

Smart Life Forum

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Thursday, August 19, 2010, at 7pm

Nick Delgado, PhD

on

Why Sexy People Live Longer

TWO SHORT PRESENTATIONS

1. Carole Baggerly: Vitamin D to Prevent Cancer

Carole is the founding director of GrassrootsHealth, a public health research and promotion organization. She is the leader of the D* Action Project, an international study designed by Dr. Cedric F. Garland, of UCSD's School of Medicine and a member of Moores Cancer Center. <http://grassrootshealth.net/daction> Currently there are approximately 7,000 participants from all over the world who test their vitamin D levels twice a year and answer a health questionnaire to document the outcomes of having vitamin D serum levels in the 40-60 ng/ml range. The study already has the largest cohort in the world of people with these levels. It is expected that within 5 years, reductions in incidence of 70% or more will be seen in breast cancer, colon cancer, multiple sclerosis, type 1 diabetes and some infectious diseases. Carole's personal experience with breast cancer drove her to 'find a better way!' The organization's efforts are focused on an international effort to create awareness of vitamin D deficiency and the benefits of its resolution. Carole has a degree in math and physics, and has over 40 years experience in consulting for business process re-engineering and new business startups.

2. Dr. John Monagle: Improved Ozone Treatment for Pain

Dr. John Monagle, is the director of the Marin Center for Natural Medicine. He is a California licensed Naturopathic Medical Doctor. He is board-certified in primary care and specializes in:

- Curing chronic pain related to injuries (sports, trauma), arthritis, or normal wear and tear
- Anti-Aging (Bio-identical Hormone Replacement), including natural growth hormone therapy
- Intravenous therapy for a majority of chronic conditions, including fibromyalgia, heavy metals and heart disease (Chelation therapy)
- Oxygen healing therapy, including medical ozone and hydrogen peroxide.

He has advanced training in Regenerative Injection therapy, specifically Prolozone, which was pioneered by Dr. Frank Shallenberger, MD.

Dr. Monagle has combined the latest in regenerative injection therapies. Using Platelets from the patients blood, called PRP, or Platelet Rich Plasma, He injects the platelets into the affected joint, and then follows it with Prolozone. The platelets provide the foundation for regeneration, and the Ozone helps complete the process, while eliminating any possibility of infection.

Presentation Location:

Cubberley Community Ctr.
Room H1

4000 Middlefield Rd.

Palo Alto, CA

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Meet Dr. Nick Delgado

**PhD, Health Science, BA in Psychology,
Diplomat A4M, Anti Aging Master,
Strength Endurance World Champion**



Dr. Delgado is passionate about helping his patients see the direct effects of their lifestyle choices and how those effects can result in free radical damage, oxidative stress, and carotid artery blockages. As a young man he struggled with poor health, including obesity and hypertension due to a high fat American diet and a sedentary lifestyle. He suffered a frightening transient ischemic attack (a mini stroke). He searched world literature and read books and journals reporting that most chronic diseases of aging could be reversed by lifestyle changes. After just five months, he was able to stop all hypertensive medications while lowering his blood pressure from 200/90 to 110/70. He reduced his body fat from over 25% to less than 9% and looked and felt great!

With a new passion for vitality and truth, Dr. Nick Delgado went on to graduate from the University of Southern California, with studies at Loma Linda University and California State University at Los Angeles and Long Beach as well as continued research in the fields of interventional endocrinology, hematology and physiology. In 1978, Dr. Delgado worked at Rancho Los Amigos Hospital as a physical therapy student and was stunned by the large number of patients suffering from crippling joint diseases, strokes, degenerative heart diseases, diabetes and cancer.

He is currently a diplomat of the American Academy of Anti-Aging Medicine, with certifications in NLP, Time Line Therapy, Hypnotherapy, Ultrasound and Sports and Rejuvenative Medicine. Dr. Nick is a regular keynote speaker across the globe including Europe, Canada and Asia.

He was awarded "Best Speaker" at the International Anti-Aging Congress in South Africa. He educates his audiences on ways to overcome premature aging, chronic fatigue and killer diseases as well as achieving longevity. Dr. Delgado has served as the Director of the Nathan Pritikin Better Health Program where he tested over 200,000 people and formulated the early concepts of the Delgado Protocol.

This amazing protocol includes products and supplements formulated by Dr. Nick from 30 years of experience and research to support detoxification, blood building, energy, fat loss, anti-aging and intimacy. These products help those suffering from crippling joint diseases, senility, strokes, degenerative heart diseases, diabetes and cancer. This comprehensive plan unifies theories about the reversal of aging and the extension of high quality pleasurable living.

The DelgadoProtocol.com Coaching Program offers books, DVD's, seminars, and private sessions in Costa Mesa, California or via internet and teleconferencing. Dr. Delgado is dedicated to coaching those who want to increase their peak performance. Tony Robbins and Dr. Tad James are among those who have benefited from and been long-time advocates of the Delgado Protocol lifestyle.

Dr. Nick broke the World Strength Endurance record for curl to press overhead, lifting 50,640 lbs. in one hour, proving that the sound principles of goal setting, visualization and supplementation are phenomenally effective. Dr. Nick is also one of three members of Team USA which placed first in the 2007 World Endurance Lifting Championship in London. Past the age of 55, he continues to train at a record breaking pace and is an inspiration to those athletes who think their careers end at age 40. You are welcome to hear his inspirational talks and see him performing his amazing feats of strength at Nickdelgado.com or call 816-319-0566. Dr. Delgado is the President of Ultimate Medical Research and the founder of the Delgado Protocol.

Future Speakers:

September 16, 2010,
Russell Jaffee, MD, PhD,
on A Conversation about
Physiology: First the
Alkaline Way

October 21, 2010, Robert
Lustig, MD, on The
Fructose Epidemic

November 18, Michael
Mayer, PhD, on Body
Mind Healing

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.smartlifeforum.org.

For questions, please contact Mike Korek at (650) 941-3058.

Main Presentation:

Why Sexy People Live Longer

By Dr. Nick Delgado

Heart Disease is the leading cause of millions of deaths among American adults. Over half will die with no prior symptoms; they may even pass a stress treadmill test the day before! Those with ED (Erectile Dysfunction) are the most likely to have plaque in their arteries.

One particularly effective treatment is the “Delgado Protocol” that has gradually developed over the last 30 years as a successful approach to the prevention and reversal of coronary heart disease and stroke.

Delgado discovered that the cornerstone of longevity requires consumption of a diet as close to nature as possible, with raw unprocessed foods low in fats and cholesterol. He believes that we can extend our life expectancy with proper diet, exercise, supplementation and various other alternative approaches that will surely slow the inevitable decline.

We now believe that anti aging also requires an integrated approach including all things that are as safe and natural to the body as possible. A positive attitude and connections with social networks that foster love and intimacy are important to longevity.

Hormone Literature Survey

Dr Alfred Wolf from Germany spoke of restoring bio identical hormones and balancing estrogen metabolism. In “Estrogen Metabolism, the Male Toxin”, reprinted in the winter 2003 issue of Anti Aging Medical News, Dr. Delgado describes what Dr Wolf had suspected was that certain harmful estrone like metabolites (E1) are more toxic than expected and possibly contribute to the increasing rates of prostate cancer, breast cancer, obesity and heart disease.

In *Circulation*, 2004 May 4; 109(17):20074-9. Epub 2004 Apr 19, Dr Muller identified that elderly men with higher estrogen levels had faster rates of progression for carotid atherosclerosis than men with higher bio-available Testosterone. (This entire paradigm shift of testosterone being good for men and certain types of estrogens being bad for men is well covered in “Testosterone for Life” by Abraham Morgentaler, MD, of Harvard Medical School – Ed.)

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A strong predictor of death in cardiac patients was found in those with low free T3. Free T3 is a thyroid test rarely requested by endocrinologists since the bioactive portion is in lower concentration in the body than T4, this has led to the erroneous assumption that enough T4 would convert to the T3. *Circulation*, 2003; 107:708

Araujo AB, et al, with the Massachusetts Male Aging Study, observed increased cancer rates and mortality in men with low testosterone, as reported in the Endocrine Society's 87th Annual Meeting June 4-7, 2005 San Diego Calif, Abstract p 1561. Stattin P et al. in prospective studies, discovered less prostate cancer in men with higher testosterone, and more prostate cancer in those with higher estrogen levels, *Int J Cancer* 2004 Jan 20;108(3):418-24.

For female cardiovascular disease, Harman et al. in the KEEPS (Kronos Early Estrogen Prevention Study) looked at early use – upon initiation of menopause – of natural hormones. KEEPS used transdermal bio identical Estrogen cream or Estradiol pellets and Testosterone pellets surgically implanted every 6 months (avoiding the dangerous oral estrogens) combined with natural progesterone, and Estroblock (the absorbable form of DIM & IC3 from cruciferous vegetables). Lower rates of cardiovascular disease were found in 720 women on the therapy for 5 years. They also had better calcium scores and less carotid Intimae thickening than those on placebo.

In his PhD thesis and newest book, *Stem Cell Therapy for Joint Fitness & Anti aging Methods*, Dr. Delgado reported on 769 individuals with whom he performed lipid tests, carotid artery exams and blood pressure along with 6 month rechecks for two years on dietary intervention (using recipes from the soon to be released 2nd edition of *How to Look Great and Feel Sexy & a Cookbook* by Nick Delgado) with astonishing results. To improve compliance, it is noted that NLP – Neuro-Linguistic Programming – which creates an internal change in values garnered better results. This protocol included daily exercise and the results showed a dramatic reduction of 15 to 50% triglycerides (those with the highest levels showed the greatest reductions), 15 to 50% cholesterol (especially the bad LDL), lowered insulin requirements, better blood glucose levels and lower blood pressure. The carotid artery measurements utilizing ultrasound measurements of the artery walls also improved.

He feels that carotid artery scans must be done on all men who are turning to Viagra for a quick fix for their sexual dysfunction. He also obtains laboratory specimens to check levels in urine, blood and saliva to determine the presence of hormone deficiencies – particularly 24 hour urine for testosterone and estrogen metabolites as deficiencies are often missed on single blood draw. Thanks to Dr. Delgado's dedicated research, we can now better understand that certain elevated metabolites can pose a huge threat to life expectancy including: risk of ED, heart disease, stroke and breast or prostate cancer). The goal when using a physical assessment is to approach those levels of excellent health with ideal youthful levels of hormones.

Longevity Literature Review

Observing the health and longevity of people who eat better than Americans provides clues to the potential gains from eating healthier and reducing chronic diseases.

Japanese longevity appears to be based on diet and it is interesting to note that their rate of smoking is higher than Americans. Japanese people who eat a diet based on complex carbohydrates such as purple sweet

potatoes that are low in sugar, rich in fiber and flavor along with little meat and no dairy products have an average lifespan of 86 years for women and 79 years for men—four to five years longer than people following the average American diet.

Vegetarians in USA live longer and vegans (meat and dairy free) live the longest. Vegetarian Adventists do even better with women living an average 89 years and men 86 years. (4). In fact, a direct comparison with other similar Californians found that vegetarian Adventists live an average of 10 years longer.(4). However, these vigorous vegetarians still include way too much dairy, eggs, soy protein, and vegetable oils in their diets to achieve the full potential of human longevity—leaving the opportunity to add a few more “good” years for people who are fully informed.

Plant-based Diet for Longevity

The November 2005 issue of National Geographic magazine carried an excellent article, “The Secrets of Living Longer.” They reported on three groups of long-living people from Okinawa Japan, Sardinia Italy, and Loma Linda California—and the one thing they all had in common was a plant-based diet. See the one-page “Do It Yourself” article with the subtitle, “Go Vegetarian.”

Verified Centenarians in Japan

- Increased Sexual frequency at early and advanced age, and higher hormones, according to over 100 peer reviewed Japanese Journals
- Ushi Okushima, age 100 Ishikichi Tanaka, age 101, reasons for longevity:
- Continued activity and fitness into advanced years.
- A diet rich in plant vegetables, sea vegetables and sweet potatoes.
- Herbal medicine with less toxic side effects than western medicine.
- Family support and lower stress levels.

We can have the best natural medicine with advanced hormones and diet

Natural bio-identical hormones (not the synthetic drugs) according to Thierry Hertoghe, Rothenberg, Wright and as presented by Dr. Delgado in San Diego, A4M, September 2006, concludes that if you take the time to review the literature, you may overcome your objections and start on an anti aging plan they advocate, more than just a good diet and exercise. It must include anti aging principals to restore declining hormones so as to age gracefully. What do you have to lose but a suboptimal quality of life?

Protein and Diet

Dr. Nick Delgado differs from those who think a high protein diet is healthy. He believes it is wrong to think that one must eat major amounts of protein to have muscle density, and consume higher cholesterol foods to produce the sex hormones. Okinawans have low meat intake and produce all the hormones at much better levels. Delgado follows a vegan diet, except when he travels. He consumes some meat, possibly like our ancestors did, on occasions of a feast only.

He disagrees with the belief that the best source of proteins need to come from lean meat. He believes like Kelly Nelson age 77, fitness star, that meats like chicken and fish are still too high in cholesterol and protein. Many old school bodybuilders believe the cave man was a meat eater, yet Delgado states we were actually gatherers. We probably hunted occasionally like the Banobo Monkeys, our 94% genetic match, as these monkeys routinely stand upright and are essentially vegans, getting most of their proteins from a diet rich in tubers, vegetables and fruit.

We can slow the aging process. See www.bobdelmonteque.com for Dr. Delmonteque's proper use of hormones, diet, exercise, positive attitude and a passion for intimacy that have helped him to thrive and live with zest. He now advocates a Delgado Protocol lifestyle including the Delgado Protein Plus, rich in Hemp, Sweet potato, and Brown Rice, and Delgado's Slim Blend, 52 vegetables and fruit with the highest fiber per scoop to reduce cholesterol and plaque in the arteries of the male organ and the heart.

Quality of Life, Love and Sex

The next question is- can we improve the quality of life as we age? The answers are quite positive, based on extensive questionnaires assessing happiness as presented at the anti aging conference in Madrid Spain, Nov 6, 2006 by Professor Manuel Castillo Garzon from the University of Granada.

In studying longevity, Delgado suggests the book by Dr LP Adler on secrets of long lived people, "Centenarians, The Bonus Years", Ed. Health Press, Santa Fe New Mexico, 1995 p 153-60. There were over 20 key factors found in common with these long lived people. One of which was their optimistic approach to life while being highly adaptable to change.

The longest lived people fell in love and maintained relationships with a significant other. The fact that they were usually highly sexually active when they were younger and some continued to enjoy sex into advanced years might have contributed to a production of hormones that were higher than shorter lived people.

Could it be that one of the reasons that Centenarians lived past 100, according to Adler, was they often had a high sex drive in their younger years and some continued to enjoy sex past the normal expectations? Regular sexual activity will prolong life and enhance hormones that improve the quality of life as we age, it is advisable to have your arteries examined for soft plaque, not just significant narrowing, as the soft plaque is what breaks off and kills most Americans. References available on request.

Of course the high rates of sexual activity may be secondary to maintaining high level of sex hormones into old age; i.e., the hormones may drive the behavior, which then re-enforce the hormones in a virtuous cycle.

Sex Literature Review

Queens University in Belfast tracked 1,000 middle-aged men for over 10 years. Those who had sex twice a week or more had half as many heart attacks. (Published in British Medical Journal 1997).

The Kinsey Institute in Indiana continues to do research on the healthy benefits of sex. In summary, medical discoveries by the American Heart Association and American Association of Urologists have confirmed that sex is good for your overall health including:

- Cardiovascular, Respiratory, Immune system
- Bladder control
- Reduces Pain

- Reduces Pain
- Burns calories
- Anti-Depressant
- Mild sedative
- Reduces Stress
- Live longer

A study in the British Journal of Urology International states that men can reduce their chances of getting prostate cancer by a third if they ejaculate five times a week, flushing the prostate of carcinogens. (Again, this performance data as well as the immune function data below, may be secondary to a man having high testosterone and DHEA respectively; it's not clear that its causal vs. correlative. Ed.)

Regular intimate activity can reduce the incidence of colds, influenza and sick days from the workplace. Evidence: Wilkes University in Pennsylvania found that people who have sex twice a week show 30% higher levels of immunoglobulin A, an antibody known to boost the immune system. If you already have a cold, sex is a natural antihistamine and can unblock a stuffy nose or combat hay fever.

The point is not that we can live forever, but that we can enjoy better sex, better bones better energy, using Delgado's approach. Look at the literature where hormones and stem cells account for more references than almost anything in medicine, and you will find that we can extend the quality of life.

The Truth About Longevity

To live past 114 years of age is uncommon with over 99% of all humans dying before the age of 114. Dr. Leaf exposed the lie about longevity in Hunza of Pakistan and in Vilcabamba, Ecuador and Russian Caucasus Georgia regions, as they lied about their age by passing on birth certificates to their children to avoid the wars.

- Soviet state of Georgia and Caucasus Mountains
- Hunza Valley in Pakistan
- Vilcabamba in Ecuador

All have exaggerated the number of centenarians – claims of living beyond the age of 120 years, proven untrue by Dr Leaf. The best verified records of a true extension of a quality life are found in Bama, China and Okinawa, Japan. They both follow the equivalent of the Delgado Diet, high complex carbohydrates and low fat.

Facts about hormones assisting Longevity with a good diet. What is interesting is that people in rural areas of Japan and China also exhibit much higher testosterone, DHEA and estrogen levels for age 100 then our typical 70 year old in the USA.

Hormones need to be in balance, not too high or too low for longevity

According to Thierry Hertoghe MD, of Belgium (author of the excellent book, "The Hormone Solution: Stay Younger Longer with Natural Hormone and Nutrition Therapies" Ed, extremes need to be avoided, not too high or too low of hormones. It is likely that a vegan or Okinawa group of people with lower IGF-1 (a marker for HGH) yet better testosterone and DHEA levels could live longer and certainly a better quality of life by enjoying the benefits of the healthiest diet combined with natural hormone support.

Growth Hormone Promotes or Slows Aging?

In every human study reviewed with HGH given for 10 years or more, there is no increased rate of cancer. There is a perceived improvement in the quality of life. (Note that some early studies on HGH were stopped due to side effects of too high doses; the anti-aging medical community has learned since then to use lower doses.)

Dr Hertoghe identified the research from the Journal of Endocrinology and Metabolism, Paolizzo, G, Serum IGF-1, IGF-1, IGF-1, IGF-1 in Healthy Centenarians in long lived individuals that IGF-1 was actually higher and the IGF-1 binding protein was lower than one would typically find in a senior citizen. This means that the free bio available IGF is more useable because there is less binding proteins (IGFBP-3) to interfere. The use of HGH can help us mimic higher IGF if used with caution.

Tests to insure protocol compliance:

- 1) Complete hormone panel by urine and blood which includes: IGF-1, Testosterone, free and total, DHEA, Estrogen and thyroid for free T3, TSH, Insulin, and C – reactive protein. Male PSA, LH, FSH. Female progesterone, LH, FSH
- 2) Urine 24 hour- Human Growth Hormone, metabolites of estrogen including 16alphaOHE and 2 OHE, Free T3, Cortisol metabolites, androgen metabolites.
- 3) Blood tests for binding proteins: Transcortin-for binding proteins of Cortisol, SHBG –binding proteins of estrogen and testosterone, IGF-1 binding protein for IGF-1,
- 4) Hormone tests for adrenal function in saliva-Cortisol morning, noon, afternoon and evening.
- 5) Lipid, Free Fatty Acid, Glucose
- 6) Microscopy for live blood smears to observe morphology shape of cells and lipid material down postprandial –2 to 4 hours after a typical meal.
- 7) Dry blood smear to look for Reactive Oxygen toxic Species ROTS masses.

Summary

The proven methods to extend one's life includes regular physical activity, intimate and social connection, a diet rich in fiber, low in fat, and high in nutrient density. Men who have difficulty with erectile function, are very likely ones with narrowed arteries, hormone decline, specifically free testosterone, and an increase in PDE-5 enzyme that blocks or prevents hard erections. Therefore, it is important to include a concentration of herbs found to enhance erectile function with Epimedium “horny goat weed” yet concentrated as an extract, combined with at least 800 mg a day of Avena Sativa “milky green oats” in at least a 10 to 1 concentration, along with a diet that is nearly vegan – like to clear and reopen narrowed arteries.

Dr. Delgado believes these proven lifestyle factors reduce mortality. We must now include the newest science of endocrinological intervention to support and prevent the gradual decline of hormones and return one to youthful

safe levels. An intervention of herbal and hormonal support can restore lab levels, to the youthful levels of individuals 18 to 24 years of age. Match this with symptom related decline to restore function and expect profound benefits! This can truly improve the quality of life while one enjoys the golden years.

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