

Smart Life Forum

www.smartlifecycleforum.org

Thursday, November 19th, 2009 7pm

Adiel Tel-Oren , MD

On

Functional Medicine

Short Presentation:

“Latest Results on Ozone Treatments?”
by Dr. John Monagle

Dr. Monagle is a Naturopathic Doctor who specializes in Sports Medicine, Pain Management, Anti-Aging, and Bio-Identical Hormone Therapy. He has been in practice for over 7 years and has been trained by Dr. Frank Shallenberger in the use of ozone and Prolozone therapy for chronic joint pain. Dr. Monagle has his own success story with Prolozone. He used to suffer for years from chronic back pain from 2 bulging discs. He was treated by Dr. Shallenberger with Prolozone over a year ago and, after just 5 treatments, he is pain free! Prolozone is a form of non-surgical ligament reconstruction and is a permanent treatment for chronic pain. It is a connective tissue injection therapy of collagen producing substances and ozone gas which can reconstruct damaged or weakened connective tissue in and around joints. These substances are injected into the damaged connective tissue in and around a joint to rebuild the damaged areas. By repairing the damaged connective tissue, the body is able to permanently reverse chronic pain.

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Presentation Location:

Cubberley Community Center
Room H1
4000 Middlefield Rd.
Palo Alto, CA

Future Speakers

December 17, Dawson Church – Genes

January 21, John Dommise – Psychotherapy

Main Presentation:

“Functional Medicine and the Future of Health Care, Self-Care, and Longevity” – Adiel Tel-Oren, MD (Europe), CCN, DABFM, DACBN, LN, DC(ret), DABOM, FABDA;

Functional Medicine

Functional medicine is the clinical application of holistic thinking combined with rigorous scientific principles. The term "functional medicine" was first coined about 20 years ago in order to define the comprehensive, multi-specialty, integrative medicine of the future. Functional medicine combines scientific research with innovative tools for accurate diagnosis and safe and efficient medical treatment of complex and chronic conditions. The emphasis is to elucidate how different aspects of an individual's life - the physical and emotional environment, general lifestyle, as well as genetic factors - can all lead to deviation from health and manifest in disease over time. This is highly relevant today, since the vast majority of chronic conditions seen in clinical practice are attributable to these lifestyle and genetic factors.

Many degenerative or chronic conditions are caused by various

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Adiel Tel-Oren, M.D.

Adiel Tel-Oren, MD, is a holistic scientist who educates doctors and the public about nutritional and environmental medicine, functional medicine (science-based, holistic approaches to diagnosis and therapy), and disease prevention via truly natural lifestyle and dietary modification.

Meet Dr. Adiel Tel-Oren

Tel-Oren, a Medical Doctor trained in Europe and the USA licensed in Europe is board-certified with the American Board of Functional Medicine, the American Board of Oxidative Medicine, the American Clinical Board of Nutrition, and a candidate with the American Board of Chelation Therapy.. He is a Professor & Certified Clinical Nutritionist with the Clinical Nutrition Board of the International and American Association of Clinical Nutritionists; a Doctor of Chiropractic (trained and licensed in the USA, now retired), a Licensed Nutritionist (Minnesota); a Fellow of the American Board of Disability Analysts; and member of the ACA Council on Nutrition. He is President Emeritus of the University of Natural Medicine (Santa Fe, New Mexico), where he is Dean of Medical Sciences and Professor of Functional and Nutritional Medicine.

Dr. Tel-Oren is founder and president of: FDH Foundation - promoting cutting-edge scientific knowledge and technologies that empower people to prevent and reverse disease and certifying Biological Dentists (www.BioDentist.org), Electro-Magnetic Pollution Remediators, and Health & Nutrition Coaches (www.NutritionHealthCoach.com) locally and internationally; of Integrated Healthcare Clinics (1994-2000) - www.integratedHealthCare.org - the first multi-disciplinary, multi-practitioner clinic integrating holistic and allopathic medical services under one roof; and of Ecopolitan (2001) - the first sustainable, ecologically-sound non-profit restaurant offering 100% organic vegan uncooked cuisine, Wine & Juice Bar, Oxygen, Infrared Sauna, detoxification & healing "hostel", Educational Community Center, and an Eco-Shop - selling non-toxic natural home and body products, professional supplements, and packaged and bulk raw foods. Dr. Tel-Oren promotes "EcoRaw Living" as a model for optimal cellular health and the principles of sustainability.

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combinations of disease triggers and promoters, such as nutritional deficiencies, toxin accumulation, allergenic exposures, emotional stressors, metabolic imbalance, and infectious load in food, water, and air. Additionally, digestive disturbances may cause nutrient malabsorption and exposure to toxic compounds, as in the prevalent "leaky gut" syndrome. Functional medicine practitioners focus on diagnosing the triggers and promoters of disease and the patho-physiological changes that can manifest during disease progression. They utilize advanced, scientific functional laboratory tests and other diagnostic procedures - including comprehensive medical and socio-emotional history - to uncover tacit illness or the initial deviation from health even in the absence of overt or significant symptoms. The goal is to effectively and sustainably address the triggers, promoters, and biochemical imbalances in order to stop the progression of symptoms, reverse them whenever possible, and prevent the appearance of new conditions, while increasing overall wellness and improving the body's resistance towards disease

How "Functional" Differs from "Allopathic"

The common approach of allopathic (orthodox) medicine focuses mainly on suppressing the symptoms using artificial substances, which pharmacology and toxicology experts agree are toxic and poisonous for the body, as their central or primary effect. Paradoxically, the occasional alleviation of symptoms is in fact the "side effect." For example, the allopathic approach would recommend a pill to lower temperature for high fever, prescribe a synthetic pill to elevate mood in treating depression, or a pharmacological anti-inflammatory drugs for simple immune reactions. Functional medicine, on the other hand - rather than simply "chasing symptoms" while ignoring the causes - searches for and addresses environmental factors, nutritional deficiencies, genetic tendencies,

biochemical dysfunctions and emotional and social stressors that can together cause the development of symptoms.

Using drugs to suppress the outward expression of underlying dysfunctions does not truly facilitate healing. The chronic orthodox disregard for environmental or nutritional causes is the reason for the ever-present "idiopathic diseases" - which is the medical textbook's description for syndromes or conditions that allegedly have "no known cause." Therefore, pharmacological symptom suppression, despite its toxicity and inadequacy in addressing chronic disease, becomes justified as the only viable therapy by "conventional" medical training centers. In contrast, by diagnosing and treating the underlying causes of disease, functional medicine practitioners can promote improvement or healing of many health conditions considered chronic or incurable by allopathic doctors.

Treating "Causes" -- Chronic Stress & Genetic Factors

Functional Medicine concerns itself with an extremely wide variety of health disturbances. Although many of these "disturbances" seem to differ a lot in symptomatic appearance - including diverse conditions such as fibromyalgia, irritable bowel syndrome, heart disease, diabetes, mood and cognitive disorders, various autoimmune disorders, PMS, TMJ, chronic pelvic pain, interstitial cystitis, chronic low back pain, chemical and food sensitivities, allergies, asthma, and cancer - they all seem to share common courses of formation.

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The common denominator for these disturbances appears to be chronic stress, which may typically be thought of as deriving from mental or emotional origin, although many other factors can stress the body, like unhealthy food, nutritional deficiencies, environmental toxins, insufficient rest, infections, physical strain, and injury. All these factors contribute to the body's level of "total stress" - causing it to cross a previously invisible threshold where chronic health disturbances can manifest. The current global epidemic of chronic diseases is especially marked within industrialized nations, where the inhabitants experience relatively high levels of "total stress." While some acute stress factors may help us survive and even thrive, chronic stress factors that seem unpleasant, undesirable, or painful can lead to unhealthy changes in our immune system and in other body systems.

Recent findings indicate that these common stress factors - whether nutritional, environmental, physical, or psychological - can in fact alter, from day to day, the expression of genes in the cells. These alterations can lead to significant changes in physical symptoms and general health. Functional Medicine researchers are now convinced that syndromes of functional nature such as fibromyalgia, chronic headaches, and irritable bowel syndrome are likely to be initiated by different stress factors that can change the expression of DNA and lead to symptoms of chronic disease. Accordingly, when a person is suffering from chronic or aggravated symptoms, assessing and addressing all or most of the stress factors involved can be the key to recovery.

By modifying the patient's activities, nutrient levels, toxic exposure, emotional status, and behavioral patterns based on the individual's unique genetic structure, functional test results, psycho-emotional and medical history, examination findings, and environmental exposures, we can create the necessary biochemical changes that enhance the protection of DNA in times of undue stress. This protection can help stabilize the DNA, reducing predisposition to functional illnesses like fibromyalgia and depression, as well as other illnesses like cancer and heart disease. Additionally, knowledge of the individual's DNA structure and how to modify its expression enables us to focus on specific clinical measures to reduce the risk for preventable conditions like mood disorders, high blood pressure, or even prostate enlargement and cancer. Functional genetics and genomic lab tests have been

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available during the past decade to Functional Medicine practitioners who have been trained in the interpretation and interventions relevant to these tests.

Functional Lab Tests

Beyond the assessment of underlying genetic factors, several functional lab tests that have existed for at least 15 years are focusing on the present physiological and biochemical condition of the patient. Functional doctors frequently use safe, non-invasive scanning tests that can detect cancer much earlier and with greater precision, allowing for preventative measures that can save lives and improve quality of life. Examples include the AMAS test, a very accurate blood test that acts as a marker for early cancer detection by measuring the immune system's anti-cancerous activity; and the M2PK stool test, a marker for colon and rectal cancer, which is more convenient, more efficient, and less risky than colonoscopy. Whenever cancer activity is detected, preemptive intervention is achieved by utilizing appropriate functional diagnostic (and therapeutic) procedures; by increasing the body's resistance to cancer; and by treating the stress factors and other triggers (and genetic susceptibilities) mentioned above. Frequently, such interventions - especially when offered very early - can stop and even reverse the progress of the cancerous process (leading to "clear" results in follow-up tests). Such treatments may also prevent the recurrence of cancer, as revealed by follow-up tests.

References:

"Textbook of Functional Medicine" / Institute for Functional Medicine (IFM), David S. Jones, MD, Editor in Chief

"Immunotics" / Robert Roundtree, MD

"Genetic Nutritioneering" / Jeffery S. Bland, PhD

Special Announcements

FMBR: November 27, 2009 – 8pm

Eddie Fischer, Research Psychologist, CEO of FMBR, and Michael Barclay, Weather Shaman will discuss the Language of Nature and the Weather Modification Project FMBR is supporting. See: <http://www.climatewhisperer.com> , and www.fmbr.org .

IACVF (Int'l Assoc. of Cancer Victors & Friends): Nov. 16, 2009 – 7pm

Dr. Bernd Friedlander, will talk on "How to Attain Longevity without Cancer". It will include: how longevity methods relate to cancer prevention; the connection between mood, stress & nutrition; the simplest way to minimize inflammatory mediators; and how to reduce cellular stress by optimizing cellular communication. The location is in the First Congregational Church at 1980 Hamilton Avenue in San Jose.

FITNESS MOTIVATION

by Jake Brzakovic, C.F.I.

When it comes to our health most of us know that we should exercise, eat right, drink plenty of water, and keep our stress level to a minimum. So why is it that only a small percentage of us actually do these things? One possible answer is that we simply lead busy lives and don't have enough time to take care of ourselves. Research suggests that lack of motivation rather than time limitations might be the actual reason why our health-and-fitness "shoulds" remain unaddressed.

Becoming aware of how we motivate ourselves and why we fail to act despite our better judgment can be very helpful in our efforts to begin a new fitness program. Motivational experts agree that people are motivated in one of two ways. We are either motivated towards pleasure and the reward of positive outcome, or away from pain and undesirable negative consequences. Simply put we are either motivated towards pleasure or away from pain.

Identifying our own motivational tendencies is essential to gaining greater control of our unhealthy behaviors. It turns out that most of us are pain avoidance motivated. We delay taking action until the very last possible moment when we are often circumstantially compelled to act in order to avoid the pain of undesirable consequences. Remember April 14th, the day before our taxes are due?

Strategies for "Avoidance-Motivated" Individuals

If you recognize yourself to be avoidance motivated one of your most effective strategies for getting healthier and fitter is to frequently and vividly imagine the impending pain and negative consequences that potentially await you if you remain on the same high risk road of self neglect.

Take a few moments throughout the day to remind yourself what the dangers are of your current unhealthy lifestyle, and why you must make timely changes if you hope to avoid them.

Imagine what it might be like to have a life threatening heart attack, or the horrifying prospect of having open heart surgery, if you are lucky enough to survive the heart attack in the first place. How about having to take expensive and often toxic medications for hypertension, insulin resistance, elevated cholesterol levels, depression, and osteoporosis. Might you become so unhealthy over time that your health insurance coverage becomes inadequate to pay for all of your medical expenses, potentiall leading you to financial ruin?

Or imagine having unbearably painful and debilitating chronic lower back pain that prevents you from playing with your kids, enjoying the holidays with your family and friends, and keeps you from doing many of the things you love to do like golfing or playing tennis, or hiking and biking. Four out of five Americans needlessly experience such back pain. Will you be one of them? If you are not exercising the odds are against you. It is a well established fact that exercise can prevent the onset of such back pain.

Such dire daily reminders can be of great help to the avoidance motivated individual who needs the proximity of pain and highly undesirable consequences to take the first step on the road to better health. The more frequently you recall and vividly imagine these undesirable outcomes the more motivated you will become to change your unhealthy habits. Realize that all of this needless suffering and financial expense could be prevented if, starting today, you simply began to taking better care of yourself with a modest daily

exercise program.

Strategies for “Pleasure-Motivated” Individuals

By contrast, if you are a pleasure motivated individual your motivational strategy should be one based on having worthy and compelling health and fitness goals. Because you are inspired and motivated by the imagined promise of a better tomorrow, without worthy goals and alluring future prospects you have nothing pulling you into action. Unlike the avoidance motivated individual who is repelled by the unpleasant consequences they seek to avoid, you are attracted and drawn to the promise of desirable outcomes, such as better health, a leaner physique, and the prospect of having that well defined abdomen you’ve always admired on others. Therefore, you must take the time to identify these compelling goals in order to become inspired to action.

Frequently imagine and feel the immense pleasure you will derive from realizing these worthy goals. Perhaps you can find some fitness magazine photographs of lean and healthy bodies that you can cut out and keep in plain sight to look at frequently throughout the day to remind yourself that the price you are paying by taking consistent action to become healthier and fitter is justified by the promise of the goals you are working to realize. Imagine what it would feel like to run your hand down your own stomach and to feel the firmness and contours of well defined abdominal muscles in place of the doughy stuff that may be currently residing there.

Motivational Synergy

Keep in mind that these two motivational means are synergistic in nature. Each promotes the effectiveness of the other. Together they have the potential to produce behavioral changes that are greater than either can produce independently. For example, an avoidance motivated individual

can accelerate the realization of his desire to propel himself away from undesirable consequences of a sedentary lifestyle if he is at the same time being drawn in the direction of compelling goals focused on realizing the many benefits of starting a new exercise program.

Likewise, a goal oriented individual who is at the same time repelled by the prospect of impending health complications of a sedentary lifestyle will realize his fitness aims more quickly than if he had relied only on his goal oriented motivation. Motivational synergy may be the most effective means of making the often difficult health and fitness related behavioral changes we long to make.

The first step necessary to make these changes is to expand our awareness of ourselves. Self-motivation is essential to starting and maintaining a health and fitness program. So take the time to discover your motivational tendencies and with this knowledge and the simple strategies we've discussed become a responsible steward of your self-motivation. By doing so you will empower yourself to become a healthier and fitter you.

Such dire daily reminders can be of great help to the avoidance motivated individual who needs the proximity of pain and highly undesirable consequences to take the first step on the road to better health. The more vividly and frequently you imagine these undesirable outcomes the more motivated you will become to change your life.

By contrast, if you are a pleasure motivated individual your motivational strategy should be one based on having worthy and compelling health and fitness goals. Because you are inspired and motivated by the imagined promise of a better tomorrow, without worthy goals and alluring future prospects you have nothing pulling you into action. Unlike the avoidance motivated individual who is repelled by the unpleasant consequences they seek to avoid, you are

attracted and drawn to the promise of desirable outcomes, such as better health, a leaner physique, and the prospect of having that well defined abdomen you've always admired on others. Therefore, you must take the time to identify these compelling goals in order to become inspired to action.

Frequently imagine and feel the immense pleasure you will derive from realizing these worthy goals. Perhaps you can find some fitness magazine photographs of lean and healthy bodies that you can cut out and keep in plain sight to look at frequently throughout the day to remind yourself that the price you are paying by taking consistent action to become healthier and fitter is justified by the promise of the goals you are working to realize. Imagine what it would feel like to run your hand down your own stomach and to feel the firmness and contours of well defined abdominal muscles in place of the mushy dough that may be presently residing there.

Furthermore, keep in mind that these two motivational methods have a synergistic relationship. Each promotes the effectiveness of the other. For example, an avoidance motivated individual can accelerate the realization of his desire to propel himself away from undesirable consequences of a sedentary lifestyle if he is at the same time being drawn in the direction of compelling goals focused on realizing the many benefits of starting a new exercise program.

Likewise, a goals oriented individual who is concurrently repelled by the prospect of impending health complications of a sedentary lifestyle will realize his aims more quickly than if he had relied only on his goals oriented motivation. Motivational synergy is the most effective means of making important health related changes in our lives.

The first step necessary to make meaningful changes in our lives is to change and expand our awareness of ourselves. Self motivation is essential to starting and maintaining a health and fitness program, so take the time to discover your motivational preferences. By doing so you will empower yourself to make the necessary changes and become a healthier and fitter you.

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