

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

**Next Meeting: Thursday, January 17, 2019**

## Main Presentation by Dr. Ted Achacoso

*“Health Optimization Medicine and Practice (HOMe/HOPe)”*

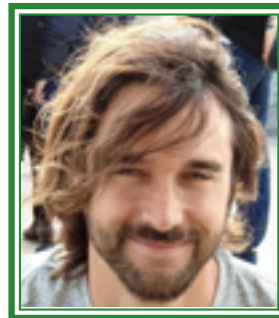
## Secondary Presentation by Roland Pankewich

*“Eating Gut, Health and Metabolic Endotoxemia”*

**Bonus Article by Susan R. Downs**



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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:

FEBRUARY 21, 2019  
Filomena Trindade, MD  
Frank Tortorice, MD

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

Friday, January 25, 2019 @ 7:30pm

### *Remote Viewing Through Mind Dynamics*

with Elizabeth Rauscher, PhD,  
J.J. Hurtak, PhD, PhD,  
and Desiree Hurtak, PhD

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.

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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Thank you.

## *Meet Main Presentation Speaker: Dr. Ted Achacoso!*



Dr. Ted Achacoso is a man who never takes himself seriously but takes his work seriously. A college graduate in biology at the age of 18 and a doctor of medicine at the age of 22, he is the founding pioneer of the clinical practice of Health Optimization Medicine and Practice (HOME/HOPe), which is the detection and correction of imbalances at the level of the metabolome. Dr. Ted is extremely lucky with mentors. He was mentored by Thierry Hertoghe, the founding pioneer of Anti-Aging Medicine and Nutritional Medicine (Dr. Ted is double board-certified, Paris). He was mentored by William S. Yamamoto, the founding pioneer of Medical Informatics and an Artificial Intelligence researcher (Washington, DC). He was mentored by D. Wayne Silby, the founding pioneer of Socially Responsible Investing and Finance (Washington, DC). He was mentored by three Philippine pioneers in Interventional Neuroradiology, Neurology, and Pharmacology/Toxicology (Manila).

His representative body of work includes a book containing the first ever neural circuitry database (“connectome”) for an organism, journal articles, US patents, software, grants, and recorded interviews, webcasts, podcasts, and speaking engagements in the areas of: (1) artificial ethology, computational neuroethology, biomathematical modeling of nervous systems, and computability of consciousness, (2) medical informatics, medical decision-making, connectionist systems, and expert systems, (3) computer-assisted imaging, edge detection algorithms, and telehealth, (4) virtual group dynamics, communication, and collaboration methods (He created the first wireless groupware), (5) parallel, cluster, cloud, and distributed emergent computing, (6) predictive complex adaptive system modeling of financial time series, and (7) health optimization medicine including metabolomics, epigenetics, bioenergetics, gut microbiota, exposomics, chronobiology, and evolutionary medicine.

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## *Meet Main Presentation Speaker: Dr. Ted Achacoso! (Continued)*



He is based in Washington, DC, maintains a tricontinental HOME practice (North America, Europe, Asia), and performs HOME/HOPE lecturing and mentoring to doctors and practitioners. Dr. Ted provides international corporate consulting activities involving nutritional supplement formulation and the establishment of metabolomics, mitochondria, and microbiota laboratories. He strongly suspects that this world is an illusion projected as a hologram by the human biocrystal, and pushes to create deliberately sustainable, happy dreams instead of nightmares.

### LINKS:

Website: <https://www.healthoptimizationmedicine.org/>

Website: <https://biobalanceinstitute.com>

Facebook: <https://www.facebook.com/drtedachacoso>

Facebook: <https://facebook.com/healthoptimizationmedicine>

Instagram: @BioBalancePH

*(End of Meet Dr. Ted Achacoso!)*

## **Main Presentation by Dr. Ted Achacoso**

### *“Health Optimization Medicine and Practice (HOMe/HOPe)”*

Health Optimization Medicine is the new specialty that takes care of the health of the basic cell that is common to all cells in the body --- the nucleus, cytoplasm, mitochondria and other organelles, cell membrane, endoplasmic reticulum, cytoplasm, microtubules, etc --- which forms the base of specialized cells like muscle cells and neurons, and which in turn, makes up the specialized organs in the body like the heart and the brain.

“Illness Medicine” diagnoses and treats disease at the level of the organ, for example, cardiology and neurology. In contrast, “Health Optimization Medicine” or HOMe detects and corrects imbalances at the level of the metabolome, for example, mitochondrial metabolites. HOMe is for physicians and HOPe is for non-physician healthcare practitioners. HOMe uses the sciences of Clinical Metabolomics, Epigenetics, Bioenergetics, Gut Immune System, Exposomics, Chronobiology, and Evolutionary Medicine – subjects currently not taught in medical schools.

The science of HOMe is “network-wide range shifting,” meaning shifting the objectively detected levels of metabolites, especially of the major hormone and nutrient networks, into the optimal ranges seen in healthy adults aged 21 to 30. This means that HOMe does not use the same reference ranges for laboratory tests used in Illness Medicine, for example, for hyper- or hypothyroidism. This also means that an entire metabolic subnetwork of values is shifted and not just one value, for example, in hormone optimization, testosterone or estradiol is never given singly but always together with all the other major hormones in the major neuroendocrine nexuses. Since manipulating one node within a network contextually affects the other nodes to which it is connected, the art of HOMe is in manipulating the metabolic subnetwork such that borderline deficiencies and subtle toxicities are corrected to the point of concomitant subjective increase in well-being and health, for example, experiencing increased libido and decreased frequency of self-limiting infectious illnesses.

Whereas Illness Medicine is after diagnosis and treatment of disease, lifespan, and quantity, Health Optimization Medicine is after detection and correction of imbalances, healthspan, and quality. Together they provide the full spectrum of health care.

*(End of Main Presentation)*

## *Meet Secondary Presentation Speaker: Roland Pankewich!*



Roland Pankewich is the CEO of Health Optimization Practice (HOPE). He lives in Toronto, Canada where he also will be opening the country's first HOPE clinic this year. His background in clinical nutrition and functional medicine give him a wide scope of theoretical understanding on the topics of biochemistry as well as practical applications to client care. In addition to working with health-focused clients and athletes, Roland consults for health companies as an educator and content creator to support clinical practitioners all over the country while also maintaining his role as part owner/operate of RIPE nutrition, a Canadian-based organic food company.

*(End of Meet Roland Pankewich!)*

## **Secondary Presentation by Roland Pankewich**

### *“Eating Gut, Health, and Metabolic Endotoxemia”*

The gastrointestinal system or the “gut” as its commonly referred too has become a major new frontier of research and action when it comes to health and wellness. While many hear small sounds bites of action items here and there, very few are looking at this in a clinical way. In this lecture, Roland Pankewich CEO of Health Optimization Practice will paint the picture of how everything from the food we eat to the internal landscape of our “microbiome” plays a massive role in the overall status of our health and wellness. To round out the expose, the topic of metabolic endotoxemia which is one of the driving forces of sub-clinical inflammation will be examined as it has been connected to a multitude of chronic degenerative diseases.

*(End of Secondary Presentation)*

## **Bonus Article by** *Susan R. Downs*

The A4M held their annual meeting from December 12 -15 in Las Vegas. Enclosed are some interesting points from a few of the lecturers.

### **VALTER LONGO, PhD**

#### *Fasting Mimicking Diet (FMD)*

Overconsumption of food often leads to metabolic morbidities (insulin resistance, excessive accumulation of visceral fat, etc.), particularly when associated with a sedentary lifestyle.

#### *Intermittent Fasting*

Intermittent fasting up-regulates autophagy, stress resistance and antioxidant activity. Intermittent fasting also extends the lifespan while decreasing cellular proliferation.

Periodic fasting and intermittent fasting have beneficial effects on health and can improve such conditions as diabetes, cardiovascular disease, cancer, and neurological diseases including Alzheimer's Disease and Parkinson's Disease. (1)

#### *Caloric restriction (CR)*

CR is defined as reducing caloric intake to 30% of normal. A thirty-year study on monkeys showed that caloric restriction decreases diabetes, cancer, and cardiovascular disease. Caloric restriction is stressful on the body; it has side effects. These monkeys became susceptible to infection and did not live longer. Dr. Longo wanted to find how we get the benefits of caloric restriction without the side effects. Hence, he studied the fasting mimicking diet (FMD).

#### *The FMD*

Dr. Longo described the FMD as low in calories, sugars, and protein but high in unsaturated fats.

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He describes it as regeneration from within. The FMD improves markers and decreases risk factors associated with aging and age-related diseases. Studies have shown that cycles of a 5-day FMD are safe, and effective in reducing markers/risk factors for aging and age-related diseases. Dr. Longo stated that if a person at age 50 does a FMD three times a year for twenty years, their biological age at age 70 decreases by 16 years. If one does this diet three to four times per year, body weight, body circumference, abdominal fat, and lean body mass all decrease. FMD activates stem cells (as does straight water fasting for about a week).

### *FMD and Metabolic Diseases*

Compared subjects who followed 3 months of an unrestricted diet to subjects who consumed the FMD for 5 consecutive days per month for 3 months. Three FMD cycles reduced body weight, trunk, and total body fat; lowered blood pressure; and decreased insulin-like growth factor 1 (IGF-1). No serious adverse effects were reported. Persons who were at risk for disease received more benefit than persons who were not at risk in the following markers: BMI, blood pressure, fasting glucose, IGF-1 triglyceride levels, total and low density lipoprotein, cholesterol and C-reactive protein. (2)

As an example, Dr. Longo points out that for a person with a fasting blood sugar of 75, the FMD shows no change in metabolic markers. However, for a pre-diabetic person, the majority of patients return to a normal state.

### *FMD and cancer*

Fasting and fasting-mimicking diets (FMDs) provide a particularly promising intervention to promote differential effects in normal and malignant cells. (3)

Dr. Longo stated that while neither chemo therapy nor fasting alone increased survival times for cancer patients, combining chemotherapy with fasting increased survival time. One of the mechanisms was through IGF 1. FMD is an adjunct therapy that can increase the quality of life of cancer patients. FMD protects against the side effects of chemo. When cancer patients are on chemotherapy with a normal diet, their quality of life decreases.

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When FMD is added to chemo, the quality of life does not decrease. Chemotherapy patients who are on FMD are more likely to complete their chemotherapy program (94 % vs. 73.3%).

### *FMD and Multiple Sclerosis*

Dr. Longo reported that FMD decreases multiple sclerosis symptoms in mice. The FMD reduced clinical severity in all mice and completely reversed symptoms in 20% of animals. This diet increased regulatory T (Rreg) cells and reduced levels of inflammatory cytokines, TH1 and TH17 cells, and antigen-presenting cells. (4)

## **NAVEEN JAIN**

Naveen Jain is the Chairman and founder of Moon Express, the founder on Inome, Intelius, TalentWise, InfoSpace and Viome. The following are excerpts from his presentation.

There has never been a time before when individuals and small groups can make changes. Landing on the moon required the mobilization of a nation. When people talk about climate change, they express concern for the planet. Yet the planet will be fine long after the human species dies.

### *The Concept of Scarcity*

He does not believe in the commonly accepted concept of scarcity. It does not matter how much people have, they always want more. Yet, humans are the most generous and want to have a tribal tie.

No one complains if one is breaking into his air space because there is no shortage of air. Yet, we fight for energy and land. If energy were free and demonetized, we would not be fighting over energy. Solar energy is one possible solution to provide unlimited energy. As an example, aluminum was the scarcest metal two hundred years ago because it was difficult to extract. Twenty percent of the Washington Monument is aluminum because we wanted the world to know we were rich.

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### *Passion vs. Obsession*

“Passion,” he states, “is for losers.” Success requires obsession. He believes that our generation will solve chronic diseases. He states that passion is never static. When passion increases, what “we know” decreases. If you want to be liked, do nothing, be nothing and be a door mat. He added when you love yourself, the world loves you. People might forget what you said, but the world will remember you and how you made them feel. What is needed is obsession. That is finding something so meaningful, that it cannot be ignored. One thinks of it when waking up. Passion, he views as not as deep commitment. <last sentence unclear >

### *Health Care*

The current system focuses on giving medications to suppress symptoms. He believes that new technology will identify the root causes of different illnesses. The best drug efficacy rate is 0.2, meaning drugs have an efficacy rate of 20%. Eighty percent of medication takers experience no effects, except side effects. One hundred percent will be harmed by side effects.

Health care is the only business where money is made by the consumer not getting better. The only person who does not like a patient being sick is the person who is sick. The insurance companies make money on the investment of premiums. The companies are required to pay 80 to 85% of its premiums on patient care. Their profits come from the return on their investments and on the remaining 15% of the premiums received. He believes in empowering the consumer.

### *The concept of being an Expert*

Naveen believes “What you don’t know is not a problem. What you know for sure gets you into trouble because you are not open. Curiosity is important”. Once you area an expert in a field, you are completely useless. Once you stop questioning, faith becomes static and mere dogma. If one is honest, he challenges the existing foundation. Science itself suffers when one stops imagining. When science is declared settled, science moves into the dogmatic realm of scientism. Settled science is the assassin of curiosity and the end of science. Certainty hardens one’s mind against possibilities.

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## ***DAVE ASPREY***

CEO and Founder of BulletProof Executive. He has two million downloads of his podcast each month.

Dave, an expert in biohacking, points out that Biohackers is now a word according to Webster's Dictionary. Dave, without a license, is in a position to say things that licensed professionals cannot say but perhaps hoped that someone else would say. If licensed professionals spoke out, they risk losing their jobs and licenses.

Light, he states, can help with healing – like a drug. Eyes are an extension of the brain. Light goes into the eyes and travels along the retinal ganglion to the suprachiasmatic nucleus SCN which controls circadian rhythms and regulates rhythms throughout the body. Twenty minutes of sun per day helps brain, testosterone, and increases collagen thickness.

He states that people realize that blue light is the corn syrup of light. Blue light increases free radicals and damages mitochondrial DNA. It causes us to age quicker, and decreases mitochondria and energy metabolism. Blue light is bad for the eyes. Because blue light interferes with sleep, it is important to minimize exposure to blue light and block it in the evening. Blocking blue light decreases beta brainwaves and increases alpha brainwaves before bed. Sources of blue light include computer screens, cell phones, and televisions. He believes in embracing darkness during sleep.

Red light, on the other hand, energizes cells and stops aging. It increases substrates that go into the Krebs cycle. It decreases eye stress, and increases glutathione. Other benefits include decreasing skin roughness, decreases pain, blood pressure and inflammation, increases blood flow, collagen density, and mood. Because the body needs some blue light, he has developed glasses that block 60 % of the blue light.

Other supplements he mentioned were bilberry extract which British pilots used in World War II to improve their night vision, lutein, astaxanthin, 4 mg per day, krill (fish roe), and intermittent fasting.

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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.

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).

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