

# Silicon Valley Health Institute

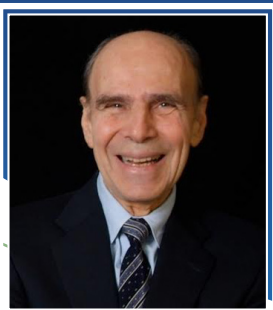
Host of the Smart Life Forum

Next Meeting: Thursday, August 20, 2015

## The August Presentation Panel:

*"New Approaches to Cancer Prevention and Treatment"*

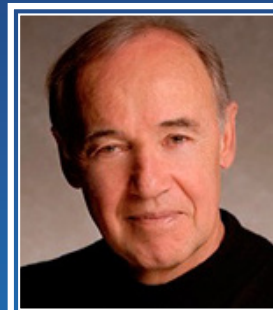
Richard Kunin, MD



Ahvie Herskowitz, MD



Len Saputo, MD



Bernd Friedlander, DC



### Smart Life Forum

#### Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

[www.SVHI.com](http://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:

SEPTEMBER 2015

Dave Asprey, Founder and CEO of  
Bulletproof

OCTOBER 2015

Steve Blake - Preventing and Improving  
Parkinson's Disease

### Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, August 29, 2015 @ 7:30pm

Rollin McCraty, PhD

HeartMath Workshop

Unity Community Church

Y.E.S. Hall

3391 Middlefield Rd, Palo Alto, CA

Please visit [www.FMBR.org](http://www.FMBR.org) for more info.

If you have questions please email  
[susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com).

Thank you.

### News Alert!

The board has decided to provide transcripts for our speakers' presentations. These transcripts will be provided for members only, and are expected to increase internet traffic to our site. These transcripts are provided by a generous donation by our chair, Dave Asprey. We will be working on these transcripts, so stay tuned!

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## *Panel Speaker: Richard Kunin, MD!*



Richard Kunin earned his M.D. degree at University of Minnesota in 1955. Internship in Brooklyn was followed by psychiatry residency at New York Hospital for three years; then two years on active duty as a military psychiatrist with US Army in Korea and at Valley Forge Hospital. As an NIH fellow at Stanford Medical Center, he researched “EEG in animal hypnosis” and reported its effect on hippocampal function. For the next ten years his private practice focused on behavior therapy and hypnosis for conditioning the “inner smile” and positive mood in facing life challenges.

Historic breakthroughs in ecology (Rachel Carson), megavitamins (Hoffer) and Orthomolecular concepts (Linus Pauling) then motivated Dr. Kunin to participate in the present historic controversy about the roles of diet and nutrients in medical practice. His career since 1970 has developed into Orthomolecular Health Medicine: documenting our patient’s individual molecular needs by laboratory testing and a supportive partnership to train our patients in Informed Self Care.

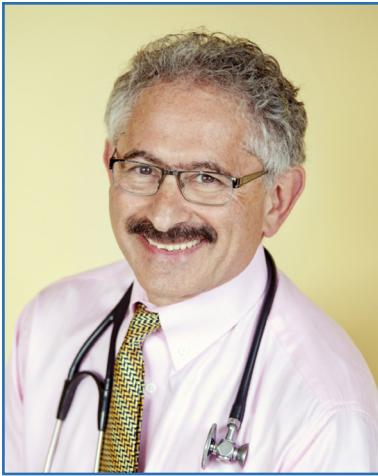
Orthomolecular advances have all been perceived as ‘fads’ by orthodox medical minds; but all these ‘fads’ for the past 50 years have turned out to be valuable and correct! Mineral analysis and hair biopsy in the 60s, Hypoglycemia and Antioxidants in the 70s, Amino acids in the 80s, Omega-3 EFA acids in the 90’s Methylation and DNA testing since 2005.

Vitamins B12 and Folates are now center stage after 50 years of neglect. Vitamins D and K have also come of age after a similar time span. Will the same fate befall Energy Medicine therapies, such as: thermal, magnetic, infra-red, ultraviolet and ozone? Dr. Kunin hopes to help popularize a strategy for Health Medicine including all the foregoing and with a conceptual template based on a deceptively simple formulation: Genetics, Mal-Nutrition, Pollution, Stress and Disease.

Orthomolecular Health Medicine is still in its infancy. We need to press on, learn more, and inspire others. What an exciting and fulfilling time to be a part of medical history!

*(End of Meet Richard Kunin!)*

## *Panel Speaker: Ahvie Herskowitz, MD!*

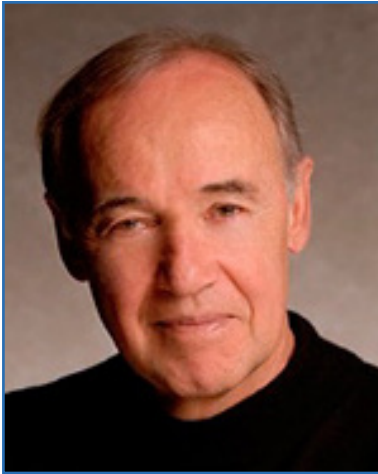


Dr. Ahvie Herskowitz is Clinical Professor of Medicine at UC San Francisco (UCSF) and is Founder of Anantara Medicine, a multidisciplinary integrative center in San Francisco. His training includes a medical degree from The Albert Einstein College of Medicine, residencies in Pathology and Internal Medicine, 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 Anantara, 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.

One difficulty cancer care providers are faced with is selectively penetrating cancer cells with chemotherapy, and protecting normal cells. IPT (Insulin Potentiation Therapy) can allow chemotherapy to enter and damage cancer cells more selectively and effectively by utilizing chemotherapy in conjunction with glucose and insulin. This strategy requires only 10% of conventional chemotherapy dosing, often minimizing adverse side effects on normal cells. Cancer cells utilize more sugar than healthy cells and are therefore more sensitive to insulin. Thus, the insulin used in IPT induces cancer cells to selectively take in chemotherapy, and any other agents that are utilized. Another difficulty is targeting which natural remedies are best for individual patients. Natural remedy sensitivity testing, and tracking effectiveness of treatment using circulating tumor cell markers in blood will be discussed.

*(End of Meet Ahvie Herskowitz!)*

## *Panel Speaker: Len Saputo, MD!*



Len is a board-certified internist with 50 years of experience. He has pioneered the development of an integrative, holistic, person-centered, preventive health care model called “Health Medicine.” He is the founder of the Health Medicine Forum, a non-profit educational foundation and the Health Medicine Center in Walnut Creek. Len is a practicing physician, motivational speaker, television and radio personality, and was formerly ranked number one in the world in men’s senior tennis by the International Tennis Federation. He is the author of the Nautilus Gold Award winning book, *A Return to Healing: Radical Health Care Reform and the*

*Future of Medicine*. Len’s free website, [www.DoctorSaputo.com](http://www.DoctorSaputo.com), has more than 2500 audio and video files organized to provide completely free integrative information on more than 30 common health care conditions. Len is also deeply involved in NIH funded research at UCSF on the use of infrared light therapy to speed healing and for pain management.

The practice of medicine is entering a new era where biophysics is able to explain biochemistry and physiology and is bringing exciting new therapies into clinical practice. In this presentation Len Saputo, MD, will explain how light therapies work and what they do in clinical practice with specific reference to managing the peripheral neuropathy so often seen with chemotherapy. He will share infrared images that demonstrate the amazing scope of practice that is possible to relieve pain and speed up the healing process.

*(End of Meet Len Saputo!)*

***Panel Speaker: Bernd Friedlander, DC!***



Bernd Friedlander, D.C., has a Bachelors Degree in Physical Education with emphasis in applied kinesiology from San Francisco State University, and a Doctorate of Chiropractic Degree from the Los Angeles College of Chiropractic. He has been involved in developing nutritional therapies since 1982. As result of his therapeutic formulas, he pioneered the research and use of nutrition and free form amino acids for improving athletic performance as a safe alternative to steroids.

Dr. Friedlander will discuss the use of cyproheptadine, an antihistaminic drug in cancer treatment. Cyproheptadine inhibits proliferation of hepatocellular carcinoma cells by blocking cell cycle progression through the activation of P38 MAP kinase.

*(End of Meet Bernd Friedlander!)*

## **Panel Presentation: Richard Kunin, MD, Ahvie Herskowitz, MD, Len Saputo, MD and Bernd Friedlander, DC**

### *“New Approaches to Cancer Prevention and Treatment”*

The panel of speakers will discuss the following new approaches for treating and preventing cancer:

- Cancer causes and defenses
- Orthomolecular diagnosis of cancer factors
- Cancer prevention and reversal
- The effect of diet impact on cancer. In particular, impact of a high sugar diet on cancer
- The use of light therapies in treating cancer pain and in managing the peripheral neuropathy often seen with chemotherapy
- The use of Insulin Potentiation Therapy (IPT) which allows chemo drugs to selectively enter and damage cancer cells. IPT allows a reduction in chemo drug dose of 90%

**Richard Kunin, MD will speak about the following:**

TREATABLE ORTHOMOLECULAR FACTORS IN CANCER

CANCER CAUSES AND DEFENSES

Inducers: ROS (p450 and WBC), Ischemia, Hormones, Metals, BPA, Phthalates (PPA)

Promoters: Steroids, inflammation; infection, (B12, Magnesium, B2= Glutathione and B12)!

Pathways: Inflammation, Transformation, Growth (polyamine), Metastasis (platelet, fibrin)

Preventives: cyp450 detox (Fe); SOD, CAT, GSH (Zn, Cu, Mn, Mg, B2); Hcy (Betaine, OH-B12)

Innate Immune (retinol,folinic); Redox (B3), Methylation (Folate, B12, B2, Se, Vit C, n3EFA.

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Curatives: Apoptosis, Necrosis, Fibrosis (collagen), Immune (AMA antibody and NK cell).

#### ORTHOMOLECULAR DIAGNOSIS OF CANCER FACTORS:

Genetic:

Hemochromatosis, Coagulation (Hcy, Lp(a), Fibrinogen), Hypo-methylation (MTHFR, BHMT).

Deficiency: C, A, D, E, K, n3, B12, Folate, B2, B3, CoQ, Selenium, Iodine, Zinc.

Pollution:

Alcohol, Fluoride, Glyphosate, Metals, DDT, PCB, Dioxin, Aflatoxin, Benzpyrene.

Stress:

Insomnia, Grief, Anxiety, Depression, Pain, Schizophrenia, Chronicity, UV, Ischemia, Inflammation, Gluttony, Mg, Folate, B-carotene, B1, B2, B6, Citrulline, Methionine, T3, Drugs.

Disease Malabsorption, Scurvy, Infection Virus (HSV2) or Bacteria), Immune deficiency (HIV).

#### CANCER PREVENTION:

Immune support (A, D, E, K, Cu, T3, TMG (lower Hcy))

Anti-inflammation (aspirin, multi-herbals, ALA and GLA)

Anti-coagulation (aspirin, betaine, heparin, natto, niacin)

Immune stimulating (mushroom; folinic, retinol-retinoic)

Phytosterol (Salvestrol, artemisinin, genistein, turmeric, red clover, scute)

Anti-angiogenic (betaine, cartilage, ASA, Red clover, Bindweed)

#### CANCER REVERSAL:

Iodide (SSKI) (Lugols?)

Retinoic acid

Cancer diets: Vegan, Ketogenic, Gerson

Vitamin K plus Vitamin C combined

Poydock: B12 as Hydroxocobalamin plus vitamin C intravenous Enzyme (Bromelain (Trypsin)

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**Ahvie Herskowitz, MD will speak about the following:**

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*(End of Panel 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](http://www.SVHI.com).

For questions, please contact Susan Downs at [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com).

### **Become a Member!**

Smart Life Forum, Inc. (SLF) is a California qualified 501(C)(3) nonprofit corporation organized under state law for educational and scientific purposes as a public benefit corporation. Please make your check payable to “Smart Life Forum, Inc.” Please provide your email address as well.

**Annual Membership \$60 (per household)**

**\$10 per Meeting**

**Benefits:** Access to a community of experienced scientists and physicians who share information and similar interests.

**Join Us!** First time Visitors and Non-Members \$10 per meeting (at door).

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