

Silicon Valley Health Institute

host of the Smart Life Forum

NEXT MEETING: Thursday, May 16, 2013, at 7pm

Tom Levy, M.D.

“Health Ailments”

Dr. Gerald Cohen

“Cutting Edge Diagnostics and Natural Healing Modalities to Alleviate Chronic Health Problems”

Note: Main Presentation precedes Short Talk

Meet Tom Levy, M.D..



Tom Levy, M.D., is a board-certified cardiologist and a bar-certified attorney. After practicing adult cardiology for 15 years, he became aware of the enormous toxicity associated with much dental work, as well as the pronounced ability of properly administered vitamin C to neutralize this toxicity. He has written

three books on the wide-ranging properties of vitamin C, addressing its ability to neutralize all toxins and resolve most infections, as well as its ability to resolve or substantially curtail many chronic degenerative diseases, including cancer and coronary heart disease. Additional books have addressed optimal nutrition, the specifics of dental toxicity, especially root canals, and the importance of glutathione as an antioxidant inside the cells of the body and as an important partner to vitamin C in the antioxidant matrix of the body.

(MEET TOM LEVY, M.D., continued on next page)

Presentation Location:

Cubberley Community Center
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://bit.ly/Zpld3o>

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Currently, Dr. Levy continues to research the impact of the orthomolecular application of vitamin C and antioxidants in general on chronic degenerative diseases. His ongoing research involves documenting that all diseases are different forms of focal scurvy, arising from increased oxidative stress, and that they all benefit from protocols that optimize the antioxidant levels in the body. His present focus centers on validating the ability of a protocol of toxin removal and antioxidant restoration to angiographically normalize most moderate and even many advanced cases of atherosclerotic coronary artery disease, as well as to completely resolve advanced cases of cancer in a high percentage of cases. Another protocol felt to be a reliable cure for Lyme disease is also currently under investigation.

His next book will be entitled *Death By Calcium*, in which he will demonstrate that supplemental calcium is nearly always highly toxic. It will be demonstrated that the current protocols for treating osteoporosis, a focal scurvy of the bones, ultimately cause substantially greater disease and more death, largely via heart attacks and cancer, than the condition being treated.

(End MEET TOM LEVY, M.D.)

Upcoming Speakers:

June 2013

**Bruce Miller, M.D.,
Director Memory and
Aging Center, UCSF**

*"What you need to know
about cognitive decline and
dementia."*

Future Speakers:

Mahtab Jafari

*"Truth About Anti-Aging
Medicine"*

Jerry Kartzinel, MD

"Autism"

Ari Vojdani

"Immunity Issues"

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.

*Main Presentation:***Health Ailments****by Susan R. Downs, M.D., M.P.H., S.M., M.S.****OVERVIEW: A FUNCTIONAL MEDICINE APPROACH**

Functional medicine practitioners view the body as composed of many systems – all of which interact. Therefore the body has to be looked at as a whole, rather than a composite of separate parts relegated to specialists. Gut, hormones, and adrenals all interact as if they are in a large symphony. Below are some of the issues should you go to a functional medicine practitioner.

GUT HEALTH

Health starts with the gut. There are more nerves in the gut than in the spinal cord. Ninety- nine percent of vagal nerve fibers travel from the gut to the brain. The gut makes about 95% of total serotonin. An unhealthy gut (via NLRP 3 <Please confirm this – Ed.> pathway) initiates inflammatory cytokines, which can lead directly to oxidative stress and dysfunctional mitochondria.

Good gut health is essential for health and decreasing autoimmune responses. The integrity of the gut parallels the integrity of the blood brain barrier (the barrier which keeps unwanted substances out of the brain). When the gut is leaky (permeable), the blood brain barrier is leaky as well. In the case of a leaky gut, undigested food leaks into the system and generates autoimmune responses leading to autoimmune diseases.

In the case of the brain, a leaky blood brain barrier will lead to neuro-inflammation and neuro-degeneration. A clinician can perform tests to assess the integrity of the gut and to measure to biome of bacteria to see if it is balanced.

Things that leads to a leaky gut are poorly digested foods, antibiotics, stress, and poor sleep.

In order to help the gut, one should avoid foods which generate an allergic response (food allergy tests can be done), eat a healthy, non-processed, natural diet, avoid stressors, minimize antibiotics, take probiotics and consider an elimination diet where all potentially allergenic foods are eliminated and then later re entered into the diet gradually.

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About 30% of people have sensitivity to gluten; many have allergies to dairy products). Typically, a person can develop food sensitivity to any food eaten often. If a person wants to avoid the expense of testing, he/she can take precautions as if there is a leaky gut. Dr. Levy suggests regular vitamin C-flushes can flush out anaerobic gut toxins.

Side note – curcumin (from the yellow Indian spice, turmeric) is typically not absorbed well for gut inflammation. Some formulations add phosphatidylcholine to ease absorption.

HORMONES

Hormone systems are a symphony. They all talk to each other. Adrenal functioning is crucial. Thyroid cannot be regulated until the adrenals glands are stabilized. Adrenal gland health can be assessed with a saliva cortisol test sampling four times in a day. With the cortisol measurements, hormones and DHEA status can be measured at the same time.

Thyroid

Thyroid modulates energy homeostasis, regulates calcium homeostasis, and affects carbohydrate metabolism via interactions with leptin, adiponectin and ghrelin.

Low thyroid can

- Increase susceptibility to hypoglycemia (low blood sugar)
- Increase risk for metabolic syndrome
- Increase blood pressure and cardiac disease risk
- Increase cholesterol by decreasing the LDL receptors, and slowing the degradation of cholesterol.

High thyroid can

- Increase insulin by increasing its half life, and impair glycemic control

Treatment should start low and slow. TSH should be less than 2 or 3 at the highest. Some believe TSH should be less than 2. It is important to measure thyroid antibodies, binding globulins (which tie up available thyroid), free T3, free T 4 and reverse T 3.

Corrections can also be made on body temperature and symptom profile.

It is important to keep blood sugar levels within a reasonable range. Poor glycemic control increases risk of cardiac disease, dementia, cognitive decline and other diseases.

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Sex Hormones

Hormones are important as they affect cardiac function, cognitive function and metabolic function. Hormone replacement should start low and slow. Low testosterone in men (estrogen in women) is related to metabolic syndrome which strongly predicts the development of coronary artery disease. An excess of estrogen metabolized on the wrong pathway leads to increased risk for (breast or prostate) cancer. Supplements such as inositol, DIM or the sulphoraphanes (e.g. Cruciferous vegetables) can divert the estrogen to healthy pathways, which do not have these adverse effects. Testosterone in men may be converted to estrogen via the aromatase pathway. "Pot bellies" and male breasts are consistent with an excess of estrogen, which has adverse effects in men. Estrogen should be balanced with progesterone.

OXIDATIVE STRESS

All infections and all toxins can cause cell/tissue damage and produce symptoms by increasing oxidative stress. Oxidative stress occurs when production of free radicals (highly reactive pro oxidants – that take electrons from other substances) exceeds the body's ability to neutralize them, or to prevent the free radical production in the first place. This sets off chain reactions leading to inflammation, gut and blood brain permeability, cerebral neurodegeneration, mitochondrial dysfunction, and diseases according to a person's susceptibilities. Excess calcium or excess iron is typically associated with oxidative stress. Vitamin C is an antioxidant that can help quell this path toward illness.

TOXINS

Increasing rates of insulin resistance, diabetes, cancer, hormonal problems and obesity in the US is in part due to toxins. Toxins can affect the CYP 450 enzyme family, change DNA methylation (epigenetic modification), they can adversely affect metabolic pathways diverting them to less healthy pathways. They also increase oxidative stress. Dr. Levy defines a toxin as a pro oxidant – a substance that can take electrons from other molecules. Dr. Levy summarizes that if a substance does not take electrons, then it is not a toxin.

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Dr. Levy states that the factors determining the expression of the toxins are:

1. Solubility characteristics of toxin
2. Molecular size
3. Physical mass of accumulation
4. Access of intrinsic chelators to sites of toxin accumulation.
5. Location where molecules of detoxification are oxidized
6. Whether chemical nature of toxins initiates oxidative chain reactions, upregulating oxidative stress.

DENTAL ISSUES

Of interest, is that dental procedures such as root canals have been associated with an increased incidence of cancer. Periodontal disease, implants, root canals, amalgams affect the body by increasing toxin stress through direct toxins and inflammation. Stressors to the teeth affect the acupuncture meridians and can adversely affect health.

STEPS FOR HEALING

Dr. Levy recommends four basic steps in healing

- a. Reduce or minimize new toxin exposure
- b. Eliminate stored toxins
- c. Restore hormonal balance (sex and thyroid)
- d. Optimize antioxidant levels

Toxins

Minimizing toxins include toxins in our food; environment, hair and face care products. It also includes infectious processes, poorly digested foods, and toxic iron status. Even most people who measure normal can be toxic. Steps to start to eliminate toxins include saunas and body scrubbing, best before a sauna or hot shower. Working up a sweat provides a natural exit/ drainage path for accumulated toxins. Dr. Levy reports that vitamin C can help with toxicity from heavy metals, and venoms, insecticides and radiation.

Restoring hormone levels is discussed above. Optimizing antioxidant levels includes intake of antioxidants such as vitamin C, E and glutathione.

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Vitamin C

In addition to being an antioxidant to quell oxidative stress, Vitamin C has had positive effects in just about any disorder. In vitro studies showed vitamin C inactivated the poliovirus, herpes virus, enteroviruses, influenza, rabies and other viruses.

Some researchers propose that vitamin C can reliably ameliorate many different acute infectious diseases and neutralize any toxin treated if given the proper dose.

In vivo studies showed that vitamin C accelerated the resolution of polio, hepatitis C, viral encephalitis, measles, Lyme disease, tuberculosis, mumps, acute Herpes infections and flu. In addition to killing viruses, studies showed that Vitamin C can kill bacteria and support an optimally functioning immune system. It also helps with Lyme disease, AIDS, chronic hepatitis, the common cold, Tuberculosis, Pertussis, malaria, rabies, and dysentery.

A couple of interesting tidbits about vitamin C. In a person with a G6PD deficiency (Glucose-6-phosphate dehydrogenase deficiency, a common enzyme defect), intravenous vitamin C should be administered with care. Taking high amounts of vitamin C can result in an artificially elevated glucose reading.

(End of Main Presentation Article)

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Short Talk:

Cutting Edge Diagnostics and Natural Healing Modalities to Alleviate Chronic Health Problems

by Dr. Gerald Cohen

Dr. Cohen will discuss his integrative approach to healing. After a thorough assessment using cutting edge laboratory testing, he uses multiple healing technologies such as food nutrition, homeopathy, functional medicine, chiropractic and nutritional support for those with traumatic brain injuries. He will discuss intranasal light therapy, which can increase internal oxygenation.

Meet Short Talk Speaker: Dr. Gerald Cohen



Dr. Cohen's international practice, called The Center for the Healing Process, is located in Menlo Park, CA. It specializes in utilizing whole food nutrition; classical homeopathy, specialized cutting edge laboratory testing, and multiple healing modalities, to aide in diagnosing and determining individualized treatment protocols. His understanding of genetics, epigenetic, and intranasal light therapy has helped him design strategies to deal with the elevation of chemicals, toxins, and pollutants in our everyday life that are contributing to the epidemic of disability and chronic disease. For the first time in 40 years, Dr. Cohen has endorsed a product, known as Intranasal Light Therapy, which has repeatedly helped numerous patients heal rapidly by increasing their internal oxygenation up to 40-45%. By combining auto-tissue neutralization and Intranasal light therapy, numerous patients have reported and their laboratory tests have confirmed, their conditions have either gone into total remission or have dramatically improved.

Dr. Cohen has been appointed Director of Clinical Applications for Vielight, Inc. and will discuss both the science and application of this technology. For more information regarding his practice and Intranasal Light Therapy you can visit his website at www.drgcohen.com or call his office at (650) 328-4325.

Announcements

- Please be courteous and turn off cell phones to vibrate or silent mode while speaker is speaking.
- There will be a one day conference on Vitamin D on June 12, 2013 at the Commonwealth Club. You can sign up online at: <http://www.commonwealthclub.org/>
- If you are interested in purchasing books or products by people who have spoken at our meetings, please use the Amazon link on our website to browse and purchase from Amazon. The small commission we receive will help assure we can continue to bring experts and important health topics to you. SVHI and SLF do not necessarily endorse any viewpoint or program. It is our purpose to provide opportunity to learn, and for each individual to make informed decisions about one's own health, practices and lifestyle choices.

And a special thank you to all our volunteers who contribute to the success of the Smart Valley Health Institute, including Sandra Yow, a graphic designer who responded to our call for help to take over the newsletter layout.

Foundation for Mind Being Research

<http://www.FMBR.org>

May 24, 2013 Meeting: John Montgomery, will be our speaker.

**His topic will be: "Great From The Start: How
Conscious Corporations Attract Success".**

<http://www.greatfromthestart.com>

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