

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, May 16, 2019

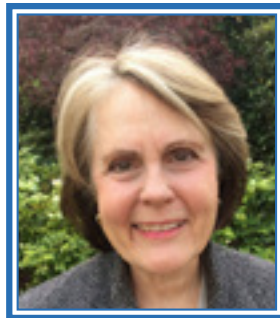
Main Presentation

by Joan Ifland, PhD, MBA, FACN

“Food Sensitivities and Health”

Secondary Presentation by Wolfram Alderson

“Blood Sugar Dysregulation - The Blood Sugar Roller Coaster”



Meet Joan Ifland
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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:

June 20, 2019

Alan Gale
"Biohacking"

Upcoming Foundation for Mind Being Research Meeting (FMBR)

There will be no meeting this month.

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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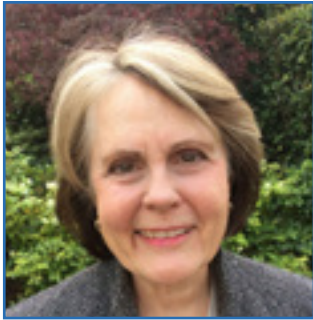
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If you have questions please email:

susanrdowns@hotmail.com

Thank you.

Meet Main Presentation Speaker: Joan Ifland, PhD, MBA, FACN!



Dr. Ifland has been creating breakthroughs in recovery from food addiction from 1999, with her first popular book, to 2018 when her textbook, “Processed Food Addiction: Foundations, Assessment, and Recovery” was published by CRC Press.

She has innovated in online services such as The Addiction Reset Community (ARC) in 2016, www.foodaddictionreset.com. She has also founded sites which provide free services including the Facebook group, ‘Food Addiction Education’ (2014) and Handouts at www.foodaddictionresources.com (2014). RESET WEEK is the first online live video program for withdrawal from processed foods (2018). Dr. Ifland’s Meal Prep Manual is a breakthrough system to easily manage meals (2018) which resolves a major barrier to recovery from food addiction.

Dr. Ifland is the lead author of the first scholarly publication describing refined food addiction and the definition of addictive foods.

Dr. Ifland is a Fellow of the American College of Nutrition. She earned her PhD in addictive nutrition at Union Institute and University (2010); her MBA at Stanford Business School (1978) and her BA in Economics and Political Science at Oberlin College (1974). She currently resides in Seattle.

(End of Meet Joan Ifland!)

Main Presentation by Joan Ifland, PhD, MBA

“Food Sensitivities and Health”

Research shows that weight-loss programs fail at an alarmingly high rate. Epidemics of the consequences of overeating are spreading globally. Old beliefs about how to lose weight and control the metabolic syndrome are fading from favor. 'A calorie is a calorie' is no longer supported by research. The general failure of weight-loss regimes has opened the door to a new theory that overeating is a kind of addiction to processed foods. Processed food addiction has been written about for several decades but largely ignored. As other approaches are discarded, the addiction theory has taken on new importance. Dr. Ifland will review the evidence for processed food addiction as an explanation for the obesity epidemic. The presentation covers the entry of the tobacco industry into processed foods, the ensuing rise in consumption of processed foods, and the addictive impact on the brain. Solutions suggested by the evidence are discussed.

(End of Main Presentation)



Meet Secondary Presentation Speaker: Wolfram Alderson!



Alderson has nearly four decades experience serving in leadership roles involving design, development, and administration of innovative programs created to improve human and environmental health. He employs a diverse range of strategies and tactics. Combining these with his exceptional management skills, Alderson will lead the Hypoglycemia Support Foundation (HSF) in fulfilling its mission of bringing critical information about hypoglycemia, and metabolic disease in general, to adults and children, and the public and health care industry at large.

In 2013, Alderson and Dr. Robert Lustig, a globally renowned neuroendocrinologist and Professor of Pediatrics at UCSF, founded the Institute for Responsible Nutrition (IRN). Alderson served as its Executive Director and COO until March 2017, when he merged it with the United States Healthful Food Council/EatReal. Lustig is the author of several books including “Fat Chance and Hacking of the American Mind.” Alderson continues as Global Education Director for Dr. Robert Lustig. Alderson and Lustig share a mutual interest in preventing and reversing metabolic disease, which includes hypoglycemia, versus simply (or not so simply) treating it. Dr. Lustig has also joined the HSF family as a Medical Advisor. As a nationally recognized leader and networker in the field of metabolic health and nutrition, Alderson brings considerable assets and connections to the HSF.

The broad focus of Alderson’s lifetime of work has been improving human and environmental health – often by developing programs and organizations that accomplish both. His career began as a teenager when he founded the first Certified Farmers’ Market in California (the Gardena Farmers’ Market started in 1979 and is still going today). One of Alderson’s endeavors is a startup called “perfect” – offering a powerful new technology platform dedicated to making the food system more transparent and also a partner with HSF. The project is leading the development of a sugar matrix that has revealed over 300 names for added sugar, making

(Continued on Next Page)

this data available to public health advocacy groups like HSF.

Complementing his work improving the human condition is Alderson's artwork. He has been a working artist since 1986. Primarily self-taught, Alderson has served as curator and lead artist in several public exhibitions, and developed two major art therapy and rehabilitation programs, one for Cuban refugees and the other for severely abused children. Alderson's art has always built on the foundation of community, culture, and love – intersecting in powerful ways with the people he has served. His current work may be viewed at www.wolframalderson.com.

Rounding out Alderson's career as a social change agent is his devotion to his wife, two cats, and the San Francisco community where he resides. His professional website and complete resume are online at <https://www.linkedin.com/in/wolframalderson>.

(End of Meet Wolfram Alderson!)

Secondary Presentation by Wolfram Alderson

“Blood Sugar Dysregulation - The Blood Sugar Roller Coaster”

What is the *“blood sugar roller coaster”* and how can awareness of the condition prevent and reverse more severe diet-related chronic disease? Learn how blood sugar dysregulation is not merely a symptom, but a key to preventing and reversing metabolic disorders. Learn to discern between acute and chronic hypoglycemia and reactive / functional hypoglycemia - a preventable disease state that is triggered by stress, processed food (low in fiber and laden with unhealthy starch, sugar, fat and salt), and lack of (or excess) of exercise. Learn about the role of blood sugar dysregulation in mental health, and how Continuous Glucose Monitoring is emerging as a valuable tool for revealing the link between mental health and metabolic health.

Understand the relationship between low and high blood sugar and insulin resistance. Learn helpful testing protocols and technologies. Strong focus on patient perspectives that are often ignored - allowing their glycemic variability to be misdiagnosed or to advance to more serious metabolic disorders. Continuous Glucose Monitors are about to expose this situation on a much larger scale as they become available for populations with type 1 diabetes, and used for preventing and reversing disease, versus management. Additionally, new technology will soon allow consumers to screen the the entire food supply while shopping in real time, applying science based criteria to prevent metabolic disease and avoid products and ingredients linked to metabolic disorders. Learn about personalized nutrition technology is emerging that will allow sufferers of metabolic conditions like reactive hypoglycemia to design diets specific to their bio-chemistry and dietary preferences.

(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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