

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, October 15, 2015

Main Presentation: Steven Blake, ScD

“Neuroprotection of Brain Cells in Parkinson's Disease”

Second Presentation: Sergio Azzolino, DC, DACNB

“Parkinson Disease Rehabilitation”

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:

NOVEMBER 2015

William Walsh, PhD, FACN
"Nutrients and Mental Health"

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, October 30, 2015 @ 7:30pm

Wagner Alegretti

"Bioenergy (Chi) and Vibrational State
Detection via fMRI"

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: Steve Blake, ScD!



Steve Blake, ScD is faculty nutritional biochemist at Hawaii Pacific Neuroscience. He has offered many classes at the University of Hawaii. He has designed the Hawaii Dementia Prevention Trial, a clinical study at the Hawaii Alzheimer's Disease Center. He is personally involved in conducting this clinical trial using dietary changes and with nutrients found in his targeted nutritional supplement Brain and Body Food.

Steve Blake is author of the 2008 McGraw-Hill college textbook Vitamins and Minerals Demystified. He is also the author of How NOT to get a Heart Attack, Arthritis Relief, A Nutritional Approach to Alzheimer's Disease, and Understanding Fats and Oils. He has written Mosby's Alternative Remedies and is co-author of Mosby's Drug Guide for Nurses, 4th edition.

Steve Blake authored the Diet Doctor, software for analyzing dietary nutrients. This software allows detailed analysis of your dietary fats, tocopherols, carotenoids, and many other nutrients. He has also maintained one of the world's largest databases of plants used medicinally, called the Herb Doctors.

Steve Blake studies scientific research on the connections between food and disease. He sees himself as a translator of the medical literature into understandable, science-based language. Steve Blake attended the University of California. He is a research specialist in nutritional biochemistry. He lives on a solar-powered, organic farm on Maui with his wife Catherine.

Email: steve@DrSteveBlake.com

Website: www.DrSteveBlake.com

(End of Meet Steve Blake)

Main Presentation: Steve Blake

“Neuroprotection of Brain Cells in Parkinson's Disease”

What factors protect our brain cells from destruction? When Parkinson's disease is first diagnosed, 60% of the brain cells that produce dopamine may already have died off. Those of us who are not diagnosed with Parkinson's disease may already have lost some of our dopamine-producing brain cells. Even with Alzheimer's disease, by the time that it is diagnosed, 30% of our total brain cells may have already died. Clearly, neuroprotection of our brain cells is crucial. Starting protection before diagnosis is important.

- We must protect our brain cells from neurodegenerative disease
- Find out which antioxidants in food and spices can help protect our brain cells
- Learn about pollutants in food to reduce risk and progression of neurologic diseases
- Discover specific foods, spices, herbs, and supplements to reduce risk of Parkinson's disease
- Explore anti-inflammatory substances from food that can reduce death of neurons

Introduction to Parkinson's disease

In Parkinson's disease, brain cells in the mid-brain (the substantia nigra pars compacta) can slowly die off. These cells make the neurotransmitter dopamine. With less dopamine, Parkinson's disease may develop with rigidity, tremors, and gait disturbances. Protecting these dopamine-producing cells from death is our goal.

Those of us without Parkinson's disease are interested in risk reduction. Those of us with Parkinson's disease will want to reduce progression of the disease. The interventions that I am teaching can achieve both risk reduction and slowing of progression. I will tell you about dietary changes that may increase the supply of dopamine at any stage. I will outline the pollutants that can kill neurons before and after diagnosis. Antioxidants can protect the remaining dopamine-producing cells before and after diagnosis of Parkinson's disease.

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I will also outline techniques to slow the buildup of Lewy bodies, which can lead to Lewy body dementia.

Lewy body dementia affects 1.3 million individuals in the United States alone. A type of cognitive impairment, Lewy body dementia can accompany Parkinson's disease. It is characterized by the presence of Lewy bodies, which are clumps of alpha-synuclein protein inside neurons. Some flavonoids have been shown to reduce the formation of Lewy bodies... and even break them up.

The early signs of Parkinson's may be subtle: Slight shaking of a finger, hand, leg, or lip; Stiffness or difficulty walking; Difficulty getting out of a chair; Small, crowded handwriting; Stooped posture and a masked, frozen face.

Parkinson's disease can be progressive. Doctors measure the stages by a careful assessment of the symptoms. The "Hoehn and Yahr Scale" rates 1 as almost normal and 5 as wheelchair-bound. In the "Unified Parkinson Disease Rating Scale" 0 is normal and 4 is severe for each of the four tests: mental clarity and function, behavior and mood, activities of daily living, and movement.

What drugs are used for Parkinson's disease? The standard of care for Parkinson's disease is levodopa (L-dopa) therapy, sometimes used with carbidopa. Unfortunately, the "large neutral amino acids" contained in dietary proteins may compete with levodopa for both intestinal absorption and transport across the blood-brain barrier. This competition can limit the effectiveness of levodopa and can cause fluctuations in protection against symptoms such as tremors.

Increasing Dopamine Production With Diet

Dietary tyrosine can be converted into levodopa. Also, levodopa can be taken as a drug. Levodopa is then converted into dopamine. Excess dopamine is broken down by "monoamine oxidase."

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One diet was found to improve motor performance in Parkinson's disease patients. "After one month on this diet, motor function scores were about twice as good as in the normal diet group." This diet involves reduced protein, which increases transport of levodopa and tyrosine into the brain to produce more dopamine. Levodopa is made in our bodies from tyrosine (enzyme: Tyrosine Hydroxylase). There is some good research about improving the effectiveness of levodopa with diet and it will be my pleasure to present it to you.

Which Food Contaminants Destroy Dopamine-Producing Neurons?

Certain food contaminants can increase risk and speed up progression of Parkinson's disease. One large study showed a 60% reduced risk of Parkinson's disease with decreased dietary intake of a common food. Another study showed an 80% reduced risk with less of this same food. Certain pesticides also may increase risk and progression of Parkinson's disease. Several industrial pollutants were found to concentrate inside dopamine-producing brain neurons, thus increasing risk and damage in Parkinson's disease.

Foods That Reduce Risk and Progression of Parkinson's Disease

There are many common foods that can protect brain cells. Some of these foods have been found to improve spatial learning and memory. Others restored tyrosine hydroxylase and dopamine transporters in the midbrain. Restored levels of dopamine in the striatum were also observed with certain food components. Some foods have anti-inflammatory action on the brain. Flavonoids can be protective. A large study of over 130,000 people for over 20 years showed a 25-40% less risk of developing Parkinson's disease with certain flavonoids.

Nicotine-containing foods reduced risk of Parkinson's disease. Potatoes, tomatoes, and peppers reduced risk of Parkinson's disease by 19%. Peppers had the biggest protective effect, cutting risk in half. In people who never smoked, risk was reduced 87%. Nicotine reduces monoamine oxidase-B (MAO-B), which is the enzyme that eliminates dopamine from brain cells. With more bell peppers, there may be more dopamine available.

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Antioxidants Protect Brain Cells in Parkinson's Disease

We need adequate dietary and supplemental antioxidants to protect brain cells. Oxidative stress can trigger a cascade of events that leads to the death of dopamine-producing neurons. In Parkinson's disease, rigidity and tremors generate extra reactive oxygen. The enzyme that transforms tyrosine into levodopa, tyrosine hydroxylase, can also create reactive oxygen. When we metabolize dopamine, we can create reactive oxygen as an undesirable side effect.

We do make our own protective antioxidants: superoxide dismutase (SOD) and Glutathione Peroxidase, among others. These enzymes will not function without zinc, copper, manganese, and selenium. Coenzyme Q10 is another internal antioxidant. Plant antioxidants include carotenoids in fruits and vegetables, vitamin C as ascorbates, vitamin E in the natural forms, and polyphenols in berries and other plants. There is fascinating research about which antioxidants are most effective.

Protective Plants and Natural Substances

There are five plants with good research showing antioxidant protective action on our dopamine-producing cells. A couple of plants can help us combat Lewy body dementia. A couple of flavonoids have even been found to disaggregate Lewy body proteins.

I have found six different natural substances that can decrease inflammation in the brain. Brain inflammation can cause excessive activation of our glial cells, potentially resulting in brain damage.

What We Can Do

We can greatly decrease our risk of Parkinson's disease with certain spices, vitamins, supplements, minerals, foods, and by staying away from the foods that may be damaging. Dietary changes have been found to decrease symptoms, such as tremors. I look forward to presenting this information to you.

www.DrSteveBlake.com

(End of Main Presentation)

Secondary Presentation Speaker: Sergio Azzolino, DC, DACNB!



Dr. Sergio F. Azzolino is an internationally renowned clinician who has been serving his profession and patients from around the world since 1995. On May 24, 2012 he was appointed by Governor Edmund G. Brown, Jr. to the California State Board of Chiropractic Examiners, and in January of 2014, he was elected Chairman of the Board. He continues to also serve as Chairman of the Scope of Practice and Enforcement Committees.

Dr. Azzolino obtained a Doctor of Chiropractic from Life Chiropractic College West in 1995 where he graduated Salutatorian and Summa Cum Laude, received the Clinic Excellence Award for his graduating class, and was given various other awards and honors for his accomplishments such as the Excellence in Care citation.

He holds Board Certification in Chiropractic Neurology through the American Chiropractic Neurology Board as well as Board Certification in Pain Management through the American Academy of Pain Management. In 1997, Dr. Azzolino was appointed to the American Chiropractic Neurology Board, was elected vice president for three terms, and continues to serve in this capacity.

Dr. Azzolino is a Fellow of the American College of Functional Neurology and of the American Board of Childhood Development Disorders. He is appointed as an examining Board Member of the American College of Functional Neurology. He also serves on the editorial board of the Journal of Functional Neurology, Rehabilitation, and Ergonomics.

He was voted Chiropractic Neurologist of the Year in 1999 by the American Chiropractic Association Council on Neurology, and Clinician of the Year in 2010 at the International Conference of Functional Neurology.

Dr. Azzolino has blended his background in nutrition and sports medicine with years of advanced post doctorate training in Functional Medicine and Neuroimmunological Studies to provide a comprehensive and unique approach to his patients' care. He is currently participating in the Fellowship for Post Traumatic Brain Injury, and has completed advanced studies in the diagnosis and treatment of vestibular and movement disorders through the Carrick Institute for Postdoctoral Education. He is able to assist in the non-pharmaceutical treatment of these conditions in all age groups.

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He is currently the director of Azzolino Chiropractic Neurology & Integrative Wellness, which is a multidisciplinary practice of functional neurologists, medical and naturopathic physicians specializing in the diagnosis, treatment and rehabilitation of complex health issues, as well as longevity medicine. Dr. Azzolino has worked with numerous professional and amateur athletes in their quest to maximize their neuromusculoskeletal system and has assisted in their recovery from injuries. Patients from around the world have traveled to Dr. Azzolino's center and benefited from his clinical acumen.

Dr. Azzolino is also the executive director of Brain Balance Center of San Francisco – a learning center dedicated to assisting children with learning disabilities, autism, ADHD, processing, and various neurobehavioral disorders.

He served as a faculty member at Life Chiropractic College West where he was a senior instructor in the clinical science department and has written several courses and lectures on various neurological conditions such as peripheral neuropathies, repetitive stress injuries, and post-traumatic head injuries. Dr. Azzolino is currently honored to be an Assistant Professor of Clinical Neurology for the Carrick Institute for Graduate Studies. From 2008-2010, Dr. Azzolino served as the Northern California Delegate to the American Chiropractic Association. He served as a Qualified Medical Evaluator in the State of California and as an expert witness for disputes in workers' compensation and personal injury cases.

Dr. Azzolino is a native San Franciscan, graduate of Saint Ignatius College Preparatory, and a San Francisco State University Alumnus. He is a supporter of numerous local charities. Dr. Azzolino has carried his knowledge abroad to provide charitable services to patients in many countries; he was a member of the Airline Ambassadors International and Wheel Chair for the World Foundation health care teams, providing care to children in orphanages in Ecuador. In his off time, he enjoys spending time with his two beautiful children and is dedicated to coaching their baseball and soccer teams.

(End of Meet Sergio Azzolino)

Secondary Presentation: Sergio Azzolino, DC, DACNB *“Parkinson Disease Rehabilitation”*

Dr. Azzolino will discuss brain based rehabilitative strategies to maximize brain function in health and disease. He has achieved international success with his brain rehabilitation programs for the treatment of traumatic brain injuries, balance and movement disorders, and a variety of chronic illnesses such as Parkinson’s Disease. He has also worked with numerous professional athletes and individuals striving to maximize their performance.

With the use of innovative and advanced technologies, he is able to customize an individualized brain based program that enhances brain function such as visual-motor integration, balance and coordination, speed and reaction times, working memory and cognitive aspects.

(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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