the negative control" and caused DNA double strand breaks (DSBs) in a time-dependent manner.

3) **Organochlorine pesticides:** organic compounds containing at least one covalently bonded atom of chlorine.

Example: the most famous organochlorine pesticide is DDT

Persistent Organic Pollutant ("POP"): organic compounds that are resistant to environmental degradation through chemical, biological, and photolytic processes
Concern: Because of their resistance to degradation, these compounds can significantly

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impact human, animal and plant health since they can persist in the environment, “travel” long distances via animal, human or even plant transport vectors, Bioaccumulate in human and animal tissue and even biomagnify in food chains.

DNA Hypermethylation: Large scale study- Various POPs including PCB, pesticide and dioxin levels in elderly people, showed that higher amounts of DNA hypermethylation are associated with elevated levels of POPs.

Curcumin Counteraction: Rat Study- Rats subject to exposure to perfluorooctane sulfonate (PFOS), a synthetic, widely use fluorinated surfactant, had significant DNA damage as evidenced by micronucleus frequency and decreased ratio of polychromatic erythrocyte to normochromatic erythrocyte in bone marrow. However, the rats treated with curcumin showed significant prevention of DNA damage than their counterparts.

Glyphosate: broad-spectrum systemic herbicide used to kill weed, especially annual broadleaf weeds and grasses known to compete with commercial crops.

Secondary Presentation Speaker: Meet Scott Sherr, MD!



Dr. Sherr is a Board Certified Internal Medicine Physician with additional Certification in Hyperbaric Medicine. He graduated Summa Cum Laude and Phi Beta Kappa from UCLA as an undergraduate and Magna Cum Laude with Alpha Omega Alpha distinction from the University of Maryland School of Medicine in Baltimore, Maryland.

Dr. Sherr is a member of the Undersea and Hyperbaric Medical Society as well as the Society of Hospitalist Medicine. He lives with his wife and two young daughters on the peninsula.

(End of Meet Scott Sherr!)

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Secondary Presentation by Scott Sherr, MD

“Hyperbaric Oxygen Therapy: Wound Healing & Anti-Aging”

Hyperbaric Oxygen Therapy is a safe and effective modality that effectively treats or ameliorates a host of ailments both physical and psychological. This presentation will delve deeply into the mechanisms of action in order to give the listener a sense of the possibilities of a pressurized 100% oxygen environment. It will also detail the FDA approved indications for therapy as well as cutting edge investigational applications including Stroke, Traumatic Brain Injury, PTSD, Parkinson's disease, Alzheimer's disease, Lyme disease, surgical recovery, and cognitive enhancement. Bring your questions!

(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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