

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, July 18, 2013

Main Presentation: Dr. Jerry Kartzinel

“Autism Spectrum Disorders”

Short Presentation: Patricia Meyer, B.F.A.

“Flower Essences”

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](http://tinyurl.com/smartlifeforum)



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Announcements/Upcoming Events

Foundation for Mind Being Research Meeting

Friday, July 26, 2013 @ 7:30pm

Speaker: Sperry Andrews - "New Eyes, New World"

Please go to www.FMBR.org for more information.

Upcoming Speakers:

SEPTEMBER

Dr. T and Others on a Panel about Nutrition

OCTOBER

Steven Blake, S.d.D. - "Natural Approach to
Arthritis - Keeping our Joints Young"
Raymond Francis - "Why Aging is a Mistake"

FUTURE SPEAKERS:

Bruce Ames
Beverly Rubik
Mahtab Jafari - "Truth About Anti-Aging
Medicine"
Ari Vojdani - "Immunity Issues"

If you have questions please email susanrdowns@hotmail.com or call 650-704-7710.

Thank you.

Main Presentation Speaker: Meet Dr. Jerry Kartzinel!



Dr Jerry Kartzinel is Board Certified pediatrician and a Fellow in the American Academy of Pediatrics. He specializes in the recovery of neurodevelopmental, chronic neuro-inflammatory diseases, and hormonal dysfunctions.

After receiving his medical degree at St Louis University School of Medicine, he completed his residency in pediatric medicine in the Air Force. Following Desert Storm, Dr Kartzinel practiced general pediatrics in private practice for 10 years until his fourth boy was diagnosed with Autism.

A nationally recognized speaker and New York Times Best Selling Author, Dr. Kartzinel has presented medical interventions that work to improve the lives of his patients who suffer from many types of medical conditions that include: autism, allergies, inflammatory bowel disease, chronic constipation, chronic diarrhea, sleep cycle disruptions, and hormonal imbalances. He regularly teaches Continuing Medical Educations courses on children's health issues to physicians and other health professionals.

His clinical approach is to treat the whole patient by carefully obtaining a full and complete history and based on this history, obtaining very detailed laboratory evaluations. Individualized plans are implemented integrating the very latest medical interventions that include both traditional and complimentary medicine approaches.

(End of Meet Dr. Kartzinel!)

Main Presentation by Dr. Jerry Kartzinel

“Autism Spectrum Disorders”

AUTISM

Article by Susan Downs, M.D., M.P.H., S.M., M.S.

Autism spectrum disorders (ASDs) are a heterogeneous group of neurodevelopmental diseases that manifest in early childhood. Individuals with ASD demonstrate varying degrees of social impairments, deficits in language and communication and stereotypic and repetitive behaviors that start before age three. ASD include autistic disorder, Asperger's syndrome and pervasive developmental disorder – not otherwise specified. Little is known about the etiology of idiopathic autism.

Some 20 -30 % autistic patients have a period of normal development and then regress. Those who regress have increased difficulties in communication and have higher cytokine levels which are associated with more impaired communication and aberrant behaviours. The regressed form of autism also was associated with reduced activity of protein kinase C in the frontal cortex, lower leptin levels and more sleep difficulties.

Prevalence

The prevalence of Autism is increasing. Autism is the fastest rising development disorder in the world. In the US the rates of autism have risen from 1 in 2500 in 1970 to 1 in 88 today. A study formed by Yale University, found the prevalence to be one out of thirty eight in Korea¹.

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Environmental Risk factors

Various environmental risk factors have been proposed as possible contributing risk factors for ASD. These include: conception in winter, advancing maternal age, increasing paternal age, increased degree of urbanization of the child's birth place, families with mathematicians, engineers and physicists maternal depression and in utero exposure to SSRI and other antidepressants (TCAs)² and early infant exposure to excess Vitamin A³.

There was no association found with the MMR vaccine. The highest risk of autism was found in families with a history of autism, or Asperger's syndrome and other pervasive developmental disorders in siblings, supporting the commonly accepted knowledge that genetic factors are involved in the etiology of autism.

Autism has an established genetic component. Twin studies show a concordance of 0-10% in dizygotic twins and 70-90% in monozygotic twins.

Other factors in autism include immune dysregulation. Children with autism have higher brain antibodies. Other factors include maternal infection and immune dysfunction, oxidative stress.

Oxidative stress occurs when production of Reactive Oxygen Species (ROS) and Reactive Nitrogen Species (RNS) exceeds the body's ability to neutralize them. ROS/RNS are free radicals, highly reactive molecules that can damage many parts of the cell. ROS/RNS occur through the energy production process in the mitochondria and through environmental sources. The mitochondrion is the main source of ROS/RNS and has evolved a system to neutralize the oxidants.

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Gastro Intestinal Effects

The accumulation of toxins due to poorly functioning mitochondria can lead to dysbiosis which can cause immune dysfunction. Vice versa, immune dysfunction can lead to GI disorders are common in autistic patients. The gut microbiota and the brain / nervous system crosstalk and have a bidirectional relationship. The gut flora is also intimately connected with brain autoimmunity.

Diet alone can induce dysbiosis. The microflora are influenced by genes, age, diet, prebiotics, probiotics, antibiotics, stress, exposure to magnetic fields breast feeding as an infant, infant environment, maternal intestinal flora, mode of birth, and environment. The typical Western diet can shift the microbiota, change microbiota metabolic pathways and alter microbiome gene expression. It can change the flora within 24 hours.

Treatment

One of the difficulties in describing the biology of autism is that it appears to have multiple etiologies. In the future, it would be useful to identify subgroups which would aid in both research and in treatments. At the present time, there is repairing the gut, minimizing inflammation, balancing the immune status, and repairing the mitochondrial dysfunction are essential.

Treating dysbiosis

Dybiosis needs to be repaired as it is a major factor contributing to the predisposition to inflammatory diseases and food allergies. Treating the gut involves the 5 Rs:

- Remove (eg. parasites)
- Replace (enzymes and HCl)
- Repair (repair dysbiosis)
- Rebalance (the flora)
- Reduction (of stress and increased sleep)

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Autoimmune process can be arrested if the interplay between genes and environment is prevented by re establishing the intestinal barrier.

Factors contributing to dysbiosis should be eliminated. Such contributing factors include food additives, fructose, oxidative stress, a high fat diet (Via induction of TLR 4), a high ω -6 diet which is ameliorated by adding ω -3, and heavy metals such as cadmium (especially toxic in the small intestine).

Diet

The following suggestions in diet can be considered:

- Avoiding gluten and mild protein as many have sensitivities to these which can cause a worsening of dysbiosis
- As some autistic patients have anti bodies to folate, milk will be avoided as the proteins in milk are similar to the proteins in the folate receptor
- Processed food, additives or artificial ingredients should be avoided.
- Aspartane will be avoided as it is a neuro toxin
- Glutamate such as in MSG be avoided as it can lead to neurotoxicity.
- Fruits and vegetable should be organic, meat should be grass fed and fish wild vs farm raised
- The glycemic index will be kept low as hyperglycemia can lead to dysbiosis. Fiber will be given as it can heal with gut repair.

Supplements

- There has been a lot of research showing that Vitamin D (and Vitamin A) can help with autism
- L glutamine can help with dysbiosis
- Supplementation with B vitamins and antioxidants

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- Curcumin, boswellia and ginger are some of the supplements that can be considered to reduce inflammation
- Melatonin can help as well

Life Style Changes

In addition to diet the following are important

- Sleep hygiene
- Exercise
- Relaxation/ meditation/ Tai Chi

Also, brain balancing (Melilo) can help as well ^{4,5}.

References

1. Kim YS et al. Prevalence of autism spectrum disorders in a total population sample. Am J Psychiatry. 2011 Sep;168(9):904-12.
2. Shi-Sheng Zhou et al. Early Infant Exposure to Excess Multivitamin: A Risk Factor for Autism? Autism Res Treat. 2013.
3. Dales L, Hammer SJ, Smith NJ. Time trends in autism and in MMR immunization coverage in California. Journal of the American Medical Association. 2001;285(9):1183-1185.
4. Melillo R. Disconnected Kids Penguin Book, New York, 2009.
5. Melillo R. Reconnected Kids Aperigee Book, New York 2011.

(End of Main 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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Annual Membership \$60 (per household)

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

Short Presentation Speaker: Meet Patricia Meyer, B.F.A.!



Patricia Meyer BFA [Witwatersrand University 1963], CHT (Certified Hypnotherapist) and Reiki Master was born in Johannesburg, South Africa. In the early 70's a homeopath introduced her to England's Bach Flower Essences. Patricia relocated to the US in 1981, where she has pursued her artwork (a favorite subject is flowers!) as well as her fascination with essences.

Here in California, she studied with leading flower essence producers and was herself certified a Practitioner by the CA Flower Essence Society (FES) in 1988. She presently utilizes over 3,000 essences in her practice, including 60 that she has co-created. She has lectured in the US, South Africa, and Mexico; conducted numerous courses and workshops; and has contributed articles to several holistic health publications. She works with adults, children, and animals. Located in San Mateo, CA, she also works by phone. Patricia's web site is www.patsgarden.com

(End of Meet Patricia Meyer!)

Short Presentation: Patricia Meyer, B.F.A.

“Flower Essences: Dancing in the Dark, seeking the Light”

Patricia will present SEVEN FLOWER IMAGES, and share how she uses them in her practice.

A Definition

The FLOWER we see is the physical manifestation of an intelligent vibrant pattern of Life Force energy. Each flower has a distinct pattern or blueprint held by the deva [or spirit] of that particular plant. Within each blueprint is held the pattern for balance and healing, which corresponds to a particular dysfunctional emotional, physical, mental or spiritual aspect of man. By special preparation that pattern for balance and healing is transferred into water, which, when further ‘potentized’ through dilution, can be taken orally. This ENERGY is now a catalyst with the power to unlock the true essence of the individual. In taking an essence, one’s own essence shines stronger as distortion falls away.

(End of Short Presentation)

Join Us! First time Visitors may attend free of charge.

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