

Smart Life Forum

www.smartlifeforum.org

Thursday, April 15th 2010, at 7pm

Jerry Stine and Thomas H. Nufert

on

Longevity Enhancement by Management of Disturbed Metabolism

SHORT PRESENTATION by **Dave Asprey**, President of Smart Life Forum .

Why Salt Is Good For You

Dave Asprey takes at least 10 grams of salt each day. He will present a "Good Calories, Bad Calories"-style talk on how unsafe low salt recommendations came into vogue in spite of the evidence. He will suggest that the recent short report on Finnish Salt was incorrect in its recommendation to lower sodium intake, and that the reason Finns improved their blood pressure was the increased intake of magnesium and potassium. In the words of Steve Fowkes, "The sodium theory of high blood pressure is almost as flawed as the cholesterol theory of heart disease."

Some examples you'll hear about:

*An eight-year study of New York hypertensives found that those on low-salt diets had more than four times as many heart attacks as controls with normal sodium intake.

*The INTERSALT study - the most-cited study justifying restrictions in sodium - simply excluded findings that showed sodium intake wasn't causing high blood pressure, and included four countries that skewed the total figures. This is the same fraud technique Ansel Keyes used to justify the aggressive low-fat recommendations that have harmed the country's health so much.

*When the complete set of available data was reviewed, statisticians found that as sodium intake increased there was a decrease in blood pressure, just the opposite of what had been reported widely.

*The lowest salt intake was in a subgroup of Chicago black males who had above average hypertension. Conversely, high blood pressure was rare in China's Tianjin Province even though this study group had the highest salt intake.

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Presentation Location:

Cubberley Community Ctr.

Room H1
4000 Middlefield Rd..

Palo Alto, CA

FMBR NOTICE

FMBR Meets on April 23: Dawn Clark will talk about how she teaches people how to "see" past the manifest world and reveal the hidden truth of how they user-generate our reality. See FMBR.org and DawnClark.net

Meet Jerry Stine



Jerry Stine is a Clinical Nutritionist and the founder and director of the Lifespan Institute. The Lifespan Institute develops and disseminates practical anti-aging programs. Mr. Stine's involvement in the field of anti-aging began in 1974 with work for the Foundation for Infinite Survival. In 1976, he founded Health Evaluations, Inc, a non-profit organization, to advance the first nationwide public screening program for toxic and nutritional minerals using hair as a biopsy material. Health Evaluations expanded its services to provide individualized health and nutrition testing and operated the largest independent nutritional consulting clinic (not associated with a doctor or hospital) in the San Francisco Bay Area. Mr. Stine then founded the Lifespan Institute in 1987 to focus on Longevity Enhancement. He currently oversees Lifespan's Functional Anti-Aging Clinical Programs which integrate newer understandings in the biomedical sciences with recent advances in clinical laboratory testing methods.



Meet Thomas H. Nufert

Thomas Nufert serves the Lifespan Institute as its Science Advisor. Mr. Nufert has extensive experience in biomedical research, particularly in the area of insulin resistance and related health conditions. In 1986 he founded TRC, a biomedical research firm focusing on insulin resistance and chromium metabolism (TRC collaborated with Gerald Reaven MD, a respected authority on insulin resistance, and Nobel Laureates who served as Scientific Advisors to the company: Henry Taube, Ph.D., Stanford University, authority on chromium chemistry and Melvin Calvin Ph.D., U.C. Berkeley, authority on bioinorganic chemistry). As a consultant on difficult medical cases, he has applied ketogenic diets to a variety of health conditions for over 15 years. Mr. Nufert co-authored a lead review paper on ketogenic diets for treating central nervous system disorders, "Ketones: Metabolism's Ugly duckling" T. B. VanItallie & T.H. Nufert, *Nutrition Reviews*. 2003 Oct; 61(10):327-41. Mr. Nufert's portion of the talk will focus primarily on emergent clinical applications for ketogenic diets and its utility as a dietary anti-aging strategy. Mr. Nufert is a 1975 graduate of The Evergreen State College in Olympia, Washington.

Future Speakers:

May 20, 2010

Gary Taubes, on Good Calories, Bad Calories

June 17, 2010

Rollin McCraty, on Applications of Heartmath

July 15, 2010,

Adiel Tel-Oren, MD, on Brain Enhancements

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.smartlifeforum.org. For questions, please contact Mike Korek at (650) 941-3058.

Main Presentation:

Longevity Enhancement by Management of Disturbed Metabolism

The stress-related wear and tear on the body which we attribute to aging is actually a manifestation of diminished rates of repair. The failure to repair is a sign of diminished cellular energy due to acquired disorders of metabolism. The universal feature of aging in all advanced life-forms is impaired insulin signaling. In humans, the medical condition associated with “insulin resistance” is The Metabolic Syndrome, affecting over 20% of the US population. Insulin resistance is an underlying feature of virtually all aging-related conditions such as heart disease, hypertension, cancer, Alzheimer’s and Parkinson’s disease.

Until “silver bullet” approaches for treating aging, such as stem cells and gene therapy, become practical, our best insurance policy is to follow a rational program to manage insulin resistance in order to optimize and maintain metabolism at a more youthful level.

The Lifespan Institute has assembled and integrated important new advances in physiology, nutrition, and clinical testing to address disturbed metabolism associated with aging. Lifespan provides comprehensive, personalized “Functional Anti-Aging” programs.

Major Topics to be Presented:

- *Tools for Intervention--Lab Testing “If you can’t measure it you can’t manage it.”*
- *Checking for Autoimmune Balance*
- *T & B Lymphocyte subpopulation panels*
- *Autoimmune-Thyroid Disorders*
- *Case Study of an Autoimmune-Thyroid Disorder*

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- *Glucose and Lipid Metabolism*
- *Insulin Resistance and The Metabolic Syndrome*
- *Effect of Insulin Resistance and Excessive Insulin Production*
- *Health Problems Connected to Insulin Resistance and The Metabolic Syndrome*
- *Interventions for Insulin Resistance and The Metabolic Syndrome*
- *Protecting the Brain*
- *Mechanisms of Brain Degeneration*
- *Energy Metabolism and Neuronal Death*
- *What is Ketosis?*
- *What are Ketone Bodies?*
- *Scientific Theory Underlying the Beneficial Effects of Ketosis*
- *Application of Ketogenic Diets for:*
 - *Insulin Resistance and The Metabolic Syndrome*
 - *Neuro-Degenerative Disease*
 - *Maintaining Healthy Brain Function*
 - *Cancer and Ketosis*

The Fluoride Story

The Quest for Health

March 2010

The Fluoridation of Public Water Supplies

In 1999, the U.S. Center for Disease Control (CDC) released a glowing report on the fluoridation of public water supplies which was claimed as one of its great public successes. The alleged benefits were attributed to fluoride's caries (tooth decay) preventative properties.

The Weston-Price Society has written that "the proclaimed benefit of fluoride as a way of preventing dental decay is perhaps the greatest "scientific" fraud ever perpetrated upon an unsuspecting public." (<http://www.westonaprice.org/Fluoride-Worse-than-We-Thought.html>).

Why Fluorides?

Fluorides have been accumulating in government stockpiles since world war II. Sources of that fluoride were the processes of refining uranium for nuclear weapons, pollution scrubbers using coal (a major domestic energy source), and the computer chip industry which uses fluorosilicic acid.

So, it was government bureaucracy that cooked up a major use for all the fluoride that had been accumulated for fifty or so years. Put fluorides in the drinking water all over the U.S.

Governments all over the world followed the U.S. lead and insisted that fluoridation of water is safe and non-injurious to health (but not healthy).

Fluorides Are Toxic!

One of the first effects discovered was that fluorides were displacing iodides and were rendering people hypothyroid from iodine deficiency. This was taught in high school by explaining the periodic table of elements. In the halide group, fluorine would displace chlorine which would displace bromine which would displace iodine. The fact that iodide is the most stable is why it is found in the thyroid gland which controls the metabolic rate of the body.

Bottled water is essentially tap water and contains the harmful fluorides. Home water filters are ineffective for fluoride removal. Are we just unwilling victims?

What Can Be Done

In the mid-1990s, I bought a water electrolysis machine (called "Microwater") from Jim Karnstedt who was the SLF guru on water purification. Jim is no longer with us, but he led the way. This machine can be found on the internet.

Water electrolysis separates oxidant radicals (eg. H+ [includes fluoride as HF] and other acidics) from antioxidant radicals (eg. OH-). So, you have antioxidant (alkaline, pH 10) water and oxidant (acid pH 4) water as products. You drink the antioxidant water and sprinkle the oxidant water on your plants to kill pests. The fluoride is used to kill insects and not you. (Steve Fowkes can explain the intricacies of water purification at an SLF meeting). This is an important way to avoid the the detrimental fluoride.

Another way is to buy toothpaste that is free of fluoride. It prominently says it on the label.

Bottom Line

If you are taking thyroid hormone and ingesting fluoride and are at a healthy equilibrium, you should monitor your heart beat and blood pressure for any sign that your metabolic activity is increasing. If so, the thyroid hormone supplementation should be reduced. That should be done with medical care. Go slowly to allow a new equilibrium to be established.

I am not a fan of medical doctors who see you for five minutes and give you some pill that needs to be detoxified by the kidneys and liver. More on that subject in another newsletter.

Best Wishes for a Healthy Life,

Stan Field
