

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: Thursday, September 19, 2013**

## This Month's Panel Speakers:

*Dr. Adiel Tel-Oren, Christine Rosche & Elize St. Charles*

### **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)

For those who cannot attend,  
you can view livestreaming at:

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*Meet Dr. Adiel Tel-Oren!*

Page 3



*Meet Christine Rosche!*

Page 9



*Meet Elize St. Charles*

Page 11

### **Newsletter Table of Contents**

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Dr. Adiel Tel-Oren!

Page 4 - *"Sulfur: A Modern Deficiency, A Simple Solution"*

by Dr. Adiel Tel-Oren

Page 9 - Meet Christine Rosche!

Page 11 - Meet Elize St. Charles!

Page 12 - *"Gluten in the Diet"* - by Susan R. Downs

Page 16 - Become a member of the SLF Community!

## Announcements/Upcoming Events

### Foundation for Mind Being Research Meeting

Friday, September 27, 2013

Speaker: Dean Radin, PhD, Chief Scientist, IONS

will talk about his new book "*Supernormal*"

Please go to [www.FMBR.org](http://www.FMBR.org) for more information.

### Upcoming Speakers:

Steven Blake, S.d.D. - "Natural Approach to Arthritis - Keeping our Joints Young"

Raymond Francis - "Why Aging is a Mistake"

### NOVEMBER

Devra Davis, Ph.D. - "Disconnect: Cell Phones and Industrial Response"

### DECEMBER

Sherril Sellman, N.D.

### JANUARY

Garry Gordon, M.D., D.O.

### FUTURE SPEAKERS:

Beverly Rubik

Mahtab Jafari - "Truth About Anti-Aging Medicine"

Ari Vojdani - "Immunity Issues"

Diana Schwarzbein, MD

*If you have questions please email [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com) or call 650-704-7710.*

Thank you.

## *Meet Dr. Adiel Tel-Oren!*



Dr. Adiel Tel-Oren (“Dr. T”) is a health pioneer and inventor focusing on Natural Principles, Health, and Sustainability. He is a physician, university professor and holistic scientist. He promotes “functional medicine,” a science-based, natural approach to diagnosis and therapy.

Dr. Tel-Oren, born in Jerusalem, received his medical degree in 1996 at the prestigious Russian State Medical University, Moscow, and did his hospital rotations in Minneapolis, MN and in Moscow. He is also a US trained doctor of chiropractic (high honors, 1990) and a licensed, board-certified clinical nutritionist. He is President Emeritus, Dean of Medical Sciences, and Professor of Functional and Nutritional Medicine at the University of Natural Medicine in Santa Fe, New Mexico.

Dr. Tel-Oren has founded and supported many projects including the Ecopolitan Health Network (headquartered in Minneapolis), which includes detoxification and healing clinics, non-profit 100% organic raw vegan restaurants, Foraging Retreats, Eco-Treks in Nepal, an Eco-Village in Wisconsin (in progress), and a Hypoallergenic Gluten-free bakery ([www.greenbakery.net](http://www.greenbakery.net)). You can find more information on [www.ecopolitan.com](http://www.ecopolitan.com).

Dr. T is an unusually knowledgeable person with the goal of empowering others. He has a sharp mind and an open heart, coming from a place of truth and integrity. He works tirelessly with people around the globe to make a difference. He is also the founder of several health and charity programs worldwide, including the Israeli Center for Functional Medicine, CCODER Nepal Community Health Program, and the Ecopolitan Eco-Health Community.

Dr. T’s main humanitarian project is the creation of a network of schools, orphanages, and Day-Care centers, “The Everest Learning Academy” - to educate and nourish the poorest children in Nepal. They protect and nurture 800 children (and growing rapidly) who otherwise would end up on the streets or become victims of trafficking.

*(End of Meet Dr. Tel-Oren!)*

## **SULFUR: A Modern Deficiency, A Simple Solution by Dr. Adiel Tel-Oren**

Of the six main building blocks that power life on this planet - carbon, hydrogen, nitrogen, oxygen, phosphorus, and sulfur - sulfur has up until recently taken the back-seat in most of our minds. This oft ignored element is a deserving recipient of increased attention, however, as it ceaselessly acts as humanity's go-to element for antioxidant behavior, detoxification, youthful appearance, and bodily locomotion.

Occupying two grams per kilogram of body weight (similar to famous potassium!), sulfur is present within every human cell and any reduction in its activity or availability can be critical. Necessary in the processes of cellular repair and regeneration, sulfur enhances the health of all tissues and organs, and strengthens the structure of skin, hair, nails, joints, and gums. Additionally, sulfur plays a crucial role in the activities of proteins (e.g. metallothionein) and enzymes that contain sulfur-bearing amino acids, which bind heavy metals for safe removal from the body.

Although there are several other amino acids which host sulfur within their latices, it is cysteine which is necessary for the manufacturing of the mighty glutathione molecule. Sulfur-containing glutathione is one of the most important antioxidants and detoxifying agents within human cells and its activities are necessary for optimal health. Sulfur is also essential within what may be the most important of all detoxification pathways - the liver's sulfation pathway. Living within a highly polluted world where nearly every facet of one's life (from food, air, land, and water, to personal-care products and building materials) is increasingly contaminated with heavy metals and other toxic chemicals, activating the mechanisms for eliminating these toxins from the body by employing the use of sulfur becomes direly important. Yet the stress and pollutants modern humans endure cause a functional deficiency of this vital element. With this awareness, the desire naturally arises to incorporate more of this element into our bodies and lives. But how?

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Although methylsulfonylmethane (MSM) supplements are rising in popularity, they carry a heavy price and the psychological burden of having to take yet another supplement. Would it not be easier to obtain the necessary supply of sulfur through the deliciously simple act of eating? Though comparatively abundant in cruciferous vegetables (broccoli, cauliflower, cabbage, kale, collard greens, etc) and allium plants (onions, garlic, chives, shallots and leeks), the domestication and hybridization of these flora, as well as the prevalence of petroleum-based agricultural methods that disrupt the natural cycling of sulfur throughout the ecosystem (excess phosphorus inhibits the plant's absorption of sulfur) have all created a situation where these foods alone can no longer supply humans with adequate sulfur supplies. Although foods like eggs, meat and other animal products are relatively high in sulfur, their high level of methionine appears to shorten lifespan in animal studies and increase homocysteine levels - resulting in damaged blood vessels, increased risk of stroke and heart attacks, depression, and dementia.

What is needed is a source of sulfur that is eaten regularly and frequently and contains a whole array of trace elements, without providing calories and without also delivering large amounts of methionine, allergenic proteins, or heavy metals. The wholesome Himalayan Sulfur-Rich Black Salt fulfills these requirements beautifully. It would be an error, however, to surmise that other salts would offer any sulfur at detectable levels. Table salt will obviously not hold up to the test as it has been so processed that it contains only sodium chloride. Modern sea salts also fail as they arrive from highly polluted seas that have been contaminated by agricultural, industrial and urban runoff, and their sulfur content is extremely low. Himalayan pink salt, although it is wholesome and land-mined (hence unpolluted), is harvested from sedimentary layers that lack sulfur.

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The highly prized Himalayan Sulfur-Rich Black Salt - harvested from pristine layers 300 million-years old - is a delectable salt rich in both sulfur and a large variety of trace elements. Ayurvedic medicine attributes numerous healing properties to this popular black salt, which cause it to be found in most homes in Nepal, Pakistan, and Northern India, where it is used as medicine for many ailments and symptoms. In Nepal, it costs at least 3 times as much as the equally-available Himalayan pink salt, which enjoys great repute in the USA and the West despite its absent sulfur. The Himalayan Sulfur-Rich Black Salt will no-doubt be crowned "king of salts" as soon as it touches Western consciousness and taste buds.

It is important to separate the black salt crystals from the conjoining rock by hand and not by chemical or mechanical means that may contaminate the resultant salt. Also, it is crucial to avoid grinding the crystals using machines coated with lead-laced paint, since the corrosive salt will cause the lead to leach into it in significant amounts, as confirmed by sensitive laboratory tests. Lastly, it is counterproductive to expose the salt to high temperature fire ovens for 3 days, as most manufacturers admit they do - in order to improve its physical properties (for easy handling and flow) - while damaging its natural molecular structure. The ideal salt will therefore be wholesome, rich in sulfur, will contain no heavy metals and other pollutants in appreciable amounts, and will be processed without polluting machines or chemicals or high heat. Also, it should be manufactured employing fair-trade practices, without child labor or harsh conditions. Ideally, the salt should be made in a dedicated facility where no other foods (allergenic or polluted) can contaminate it.

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While some may hear the word “salt” and revert to the opinion that salt is an unhealthy food, one should look to nature instead. In Nature one finds mammals traveling great distances and exerting much effort to find and extract salt from the Earth. Humans have resided for eons near seashores abundant in salt-laden sea algae that were once a staple in the human diet. This intimate association with wholesome natural salt is demonstrated by the body's ability to regulate salt levels through adrenal and renal functions, and through sweat and tears. Salt in its wholesome state is instrumental to maintaining fluid balance between the internal and external environments of our cells. Cell membranes utilize sodium, chloride, and other trace elements in the process of communication, regulation, neurological transmission of impulses, and muscular contraction. Additionally, human bodies possess specific mechanisms to keep electrolytes (sodium, chloride, and other elements) within a narrow range by utilizing specific adrenal hormones. These hormones instruct the kidneys to either spare the sodium or excrete it into the urine. In fact, people who drink too much water or avoid salt tend to create imbalance in this regulatory hormonal system and often suffer from electrolyte deficiency in the blood, as well as symptoms of adrenal fatigue, such as dizziness, inability to handle stress, intense fatigue, headaches, fluid retention, and sleep disturbance.

I therefore encourage you to consume wholesome salt without fear - particularly the Himalayan Sulfur-Rich Black Salt, which is made by a Kathmandu factory owned by a humanitarian network of schools, orphanages, and community centers dedicated to preventing child trafficking while providing quality education and strengthening the local communities sustainably. This factory uniquely abides by all the manufacturing principles listed above, as required for a clean, unpolluted, unadulterated, truly-natural product.

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You will find that because of its high level of sulfur, this black crystal salt has a distinctive egg flavor, which can be very useful in the preparation of plant-based dishes. For anyone recoiling at the thought of an egg-like taste, that flavor can be eliminated with ease by simply cooking it with your meal. Utilizing either approach, just apply as you would any other salt and enjoy knowing that what has enhanced the flavor of your dish has also enhanced your wellness, vitality, and beauty, as well the lives and futures of thousands of Nepali children.

*(End of Sulfur Article)*



## *Meet Christine Rosche!*



Christine Rosche, M.P.H., C.N.S., C.B.T. Board Certified Nutrition Specialist and Nationally Certified Biofeedback Therapist has developed an integrative approach to nutrition and health counseling, based on 25 years experience in the health care field. She developed and taught courses at Stanford University Medical Center and Heart Disease Prevention Program in the 1980's and was a staff member of the Berkson Integrative Clinic in Los Altos. Christine is the author of two books, her most recent is "Light Living, An Integrated Approach to Health and Weight" with audio CDs that complement each chapter of the workbook.

She has maintained a private practice in health counseling since 1983 and specializes in customized nutrition counseling for digestive issues, inflammation, hypertension, adrenal and blood sugar balance, eating disorders, metabolic syndrome, emotional and stress eating. Patient advocacy is an important part of her practice.

Christine's website: [www.lightlivingprogram.com](http://www.lightlivingprogram.com)

*(End of Meet Christine Rosche!)*

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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 [susandowns@hotmail.com](mailto:susandowns@hotmail.com).

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## *Meet Elize St. Charles, PhD, CNC, BBP, MBA!*



Elize St. Charles, PhD, CNC, BBP, MBA, has been involved in alternative and complementary healing modalities for more than 30 years. With her extensive understanding of the natural healing arts, Elize has provided health care to people in all walks of life including star athletes, executives, mothers,

babies, the brain injured and the chronically ill. Her extensive academic and professional development and problem-solving skills, combined with her success in improving her own health, makes her a talented healer.

She received her PhD from the Clayton College of Natural Health and Healing and her MBA from McGill University.

*(End of Meet Elize St. Charles!)*

## **"Gluten in the Diet"**

### **by Susan Downs, MD, MPH, SM, MS**

Hippocrates said, "Let food be thy medicine and medicine be thy food." Our amber waves of grain are no more. Our wheat is currently only 18 inches high. We have been eating wheat for only 10,000 years, and our genetic armentarium has not adapted to the ingestion of grass and wheat products. Before the consumption of grains, there was no known tooth decay. Human brains and bodies were larger. Over time, wheat has been hybridized making it more foreign to the human body. Wheat has been modified to tolerate glycoside. Weeds surrounding our wheat will die, but our wheat survives. Gluten is in many food products such as soups, frozen dinners, cold cuts. It has also been found in make-up and vitamin supplements.

Celiac disease is estimated to occur in about one out of 133 persons, most of whom do not know they have it. Gluten sensitivity has been estimated as high as 30 %. Those that are sensitive to gluten have no histological changes in their intestines, and may have no symptoms. Yet, even without symptoms, gluten does serious damage. If wheat germ gluten is given to a rat, it will destroy the rat's intestines and result in inflammation and an ultimately autoimmunity disease. Glyden, a component of gluten, opens the tight junctions in the bowel resulting in permeable intestines and undigested food particles entering the blood stream. It is possible that components in corn and oats could also adversely affect the gut as well.

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These undigested foods in the blood stream are seen as foreign by the immune system, and an immune response is mounted. The ultimate effect of permeable intestines (leaky gut) is the development of autoimmune disease. In the case of gluten, an autoimmune response can occur against the thyroid; the insulin producing cells in the pancreas; and the Purkinje cells in the cerebellum. This creates a pathway to Hashimoto's disease (half of the persons with Hashimoto's disease have gluten sensitivity), diabetinsulin dependent diabetes, and "gluten ataxia".

Wheat germ agglutinin, a lectin in wheat, may be the instigator of leptin resistance. Leptin is the substance that turns off the appetite and induces satiety. When the body is leptin resistant, there is no satiety signal resulting in weight gain. Leptin resistant persons may become obese with high levels of leptin which they don't respond to.

According to Dr. Davis, the author of *Wheat Belly*, finger and wrist pain as well as seborrhea on the nose are pathognomonic for wheat consumption. Abdominal pain, eczema, headache, foggy mind, fatigue, diarrhea, depression and anemia can result from gluten sensitivity. It has also been implicated as a possible exacerbating factor in schizophrenia.

When wheat is taken out of the diet, people have improved energy and sleep, a decreased appetite, reduced blood sugar, reduced joint pain, reduced inflammation, reduced creative protein (crp) reduced hypertension, reduced triglycerides and increased HDL levels. Typically, people lose 5 – 7 pounds in the first week and may have withdrawal side effects which include nausea, fatigue and headaches.

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While our government and nutritionists may recommend consumption of whole grains, white bread has a glycemic index of 69. This is higher than the glycemic index of a snicker's bar, not that I am recommending Snickers as a nutritional supplement. Whole wheat bread, which has been touted as a healthier alternative to the Wonderous white bread, has an even higher glycemic index of 72. Heart healthy cheerios has a glycemic index of 74. There are few foods with a higher glycemic index except for gluten free grains and dates (of course this excludes coconut flour and almond flour).

Foods with a high glycemic index result in high blood glucose levels, high insulin levels and glycosylated end products. (AGEs) Glycated proteins activate intracellular signal transduction pathways leading to inflammation, the production of oxidative stress and mitochondrial failure. Glycated proteins produce fifty times more free radicals than non-glycated proteins. This process also leads to oxidized/glycosylated protein which is the culprit in vascular distress. This leads to cardio vascular disease and cognitive decline and can ultimately DNA and RNA damage. Oxidized LDL play a heavy role in cognitive decline and have an impact on carotid intimal thickness. Fructose glycosylates protein 50 times that of glucose.

In looking for sugar substitutes , foods with aspartame should be avoided. Glutamate and aspartate are neuroexcitoxins which impair memory retention and damage neurons in the arcuate nucleus of the hypothalamus. Aspartame decreases accurate nucleus signaling and the appetite can keep increasing thus resulting in an increasing propensity for diabetes.

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Food choices affect the microbiome in the gut. The blood brain barrier receives direct signaling from the gut and foods adversely affecting the gut can adversely affect the blood brain barrier as well. High levels of glucose are associated with hippocampal and amygdalar atrophy. The brain starts shrinking even at fasting blood sugar levels of 85 -90 (per David Permuter, MD). Glucose levels either high or low can increase the risk of dementia. High glucose fasting blood sugars affect the part of the brain involved in Alzheimer's unrelated to Apoe4 status. Glycated proteins modulate beta amyloid, activates NFkB (an inducer of inflammation), microglia and enhances production of the superoxide radical and nitric oxide thus exacerbating oxidative stress. Glycosylated proteins are the cornerstone of cognitive distress (Tania Dempsy, MD).

A low carbohydrate diet will drop the triglycerides and improve fasting insulin. Some researchers find that high cholesterol levels decrease the risk of dementia and that cholesterol lowering attempts may enhance amyloid peptide generation. What is important in lipids is that the size of LDL particles and the number of VLDL decrease.

Approaches that can help mitigate glycation include caloric restriction and the supplements bentofiamine, alpha lipoic acid, taurine, resveratrol, NAC, aspirin, carnosine and DHA. A good proxy to measure the extent of LDL oxidation is the blood test Hemoglobin A 1c. Fructose is even worse as it does not affect the satiety center in the brain whereas glucose does. As long as one does not have an allergy to eggs, eggs can improve the atherogenic lipid protein profile. Eggs increase the size of LDL particles and decrease the number of VLDL particles. Eggs glycemic index is rated as zero.

Rather than asking aunt Bea for dietary advice, a heart and brain promoting diet should be ketogenic. This promotes the growth of mitochondria, enhances ATP production, decreases apoptosis (cell death) and increases fats ability to make butyrate. Coconut oil, MCT and carbohydrate restriction enhance ketones, increases mitochondrial biogenesis, enhances ATP production, reduces oxidative stress and reduces NFkB activation.

*(End of Gluten Article)*

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