

# Silicon Valley Health Institute

host of the Smart Life Forum

NEXT MEETING: Thursday, January 17, 2013, at 7pm

## Filomena Trindade, MD, MPH

### *“Practical Detoxification”*

## Suzi Mckee

### *“GMO’s: What You Need to Know & Can Do Now”*

**Note: Main Presentation precedes Short Talk this month.**

#### *Meet Filomena Trindade, MD, MPH:*



Filomena Trindade, MD, MPH is an international sought after speaker in functional medicine. She is a graduate of the fellowship in Anti-Aging, Regenerative and Functional Medicine and teaches in the Fellowship (a master’s program through the University of South Florida) as well as for the Institute of Functional Medicine (IFM). After obtaining her BA degree in Biology she went on to finish a master’s in Public Health in the area of environmental health and

epidemiology before starting medical school. She graduated first in her class in family practice from the University of California Davis School of Medicine and did her residency training in family practice at the U.C. San Francisco/Santa Rosa Program. She has been in clinical practice for over 16years. Before starting her own private practice in 2004 in functional medicine she was the medical director of a non-profit organization that catered to the underserved. She is currently very active in developing teaching programs in Functional Medicine in the USA, Latin America and Europe.

#### **Presentation Location:**

Cubberley Community Ctr.  
Room H1  
4000 Middlefield Rd.  
Palo Alto, California  
Driving directions on our website,  
[www.SVHI.com](http://www.SVHI.com)

**For those who cannot attend  
we have live streaming and  
video archiving at  
<http://bit.ly/Zpld3o>**

#### **In This Issue**

*Main Speaker:*

*Filomena Trindade, MD, MPH*  
.....page 1

*Main Presentation:*

*“Practical Detoxification”*  
..... pages 2 –5

*Short Presentation:*

*Suzi Mckee* ..... page 6

*Membership Form* .....page 7

**Foundation for Mind Being Research ([www.FMBR.org](http://www.FMBR.org))**

**January 25 (the fifth Friday) Meeting:** Julia Assante, will be our speaker.  
Her topic will be: “The Last Frontier: New Visions of the Afterlife”, [www.juliaassante.com](http://www.juliaassante.com)

**Note: Main Presentation precedes Short Talk this month.**

*Main Presentation:*

## **Practical Detoxification**

**by**

### **Filomena Trindade, MD, MPH**

We live in a toxic world. Toxins are everywhere and affect every aspect of our health. Therefore the question we should all be asking is not ARE we toxic, but rather HOW toxic are we?

The increasing rates of insulin resistance, diabetes, cancer, hormonal problems and obesity in the United States in large part is due to toxins. This link has been studied by several researches and several studies explain the mechanisms (1, 2, 3, 4,10,12, 13). Many of these toxins are environmental xenobiotics or “endocrine disruptors” that modify intercellular communication and function.

Chemicals commonly detected in people including DDT, Polychlorinated biphenyls (PCB's), Bisphenol A, Polybrominated Diphenyl Ethers (PBDE's) produce a higher ratio of the 4 and 16 hydroxylated estrogen derivatives. These are potentially more genotoxic by modifying members of the CYP450 enzyme family and thus contributing to hormonal dysfunction and cancer. Changes in DNA methylation (epigenetic modification) which can ultimately change estrogen receptor activity are thought to also play a role in cancer, obesity, and insulin resistance. Low level arsenic exposure has also been reported to be associated with insulin resistance and diabetes (5). Exposure to heavy metal toxicants is almost unavoidable in today's world. We are routinely exposed to heavy metal toxins through food, ground water, industrial waste and exposure to industrial environments. Heavy metals affect all our organ systems but particularly the cardiovascular and nervous systems (6,7)

The increasing rates of allergies, asthma, fibromyalgia, multiple chemical sensitivities, and neurological conditions—particularly

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### **Future Speakers:**

**February 21, 2013**

**Panel ;**

**“Mitochondrial Health”,  
Bela Berkes (short talk)**

**March 21, 2013**

**James LaValle, MD:**

**“Cracking Your  
Metabolic Code”**

**April 18, 2013**

**Jerry Kartzinel, MD:**

**“Multi Prong Approach**

### **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 [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com)

*(MAIN PRESENTATION, continued)*

movement disorders and tremors have also been linked to toxins (8,11, 13). This is in large part due to the effect of toxins on our mitochondria. The problem becomes even more daunting when you consider the exposure to toxins is happening before we are born.

In a study spearheaded by the Environmental Working Group (EWG) in collaboration with Commonweal, researchers at two major laboratories found an average of 200 industrial chemicals and pollutants in umbilical cord blood from 10 babies born in August and September of 2004 in U.S. hospitals (9). Tests revealed a total of 287 chemicals in the group. The umbilical cord blood of these 10 children, collected by Red Cross after the cord was cut, harbored pesticides, consumer product ingredients, and wastes from burning coal, gasoline, and garbage.

This study represents the first reported cord blood tests for 261 of the targeted chemicals and the first reported detections in cord blood for 209 compounds. Among them are eight perfluorochemicals used as stain and oil repellants in fast food packaging, clothes and textiles (including the Teflon chemical PFOA, characterized as a likely human carcinogen by the EPA's Science Advisory Board) dozens of widely used brominated flame retardants and their toxic by-products; and numerous pesticides.

Of the 287 chemicals detected in umbilical cord blood, we know that 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests. The dangers of pre- or post-natal exposure to this complex mixture of carcinogens, developmental toxins and neurotoxins have never been studied.

So, how do we know if toxins are responsible for the problems we are seeing? What signs do we look for? What can we do about it? First, Let's review the signs of potential toxicity. Then we will go over a practical approach.

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*(MAIN PRESENTATION, continued)*

Common symptoms indicating excessive toxins:

- |                       |                          |
|-----------------------|--------------------------|
| — Fatigue             | — Balance problems       |
| — Depression          | — Tremors                |
| — Headaches           | — Muscle aches/achiness  |
| — Cognitive problems  | — Breathing difficulties |
| — Brain fog           | — Skin conditions        |
| — Memory problems     | — Autoimmune disorders   |
| — Neurological issues | — Chemical sensitivities |

We must assume we are all toxic to some degree and tailor a detoxification program that can be incorporated into our daily routine. This means looking at our genetic predispositions if possible, our family history and our exposures throughout our personal history. If we are not able to do genetic testing then we must implement a detoxification program that encompasses the most common genetic single nucleotide polymorphisms (SNPs). We need to be aware of our exposures and how to minimize them. Starting with our exposure to household cleaners, detergents, fabric softeners, personal care items including make-up, shampoos, creams and lotions.

For every synthetic, toxic cleaning supply there are more green alternatives including essential oils, vinegar and baking soda. Green alternatives can be found at several websites (14, 16, 17). Look for natural alternatives to chemical weed and bug killers and take preventative measures such as mulching for weeds and using traps, barriers, fabric row covers, or plant-based repellants to get rid of pests. Limiting our exposure to processed and genetically engineered foods, high fructose corn syrup, pesticide laden fruits, vegetables and meats where the animal was treated un-humanely and with antibiotics and/or hormones. Limiting our exposure to plastics, especially the contact with our food and water is essential. We need to increase our consumption of cold water fish, free range meats, organic fruits and vegetables, nuts and seeds.

Next include a targeted personalized detoxification based on each individual's unique gene-environment interaction that begins with the food we eat and the water we drink. Particularly we want to eat organic whenever possible and nutrient dense food with a high antioxidant load (15). Then we add known ingredients/supplements/nutrients into our diet that help us eliminate toxins. Lastly, we implement lifestyle changes that help us not only detoxify - like exercise, massage, far infrared sauna - but also decrease our exposure to the stress chemicals our bodies produce. We include supplements known to affect both phase 1 (oxidation) and phase 2 (conjugation) detoxification in the liver (18,19,20).

In summary, being aware of the effects of toxins on our physiology, identifying our sources and removing them as much as possible is a great way to start reducing our toxin load. Next we add clean, wholesome detoxifying foods to our diet that will improve detoxification and biotransformation. This is further augmented with personalized specific nutrients known to aid in liver detoxification. Lastly we implement lifestyle modifications that will not only help us detoxify but also help us process our stress hormones in order to further decrease our total body load.

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(MAIN PRESENTATION, continued)

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***Short Presentation:******Meet Suzi Mckee::***

Suzi Mckee is a hypnotherapist, personal trainer, designer and a foodie. After working on the recent California campaign to label GMOs (Prop 37), she has been committed to helping people become more aware of what is happening to the food supply, the eco system and our bodies as a result of GMOs in the food system.

## **GMO's: What You Need to Know & What You Can Do Now**

**by**  
**Suzi Mckee**

It is bad enough that we have to watch-out for all the added sugar & salt, hydrogenated oils, pesticides, herbicides, artificial sweeteners, and hormones in our food, but the final blow is that the DNA of plants and therefor all those who eat them & breath them is being compromised by GMOs present in many of them. Genetically engineered foods, known as GMOs, have specific changes introduced into their DNA by genetic engineering techniques. The most common GMO crops are soy, corn, cotton & canola and as of 2008 sugar beets. If you look at packaged food you will almost always find one or more of these present. Lesser crops are hawaiian papaya, some commercial zucchini and yellow squash. Alfalfa is the most recent GMO casualty. As we speak Genetically altered Salmon are about to be let through the so called "regulatory process". Last week a coalition of farmers went to Washington to protest GMO seeds & food.

The science has been done in several foreign countries and the results are in, but you have not been informed. All of the European Union labels GMOs and France, Germany, Luxembourg, Hungary & Greece have banned them. In all, 61 countries now have labeling in place. The US and Canada are the only industrialized countries that do not have it. Come and find out how this happened and what you can do about it.

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