

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, January 18, 2018

Main Presentation by Christine Horner, MD

“The Secrets to Extraordinary Health and Longevity”

Secondary Presentation by Andy Hnilo

“The Science of Healthy Skin Care”

With a Bonus Article!

“The Fast Mimicking Diet”



Meet Christine Horner
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Meet Andy Hnilo
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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

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Announcements & Upcoming Events

Upcoming Speakers:

FEBRUARY 2018

Katherine Reid, PhD
"Unblind My Mind"

Jeanette Smith
"Aromatherapy"

MARCH 2018

Robert Lustig, MD
"A Hacking of the American Mind"

Rick Patel, MD & Alexander Patel
"Humor in Healing"

APRIL 2018

Jessica Le Ta, LAC, CBD

MAY 2018

Michelle Perro, MD
and Vincanne Adams, PhD
"GMO; What It Does To Our Children and Population"

JUNE 2018

Thomas Seyfried

No FMBR Meeting Scheduled for January!

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If you have questions please email: susanrdowns@hotmail.com
Thank you.

Main Presentation Speaker: Christine Horner, MD!



Christine Horner, MD is a board certified and nationally recognized surgeon, author, expert in natural medicine, and a relentless champion for women's health. She spearheaded legislation in the 1990s that made it mandatory that insurance companies pay for breast reconstruction following mastectomy. She is the author of *Waking the Warrior Goddess: Dr Christine Horner's Program to Protect Against and Fight Breast Cancer*, winner of the Independent Book Publishers Award 2006 for "Best Book in Health, Medicine, and Nutrition" and the author of the recently released *Radiant Health Ageless Beauty: Dr. Horner's 30-Day Program to Extraordinary Health and Longevity*).

For more information go to www.drchristinehorner.com.

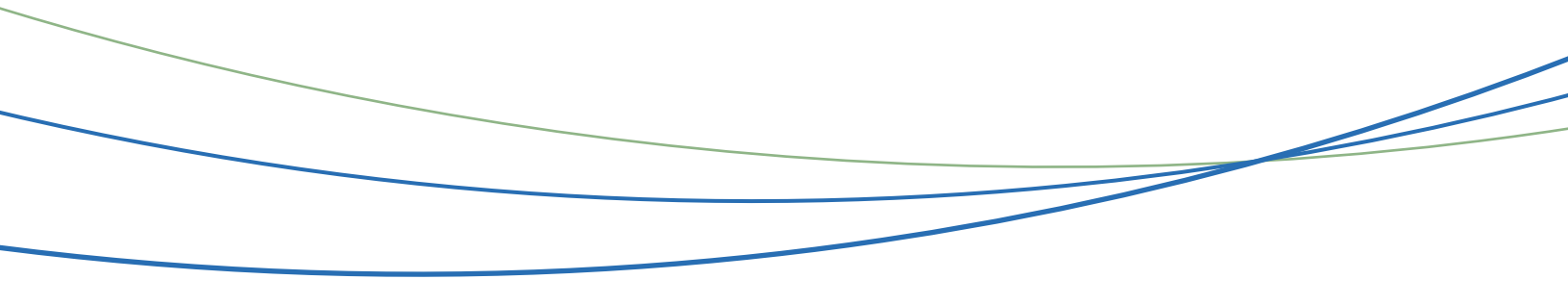
(End of Meet Christine Horner)

Main Presentation by Christine Horner, MD

“The Secrets to Extraordinary Health and Longevity”

As a plastic surgeon, Dr. Horner specialized in helping people turn back the clock and look their best. Her tool kit was composed of surgery, lasers, and chemicals to alter her patient's external appearance. It contained nothing to improve their "inside" age or health. When Dr. Horner was introduced to the ancient holistic system, Ayurveda, she was shocked to see that she looked 10 years younger and also had never felt better in her life after only 48 hours of treatments! It was then that she realized the radiant youthful glow that her patients sought could not be achieved with plastic surgery--it could only appear as a result of radiant health. In this presentation, Dr. Horner reveals the secrets of Ayurveda along with the most effective research-proven natural approaches-foods, supplements, lifestyle choices, and new innovative technologies-that can help you to achieve an extraordinary state of health, radiant beauty, and the pleasure of a long life.

(End of Main Presentation)



Secondary Presentation Speaker: Andy Hnilo!



A near death experience led CEO of Alitura Naturals, Andy Hnilo, to develop a cutting-edge natural skincare line that is revitalizing the skincare market.

Andy was hit by two large vehicles while crossing a busy street in 2011. A former model and high-level athlete, he relied on his body to make a living and knew that even if he recovered, his life may never be the same. He vowed to rebuild his body and spirit using the healthiest ingredients and products he could find. Alitura -- Latin for “feeding and nourishing” -- was created to offer consumers natural, soothing and effective skin remedies.

“The most critical tool for healing my exterior was a handcrafted blend of unique, specialized ingredients from around the world that I formulated myself. They say necessity is the mother of invention, and here we are.” - Andy Hnilo, Founder & CEO

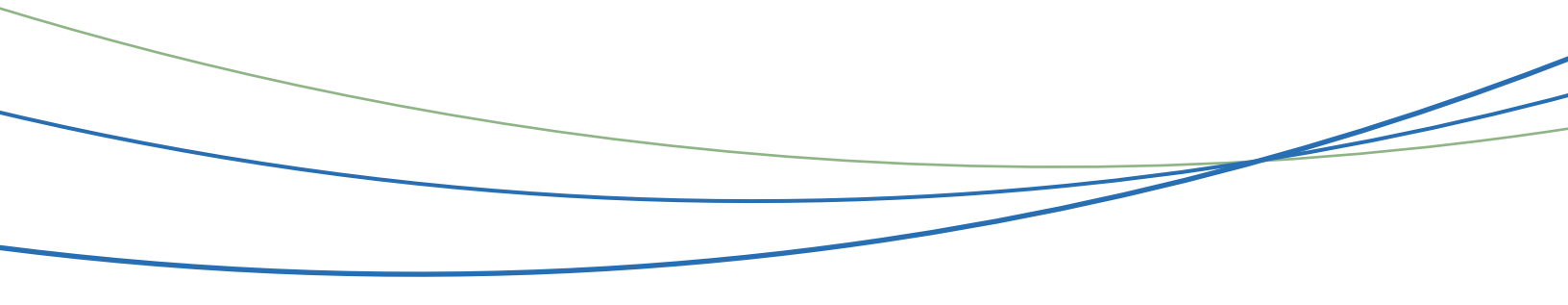
(End of Meet Andy Hnilo)

Secondary Presentation by Andy Hnilo

“The Science of Healthy Skin Care”

Our skin is our largest organ and protects what lies within our bodies. Through the condition of the skin, one can obtain information on the functioning of the body's metabolic functioning. The skin responds best to ingredients that come directly from the earth, rather than synthetic formulations or chemicals. Andy Hnilo will tell us how to take care of our skin using organic products.

(End of Secondary Presentation)

The bottom of the page features several decorative, wavy lines in shades of blue and green, creating a modern, flowing aesthetic.

Bonus Article by Susan R. Downs

“The Fast Mimicking Diet”

Having come back from the A4M annual conference in Las Vegas, I am sharing some information from various presentations.

People are living longer lives than in the past. With the aging of the baby boomers, the percentage of people older than sixty- five will comprise more than 22 % of the population by 2030. Unfortunately, age-associated chronic diseases and conditions are increasing just as fast.

For example, if there were a cure for cancer, life expectancy would be extended by only three years. If a cure for cancer and stokes, and heart disease were found it would only extend the life expectancy by 13 years. 1

As you recall for Vince Giuliano’s SVHI presentation, it is not likely that there will be a single scientific breakthrough that will extend our life expectancies for a long period of time. Rather he believes that life extension will be through a series of small steps including small hermetic challenges to tweak our metabolic functioning in a positive direction. This approach makes a lot of sense as aging takes place though multiple challenges including inflammation, oxidative stress, insulin resistance, mitochondrial dysfunction, DNA damage and telomere shortening, autophagy dysfunction, and various metabolic pathways including mTOR/AMPK. So his analogy of auto maintenance and repair on multiple systems, applies to individual health.

One such tweak is caloric restriction and intermittent fasting. A variant of these options is called fasting mimicking diet (FMD). Studies show that caloric restriction prolongs life. 2

The mechanism behind the benefits of fasting is complex and involves changes to the gut microbiome direct and indirect effects of the circadian clock and perhaps positive lifestyle

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changes that accompany the diet (decrease in total energy, good sleep habits).

Intermittent fasting decreases inflammation and oxidative stress 3 and helps with pathways that promote anti aging such as FoxO transcription factors, sirtuins (SIRT), and PPAR. 4 Fasting upregulates mitochondria and induces eNOS. 5

Caloric restriction (CR) and intermittent fasting have a protective effect against inflammation obesity, type 2 diabetes, hypertension, cardiovascular disease and protects against cancer asthma and rheumatoid arthritis. 6, 7 Moreover, CR in human beings improves markers of cardiovascular aging, and rejuvenates the skeletal muscle transcriptional profile. 6, 7 Thus, fasting has the potential to delay aging and help prevent and treat diseases while minimizing the side effects caused by chronic dietary interventions. 7

Specifically, fasting increases the metabolic rate 8, increases fat metabolism 9, decreases blood pressure, total cholesterol, LDL cholesterol and triglycerides 10, decreases insulin levels 11, increases insulin resistance and reduces type 2 diabetes risk 12, stimulates autophagy 13, reduces signaling of the growth hormone/IGF-I axis, extends health and lifespan in rodents 14. Caloric restriction helps in brain aging 15, increases BDNF which helps the growth of new nerve cells, 16 and may delay the onset of Alzheimer's disease or reduce its severity 17 and help in Parkinson's Disease. 18 In addition to protecting against cancer, it reduces the side effects of chemotherapy. 19

Fasting Mimicking Diet (FMD)

The Fasting-mimicking diet (FMD) mimics the effects of fasting resulting in similar health effects 20 In these diets the stomach sees food and the cells see fasting. The presenters discuss the benefits of the FMD diet which combines protein restriction, mild calorie restriction and very specific rations of low glycemic index food. This combination downregulates the body key nutrient-sensing pathways and activates cellular regeneration and rejuvenation.

The human fasting mimicking diet (FMD) program is a plant-based diet program designed to attain fasting-like effects while providing micronutrient nourishment (vitamins, minerals etc.) to minimize the burden of fasting. It comprises proprietary vegetable-based soups, energy bars, energy drinks, chip snacks, chamomile flower tea, and a vegetable supplement

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formula tablet. The human FMD diet consists of a 5 day regimen: day 1 diet of the diet supplies ~1090 kcal (10% protein, 56% fat, 34% carbohydrate), day 2–5 are identical in formulation and provide 725 kcal (9% protein, 44% fat, 47% carbohydrate). 21

FMD protects against inflammation and autoimmunity 22 and decreases risk factors/ biomarkers for aging, diabetes, cardiovascular disease and cancer without major adverse effects. 21 It impacts impact a number of important markers of metabolic health, including:

- Abdominal Obesity
- Cholesterol & Triglycerides
- Fasting Blood Sugar
- Systolic & Diastolic Blood Pressure
- C-Reactive Protein

Subjects who completed three full FMD cycles and returned to their normal diet for five to seven days had significantly reduced body weight, total body fat, trunk fat, absolute lean body mass, waist circumference, IGF-1, systolic and diastolic blood pressure, total cholesterol, LDL, and HDL. Persons at risk for disease had greater reductions in body mass index, blood pressure, fasting glucose, IGF-1, triglycerides, total and low-density lipoprotein cholesterol, and C-reactive protein than in subjects who were not at risk. 23

FMD regenerates insulin –producing β cells and reverses both Type 1 Diabetes and Type 2 Diabetes phenotypes in mouse models. 24 FMD also reduces cancer incidence, promotes hippocampal neurogenesis, and improves cognitive performance. 21 Studies have shown that FMD alleviates multiple sclerosis symptoms and ameliorates demyelination. 22 This diet induces autophagy and cell repair. 25

At the A4M conference, Valter Longo presented the chart below to compare different diets.

Comparison of Nutritional Interventions Impact on Health Factors:

Category	Weight Loss	Cholesterol Reduction	Fasting Blood Glucose	Rejuvenation & Regeneration	Food
Calorie Restriction	✓	✓	✓		✓
Intermittent Fasting	✓✓	✓	✓✓		
Time-Restricted Feeding	✓	✓	✓		✓
Prolonged Fasting	✓✓	✓	✓✓✓	✓✓✓	
Fasting Mimicking Diet	✓✓✓	✓	✓✓✓	✓✓✓	✓

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Age Related Differences in Diet Effects

Studies indicate that the FMD might have different effects for different age groups. For example, severe protein restriction causes weight loss in old but not young mice and low protein intake is associated with protection from mortality in 65 and younger but not 66 and older individuals. 26 Similarly, FMD cycles were highly protective in middle age extending longevity in old mice, but some studies showed some FMD diets can be detrimental in old mice. FMD appeared to be detrimental in very old mice. 21 This indicates that the diet should be modified for different age groups.

Protein Restriction

There has been research indicating that high levels of protein have adverse effects on health including raising insulin levels and being a major risk factor for Alzheimer's Disease. 27 Studies show that periodic protein restriction cycles without caloric restriction can promote changes in circulating growth factors and tau phosphorylation associated with protection against age-related neuropathologies. 28 Some studies show that low protein intake is associated with protection from mortality in 65 and younger but not 66 and older individuals. 26

Future Directions

Future research will focus on tailoring this diet to different age groups or subsets and how to effectively combine this diet with exercise and other life style changes.

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(End of Bonus Article)

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.

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

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