

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: January 27, 2022**



**Mark DeBrincat, DC**

*"Understanding Microcirculation in  
Overcoming Injuries and Disabilities"*

**January 27, 2022**

**9:00AM PST (US & Canada)**

## *Meet Mark DeBrincat, DC!*

Dr. Mark DeBrincat, also known as "The Good News Doctor" specializes in holistic health solutions to optimize performance, health and well-being. Having survived a near fatal head-on collision that left him in a wheelchair, and enduring seven back surgeries, Dr. DeBrincat learned to overcome all odds and knows what is possible when we provide the body with the tools it needs to heal itself naturally.

As a chiropractor and certified neurofeedback practitioner, Dr. DeBrincat has over 28 years of experience in empowering individuals to find their next healing breakthrough using natural, alternative therapies including chiropractic, neurofeedback, biofeedback, microvascular screening, muscle nerve reintegration, nutritional and essential oil therapies. By looking at every aspect of your health, he delivers "The Good News" on how to regenerate, remodel, and restore your body to its greatest potential.

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## Announcements & Upcoming Events

We are evolving to accommodate the times of Covid-19. Currently we are doing approximately one zoom meeting per week and are benefiting from the European expertise. We hope to maintain the forum environment as we welcome the audience's questions. Obviously, staying healthy during the times of the Covid virus is important. We welcome your suggestions for speakers.

We hope to continue our monthly in person meetings as well but we are aware that the Cubberly Community Center space may no longer be available to us. When the monthly in person meetings resume, we plan to have at least one monthly zoom meeting.

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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Thank you.

**Presentation Speaker:  
Mark DeBrincat, DC**

*January 27, 2022 @ 9:00 AM PST (US and Canada)  
"Understanding Microcirculation in Overcoming Injuries  
and Disabilities"*



Microcirculation is essential to health. It ensures that oxygen and nutrients get to all parts of the body and takes away unwanted wastes. Without a healthy vascular system every organ and system in the body suffers. Clinical interventions rely on a healthy vascular system to deliver molecules to target tissues. It limits LDL, platelet, leukocyte adherence to blood vessels. It helps modulate inflammatory responses and triggers nitric oxide and houses extracellular superoxide dismutase. It also houses coagulation regulatory factors.

One measure of micro vessel health is assessed by measuring glycocalyx. Glycocalyx is the protective fibrous meshwork of carbohydrates that forms a gel lining on the luminal surface of all vascular endothelial cells. It lines all capillaries that touch each of our trillions of cells. Glycocalyx plays a significant role in the maintenance of the integrity of tissues. It plays a role in lung and kidney homeostasis. It limits LDL, platelet, leukocyte adherence to blood vessels. It helps modulate inflammatory responses and triggers nitric oxide and houses extracellular superoxide dismutase. It also houses coagulation regulatory factors.

Disruption of the glycocalyx on the endothelial surface of large blood vessels precedes inflammation and is a conditioning factor for depositing cholesterol in the vascular wall. Glycocalyx can be damaged by oxidative stress, inflammation, poor diet, disease, stress and aging. Poor glycocalyx scores are linked to diabetes, hypertension, heart disease, kidney disease, strokes, dementia, septic shock, inflammatory disorders, cancer metastasis and long haul COVID-10 complications.

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**Presentation Speaker:**

**Mark DeBrincat, DC**

*January 27, 2022 @ 9:00 AM PST (US and Canada)*

*"Understanding Microcirculation in Overcoming Injuries  
and Disabilities"*

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## Extra Article:

### *"A4m Meeting Discussion on Autoimmunity Diseases"*

This is a description of a lecture at the recent A 4m conference in Las Vegas which discusses two autoimmune diseases multiple sclerosis (MS) and Systemic Lupus Erythematosus (SLE).

In autoimmune diseases, the body attacks itself, i.e., immune system attacks organs or other parts of the body. In multiple sclerosis (MS) the body's immune system attacks myelin, a fatty tissue that lines and insulates nerves. Sometimes the immune system attacks the nerves themselves. As myelin is destroyed and the nerves degenerate, neuronal signals become slower and become less effective, causing increased disability. MS is the most common disabling neurological disease occurring in patients middle aged and younger.

MS occurs more commonly in Caucasian women and African Americans, but rarely occurs in Asians or black Africans. Twin studies indicate a possible genetic component with 10 – 15 possibly contributing genes that have been identified. In both North America and Europe, the incidence of MS is increasing worldwide. MS occurs more frequently in higher latitudes in both the northern and southern hemispheres. If a person moves to these hemispheres before the age of 15, the risk increases. If a person moves to these hemispheres after age 15, then they have a lower risk of developing MS. This is possibly due to lower vitamin D levels found in people in these regions.

MS symptoms include a myriad of neurological symptoms including double vision/blurry vision, loss of vision, numbness or weakness of the limbs, bowel or bladder dysfunction, spasticity, ataxia, fatigue, sexual dysfunction, dizziness, slurred speech, cognitive changes, tingling or pain, muscle stiffness or spasms and possible paralysis.

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Environmental factors also may play a role in the development of MS. Possible contributing toxins include organic solvents, smoking, dark hair dye. Other predisposing risk factors include childhood obesity, and infection with the Epstein Barr Virus (EBV), chlamydia pneumoniae, and Human herpesvirus 6 (HHV-6).

### **Approaches to helping MS**

Addressing autoimmune diseases is helpful with MS. These approaches to autoimmune diseases include normalizing the gut microbiota which includes diet, and attention to food allergies. Other approaches for general health support including exercise, mind-body-spiritual approaches, acupuncture, liver detoxification, and hormone balancing. Cannabis, hyperbaric oxygen, and low dose naltrexone (LDN) also help in MS. Supplements that have been helpful include EPA/DHA/GLA, propionic acid, vitamin D, alpha lipoic acid, ginkgo biloba, glutathione, vitamin B 12, phosphatidylserine, coenzyme Q -10, L carnitine/ acetyl-L-carnitine, vitamin B 3, folic acid, L-theonine, and burdock.

The microbiome is essential for optimal health is instrumental in the development of autoimmune diseases such as MS. The gut microbiota helps the host remain healthy by regulating various functions, including food metabolism, energy homeostasis, maintenance of the intestinal barrier, inhibition of colonization by pathogenic organisms, and shaping of both mucosal and systemic immune responses. Any disruption in the gut microbiota, leads to a permeable intestine (dysbiosis) which can lead to more inflammatory autoimmune complications and a worsening of autoimmune diseases such as MS. Studies have shown that strategies to modulate the gut microbiota can improve the clinical outcome for MS patients. Healing the gut includes the “5 Rs”. These are: remove, replace, re-inoculate, repair, and rebalance.

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Dietary approaches reveal a modest influence on the development of MS but a major influence on the progression of MS. Food allergies adversely affect the gut, exacerbate any autoimmune disease and has been postulated to have a role in the development of MS. One study found that food allergies are associated with a 27 time higher rate of MS flare-ups when compared to patients with no food allergies (1).

Much of the medical literature agrees that MS occurs from an acquired immune dysregulation and aberrant immune activation which leads to T cell-driven inflammatory processes in the central nervous system which causes demyelination and axonal damage. Elevated levels of pro-inflammatory cytokines have been found in the peripheral blood, cerebrospinal fluid (CSF), and brain lesions in patients with MS.

### **Role of Fatty Acids**

Essential fatty acids help in the repair and regeneration of myelin. Omega-3-fatty acid can decrease inflammation in the central nervous system and decrease the susceptibility of myelin to damage. Omega-6-fatty acids play a role in the synthesis and/or metabolism of myelin. Short-Chain Fatty Acids are recommended as an adjunct therapy. Short-chain fatty acids are processed from indigestible dietary fibers by gut bacteria. These have immunomodulatory properties. Vitamin D can also be helpful. Studies show that a greater amount of sunlight or higher dietary vitamin D intake were found to have a lower incidence of MS (3,4).

### **Other Modalities**

Cognitive decline is an important concern for persons with MS. Studies have shown that 40% to 50% of patients with MS have cognitive decline (5,6). Ginkgo has been shown to result in improvement in cognitive function tests (7).

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Studies have shown that regular exercise is helpful in patients with MS in helping with quality of life, sense of well-being, and ability to ambulate(8,9,10). Hyperbaric oxygen treatments were shown to decrease disease deterioration (11).

### **The Role of Stress**

Stress exacerbates any illness. Stress can possibly affect MS onset of exacerbations (12-15). Also, mindfulness based stress reduction techniques were shown to increase the nonphysical quality of life, decrease depression, fatigue and anxiety (16). Yoga, meditation and prayer were also helpful (17). Some studies found yoga more helpful than exercise (18).

### **Systemic Lupus Erythematosus (Lupus)**

Lupus affects about 1.5 million Americans which is approximately 1 in 200 people. It is a chronic autoimmune disease that can affect any organ. It is characterized by widespread microvascular inflammation and the development of antinuclear antibodies to double-stranded DNA. Possible etiologies include genetics (10%), medications, environmental toxins, infection, stress, physical trauma, ultraviolet light, immunological, hormonal irregularities.

Common signs and symptoms of lupus include severe or prolonged fatigue, arthralgia, rashes (especially a malar rash on the cheeks), fever, photosensitivity, cardiac abnormalities, arthritis, cold hands and feet, Raynaud's syndrome, premenstrual flare-ups, dry eyes and dry mouth, easy bruising, edema, depression, anemia, seizures, pulmonary disease, migraine headaches, weight loss, and hair loss.

Diagnosis includes looking for the physical abnormalities and lab tests. Critical lab values include anti DNA antibodies and another specific antibodies, inflammatory markers such as sedimentation rate and c reactive protein, and low complement levels.

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There are certain toxins and medications that can exacerbate lupus. Three of the most common drugs that contribute to systemic lupus include pronestyl, hydrolazine, INH. Other medications include calcium channel blockers, angiotensin-converting enzyme inhibition, interferons, thiazide diuretics, terbinafine, protein pump inhibitions, chemotherapy. Toxins associated with lupus include aromatic amine, used in plastic, dye and carbamate pesticides

### **Treatment Approaches**

Complementary treatment approaches include balancing the microbiome, minimizing environmental factors, a healthy diet and fat intake, and the consumption of flax seed.

Balancing the microbiome includes avoiding gluten and foods that generate food allergies. For lupus, it was recommended to avoid alfalfa. Studies showed lupus improved when foods were avoided to which there is an allergy (19). Healing the gut includes the “5 Rs”. These are: remove, replace, re-inoculate, repair, and rebalance.

Supplements found to be useful in Lupus include EPA/ DHA (20), Indole-3- Carbinol, vitamin A, vitamin DMg, Co Enzyme Q 10, astragalus, gotu kola, ashwagandha, lavender, chamomile, ginkgo, garlic, rosemary, cordyceps, artemisinin, and gamma globulin.

General recommendations to improve the home environment include:

- HEPA filters
- Use natural household cleaners only
- Avoid carpeting in home and workplace, carpet, fabric, and furniture stores maybe
- Avoid newly painted areas
- Eat and drink organic
- Water filters

*(End of Presentation)*

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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).

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