

Smart Life Forum

SmartLifeForum.org

presents

Prof. Keith Scott-Mumby,

M.D., M.B. Ch.B, Ph.D. on

Surprising Ways That Foods Can Really Hurt You

Thursday, Dec. 20, 2007,
7:00 PM

Cubberly Center, Rm H-1
4000 Middlefield Road
Palo Alto, CA

FUTURE SPEAKERS_

January 17, Elson Haas, MD

The Impact of Toxins on Your Health

March 20, Karl Knopf, EdD,

Fitness for Seniors

April 15, Stephen Strum, MD

Related Health Issues to
Prostate Diseases

Note 1: The A4M (American Association of Anti-Aging Medicine) conference is being held in Las Vegas, NV, Dec. 12–15. They have offered SLF members a half price discount for the full conference at the Venetian Hotel. See www.worldhealth.net for the agenda. For those wishing to attend for one day only, there will also be a substantial discount. Attending one of these meetings is like going to three years of SLF meetings in one weekend. If you are interested call Heidi at 561–212–4788 and tell her you are an SLF member.

Note 2: Since this is the last meeting of the year we will have light refreshments before the meeting and about 20 members of the Serendipity Choir will be performing.

Note 3. Tax deductible donations to Smart Life will be matched if made before the end of the year. Send to our treasurer Sandy Goebel or Paypal.

Meet the Speaker

Keith Scott-Mumby MD, MB ChB, PhD qualified in medicine in 1970 in Manchester, UK, where he almost immediately jumped the fence into controversial alternatives.

He started the first successful Food and Environmental Allergy Clinic in 1979 which rapidly spread to London, Glasgow, Dublin and Stockholm. Those were exciting days during which they made many new discoveries.

In 1986 a UK Crown Court accepted his evidence that a food allergy was capable of making a youth murderously violent—making medico-legal history.

By 1990, the press dubbed him “*The Number One Allergy Detective*”. He’s published several books in this field, been interviewed by the BBC, TV and radio stations worldwide, as a recognized expert in alternative health paradigms.

He was appointed Professor of Energy Medicine at the Capital University of Integrative Medicine (now demised) and Professor of Nutrition at the Open International University for Complementary Medicines, USA.

Recent research into answers for why an individual gets allergies in the first place—leading to homotoxicology (“*complex*” homeopathy) and electro-dermal screening, using computers and the Chinese medicine model.

Dr. Scott-Mumby writes and lectures internationally on energetic medicine and the new anti-aging science. His book, ***Virtual Medicine***, brings science and validation to this emerging field and its technology.

His latest book, ***Diet Wise***, is the summation of 30 years of advanced clinical work, demonstrating why there is no set diet for health; why what you need to eat for vitality and a long life differs completely from what everyone else needs!

His cutting edge newsletter, **Wholesome Living Letter**, can be found on his website at www.wholesomelivingletter.com

Main Presentation

Nearly 40 years ago, along with a handful of doctors around the globe, Dr. Keith Scott-Mumby began to discover just how much pain and suffering was caused by everyday foods. People always thought of the foods we eat as friendly, nutritional substances that support our physiology. How wrong that was!

He began to put patients on diets excluding key trigger foods and was amazed at the transformations taking place. There were spectacular recoveries from conditions as diverse as *asthma*, *eczema*, *arthritis*, *migraine*, *colitis*, *ADHD*, *fibromyalgia* (it was called *tension-fatigue syndrome* back then), *mood swings*, *depression* and even *schizophrenia*.

Conditions thought to have nothing to do with food, recovered—often completely; one epilepsy case—a young boy of 12—had seizures triggered by anything in the carrot family (carrots, parsley, celery, parsnips, etc.). If he avoided these foods, he had no seizures whatsoever. There was a man who had lost his drivers license due to epilepsy but when he found that the *ONLY* cause was eating wheat-based foods, then he was able to get the patient his license back.

In those days people talked in terms of “*food allergy*”. But this was a disputed term, since there was no known immunological basis for over 95% of these reactions. Food allergy was declared a fraud and pioneers like Dr. Keith Scott-Mumby were attacked bitterly. But patients still recovered in droves. Recoveries were often so spectacular they were media fodder.

One woman who was confined to a wheel chair with arthritis (her husband had to give up work to take care of her) reacted badly to potatoes. Within weeks of Dr. Scott-Mumby solving her problem, she climbed a mountain and beat the photographers to the top, where she had her picture taken for the UK press! Another

woman was splashed all over the front page because her migraines were due to corn allergy and she had her worst headaches after licking envelopes for the office mail—the glue is made from corn starch!

Eventually critics HAD to accept that many people reacted to foods and the term “*food intolerance*” was introduced, in an attempt to defuse the confrontation. The BBC has it on record that Dr. Scott-Mumby stated that everyone has a food allergy or intolerance. He was interviewed on the publication of his first book, **The Food Allergy Plan**. Nancy Wise of the *BBC World Service* had read this and clearly didn't believe him. She sent a roving reporter with a microphone down onto the streets and when he stopped about twenty people, eighteen of them said “*yes*”. It actually is very common, once you know the kind of questions to ask. Most people don't think of a “*food allergy*” but they do notice that chocolate gives them a headache, or onions make their fingers swell or some other noticeable reaction. If you are otherwise healthy, it may not be a problem; but if you are chronically sick this should be the first thing you think of and get checked out. Countless times, a severe health problem has been resolved with nothing more than a change of diet—avoiding suspect foods.

It's not all about food allergy in the immunological sense. Remember that foods contain a great many naturally-occurring toxins. *Lathyrism*, a kind of nerve paralysis, is a disease once widespread in India, due to eating the lathyrus bean, a relation of garbonzo or chickpea. Another bean, *Vicia favia*, causes *favism* or *haemolytic anaemia* in sensitive individuals living around the Mediterranean Sea .

The “*edible*” *nightshades*, which are sometimes referred to as the *deadly nightshade family* (potatoes, tomatoes, capsicums, chilli peppers) can be poisonous, and cabbage, peppercorns, pulses and many other foodstuffs are not far behind. Outbreaks of food poisoning due to *solanine* (from potatoes), *tomatine* (tomatoes) and *dioscorine* (yams) have

all been reliably observed to cause problems in either humans or domestic animals.

The carrot has a nerve toxin. Someone once joked that if cabbage had to go through the process drugs are required to do, it wouldn't pass as safe! Foods contain *exorphins*, *goitrogens* (cause goiter), *estrogen look-alikes*, *estrogen antagonists*, *antinutrients* so-called, and a complex group of pharmaceuticals called *alkaloids*. These include caffeine, nicotine, quinine, strychnine, ergotamine and atropine. The less toxic ones, such as caffeine, are used for pleasant social effects or as hallucinogens (cannabis and peyote).

No wonder we sometimes feel ill after food, bloated, sick, heavy-headed or just “Yucky!”

In latter years our understanding has advanced way beyond the old concepts. Food allergy is still there and still valid. But many of these reactions that were observed by cutting-edge clinicians, like Dr. Scott-Mumby, are now seen to be due to a different mechanism. We talk in terms of ***nutrigenomics***.

What happens here is that we all react to these complex ingredients in idiosyncratic ways. No two people react exactly alike to their diet. Nutrigenomics teaches us that this is due to very minor variations in our gene structure: so-called *single nucleotide polymorphisms* or SNPs (pronounced “snips”). A gene sequence might have a sequence of CCTGCAAT in most people but an occasional individual may have CCTGGAAT instead. This affects the expression of proteins and in particular enzymes. Maybe only slightly but if this is an enzyme for processing solanine, the poison in potatoes, then there could be problems.

Tens of thousands of minor gene variations like this means we are all different. Nobody is ever average. It also means that most diet books are a waste of time. Every diet ever written will help some people BUT WILL MAKE OTHERS SICK, because they are reacting adversely to the permitted foods. An alternative viewpoint is described in Dr. Scott-Mumby's new book ***Diet Wise***, which contains

over 30 years of experience distilled into one volume, explaining how to work out what is safe for you and what isn't.

The rewards for doing so are great and you'll live a lot longer. There are plenty of cases cited to back it up. You'll look and feel 10–15 years younger than your chronological age.

This modern explanation does not require the model of antigen-antibody response. It can be present at birth and can explain why babies are sometimes born with a rash or other allergy problem, because they met the substances in the womb, via the maternal fluids.

The exciting news, that we are all beginning to realize, is that **you can switch genes on and off with diet!** You can cause good genes to express better and you can cause bad genes to switch off. The converse is also true: if you ignore this and eat a bad diet, eat these *bandit foods*—you will switch on the bad genes, the cancer genes, the heart attack genes.

More than ever, with a solid scientific foundation, what you eat is critical. You can lengthen or shorten your life—the choice is yours. But there is no getting away from it—food can really hurt you!

That's why the book is called ***Diet Wise***. If you read it, you really will be in the know and have detailed knowledge of this emerging science, way beyond what your own doctor and the supposed “*experts*” know.

Websites: www.alternative-doctor.com
Keith Scott-Mumby M.D. website
www.dietwisebook.com book
www.askdoctorkeith.com teleseminars
www.wholesomelivingletter.com
newsletter

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855 Fremont St. #4
Menlo Park, CA 94025

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