

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, April 18, 2019

Main Presentation by Matthew Cook, MD

“Regenerative Medicine”

Secondary Presentation by Bernd Friedlander, DC

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



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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:

May 16, 2019
Joan Iland, PhD
"Food Addiction"

June 20, 2019
Alan Gale
"Biohacking"

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, May 3, 2019
Diane Hennacy Powell, MD
"Autistic Savants and Their Radical Implications for Neuroscience"

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.

SLF Members

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Thank you.

Meet Main Presentation Speaker: Matthew Cook, MD!



Matthew Cook, MD is a regenerative medicine specialist and the president of BioReset Medical in Campbell, CA. He graduated from University of Washington School of Medicine in 1997 and completed his residency in anesthesiology at University of California San Francisco in 2001.

Dr. Cook is a board-certified anesthesiologist with over 20 years of experience in medical practice. Currently Dr. Cook is President of California Anesthesia and Medical Director of the National Surgery Center in Los Gatos, CA. (In addition, Dr. Cook sits on the scientific advisory board of several high profile medical companies including VMDOC, FREMedica & Vasper Systems.) Dr. Cook's early career as an anesthesiologist and medical director of an outpatient surgery center that specializes in sports medicine and orthopedic procedures provided invaluable training in the skills that are needed to become a leader in the emerging fields of Musculoskeletal Ultrasound imaging, nerve hydrodissection, and stem cell medicine.

(End of Meet Matthew Cook!)

Main Presentation by Matthew Cook, MD

“Regenerative Medicine”

The Regenerative Approach to Back Pain

There are many causes of back pain. To determine the appropriate treatment plan, we must look at the entire anatomy, including the discs, nerves, epidural space, and facets.

Even in regenerative medicine, some practices do not put an emphasis on diagnostics to figure out the root cause(s) of the pain. Our experience informs us that most back pain is multi-factorial, and thus a thorough evaluation of the anatomy is required to determine cause and effective approach.

For all of our back pain cases, we get an MRI as well as perform a musculoskeletal ultrasound exam. Depending on the case, we may also perform a diagnostic exam using fluoroscopy. Based on those results as well as an in depth physical and neurological examination, we design a treatment plan appropriate to the patient.

We will discuss a couple of examples of commonly seen maladies and how we would approach them using injection and hydrodissection with bone marrow aspirate, PRP, placental matrix, and exosomes. We also employ ancillary treatments to optimize healing such as deep oscillation therapy, PEMF therapy, hyperbaric oxygen therapy, and IV therapies such as IV NAD+ to aid in healing.

The Regenerative Approach to Joint Pain

For joint pain, including knee, shoulder, and hip, we look at the joint, ligaments, tendons and fascia around the joint. This comprehensive workup includes musculoskeletal ultrasound diagnostics, physical examination, and often an MRI depending on the severity and location. Our primary approach is to use regenerative hydrodissections and injections.

For severe and debilitating joint pain that involves lesions of the bone marrow, we do a procedure called subchondroplasty where we treat bone marrow lesions with bone marrow aspirate under fluoroscopic guidance.

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The Regenerative Approach to Peripheral Neuropathy

Peripheral neuropathy is becoming an increasing problem due to the prevalence of Type 2 Diabetes, statin use, and chemotherapy. Our approach is to address the nerve degeneration with hydrodissection of the affected nerves (usually the tibial nerves) combined with use of red light therapy, deep oscillation therapy, PEMF therapy and dietary and lifestyle counseling to help the body repair and restore the damaged nerves and vessels. IV therapies including NAD are also used to support mitochondrial function and healing.

The Regenerative Approach to Lyme Disease and Complex Illness

Our approach to all patients is do to a consult and a diagnostic workup to determine what factors are in play and prioritize the most critical ones to treat and in what order. In general we see a very high correlation among GI disruption, autoimmune disease, chronic fatigue, Lyme disease, mold sensitivity and depression and anxiety. in many cases, we also see thyroid and hormonal disruption.

In these complex patients, we test for parasites, small intestine bacterial overgrowth (SIBO), food sensitivities, leaky gut, candida, mold. co-infections and viruses to get a clear picture of the issues we need to address. Once that is determined, we develop a treatment plan that includes natural approaches to reduction of infections and viruses, detoxification assistance, rebuilding the immune system, balancing the hormones, and increasing the resilience of the patient. Therapies include NAD and other IV therapies, supplements, exosomes and other stem cell therapies,

The Regenerative Approach to Depression, Anxiety and PTSD

We see depression, anxiety and PTSD as independent conditions, and also note that they are often accompanied by complex illness, Our approach involves treatment of those underlying conditions, if appropriate, combined with treatments to reset the sympathetic nervous system, specifically ketamine therapy and the stellate ganglion block. The ketamine therapy is administered via IV and is often done in a series over several weeks. Patients report relief from depression and anxiety sometimes after just one treatment. The stellate ganglion block is a hydrodissection with a local anesthetic around the stellate ganglion plexus in the neck that provides a different mechanism of reset by turning off the involuntary sympathetic nervous functions to give the nervous system a rest and allow the patient to be in a parasympathetic state for a time. It is proven to be very effective for treating PTSD.

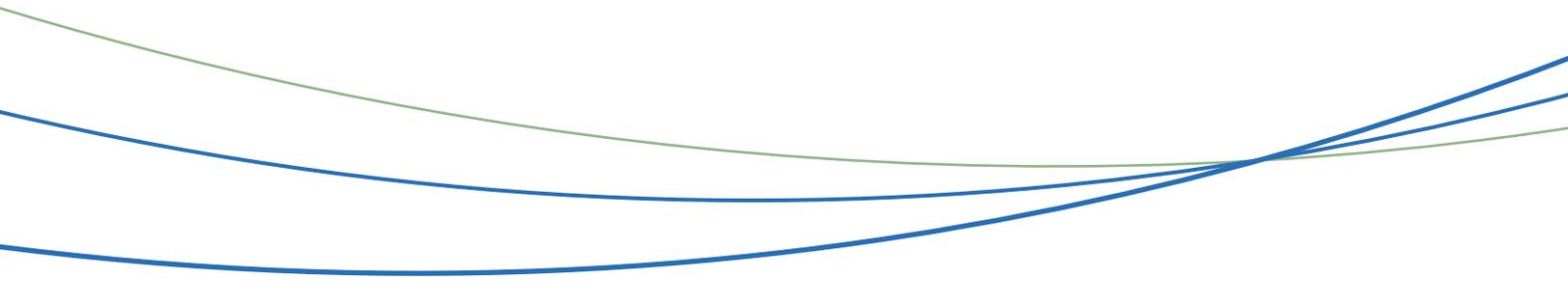
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The Regenerative Approach to Male and Female Sexual Optimization

As in all patients, we approach sexual dysfunction and optimization with a comprehensive evaluation to determine the best course of treatment. For men, we treat many conditions including erectile dysfunction, Peyronie's disease, and overall sexual optimization with GAINSwave (registered symbol) shockwave therapy and the P Shot (registered symbol) or Priapus Shot (registered symbol). The P-Shot therapy uses Platelet Rich Plasma (PRP) and in our case we also use exosomes to further enhance the effectiveness of the treatment. This enhanced treatment is known as the GAINSwave XL™.

For women, we do a similar approach, including the FemiWave shockwave therapy combined with the O-Shot (registered symbol) to rejuvenate vaginal tissue, strengthen muscles, and improve sexual enjoyment.

(End of Main Presentation)

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Meet Secondary Presentation Speaker: Bernd Friedlander, DC!



With a degree in physical education and exercise physiology from San Francisco State University, Dr. Bernd Friedlander made it his mission to learn how athletes could improve performance at an optimum level while reducing his or her chances of injury. Dr. Friedlander began his career as a physical therapist and later attended the Los Angeles Collage of Chiropractic in 1977. While attending LACC he was introduced to a professional wrestler whose influence was instrumental in setting Dr. Friedlander on a course of health, nutrition and wellness. All of which has led him on a course in studying and developing nutritional and dietary supplementation.

With the 1984 Summer Olympics at hand, Dr. Friedlander was approached by some of the UCLA coaches, U.S. Olympic Teams and other interested athletes from numerous colleges, to help prepare them for the upcoming games.

Dr. Friedlander was able to train these athletes and coaches on the necessity of good nutrition, stretching and flexibility and had the opportunity to work with elite athletes and their coaches such as Evelyn Ashford (one of the fastest women in the world), Pat Connelly, Carl Lewis, Jackie Joyner-Kersey, Bob Kersey, Florence Griffith-Joyner, John Smith, Bob Seagren, Wilt Chamberlain and Bob Bush to name a few.

Since Dr. Friedlander was averse to the use of steroids, he began using a program of vitamin and mineral supplements and a combination of amino acids such as arginine, ornithine, and lysine. It was at this time he met Robert Atkins of the famed Atkins Diet. As Dr. Friedlander's reputation grew he began working with more high performing athletes and placed them on the Atkins diet, as well as a proper exercise program and supplements. Due to this regimen he saw fewer injuries, faster repair time, and overall improved athletic ability.

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Dr. Friedlander began seeing improvement with his patients suffering from knee damage, cartilage damage, and hip degeneration after putting them on his collagen program. It was because of these results that Dr. Friedlander began to realize the importance of collagen in athletic performance and how collagen is the “perfect nutrient.” Athletes are using massive amounts of weights in their workouts whereby compressing their bones and damaging their cartilage, ligaments and tendons. Collagen can help repair these kind of injuries.

To learn more about Dr. Friedlander and his life-altering products, go to

www.drberndfriedlander.com.

You can ask Dr. Friedlander questions by writing to: answers@drberndfriedlander.com.

(End of Meet Bernd Friedlander!)

Secondary Presentation by Bernd Friedlander, DC

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

Patients want to be healthy; they do not simply want to avoid disease. While US emergency rooms are extremely good at resolving an acute-care crisis like getting hit by a car, the system does not get people healthy or resolve many chronic degenerative diseases. For example, many of the most popular US prescription drugs do not cure any disease, they simply reduce or mask symptoms, or manipulate biomarkers and have serious side effects (e.g.: anti-cholesterol statins– CoQ10 depletion and muscle pain, sometimes heart attacks; “Bone builder” Reclast – kidney damage and jaw necrosis; anti-depressant SSRIs: suicide and homicide). 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 with chronic degenerative diseases. 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 - and a good harvest is due to many small things that go right. Thus wellness doesn't begin at the whole person level or due to the lack of a pharmaceutical drug – it begins at the cellular level. As above (macro, the person) so below (micro, the cells and their components such as mitochondria and membranes).

Modern medicine tends to mistakenly believe “Genetics is Destiny”. Not only can we change our genetic expression through diet, lifestyle, supplementation and other healthy habits, but also many retroviruses can literally edit our DNA. 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. Decades of direct to consumer drug advertising mirrors medical school curriculum/dogma – “a pill for every ill”.

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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 such as glyphosate and atrazine), water (Fluoride, chlorine-related compounds and many other toxic chemicals) and dirty air (mercury and aluminum nano-particles). 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, filtering your water.

Manifesting Health

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, deep fried foods 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.

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 many 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, activated by water fasting. Or elimination of internally generated toxins (endotoxins) in the gut which spill out to the rest of the body. But our detox enzymes have been disrupted by toxins and our modern lifestyle.

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How to Regain Health

Our built in 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 CO2 in the blood as well increases life span (due to healthy thyroid and progesterone function, proper breathing, vitamin B1, biotin, DCA – dichloroacetate azolamide).

NAD+ 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 doctor 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. The 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.

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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⁺ to NADH, oxidation/reduction.

Energy

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 (nitric oxide, 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 (but not magnesium oxide), zinc, niacinamide, collagen (to boost protein synthesis and reduce inflammatory markers) and progesterone. For boosting immune function, a product called BRM4 (made of rice bran fiber modified by an enzyme from shiitake mushrooms) will increase natural killer cells. Also the right amount of exercise, diet, types of protein, happiness and positive attitude will all contribute to real health – not just the absence of disease.

At the more esoteric level, energy medicine is beginning to get more serious attention, especially in Germany. Most, but not all radiation is bad – certainly sunlight (especially the 660-880 nano-meter wavelengths) are healthy, and there are healing frequencies generated by plasma (ionized gas) tubes of Rife machines to selectively kill bacteria, parasites, viruses and stop further proliferation of cancer or circulating tumor cells.

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 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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