

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, July 19, 2018

Main Presentation by Michelle Perro, MD and Vincanne Adams, PhD

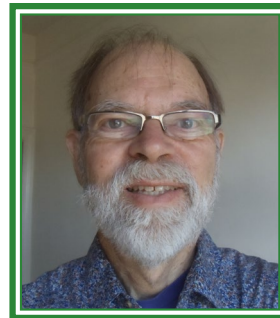
“What's Making Our Children Sick - and What We Can Do About It”

Secondary Presentation by Bill Grant, PhD

“Embrace the Sun”



*Meet Michelle Perro and
Vincanne Adams - Page 3*



*Meet Bill Grant
Page 5*

Smart Life Forum

Presentation Location

Cubberley Community Center
Room H1
4000 Middlefield Road
Palo Alto, California
Directions on our website:
www.SVHI.com

Newsletter Table of Contents

- Page 2 - Announcements/Upcoming Events
- Page 3 - Meet Michelle Perro, MD and Vincanne Adams, PhD!
- Page 4 - Main Presentation: *“What's Making Our Children Sick - and What We Can Do About It”*
- Page 8 - Meet Bill Grant, PhD!
- Page 9 - Secondary Presentation: *“Embrace the Sun”*
- Page 11 - Become a member of the SLF Community!

Announcements & Upcoming Events

Upcoming Speakers:

AUGUST 2018

Dr. Adelson
"Stem Cells"

SEPTEMBER 2018

Dr. Adiel Tel-Oren, MD, DC, LN, DACBN,
DABFM, DABOM, CCN, FABDA
Jillian Love: How to Make Nut Cheese

OCTOBER 2018

Steven Blake
Elize St. Charles, PhD

NOVEMBER 2018

Poison Spring: The Compromised EPA
Mission
EG Valliantos, PhD

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, July 27 @ 7:30pm

Richard Unger

***Hand Analysis: Your Life Purpose is
in Your Fingerprints***

Unity Community Church
Y.E.S. Hall

3391 Middlefield Rd, Palo Alto, CA

Please visit www.FMBR.org for more info.

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Thank you.

Main Presentation Speaker: Michelle Perro, MD, and Vincanne Adams, PhD!



Michelle Perro, MD is a veteran pediatrician with over thirty-five years of experience in acute and integrative medicine. More than ten years ago, Dr. Perro transformed her clinical practice to include pesticide and health advocacy. She has both directed and worked as attending physician from New York's Metropolitan Hospital to UCSF Benioff Children's Hospital Oakland. Dr. Perro has managed her own business, Down to Earth Pediatrics. She is currently lecturing and consulting as well as working with Gordon Medical Associates, an integrative health center in Northern California. Her new book, which she coauthored with Dr. Vincanne Adams, is "What's Making Our Children Sick?: How Industrial Food Is Causing an Epidemic of Chronic Illness, and What Parents (and Doctors) Can Do About It (Chelsea Green Publishing, 2018)."

Vincanne Adams, PhD is a professor and vice-chair of Medical Anthropology, in the Department of Anthropology, History, and Social Medicine at the University of California, San Francisco. Dr. Adams has previously published six books on the social dynamics of health, scientific knowledge and politics, including most recently, "Markets of Sorrow, Labors of Faith: New Orleans in the Wake of Katrina (2013), and Metrics: What Counts in Global Health (2016)." She is currently editor for Medical Anthropology Quarterly, the flagship journal for the Society for Medical Anthropology of the American Anthropological Association.

(End of Meet Michelle Perro and Vincanne Adams!)

Main Presentation

by Michelle Perro, MD and Vincanne Adams, PhD

“What's Making Our Children Sick - and What We Can Do About It”

With chronic disorders among children in the developed world reaching epidemic levels, parents are desperately seeking solutions to their children's declining health, often with little medical success from the experts. In their book, *What's Making Our Children Sick?* Drs. Michelle Perro and Vincanne show hard-to-diagnose, hard-to-treat chronic health problems in children are often rooted in diet and environment.

Their book provides clinical case studies illustrating how many of the health problems of children – allergies, asthma, rashes, gastrointestinal issues, autoimmune disorders, and cognitive malfunction – can be successfully treated through the gut with a fresh, organic (and therefore non-GMO and pesticide-free) whole food diet. It isn't the only route to health, but it is a key and often overlooked component of health.

The crux of the practice of holistic care is that it is individualized and requires taking a significant amount of time sorting out each patient's history and working out a unique treatment plan. Dr. Perro became concerned regarding the chronic conditions she found in her pediatric patients and the health of the multitude of children that she could not see. It is important for patients to have access to the type of practitioner that looks at toxic food and environmental poisons as potential culprits in the decline of kids' health. This contributed to the motivation to write their book. After a serendipitous encounter with Dr. Vincanne Adams, an extraordinary medical anthropologist and author, they brought insights from clinical medicine and anthropology together to create their book, *What's Making our Children Sick?*

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The book traces how and why medicine tends to seek pharmaceutical over food-based health solutions; how new biomedical research on topics like the microbiome, leaky gut and dysbiosis are still a long way from being incorporated into standard practice guidelines, and how integrative doctors are breaking the mold here; how agro-corporate investments in scientific research have made it hard for insights about the potential harms of GM foods and their associated pesticides to reach the light of day; and how we might think of a future medicine in relation to our ecosystem health – what they call ‘ecomedicine’.

Their book offers multiple examples of patients who change their diets to organic food as a key ingredient in therapy. Other therapies are also sometimes needed, including integrative therapies like herbs, supplements and homeopathic remedies, sometimes including traditional biomedical treatments. Even with these, they argue, eating non-organic food is potentially dangerous, and there is scientific research that shows this. Toxic pesticides in non-organic food can impair health, overloading already toxic-filled bodies of children and creating imbalances of the gut and taxing the immune system.

What’s Making Our Children Sick? reminds us that food is only one pathway to toxicity by way of the gut. Overuse of antibiotics to toxicants in the built environment (such as chemicals used in building materials and furniture) and hormone disrupting chemicals in common body and hygiene products, all impair health. But the possibility of food also being a source of toxicants is often overlooked. Going beyond the normal culprits like packaged and processed foods, Perro and Adams ask: How healthy are our real foods? Focusing on the science of genetically modified foods, they remind us that contrary to the popular claim that genetic modification is simply an extension of what nature and farmers have been doing for centuries, these technologies have enabled our food to be designed to withstand the increase in use of pesticides OR to become pesticides in their own right. They remind us that we really don’t know much about these foods in terms of their safety for humans, although we have a considerable body of research based on animal studies that points to risks.

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Studies on the Adverse Health Effects of GMO foods

The research showing risks of GM foods has a long history of controversy. This book walks readers through that controversy, explaining why we should not dismiss these studies and why new research actually affirms their concerns. Animal studies support the adverse health effects of genetically modified foods. Dr. Arpad Pusztai, a European scientist examined rats fed GM potatoes compared to those fed non-GM potatoes. He found intestinal disruption of the villi in the GM fed rats (fingerlike projections in the gut lining responsible for nutrient absorption). When Dr. Perro learned this, she wondered if it correlated with the explosion of intestinal permeability that she was seeing in her patients.

Similarly, Prof Séralini's research team in France showed toxic effects to the liver and kidney of rats fed GM corn and an ultra-low dose of the glyphosate-based herbicide (Monsanto/Bayer's Roundup) that it was engineered to be grown with, when tested separately and together. Recent follow-up studies led by Dr. Antoniou used cutting-edge "molecular profiling" (transcriptomics, proteomics, and metabolomics) analytical techniques to examine tissues taken from the rats in the Séralini experiment. These studies showed that an ultra-low dose of Roundup fed over a long-term two-year period caused kidney and especially liver damage, resulting in Non-Alcoholic Fatty Liver Disease (NAFLD). NAFLD now affects 1 in 4 American adults, and is also becoming a problem for children.

In the book, Perro and Adams describing the disturbing history of industrial influences in both producing flawed science about the safety of these foods and attacking researchers who pointed to possible risks. Even more surprising is that many of these findings were known to the regulatory agencies that were designed to protect the public from the untoward effects of new products on health. But these agencies succumbed to the pressure by big agribusiness and failed to do their job. There are no human studies on the effects of GM food on health. Additionally, there are no human studies on the health effects of combinations of toxins.

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To deal with the looming epidemic of food-related health issues, Perro and Adams suggest that we need to change both our concept of public health and the kind of medicine we practice. On top of this, we need to think about how planetary survival really may depend on organic solutions – the opposite of what GM food scientists and agrochemical companies have been saying for several decades. The hope is that this book will help people think about how a healthy body is really only possible in a healthy food environment. In order to bring that about, we need to rethink our paradigms about the relationships between health and food, food and soil, and our bodies and society, promoting what they call ecomedicine.

The aim of this book is to reach individuals who are concerned about the current epidemic of illness and want to help change this ominous course, they also hope that interested scientists and doctors will find useful information in their stories and their reviews of the available literature. They encourage readers to question their message and do their own investigations. They hope that parents will find the book useful to engage in meaningful dialogues with their own children's pediatricians and work together toward positive change.

(End of Main Presentation)

Secondary Presentation Speaker: Bill Grant, PhD!



William B. Grant has Ph.D. in physics from the University of California, Berkeley (1971). He had a 30-year career in atmospheric sciences with an emphasis on laser remote sensing of atmospheric constituents such as ozone and aerosols, with positions at SRI International (1973-79), the Jet Propulsion Laboratory/California Institute of Technology (1979-89) and NASA Langley Research Center (1989-2004).

He turned to health research in 1996, publishing the first paper linking diet to risk of Alzheimer's disease in 1997, followed by studies of sugar, fat and coronary heart disease in 1998, and animal products and cancer risk in 1998. In 1999 he turned his attention to the role of solar ultraviolet-B exposure in reducing risk of many types of cancer through production of vitamin D in 2002. After retirement from NASA in 2004, he moved to San Francisco and formed the nonprofit organization Sunlight, Nutrition and Health Research Center (www.sunarc.org), where he spends most of his time studying the role of solar UVB exposure and vitamin D in reducing risk of cancer and many other types of disease. He also investigates the role of diet in risk of Alzheimer's disease and cancer. He has about 300 health publications listed at www.pubmed.gov, of which 210 are related to vitamin D, with 78 of these also on ultraviolet radiation and human health, and 41 to diet and disease.

(End of Meet Bill Grant!)

Secondary Presentation

by Bill Grant, PhD

“Are You Dying in the Dark?”

The new book, "Embrace the Sun", recommends non-burning sun exposure, citing research on sun exposure, vitamin D, and disease risk.

The authors claim that sun avoidance may be nearly as hazardous to your health as cigarette smoking! Will there soon be a Surgeon General's warning about staying indoors or putting on too much sunscreen?

The book is based on science and research. Together, Sorenson and Grant have worked 62 years studying and practicing health, nutrition, and the proper relationship with sunlight. A mountain of evidence exists showing that sunlight can promote weight loss, reduce depression, and profoundly decrease the risk of today's common diseases including most cancers, heart disease, autism, diabetes, osteoporosis, multiple sclerosis, infertility, preterm birth and psoriasis. Do I have your attention? This book provides solid evidence towards a case for regular, sensible sun.

Some of the studies discussed in the book include:

A twenty-year study in Sweden found "Nonsmokers who avoided sun exposure had a life expectancy similar to smokers in the highest sun exposure group, indicating that avoidance of sun exposure is a risk factor for death of a similar magnitude as smoking. Compared to the highest sun exposure group, life expectancy of avoiders of sun exposure was reduced by 0.6-2.1 years."

An investigation from Iran on the association between cancer risk and vitamin D showed that among women who totally covered themselves and thereby had no sun exposure, there was a 10-fold increase in the risk of the disease

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Women in Spain who actively seek the sun have a 91% reduced risk of hip fracture of compared to women who stayed indoors.

Bill will share his wisdom so that the audience can better understand the health benefits of our magnificent sun at a time when our sun has been demonized by various health organizations, including the dermatology community, which has been essentially unchallenged for the past 50 years.

According to the book, 75% of all melanomas occur on areas of the body that are seldom or never exposed to sunlight. Additionally, sun exposure has decreased by about 90% in the U.S. population since 1935. During that same period, melanoma incidence has increased exponentially, by approximately 3,000%! This evidence debunks the myth that melanoma is caused primarily by the sun, and instead suggests that the disease is at least partially caused by sun deprivation.

With summer coming, is it wise to get out regularly at midday, exercise, and soak up some rays? Or better to stay indoors, continuing the current regimen? Could it be that something so central to nature, the sun, which has been part of the human race for thousands of years is now bad for us? In this blip that is the late 20th and beginning 21st century has sun avoidance been a big mistake? Come to the talk to find out!

(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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