

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, September 17, 2015

Main Presentation: Dave Asprey

“Willpower, Decision Making and Food”

Second Presentation: Leslie Dethlefsen

“The Role of Gut in Health”

Extra Article by Bernd Friedlander, DC

Smart Life Forum

Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

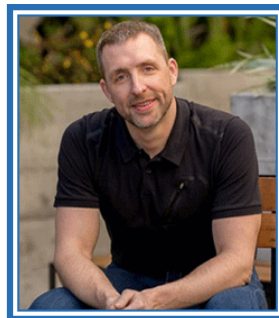
www.SVHI.com

For those who cannot attend,
you can view livestreaming at

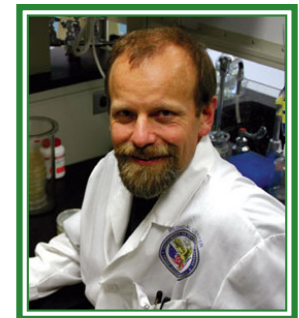
<http://bit.ly/Zpld3o>

See our archived videos at

<http://tinyurl.com/smartlifeforum>



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by Bernd Friedlander, DC

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Announcements & Upcoming Events

Upcoming Speakers:

OCTOBER 2015

Steve Blake - Preventing and Improving
Parkinson's Disease

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, September 25, 2015 @ 7:30pm

Edwin May, PhD

"Whatever Happened to Star Gate?

Military & Intelligence use of Anomalous
Cognition"

Unity Community Church
Y.E.S. Hall

3391 Middlefield Rd, Palo Alto, CA

Please visit www.FMBR.org for more info.

If you have questions please email
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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Main Presentation Speaker: Dave Asprey!



Dave Asprey, *The Bulletproof Executive*, is a Silicon Valley investor and technology entrepreneur who spent two decades and over \$300,000 to hack his own biology.

Dave lost 100 pounds without counting calories or excessive exercise, used techniques to upgrade his brain by more than 20 IQ points, and lowered his biological age while learning to sleep more efficiently in less time. Learning to do these seemingly impossible things transformed him into a better entrepreneur, a better husband, and a better father.

Dave is the creator of the widely popular Bulletproof Coffee, host of the #1 health podcast, Bulletproof Radio, and author of the New York Times bestselling book, *The Bulletproof Diet*. Through his work Dave provides information, techniques and keys to taking control of and improving your biochemistry, your body and your mind so they work in unison, helping you execute at levels far beyond what you'd expect, without burning out, getting sick, or allowing stress to control your decisions.

Dave's newest venture Bulletproof Coffee shops and cafes: the first opened in Santa Monica, California in mid 2015.

(End of Meet Dave Asprey!)

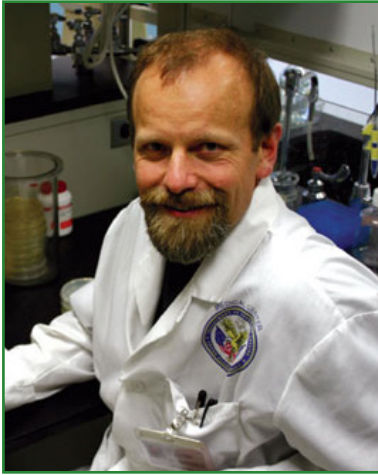
Main Presentation: Dave Asprey

“Willpower, Decision Making and Food”

Join well known biohacker Dave Asprey, ranked the 11th most influential voice in health and wellness, who is also SVHI Chairman, to learn about how food impacts decision making and willpower. The talk covers the exact amount of ketones you need and how to get them, how to control your hunger hormones, reset your appetite to match your body weight, and how toxins impact your willpower and decision making. Learn more about food and your adrenals and how hypoglycemia triggers stress, and what to do about it. Walk away understanding exactly what you can put on your plate to make better decisions every day...and have pants that fit you better!

(End of Main Presentation)

Secondary Presentation Speaker: Les Dethlefsen!



Les Dethlefsen, PhD, a postdoctoral scholar in microbiology and immunology at the School of Medicine. His current research aims to try to identify the many varieties of microbes found in the human body and to see how these communities of microbes change over time.

Since joining the Relman lab in 2004, he has been studying the microbes (mostly bacteria) that normally live in the human colon. There's something like 100 trillion microbial cells of thousands of different types living in and on a typical human body, and about 90% of them are in the large intestine. In the last few years there has been an explosion of research into the human microbiota. The reason for all this attention is a growing realization that our native microbes play a huge role (or many huge roles) both in keeping us healthy and in making us sick.

(End of Meet Les Dethlefsen!)

Secondary Presentation: Les Dethlefsen

“The Role of Gut in Health”

Diseases can be treated, cured or even prevented by manipulating the gut microbiota. There is a lot of person-to-person variation in the gut microbiota among apparently healthy people. There's also variation in the gut microbiota of a single person from day to day, month to month, year to year. Dr. Dethlefsen is researching the dynamics of the gut microbiota, how the community changes over time both when people are following their usual routine, and when there is a disturbance such as eating something new, taking a course of antibiotics, or having a colon cleanout (like what happens before a colonoscopy).

(End of Secondary Presentation)

Extra Article Presentation by Bernd Friedlander

“Energy and Regeneration”

Aging involves a decrease in metabolic rate, increased inflammation (as both cause and effect of aging), and decrease in protein renewal - which leads to a decrease in energy production. Regenerative processes, such as tissue rebuilding, decline as we age. What can we do to slow aging, boosting energy and regeneration?

Intermittent fasting helps to promote autophagy, or autophagocytosis, which is the breakdown and recycling of waste from within the cell (such as mis-folded proteins and cellular organelles) by the lysosomes. Autophagy is a response to nutrient starvation, as well as a housekeeping process whereby long-lived proteins and organelles are recycled - e.g. mitochondria. Autophagy leads to improved liver function, cellular repair and cell energy.

Raising NAD⁺, lowering HIF-1 (hypoxia-inducible factor 1) improves intra and inter cell communication. HIF-1 affects cell communication and therefore is involved in cancer, diabetes, heart disease, arthritis, Alzheimer's, Parkinson's and aging. It also switches respiratory enzymes to aerobic glycolysis.

Cancer is potentially controllable through the use of anti-proliferative and anti-mitotic drugs and natural compounds. A mitotic inhibitor is a compound (such as EGCG) that inhibits mitosis (cell division) by disrupting microtubules, structures that pull the cell apart when it divides. Mitotic inhibitors are used in cancer treatment because cancer cells grow and spread through the body by continuous mitotic division. So cancer cells are more sensitive to inhibition of mitosis than normal cells. Dr. Friedlander will discuss research at a US university on a variety of botanicals which are selectively anti-mitotic in cancer cells and support neurogenesis.

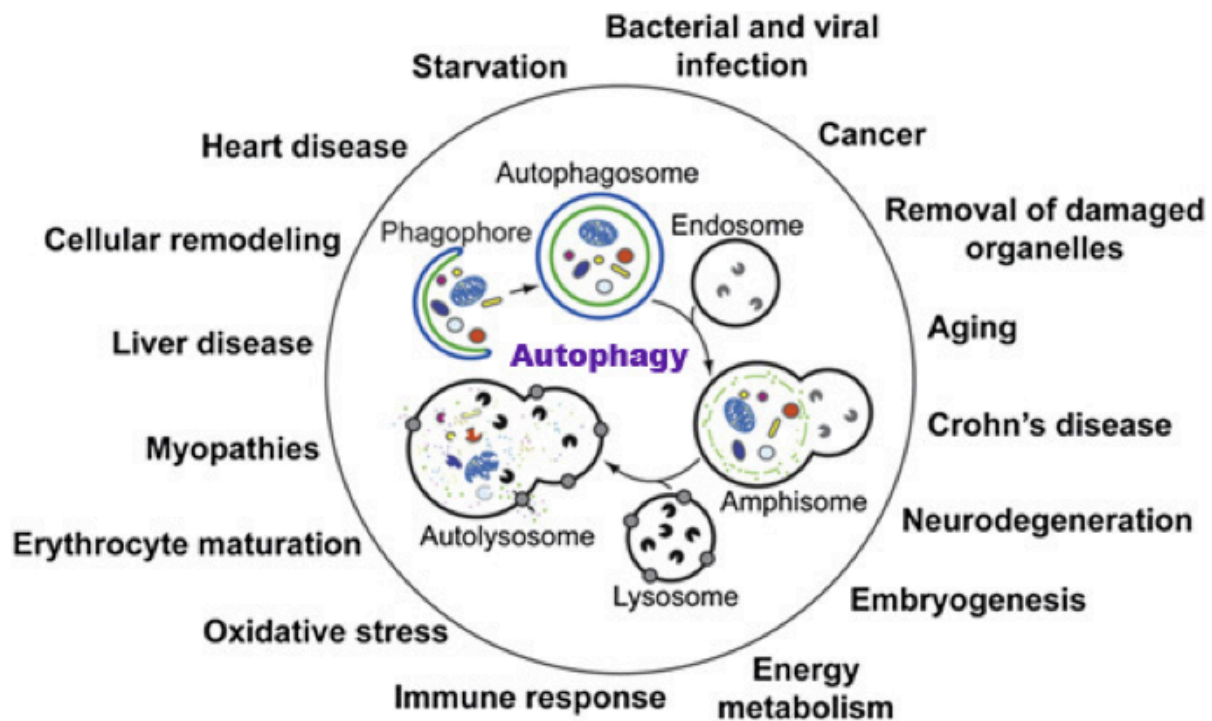
With nutrition and botanicals we may be able to control these diseases simply by controlling proliferation, mitosis, inflammation, lowering HIF, raising NAD⁺ and increasing mitochondrial function.

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If we can increase our metabolic rate, we can maintain our NAD⁺ levels (which is linked to thyroid). Elevated thyroid function is linked to several other key chemical pathways for long life. Unfortunately, there is a large number of undiagnosed or improperly treated cases of thyroid dysfunction in the US population.

By restriction of certain amino acids (e.g., methionine and tryptophan) in our foods we can lower oxidative damage, inflammation, glycation, mitochondrial damage, thyroid dysfunction and we can achieve similar results as caloric restriction. One of the potential mechanisms of action is the mTOR pathway, which controls cellular proliferation, protein synthesis, insulin and IGF-1. All of which are activated in cancer, diabetes, cardiovascular disease and aging. Mammalian Target of Rapamycin (mTOR) is a central regulator of cell growth, regulating the balance between cell growth and autophagy in response to nutritional status, growth factor and stress signals.

For energy and regeneration, an individual should have the right (positive) mental attitude, physical activity, environment and optimal levels of light (waking hours) and dark (for sleep).



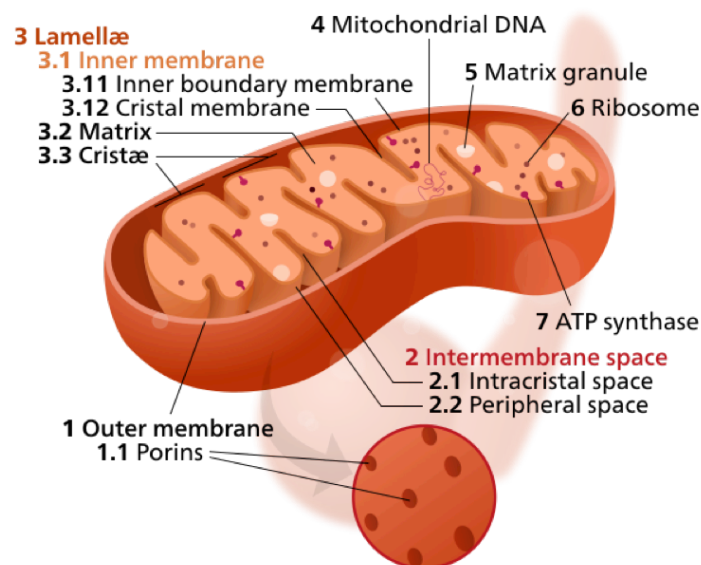
Klionsky DJ. The autophagy connection. *Developmental Cell* 19:11-12 (2010)

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Mitochondria

Mitochondria are "cellular power plants" because they generate most of the cell's supply of adenosine triphosphate (ATP), a source of chemical energy. Mitochondria are involved in other tasks such as signaling, cellular differentiation, cell death, as well as the control of the cell cycle and cell growth. Mitochondria have been implicated in several human diseases, including cardiac dysfunction, and play a role in the aging process. Each cell type may have smaller or larger numbers of mitochondria, with liver cells having the most (about 2000) and red blood cells having the least (none). More recent research indicates that autism, especially severe autism, is correlated with mitochondrial defects (Biosciencetechnology.com, May 2014).

Given the role of mitochondria as the cell's powerhouse, there may be leakage of high-energy electrons in the respiratory chain to form reactive oxygen species. This may cause oxidative stress in the mitochondria with high mutation rates of mitochondrial DNA (mtDNA). Links between aging and oxidative stress were proposed in 1956 (by D. Harman) which was later refined into the mitochondrial free radical theory of aging (also D. Harman). A vicious cycle may occur, as oxidative stress leads to mitochondrial DNA mutations, which can lead to enzymatic abnormalities and further oxidative stress. In mainstream medicine, there is debate over whether mitochondrial changes are causes of aging or merely symptoms of aging and the exact relationships between mitochondria, oxidative stress, and aging have not yet been settled.



(End of Extra 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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