

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

**Next Meeting: Thursday, January 16, 2020**

## Main Presentation by Hong Jiang, PhD

*“Supplements, Intermittent Fasting, and Other Studies for Longevity”*

## Secondary Presentation by Patricia Kiser, DC

*“Mind, Body, Spirit - The Impact of the Central Nervous System in Overall Health and Well-Being”*



*Meet Hong Jiang*  
*Page 3*



*Meet Patricia Kiser*  
*Page 8*

### 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)

### Newsletter Table of Contents

- Page 2 - Announcements/Upcoming Events
- Page 3 - Meet Hong Jiang, PhD!
- Page 4 - Main Presentation: *“Supplements, Intermittent Fasting, and Other Studies for Longevity”*
- Page 8 - Meet Patricia Kiser, DC!
- Page 9 - Secondary Presentation: *“Mind, Body, Spirit - The Impact of the Central Nervous System in Overall Health and Well-Being”*
- Page 10 - Become a member of the SLF Community!

## Announcements & Upcoming Events

### Upcoming Speakers:

#### FEBRUARY 2020

Elizabeth Plourde - "EMF Health Effects"

#### MARCH 2020

Tom Yarema, MD

#### APRIL 2020

Fred Provenza, PhD - "What Animals Can Tell Us About Nutritional Wisdom"

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

**Friday, January 24, 2020**

**7:30pm to 10:00pm**

**"Third Eye Spies"**

*A Feature Film with Russell Targ*

**Unity Palo Alto - Y.E.S. Hall**

**3391 Middlefield Road,**

**Palo Alto, CA**

Please visit [www.FMBR.org](http://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](mailto:susanrdowns@hotmail.com).**

Thank you.

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**[susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com)**

Thank you.

## *Meet Main Presentation Speaker: Hong Jiang, PhD!*



In the past ten years, Dr. Jiang has been studying and fine tuning her healthy lifestyle. This lifestyle has led her to overcome life-threatening Lyme disease. In recent years, she has been focused on longevity practices that are available and implementable today.

Currently, Dr. Jiang volunteers her time for the landmark longitudinal study on longevity with up to 1000 participants. More info on the Longevity Trial can be found at [www.elonlife.com](http://www.elonlife.com).

Previously, Dr. Jiang ran international sales for a cancer therapeutic company which focuses on genomic-based precision medicine for cancer treatment. In this role, she worked with top oncologists and genomic sequencing companies to bring forth precision medicine to cancer patients.

Additionally, Dr. Jiang was founder and CEO/CTO of three venture-backed tech startups. Dr. Jiang earned her Ph.D. and Master's degrees in Electrical Engineering from Northwestern University.

Contact: Email: [hongnjiang@outlook.com](mailto:hongnjiang@outlook.com) Phone: +1 650 666 5287

*(End of Meet Hong Jiang!)*

## Main Presentation by Hong Jiang, PhD

### *“Supplements, Intermittent Fasting, and Other Studies for Longevity”*

Supplements, intermittent fasting, and other studies for longevity

#### **Skipping Dinner Won't Kill You**

The idea of “going hungry” strikes fear in many of our hearts. But take a breath and consider this: your body is designed to feel hunger and make you stronger. That's right: it might do you a lot of good! So are you ready to give it a try this week?

Now, let's get hungry! Here's all you need to do: have your lunch at your normal time or later in the afternoon. Then, when you would be preparing and eating dinner, do something else that makes you feel good. Go for a walk. Play with your pets. Talk to your family. Then go to sleep and know that you will be healing all night.

When you wake up the next morning after skipping dinner, take note of how you feel. You might have a rumbling in your belly: that's perfect! If you can, have herbal tea but postpone eating breakfast to prolong the fast just a few more hours. I have found that I would sometimes get ravenous, then eat a big brunch. Food tastes so amazing at this point, especially if I listen to what my body wants. After a short fast it's more likely to ask for eggs than donuts, but your mileage may vary. After that big brunch, my energy sustains until late afternoon, that is when I have an early dinner and go back to my routine. Herbal tea enhances the benefits of fasting by inducing autophagy which we will talk about next.

The most common speed bump is believing that you can not fall asleep if hungry. So when bedtime approaches, have herbal tea without sweetener to have something in your belly. But don't drink too much liquid either, you might have to get up a few times at night. Don't worry, you will sleep. And if you think about it, going to sleep hungry was the norm for much of human existence—there were no snacks or fridges to raid! Your body actually benefits from going to sleep on an empty stomach. Late dinner can lead to high insulin levels, even while

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you sleep. On the contrary, sleeping with a full belly from a large meal or even a glass of wine results in higher insulin levels and lower heart rate variability: both are states that delay healing processes. Even your circadian rhythm is affected, causing lower quality of sleep, even if you seem to fall asleep easily. But the biggest problem with late evening eating: it puts the brakes on your body's natural and expected repair/regenerative process. By having to digest food, your body cannot work on other maintenance and cleanup.

Research shows that intermittent fasting has many benefits: weight loss, prevention and treatment of type II diabetes, anti-aging, detox, and more. Indeed, many longevity scientists do intermittent fasting on a regular basis. We will talk a lot more about fasting in future newsletters!

### **Longevity Science Corner: Autophagy!**

Autophagy (pronounced ah-TAH-fuh-jee) is crucial to your body's long-term health, cleaning up waste in the brain (which could lead to Alzheimer's) and disposing of cellular junk you no longer need in the rest of your body. Autophagy is yet another reason for you to skip that dinner this week, and it is a key component of longevity practices and extending your healthy lifespan.

Autophagy is like a cellular recycling program that allows your body to disassemble worn-out parts, then rebuild them. The word itself means "self-eating." When your body senses a fasting state (including a fasting-mimicking states as from Pterostilbene, resveratrol, and green tea) it begins to suppress a pathway called mTOR 1, which kicks off the cellular recycling.

When the process isn't allowed to work properly, toxins can build up and kill cells. That's particularly bad in the brain because your body doesn't make many new neurons. Autophagy identifies and breaks down miscoded proteins, which are culprits in neurodegenerative diseases, and recycles oxidized fats which could contribute to cardiovascular disease.

Then after proper autophagy, when feeding resumes, your body and brain can make new cells to replace the ones they have recycled. Right now we can't measure autophagy without a tissue biopsy, but it is estimated that autophagy will significantly increase on day 3 of fasting, so there are benefits to extending fasts when possible and healthy to do so.

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## Supplements of the Week: Pterostilbene and Resveratrol

I bet you've heard of resveratrol. It's one of the compounds associated with the healthy benefits of wine consumption. But Ptero-HUH!?! What the heck is that? Pterostilbene (tare-oh-still-bean) is a complementary molecule that enhances and multiplies the effects of resveratrol. Together, they are structurally similar, but have different effects in our bodies.

Resveratrol and pterostilbene have anti-aging effects that we'd all like to obtain: reduced oxidative damage, lowered inflammation, healthier telomere activity. Pterostilbene is found in grapes, blueberries, and in the bark of the Indian Kino Tree, while resveratrol is abundant in Japanese Knotweed and in grape skin.

Studies show when combined pterostilbene and resveratrol mimic the actions of caloric restriction by regulating inflammation and nutrient sensing genes.

But that's not all! They also exert broad-spectrum anti-cancer effects. How? By affecting those same nutrient sensing genes, up-regulating those that stimulate the programmed cell death known as apoptosis, and down-regulating those that allow cancer cells to invade and metastasize. Wow, that's an amazing effect.

Here's another reason to skip your dinner as suggested above: pterostilbene and resveratrol supplementation enhances the effects of intermittent fasting. Triple-win!

Start with the recommended dosages: resveratrol 300-500 mg daily, and Pterostilbene 50-150mg daily. For absorption, both need to be taken with fats such as yogurt, increasing absorption by 5x. If you are skipping dinner, take the supplements with your late lunch.

Pterostilbene is found in grapes, blueberries, and in the bark of the Indian Kino Tree, while resveratrol is abundant in Japanese Knotweed and in grape skin.

Resveratrol and pterostilbene are complimentary to NAD. David Sinclair describes resveratrol as the "accelerator pedal" for the sirtuin genes (increasing their activation), and NAD as the fuel. Without "fuel", resveratrol won't work. The reason that resveratrol won't work effectively without NAD, is that sirtuin activation requires youthful NAD levels, but by 50 years old, we have about half the level of NAD we had in our 20s. Pterostilbene is a complementary molecule

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that enhances and multiplies the effects of resveratrol. Together, they are structurally similar, but have different effects in our bodies. So resveratrol and pterostilbene have these anti-aging effects: reduced oxidative damage, lowered inflammation and healthier telomere activity.

Neither pterostilbene and resveratrol has known toxicity.

### Comments on NAD and related supplements

· NADH: <https://birkmayer-nadh.com/en/> I encountered this brand in Germany. I would say that they are the oldest NAD product on the market. Their NAD IV was potent, I was an energy bunny the next day. I also bought the oral pill form, but didn't experience the same effect perhaps due to the fact that it sat on the shelf for too long. There is a distributor in Oakland, CA who sells the pills: [info@birkmayer-usa.com](mailto:info@birkmayer-usa.com) .

· NR (nicotinamide riboside):

- Basis by Elysium Health (contains Pterostilbene)

- It is cheaper than Basis.

· NMN (Nicotinamide mononucleotide):

NMN is the compound used to reverse some signs of aging tissue in mice in 2013 that started the rush to NAD supplements. More expensive than NR.

Alive By Nature.

· Niacin (Vitamin B3): numerous vendors

I recommend taking the following complimentary supplement with your NAD supplement.

- TMG (Trimethyl Glycine)

TMG supports the methylation cycle. Some people especially those with MTHFR mutations may experience a crash in energy sometime after taking NAD supplement due to the depletion of the methyl groups. <https://info.dralexrinehart.com/articles/nicotinamide-ribose-methyl-group-donor-support> [https://www.youtube.com/watch?v=P5UMfCW\\_23w](https://www.youtube.com/watch?v=P5UMfCW_23w)

*(End of Main Presentation)*

## *Meet Secondary Presentation Speaker: Patricia Kiser, DC!*



Dr. Patricia Kiser was born and raised in San Mateo, California. She has a passion for serving people and witnessing the miracles of chiropractic care.

Dr. Kiser studied at Patten University in 1992 for undergraduate work in basic sciences including Physics, Chemistry and Organic Chemistry. After completing her undergraduate work she attended Palmer College of Chiropractic West and graduated in 1994. Dr. Kiser is CEO University

Chiropractic.

Since that time Dr. Kiser has built two of the largest chiropractic wellness clinics in California and became a member of the International Chiropractors Association. She has trained several dozens of associates, students and interns. As a result of her passion for service, teaching and her dedication to her profession, Dr. Kiser has seen thousands of people get well and stay well under chiropractic care.

In her free time she enjoys spending time with her three sons and hanging out with her husband watching baseball, meditating, reading, running, weight training, hiking doing yoga and golfing.

*(End of Meet Patricia Kiser!)*

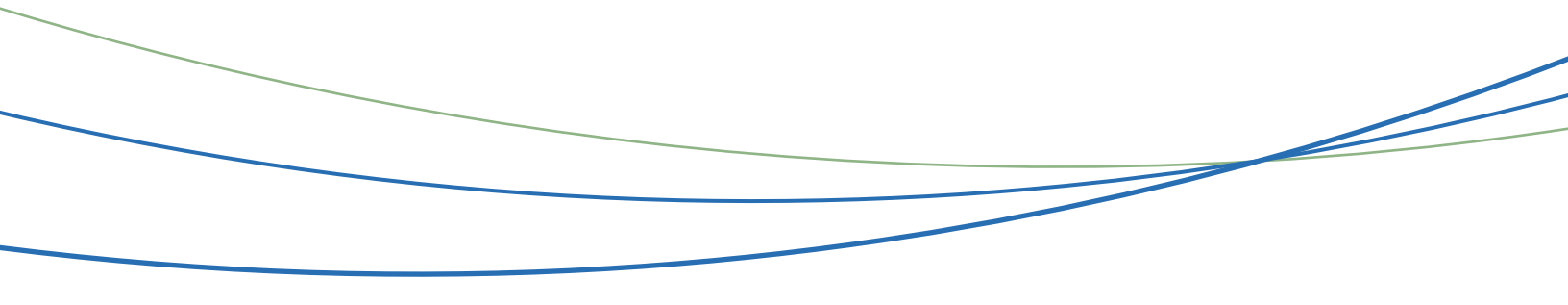


## **Secondary Presentation by Patricia Kiser, DC**

### *“Mind, Body, Spirit - The Impact of the Central Nervous System in Overall Health and Well-Being”*

Many studies show that spiritual belief positively affects many health conditions. This talk will discuss the role of the central nervous system in this process and tips on how spirituality can affect your health.

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

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

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