

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

**Next Meeting: Thursday, May 17, 2018**

## Presentation Speakers:

**Bernd Friedlander, DC and Luis Arrondo, DC**

*“Learn About Health, Longevity and Well-Being”*



*Meet Bernd Friedlander*  
*Page 3*



*Meet Luis Arrondo*  
*Page 4*

### **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)

### **Newsletter Table of Contents**

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Bernd Friedlander, DC!

Page 4 - Meet Luis Arrondo, DC!

Page 5 - Bernd Friedlander's Presentation: *“Promoting Longevity, Preventing Aging Diseases: What We Can Do Today”*

Page 9 - Luis Arrondo's Presentation: *“Beyond Illness and Health: Well Being”*

Page 10 - Become a member of the SLF Community!

# Announcements & Upcoming Events

## Upcoming Speakers:

JUNE 2018

Thomas Seyfried

JULY 2018

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

AUGUST 2018

Dr. Adelson  
*"Stem Cells"*

SEPTEMBER 2018

Dr. T  
Steven Blake

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

Friday, May 25 @ 7:30pm-9:00pm

**Frank Heile, PhD**

*A Model of Consciousness and Spirituality*

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.

## **SLF Members**

### **BOARD OF DIRECTORS**

Dave Asprey - Chairman  
Filomena Trindade, MD, MPH - Secretary  
Bill Grant - Publicity, Treasurer  
Susan Downs, MD, ABOIM - President  
Larry Weissenborn - Sound  
Robert Menkemeller, RNC

### **FOUNDER**

Kathryn Grosz

### **ADVISORY BOARD**

Bill Grant, PhD  
Phillip Lee Miller, MD  
Alan P. Brauer, MD  
Bernd Friedlander, DC

### **MEETING MODERATORS**

Robert Menkemeller, RNC  
Randy Kunkee

### **VOLUNTEERS**

Rob Baum, Assistant Editor  
Ruthellen Dickinson, Greeter, Memberships  
Susan Downs, Newsletter Editor/Prgm Editor  
Steve Fowkes, Technical Advisor  
Bill Hurja, Refreshments  
Rob Larson, Equipment Manager  
Robert Menkemeller, Website  
Larry Weissenborn, Audio Engineer  
Sandra Yow, Newsletter Layout  
Pamela Zuzak, Video & Book Sales

A **Board Member** position and a **Membership Chair** position are available. Interested persons can contact any board member or email **Susan** at: [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com). Thank you.

If you have questions please email: [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com)

Thank you.

***Presentation Speaker: Bernd Friedlander, DC!***



Bernd Friedlander, D.C., has a Bachelors Degree in Physical Education with emphasis in applied kinesiology from San Francisco State University, and a Doctorate of Chiropractic Degree from the Los Angeles College of Chiropractic. He has been involved in developing nutritional therapies since 1982. As result of his therapeutic formulas, he pioneered the research and use of nutrition and free form amino acids for improving athletic performance as a safe alternative to steroids.

*(End of Meet Bernd Friedlander!)*

***Presentation Speaker: Luis Arrondo, DC!***



Dr. Luis Arrondo is a cum laude graduate of Parker University of Chiropractic. He has worked with Stanford Medical University's Family Medicine Core Clerkship Program to help Stanford medical students learn more about alternative healing approaches when they visit his clinic. He developed his expansive, multidisciplinary view of health and the body's innate ability to heal while traveling and practicing in the United States and Italy. He is certified in Neurochemistry and Nutrition from the American College of Functional Neurology, has served as a State Certified Qualified Medical Examiner and as a Fellow of the Academy of Forensic and Industrial Chiropractic Consultants, and has been certified in the Neuro Emotional Technique. He has lived in five countries and now practices in San Jose, California. He enjoys bicycling and discovering more about the connections between our health and our physical, mental, and spiritual dynamics.

*(End of Meet Luis Arrondo!)*

*“Promoting Longevity, Preventing Aging Diseases:  
What We Can Do Today”*

**by Bernd Friedlander, DC**

Patients do not simply want to avoid disease, they want to be healthy. While US emergency rooms are extremely good at resolving a true acute-care crisis like getting hit by a car, the system does not get people healthy. For example, many of the most popular prescription drugs in the US today do not cure any disease, they simply reduce or mask symptoms, and have serious side effects (e.g.: statins – CoQ10 depletion and muscle pain, sometimes death; Reclast – kidney damage and jaw necrosis; SSRIs: suicide and homicide). [Ed: See “Drug Muggers” by pharmacist Suzy Cohen for a full list of nutrient depletion by prescription medicines].

That is the vacuum into which SVHI, integrative, functional and German Biological Medicine are rapidly growing – because these more holistic approaches can get results.

Rather than look at the macro level of a person aging and deteriorating under a series of crippling chronic degenerative diseases and risky expensive invasive procedures, true integrative medicine (like your auto mechanic) looks for root causes of problems that manifest in different ways. You may judge a tree by its fruit - but good results are due to many small things that go right. Thus wellness doesn't begin at the whole person level – it begins at the cellular level. As above (macro, the person) so below (micro, the cells and their components such as mitochondria and membranes).

Freud said “Anatomy is Destiny” and modern medicine tends to believe “Genetics is Destiny”. Both are wrong as we can change our genetic expression through diet, lifestyle, supplementation and other healthy habits. There is simply a knowing-doing gap. The word “doctor” comes from the Latin “to teach”, yet most physicians simply were never exposed to integrative medical concepts and therefore cannot teach their patients how to be healthy.

*(Continued on Next Page)*

So to manifest good health at the organism level, we must tend to good health at the cellular level – be they our own cells, or the cells of our microbiome (which outnumber our own cells - which makes you wonder who is really colonizing whom). Diet includes what not to eat – such as a lot of sugar substitutes, sugar, and fast-burn carbohydrates like cake, pasta and bread. Avoid phytic acids found in soy, grains, flours, nuts, beans, legumes, because it binds minerals and prevents mineral absorption. A high ratio of phosphorus to vitamin D and phosphorous to calcium can lead to many diseases such as bone loss.

Breakdown of health begins in the cells and their mitochondrial function. Aging and chronic diseases are caused by impaired mitochondrial function, impaired cellular respiration and chronic inflammation. Other factors are stress, due to the many assaults out cells and body take – such as lack of exposure to natural light, 24/7 exposure to electromagnetic (EM) and radio –frequency (RF) radiation (Wi-Fi, 5G cellular), poisoned food (pesticides), water (Fluoride) and dirty air. You can still take action –shutting the Wi-Fi (or circuit breaker) off at night, keeping the cell phone away from your head and body.

Take something as simple as exposure to daylight. Light reduces cortisol, inflammation, stress, and optimizes cytochrome oxidase enzymes for optimum respiratory function. Look at red light, sun, natural light for health; as humans we are supposed to have 14-15 hours of light to maintain circadian function, optimum brain, mitochondrial and thyroid function; and to reduce cancer and other diseases.

Nature has built in many self-correcting mechanisms for repair – such as autophagy (self-digestion) of defective parts of cells or senescent cells. Or elimination of internally generated toxins (endotoxins) in the gut which spill out to the rest of the body.

Longevity and regenerative abilities begin with having efficient mitochondria which provides energy to all cells. Maintaining a high metabolic rate has shown to increase life span, by increasing NAD+. High cytochrome oxidase enzymes (help transport electrons across the mitochondrial membrane) are boosted by exposure to sunlight or light 660-880 nm wavelength, also increase life span. High CO<sub>2</sub> in the blood as well increases life span (due to healthy thyroid and progesterone function, proper breathing, vitamin B1, biotin, DCA – dichloroacetate azolamide).

*(Continued on Next Page)*

NAD<sup>+</sup> is available in a variety of formats now, from oral pill to nasal spray to IV infusion. More aggressive physicians are using stem cells, often sourced from the patient's fat tissue or bone marrow, which can be cultured or amplified to create a larger pool (although this last step is usually done outside of the US to avoid legal complications). The cheapest way to try stem cells is simply to water fast for three days, which tends to boost stem cells (check with your doc if you have significant health issues).

Optimized thyroid function is necessary, and some patients as they age can benefit from a low dose thyroid prescription as well as adequate intake of iodine (used by the body to make thyroid hormone, and displaced by other less healthy halogens such as bromide [in bread] and chlorine [in water and pools]).

Another useful thing we can do is add collagen to the diet. Collagen supports cartilage, bone, skin, spinal cord (99% collagen), supports immune function, and is low in inflammatory amino acids. Extracellular Matrix is made of collagen which supports and protects intracellular such as DNA, and helps to keep toxins out. Collagen could even help with serious diseases, as the research of Mina Bissell, PhD (of Lawrence Berkeley National Laboratory) may indicate that the cellular micro-environment and extracellular matrix (containing collagen) can have an impact on cancer.

Consuming the right proteins - such as collagen, bone broth, gelatin - having low levels of inflammatory amino acids (such as of tryptophan, methionine, cysteine) can have the same value as caloric restrictions. Eating the right proteins will also reduce mitochondria damage, reducing Mtor cell proliferation, cancer, rapamycin, lowering IGF1, diabetes, and thyroid function.

We need sugar to maintain cognitive function, so we convert food into glucose to generate energy (ATP). The key is having the ability to maintain oxidation of glucose, which is how optimum cellular respiration occurs - NAD<sup>+</sup> to NADH, oxidation/reduction.

*(Continued on Next Page)*

Energy production can be increased by reducing things that get in the way of glucose oxidation, cellular respiration in the mitochondria, or thyroid hormone function. This list of things to reduce includes PUFAs (polyunsaturated fatty acids), lactic acid, serotonin, nitric oxide, tryptophan, estrogen.

More exotic supplementation includes methylene blue to boost cytochrome oxidase enzymes, boost complex IV (in the mitochondria), reduce inflammation and reduces NO (found in leaky gut). Methylene blue also has other effects on neurological conditions and may be of benefit in major diseases, such as Alzheimer's and Parkinson's disease, and potentially even in cancer.

Supplementation with aspirin, Vitamins B, D, K, CoQ10, E (full spectrum, not just alpha tocopherol), magnesium, zinc, niacinamide, collagen (to boost protein synthesis and reduce inflammatory markers), progesterone, right amount of exercise, diet, types of protein, happiness and positive attitude will all contribute to real health – not just the absence of disease.

So we will see how attention to the basics – supplying our cells with what they need - along with judicious use of supplements in the context of a healthy diet and lifestyle, will go a long way towards achieving the goal of true health and well being (not just the absence of disease).

*(End of Bernd's Presentation)*



## *“Beyond Illness and Health: Well Being”*

**by Luis Arrondo, DC**

What if the attainment of health, as we commonly know it, is not an absolute?

When is an illness itself a cure? What lies beyond simply being healthy?

Join Doctor Luis Arrondo, DC, as he explores hidden connections between health, illness, and our well-being: our sense of self and purpose. His talk is based on the concepts and clinical experiences he shares in his revealing book “Wolves, Gardens, and Chocolate.”

Discover how a deeper understanding of the interconnection between our tissues, organs, systems, mind and life experiences can help to break through obesity issues, many chronic illnesses, increase energy, and lead to a life more satisfyingly lived. The wisdom of ancient cultures - Greek, Roman and others - are discussed in light of what they can teach us about health and healing.

Based on over 20 years of clinical experiences with patients and as well as extensive medical research, he outlines connections between our molecular, biomechanical, systemic, psychological as well as spiritual dynamics. Learn they are intertwined in ways that can help us to move beyond frustrating barriers to chronic health issues.

“Fix the body to fix the fat” is something Dr. Arrondo tells his patients, and works with, to help sustained weight loss occur without hunger or discomfort. He also teaches them how to lose weight by eating chocolate – twice a day!

*(End of Luis' 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!**

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)**

**\$10 per Meeting**

**Benefits:** Access to a community of experienced scientists and physicians who share information and similar interests.

**Join Us!** First time Visitors and Non-Members \$10 per meeting (at door),  
Or sign up for an Annual Membership for \$60 per year.

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."

**Annual Membership \$60** (per household).

**Benefit:** Access to a community  
of experienced scientists and physicians  
who share information and similar interests and  
FREE admission to all meetings!

**Donations are welcome!**

Please send your donations to:  
Bill Grant  
1745 Pacific Ave. APT 405  
San Francisco, CA 94109-2401

**Renew your membership today!**

**Complete this form & bring to a future meeting with payment:**

**\$60/year full membership (maximum 4 per household)**

Yes, you can renew and pay in person at a meeting.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_ PHONE 2: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Total amount authorized or enclosed: \$ \_\_\_\_\_, (check applicable boxes):

\$60/yr Family membership (4 max in household)

Donation: \$ \_\_\_\_\_

Please make your check payable to "Smart Life Forum, Inc."

Please send your donations to:

Bill Grant

1745 Pacific Ave. APT 405

San Francisco, CA 94109-2401