

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, June 16, 2016

Main Speaker: Vince Giuliano, PhD

“Anti-Aging Firewalls: The Science and Technology of Longevity”

Part One: The Science

Part Two: Actions and Interventions

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>



Meet Vince Giuliano!

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Announcements & Upcoming Events

Upcoming Speakers:

JULY 2016

Adiel Tel-Oren, MD, DC, CCN -
"GI Health"

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, June 24, 2016 @ 7:30pm

Stanley Krippner, PhD

Spiritually Transformative Experiences

Unity Community Church

Y.E.S. Hall

3391 Middlefield Rd, Palo Alto, CA

Please visit www.FMBR.org for more info.

Volunteer Positions Available!

SVHI is looking for volunteers for:

- *Video Assistant*

If you have questions please email: susanrdowns@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!

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Presentation Speaker: Vince Giuliano, PhD!



Being a follower, connoisseur, interpreter and generator of health and longevity research is my latest career. Although I have been at this part-time since 1970, researching health and longevity became my primary activity about nine years ago with initial publication of an online treatise on longevity science. I have since published over 500 articles in my blog agingsciences.com. Most of these are in-depth scientific review articles. This blog is accessed by six to eight thousand people daily, has over 40,000 registered subscribers and an estimated international following of well over 100,000 people. In recent years I have gone beyond reporting to becoming increasingly involved in original research in collaboration with colleagues. Among my areas of original research are molecular mechanisms underlying evolution, liposomal phytosubstances for control of inflammation and other health objectives, and personal stress monitoring employing wearable communicating electronic devices. At the same time, I am constantly striving to adapt my lifestyle so I can keep healthy, fully functional, operating at peak cognitive power, productive and socially active until I am well beyond age 100. So far at age 86, my constantly evolving approaches seem to be working quite well.

In earlier incarnations of my career, I was founding dean of a graduate school and a full University Professor at the State University of New York at Buffalo, a senior consultant working in a variety of fields at Arthur D. Little, Inc., Chief Scientist and COO of Mirror Systems, a software company, and an international Internet consultant. I got off the ground with one of the earliest PhD's from Harvard in a field later to become known as computer science. Because there was no academic field of computer science at the time, to get through I had to qualify myself in hard sciences, so my studies focused heavily on quantum physics. Over the years, I have enjoyed various periods of notoriety, e.g. I was an early contributor to the area of artificial intelligence. I published something like 250 books, papers and articles prior to becoming engaged in my present career in the health and longevity sciences. I contributed to the Computer Revolution starting in the 1950s and the Internet Revolution starting in the 1980s. I am now engaged in doing the same for The Health and Longevity Revolution of this century.

If you do a Google Scholar search on Vincent E. Giuliano, the entries on the first several pages that come up will be ones relating to me. I have a general writings site at www.vincegiuliano.com and an extensive site of my art at www.giulianoart.com.

You can contact me at vegiuliano@gmail.com.

(End of Meet Vince Giuliano!)

Presentation by Vince Giuliano, PhD

“Anti-Aging Firewalls: The Science and Technology of Longevity”

Included in these talks are:

- Complexity of the human organism and likelihood that extraordinary health and longevity will be based on combinations of practices and interventions rather than any single breakthrough. Why molecular feedback loops suggest the benefits of multiple incremental improvements and the probable futility of looking for any single fountain of youth.
- Practical applications of hormesis (principals of biological stress responses) - how to use various stresses integrated into a lifestyle to promote health and longevity.
- Exploitation of the xenohormetic (cross-species hormesis) effects of selected powerful plant polyphenols for limiting inflammatory processes and the likelihood of age-related diseases like cancer, diabetes and dementia. Nrf2 AND NF-kappaB.
- Liposomal and nano-delivery of phytosubstances - overcoming bioavailability limitations which set boundaries on the effectiveness of dietary supplements we consume in pill form.

I will also touch on a few new frontiers of research that could eventually lead to enabling healthy human lifespans of hundreds of years.

(Continued on Next Page!)

Part One: The Science

- The nature of human biology - the most complex system of systems known in the universe
- Societal and personal stakes related to aging - why it is so important to crack open a deep understanding of it
- Multiple interacting biological feedback loops - the challenges they pose
- Why no single blockbuster anti-aging breakthrough is likely
- Why billions are repeatedly spent on clinical trials for drugs that won't work
- The epigenetic drift to longer lives
- Leading theories and causes of aging – all mostly right, all incomplete
- Tribes of scientists who talk about aging – a tower of babel
- Limits to the scientific culture of reductionism
- Biomes and circadian regulation
- Metabolic pathways - linking them with others
- Things that can go wrong with aging: protein misfolding, intra-cellular railway breakdowns, NAD deficiency, mitochondrial breakdowns, etc
- DNA wierdness - non-coding RNAs, transposable elements, aneuploidy, etc
- Towards a unified theory of biology and aging

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Part Two: Actions and Interventions

- Conventional approaches – diet, exercise, etc. Taking advantage of the many things that are known e.g. plant- based substances, inflammation, inflam-aging and NRF2
- Multiple synergistic incremental interventions, personal health TQM
- Applications of stresses as health interventions
- Liposomal delivery of health producing phyto-substances
- Life experience total-quality management
- New wearables health-monitoring technology – biomonitoring during sleep

And much more. I hope to allocate plenty of time for discussions and interactions with audience members and learn about their interventions as well.

(End of 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.

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)

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