

Smart Life Forum

SmartLifeForum.org

presents

Phil Jacklin, PhD

Low Cost Life Savers: Making it to 100

Thurs, July 17, 2008, 7 PM

NEW LOCATION: Unity Palo Alto Community Church
3391 Middlefield Rd btwn East Meadow and Ames

FUTURE SPEAKERS

August 21, **Mike Nichols, MD**
Preventing Heart Disease
September 18, **Sherrill Selman, ND**
October 16, **Larry Roberts, PhD**
and **Tedde Rinker, DO**, The Renegade Patient
November 20, **John Gray, PhD**
Mars & Venus in Collision

Short Presentation by Dr. Phil Miller on “New Research on the Use of Vitamin D to Prevent Heart Attacks”. Three New Studies.

Meet Phil Jacklin

Phil Jacklin received a Ph.D. from Yale in 1967. He taught philosophy and was a campus activist at the University of Connecticut and San Jose State University for 20 years. He joined SLF in 1992, became a founding Board member, Secretary in 1996, and President in 2000. He has studied optimal wellness and longevity for 16 years and has benefited dramatically from his reading and the advice of his learned friends at the Smart Life Forum. He lectures on bioidentical hormone replacement, dangerous drugs and unnecessary surgeries, sleep, and ‘the most important supplements’.

Main Presentation

Why die too soon?

You can reduce your risk of death before 100 by at least 50% - maybe more.

If you die before 100, you are not dying from old age. You are dying prematurely – probably from one of the top five ‘killer diseases’. These can be prevented simply and cheaply: this talk will show you how.

No doubt, these assertions sound like a sales-pitch you once got in the mail. All Phil is “selling” is health

science – and he’s giving it away. Bring your friends and hang on!

Methodology

This will be a review of 16 years of study with the SLF relating to the prevention of killer diseases. (Of course, SLF has many different concerns including not just life-savers, but vitality-savers, mood-savers, mind-savers, waist-savers, and life-extenders.)

The Internet empowers us to study and think for ourselves. Phil doesn’t want you to believe anything he tells you unless you can search on-line and find research reports straight away that confirm what he says. When he says that X prevents Y, then go on-line and search using the plus sign, “+”. For example, Google (vitamin D + cancer) or (Alzheimer’s + curcumin). Hold all our speakers and your doctor to the same standard. He says, “Don’t trust me and don’t trust your doctor.” Ask questions. Trust the evidence. You yourself can make science-based decisions about your life and health.

Top Five Killers

What pathological conditions pose the greatest threat to our lives after 60?

It is not easy to identify the killer diseases. For example, it is often said that “heart disease is the leading cause of death in America”. But the term “heart disease” can refer to any one of three very different kinds of heart condition – each of which poses a different problem of prevention. Here is Phil’s list of the top five:

1. **Cancer.** Cancers of many kinds together account for

25 % of all deaths and 30 % of deaths after 60.

2. Artery Disease. The formation of plaque on artery walls leads to premature death in two ways. It is the pre-condition of clot-based (thrombotic) heart attacks which cause about 15 % of all deaths after 60. And, by the same mechanism operating in the brain, artery disease leads to clot-based (thrombotic) strokes or ‘brain attacks’. These strokes cause about 5% of deaths. They are also the leading cause of disability after 60.

(Note: as will be explained below, only half of all heart attacks are clot-based. Cardiac arrest a/k/a sudden death heart attack often has a different cause.) In sum, artery disease is the cause of about 20 % of all deaths after 60.

These two conditions will kill about half of all Americans – unless, of course, something is done to alert the public to the low cost life savers which are available. In any case, you can protect yourself and share this information with family and friends.

3. Cardiac Arrest / Arrhythmia. Arrhythmias - ventricular fibrillation or tachycardia – sometimes cause the heart to stop pumping. These ‘sudden death’ heart attacks are 50% of all heart attacks and cause 15 % of all deaths after 60. (Fibrillation is when the heart rhythm becomes disorganized and tachycardia occurs when the heart races and finally just quivers and does not pump at all.) Often cardiac arrest is itself caused by a clot-based heart attack. However, in an important number of cases, preventable arrhythmia is the primary cause of death.

4. Congestive Heart Failure. When the heart muscle itself becomes weak and its contractions no longer pump out more than a third of the blood in the left ventricle, then the body starts to shut down and death is not far. Strictly speaking, this is the only ‘heart disease’. The other ‘heart’ problems are, in one case, about heart arteries and, in the other, about electrical impulses and heart neurons. Heart failure accounts for 5 % of deaths after 75.

5. Alzheimer’s Disease. 5% of deaths after 75 (And 25% of disability after 85).

Classification of Treatments by Cost

There are a variety of treatments for each of these conditions. These treatments can be classified by their cost: high, medium, or low cost. Surprisingly, classification by cost correlates with the kind of doctors to which one goes for help.

If you go to a mainstream doctor, you will be prescribed expensive drugs – several of them – and in some cases even surgeries: you will get the standard ‘five drug

protocol for heart disease’, bypass surgery, radiation and chemotherapy, and heart transplants. The cost in dollars, risk of death from treatment, suffering and debility, and side-effects of all kinds (including death) are high.

The Medium Cost Life-Savers involve life style commitments to healthy ways of living. The risk of early death is reduced by commitments to avoid illegal drugs, stop smoking, choose a diet low in white starchy carbs, high fructose corn syrup, processed foods, animal fat, and transfats; exercise two or three times a week; meditate or find another spiritual practice; be socially involved and committed, take naps and get proper sleep. These personal practices are low in dollar cost but very high in time costs and other costs. Most of you already have a healthy life style – but you can do better.

Our focus here is on low cost life-savers. Supplements, food extracts and herbs that are low cost in dollars; low in time costs, effort and discomfort; and low in risk of side-effects. No matter what else you do, these low cost life-savers should be the core of your personal program to make it to 100.

Bio-Molecular (a.k.a. Orthomolecular) Theory of Degenerative Disease.

It is useful to distinguish between infectious diseases and degenerative diseases. When we think of disease we tend to think first of the diseases we can ‘catch’ – those caused by very tiny invading organisms, viruses, bacteria, fungi and so on. The age-associated degenerative diseases are quite different. Until recently, they were thought to be inescapable parts of aging and incurable. Medical science knew what was happening but not why?

In the 1970s and 80s, Abraham Hoffer and Linus Pauling broke new ground when they proposed that non-infectious diseases were usually caused by age-related chemical deficiencies. As our ‘juices’ start to dry up, we get out of balance and all sorts of vital processes start to slow down.

Pauling introduced the term ‘orthomolecular medicine’ to describe a new medical approach in which non-infectious diseases were prevented and treated by eliminating the underlying chemical deficiencies that gave rise to them. Orthomolecular medicine aims to cure, not just to relieve symptoms. As defined by Pauling, Orthomolecular medicine is:

“The preservation of good health and the treatment of disease by varying the concentrations in the human body of substances that are normally present in the body”.

As he put it, ‘orthomolecular medicine’ is the treatment of disease with the right (ortho) molecules in the right amount. The concept of biomolecular deficiency is the central concept in biomolecular medicine.

In the SLF, we are open to any treatment that works and is safe. We look to science to tell us which treatments those are. We appreciate what mainstream medicine has to offer but we have seen again and again that there is plenty our doctors may not tell us. There is a lot of good science they don’t know. Medical science is far ahead of medical practice. For this reason, we advocate ‘integrative medicine’ that combines the best of mainstream medicine and alternative medicine.

Nevertheless, when our concern is to make it to 100, then it is primarily to biomolecular medicine that we must turn. Why? Because the killer diseases of aging are deficiency diseases. What are the molecules found naturally in our diets or manufactured by the body which are essential to the vital processes that describe a healthy body? What deficiencies of these molecules explain each of the degenerative diseases? When we know the answers to these questions, we will know how to prevent and treat the diseases of aging. We will do that by eliminating the causative deficiencies.

What are the low cost life savers?

What are the deficiencies that give rise to the killer diseases? What supplements, food extracts and herbs prevent or slow or reverse these pathological conditions?

Come to our July meeting and find out! The Newsletter does not provide space for anything more than a list of some of the most protective supplements. On 7/17, SLF’s own Phil Jacklin will go into detail on protective mechanisms and doses, and discuss some of the published research which demonstrates that these supplements are indeed protective. Here is a brief overview:

- Cancer. **Vitamin D** reduces cancer risk by at least 50%. Risk reductions can also be obtained with selenium – another 50%, TMG (Trimethylglycine), green tea and maybe folic acid .
- Artery Disease. **Vitamin D – again.** To supplement his presentation, Phil Jacklin asked Dr. Phil Miller to do the Short Report and review the new discovery that vitamin D reduces the risk of heart attack by 50%. (Three big studies published in 2008 demonstrate this reduction.) In addition, Phil Jacklin will review the work of

John Cooke and others on use of the amino acid, **arginine**, and nitric oxide to reverse plaque, restore endothelial function – and avoid bypass surgery and other disasters. Also **omega 3 oils, vitamins C and E, magnesium, procyanidins, and testosterone.**

- Cardiac Arrest/Arrhythmia. **Omega 3 oils again, magnesium again, maybe thyroid hormone .**
- Heart Failure. **CoQ10, the Ames Formula – ALC plus ALA, the sugar D-Ribose.**
- Alzheimer’s. **Curcumin, vitamins C and E, omega 3/DHA, TMG.**

The top 10 Low Cost Life Savers:

To sum it all up, here are the top 10 low-cost life savers:

- Vitamin D3
- Arginine
- Omega 3 oils
- Magnesium
- Vitamin E
- TMG (trimethylglycine)
- Procyanidins
- Selenium,
- ALC (alpha lipoic acid)
- ALA (acetyl-L carnitine)

If you miss this meeting, it may prematurely cost you your life.

Be there or die too soon! (joke)

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