

Silicon Valley Health Institute

Host of the Smart Life Forum

January 19, 2023 Newsletter

January 19, 2023 Zoom Meeting Speaker



Mike Maunu

January 19, 2023

1:00 PM PST

*"Cell Membrane Health
Essential to Overall Health"*

December 2022

A4M Conference Speakers and Articles

Robert Lufkin, MD

"Longevity Applications of Rapamycin and Metformin"

Edward Park, MD, MPH

"Exosomes"

Pamela Smith, MD

"Maximizing Male Hormones"

Tom O'Bryan

"Brains on Fire"

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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If you have questions please email:

susanrdowns@hotmail.com

Thank you.

Speaker: Mike Maunu

January 19, 2023 @ 1:00 PM PST

"Cell Membrane Health Essential to Overall Health"



What you'll learn on this webinar:

- The cell membrane is the brain of the cell; if you remove it, the cell will die very quickly.
- There are misconceptions about recommending super physiological amounts of DHA EPA.
- Cause and effect relationships must be established—not just correlations (epidemiology).
- We need theoretical physiology which looks at membrane structure plus biochemistry and epigenetic solutions as an adjuvant in addition to genetic type modalities.
- Why plant seed oils are not only the problem but also the only solution
- Why lipids are the #1 (Modifiable) Variable in Tissue Composition with Potential to Impact Healing.

Meet Mike Maunu

He is the Founder/CEO of a biomedicine company specializing in treating chronic inflammation and 14 major diseases with their patented medical food only available through MD's.

With over 30+ years in health & wellness industry he started his journey with the works of Nobel Laureate Otto Warburg, MD, PhD and his theory of cancer, low cellular respiration being the cause. In addition, Arthur C Guyton, MD wrote, "All chronic pain, suffering, and diseases are caused by a lack of oxygen at the cell level." Textbook on Medical Physiology.

His passion is educating people on how easy optimal health & wellness is, when you truly understand human physiology. Unfortunately, everyone today parrots others before them and then lead you to believe there is a different cause for every disease and therefore a different solution.

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Speaker: Mike Maunu
January 19, 2023 @ 1:00 PM PST
"Cell Membrane Health Essential to Overall Health"

Join Zoom Meeting

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(End of January Speaker)

A4M Conference Speakers and Articles

The A4M conference held in December in Las Vegas is always a treat. The world functional medicine experts present their latest research, and there are hundreds of exhibition booths displaying latest technology and antiaging information. Below are descriptions of some of the interesting points various speakers made.

Robert Lufkin, MD

Lecture on Longevity Applications of Rapamycin and Metformin

Metformin

Some view metformin as an antiaging drug. It works by inhibiting hepatic gluconeogenesis and by improving glucose uptake in the muscles and fat cells. This lowers blood glucose levels. Metformin was approved in the United Kingdom in 1957 and approved by the FDA in 1995. One hundred fifty million doses are prescribed daily. It is off patent which discourages drug companies to look for new uses. It is believed to decrease biological age and lessen death from all causes including cardiovascular causes. For heart patients without diabetes, metformin has no significant effect on reducing the incidence of heart events. It slows cognitive decline in diabetic patients. Dr. Lufkin cited a study that diabetic patients taking metformin live longer than non diabetic patients who do not take metformin.

Rapamycin

Rapamycin was discovered in the 1960s from analyzing the bacteria produced in the soil on the remote tropical island, Easter Island. As it exhibited strong anti-fungal activity, efforts to market it as an antifungal drug were discontinued when it was discovered to have potent immunosuppressive activity when taken in daily doses (Hence, daily doses were considered organ transplant to avoid organ rejection).

Rapamycin shifts the body's molecular biochemistry into a mode that mimics caloric restriction. It is the body's mechanism for cellular repair and regeneration and detoxification.

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A4M Conference Speakers and Articles

It has increased lifespan by 25 – 60 % in most species, and studies suggest that rapamycin started late in life may also improve health and extend lifespan in humans. (1) Studies show synergistic effects with other substances. Dr. Lufkin reported that rapamycin with metformin has a bigger effect than rapamycin alone. Rapamycin and acarbose increases life span by 30 % in animal studies.

It functions by entering cells and binding to the enzyme, mTOR. Hence, it inhibits the mTOR signaling pathway. This results in mimicking calorie restriction and activating autophagy, the body's mechanism for killing senescent cells.

Autophagy

During autophagy, cells remove damaged proteins and other damaged cellular components and metabolic waste products. If these fragments are not removed, these fragments can generate inflammation and oxidative stress which compound any disease process. Autophagy regulates cellular detoxification and recycles proteins. One way to turn on autophagy is to refrain from ingesting nutrients (food) for a period of time. Thus - the benefits of intermittent fasting. Autophagy has been referred to as “cellular housekeeping” and initiates the body's cellular processes of repair and regeneration.

Researchers say that mTOR and autophagy have been regulating the health of all life forms since life began. mTOR regulates cellular metabolism by monitoring the availability of nutrients within the cell. mTOR acts as a switch which turns on and off. When nutrients are available, mTOR turns on and activates anabolic (building) processes of cellular growth and proliferation. Conversely, when nutrients are scarce, mTOR is inhibited and is turned off. This stops the cellular metabolic building processes which enables the body's cellular repair and regeneration processes.

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A4M Conference Speakers and Articles

Over expression of mTOR

Many people in modern society have mTOR switched on growth. When mTOR operates in excess, there is an accelerated onset of virtually all age-related disease. mTOR syndrome is likely a key factor related to the current epidemic of chronic disease. mTOR is over expressed by eating many hours throughout the day. The mTOR syndrome causes insulin resistance, metabolic syndrome and increased incidence of type 2 diabetes as well as increased inflammation and obesity

Benefits of Rapamycin

Dr. Lufkin discussed studies that showed rapamycin helped initiate hair growth in mice and humans, aids in hearing loss and ovarian failure, and increases survival rates in cancer patients. He also reported that it helped with hippocampal dependent contextual memory impairment in mice.

A different source indicates that rapamycin strengthens the immune system in elderly adults, assists in weight loss, results in increases in energy, strength, stamina and endurance. And delays the onset of many age-related diseases, including cancers, neurodegeneration, cardiovascular disease, and diabetes. Parkinson's Disease, Rheumatoid Arthritis, Systemic Lupus Erythematosus, wight loss prevention of osteoporosis, and periodontal disease. (1)

Edward Park, MD, MPH

Discusses Exosomes

Another talk on antiaging and life extension was given by Edward Park, MD, MPH who discussed exosomes.

Exosomes can be considered a "message in a bottle," and were not known ten years ago. When inflammation occurs or repair is needed, the exosomes differentiate, make copies, signal stem cells and shut down inflammation. They direct repair and shut down inflammation.

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A4M Conference Speakers and Articles

In the past, scientists believed that the body excreted proteins. Dr. Park, states that instead, the body is packaging exosomes.

Exosomes are bound on the outside of cell membranes and mediate intercellular communication. Cells communicate with each other by sending out exosomes. They can go anywhere in the body and help program other cells. On their surface, they contain RNA, lipids and surface receptors. As they are not from immune cells, they do not have any antigenic material, they can be given to people without concerns of rejection. Dr. Park speculates that these exosome messages are respected across species. For example, in studies, mice are given human exosomes. They can be sourced from a human placenta from c-section births.

Dr. Park reports that exosomes help repair cartilage and helped with blood pressure. Helped with heart attacks. Previous antiaging approaches prolotherapy, use of platelet rich plasma, and stem cells all generate exosomes.

For more information, Dr. Park's website is www.rechargebiomedical.com

Pamela Smith, MD

Maximizing Male Hormones

Testosterone in men may be neuro protective and cardio protective. Testosterone decreases levels of pro inflammatory cytokines. It decreases LpA through insulin resistance. It helps with heart disease and helps exercise tolerance. Testosterone in men decreases beta amyloid plaque, helps with mild cognitive loss, increases spatial cognition. In old men with Alzheimer's disease, testosterone helps their cognitive function. Topical testosterone levels cannot be detected in the bloodstream. She stated that men who have erectile dysfunction also have heart disease.

As one ages, estrogen is stored in fat increasing the risk for prostate cancer and heart disease. Associated with high estrogen levels are an increase in liver enzymes, obesity, alcohol use

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A4M Conference Speakers and Articles

and low zinc levels, and exposure to plastic containers. Supplements that lower estrogen are crysin, zinc, flax see and ECGG.

Men taking testosterone supplements may have increased estrogen through the aromatase pathways. Alcohol, inflammation and obesity increase the action of the aromatase pathway thus increasing their estrogen levels.

Increased levels of the hormone DHT are associated with hirsutism, baldness, increase in BPA levels, enlargement, and heart disease. Cortisol, testosterone and pregnenolone are all anti inflammatory hormones. The only way to test cortisol in the saliva.

Tom O'Bryan *Brains on Fire*

Tom O'Bryan in his talk said that brain fog and brain issues are the “canary in the coal mine. Such symptoms indicate the brain “is on fire” and that the body is inflamed. Fourteen out of the top fifteen top disease causing death are caused by chronic inflammation. Most inflammation does not originate in the brain. Identifying and treating the cause of inflammation is more important than just treating the symptoms.

He also mentioned that the prevalence of diseases is increasing. Autism Spectrum Disorder increased from 1/10,000 in 1980 to 1/36 and 1/42. Thirty three percent of of elders die from dementia. During the years 2013 – 2017, Alzheimer's Disease increased 407 % in 30 to 44 year olds.

Reference

1. Pelton, Ross. Rapamycin: the most promising life extension Drug Praktrikos Books

(End of A4M Conference Speakers)

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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