

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: Thursday, October 20, 2016**

## Main Speaker: Peter Glidden, ND

*“The Cause and the Cure - of and for - the Worldwide Health Crisis”*

## Secondary Speaker: Steve Blake, ScD

*“Stop Strokes Before They Start”*

### 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>



*Meet Peter Glidden!  
Page 3*



*Meet Steve Blake!  
Page 5*

### Newsletter Table of Contents

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Peter Glidden, ND!

Page 4 - Main Presentation: “The Cause and the Cure -  
of and for - the Worldwide Health Crisis”

Page 5 - Meet Steve Blake, ScD!

Page 6 - Secondary Presentation: “Stop Strokes Before  
They Start”

Page 9 - Become a member of the SLF Community!

## Announcements & Upcoming Events

### Upcoming Speakers:

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, October 28, 2016 @ 7:30pm

**Robert J. Gilbert, PhD**

*"New Research in Vibrational Healing from Around the World"*

**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 volunteers for:*

- *Video Assistant*

If you have questions please email: [susandowns@hotmail.com](mailto:susandowns@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: Peter Glidden!*



1976 - Williams College

1987 - BS in Pre-Med Biology, University of Massachusetts, Amherst

1991 - ND from Bastyr University, Seattle

1992 - Licensed to practice Naturopathic medicine

1992 - 2016: Private practice of naturopathic medicine in MA, WA, IL, MN

2003-2006: Representative for the nutritional supplement company Vital Nutrients at medical conferences in the US.

2009 - 2016: Have given over 150 lectures in US, Canada, Trinidad on the benefits of Wholistic Medicine as a spokesman for Youngevity.

2009- 2016: Mentored with Dr. Joel Wallach, ND

2012: Authored the book: "The MD Emperor Has No Clothes."

2010-Present: Host a Subscription-Based Website: "Glidden.Healthcare" and have produced hundreds of hours of Podcasts, Health Related Video Tutorials, and Bi-Weekly Live Health Chats viewed by thousands of people worldwide.

2010-2015: Guest host over 100 times on the longest running Health-Talk radio show in the US: "Dead Doctors Don't Lie" - on The ZBS Radio Network.

2010-2015: Hosted my own daily Health-Talk radio program: "The Dr. Glidden Show" - on The Genesis Communications Network.

2014-2015: Appeared 4 times as a Health expert on: "The Alex Jones Radio Show" - on The Genesis Communications Network.

2015: Appeared 4 times as a Health Expert on: "Coast To Coast AM With George Noory" - on Premiere Radio Networks.

2015: Appeared on 3 20 minute segments of the internet TV program: "The Leon Show."

2016: Appeared in a video produced by "I-Health.com" which has received over 23 Million views on You Tube.

2016: Appeared in a Documentary film produced by Alex Voss and Susan Downs: "The Big Secret."

*(End of Meet Peter Glidden!)*

## Main Presentation by Peter Glidden, ND

### *“The Cause and the Cure - of and for - the Worldwide Health Crisis”*

All around the world, people are suffering with chronic diseases, which in spite of trillions of dollars of research and millions of hours of clinical expertise, are getting worse, not better. The reason that this happening is simple, straight-forward, and is right in front of everyone's face - yet very few people see it. It is a “Big Secret” that is hiding in plain sight. In this lecture I will explain how things got this way and what the cause and the cure for all of this suffering really is. Join me as I pull back the curtain exposing the "Myths of Conventional Medicine" -and the unrecognized hope of wholistic methods of healing.

**Editors Note:** Dr. Glidden is a great believer in the efficacy of wholistic methods of healing. In his book *The MD Emperor Has No Clothes*, he points out that MD directed pharmaceutical medicine has limited efficacy in curing chronic disease. He believes that a large contribution to the American health crisis results the public's lack of awareness and suspicions about alternatives to MD directed medicine, from the hospitals' emphasis on pharmaceutical modalities and the American Medical Associations strong stance against alternative practitioners.

*(End of Main Presentation!)*

## *Secondary Presentation Speaker: Steve Blake, ScD!*



Steve Blake, ScD is faculty nutritional biochemist at Hawaii Pacific Neuroscience. He has offered many classes at the University of Hawaii. He has designed the Hawaii Dementia Prevention Trial, a clinical study at the Hawaii Alzheimer's Disease Center. He is personally involved in conducting this clinical trial using dietary changes and with nutrients found in his targeted nutritional supplement Brain and Body Food.

Steve Blake is author of the 2008 McGraw-Hill college textbook Vitamins and Minerals Demystified. He is also the author of How NOT to get a Heart Attack, Arthritis Relief, A Nutritional Approach to Alzheimer's Disease, and Understanding Fats and Oils. He has written Mosby's Alternative Remedies and is co-author of Mosby's Drug Guide for Nurses, 4th edition.

Steve Blake authored the Diet Doctor, software for analyzing dietary nutrients. This software allows detailed analysis of your dietary fats, tocopherols, carotenoids, and many other nutrients. He has also maintained one of the world's largest databases of plants used medicinally, called the Herb Doctors.

Steve Blake studies scientific research on the connections between food and disease. He sees himself as a translator of the medical literature into understandable, science-based language. Steve Blake attended the University of California. He is a research specialist in nutritional biochemistry. He lives on a solar-powered, organic farm on Maui with his wife Catherine.

Email: [steve@DrSteveBlake.com](mailto:steve@DrSteveBlake.com)

Website: [www.DrSteveBlake.com](http://www.DrSteveBlake.com)

*(End of Meet Steve Blake!)*

## Secondary Presentation by Steve Blake, ScD

### *“Reduce Stroke Risk with Simple Dietary Changes”*

#### *Quick tips to lower stroke risk:*

- Increase fresh fruit consumption to 2 cups per day or more—32% less risk. Berries and dried fruit are also helpful.
- Include 1-2 cups per day of cruciferous vegetables, such as broccoli, kale, or cabbage—33% less risk.
- Eat less rice to reduce stroke risk—64% less risk.
- Mediterranean diet lowers risk by 29%
- Eat nuts or seeds once per day—20% less risk.
- Eat a salad with lunch and dinner—13% less risk.
- Switch to whole grains—more fiber reduced risk by 35%
- Eat soy food 1-2 times per day—80% less risk. Edamame and tofu are good examples.
- Drink one or two cups of green or oolong tea daily—73% less risk.
- Drink one or two glasses of orange juice daily—25% less risk.
- Green leafy vegetables lower stroke risk—21% less risk.
- Reduce red meat and processed meat—12% less risk.
- Reduce soda drinks—one serving raises stroke risk 16%.

#### *The Science behind the food:*

Stroke risk was reduced 32% with fresh fruit, 20% with some nuts and dried fruit, and 13% with more salads.

[Dietary habits and mortality in 11000 vegetarians and health conscious people: results of a 17 year follow up, Key et al., British Medical Journal 1996;313:775-9.]

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Persons with the highest fruit intake had 31% less risk of ischemic stroke, compared to the lowest intake. Higher intake of cruciferous vegetable reduced risk 31%. Stroke risk was reduced by 21% with more green leafy vegetables and 25% with more citrus fruit juice.

[Fruit and Vegetable Intake in Relation to Risk of Ischemic Stroke, Joshipura et al., Journal of the American Medical Association 1999; 282:1233-1239.]

Consumption of cruciferous vegetables reduced risk of cerebrovascular diseases by 21%, ischemic stroke by 33%, and hemorrhagic stroke by 51%. Higher fruit consumption also reduced total stroke risk by 25%. Hemorrhagic stroke risk was reduced by about 50% with more fruits and berries.

[Plant foods and the risk of cerebrovascular diseases: a potential protection of fruit consumption, Mizrahi et al., British Journal of Nutrition (2009), 102, 1075–1083.]

Fruit, nuts, and vegetables increase the antioxidant capacity of the body, decreasing stroke risk. Higher Total Antioxidant Capacity reduced risk by 27%. The women with the highest antioxidant capacity had 45% less risk of hemorrhagic stroke.

[Total Antioxidant Capacity of Diet and Risk of Stroke: A Population-Based Prospective Cohort of Women, Rautiainen et al., Stroke. 2012;43:335-340.]

Higher potassium intake indicates more plant foods consumed and was associated with a 21% lower risk of stroke.

[Potassium Intake, Stroke, and Cardiovascular Disease A Meta-Analysis of Prospective Studies, D'Elia et al., Journal of the American College of Cardiology 2011;57:1210-1219.]

Stroke risk is 35 percent less with 35 grams of fiber versus little [Dietary Fiber Intake and Risk of First Stroke, A Systematic Review and Meta-Analysis, Threapleton et al., Stroke. 2013;44:1360-1368.] High fiber intake lowered stroke risk by 2/3. Both fiber from fruit, vegetables, nuts, and beans and fiber from whole grains lowered risk. [High dietary fiber intake prevents stroke at a population level, Casiglia et al., Clinical Nutrition (2013) 1-8. (An Italian study with over 1600 subjects).]

Patients who ate more soy food had an 80% lower incidence of ischemic stroke.

[Soy consumption reduces risk of ischemic stroke: A case-control study in southern China, Liang et al., Neuroepidemiology 2009; 33:111-116.]

*(Continued on Next Page!)*

Drinking one to two cups of green or oolong tea daily significantly reduces stroke risk. Those who drank green or oolong tea more frequently reduced their risk of stroke by 39%. Those who drank tea the longest had a 60% decreased risk of stroke. Those who drank more tea reduced their risk of stroke by 73%.

[Tea Consumption and Ischemic Stroke Risk A Case-Control Study in Southern China, Liang et al., Stroke. 2009;40:2480-2485.]

Red meat and processed meat raise the risk of a stroke by 12%.

[Red Meat Consumption and Risk of Stroke, A Meta-Analysis of Prospective Studies, Kaluza et al., Stroke. 2012;43:2556-2560.]

One serving of a soda drink can raise stroke risk by 16%.

[Soda consumption and the risk of stroke in men and women, Bernstein et al., American Journal of Clinical Nutrition, May 2012.]

*(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!**

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