

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

**Next Meeting: Thursday, August 15, 2019**

## Presentation by Sherry A. Fong, D.C.

*“Middle Age Metabolic Syndrome”*

*Article Written by Susan R. Downs*

## Presentation by Julie Drucker

*“Sea Weed”*

*Article Written 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:

SEPTEMBER 2019

Lena Pu - "5G Planet Depopulation"

OCTOBER 2019

Phillip Lee Miller, MD

### 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](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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If you have questions please email:

***susanrdowns@hotmail.com***

Thank you.

## *Meet Presentation Speaker: Sherry A. Fong!*



Sherry A. Fong, D.C. has over 25 years of practice as a Chiropractic Physician specializing in men and women's health, pain management and rehabilitation, natural aesthetics, weight loss, and nutrition at her clinic in San Francisco.

Dr. Fong graduated from Life West Chiropractic College and did Post Graduate studies in the Chiropractic Neurology Diplomat program.

Her focus includes management of chronic complex pain and disc herniation with hyperbaric oxygen chamber, spinal decompression, shockwave, Lite Force laser, full body photobiomodulation light therapy, LED infrared light wraps and medical cupping myofascial release. She also offers natural anti-aging, hormone balancing detox programs, fat loss programs and functional medicine. She became interested in nutrition and natural healing modalities in 1994 when her grandmother who raised her was diagnosed, at 94 years old with cancer (lymphoma). Dr. Fong searched earnestly to find a cure for her with natural medicine. Resources were limited then without the Internet. She researched and read as many books on nutrition and natural cures she could find. Her grandmother did recover from cancer and lived until almost 100 years old. Since then she has dedicated her practice to assisting people in the prevention of diseases, weight loss, and achieving their own personal level of optimal health. Innovative Body Concepts was created by Dr. Fong to provide men and women a safe, comfortable, caring place to transform their health with support, education, and fitness so they can experience their own elevated level of health, vibrancy and energy.

*(End of Meet Sherry Fong!)*

## **Presentation by Sherry A. Fong, D.C.**

### *“Middle Age Metabolic Syndrome”*

*Article Written by Susan R. Downs*

What happens as we age that we accumulate belly fat, and have increased high blood pressure, high LDL, high A1c and high cholesterol and chronic fatigue, restless sleep and painful joints? These typically are called metabolic syndrome and result from increasing insulin resistance. Increasing insulin resistance results in inflammation, oxidative stress and is implicated in many chronic diseases including obesity and Alzheimer's Disease. Insulin resistance can have many contributing causes including diet, stress, poor sleep, EMF and toxins.

How do we address metabolic syndrome, insulin resistance, and weight gain? Diet, detoxification, optimizing hormones, reducing inflammation, increasing insulin sensitivity, toxin avoidance, and exercise all are important in reversing this condition. Dr. Fong will discuss approaches to reversing insulin resistance which will have the added benefit of weight loss. This involves resetting of body metabolism which can have long term lasting effects. She uses homeopathic (low dose) remedies to stimulate hormone production; to rapidly shift the body from utilizing glucose (sugar) to effectively utilizing fat for fuel; to detox the major organs of the body; and to support efficient waste elimination. Homeopathic HCG reprograms the hypothalamus (metabolic control center in the brain).

*(End of Presentation)*

## *Meet Presentation Speaker: Julie Drucker!*



Julie Drucker, originally from NYC, has been a seaweed harvester since 2003 and the owner of Yemaya Seaweeds since 2010. She teaches annual seaweed foraging weekends at The Ohlone Herbal School and seaweed nutritional and culinary classes at Three Stone Hearth, both in Berkeley, CA. She is also an Accupresurist, Shamanic Practitioner and Performance Artist.

*(End of Meet Julie Drucker!)*

## Presentation by Julie Drucker

### *“Sea Weed”*

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

Seaweed is a nutrient rich food high in iodine, iron, vitamin C (which aids iron absorption), antioxidants, soluble and insoluble fiber, vitamin K, vitamin B-12, dietary fiber,  $\omega$ -3 fatty acids, essential amino acids, and vitamins A, B, and E. (1) Other bioactive compounds include proteins (lectins, phycobiliproteins, peptides and amino acids), polyphenols, and poly sacccharides. (2) And fucoidan, a type of carbohydrate with potential applications including immune modulation, cancer inhibition, and pathogen inhibition (3) and gut microbiota modulator. (4) Peptides in seaweeds are reputed to help in hypertension, diabetes, and oxidative stress. (1) Other possible benefits include antiviral, anticancer, and anticoagulant properties as well as the ability to modulate gut health and risk factors for obesity. (2) The best way to eat seaweed is to add small amounts to everyday foods.

#### **Seaweed's Effect on the Environment**

Algae's strong photosynthesis creates a large affinity for nutrients; this allows the seaweed to be used to remove undesired nutrients from water. Seaweed also generates oxygen which benefits hypoxic (= oxygen-poor) dead zones. Nutrients such as ammonia, ammonium nitrate, nitrite, phosphate, iron, copper, as well as CO<sub>2</sub> are rapidly consumed by growing seaweed. Reefs and lakes are naturally filtered this way (seaweed is consumed by fish and invertebrates), and this filtering process is duplicated in artificial seaweed filters. China could remove its entire phosphorus effluent by increasing seaweed production by 150%. (5)

#### **Seaweed Products**

Many commercial seaweed products have additives which may have adverse health effects. Alginate, agar, and carrageenan are gelatinous seaweed products that are used as food additives because of their gelling, water-retention, emulsifying and other physical properties.

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Agar is used in foods such as confectionery, meat and poultry products, desserts and beverages and molded foods. Carrageenan, derived from the seaweed, Irish moss, is added to products such as almond milk, in salad dressings and sauces, dietetic foods, and as a preservative in meat and fish, dairy items and baked goods and ice creams. This is a heavily processed food and has been linked to gut inflammation.

### **Caveats**

The brilliant green seaweed salads served at Japanese restaurants likely have food dyes as the true color of seaweeds is brown. Nori, a packaged seaweed snack, often has salt added.

Iodine levels vary in different seaweed species so one has to be careful when eating it. It is desirable to have iodine intake within a certain range. Too little iodine or too much iodine can adversely affect the thyroid. The arame seaweed is very high in iodine content and 1.5 teaspoons of it can reach the tolerable upper limit of daily iodine consumption. In a typical Japanese diet seaweed is traditionally eaten in combination with vegetables.

Seaweed absorbs essential minerals like a sponge. Also, depending on where they are grown, they may also soak up environmental toxins and heavy metals. Health authorities have warned against eating hijiki, Japanese seaweed known to absorb dangerous levels of arsenic. Some believe wild seaweeds may be more nutritious. Some seaweeds have anticoagulant properties (3) which mean they should be taken with care in people who are on blood thinners. High potassium as found in seaweeds such as dulse should be taken with care in people with kidney problems.

*(Continued on Next Page)*

## *References*

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*(End of 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](http://www.SVHI.com).

For questions, please contact Susan Downs at [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com).

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