

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: Thursday, March 17, 2016**

## Main Presentation Speaker: Alessio Fasano, MD

*“How Nutrition Can Shape Gut Microbiota and its Implications in the Autoimmunity Epidemics: The Lesson Learned From Celiac Disease”*

## Secondary Presentation Speaker: Randy Hold

*“Tools for the Body and Mind: EFT & Beyond”*

### Smart Life Forum

### Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

[www.SVHI.com](http://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:

APRIL 2016

Russell Jaffe, MD, PhD, CCN

### Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, March 25, 2016 @ 7:30pm

*Beverly Rubik, PhD will discuss*

*the effects of Cell Phones*

*on Red Blood Cells*

Unity Community Church

Y.E.S. Hall

3391 Middlefield Rd, Palo Alto, CA

Please visit [www.FMBR.org](http://www.FMBR.org) for more info.

### **Volunteer Positions Available!**

*SVHI is looking for a volunteer to be the webmaster and someone who can occasionally help with collecting money at the door.*

If you have questions please email: [susandrdowns@hotmail.com](mailto:susandrdowns@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!

### SLF Members

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## *Main Presentation Speaker: Alesso Fasano, MD!*



Alessio Fasano, MD, is the W. Allan Walker Chair of Pediatric Gastroenterology and Nutrition and Chief of the Division of Pediatric Gastroenterology and Nutrition at Massachusetts General Hospital for Children (MGHfC). His visionary research, which established the rate of celiac disease at one in 133 people, led to the awareness of celiac disease as a growing public health problem in the United States. Dr. Fasano founded the Center for Celiac Research and Treatment in 1996, where he treats adults and children for gluten-related disorders.

Dr. Fasano is also Director of the Mucosal Immunology and Biology Research Center (MIBRC) at MGHfC. In 2000, he and his team discovered the protein zonulin, opening up the door to a new way of looking at the function of intestinal permeability, not only as it affects the gut, but also what role it plays in both inflammation and autoimmunity throughout the body. Current research directed by Dr. Fasano encompasses both basic science focused on bacterial pathogenesis, the gut microbiome and intestinal mucosal biology, as well as translational science focused on interventional clinical trials in autoimmune and inflammatory diseases with an ultimate goal of prevention.

A passionate advocate for collaboration in research and clinical work, Dr. Fasano recently authored *Gluten Freedom* to provide patients, healthcare providers and general readers an evidence-based yet entertaining book to dispel confusion about gluten and how it can affect your health. Dr. Fasano is widely sought after as an expert in celiac disease, intestinal permeability and autoimmune disorders and has been featured in media outlets around the world, including National Public Radio, The Wall Street Journal, The New York Times, The Washington Post, The Daily Mail, Elle, TIME and other online and media outlets.

*(End of Meet Alesso Fasano!)*

## **Main Presentation: Alesso Fasano, MD**

### *“How Nutrition Can Shape Gut Microbiota and its Implications in the Autoimmunity Epidemics: The Lesson Learned From Celiac Disease”*

The gut microbiome consists of more than 100 trillion microorganisms, most of which are bacteria. It has been just recently recognized that there is a close bidirectional interaction between gut microbiome and our immune system and this cross talk, particularly during infancy, is highly influential in shaping the host gut immune system function and, ultimately, the tolerance/immune response balance.

Increased hygiene and a lack of exposure to various microorganisms have been held responsible for the ‘epidemic’ of chronic inflammatory diseases (CID) that over the past 30-40 years has been recorded in industrialized countries including the U.S. That is the essence of the hygiene hypothesis that argues that rising incidence of these pathologies may be, at least in part, the result of lifestyle and environmental changes that have made us too “clean” for our own good. Interestingly, increase hygiene in some developing countries did not lead to an increase in CID as seen in industrializing countries, casting some doubts on the validity of the hygiene hypothesis.

This observation led to a revisitation of the possible causes of CID epidemics. With the appreciation that the gut microbiome plays a decisive role in either generating (mucosal) tolerance or leading the way to the development of inflammatory conditions, alternative hypothesis have been formulated. There is growing evidence that many CID are characterized by a change in microbiome composition. While factors such as modality of deliver, neonatal feeding regimens, use of antibiotics, infections can influence microbiota composition, diet is by far the most important variable affecting gut ecosystem. Therefore, re-shaping gut microbiota through dietary manipulation is becoming an extremely active area of research for the prevention or treatment of a multitude of CID. This approach has been already clinically implemented for the treatment of inflammatory bowel diseases.

*(End of Main Presentation)*

## *Secondary Presentation Speaker: Meet Randy Hold!*



Randy is a Core Healing Therapist, which is a unique blend of Clinical Hypnotherapy with Advanced EFT and various other tools including Therapeutic Shaking.

He has taught his unique blend of tools to Clients and Healers from all over the world.

He has a private practice in Mountain View where he helps people over their most difficult challenges. He's dedicated years exploring various ways to help people heal themselves.

Randy will be teaching a different way to understand hypnosis, where we get our negative programs and how to release nervous energy so that you really can move forward in the direction you want to go.

Other activities include:

- Clinical Hypnotherapist: Hypnotherapy Institute
- 4 time Advanced Hypnotherapy Boot Camp graduate: Results Beyond Expectations
- Certified Emotional Freedom Technique practitioner:  
Palo Alto School of Hypnotherapy  
Therapeutic Shaking Specialist

*(End of Meet Randy Hold!)*

## **Secondary Presentation by Randy Hold**

*“Tools for the Mind and Body: EFT & Beyond”*

The focus of this talk will be inner techniques to communicate with inner feelings and access the subconscious. With the goal of facilitating alignment, a new way of looking at hypnosis and an advanced way to do Emotional Freedom Technique (EFT) will be discussed. This lecture will identify key hypnosis concepts as well as how to realize when in a hypnotic state. Simple, powerful techniques and demonstrations will involve the audience as well as exercises to release nervous energy and negative emotions.

*(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](http://www.SVHI.com).

For questions, please contact Susan Downs at [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com).

### **Become a Member!**

Smart Life Forum, Inc. (SLF) is a California qualified 501(C)(3) nonprofit corporation organized under state law for educational and scientific purposes as a public benefit corporation. Please make your check payable to “Smart Life Forum, Inc.” Please provide your email address as well.

**Annual Membership \$60 (per household)**

**\$10 per Meeting**

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



**Join Us!** First time Visitors and Non-Members \$10 per meeting (at door),  
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