

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: Thursday, May 18, 2017**

**Main Presentation: Tom O'Bryan, DC, CCN, DACBN**

*“Autoimmune Fix”*

**Second Presentation: Rina Valia, MD, HOM  
& Selora Albin, CCH**

*“Homeopathy As An Option in the Treatment of Anxiety and  
Depression in Teens”*



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*Meet Selora Albin  
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## **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)

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## Announcements & Upcoming Events

### Upcoming Speakers:

#### JUNE 2017

Cyrus Raji, MD, PhD - "Brain Health and Imaging"

#### JULY 2017

Kitty Wells - "Spices as Nature's 'Designer Drugs' for Longevity"

#### AUGUST 2017

Steven Druker - "How the Health Risks of GMOs Have Been Underestimated and Misrepresented"

#### SEPTEMBER 2017

Akil Palanisamy, MD - "How to Keep the Brain Young"  
Sergio Azzolino, DC - "Stroke Prevention"

#### OCTOBER 2017

Steve Blake - "An Assessment from the Perspectives of Both Biological Science and Computer Science"

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

Friday, May 26, 2017 @ 7:30pm

John Diamond, MC

"True Health Starts with the Activation of Life Energy, the Healing Power Within"

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.

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Thank you.

***Main Presentation Speaker: Tom O'Bryan, DC, CCN, DACBN!***



Dr. Tom O' Bryan is an internationally recognized speaker and writer on chronic diseases and metabolic disorders. He is considered the world expert on the impact of wheat sensitivity on autoimmunity. In 2013, he organized the Gluten Summit, the first internet gathering of more than 25 experts on Celiac Disease and Non-Celiac Gluten Sensitivity. He is a member of the teaching faculty at the Institute for Functional Medicine and the author of the Autoimmune Fix. More information can be found on his website, [www.TheDr.com](http://www.TheDr.com).

*(End of Meet Tom O'Bryan!)*

## **Main Presentation by Tom O'Bryan, DC, CCN, DACBN**

### *“Autoimmune Fix”*

Autoimmune diseases are a primary cause of morbidity and mortality in the industrialized world. The number of people diagnosed with an autoimmune disease is increasing exponentially in our country.

Without recognizing and addressing the underlying mechanisms triggering the presenting complaints, the Practitioner may be proverbially ‘chasing the tail’ of the pathology with temporary symptom relief.

This Presentation will outline the Trilogy in the development of autoimmune disease and its musculoskeletal/neurological presentations with a deep emphasis on testing and treatment protocols that have consistently demonstrated dramatic results.

*(End of Main Presentation)*

**Article based on Interview with**  
**Tom O'Bryan, DC, CCN, DACBN**  
**Written by Susan R. Downs, MD, ABOIM**

The Dean of medicine at Stanford a few years ago published in New England Journal of Medicine that “We have to apologize to you we have not prepared you for 78 % of what you are going to see (chronic diseases)” He indicated the audience will be prepared to be the best in acute care. Gluten is one such issue that we are learning about. In the US, 132 pounds of wheat are consumed annually per person. Even 1/8 of a thumbnail of wheat is enough to raise antibodies for six months.

***Functional Medicine***

By the time symptoms of an illness have occurred, the individual has fallen over a waterfall and crashed into symptoms. Functional medicine looks upstream for the underlying causes of the disease that the person eventually gets. If one only addresses symptoms, then the problems that cause the symptoms will show up in another way. For example, no one gets Alzheimer’s disease in his 20s and 30s. Alzheimer’s disease takes decades of slowly killing brain cells until enough cells are killed that defects in the brain are noticed. There are hundreds of research papers showing that elevated antibodies to Herpes Simplex Virus (the virus causing cold sores) is directly associated with the development of Alzheimer’s Disease. The functional medicine practitioner would among other tests, look for the antibodies against the herpes virus. If these are elevated, the practitioner seeks to learn why these antibodies are replicating and take steps to eliminate these causes such as strengthening the neuro-immune system and calming down the stress on the body.

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### ***Why Care About Gluten Sensitivity?***

Every degenerative disease (such as diabetes, Parkinson's, arthritis, multiple sclerosis, Parkinson's Disease, Alzheimer's Disease, hypertension) is a disease of inflammation at the cellular level where the cells are always "on fire." It does not matter what kind of cell it is. Wheat for all humans is an inflammatory food and fuels this fire (inflammation). Most don't get symptoms when eating wheat, and don't know that wheat is throwing this gasoline on the fire within them. Their health "breaks at the weakest link of the chain " or and will show up where their body is vulnerable whether it be in the liver, joints or the brain.

There are proteins in all foods including wheat. The proteins are like a pearl necklace. Stomach acid undoes the clasp of pearl necklace. Digestive enzymes made in our intestines, pancreas, gall bladder and liver act as scissors to cut pearls into smaller chain pieces until they are snipped down to each individual pearl. This "pearl" is an amino acid that is used to make bone cells, muscle cells, etc.

No human has the "scissors" to break wheat down into the individual amino acids. The undigested clumps or multiple amino acids are inflammatory and are seen as foreign by the body which mounts an immune response (antibodies) to attack these foreign appearing clumps. This sets off an inflammatory cascade that will attack the body's weakest link. These clumps are seen as a foreign substance, and the body makes antibodies to destroy these clumps. This leads to inflammation which can manifest as any disease such as psoriasis, ALS (Lou Gehrig's Disease), etc.

Because parts of the gluten clumps' surface are similar to the surface of the pancreas islet cells, thyroid gland and the balance controlling purkinje cells in the cerebellum, the antibodies triggered by the poorly digested gluten clumps can also attack these organs resulting in the autoimmune diseases diabetes, thyroiditis (Hashimoto's Disease) and "gluten ataxia." The organ that is attacked by the gluten generated antibodies depends on which part of the gluten

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clumps triggers the antibodies. There is a high correlation between thyroid autoimmune disease and gluten sensitivities.

Gluten sets a fire which looks for things to attack in the body. Other casualties from gluten generated antibodies include multiple sclerosis, brain shrinkage, Alzheimer's Disease, lupus, and skin problems such as psoriasis. There are over 20,000 studies showing the adverse effects of wheat on the body. Humans don't have enzymes to digest wheat. A Harvard study published 10 months ago shows that every human has problems digesting wheat. Gluteomorphin, one component of wheat binds on opium receptors which can contribute to depression and schizophrenia. There are many papers showing a reversal of or improvement in schizophrenia on a wheat free diet

The world is filled with toxins of which wheat is one. This contributes to the many chronic diseases seen in the West. Recently The World Wild Life Fund along with two universities published an article in the Journal of Pediatrics showing a 57 % reduction of all wild life on the planet since 1970.

We killed off more than half of everything on the planet. Are we next? The percentages of life killed is higher if near fresh water. If we drink out of streams we would get more cancer and not be able to reproduce. We also get toxins by eating animals that drink the fresh water. To get better from the scourge of autoimmune diseases, the first thing we need to do is to stop eating gluten.

Mark Houston, MD had pointed out that modern man has the same bodies as our ancestors. Our bodies are designed to fight the same foreign invaders as our ancestors' i.e., bugs, parasites, viruses, molds and funguses. Our bodies are not designed to fight bisphenol A found in plastic bottles, contact lenses, and credit card receipts. These substances bind to hormone receptors causing cancer, immune system problems, hormone related problems.

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Other substances that our bodies cannot eliminate are DDT, mercury, lead or the thousands of chemicals produced in last 100 years.

We have to do best to eat organic, grow our own gardens even a box garden for apartment dwellers. According to an article published in the New England Journal of medicine, children born now have a shorter life expectancy than parents. This has never happened before

### ***Case Study***

Dr. O'Bryan discusses the case of a 32 year old woman (as described in the Italian Medical Journal) goes to celiac specialty clinic. Her hair loss, poor thyroid, chronic fatigue, GI symptoms all improved with the removal of gluten from her diet. Even a daily 1/8 of a thumb nail of gluten (1 mg) found in the Communion wafer caused these symptoms.

### Foods Containing Gluten:

- ketchup
- medications
- soy sauce
- ice cream
- lip stick

### Gluten Free Breads

- Have a higher glycemic index than whole wheat bread which has a higher glycemic index than white bread which has a higher glycemic index than a snickers bar.
- When we eat a lot of something can potentially develop same reaction
- We are supposed to eat foods that grow in season
- Rotating foods is healthy concept
- Gluten free foods are not necessarily healthy
- Dr. O'Bryan recommends taking digestive enzymes with gluten free breads.
- GI Effects (E 3 advanced plus) only one digests 99 % gluten within 60 minutes

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- Most gluten enzymes take hours
- Need to digest before it gets out of stomach

#### European Bread

- There are fewer gut complaints such as bloating, gas, constipation cramping, and diarrhea
- Wheat in Europe is lower in FODMAPS (short chain carbohydrates that are poorly absorbed in the small intestine) but still have antibodies that attack thyroid and brain
- Just because we don't have symptoms, it does not mean it is good for you

#### How To Measure Gluten Sensitivity

- Allopathic medicine measures only the Antigliadin Ab which is valid if one looks only at gliadin
- Yet there are 62 components of wheat and they can cause reactions.
- These other components need to be measured

#### The Problems with Antacids

- We are supposed to make hydrochloric acid (HCl)
- Is supposed to sit in stomach
- This stomach acid is strong enough to eat through wood
- There are cells that make mucous to protect us.
- With acid reflux, our mucus cells not doing their job to lay down layer of mucus
- Antacids prescribed by doctors reduce the acid
- With functional medicine, the practitioner attempts to make the stomach healthier by finding the cause and addressing the cause.
- When HCl is reduced, digestive enzymes are not released, bile secretion is reduced.

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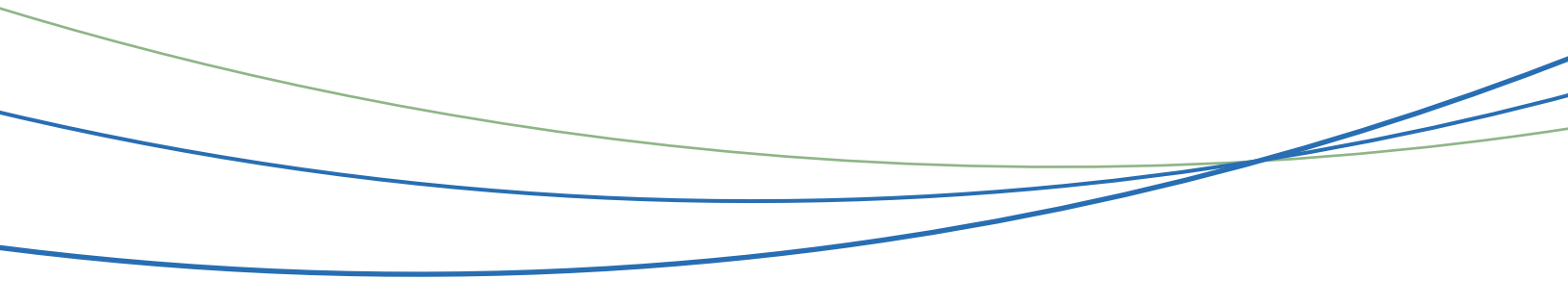
### Digestive Enzymes

- Enzymes in intestines are needed to break foods down before gets into small intestines
- Undigested foods can lead to inflammation and the start of an autoimmune reaction.
- These decrease with age reducing the amount of nutrients the body receives
- This is one cause of why elders get sick more quickly
- Intestines secrete enzyme that squeezes gall bladder to release bile to break down fat
- The gall bladder is a storage pouch for bile which is made a little at a time.

### Remove Toxins from body

- Each AM hot water lemon, honey
- Help liver, gall bladder, gut flush out toxins
- Drink more water: ½ ounce water per pound body weight
- Skin brushing from extremities towards the heart.
- Hydrotherapy go from cold to hot water, etc.

*(End of Extra Article)*



## *Secondary Presentation Speaker: Rina Valia, MD, HOM!*



Rina Valia feels that practicing homeopathy is a sheer joy and pleasure as this great science renders deep healing and profoundly transforms lives.

Inspired by the way homeopathy has improved her near and dear one's lives, she decided to become a homeopath to help others experience the same benefits it can bring to their health and wellness, devoid of side effects. Rina has practiced in Mumbai and received her Masters in Homeopathy (M.D. HOM) from India. Along with practicing Classical Homeopathy, she incorporates Dr. Sankaran's renowned 'Sensation Method' and 'Synergy Method' in her practice.

Rina is also an active member of NCH (The National Center of Homeopathy) in the US. For more than two decades she supported clients with various ailments including allergies, skin disorders, anxieties and fears, depression, ulcerative colitis, Crohn's disease, respiratory conditions, fibromyalgia, and many chronic conditions and illnesses for which conventional medicine is unable to offer a permanent non-toxic solution.

*(End of Meet Rina Valia!)*

## *Secondary Presentation Speaker: Selora Albin, CCH!*



Selora is a graduate of The Berkeley Institute of Homeopathy. She continues to study with internationally -renowned homeopaths Dr. Rajan Sankaran, Jo Daly, Dr. Jayesh Shah and Dr. Bill Gray. Selora practices a method of homeopathy, known as Synergy or Sensation Method, which understands that a person's disease is intimately linked to their individual nature and to their life.

Being deeply empathic and intuitive while rigorous and analytical, she listens to her clients with her heart and her mind. One of Selora's greatest joys is to witness how homeopathy can transform a person's life. True health is not the simple removal of symptoms but it is defined as the integration of body, mind and spirit.

Homeopathy is healing mind and body naturally, healing from the inside out.

*(End of Meet Selora Albin!)*

## **Secondary Presentation by Rina Valia, MD, HOM**

### *“Homeopathy As An Option in the Treatment of Anxiety and Depression in Teens”*

The practice of Homeopathy, was founded in Germany over two hundred years ago by a physician, Dr. Samuel Hahnemann (1755-1843)

Homeopathy is a gentle, safe system of medicine that uses minute doses of natural substances (nano-pharmacology) to augment a person's natural healing systems to heal diseases.

It is holistic, which means it treats each person as a whole, as opposed to isolated symptoms/diagnoses. It affects the whole person. An example of this is when treating someone's depression their migraines and heartburn must also be resolved.

Homeopathy is individualized or customized meaning one remedy is chosen to fit exactly the person's totality of symptoms. The mental physical and emotional symptoms are the totality. The homeopathic remedy, must match the individual, and their personality as part of this totality. Most people who seek homeopathic treatment suffer from a complexity of health issues.

Homeopathy is used to treat a wide range of acute, chronic and hereditary conditions including depression and anxiety, in patients of all ages.

Symptoms are the language of disease and what the practitioner must understand in depth. Homeopathy treats by healing the underlying imbalance and cause of symptoms rather than palliation or suppression of symptoms.

For over two hundred years Homeopathy has been practiced according to fundamental principles that have been verified in the successful treatment of millions of people worldwide and based upon more than two centuries of empirical clinical experience.

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## **PRINCIPLES OF HOMEOPATHY**

Homeopathic treatment is based on The Principle of Similars - “Like Cures Like” - Symptoms that a substance can cause in a healthy person may be treated by the same substance when they arise as illness. (This healing principle that was first identified by Hippocrates, the “Father of Medicine,” 4th Century B.C.E.). Homeopathy uses extremely dilute amounts of natural substances to activate the innate powers of the immune system to fight disease. A remedy can cure in nano (homeopathic) doses what it can cause in larger doses. Homeopathy means “similar suffering”.

Homeopathy is Individualized which means it customizes/personalizes treatment to each individual. This can be said to be similar to the way in which Pharmacogenomics and Cancer Immunotherapy are based upon understanding how medications can be customized to each patient’s individual genetic makeup.

To further illustrate this point of individuality: there is no single remedy for each named disease- the remedy must be personalized - For example: in 10 cases of asthma, each person will receive a different remedy. Each remedy will be selected based upon how someone; sleeps, eats, whether they are hot or cold, and who they are, etc. Every person experiences a unique variation or “syndrome of disease”. Homeopathy looks at exact symptoms of each individual-physical and emotional. It also looks at someone’s personality-who is the person.

Accuracy is essential- Exactly matching what is to be treated in the person to the exact action of the single homeopathic remedy.

## **INITIAL APPOINTMENT**

Through an in-depth consultation, which may last two hours or more, a homeopathic prescription is selected based upon a thorough understanding of each patient’s whole picture: personal and family medical history exact emotional, mental and physical symptoms.

### ***Personality***

Food preferences, sleep, whether someone is chilly or warm, perspiration, thirst, etc.

The whole person must be considered in searching for the optimal remedy to treat a patient’s condition. For example: Someone’s depression or anxiety is not seen as unrelated to their skin condition, menstrual difficulties, digestive problems, etc.

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## **PREPARATION OF REMEDIES**

Homeopathic medicines/remedies are produced by a standardized methodology in FDA certified laboratories through a standard mechanized process called potentization - sequential dilution with vigorous shaking (“succussion”) between each dilution. The Homeopathic Pharmacopeia of the United States., (HPUS), contains all the information for proper identification of raw materials, how to make the remedies, and their manufacture and quality control. Worldwide there are many homeopathic laboratories. There is no interaction between conventional medications and homeopathic remedies. Remedies are completely safe for everyone including pregnant women, nursing moms, elderly and children, etc., and there are no dangerous side-effects.

## **WHEN TO CONSIDER HOMEOPATHY**

- Patient or family wants to minimize the use of prescription medication
- Patient does not want to take conventional medications
- Side effects from conventional medications or interactions between conventional medications
- Medications are limited in their effectiveness
- Medications increase the risk of other diseases
- Patient has not responded to medications, condition is refractory
- Homeopathy can be used as an adjunct to or instead of conventional medications
- Conventional Tools may be Limited in the Treatment of Anxiety and Depression
- Psychotherapy and medications, while helpful in many cases, may not be curative.
- Homeopathy can work well in conjunction with conventional medications.
- Medications may have side effects.
- Some medications have been associated with an increased risk of suicidality.
- It is important that patients consult with their physician/psychiatrist regarding any medication changes.

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## **WHAT TO DO AS A PARENT!?**

### ***Emotions in Teenagers***

Teenagers at this age start to think and feel differently

- They make close relationships outside the family, with friends of their own age
- Parents become less important in their children's eyes as their life outside the family develops

### ***Signs of Emotional Distress***

Being upset, feeling ill or lacking confidence can make them sulky

- Over-eating, excessive sleepiness and too much concern with appearance
- Anxiety may produce phobias and panic attacks

During adolescence, more than 1 in 5 teenagers are depressed

- However, depression may not be obvious to other people
- The adolescent may develop a feeling of guilt, depression, a loss of interest in her usual activities or sleep disorders

### ***Why People Turn to Homeopathy?***

Fear of side-effects of conventional medicines

- As an adjuvant/alternative therapy to reduce the dose of the psychiatric drugs
- To hasten the recovery
- Safe and no chance of overdosing
- Since there is a holistic approach, other physical complaints also start improving

### ***Homeopathic Remedies***

Each remedy affects the whole body and has an influence of the body and the mind

- Each remedy is like a living person with its own peculiar emotional and physical characteristics
- The homeopath matches the personality of the remedy with that of the patient

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***Common Remedies for the Treatment of Anxiety and Depression in Teens (to name just a few)***

Pulsatilla

- Natrum Muriaticum
- Ignatia
- Calcarea Carbonica
- Chamomilla
- Argentum nitricum
- Lycopodium
- Silicae
- Aurum metallicum

**WHAT A FOLLOW-UP CAN LOOK LIKE**

After the first prescription the patient returns for regular appointments to determine the response to the remedy. These visits are scheduled once monthly—less frequently as treatment progresses.

The whole process of interview, analysis, and prescription is repeated during every appointment, but the follow-ups are much shorter.

The homeopath must understand: symptoms that are better, symptoms that are the same, symptoms that are worse, symptoms that are old, and symptoms that are new, using objective metrics and differentiating from life circumstances. The homeopath will have specific metrics that they will be evaluating. Close observation of the overall pattern of symptoms will allow the homeopath to determine whether the remedy is acting or not. Healing from the inside out is a simple way of describing it. This is the direction of cure. Treating chronic anxiety and depression takes time and follow-ups are essential. It's not a "quick fix" but a healing journey. It's a very different process to heal as opposed to suppress symptoms. True health is the integration of body, mind and spirit and not just the simple removal of symptoms in various body parts.

This is very different from treating acute medical problems with homeopathy. Monthly follow-ups for a period of 6 months is recommended, depending upon the severity of the health issue.

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In the consultations we need the teen to talk to the practitioner. The parent might need to be absent during some of the interview. We will also ask the parent about their child. It is a process that involves time and commitment. The homeopath will prescribe a different remedy if there is not reasonable improvement after the first month on the remedy.

***An Example of Successful Treatment:***

Able to wean gradually off the medications with the help of the physician, if they chose to do so. Able to do many of the things they were not able to before. Get on with their life and know what is important to them. Their other health issues will also resolve. All aspects of a person must be affected. No longer stuck in unhealthy life patterns. Relationships with others improve and they will make healthy life choices. If they were self-medicating by drinking, doing drugs or smoking, they will have the capacity to be helped and to stop.

*(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).

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