

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, October 17, 2019

Main Presentation by Philip Lee Miller, MD

“Telomeres, Senolytics and Regenerative Medicine”

Secondary Presentation by Andrea Saliba

“Ending Back Pain Holistically and Permanently”



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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 2019

Ahvie Herskowitz, MD - "Human Longevity:
Your Roadmap to Aging"
and
Dr. Ann Lee

DECEMBER 2019

Harry Wong - "Fixing the Unfixable: The
ABCs of Structural Repair"
Potluck Dinner

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, October 25, 2019

@ 7:30pm

Bob Whitehouse

*"Divine Design - The Unfolding Torus:
Humankind at the Turn with Reason to Hope"*

**Unity Community Church
Y.E.S. Hall**

3391 Middlefield Rd, Palo Alto, CA

Please visit www.FMBR.org for more info.

A **Membership Chair** position is available.
Interested persons can contact any board member
or email **Susan** at:

susanrdowns@hotmail.com.

Thank you.

SLF Members

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If you have questions please email:

susanrdowns@hotmail.com

Thank you.

Meet Main Presentation Speaker: Philip Lee Miller, MD!



Dr. Philip Lee Miller, MD is the Founder, Medical Director and CEO of California Age Management Institute. Formerly known as Los Gatos Longevity Institute. He has been in medical practice for over 46 years.

He graduated from UC Berkeley with the Centennial Class of 1968 with a degree in Biochemistry. In 1972 he graduated from UC San Diego School of Medicine in the Charter Class with an MD degree.

There was further training in Neurology at UC Davis. He has been ABEM Board Certified in Emergency and is currently ABAARM Board Certified (American Board of AntiAging and Regenerative Medicine).

Dr. Miller has long been an internationally recognized leader in Anti-Aging, Longevity and Integrative Medicine. With gratitude, this started with an early association with Dr. Julian Whitaker of the Whitaker Wellness Institute in Newport Beach, California.

He is currently a charter member of the American Academy for Anti Aging Medicine, having passed the first-ever Board Exams in Anti-Aging Medicine in December 1998.

He holds distinctive memberships in the American Academy on Anti-Aging and Regenerative Medicine (A4M) and The Endocrine Society. Past memberships in American College for the Advancement in Medicine (ACAM), American Academy of Neurology (AAN), the Santa Clara Valley Medical Society, Monterey County Medical Society and the California Medical Association (CMA). He served for two years on the Board of Trustees of the Monterey County Medical Society.

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Dr. Miller co-authored a major addition to the Anti-Aging Medicine literature: *The LEF Revolution: The New Science of Growing Older without Aging*. Ongoing, topical and provocative writings are regularly published at blog.antiaging.com. These are certain to enlighten the reader.

As we enter a new and exciting phase of Anti-Aging and Regenerative Medicine, Dr. Miller is now deeply involved in the rejuvenating aspects of Telomeres, Telomerase, Senolytics and Mitochondrial rescue.

(End of Meet Philip Lee Miller!)

Main Presentation by Philip Lee Miller, MD

“Telomeres, Senolytics and Regenerative Medicine”

We have entered a new era of medicine and vital health. These are exciting times.

In 1994 the first ever world conference on Anti-Aging Medicine was held in a small “off the strip” hotel in Las Vegas. An exciting prospect under the auspices of American Academy on Anti-Aging Medicine (A4M). The goal of that time was to aggregate the best of medical science and information into a cohesive body of high-tech preventive medicine. With the aim of prolonging life and health span. It was a heady proposal with its share of critics. It was the beginning of a new paradigm.

So many terms have been used over the years, including Integrative Medicine, Complementary Medicine, Functional Medicine, Anti-aging Medicine, Age Management Medicine and Longevity Medicine. They share one common goal. Improving optimal health and well-being and increasing a healthy lifespan.

It is all based on optimizing physiological function and cellular health and vibrancy. Through the use of micronutrients, vitamins, minerals, hormone replacement therapy, rational and scientific approaches to exercise, our focus has always been directed toward a higher goal.

There have been a series of widely acclaimed nutritional constructs. Starting with Nathan Pritikin's and Julian Whitaker's advocacy of complex carbohydrates, to Michael and Mary Eades' advocacy of high-protein diets (Paleo), to Dean Ornish vegan diets, to the current phase of low carbohydrate diets most successfully advocated by David Asprey. Each rock star has held center stage in their time.

So where are we today? The current consensus is a low carbohydrate, ketosis generating diet with healthy fat intake as the most beneficial pursuit. This can be elaborated elsewhere.

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The Holy Grail throughout human history, has been the search for youth and immortality. The Shangri-La effect. In the modern age, we have been seeking “the master controller” of aging. Does this exist? Is there one gene or one gene locus that controls aging? We are closer to some vital answers. And our efforts have increased dramatically in the last 20 years and even more so in the last 3 to 5 years.

We have shifted from Anti-aging Medicine to full Regenerative Medicine. What I term Anti-Aging 2.0. A shift from high-tech preventive medicine to truly regenerative therapies. Now what form does this take?

Since the discovery of the structure of DNA by Watson and Crick (which should have been Linus Pauling and Rosalind Franklin), we have all been inured in the concept that genetics controls everything. But are we slaves to our genetics? The answer is no.

The concept of nature or nurture was used to explain why genetics is not the master arbiter. Or incomplete penetrance (genetic expression with symptoms) with age. But exciting re-thinking of genetics has led to the new field of Epigenetics.

We now know our DNA is merely a blueprint. A blueprint alone cannot build a house or skyscraper. Architects, general contractors and workers execute the master blueprint.

So the field of epigenetics is an effort to explain how various interactions and signaling processes turn on or off master genetic controllers or suppressors. And ... who controls the controllers?

The most important concept to keep in mind is balance throughout our life. There is always the process of “blastic” vs. “clastic” activities. A blastic activity build muscle and bones whereas is “clastic” activities clear away old dead tissue. Our bones throughout life are constantly being remodeled. Hormones must be balanced.

This higher level of balance throughout life is delicately controlled by repressor or suppressor genes or expressive genes. As we age, this balance is subject to environmental and psychological stress, foods, EMF, chemicals, inflammation, oxidation and glycation. Such is our modern environment.

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There are two highly innovative threads of exciting research and experimentation in small innovative groups. Telomeres and telomerase is based on the concept that our DNA loses ability to replicate at a cellular level because of frayed end caps. The telomeres. This explains the vaunted Hayflick limit -- that cells cannot divide indefinitely.

Teleologically a specific gene (hTERT) controls the expression of telomerase that can repair these end caps by lengthening our telomeres. It is not normally expressed. It does seem to be expressed in high amounts in tumor cells, but not all. And it is expressed in the germ cell line -- the immortal cells that we pass from generation to generation.

At the other end is a highly dedicated group of experimenters and researchers in the rapidly expanding field of senolytics and senescent medicine. Ergo the SENS project by Aubrey DeGray. Based on the concept that as we age, we accumulate more and more “zombie cells”. These are senescent cells that lose vital function, but “hang around” expressing inflammatory and potentially toxic influences.

If we could only clear these senescent cells, the current thinking is revitalization and growth of healthy, normal cells is enhanced.

The Mayo Clinic has conducted seminal experiments with Dasatinib and Quercetin (D&Q) in mice studies showing significant repair of the aging process. Further work with senolytics has been carried out at the Buck Institute in Marin. Now we know there are additional Senolytic agents including Fisetin and Rapamycin. When used in small doses at infrequent intervals, experiments have shown either age regression or repair of aging effects.

The most elegant approach to synthesizing these major trends and pathways is to visualize a continuum. Combining the effects of telomeres, telomerase and senolysis.

As we age, there is a critical time that no one has specifically identified where genomic instability is most critical. I think this is probably at age 50-60 years of age. At this critical juncture cells could be rejuvenated with telomerase inducers or senolytics, thereby preventing cancer progression and enhancing regeneration and rejuvenation.

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We will present a unified theory and vision of these age regression and regenerative therapies. Can we now think about living to 120 or more? What are the challenges? You can start by reading the weekly blog by “Reason”: fightaging.org.

The seekers and discoverers will be telling us.

(End of Main Presentation)

Meet Secondary Presentation Speaker: Andrea Saliba!



With an honors degree in Philosophy from Wellesley College, Andrea Saliba has always been obsessed with knowledge, ethics and the truth. As a dancer trained in jazz dance, she became confused when she encountered back pain and tension from simply breastfeeding her baby twenty-one years ago. As most people do, she went to the chiropractor weekly and received temporary relief but not full resolution of the back pain.

Her curiosity, thirst for knowledge and desire for postpartum recovery led her on a deep study and exploration of yoga, Pilates and a posture method that changed her life. This posture method helped her find her natural alignment while sitting, standing, bending, walking, driving and sleeping. After learning this method, Andrea had no more back pain or tension and never needed to see the chiropractor again. She found her calling by sharing this method with the world to help people live without pain or tension. She founded MindfullyFit so that people could find comfort and feel empowered in their bodies. She used her background in pioneering emerging concepts to educate all people, especially fitness and yoga professionals about the importance of posture and natural alignment. For 17 years, she has been dedicated to this calling, helping people understand the truth about posture and being a healer of back pain.

On October 17th at 9:00 pm, Andrea will give a talk at the Silicon Valley Health Institute on “Ending Back Pain Holistically and Permanently”. She will discuss the findings of L’Plumb Institute in France based on thirty years of longitudinal research studying the spines of people in developing countries such as rural India, Africa, South America where they have no incidence of back pain. She will explain how this spinal alignment relates to our current modern posture and what you can do about it. This talk will be informative for not just people who want to reverse back pain and tension but also for people who want to reverse premature aging, avoid injury and get more flexible and fit!

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Meet Secondary Presentation Speaker: Andrea Saliba!



As the founder of MindfullyFit, Andrea relays the truth that good posture is the foundation for optimal fitness and pain-free living. Coupled with her deep training in ballet, jazz dance, hip hop, Pilates and Yoga, Andrea founded MindfullyFit in 2002 to help revolutionize the fitness industry with her posture-based approach to getting fit. With the launch of her book, *MindfullyFit, Four Steps to Moving Correctly, Avoiding Back Pain and Dancing to Get Fit*, Andrea will educate the industry about the importance of posture and develop a certification program for yoga studios, fitness clubs and professionals throughout the world. She has worked as an educator for over 17 years including at Stanford University School of Medicine's Health Improvement Program, Health Fitness Corporation, Baysport and SMB Fitness.

For more info, please contact Andrea at: www.MindfullyFit.com.

(End of Meet Andrea Saliba!)

Secondary Presentation by Andrea Saliba

“Ending Back Pain Holistically and Permanently”

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For more info, please contact Andrea at: www.MindfullyFit.com.

(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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