Silicon Valley Health Institute

host of the Smart Life Forum

NEXT MEETING: Thursday, December 20, 2012, at 7pm

Walter H. Wainright

"Improving Cellular Immunity"

Holiday Potluck

At the start of the December 20 meeting

SMART LIFE HOLIDAY POTLUCK

Let's come together and share some healthy foods in the light of wellness and longevity this Holiday Season!

Kathleen Critchett will be coordinating our Christmas Potluck. Kathleen has been a lover of healthy living and eating since the "back to nature" movement in the 70's. She's spent many years studying nutrition and supplement's and is a self-taught wellness coach. She has been using her knowledge to help herself heal from cancer using healthy, non-GMO whole plant foods and natural supplements.

So please bring your favorite raw food dish. Or, if preparing dishes is not your thing, please bring a bottle of Martinelli sparkling apple cider or some organic vegetable juice. Some simple things to bring that require little or no preparation include: organic apples, pears, persimmons, sliced mango, grapes, raw nuts and seeds, cucumbers, broccoli, bell pepper, and celery sticks with raw hummus.

For those members who might prefer other foods, there will be a small non-vegetarian table.

Looking for more inspiration? Click the link below!
http://www.svhi.com/2012/12/recipes.pdf

Let's be smart and celebrate the holiday season in a healthy way!

Presentation Location:
Cubberley Community Ctr.
Room H1
4000 Middlefield Rd.
Palo Alto, California
Driving directions on our website,
www.SVHI.com

For those who cannot attend we have live streaming and video archiving at http://www.SVHI.com/live

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Foundation for Mind Being Research (www.FMBR.org)
January 25 (the fifth Friday) Meeting: Julia Assante, will be our speaker.
Her topic will be: "The Last Frontier: New Visions of the Afterlife", www.juliaassante.com/ (Her website)

Meet Walter H. Wainright:

Founder and Chief Counselor for Haelan Research Foundation, a United States Government approved 501(c)(3) Public Foundation.

Mr. Wainright, an honors graduate of Tulane University, is an internationally known lecturer with more than 20 years' experience in researching the prevention and treatment of cancer and other chronic diseases with soy phytochemicals. Mr. Wainright's research has received recognition by the National Cancer Institute in the United States and several leading cancer centers in Europe. Mr. Wainright has collaborated with the Institute for Laboratory Medicine in Recklinghausen, Germany on reversing DNA damage and improving gene expressions in cancer cells with soy phytochemicals. He has designed and completed clinical trials in Asia, Europe and the United States showing the human health benefits of dietary soy phytochemicals. His research and experience with humans documents the benefits of soy therapy for both the prevention and treatment of estrogen receptor positive breast, ovarian, prostate and other cancers. Mr. Wainrights' research also addresses how the soy phytochemicals protect cancer patients from chemotherapy induced cell mutations, related toxicity, infections, leukopenia and anemia; it also enhances cancer cell killing effectiveness 8-10 times greater than chemotherapy treatments by themselves. His research has been the subject of several peer reviewed articles on killing treatment resistant cancer stem cells. Mr. Wainright is an internationally recognized lecturer. He has lectured at the Royal Society of Medicine in London, the European Society of Anti-Aging Medicine in Vienna, and other prestigious conferences in Europe, Brazil and North America.

Future Speakers:

January 17, 2013
Filomena Trindade, MD
"Environmental Toxins"

February 21, 2013
Gar Hildenbrand

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 Mike Korek at (650) 941-3058.

(*MAIN PRESENTATION,)*

Main Presentation:

Improving Cellular Immunity

by

Walter H. Wainright

Surviving treatment resistant cancers and preventing age related decreases in hormones that are tied to reductions in cellular immunity.

Hormones provide "cellular immunity" to the mother and to her fetus through the umbilical cord (1). The cellular immunity of adults, both men and women, are also influenced by these hormones throughout their life. "Cellular immunity" and its protective mechanism are not widely recognized because people think of immunity in terms of NK cells, T-cells, and other immune cells circulating in the blood. This is not the "cellular immunity" that is the subject of this presentation.

Cellular immunity is provided by one of the two estrogen receptor sites that are in the nucleus of every cell in our bodies (2,3,4). The estrogen receptors are the alpha (ER-α) and the

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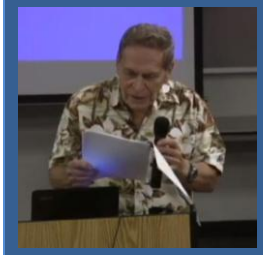
Remembering Mike Korek



"With a smile for all, and love for Smart Life, Mike was a wonderful loving person with a heart as big as gold. He gave to those in need and was instrumental in Smart Life's Success. He is loved and will be missed by us all."

(*MAIN PRESENTATION, continued)*

estrogen receptor beta (ER-β), located in the nucleus of our cells. The estrogen receptor beta, in spite of its name, is not an estrogen receptor site ---- it is an anti-estrogen receptor site. It provides our "cellular immunity". It kills cancer cells, bacteria, viruses, builds bones, and prevents mental mood disorders.

All estrogens are absorbed in the liver 95-98% , which only has ER-α activity. There is no ER-β activity in the liver because the compounds that have affinity to this site are not estrogens, are not toxic and do not require detoxification by the liver (5) . The estrogen receptor beta (ER-β) would be better described as the 3-Beta Adiol receptor site. Estrogens do not have an affinity for the ER-β site (6,7). Hormones, like the adiols, and soy phytoestrogens, go to the ER-β site. These compounds are anti-estrogenic, increase immunity and and when in the presence of other metabolites of estrogen and testosterone exert anti-cancer effects within the cell (8,9).

Estrogens increase cell proliferation, are carcinogenic, increase ER-α sites in the cells, and increase cancer risks. As men age the hormones testosterone and 3-Beta Adiol decrease and estrogens increase. Decreased ER-β receptor sites increases cancer rates because of reduced DNA protection provided by the anti cancer compounds that are normally being delivered to the nucleus of our cells.
Old men have higher estrogen levels than women of the same age (10), and in the absence of the ER-β protection, the estrogens damage the DNA increasing cancer risks. As women age, their estrogen levels decrease as well as their levels of 3-Beta Adiol. The reduction of 3-Beta Adiol results in decreased "cellular immunity" in both the aged man and woman. This results in higher rates of prostate cancer in men, higher ovarian cancer rates in women and other cancers in both men and women. Estrogens are classified as carcinogens and are considered by many to be the cause of these cancers.

The problem is not that estrogens are carcinogenic but there is a decrease in ER-β receptors and the reduced quantity of anti-cancer compounds delivered to the cells in old age. These men and women have lost the cancer killing "cellular immunity" provided by the Estrogen Receptor beta (ER-β) and the anti-cancer compounds that have affinity for this receptor site (4). For example, we don't see young women getting ovarian cancers while their estrogens are high because their ER-β protection is also high at that age. We see the postmenopausal women getting ovarian cancers when their estrogens are low because

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(*MAIN PRESENTATION, continued)*

their ER-β protection is low at that age. Their problem, like the old men, is their ER-β protection is low. The estrogens damage the DNA in men and increase prostate cancer rates. Similarly, the postmenopausal women get ovarian cancers when their estrogens are low because they have both fewer ER-β receptors and lower levels of the 3-Beta Adiol, 2-methoxyestradiol, and/or other anti-cancer compounds being delivered to the cells because of the reduction in ER-β receptors in their cells.

Therefore, it is important for the "anti-aging" practitioner to recognize that the management of estrogens, estrogen receptors, estrogen metabolism, and "cellular immunity" are important factors influencing both the lifespan and quality of life of the people. The ideal diet decreases the ER-α sites within the cell, increases the number of ER-β sites in the cells, and delivers high quantities of hormones, like 3-Beta Adiol and other anti-cancer "cellular immunity" enhancing compounds to the ER-β receptor sites within the cells.

The single most important event in the development of cancer is the loss of the Estrogen Receptor Beta (ER-β) protection (4). Healthy people have greater numbers of ER-β in their cells than ER-α. Cancer patients have greater numbers of ER-α sites in their cells than ER-β. The soy phytoestrogens increase the number of ER-β in the cells, decrease the number of ER-α in cell, occupy the ER-β receptor sites, provide the same protection as 3-Beta Adiol and kill cancer within the cells (4,8,9,10, 11, 12,13). This is the cellular immunity that is lost in aged men and women. This protection can be both increased and restored promoting longer and healthier lives for those of all ages.

The greatest role of soy phytoestrogens and the other compounds that occupy the ER-β may be found in the field of anti-aging and preventive medicine because of their ability to improve gene expressions and repair DNA damage. This results in the prevention of diseases and improvement in disease conditions caused by existing DNA damage. Cancer patients can benefit because conventional chemotherapy and radiation treatments do not kill cancer stem cells (14) whereas the soy phytoestrogens have been shown to improve cellular differentiation which prevents the formation of cancer stem cells. In addition they induce apoptosis in cancer stem cells. They kill cancer cells that grow in women during their monthly cycle of reduced immunity to allow pregnancy (1,14,16). Mechanisms of action include improved gene expressions, DNA repair, anti-angiogenesis, restoration of apoptosis, immune stimulation, detoxification, improved estrogen receptor status and metabolism, enhanced organ function, reduction of cell division times (mitosis), suppression of cancer promoting genes, prevention of cancer cell mutations and increased cellular immunity.

The "cellular immunity" is most often overlooked by the Professional Health Care Provider.
These are all important in the field of "anti-aging" medicine. **Lessons may be drawn from these studies applicable to fermented soy research benefits for both (a) Nutrition to support wellness for normal populations and (b) in conjunction with health care providers, Adjuvant Nutrition for people concerned with cancer.**

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(*MAIN PRESENTATION, continued)*

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Walter H. Wainright, President
Haelan Research Foundation
Contact: Mobile Phone: 425-269-7798
E-Mail: haelanresearch@gmail.com
http://en.wordpress.com/tag/haelan-research-foundation/

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(*MAIN PRESENTATION, continued)*

Summary of key points:

1. In any tumor, 99.1% to 99.9% of the cells in the original tumor are non-malignant cancer cells. These do not hurt people unless space is limited, like in the brain, and they can't spread to vital organs.

2. In any tumor 0.1% to not more than 0.9% of the cells in the original tumor are cancer stem cells. These are the ones that kill people.

3. Chemotherapy and radiation do not kill cancer stem cells, **they only selectively kill the non-malignant cells in the tumor** --- this is why the death rate from metastatic cancer has not dropped in the last 30 years. This was published in CANCER RESEARCJ in 2006 and confirmed by Dr. Max Wicha University of Michigan stem cell expert on the following link:
http://wn.com/professor_max_wicha__breast_cancer_stem_cell_regulation

4) Humans have "Cellular Immunity" in addition to NK cells, T-cells and other immune cells circulating in the blood. The "cellular immunity" is derived from the Estrogen Receptor Beta (ER-β) sites within cells and the compounds that have affinity to the ER-β receptor sites. They repair DNA damage, restore cell differentiation and have mechanisms that can kill cancer stem cells from within the cells.

5) Decrease of Estrogen Receptor Beta (ER-β) expression is the key event in cancer development. Healthy people have greater numbers of Estrogen Receptor Beta (ER-β) sites in their cells than cancer patients. This ratio can be reversed by soy phytoestrogens.

6) The management of estrogens, estrogen receptors, estrogen metabolism and "cellular immunity" lengthens the lifespan and improves the quality of life for patients.

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