Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, September 15, 2016

Main Speaker: Filomena Trindade, MD, MPH

"Diabesity"

Secondary Speaker: Megan Murphy, BS, CAP

"Ayurveda for Hormone Balancing"

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

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Announcements & Upcoming Events

Upcoming Speakers:

OCTOBER 2016
Peter Glidden, ND
Steve Blake, ScD - "Stop Strokes Before They Start"

NOVEMBER 2016
Dale Breseden, MD - "Reversal of Memory Loss in Alzheimer's Disease"

DECEMBER 2016
Elizabeth Mazzio, PhD

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, September 23, 2016 @ 7:30pm

Matt McKay, PhD

"Afterlife Communication"

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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Main Presentation Speaker: Filomena Trindade, MD, MPH!

Filomena Trindade, MD, MPH is an international sought after speaker in functional medicine. She is a graduate of the fellowship in Anti-Aging, Regenerative and Functional Medicine and teaches in the Fellowship (a master's program through the University of South Florida) as well as for the Institute of Functional Medicine (IFM).

After obtaining her BA degree in Biology she went on to finish a master's in Public Health in the area of environmental health and epidemiology before starting medical school. She graduated first in her class in family practice from the University of California Davis School of Medicine and did her residency training in family practice at the U.C. San Francisco/Santa Rosa Program. She has been in clinical practice for over 16 years.

Before starting her own private practice in 2004 in functional medicine she was the medical director of a non-profit organization that catered to the under-served. She is currently very active in developing teaching programs in Functional Medicine in the USA, Latin America and Europe.

(End of Meet Filomena Trindade!)

Main Presentation by Filomena Trindade, MD, MPH

"Diabesity"

Article Written by Susan Downs, MD, ABOIM

Diabetes and obesity are global health conditions which are increasing. Adult obesity prevalence increased from 13 to 32% between the 1960s and 2004. Changes in obesity prevalence among children and teens tripled, from nearly 5% to approximately 15% since the 1960s. Currently, 66% of U.S. adults are overweight or obese. The incidence of diabetes is increasing and afflicting new populations including children and developing societies. Diabetes is occurring at younger ages and at lower BMI levels. It appears that both our understanding of the disease and our treatment of the disease are inadequate. Current approaches are not working.

Current disease model

It is widely believed that overeating calorie-dense food, particularly a high-fat diet, together with an inactive lifestyle causes obesity. With increased fat, the β-cells of the pancreas increase insulin production in order to store fat without causing hypoglycemia. Eventually the beta cells wear out and are not able to maintain sufficiently elevated insulin levels. The current standard treatment for diabetes includes diet, exercise, and medications that increase circulating insulin.

The time has come to extend the model of diabetes to include the environmental changes that have accompanied the epidemics of obesity and diabetes. Diabetes is not only caused by obesity. Only forty percent of the risk for developing diabetes occurs in people who are obese The chemicals in our food, environment and the use of drugs in our food animals and the processing and packaging of our foods have increased the toxins in the environment. These toxins in our environment and diet can lead to a leaky gut, inflammation, oxidative stress and mitochondrial dysfunction.

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THE ROLE OF GUT MICROBIOTA

Gut microbiota plays a significant role in the development of obesity, obesity-associated inflammation and insulin resistance (Shen et al. 2013) and in diabetes and non alcoholic fatty liver disease (Delzenne et al. 2011) and autoimmune diabetes such as found in diabetes type I and diabetes 1.5 (LADA) (Vaarala 2010).

The gut microbiota in adults with type 2 diabetes differs from that in non diabetic adults (Larsen et al. 2010). The gut may modulate the influence of life style events triggering the development of type 2 diabetes (Allin et al. 2015).
and can cause symptoms of the metabolic syndrome (Koren et al. 2012) and serum glucose levels (Larsen et al 2010). Toxins from some strains of bacteria Staph aureus scan cause diabetes (Vu et al. 2015).

FACTORS LEADING TO INSULIN RESISTANCE

Sleep deprivation may lead to insulin resistance and subsequently to diabetes mellitus (Albal, Bahammam 2011). Toxins such as phthalates. In addition to sleeping problems, tress, depression, anxiety, anger, and hostility are associated with an increased risk for the development of type 2 diabetes (Pouwer et al. 2010).

THE ROLE OF TOXINS

Toxins can lead to diabetes by

- Interfering with glucose and cholesterol metabolism inducing insulin resistance
- Disrupting mitochondrial function
- Causing oxidative stress
- Promoting inflammation
- Altering thyroid metabolism
- Impairing appetite regulation

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Toxins associated with diabetes include:

- Phthalates are linked to markers of glucose tolerance and insulin resistance (Dirinck et al. 2015). Phthalates are found in plastics and cosmetics, flame retardants and pesticides (Lind et al. 2012).
- Bisphenol A (BPA) found in food can linings and cash register receipts (Gore et al, 2015)
- Air pollution (Meo et al. 2015)
- Heavy metals such as arsenic, iron, mercury, lead, cadmium and nickel (Gonzalez-Villalava et al. 2016)
- Polychlorinated Biphenyls and Dioxins (Wang et al. 2008). There is a causative association between polychlorinated biphenyl (PCB) exposure and obesity-induced insulin resistance and hyperinsulinemia independent of body weight (Gray et al. 2013).
- Persistent Organic Pollutants (POPs) such as organochlorine pesticides exposure leads to insulin resistance and associated metabolic disorders (Ruffin et al. 2010). Diabetes prevalence was strongly positively associated with lipid-adjusted serum concentrations of at least six POPs (Lee et al. 2006).
- Medications

  Statins, second generation antipsychotics have been associated with an increased risk of diabetes.

Food additives (Helgason, Jonasson, 1981) and zinc, magnesium and chromium deficiencies (Gonzalez-Villalava et al. 2016) have adverse effects on glycemic control.

RECOMMENDED LABORATORY EVALUTATIONS

Fasting insulin and 30 minutes after 75 g glucose and 2 hour levels are recommended to assess serum glucose levels and insulin sensitivity. Measuring insulin 30 minutes after a meal is a good measure of insulin secretion (Ludwig et al. 2008). Somprehensive stool analysis to assess gut pathogenic bacteria, fungi, parasites

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TREATMENT APPROACH

- Treat gut issues including prebiotics and probiotics
- Minimize toxin exposure and gentle detox such as Epsom salt baths, saunas. Supplements to support liver detoxification include (Kresser 2010)
  - Protective compounds like milk thistle and artichoke leaf extract
  - Bile stimulants such as dandelion and curcumin
  - Bile motility enhancers (cholagogues) like dandelion, beet juice and coffee enemas
  - Antioxidants like vitamins C & E, zinc, selenium and lipoic acid
- Healthy organic, non processed food diet with grass fed meats and wild fish.
  - No GMOs or high fructose corn syrup
  - Minimize sugar consumption
  - Caloric restriction can improve beta cell function, improve insulin sensitivity (Cho, 2014)
  - High fiber
- Exercise
- Nutrients to modify insulin responsiveness at the cellular level including
  - Chromium, alpha lipoic acid, co enzyme Q 10, vitamin D, Magnesium, vitamin C, Vitamin E and other antioxidants
  - Omega 3 fatty acids
  - Vanadium
  - Berberine

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(End of Main Presentation!)

Secondary Presentation Speaker: Megan Murphy!

Megan M. Murphy B.S., C.A.P. is a writer, editor and National Ayurvedic Medical Association Certified Ayurvedic Practitioner. She has been practicing holistic medicine since 2012 with a unique approach that integrates current, evidence-based science with ancient Ayurvedic wisdom. Megan is passionate about supporting women who are planning to conceive by empowering them to balance their hormones, enhance their fertility, and optimize the health of their future baby to be. Megan also recently collaborated to write the book "Enchanting Beauty," on Ayurvedic strategies for women to cultivate enduring self-love and care. Presently Megan is studying at the University of Western States for her Master's of Science in Human Nutrition and Functional Medicine.

(End of Meet Megan Murphy!)

Secondary Presentation
by Megan Murphy, BS, CAP

"Ayurveda for Hormone Balancing"

Learn how Ayurveda, the traditional medical system of India, can help you balance your hormones. You'll discover your personal Ayurvedic constitution and come away with simple, practical tools for hormone balancing based on your unique nature.

(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.

For questions, please contact Susan Downs at susanrdowns@hotmail.com.

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