

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

**Next Meeting: Thursday, February 20, 2020**

## Presentation by **Elizabeth Plourde, C.L.S, NCMP, Ph.D.**

*“Healthy Solutions for EMF and Solar Radiation Exposure”*

**Article Written by Susan Downs, M.D.**

*Interesting Topics from the Annual A4M Conference in Las Vegas, NV  
on December 13-15, 2019*



*Meet Elizabeth Plourde*

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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:

MARCH 2020  
Tom Yarema, MD

APRIL 2020  
John Gray  
"Beyond Mars and Venus"

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

**No Meeting Scheduled.**

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.***

Thank you.

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If you have questions please email:

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Thank you.

## *Meet Presentation Speaker: Elizabeth Plourde, C.L.S, NCMP, Ph.D.!*



Dr. Plourde is a Clinical Laboratory Scientist, Certified Menopause Practitioner, and author, with a background in cancer and DNA testing. She is a thought leader and scholar in hormones, and electromagnetic radiation. Her career spans decades of research, consulting, teaching and writing. Through her consultation practice, and her own experience, she has become a passionate advocate of educating people on how to not only survive, but also thrive, living in today's electromagnetic assault and environmental toxin load. Her book, EMF Freedom: Solutions for the 21st Century Pollution, has recently won "The Best Environmental Book of the Year Award." Her research also has led to two books detailing how sunscreens actually promote skin cancers, and are harming all marine life, with answers that are healthy for us and the planet.

Elizabeth Plourde, C.L.S., NCMP, Ph.D.

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*(End of Meet Elizabeth Plourde!)*

## **Presentation by Elizabeth Plourde, C.L.S, NCMP, Ph.D.**

### *“Healthy Solutions for EMF and Solar Radiation Exposure”*

Dr. Plourde will give two presentations based on her decades of research.

We hear solar radiation causes skin cancers. Promotional ads everywhere tell us we need the latest model cell phones. If solar radiation causes cancer, why do we not hear the same warnings regarding the radiation coming off of our cell phones and Wi-Fi?

We need the sun. Melanoma has climbed since the introduction of sunscreens, proving Dr. Plourde's research that they are the totally wrong approach to protecting the skin. While the sun can increase some cancers, there are many skin cancers that are not increased by sun exposure. On the other hand, sunscreens contain hazardous chemicals, which are more harmful than the harm from sun exposure. Sun screens do not prevent skin cancers, but promote them. As they are absorbed through the skin, they disrupt our bodies' balanced hormone ecosystem. They also bio-accumulate in fish and disrupt both freshwater and marine ecosystems as they wash off into the water.

The truth is that EMF radiation does cause cancers. Hardell's studies show an association (perhaps causal) between cell phone and cordless phones and glioblastomas and acoustic neuromas. The American Toxicology study shows adverse effects after long term exposure to cell phone radiation:

- Increased incidences of glioma (a rare, aggressive and highly malignant brain cancer) as well as schwannoma (a rare tumor of the nerve sheath) of the heart were found in both sexes of rats, but reached statistical significance only in males.
- Increased incidences of rare, proliferative changes in glial cells of the brain and in Schwann cells (nerve sheath) in the heart of both sexes of rats, while not a single unexposed control animal developed these precancerous changes.

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- DNA damage was induced with both modulations of radiofrequency radiation (RFR) in both rats and mice (mixed results in tissues and brain regions).
- Results from this study clearly show that biological impacts occur at low power, non-thermal exposures like those that take place from cell phones today.

Hugh Taylor (Yale) and also Suleyman from Turkey performed independent studies showing that fetal exposure to cell phones results in brain changes.

Since we are surrounded by electromagnetic field (EMF) radiation, and we are electromagnetic beings, it is imperative that we learn the broad scope of how our wireless world is creating havoc in every cell in our body. People are not feeling well, yet their symptoms are not in their doctors' textbooks as this is a whole new phenomenon, with standard laboratory tests all coming back negative. There are simple answers for people to reduce their EMF exposures and therefore their lifetime cumulative buildup, as EMF radiations are cumulative, the same as x-ray radiation.

Healthy ways to approach EMF and the sun's radiation will be covered in tonight's presentation. Come hear how Dr. Plourde has helped people return to work, able to move back into houses, and be in the sun without using sunscreens, which are toxic to us and our entire environment.

*(End of Presentation)*

## **Article by Susan Downs, M.D.**

### *“Interesting Topics from the Annual A4M Conference in Las Vegas, NV on December 13-15, 2019”*

It is time for the annual a4m meeting in Las Vegas, and they did not disappoint. The following includes interesting topics for us health enthusiasts.

#### **The first talk was on Nitric Oxide (NO) by Nathan Bryan, PhD**

Twenty percent of the Medicare population has at least five chronic conditions i.e., hypertension, diabetes, arthritis, etc. Studies in experimental models and even humans reveal that constitutive production of nitric oxide (NO) is reduced with aging and this circumstance may be relevant to a number of diseases that plague the aging population. NO is a multifunctional signaling molecule, intricately involved with maintaining a host of physiological processes including, but not limited to, host defense, neuronal communication and the regulation of vascular tone. NO is one of the most important signaling molecules in our body, and loss of NO function is one of the earliest indicators or markers of disease

Dr. Bryan points out that insufficient NO production is associated with all major cardiovascular risk factors, such as hyperlipidemia, diabetes, hypertension, smoking and severity of atherosclerosis, and also has a profound predictive value for disease progression including cardiovascular and Alzheimer's disease. Insufficient NO results in poor circulation and perfusion and poor functioning of any target organ. Dr. Bryan believes that nitric oxide should be a major focus of antiaging medicine as it is essential. All chronic diseases are affected by a decreased blood flow to the affected organ

Nitric oxide (NO) is widely considered one of the most important molecules produced in the human body, acting as a necessary regulator in a vast array of vital physiological functions, namely, blood pressure, immune response, and neural communication such as regulating gastrointestinal motility, stimulating stem cells and for maintaining the neurotransmitters.

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When NO is produced in white blood cells (such as macrophages), it is used to kill infectious agents such as bacteria, fungi and parasites, and defend against tumors.

### **Vascular disease**

Nitrous Oxide also helps against endothelial dysfunction and the formation of plaque, one of the primary risk factors for vascular disease and erectile dysfunction. Dr. Bryan did a study showing that the standard American diet lead to fatty streaks in the blood vessels. This structural change did not occur when NO was taken. Hence, he concluded that low levels of NO sets the state for inflammation and oxidative stress and the subsequent pathways towards chronic disease. He comments that erectile dysfunction drugs work in only 45 % of men. One out of every three Americans has hypertension, and it is estimated that despite aggressive treatment with medications, only about half of those medicated have managed blood pressure. NO produced in the vessel endothelium dilates the blood vessels and can lower blood pressure

### **Diabetes**

NO has an important role in blood sugar regulation, as it is valuable in insulin signaling. And is involved with the GLUT 4 transporters that transport sugar from the cytosol to the membrane. (Insulin-mediated translocation of GLUT4 involves the PI3K/Akt kinase signal cascade that results in activation of endothelial NO synthase [eNOS]. eNOS is dysfunctional during diabetes.). 1

Dr. Bryan also speculated that the accurate detection of NO and quantification in biological matrices is critical as a marker of oxidative stress. 2

Conditions associated with low levels of NO and the resulting poor blood perfusions include Parkinson's disease, liver disease, hypertension. NO is one of the most important molecules produced within the cardiovascular system that maintains normal blood pressure and prevents inflammation, immune dysfunction, and oxidative stress, hallmarks of cardiovascular disease.

### **WHO NEEDS NO?**

From his talk, it sounds like all of us need to be concerned. The enzymatic production of NO declines steadily with increasing age in healthy human subjects and is thought to be

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responsible for aging. People with low energy need to be concerned with NO. NO was found to be decreased in people taking antacids and using antiseptic mouthwash. Also as mentioned above, those with vascular disease, diabetes, and hypertension are directly feeling the effects of lowered NO. Hence restoring adequate blood flow is essential for restoration of health

### **WHAT CAN WE DO TO INCREASE NO**

Dr. Bryan studied traditional Chinese medicine herbs that were known to decrease blood pressure. They all affected NO and act synergistically. While there are supplements that can increase NO, a healthy diet can help raise NO level. 2/3 US have increased blood pressure. You need 300- 400 mg nitrate to affect BP. The Standard American Diet contains only 150 mg nitrate. In a study he studied natural nitrates and how much spinach or cabbage is needed to affect BP. Six to seven stalks of celery in Dallas and 87 stalks of celery in NY can lower blood pressure if the celery was not organic. Organic vegetables have ten times less nitrates to affect NO.

### **Mechanism**

NO was originally thought to exert its influence through vasodilation. However, research at Case Western showed that NO was needed to deliver oxygen as its is transported by red blood cells to microvascular sites of action bound to components of hemoglobin. (beta-93 Cys residue,) Hence restoring NO is essential to alleviating hypoxia.

However, Dr. Bryan's research shows an important role of the oral microbiome. The oral microbiome reduces inorganic nitrate from food to nitrite and nitric oxide. 3

This is the reason that antiseptic mouth was or the overuse of antibiotics can cause blood pressure to increase. Allowing recolonization of nitrate- and nitrite-reducing bacteria can normalize blood pressure. Management of systemic hypertension through maintenance of the oral microbiome is a completely new paradigm in cardiovascular medicine

Hence NO production is dependent upon the amount of inorganic nitrate and nitrite in the foods we eat, the presence of oral nitrate-reducing bacteria, and sufficient stomach acid production. that inorganic nitrate and nitrite found naturally in green leafy vegetables and

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other vegetables such as beets can provide the human body with a source of bioactive nitric oxide. 4

### **CBD by Christopher Shade, PhD**

Did you know that CBD is anti-inflammatory, helps with the GABA glutamate balance and thus dampens neuroinflammation and reduces anxiety? CBD blocks the excitation of the microglia. It will stabilize the glutamate receptor. That will result in a neuro-stabilization.

When your autonomic nervous system becomes sympathetically dominant, you've got over activity of glutamate receptors, there's activation of the immune system in the brain called the microglia, and they're sort of at war with the glutamate receptors. That's causing anxiety first, then brain fog, then a disruption with the autonomic nervous system. CBD can block the excitation of the microglia. It will stabilize the glutamate receptor. That will result in a neuro-stabilization. Your neurotransmitter balance between glutamate and GABA gets balanced. Your autonomic nervous system balance between parasympathetic ("rest and digest" mode) and sympathetic ("fight or flight" mode) gets balanced.

For the more scientifically inclined, a lot of what CBD does, it does through interacting with receptors, and gene triggers, like nuclear transcription factors, like NRF-2, which turns up all your glutathione genes. Now, the receptors and those transcription factors react to peak doses.

If you're using it alone, you will start to generate detoxification reactions through two mechanisms. One is NRF-2 up-regulation, that nuclear transcription factor that's turning up the glutathione system, and the other is the autonomic balance, bringing yourself over to a parasympathetic state, and detoxification doesn't happen in sympathetic states, because it's a luxury, and you're trying to survive when you're in sympathetic autonomic dominance. This will bring you over to parasympathetic. It'll help turn up these genes, so some people will start to have detoxification reactions.

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## **Intermittent Fasting and the Fasting Mimicking Diet (FMD) by James Lavalle, RPh, CCN, ND**

Seventy eight percent of Americans are overweight, and 40% of us are obese. These are topics of endless fascination to me. Studies in the 1980s show that caloric restriction result in increased longevity. Yet downside risks include bone frailty, muscle loss. Intermittent fasting helps for example leaving a period of 13 + hours in the evening between meals. This helps with detoxification, autophagy (eliminating trash, such as mis-folded proteins, in the body), reduces inflammation, and stem cell generation.

The FMD changes chemistry at the cellular level. It mimics the benefits of a water fat but only requires five days of a special diet. This results in weight loss, fat loss, lowered blood pressure, lowered blood sugars, decreased triglycerides, a lowered crp and a reset IGF. It stimulates stem cells and increases autophagy which decreases inflammation.

### References

1. Jiang H et al. Dietary nitrite improves insulin signaling through GLUT4 translocation. *Free Radic Biol Med.* 2014 Feb;67:51-7.
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### **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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