

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, October 17, 2013

Main Presentation #1: Dr. Steve Blake, ScD
“Natural Approach to Arthritis – Keeping Our Joints Young”

Main Presentation #2: Raymond Francis, MSc
“Why Aging is a Mistake”

Smart Life Forum

Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

www.SVHI.com

For those who cannot attend,
you can view livestreaming at

<http://bit.ly/Zpld3o>

See our archived videos at

[http://tinyurl.com/
smartlifeforum](http://tinyurl.com/smartlifeforum)



Meet Dr. Steve Blake, ScD
Page 3



Meet Raymond Francis, MSc
Page 11

Newsletter Table of Contents

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Dr. Steve Blake, ScD!

Page 4 - Main Presentation #1: *“Natural Approach to
Arthritis – Keeping Our Joints Young”*

Page 11 - Meet Raymond Francis, MSc!

Page 12 - Main Presentation #2: *“Why Aging is a Mistake”*

Page 15 - Become a member of the SLF Community!

Announcements/Upcoming Events

Foundation for Mind Being Research Meeting

Friday, October 18, 2013 @ 7:30pm

Speaker: Mike Buchele, MD and Bob Whitehouse, EdD

Will speak about the Theory of Process

Please go to www.FMBR.org for more information.

Upcoming Speakers:

NOVEMBER

Douglas Husbands, DC, CCN - "Optimizing Adrenal Function for Healthy Aging"

DECEMBER

Sherril Sellman, ND - "Hormone Issues"

JANUARY

Garry Gordon, MD, DO

FUTURE SPEAKERS:

Beverly Rubik

Mahtab Jafari - "Truth About Anti-Aging Medicine"

Ari Vojdani - "Immunity Issues"

Diana Schwarzbein, MD

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

If you have questions please email susanrdowns@hotmail.com or call 650-704-7710.

Thank you.

Presentation #1 Speaker: Meet Dr. Steve Blake, ScD!



Steven Blake has a doctorate in holistic health, specializing in nutritional biochemistry. He also has a doctorate in naturopathic medicine and is a neuromuscular therapist. He offers classes at the University of Hawaii on Maui and Oahu. He has taught classes at Stanford University, McLean Hospital, and at Boston University Medical Center.

Dr. Blake is the author of 29 books and software tools, including the 2008 McGraw-Hill college textbook *Vitamins and Minerals Demystified*. He has just completed writing the book *A Nutritional Approach to Alzheimer's Disease*. He is the author of the reference book *Understanding Dietary Fats and Oils: A Scientific Guide to their Health Effects*. He has many other major publications including *Healing Medicine*. He is co-author of *Mosby's Drug Guide for Nurses, 4th Edition* and *Mosby's 2001 Nursing Drug Reference*. Steve Blake programmed the *Diet Doctor*, software for graphing dietary nutrients. This cutting-edge research software has been instrumental in revealing nutrition information.

Dr. Blake lectures widely about the role of nutrition in health. As a professional, registered medical plant specialist, he is well known for his databases on alternative remedies. The Herb Doctors database has information from 54 countries and regions worldwide and has over 168,000 footnoted facts. This database was also published by Harcourt Brace as *Alternative Medicine*. He has taught anatomy & physiology and exercise physiology. He was the director of the Maui Holistic Health Center for seven years. He is often heard on radio and seen on television. He was selected in 2009 by International Biographic Centre as one of the leading health professionals in the world. He and his wife Catherine live on an organic farm on Maui that is powered by the sun. Please contact the author at mail@naturalhealthwizards.com and visit his website, <http://www.naturalhealthwizards.com/>.

(End of Meet Dr. Steve Blake!)

Presentation #1

by Dr. Steve Blake, ScD

“Natural Approach to Arthritis – Keeping Our Joints Young”

Seventy million Americans have inflammatory joint pain. Unlike the “silent” diseases such as diabetes and clogged arteries, osteoarthritis can be painful and disabling. Osteoarthritis is a disease in which cartilage in joints may become stiffer and may wear away. Common locations for this cartilage loss include the knees, hips, and fingers. A healthy diet can supply vital nutrients to help prevent and treat arthritis. Nutrition is important in another way, too. The balance and quality of dietary fats and oils can also powerfully influence our inflammatory response.

Cartilage is constantly being formed and broken down. We need to build cartilage as fast as it wears away to prevent arthritis. There are many nutrients involved in keeping cartilage healthy. Cartilage is built upon collagen, so we need to include nutrients that promote healthy collagen as well.

Activity and Weight

One of the risk factors for arthritis is inactivity. When joints are sore, it is harder to get moving. However, gentle movement such as walking is very helpful in many cases. On the other hand, joint-pounding exercise such as running can further damage tender joints. It is always helpful to wear soft insoles in your shoes to cushion knee and hip joints.

Another risk factor for hip and knee arthritis is excess weight. Losing weight is easy, delicious, and cheap. A healthy diet to lose weight could consist of ¼ fresh fruit, ½ fresh vegetables, enough beans and whole grains to satisfy hunger, and a few nuts or seeds. This kind of a diet can easily satisfy all of your nutritional needs if a source of vitamin B12 is included.

(Continued on Next Page)

The Medical Approach

Our modern medical system has three ways of helping arthritis. Physical therapy can be very helpful. Drugs can reduce inflammation and hide the pain. Surgery is also common, especially hip replacement surgery.

Unfortunately, pain pills do not stop the progress of the disease and side effects can be a problem. Drugs such as aspirin and ibuprofen cause stomach and intestinal bleeding leading to 40,000 deaths and 70,000 hospitalizations each year. Acetaminophen (Tylenol®) is not safe either, as it may cause liver damage in some people. The newer COX-2 inhibitors such as Celebrex® may increase our risk of fatal heart attacks. These are good reasons to adopt a natural approach.

Decrease inflammation—less omega-6s & more omega-3s

Omega-6 oils can contribute to excessive inflammation. The most potent dietary form of omega-6 is called arachidonic acid. Arachidonic acid powerfully increases inflammation in our bodies. Arachidonic acid is found only in certain foods. The biggest sources of arachidonic acid in American diets are turkey, chicken, and eggs. Arachidonic acid is much more powerful in increasing inflammation than the plant omega-6s. Nevertheless, it is also a good idea to reduce plant sources of omega-6s such as cooking oil and salad oils. It is always healthiest to get our fats and oils from whole foods such as nuts, avocados, beans, and seeds.

Omega-3s are well-known to reduce inflammation. Fish oil contains the most powerful forms of omega-3s. Unfortunately, fish oil is commonly contaminated with environmental toxins. Even “fish oils” made from algae still have the potential to reduce our immune power and to increase bleeding. A much healthier way to get our omega-3s is from walnuts and flax seed powder. In order for these gentler plant omega-3s to work to reduce inflammation, we need to also reduce our intake of omega-6s from bottled oils.

(Continued on Next Page)

Inflammation, Omega-6s, and Leukotrienes

Omega-6 oils are converted into inflammatory Leukotrienes. These leukotrienes attract white blood cells. The leukotrienes help the blood vessels near a joint become more permeable. White blood cells and histamine then enter the joint area, triggering the inflammatory response. Omega-3 oils reduce this inflammatory response. The balance between omega-6s and omega-3s is crucial.

Using my own dietary analysis software, the Diet Doctor, I have found that many common diets have omega-6s overbalancing omega-3s by ten to one or more. Three to one would be an ideal balance to reduce inflammation. When I re-analyzed these diets with the addition of walnuts or flax seed powder, the balance became more favorable to quench inflammation.

The creation in our bodies of inflammation-quenching leukotrienes from plant-based omega-3s requires several nutrients. A plant-based diet will supply these nutrients in abundance. Green leafy vegetables can supply the needed calcium, magnesium, and iron. Nuts and seeds can supply zinc, copper, and vitamin E.

Antioxidants help with arthritis

In one study, those with enough Vitamin C had one-third the risk of cartilage loss compared to those with low vitamin C levels. Those with high vitamin C intake also had a reduced risk of developing knee pain.¹ Beta-carotene, also found in fruits and vegetables, has been shown to cut the risk of arthritis in half. Vitamin E, found in nuts and seeds, helps synovial fluid lubricate joints. Almonds and hazelnuts are rich in alpha-tocopherol. Soybeans, walnuts, and avocados are rich in gamma-tocopherol.

(Continued on Next Page)

Soy foods help with arthritis

Synovial fluid lubricates joints to prevent wear. Synovial fluid is made primarily from a type of fat found in soybeans (phosphatidylcholine). A recent study found that soy phospholipids significantly reduced the development of arthritis. Soy products were also found to reduce the inflammation in arthritic joints.²

Collagen provides the framework of cartilage

Certain nutrients are necessary for building collagen to support healthy cartilage. These nutrients are vitamin C, iron, copper, and manganese, and specific amino acids. They were found to be low in many common diets. Both a “low carb” diet and a standard American diet were quite low in vitamin C. Most of these nutrients are found in fresh produce, rather than in junk foods.

SAMe has been found to be effective in osteoarthritis

A 24-month trial found that 400 mg per day of SAMe (S-AdenosylMethionine) helped with arthritis over two years with excellent long-term tolerance. The subjects showed clinical improvements after 2 weeks and continued to improve until the end of the study when 18% of the patients were symptom free. SAMe is naturally produced in our bodies when levels of vitamin B12 and folate are adequate.³ Some patients have trouble producing adequate SAMe due to genetic mutations, which disrupt the methylation process.

Glucosamine sulfate is a natural constituent of cartilage and is widely used in the treatment of osteoarthritis. Plant-derived glucosamine sulfate supplements are more likely to be free of contaminants and cruelty. One study showed that they were safe, effective, and a cost-effective treatment for knee osteoarthritis. About two percent of supplemental glucosamine can be incorporated in cartilage.⁴ The reason that many studies do not show any benefits for glucosamine sulfate is that many of the studies are too short in duration.

(Continued on Next Page)

It takes 6-8 weeks for initial effects and six months for full benefits to be achieved. When compared to common pain pills (NSAIDs), glucosamine was less effective at first, but was equally as effective as pain pills by week 8 of the study.⁵

Devil's Claw for the treatment of arthritis (Harpagophytum Procumbens)

Looking at a meta-study of Devil's Claw, this study found, "Moderate evidence of effectiveness for the use of a Harpagophytum powder at 60 mg harpagoside in the treatment of osteoarthritis of the spine, hip and knee."⁶

Boswellia in the treatment of arthritis

According to a study on boswellia serrata (frankincense) used in Ayurvedic medicine, "All patients receiving frankincense reported a decrease in knee pain, increased knee flexion, and increased walking distance. The frequency of swelling in the knee joint was also decreased."⁷

These dietary changes can be powerful enough to help you get some relief from arthritis pain.

Contact Dr. Steve Blake at Steve@DrSteveBlake.com.

Website: www.DrSteveBlake.com

Editor's Endnotes

- The omega 3 in dairy and meat are increased when the animals are grass fed.
- There should be caution with soy products as a large percentage of soy products in the US are genetically modified which is expected to have long term, adverse health effects.

(End of Presentation #1)

(Endnotes for Presentation #1)

1 Do antioxidant micronutrients protect against the development and progression of knee osteoarthritis? McAlindon et al., *Arthritis & Rheumatism*, Volume 39, Issue 4, pages 648–656, April 1996.

2 Health effects of dietary phospholipids, Küllenberg et al. *Lipids in Health and Disease* 2012, 11:3.

3 König, B. (1987). A long-term (two years) clinical trial with s-adenosylmethionine for the treatment of osteoarthritis. *Am. J. Med.*, 83:89S–94S.

4 Simoens et al. Pharmacotherapeutic aspects of treating knee osteoarthritis with glucosamine sulfate, *Health* 2 (2010) 705-707.

5 Sanders and Grundmann, The Use of Glucosamine, Devil's Claw (*Harpagophytum procumbens*), and Acupuncture as Complementary and Alternative Treatments for Osteoarthritis, 2011 Volume 16, Number 3 *Alternative Medicine Review*.

6 Vlachojannis J, Roufogalis BD, Chrubasik S. Systematic review on the safety of *Harpagophytum* preparations for osteoarthritic and low back pain. *Phytother Res.* 2008;22:149-152.

7 Kimmatkar N, Thawani V, Hingorani L, et al. Efficacy and tolerability of *Boswellia serrata* extract in treatment of osteoarthritis of knee—a randomized double blind, placebo controlled trial. *Phytotherapy*. 2003;10:3-7.

(End of Main Presentation #1)

SLF Members***BOARD OF DIRECTORS***

Dave Asprey - Chairman
 Sharon Luehs - Secretary
 Laurel Corcoran - CFO, Treasurer
 Susan Downs - President
 Bill Grant - Publicity
 Larry Wiessenborn - Sound
 Doug Husbands, DC, CCN
 Robert Menkemeller, RNC

FOUNDER

Kathryn Grosz

ADVISORY BOARD

Tim Gallagher, DDS
 Bill Grant, PhD
 Phillip Lee Miller, MD
 Alan P. Brauer, MD
 Bernd Friedlander, DC

MEETING MODERATORS

Dave Asprey
 Alexis Bright
 Stan Durst
 Tom Gurske
 Douglas Husbands, DC
 Elise St. Charles, PhD

VOLUNTEERS

Rob Baum, Assistant Editor
 Laurel Corcoran, Records/Printing/Mailing
 Laura Dominguez-Yon, Website
 Susan Downs, Newsletter Editor & Prgm Editor
 Steve Fowkes, Technical Advisor
 Rob Larson, Equipment Manager
 Don Southard, Reception
 Larry Wiessenborn, Audio Engineer
 Sandra Yow, Newsletter Layout
 Pamela Zuzak, Video & Book Sales

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.

Become a Member!

Smart Life Forum, Inc. (SLF) is a California qualified 501(C)(3) nonprofit corporation organized under state law for educational and scientific purposes as a public benefit corporation. Please make your check payable to "Smart Life Forum, Inc." Please send your email address as well.

Donations Welcome!

Please send to:

Laurel Corcoran, *Treasurer*

314 Grant Avenue

Palo Alto, CA 94306

Annual Membership \$60 (per household)

\$10 per Meeting

Benefits: Access to a community of experienced scientists and physicians who share information and similar interests.

Main Presentation #2 Speaker: Raymond Francis, MSc!



Raymond Francis is a chemist by training and a graduate of M.I.T.; he is an internationally recognized leader in the field of optimal-health maintenance. Raymond is the author of the bestselling books *Never Be Sick Again*, *Never Be Fat Again*, and *Never Fear Cancer Again*. He is the creator of a revolutionary new concept of health called the Beyond Health Model, and as a result, Raymond has been cited as “one of the few scientists who has achieved a breakthrough understanding of health and disease.”

Having survived a near-death terminal illness by using his knowledge of biochemistry, Raymond has achieved an extraordinary level of health and has devoted the remainder of his life to improving the health of people everywhere. He is president of Beyond Health International, a supplier of highly advanced health education and world class health-supporting products to the public, and the publisher of Beyond Health News, a subscription newsletter supplying advanced health information. An in-demand speaker, he has addressed health conferences all over the U.S. and in Canada, Egypt, Germany, Greece, Mexico and Switzerland, and he has been a guest on over 2000 radio and television shows.

For more information, visit the following websites:

raymondfrancis.com, tped.org, and beyondhealth.com

(End of Meet Raymond Francis!)

Presentation #2: **by Raymond Francis, MSc** *“Why Aging is a Mistake”*

"Aging is a mistake," says bestselling author Raymond Francis in his newest book, *Never Feel Old Again*. Even the universe is aging, so how can aging be a mistake?

Here is the mistake: Aging need not entail the loss of function, disease, and disability we have come to accept as normal. This is in fact unnecessary, accelerated aging. We are accelerating the aging process and getting old long before our time. Humans are capable of living very long, fully functional, disease-free lives, but we are not achieving this potential.

There is a difference between biological age and chronological age. Today we are measuring 30-year-olds with the biological markers once reserved for 80-year-olds. Overweight 10-year-olds have been measured with the markers of 45-year-olds. If you are biologically 45 at age 10, what will you be age 50? It is said this is the first generation in American history that will die younger than their parents because our young people are so old.

To achieve a long healthy life, it is critical to keep your biological age substantially younger than your chronological age. Fortunately, anyone can learn how to do this. The key is to keep your body in good repair. Aging is the result of repair deficits. A car that is not kept in good repair ends up in a junkyard. A body that is not kept in good repair ends up in a nursing home. The good news is, unlike your car, the body is a self-repairing system. It is designed to automatically keep you in good repair—artificial replacement parts not required.

(Continued on Next Page)

But to keep a body in good repair, you need lots of repair materials. That means first and foremost eating a good diet. Few of us do, and there are certain foods you should absolutely avoid because they are so destructive. Good supplements are also essential. You must also keep all your repair machinery in good running order by avoiding toxins that can disable the machinery or give it incorrect instructions.

Fortunately, science has discovered how to do all these things. All you have to do is learn certain principles and apply them.

It is possible to live a long disease-free life and to age at almost half our current rate. Breakthroughs in our understanding of the causes of disease provide us now with solutions to end our epidemic of chronic disease and to slow the aging process. Almost anyone can learn how to put this knowledge to use in their daily life.

Common to almost all disease is a process called inflammation. Inflammation drives aging and disease. Unfortunately, more than three out of four Americans suffer from chronic inflammation. This is why we are aging so rapidly and why more than three out of four of us have a diagnosable chronic disease. Even our children are increasingly suffering from inflammation and “diseases of aging” in epidemic numbers. Learn what causes inflammation and how to control it.

Sodium and potassium are minerals critical to cell function, but they must be in balance. Modern dietary practices create serious imbalances. Our ancestors’ sodium/potassium ratio was a healthy 1 to 4, the result of eating lots of fresh fruits and vegetables. Our current ratio is reversed to an unhealthy 4 to 1, the result of too much salt and too few fresh fruits and vegetables. Cells function as little batteries. They have an electrical charge created by the difference in the amount of potassium inside the cell and the amount of sodium outside. By changing the sodium/potassium ratio we damage the “battery of life” and interfere seriously with the body’s self-regulation and repair functions.

(Continued on Next Page)

For example, it is known that increasing the dietary sodium of laboratory animals will accelerate cancer metastasis. Strong batteries support your repair functions and keep you young and healthy. Learn how to keep your batteries fully charged.

Another common denominator of aging and disease is abnormal cellular pH. The normal pH inside a cell is 7.4. Maintaining normal pH is critical. If your cells become either too acidic or too alkaline, certain chemical reactions are inhibited, while others are promoted. This causes cellular malfunction, repair deficits, aging and disease. Cancer is commonly a disease of too much acidity. Learn how to keep your pH normal.

Improperly constructed cell membranes are another common cause of disease. Each cell has a wall called the cell membrane. Everything that goes in or out of the cell has to pass through the membrane. The membrane acts as a “gatekeeper” making sure that only the right things go in and out. When the membrane is improperly constructed, it cannot perform its normal functions; repair deficits and disease result. The wrong fats build faulty cell membranes. Learn how to choose the right building materials to construct healthy cell membranes.

Aging and disease are mistakes you don't have to make. My new book *Never Feel Old Again* covers the waterfront, providing you with a roadmap to good health and long life.

Join Us! First time Visitors and Non-Members \$10 per meeting (at door).

Smart Life Forum, Inc. (SLF) is a California qualified 501(C)(3) nonprofit corporation organized under state law for educational and scientific purposes as a public benefit corporation. Please make your check payable to "Smart Life Forum, Inc." Please send your email address as well.

Donations welcome! Send to:

Laurel Corcoran, Treasurer,
314 Grant Ave, Palo Alto, 94306
or call: (650) 704-7710
See website for other payment options.

Annual Membership \$60 (per household).

Benefit: Access to a community of experienced scientists and physicians who share information and similar interests.

Renew your membership today!

Complete this form & mail back with payment:

\$60/year full membership (maximum 4 per household)

Yes, you can renew and pay in person at a meeting.

Donations welcomed.

NAME: _____

ADDRESS: _____

CITY: _____ ZIP _____

PHONE: _____ PHONE 2: _____

EMAIL: _____

CREDIT CARD #: _____

Circle Type: Visa | MC | Name on card, if different: _____

Phone on card, if different: _____

I authorize this charge (Signed): _____

DATE: _____

Total amount authorized or enclosed: \$ _____, (check applicable boxes):

\$60/yr Family membership (4 max in household)

Donation: \$ _____

Please make your check payable to "Smart Life Forum, Inc." and send to:

**Laurel Corcoran, Treasurer,
314 Grant Avenue, Palo Alto, 94306**