

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, October 18, 2018

Main Presentation by Steve Blake

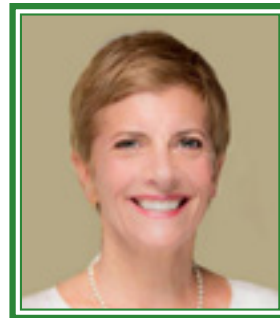
“Nutrients for Memory: The Hawaii Dementia Prevention Trial”

Secondary Presentation by Elize St. Charles, PhD

“Mitochondrial Health”



Meet Steve Blake
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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:

NOVEMBER 2018

Poison Spring: The Compromised EPA Mission
by EG Valliantos, PhD
Neurofeedback by Len Ochs

DECEMBER 2018

Vaccines, Autoimmunity and Childhood Health
by Thomas Cowan, MD

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, October 5, 2018 @ 7:30pm

Soul Conversations
with Mediums Robert Brown and
Austyn Wells

Unity Community Church
Y.E.S. Hall
3391 Middlefield Rd, Palo Alto, CA

Please visit www.FMBR.org for more info.

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.
Thank you.

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If you have questions please email:

susanrdowns@hotmail.com

Thank you.

Main Presentation Speaker: Steve Blake!



Steve Blake, Doctor of Science, is research director for the Neuroscience Nutrition Foundation. He is Lead Advisor for the Gale Encyclopedia of Alternative Medicine. He just returned from China where he will create an anti-aging program at a mega-hospital. He has offered many classes at the University of Hawaii. He designed and ran the Hawaii Dementia Prevention Trial, a clinical study at the Hawaii Alzheimer's Disease Center. He recently retired as Faculty Nutritional Biochemist at Hawaii Pacific Neuroscience where he worked with diet and neurologic disorders.

He is author of Nutrients for Memory, the McGraw-Hill textbook Vitamins and Minerals Demystified, Autism: A Spectrum of Improvement, Mastering Migraines, and Fats and Oils Demystified, How Not to Get a Heart Attack, Stop Strokes, and Parkinson's Disease: Dietary Regulation of Dopamine. He has authored Mosby's Alternative Remedies and is co-author of Mosby's Drug Guide for Nurses, 4th edition. He authored the Diet Doctor, software for analyzing dietary nutrients. www.DrSteveBlake.com.

(End of Meet Steve Blake!)

Main Presentation by Steve Blake

“Nutrients for Memory: The Hawaii Dementia Prevention Trial”

When I was working at Hawaii Pacific Neuroscience as Faculty Nutritional Biochemist, I was getting good results working with nutrition for memory problems. I was asked by our Director to put together a clinical trial to show that nutrients could slow dementia. This is how the Hawaii Dementia Prevention Trial got started. Once Alzheimer's disease is advanced, it is difficult to influence progress. We decided to enroll participants with mild cognitive impairment, a precursor to dementia. I convinced the team that we should use many different nutrient techniques simultaneously. The trial was completed last year with excellent results.

You can use the techniques from the Hawaii Dementia Prevention Trial to reduce your own risk of dementia, including Alzheimer's disease. All of the nutrients used were cleared by the Internal Review Board of the University of Hawaii for safety in elders. If you are already suffering memory problems, you may be able to slow, stop, or possibly even reverse the progression of Alzheimer's disease and vascular dementia. These techniques are based upon good medical science with citations to over one hundred peer-reviewed studies. Find out more in my latest book, *Nutrients for Memory*. I will guide you on what you can do for yourself to help your memory.

This information that I am presenting to you, by the way, is somewhat unique. I know of few other researchers who have put together a multifaceted nutritional approach to Alzheimer's disease. So many of the medical studies are looking for that magic drug that will cure Alzheimer's disease, but they're not looking closely at the dietary factors that cause it, or that might help it.

(Continued on Next Page)

I will tell you about the exciting studies, especially in the last few years, that have been defining the relationship between our food and nutrient sources and our risk of progressive memory loss. Several studies have shown the power of food to battle dementia. In the Rush Memory and Aging Project, they were able to delay dementia 11 years with dietary changes. Also, the MIND diet, a combination of a Mediterranean diet and a blood pressure lowering diet, was able to slow dementia by over 7 years. Certain supplements and medical plants are also well-documented to slow dementia. The Hawaii Dementia Prevention Trial did not just slow progression to dementia; it improved memory and cognitive abilities. In our small, pilot study, participants improved from borderline dementia to almost normal.

We used four dietary changes and 12 nutrient additions. We added a cup of berries daily to protect memory cells. I will tell you about the types of berries used and how they help. We also used one carefully-selected nut and one seed in quantities high enough to reduce brain cell death. We attempted to lower saturated fats in the diets to reduce the progression of vascular dementia. Vascular dementia is the accumulation of tiny strokes and also the circulation restriction from clogged blood vessels in the brain. Our dieticians worked hard, but compliance was poor. We also asked participants to change cooking techniques to reduce damaging advanced glycation endproducts from accumulating in the brain.

One focus of our nutrient additions was to reduce the formation of amyloid plaques, a signature feature of Alzheimer's disease. We used three nutrients to epigenetically methylate and quench the genes that produce the enzymes responsible for amyloid plaque production.

During the course of Alzheimer's disease, half of the brain cells can die off—typically from oxidative stress. Many of the nutrients we used were designed to boost antioxidant protection of brain neurons. We added supplementary antioxidants and also boosted our own antioxidant enzymes with certain necessary minerals. We also boosted the only fat-soluble antioxidant made in the human body. During the trial, patients of the clinic who could not qualify for the trial wanted to take the nutrients used. I designed the Brain and Body Food supplement with most of the nutrients used in the trial.

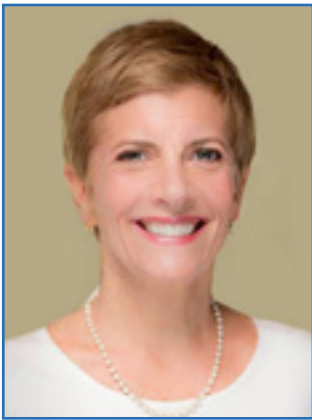
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I added two medical herbs in a standardized extract form. These two plants have massive research to show that they can slow and sometimes even improve the course of dementia.

I hope that you can come to the talk on October 18th to hear more about our successful clinical trial. Please visit my website www.DrSteveBlake.com.

(End of Main Presentation)

Secondary Presentation Speaker: Elize St. Charles, PhD!



Dr. St. Charles, Ph.D. has 40 years' experience in healthcare and alternative healing modalities. She has always been a pioneer in the field: In 1991, before yoga was a craze, she produced a 5-star rated yoga video. 'Doc Elize' was implementing detoxification protocols 20 years ago before 'detox' was hip. Fast forward to today - she has an encyclopedic knowledge base attracting physicians and lay people alike. In addition to being a certified traditional naturopath, she is trained in orthomolecular nutrition, Asian medical philosophies, therapeutic bodywork, Ayurveda, bio-toxin illnesses (mold and Lyme Disease), building biology, movement therapy and modern fitness science, music therapy and shamanism, to name a few.

Plagued with health problems, her interest in healing naturally germinated in childhood as she was steeped in the principals that inform and guide her life as a healing counselor:

- Firstly, do no harm.
- Food is medicine.
- Keep moving.
- Avoid and eliminate toxins.
- Respect and work with the body's innate intelligence.

Dr. Elize St. Charles, Ph.D. is a rare find in the healthcare field. As a hard-hitting professional who speaks three languages, she was also trained in finance and has an MBA. Dr. St. Charles, Ph.D., brings to the table truly unique skills, perspectives and a vast knowledge base that contribute to the health breakthroughs so common at The Healing Atelier.

(End of Meet Elize St. Charles!)

Secondary Presentation

by Elize St. Charles, PhD

“Mitochondrial Health”

Mitochondria are the energy bodies of our cells. They provide the currency, ATP, by which our bodies function. We need functional mitochondria to carry out daily activities. Without sufficient ATP production, you wouldn't be able to lift your arm, metabolize your food or think a thought. You need mitochondria for your heart to beat!

In today's world, our mitochondria are under attack. More and more people, from children to seniors, are experiencing mitochondrial fatigue and/or outright dysfunction. The ramifications of dysfunctional mitochondria include neurological damage and all its labels – dementia, Parkinson's disease, ALS, autism, other spectrum disorders, etc..., detoxification breakdown leading to digestive disorders, autoimmune diseases, multiple chemical sensitivity, liver and kidney disease, as well as the epidemics of chronic fatigue syndrome and fibromyalgia.

This talk describes the many factors that are negatively influencing energy production in our bodies. We look at the plethora of environmental factors that are impacting mitochondrial health. We will also show how mitochondrial damage can be easily assessed and how we can determine likely causes and/or reversible causes for the injury. In this brief presentation, we will also highlight potential solutions to this epidemic. With time and consistency, you can reset your mitochondria to produce the energy you need to enjoy life. We will elucidate some of these wellness and nutritional solutions such that you can implement them into your healthy lifestyle.

(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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\$10 per Meeting

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