

Silicon Valley Health Institute

host of the Smart Life Forum

NEXT MEETING: Thursday, April 18, 2013, at 7pm

Burton Goldberg, publisher "What You Need to Know about What Is in Your Food" Christine Rosche, LLP "Gut Brain Connection"

Note: Main Presentation precedes Short Talk

Meet Burton Goldberg, publisher



Publisher Burton Goldberg is a leading voice of alternative medicine and has traveled the world in search of the top therapies and treatments available from natural healthcare and alternative, integrative, and conventional medicine. He's spent over 30 years carefully researching many aspects of holistic medicine, from California to Israel, Mexico to Russia.

Hailed as "the bible of alternative medicine", his 1994 *Alternative Medicine: The Definitive Guide* has over 750,000 copies in print and addresses the treatment of 200 health conditions with alternative medicine. A second, completely revised edition was published by Ten Speed Press of Berkeley, CA in 2002.

Mr. Goldberg has published a series of *Alternative Medicine Definitive Guides* to various health conditions. This series includes
(continued on next page)

Presentation Location:

Cubberley Community Ctr.
Room H1
4000 Middlefield Rd.
Palo Alto, California
Driving directions on our website,
www.SVHI.com

For those who cannot attend we have live streaming and video archiving at
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In This Issue

Meet Burton Goldberg, publisherpages 1-2

Main Presentation Overview:
"What You Need to Know about What Is in Your Food" by Susan Downspages 3-7

Short Presentation:
Christine Rosche, M.P.H., C.N.S., "Gut Brain Connection"page 8

Membership Formpage 9

Foundation for Mind Being Research (www.FMBR.org)

April 26 (the fourth Friday) Meeting: Near Death Panel with Nadia McCaffrey, Sharon Lund, Alan Hugenot, and PMH Atwater. **Workshop: Sunday April 28,** PMH Atwater

(MEET BURTON GOLDBERG, *continued*)

the landmark, 1100 page publication, *An Alternative Medicine Definitive Guide to Cancer*, in which 37 top alternative medicine physicians explain their proven, safe, non-toxic, and successful treatments for reversing cancer today.

He lectures throughout the country and has appeared on television in the U.S. and Canada. He aims to inform the public on the role of alternative approaches in reversing disease. He bases his information on clinical studies and verifiable results. He believes the most important factor in disease today is bodily toxicity. This is why there is an epidemic of degenerative illnesses; heart disease, cancer, headaches, diabetes, etc. Mr. Goldberg's publications bring the best of alternative medicine into the hands of empowered patients who use it to improve their lives and those of people they care about.

Burton's website: www.burtongoldberg.com

Volunteer Opportunity: Prepare monthly SVHI newsletter layout. Content will be emailed to you from the program director. Create doc & pdf copies. Template provided. Work during end of month for first week of month distribution. Please contact [Susan Downs](mailto:susanrdowns@hotmail.com) <susanrdowns@hotmail.com> or [Laura Dominguez-Yon](mailto:laura@im4health.com) <laura@im4health.com>

Upcoming Speakers:

May 16, 2013:

Tom Levy MD
"Health Ailments"

Future Speakers:

Mahtab Jafari *"Truth about antiaging medicine";*

Jerry Kartzinel, MD *"Autism";*
Ari Vojdani *"Immunity Issues";*

Bruce Miller MD *"Autism"*

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

Main Presentation:

What You Need to Know about What Is in Your Food

by
Susan Downs, MD, MPH, SM, MS

There are over 3000 food additives, preservatives, flavorings and dyes in US food. Many additives are in foods that we don't know about and apparently corporate America does not want us to know about. Some have names we cannot pronounce. And the food industry encourages keeping information off the labels. For example:

- Organic farmers are allowed to spray organic apple and pear trees with the antibiotics streptomycin and tetracycline,
- Genetically modified or irradiated foods do not have to be labeled.
- In 2006, the FDA approved six viruses as food additives to be sprayed on cold cut packaged meats
- The dairy industry is petitioning FDA to approve aspartame as hidden unlabeled additive in milk, yogurt, eggnog and cream. They are asking FDA to alter definition of milk to include chemical sweeteners such as aspartame and sucralose.
- Meat glue is found in US meats and is not labeled.

Many additives have known adverse effects such as:

MSG a flavor enhancer, is a neuro-excitotoxin associated with neurodegeneration as are **aspartame**, and other innocuous sounding substances such as hydrolyzed vegetable protein, autolyzed yeast, hydrolyzed yeast, yeast extract, soy extracts and protein isolates. These show up in soups, broths, flavoring additives, ramen noodles, and even in "natural," "organic" and "vegetarian" products.

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(MAIN PRESENTATION, continued)

Aspartame (Nutrasweet®, Equal®, Spoonful®) is not only genetically engineered, but also converts to formaldehyde which has adverse health effects, and is an excitatory neurotoxin which stimulates neurodegeneration. Aspartame is likely to be in “light” or “low-cal” diet soft drinks, teas, and fruit drinks, kids’ vitamins, liquid cold drugs, etc.

Splenda® (Sucralose®) contains chlorine molecules, which not only can kill organisms in swimming pools but also kill essential bacteria in the intestines, and can interfere with the bioavailability of nutrients.

Olestra® depletes body of fat soluble vitamins (A, D, E, K).

Bromate vegetable oils and flour compete with iodine for receptor sites which can lead to thyroid disease and autoimmune disease. These are in Mountain Dew®, some Gatorade® products, flour, breads and are banned in Europe. Potassium bromate is banned in China, Canada and Brazil. Brominated vegetable oil was banned in India and Japan, and some in China, Canada, India, Japan, and Brazil.

BHA and BHT a partial carcinogen added to fats to prevent rancidity

Phenols/ BPAs in polycarbonate plastics, canned food linings, water mugs and plastic bottles. BPA release inflammatory factors and may contribute to the development of the metabolic syndrome.¹ They also can result in behavioral change, learning deficits and increased aggression. PCB, PBDE, BPAs all bind to thyroid receptors. and affect thyroid function.²

Fluoride is added to our water supply and competes with iodine at receptor sites. It affects thyroid functioning reducing Free T3 and Free T4.³ Fluoride also increases oxidative stress,⁴ crosses the blood brain barrier, reduces the number of neuronal nicotinic acetylcholine receptors involved in learning and memory. These changes were more profound in the third generation.^{5,6}

Polyfluorinated compounds are used to line food cartons, containers, wrappers and microwave popcorn bags. These can disrupt mitochondrial function.⁷

Acrylamide, found in foods fried or baked at high temperatures such as potato chips, fries and bread. In 2002 the Swedish National Food Administration and Stockholm University found highly acrylamide to be highly neurotoxic and carcinogenic.

Even additives we think might be healthy are not. The **fiber** listed in breakfast cereal is the wrong kind of fiber as it contained phytates – an indigestible substance that binds essential minerals and takes them out of the system. Phytates decrease iron absorption by a factor of 15, and bind calcium, magnesium and zinc.

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(MAIN PRESENTATION, continued)

Gluten means glue and is highly processed to make US bread fluffy and puffy. US wheat is so highly processed in the US that it is the most indigestible flour in the world. It can irritate, inflame and rupture the lining of the GI tract.

Sugars

Sugar consumption increased from 25 pounds to 140 pounds per year in the US. As an example, one-half a cup of Prego Traditional has the equivalent of more than two teaspoons of sugar (as much as two-plus Oreo cookies). It also contains over one-third the daily recommended amounts of salt. Increased fructose intake was associated with increased belly fat, increased blood pressure, increased C-reactive protein (CRP), an inflammatory marker, and reduced HDL (the good lipid marker.)⁸ High fructose corn syrup is often contaminated with mercury. The use of mercury-contaminated caustic soda in the production of HFCS is common. Source: http://articles.washingtonpost.com/2009-01-28/news/36860846_1_caustic-soda-mercury-free-hscs

Fats

Trans fatty acids are found in hydrogenated oils, processed foods and deep-fried foods. They are inflammatory and damage cell membranes

Insecticides

The current law allows 350 different pesticides to be used on food. Organophosphate (OP) pesticides were developed from nerve gas research. They are known neurotoxins and are associated with obesity. DDT was banned in the US in 1973. Yet, DDT is exported to Mexico and is returned coating their produce for sale in the US.. This writer was involved in providing DDT to India through the State Department in 1979.

Insecticides accumulate in the fat as do dioxins, polychlorobenzenes (PCBs), poly-brominated- diphenyl-ether (PBDE) flame retardants. Hence, avoiding animal fat and farmed salmon is advisable.

Herbicides

Glyphosate is the active ingredient developed and patented by Monsanto in their product, Roundup. It is absorbed into plant's leaves. Roundup ready crops have been genetically modified to tolerate glyphosate. These plants readily take glyphosate into their leaves which are then eaten. Glycosate chelates manganese, zinc, iron, and copper creating deficiencies in these nutrients. Glycosate also makes the plant nutrient deficient and kills good gut bacteria in animals. Such animals have become infertile.⁹ Both exposure to glyphosate and other herbicides yield increased risk for non Hodgkin's lymphoma¹⁰ and have been associated with lower fetal growth.¹¹

An example of a contaminant is that organic rice syrup has arsenic in it.¹² Low level arsenic exposure is linked to atherosclerosis, diabetes and neuropathy, hypertension, cerebral infarction with a dose-related response.¹³

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(MAIN PRESENTATION, continued)

While each of the above additives is legal to use in the US, it is not clear whether they are safe for long term consumption either separately or in combination. Many of these additives have been deemed to be too harmful for use in other countries. The food industry has already formulated different products for the countries where these ingredients are banned, yet they do not do it for food sold in the

Politics of GMOs

While many countries including Europe, Peru, Kenya, Japan, Brazil, the entire EU and Russia have either banned them or required labeling, corporations have fought hard to prevent labeling in the US and in other countries. Corporations donated approximately \$44 million for advertising to defeat California's Proposition 37 which would have required labeling of food containing GMOs. In 1999, It only took a call from Monsanto to President Bill Clinton who called the UK prime minister to shut down and discredit, Arpad Pusztai, a researcher whose studies showed adverse effects from GMO consumption during his research to establish the testing protocol for all GMO foods. Monsanto, a major producer of GMO seeds has prosecuted Canadian farmers for violation of patent laws when the farmer's produce was tainted by GMO cross pollination¹⁴

The US tried to make it illegal to label GMO foods and tried to force other countries to stop labeling GMOs in order to accept US exports. When this failed, the US lost corn and soy exports and had to subsidize 3 – 5 billion dollars annually to prop up the prices of the GMO crops that the rest of the world does not want. The Obama Administration as well as previous administrations has appointed persons with strong biotechnology connections to the FDA administration and other important positions that affect our food supply..

Monsanto is producing seeds that have been genetically modified to be able to withstand being doused with their herbicides/pesticides and not die. Research from Quebec shows that toxic pesticides which are implanted into genetically modified food crops have lodged in the blood of pregnant women and their unborn babies.¹⁵ Monsanto has also sued farmers for saving seeds and replanting on their own land seeds that the farmers have bred to be productive in their particular soil, minimizing seed options¹⁴

In India, an estimated 200,000 cotton farmers were driven to suicide after being forced to buy GMO seeds at 4 times the usual cost for cotton seeds and then getting only half the yield they normally got. Farmers in Haiti burned the GMO seeds that were sent there after the earthquake in 2010 rather than contaminate their crops.¹⁶

Also of interest is that President Obama signed the bill that contains the dangerous Monsanto rider that forever prohibits the court system from interfering with the planting of or sale of genetically modified crops (Continuing Resolution spending bill, HR 933, Section 735).

So, I ask, What are they doing to our food? Mr. Goldberg will talk about how our health is being robbed and what we can do about it. His talk will not be confined to the topics in this article.

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(*MAIN PRESENTATION, continued*)

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Meet Christine Rosche, M.P.H., C.N.S.



Christine Rosche, M.P.H., C.N.S., C.B.T. Board Certified Nutrition Specialist and Nationally Certified Biofeedback Therapist has developed an integrative approach to nutrition and health counseling, based on 25 years experience in the health care field. She developed and taught courses at Stanford University Medical Center and Heart Disease Prevention Program in the 1980's and was a staff member of the Berkson Integrative Clinic in Los Altos. Christine is the author of two books, her most recent is "Light Living, An Integrated Approach to Health and Weight" with audio CDs that complement each chapter of the workbook.

She has maintained a private practice in health counseling since 1983 and specializes in customized nutrition counseling for digestive issues, inflammation, hypertension, adrenal and blood sugar balance, eating disorders, metabolic syndrome, emotional and stress eating. Patient advocacy is an important part of her practice. Christine's website: www.lightlivingprogram.com

Short Presentation:

The Gut Brain Connection by **Christine Roche, M.P.H., C.N.S.**

The brain has 90 percent of its receptors in the gut; hence bad digestive system means bad brain. A leaky (permeable) gut correlates with a leaky (permeable) brain. A permeable gut results in its contents leaking into the body creating inflammatory and autoimmune responses. A permeable blood brain barrier, results in unwanted substances perfusing into the brain causing havoc in the brain. Christine will discuss cases from her practice and the dietary/lifestyle recommendations, food, supplements that heal the gut and the brain.

Join Us! First time Visitors may attend free of charge.

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