

**Oriental Medical Strategies in Western Medical Practices
(certification in TCM/acupuncture) at SUNY Purchase
President's House meeting center. Bhan   encouraged me to
teach this certification program**

The information, inspiration, re-alignment of thinking that transpired over the seven years apprenticeship with Jing Wu left a desire to transmit this, if possible, to Western scientists and physicians.



An eclectic group formed by word of mouth including:

1. John Falencki, MD: Chairman of the Manhattan Family Medicine Section of the American Academy of Family Physicians and practitioner whose office was near Washington Square and whose apartment was at 25 Fifth Avenue, Manhattan.
2. Warren Levin, MD, clinical pioneer in orthomolecular medicine with offices then in Manhattan and host of a national radio show on holistic medicine
3. Harvey Wasserman, MD, clinical professor of psychiatry at Yale
4. Michael Genco, DC, a practitioner on Long Island
5. Leon Hammer, MD, a physician from upstate New York

Most of the attendees went on to start their own TCM / acupuncture training programs carrying on and extending the experiential, traditional hybrid that made sense to me for cross-training of Western physicians in traditional Oriental medical thinking and practices.

The first year was devoted to Yin/Yang theory of medicine. The second year was devoted to Five Elements theory of medicine. By the third year, students had become proficient in pulse diagnosis.

Their thinking had transitioned from Occidental / Western digital (yes/no, black/white) to Oriental / Eastern analogue (shades of gray; comparisons).

The didactic method was simple: Decompress socially on Friday evening. Saturday was didactic. On Sunday, each student was encouraged to bring a challenging case. The student would present a brief precise. The patient would come in for me to take their pulses but not talk with them. The person would leave and I'd related what were my impressions from the pulses and from observing the person. Then the person would come back for the students to take their pulses. Then the person would make a brief statement of what they wanted from our interaction. Finally, the person would leave, I'd synthesize the case and suggest a specific treatment plan. The student would report back monthly on how the people did clinically.

Along the way, I met Jack and Judy Worsley, founders and inspiration for Tai Sophia in Columbia, Maryland. Along with Carlos Durana, they planned a TCM training academy and medical college. While Tai Sophia has morphed into Maryland University of Integrative Sciences, it never became the traditional training center and academic environment that was envisioned.

Sept 19: Commonweal (Bolin, CA) Vipassana mindfulness retreats with Bhante

Avis and William Rapaport started the Commonweal Garden, now the nation's oldest regenerative agriculture design and training center under Penny Livingston. They had studied with Alan Chadwick near Charlottesville, Virginia, at the garden Alan started based on his European training in French Intensive gardening. Alan had been a successful Shakespearean actor who had a second career bringing French intensive 'double dug' gardening to the United States. He was brought by Joseph Chilton Pearce, Bob Monroe and Elizabeth Kubler Ross. They lived in adjoining farms in the Southwest corner of Virginia in the 60s-80s.

Avis and William were also meditation students of Bhanté. They had been at Claymont, the Gurdjieff Fourth Way campus in Charles Town, West Virginia. Bhanté had come from India to John Bennet's College for Continuous Education in the UK. John had selected Bhanté to be the school spiritual guide after John passed on.

Avis and William invited Bhanté to give a two week insight meditation introduction. People stayed in the three cottages on the Commonweal property. About 20 people took each program. There were 3-4 such courses at Commonweal along with a variety of other courses, in such places as Josh Reynold's family estate outside Asheville, North Carolina; Ananda Ashram in Monroe, New York; Chichester and other Buddhist monasteries in the United Kingdom and at Claymont in Charles Town, West Virginia.

The instruction for these courses was simple: For the next two weeks (or period of time), be so completely in the moment that thoughts neither distract nor intrude. Bhanté spoke for about 30-60 minutes each morning and evening. In between, there were hourly different meditations from 5 AM until 8 PM. There were morning and evening sitting meditations under dichromatic lights. Bhanté would place people under green, amber or blue PAR 38, 150 Watt lights depending on his sense of what color therapy they needed. There were hour long walking meditations, eating meditations (two per day), stretching meditations, musing meditations, music and art meditations, meditation on the Buddha within, breathing meditations, ambling meditations, free form meditation and open times where (if

desired or needed) people were able to talk with Bhanté. Otherwise, silence was observed. Almost everyone who took these courses had life changing experiences. Bhanté considered these very short... a six month introduction to insight mindfulness is what he suggested as an introduction or entry course in insight meditation.

My job included getting up a little earlier to make Bhanté ginger tea with a drop of raw honey.

Each course for me was distinctive, evocative and usually something would occur that would rock my world.

Sept 19: Sky's names:

Adam: From the earth; name of male archetype in the Torah; an homage to my Dad who was an athlete, a gentleman, and a man of religious practice. Adamah in hebrew means earth / from the earth / mother earth. Adam is name of first man in book of Genesis.

Eleisha: Student of Elijah; according to the Prophetic writing, he was resurrected through his teacher's faith, passion and wisdom

Ruach: Wind; spirit; the ineffable that pervaded over the sea when land was forming out of chaos

Lakota: An homage to Lewis Mehl-Madrona who helped bring Rebecca out of active labor in month four of her pregnancy with Sky

Sky: Rebecca had a dream that the baby's name included Sky. His sky blue eyes and Viking like qualities seem to fit.

Sylvan: Forest or woods; professional name chosen by Rebecca

Jaffe: My family name

Sept 19: Anna's names:

Anna: Symbolically, Anna comes from inside Rebecca since her middle name is Hannah (Rebecca Hannah Krantz),

Rivka: My Grandmother, revered by my Dad and an example of fortitude under adversity

Gan Tanzen: Garden dancer in yiddish. Anna was particularly active when Rebecca would work in the garden behind the Vienna house.

Leiv: Heart, heartfelt, symbolic of the heart chakra

Sylvan: Forest or woods; professional name chosen by Rebecca

Jaffe: my family name

Addendum: Found online information about the Jaffe name... pasted below. There are also a few photos online that do not appear below

eilatgordinlevitan.com

Jaffe Family

Recently, Jim Bennett of Haifa Israel posted a notice that he is trying to locate descendants of Rav Mordechai JAFFE, "Ba'alei HaLibushim", codifier of rabbinical law, author of the book "Libushim", who was born in Prague around 1530 and died in Posen in 1612. Like Jim, I have been searching for the same descendants and others but for a slightly different reason. As Administrator of the JAFFE SURNAME PROJECT sponsored by Family Tree DNA (FTDNA), I am trying to assist member of the project, after they have exhausted the use of available documentary records, to

surmount their dead-end genealogical research efforts by means of DNA Genealogy testing the male Y chromosome, and to establish some families' connections with notable ancestors. The genealogy of the family of rabbis and scholars surnamed Jaffe/Joffe is documented back to Bologna Italy in the 15th Century (See Funk and Wagnall's Jewish Encyclopedia, 1901-1906, which is available on-line). There are also references to the surname in the 13th and 14th Century records of the Spanish Inquisition and in records from the Spanish Kingdom of Aragon before the expulsion in 1492. There have been and still are numerous variations of the surname beginning with the letters "E", "I", "J", "Y", and "Z", all derived from the Hebrew root word "yafeh" (yud, peh, heh) meaning "pretty". The port city of Jaffa, Israel has a history going back almost 10,000 years and is mentioned by name several times in the TaNaCh. There is also a city and province in Yemen named Yafa, and some Arab families claim that their surname is derived from association with those places. Families with the surname Ioffe (a transliteration from the Cyrillic alphabet) were common in the Jewish Pale of Settlement of the Russian empire, especially in what is now Lithuania. Families surnamed Yaffe and Jaffe exist in Israel (some who may be indigenous, but most who have immigrated). The surname has a long tradition in Turkey, the Island of Rhodes, Egypt and Mesopotamia. The spelling Jaffe/Joffe appears to have originated in German speaking lands of Central Europe where the alphabet of that language pronounces the letter J as a Y.

The JAFFE SURNAME PROJECT currently has 13 members; hardly enough to draw any firm conclusions about the origin(s) of the family(ies). However, seven members, all of whom carry the surname or a variation, are determined or predicted to be in the same haplogroup (E1b1b1) which has been found to be common among both Ashkenazi and Sephardic Jews. Two members are determined

or predicted to be in haplogroup R, one in R1a1 and one in R2.

Both

haplogroups have been found to have Central Asian origins, but R2 appears in a cluster of Ashkenazi Jews and is suspected to have a connection with the Khazars. The R2 member incidentally is a third generation descendant of a famous 19th Century rabbi. One

member is in haplogroup G which appears to have Anatolian origins but does appear among a significant number of Ashkenazi Jews. Two members are in haplogroup J1e which appears to have its origin in the Southern Levant (the Arabian Peninsula, the Sinai and the Negev) and is frequent among Arabs (Bedouins, Yemeni, Palestinians) and Jews (particularly Cohanim). One of these does not carry the surname. One member who does not carry the surname but is known to be a descendant of a family that does, is in haplogroup I2b1, which is closely related to haplogroup J.

One conclusion that can be drawn from this small sample is that NOT all person's name Jaffe or a variation are directly descended from a common Jewish male ancestor. The ancestors of some may have adopted the surname, especially in the early 19th Century. Other possibilities are that some are the product of ancestors who converted to Judaism or that the surname was acquired through a matrilineal connection or marriage, not an uncommon occurrence particularly among Jewish scholars. Some of the mysteries may never be solved. However the larger the sample the better are the chances of accumulating useful evidence and drawing reasonable conclusions. For this reason, I urge any male who has inherited the surname or a variation to join the project to have his Y DNA tested and provide as much family history as possible. Please be assured that the laboratory data is confidential and is not useful for any other purpose.

Please contact me at kidsbks@verizon.net for further information. Membership in the project entitles members to a substantial discount off the regular price of the tests.

Sincerely,

Bill Yoffee
Administrator, Jaffe Surname Project
JewishGen research No. 2074

Sept. 27th: The boy and the window dream

TBA

17 Oct Esalen Workshop on Movement / MindBody Experience

Alive in an ocean of safety and support

Russell Jaffe and Roger Tolle with Sky Jaffe as assistant

From cradle to cradle we sense, move, learn patterns and choose direction for our lives. Mindfulness in movement, enjoying inner and outer awareness, balancing aliveness with peacefulness, living in harmony with our individual natures, and engaging in meaningful work...these are all elements of a life well composed.

Those accepted to the workshop are invited to form a sangha, a chavurah, a spirit community for the time together. Here you can engage in choiceful listening, moving, consuming, sensing and pausing. An experiential pace, a personal rhythm, and fully aware witnessing is demonstrated, practiced and encouraged for use in daily living. A video record of your progress (or process) is provided as an option.

Russ is an eclectic physician scientist whose professional career focuses on evoking human healing responses. Studies of and with Bhante V B Dharmawara Mahathera, Ramamurti Mishra, Jing Wu, Rev Olga Worrall, Rev Bob Leichtman, Rabbi Joseph Soloveitchik, and Carl Franzblau provide context and healing narratives. Since leaving the permanent senior staff of the National Institutes of Health as a Commander in the US Public Health Service, Russ has founded and leads technology companies including **ELISA/ACT®** Biotechnologies (a platform technology that allows over 400 cell cultures to assess immune system tolerance or intolerance, allergy or hypersensitivity), and **PERQUE®** (a platform technology provider in nutraceuticals). Russ is also a Fellow of the Health Studies Collegium, of the Royal Society of Medicine, and a founding member of Re-Think Health collaboration. Russ has been peripatetically in residence at Esalen for over 30 years.

Roger was mentored by Dr. Milton Trager, and for 25 years has moved mindfully throughout the world as an instructor/mentor in the Trager Approach to Movement Education and Mind-body Integration. His background includes a successful career in theater and dance in New York City, extensive study with other Somatics pioneers including Deane Juhan, Emilie Conrad, Bonnie Bainbridge Cohen, and a personal practice of daily

movement meditations. He has developed his own Body ReMinder playing cards, instructional and entertaining videos, and workshops designed to meet a variety of personal and professional development goals. He is also a frequent presenter on movement perspectives in bodywork.

Esalen was gracious enough to find time during the July 4th week. Weather in the Big Sur was glorious. Views of the ocean, the Esalen garden and the results of 50 years evolution of hot springs on the property.

Roger lives in mentastics. Roger is a true student of Milton Trager. He engages people where they are to catalyze experience for people after which they can think about and talk about the experience. In general, finding ways to be more present with fully engaged in the moment yet completely non-attached to the outcome. Esalen has been willing to include any of the workshops I've proposed, usually with a friend with whom I want to spend time on a particular topic as co-presenter. At this seminar Sky served as assistant to the group leaders.

There were about a dozen people in the workshop. Rebecca attended the workshop. Roger kept the atmosphere light, engaged and motion rich using a variety of techniques, sounds, music, story and paired experiences. My role was to explain the molecular, mental and ideas about what creates healthy balance in neurohormones, resilience in immune defense and repair system, sufficiency of all required nutrients, and on digestion (the microbiome that is interdependent with the metabolome).

The seminar model that Esalen evolved offers week long programs such as this starting on Sunday afternoon and completing on Friday morning. Generally, weekend workshops start on Friday afternoon and complete on Sunday morning.

The workshop room assigned was near the dining room and plaza. Food was fresh, mostly local and vegan friendly yet with a buffet that included something for all tastes and food preferences. Workshop programs were about 3 hours long after breakfast and a similar time late afternoon / early evening. This left open time for self directed nurturing during the afternoon.

Roger's Trager colleague Deane Juhan was running the massage school at Esalen when Milton Trager came to do a workshop. Deanne became an early acolyte of Milton. Deanne went on to write Job's Body and Spiritual Aspects of Bodywork. Roger and Deanne teach separately and occasionally together, generally for advanced Trager practitioners. My understanding is that Sky has trained in Trager through level IV. Most of his trainers and tutors have been folks like Roger Tolle, Judy-Rose Seibert, and Pier Mario Claro. Sky and I spent a lovely day in Turin, Italy with Pier Mario, including a session he did with Sky observing and a tutorial in which Sky gave him a session. This was during one of our father and son trips to Europe generally thanksgiving week and beyond into the Holiday market season in Western Europe. That year we based in Amsterdam, spent a night in Paris with the Wagners staying at a boutique hotel they picked in part because they stayed there for about 6 months when they initially took over the Paris office of the KAS while their apartment was renovated, and on to Florence (where we got to spend time with Kate Rose, another gifted bodyworker in the Trager tradition), Turin (where Pierre Mario Carlo welcomed us to his home Trager studio; sky had a Tutorial), and Ascona on Lago Maggiore across from Lake Como. Ascona is where people like Rudolf Steiner and a host of artists, philosophers and entrepreneurs spent summers.

My workshop a few years before focused on sustainable health in toxic times and included Amory Lovins and David Presti as co-presenters. Both Amory and David are well regarded in the Esalen / Human Potential community. David is a University Professor at UC Berkeley. Amory is founder and chief scientist at Rocky Mountain Institute / Carbon War Room.

9 Jan Norbert / Gabriela Wagner / Konrad Adenauer Stiftung /
Rottach-Egern on the Tegernsee

Bill Chatfield, Director of Selective Service, was invited to a retirement lunch for a friend at one of the Hay Adams Hotel private rooms. Bill was director of the Federal agency that would operate a draft if the United States Congress re-instituted one at a time when the armed forces were sufficiently populated by volunteers. When we arrived, Bill was invited to set on the dais next to the honoree. The last available open seat in the room is the one I sat in. To my right was a woman who spoke in German to the gentleman to her right (the German Ambassador to the US at that time). At the end of lunch, she apologized for talking only to the fellow to her right. We exchanged business cards. She impressed me at how present she was with me for the brief moment we had together.

A few weeks later, an invitation appeared to an evening event at the Hay Adams Hotel sponsored by the Konrad Adenauer Foundation in its role to build civil society. Primarily political, Gabriela and her husband Norbert were long standing members of the NGO community in Washington DC. The Konrad Adenauer Foundation is part of the Christian Democratic Union (CDU) in Germany with funds from the German government.

Having once spent a New Year's Eve with Rebecca and Anna at the Hay Adams, I went. Usually such evenings were topical with right and left of center thought leaders speaking about who, how, why, what and possible consequences. Sam Ramsey spoke at one such event about the impending liquidity crises and the consequences of dramatic expansion of the Federal Reserve's balance sheet under Hank Paulsen. Rebecca says that she had double dated in high school at a prom with Hank Paulsen. After he left government service, they briefly reconnected. She says that his handwritten note was warm and personal.

Perhaps because our backgrounds were so different, Norbert, Gabriel and I became friends. When they lived in

Georgetown, we would have dinner about once a month at some place in their neighborhood. La Chaumiere on M St NW, Leopold's Kafe Konditorei in Cady's Alley and Cafe Milano on Prospect NW were among their favorite places for an early dinner. They ordered appetizers, entree and Sancerre or similar wine. Never desert or tea / coffee.

Our conversations focused on the delegations they hosted in DC or that they brought from the US to Germany twice a year. On one that included me, the subject was transportation. On another, the subject was sustainable health systems built upon the German solidarity model; the social contract set up by the Prussian Kaiser Bismarck with the help of von Clausewitz, his adviser. Most Germans (90%) are covered by a national health single payer system. About 10% of people pay for private fee for service care at an annual cost of about 2,500 Euros for a family of four.

Eventually, they invited me to stay a few days with them at their home in Rottach-Egern on the gentle side of Lake Tegernsee. Their home is a model of elegance, ease of living and low carbon footprint.

Norbert had been a priest. Gabriela a nun. They fell in love, left their orders and dedicated their lives to building civil society through the foundation. Norbert is also an environmental economist. Gabriela can teach German to French speakers or French to German speakers. Gabriela is also a Rogerian lay counselor.

Prior to their posting for about 10 years in Washington, DC, they had lived in Singapore, Moscow, Paris, Rome, and Berlin.

They are close friends with Klaus Shuler, political adviser to Mrs Merkel and administrative head of the CDU. His wife is a committee staff member in the German legislature. Klaus loves Texas line dancing and such music.

One of their doctors is Armin Heufelder. He did an endocrinology fellowship at Mayo Clinic. He has several physicians in a Preventive Medicine concierge type practice in

downtown Munich and also in Rottach where he and Gabriella, his ophthalmologist wife, have a home. He also has a clinical lab near by in Munich clinic. He has a research lab and is invited to give one of the Christmas talks each winter in Munich.

While it ultimately did not work out, he and EAB / PIH negotiated for a year about bringing services and products to the EU.

Have been a guest at their Rottach home multiple times, including just after the August 2014 wake up call. They have recently retired from the foundation and returned to their home by the lake. They are an example of a marriage partnership that thrived on service and mutual respect.

In DC, we sponsored an honoring dinner for them before they left DC and took up their post in Paris. In Rottach, they invited a dozen of their close friends to an evening with me to prepare colleagues for introducing our work to them.

16 Jan High Sensitivity Predictive Biomarkers, Goal Values, Better Outcomes... another expression of Bhan  's inspiration

In the mid-1970s, Ray Gambino and Bob Galen published a monograph that changed clinical laboratory medicine. The commonly discussed and measured 'sensitivity, specificity and predictive index' are concepts they articulated. The book grew out of their experiences in Clinical Pathology at Columbia University College of Physicians and Surgeons. Along with other colleagues, they started Metpath Clinical Labs. Today's Quest lab is the marriage of SmithKline Labs and MetPath Clinical Lab. They co-authored Beyond Normality (1976) that introduced the now near universal concepts of tests having sensitivity, specificity, and predictive significance.

Bob was a classmate of mine in the BU 6YM program who went on to do Clinical Pathology Residency training under Raymond Gambino at Columbia P&S. Ray became Bob's mentor in ClinPath (CP). Ray also knew an entrepreneurial physician (Dr Brown). The three of them became founding investors in MetPath Clinical Laboratories (now Quest after MetPath's merger with SmithKline Laboratories). Bob was responsible for production and Ray for quality control while Brown marketed. Specimens flowed in and results flowed out. The cost of producing quality results did not satisfy the non-technical investors. The return on investment (ROI) was not satisfactory.

Bob networked globally and found a Swedish company that could put their Technicon SMAC machines and similar devices 'on steroids'. For example, MetPath could process 100,000 specimens a day before the nominally totally automated device that MetPath acquired in ~1978. When fully functional, it could do something like 1,000,000 tests a day. As sometimes happens, the technology was ahead of the engineering. The machine has so much downtime that the throughput of MEtPath labs' tests suffered

<http://ir.questdiagnostics.com/mobile.view?c=82068&v=202&d=3&id=aHR0cDovL2FwaS50ZW5rd2l6YXJkLmNvbS9maWxpbmcueG1sP2lwYWdlPTI2NjU3NCZEU0VRPTE4JINFUT0mU1FERVNDPVNFQ1RJT05fRVhISUJJVCZleHA9JnN1YnNpZD01Nw%3D%3D>

Bob went on to become a global leader in laboratory medicine based at the University of Georgia. He became Senior Associate Dean of

the School of Public Health there before becoming emeritus a few years ago.

Bob and I were very close during the second year of the BU 6YM program. He was from Cranberry or Cherry Hill New Jersey. We had an elective affinity. We studied in the BU theology school building because it was quiet and we liked the vibe and it was near the Miles Standish dormitory where we were fed and housed. Our rapport became so close that from time to time we could sense what the other was thinking, even sending thoughts / comments back and forth mentally. I think we developed an affection for each other that was palpable and a bit disquieting.

In any event, Bob disconnected by the end of the second year and we remained friends, particularly because of our common professional roles in Clinical Pathology. A third friend from that class was Mark Rapaport. Mark went on to become Health Commissioner of Westchester and then Manhattan, New York. My recollection is that his wife did research at the Rockefeller Institute. Mark's brother Miles was at Harvard during the turbulent 1960s. By 1967/68 I had acquired a five story brownstone about a block from BU on East Newton Street. The rent from the other four apartments paid for my apartment. As a graduate / medical student, this was a great good fortune. I had worked as an agent in a real estate office during summers (while taking undergraduate classes). Lee Siegel and her partner Charlie were a great team. She sold and he made sure the paperwork was in order and that the checks cleared.

Somehow, she found that a building was going to be foreclosed and that with a little bit of cash it could be acquired and fixed up with little money and some effort because the structure from basement to roof including the electrical and plumbing were in good order for those times.

At some point, Mark called saying that Miles needed a place to stay for a few weeks or months. What I learned later is that he needed a place because he had shoved a Harvard Professor who fell down a flight of stairs and may have broken his arm. In 1973 when I was awarded by Commission in the Public Health Service, assigned to the National Institutes of Health as a Clinical Pathology Resident and Staff Physician of the Clinical Center, NIH.

After receiving the good news that my Commission in the US PHS had been awarded, it was rescinded because some FBI file linked Miles Rapaport the student activist with Russell Jaffe the then medical student because I had provided Miles a place to stay while he was 'on the lamb'. Fortunately, Jim Mac Lowry or someone at NIH went to bat on my behalf and the FBI's objection was somehow rescinded and my original commission restored. It was a great relief when my officers manual and official papers assigning me to NIH arrived. Initially my apartment was in Greenbelt, Maryland (1973-1980). After matriculating from NIH, I found a house in the woods in Vienna, Virginia where i continue to live, where my children were born and where I sit today warm, safe and dry while watching a snowstorm that may deposit two feet or more of snow on this region. Fortunately, Daniel Owusu continues to live here as my chief of staff, the Generac generator was installed several years ago, the house cooks and heats on natural gas (split meter) and the place is well provisioned. The fireplace is crackling a little. The wood is well cured, cut from trees that have fallen on the two acres we occupy. This house is part of the Brashear's Farm subdivision, lot 6A originally; now lot 1A.

The other house I own is in Hopewell, New Jersey where Rebecca lives. Both properties are similar, rural and with mature woods around them. Both have third aquifer well water. Both have guest quarters / artists studios that are about 1,000 SF each with well sited natural lighting. Both are done with all natural materials in the old fashioned way.

30 Jan Company wide picnic in Vienna Woods

The platform of businesses that my entrepreneurial life encompasses includes five entities covering Dx, Nx, Rx, Cx, and Ix. These acronyms stand for diagnostics (Dx, specifically novel cell cultures to determine immune memory and tolerance with high precision), nutritionals (Nx, specifically novel delivery systems for safer more effective mostly proprietary formulations with evidence based outcome successes), medications (Rx, specifically a novel hypertension medication about to enter phase 2 tolerability and efficacy clinical trial), clinic or comprehensive center (Cx, specifically the Ash Center for Comprehensive Medicine), and informatics (Ix, specifically health information about how to prevent health problems and how to evoke healing responses and removing obstacles to recovery). Except for the drug development company, all others are single member LLC or LLP as registered. The common R&D center is in Vienna, Virginia.

The diagnostic lab is **ELISA/ACT** Biotechnologies, providing lymphocyte response assays (LRA) employing a novel combination of amplified (ELISA) response along with ex vivo cell culture (ACT). Founded in 1983, the lab has over 75,000 cases in its database and has performed over 22,000,000 cell cultures with precision of less than 3% variance on blindly read split samples from the same source. The tests have been included in successful outcome pilot studies in Type 1 and Type 2 diabetes, fibromyalgia, chronic fatigue, adrenal dysfunction as examples of autoimmune and/or inflammatory conditions for which the technology is appropriate as first line diagnostics in contemporary clinical care. The lab is based in Ashburn, VA and receives specimens overnight from many places in the world. The technology is in the process of being automated.

The nutritionals company is **PERQUE**, providing a new higher standard of bioavailability, of quality control, of delivery system, and of evidence that these supplements are a new generation of safer more effective supplements as required by the individual's family history and lifestyle. Founded in 1987, **PERQUE** is recognized as the leader that continues to innovate in products so promptly helpful that 'feel the difference' coupled with an unconditional money back guarantee are part of the promise to the community that being **PERQUE'd** up is the best health assurance you can provided

yourself. This is particularly true when the eight predictive biomarker tests are at the best outcome goal value. This usually requires intensive supplementation because of the allostatic and homeostatic burdens under which most people function. **PERQUE** supplements have been part of the successful outcome studies referenced above. The company does both branded, co-branded, and private label versions of its full line designed to meet 21st Century needs.

The drug development company is **RMJ Holdings, LLC**. The drug candidate RMJH-111b is based on 20 years of development that led to the issuance of fundamental patent and supplemental IP globally starting in Fall of 2011. A novel hypertension candidate is set to proceed to tolerability / efficacy Phase 2 trial in 2016. The drug has at least ten drug indications including hypertension, atrial fibrillation, diabetes, chemotherapy, eclampsia, migraine headaches, osteopenia / osteoporosis, sickle cell anemia, sleep disorders, and metabolic acidosis.

The model integrative medicine clinic is The **Ash Center**, a 30 year old outpatient comprehensive care clinical center located on Fifth Avenue at 61st St in Manhattan. Founded by Dr Richard Ash, it became part of this platform of businesses in 2016. A team of physicians under Dr Anthony Lyons, the new owner of the Ash Center and a well managed staff to help both the healthy to stay that way and the unhealthy to recovery sustainably. The Center includes a CLIA and COLA certified lab with high complexity on site testing, infusion therapies, acupuncture, biofeedback, and other evidence based, properly supervised therapies. Dr Jaffe's role is as mentor to the senior staff and participant in the outreach promotional efforts of the Ash Center to maintain it's position as a model Center of Excellence in Comprehensive Medical Care.

The Informatics company is also a direct to consumer health information and interpretation enterprise known as **Better Lab Tests Now** (BLTN). Starting from a standardized Health Appraisal Questionnaire (HAQ) and combined with predictive biomarker tests interpreted to their goal value sets a new standard in applied laboratory information that is more personal and predictive, more cost and outcome effective than current best standards of care.

Once a year, generally at harvest time, all team members are invited to a picnic celebration now being held annually at Cedar House at Fort Jaffe in the Vlenna Woods. The site is two acres and includes Rebecca's French Intensive garden prepared while she was pregnant with Anna, a small orchard we put in 30 years ago, Sky's permaculture food forest in the front yard and mushroom guilds in the back yard. Many in the team have been with me for more than ten and some more than twenty years.

The businesses are run as an extended family model with strict adherence to the annual goals and budgets of each of the enterprises. George Cooper has been with us more than 20 years, Faye Cool and Jayashree Mani 15+ years, Mischelle Hall, Diana Wardack and Michael Chapman a decade or more. In addition to the teams in Virginia and in New York City, there are a growing number of field representatives in each of the major metropolitan areas where we have an active presence.

Thus far the businesses have grown by speaking on the invited program at professional or general conferences and following up with excellent customer service afterward just for those who express interest.

9 April: The elevator that only went down, Zurich ~1983

One of the most unusual moments Rebecca and I shared was in Zurich. We had a day to explore the city. We came upon a theater that was being renovated. We found the proscenium and upon the stage an elevator. We got in and I pressed the button to go down. Eventually we realized that it only went one way at a time. We finally made the decision to continue to descend rather than abandon the device.

Once the elevator was well below the stage level, we re-emerged to find a number of construction workers on their lunch break in the basement. We casually ambled out and then burst into laughter at being OK and the absurd reality we had just lived.

It was impressive to me that the construction workers barely acknowledged that two strangely dressed young people rode the elevator and were continuing their stroll through Zurich.

April: Charles Haynes, Meher Baba and Sufism Reoriented

One of the 20th century's most remarkable spiritual adepts was widely known as Meher Baba. It is my privilege to have a limited edition of Meher Baba's letters to his disciples from the 1950s and 1960s. During that period, Charles Haynes's mom lived with Meher Baba.

In about 1982 we crossed paths with an elective affinity. Charles came to the Vienna house with his partner, the chairman of the Securities and Exchanges Commission (SEC). He went on to a lifetime of work championing the first amendment in academic and in high level policy environments.

Meher Baba also relaunched sufism. He selected Mershid Oneida Duce to receive the mission and mantle known as Sufism Reoriented. When she passed her responsibilities, she consulted Olga Worrall and Bob Leichtman.

Charles continues to do his work and be a force for civil society focusing on freedom of speech.

May: An evening with Mershid Oneida Ivy Duce, Jim McKie, Bob Leichtman in Walnut Creek, California (passing of the Sufism Reoriented Mantle to Jim)

It was my privilege to be at dinner at Mershid Oneida Ivy Duce's home in Walnut Creek, California the evening she confirmed Jim McKie as her successor. She was one of my mentors during my sceptical period. He was already a Meher Baba acolyte with access to a most remarkable spiritual retreat in Pennsylvania. Jim initiated me into the Sufism Reoriented spiritual world during a weekend at that retreat.

Mershid Oneida was a debutante and bon vivant. While in the Puna, India area she heard of a saint named Meher Baba. Visiting his ashram community, she was taken with his presence and spiritual clarity. He instructed her to find a suitable place in the United States to advance his work. She sought here and there for about three years and finally gave up the hope of finding the place he described. She sought refuge at a family retreat in the Myrtle Beach, South Carolina area. Upon entering the site she realized that what Meher Baba described was hers before he described it. That site remains a Meher Baba spiritual retreat.

Eventually Mershid Oneida moved to Walnut Creek, California where there is also a sufism reoriented community. The affected and respect between those present at dinner was palpable. Uplifting indeed.

May 21: Renovate horse barn into artist studio @ Vienna, 1987-89

The Vienna house came with a horse barn behind the main building. It had not been used for some time. It included a birthing stall. The story I heard from the family that sold me the property is that Dr Gannon married into the Brashears family who owned the entire 50 acre parcel and had a dairy farm. Now subdivided, what is known as lot 6-A of the Brashears subdivision, is 2 acres in the middle, also known as Cedar House at Fort Jaffe in the Vienna Woods.

The footprint of the building is 1,000 SF. The basic construction is concrete block with lots of openings as fits a barn. Rebecca re-envisioned the space as a two room artist studio that included a full bathroom and kitchenette. A large reception area includes a wood burning high efficiency cast iron stove with a catalyst in the flue. The stove continues to provide warmth from mostly oak and hickory wood from the property that is split, aged and, properly tended, a morning fire can be ignited from coals. The early days firing provides warmth usually until later afternoon or evening. Addition for overnight firing and accessible coals will greet you in the morning.

Since the roof needed to be redone, we decided to include a Velux™ skylight in each room and finish the roof in worked copper that over the years patinas to a vertiginous green. While a bit more expensive initially, well cared for, such a roof can last up to 50 years. In the main room there is a 4 x 16 foot skylight and a 4 x 4 foot skylight in the smaller room. After 20 years the skylights needed attention. I have been able to clean, repair and continue to use the same skylights. This is a tribute to each of the teams that transformed the building from barn to studio / guest quarters.

The foundation was done by a Brazilian concrete specialist who explained that we could over build and pay about 20% more or do what was standard at the time. Given our intent to have skylights without leaks and a copper roof given every chance to stay functional as long as possible, we asked him to do his best. Roof pitch is the same as on the main building. It occurs to me that the roof may last until 2037. If given the opportunity, would greatly prefer to be active in that new roofs construction.

The building itself was mostly built by a two man team, Tommy and a West Virginia who knew his way around copper. The concrete floor includes an electric backup in case the stove is not heating and the temperature drops too low.

In the smaller room there is a window seat finished in cherry wood with the skylight above. Outside the window seat is an oval area. In between are windows that open in a way that you can either sit inside in a breeze or easily climb out to sit in dappled sun, depending on mood and season.

At that time it was elegantly simple and simply elegant with kilims on the floor and cedar boards taken from the main building exterior to create a warm, aged cedar wood look. Kilns mostly came from Woven History, a store in Washington, DC owned by Mehmet Yalcin, a friend I met in the 1970s while he was a student of Abdul Aziz Said at American University's School of International Studies program. Mehmet went on to do a Ph.D. at Harvard with Schimmel, a scholar of Islamic philosophy and science.

Removing the cedar boards from the main building returned the main house to what it had been before, a grey concrete block house with a 2 on 12 pitch roof. From some perspectives, this makes the building look like an upside down aircraft carrier. The studio has the same roof pitch.

Hundred year old oak dominate the forest canopy. We have done our best to keep the mature forest intact. This reduces bugs as well as makes for healthier soil in which to grow food. A small orchard of 6 fruit trees and a 20 x 20 foot French Intensive double dug kitchen garden were planted near the main building. Rebecca created five rows in the style that Alan Chadwick taught. By coincidence, Avis and William Rappaport, the gardeners that Alan Chadwick taught French Intensive gardening near Charlottesville, Virginia, started what is now the Commonweal Garden run by Penny Livingston under Michael Lerner as the Regenerative Design Institute in Bolinas, California. They had become students of Bhan   Dharmawara while in residence at Claymont or perhaps The John Bennett / Gurdjieff College for Continuous Education in the UK.

Looking down the hill, Rebecca or her brother Richard, an architect who had apprenticed with Moshe Safdie and practiced in Irvine, California, found 8 feet tall 4 feet wide sliding glass doors. The full span is 16 feet. They came from Sweden. When both doors are open, there is almost 8 feet to allow breezes or just to open up the private side of the building. The aluminum frame from which they hang and within which they slide has to be installed carefully. It is my understanding that these no longer are available because too many teams did not install them properly according to the company. In any event, they continue to serve.

Power and water come from the main house. To do what we felt was right and to always stay above local codes while being on a very lean budget, I became the nominal project manager. All permits and inspections were accomplished successfully. There is a final inspection that it appears was not requested according to Fairfax county. In any event, Rebecca used the studio until the family relocated to Hopewell, NJ starting with my tenure at Carl Pfeiffer's Princeton BioCenter in Skillman, NJ.

With the natural light from the skylights, the way Rebecca inspired the renovation leaves the place as close to living outdoors while still being comfortably sheltered.

Below is the current description as pasted from what is posted on Zillow.com about the property.

Residence Estate with high end kitchen & bathroom known as Cedar House Home Retreat Center at Fort Jaffe in the Vienna Woods. Two buildings on one 2 Acre lot, 7 radiant heated zones, 6 year old permaculture edible landscaping biodynamic garden with arbor, shitaake mushroom guilds, 25 year old orchard, French intensive garden, nature preserve and riding trails behind house. 800 SF deck with 10 person hot tub updated 2015, grill kitchen, wood fired oven (2015), Kettler recumbent stationary exercise bike, white marble river washed pebble zen garden (2014), game zone and tempered glass railing on deck to enhance view. Wine cellar, exterior chess set entertaining area, pantry, library and Modernist Cuisine home professional kitchen 2014. Video and audio broadcast studio (updated 2015). Chemical free lot. Detached 1200 SF exterior (878 SF interior) Studio with Velux 4'x16' skylight in main room & 4'x4'

Velux skylight in bedroom. Guest studio has full bath & kitchenette, 50 year copper roof with green patina, super efficient wood stove and radiant backup heating. 50 year steel roof added to main buildings (2013). On a private road that overlooks a horse farm and is less than five miles from Tyson's Corner (Virginia's largest employment center) and equidistant from Reston Town Center/Historic Herndon (2nd largest) in an area that CNNMoney ranked 7th in the nation among best places to live. Property is 1.3 mi from the Wiehle/Reston East Metro Silver Line Subway Station and 4.5 mi from Vienna Orange Metro Line. 200 SF tool shed with 160 SF screened equipment area (2015).

What I love about the home

Improved security gate and package receiving area (2015) for residence. Mature boxwoods (50 years old), permaculture food forest garden, mature apple, pear and apricot trees in orchard. View of Difficult Run equestrian riding trail and mature woods open with walking trails on property continuing for ambles in the 2,000 acre floodplain that wraps around property. Outdoor chess set and brick patio updated 2015; meditation spaces and zen garden extended; arbor and trellis (2015), lanai; moss covered hardwood benches; swimming hole creek in back yard. Top 10 quality of life town (Vienna). W&OD biking/hiking trail in 'back yard'. Wood fired outdoor bread oven also makes great pizza and anything where intense radiant cooking heat is desired. Grill kitchen on deck. Broadcast booth for live streamed or recorded video, audio, lectures, webinars, social media or digital conferences upgraded 2015 (no on site conferences).

Less

Facts

- Lot: 2 acres
- Single Family
- Built in 1949
- All time views: 513
- Cooling: Central
- Heating: Radiant
- Last sold: Nov 1980 for \$155,500

Features

- Attic
- Barbecue
- Cable Ready
- Ceiling Fan
- Controlled Access
- Deck
- Double Pane/Storm Windows
- Fenced Yard
- Finished basement, 1850 sqft
- Fireplace
- Fitness Center
- Flooring: Carpet
- Garden
- Gated Entry
- Hot Tub/Spa
- Intercom
- Jetted Tub
- Lawn
- Mother-in-Law Apartment
- Over 55 living
- Parking: Carport, 878 sqft garage
- Patio
- Porch
- RV Parking
- Sauna
- Security System
- Skylight
- Sports Court
- Storage
- Transportation
- Vaulted Ceiling
- View: Park
- Wet Bar
- Wired

Additional Features

- Professional home office & home business permits; 192 SF garden shed 2014; Grill kitchen on deck.

Appliances Included

- Dishwasher

Room Types

- Breakfast nook

Construction

- Exterior material: Wood
- Roof type: Metal
- Room count: 19
- Stories: 2
- Structure type: Craftsman
- Unit count: 1

Other

- Floor size: 5,200 sqft
- Heating: Gas
- Last remodel year: 2016
- Parcel #: 027401 0001A
- Zillow Home ID: 51744183

14 Jun Sensing Linda's Death; remembering Marcy's birth

One of the formative experiences of my early life was the birth and early death of my sister Linda Marsha Jaffe (1949-1953). There are several chapters, each with its own deep sadness. For example, when Linda was able to roll over and learning to crawl, she was left asleep on a daybed in my mom's mother's apartment in the Bronx. The baby woke up. No one was attending to the infant. Linda rolled off the daybed and development traumatic epilepsy.

The next chapter involved Dilantin, a medicine that controlled Linda's seizures. In the early days, Dilantin was not as pure as today and had cosmetic side effects. Gums sometimes overgrew the teeth, for example. Mom did not like the side effects. When Linda went for a period of time without a seizure, Mom would discontinue the medicine. Linda then would have a seizure and the medicine restored.

After several years, while visiting Rebecca and Ben Jaffe (my grandmother and uncle) in Schenectady, New York, Linda often took an afternoon nap. On this particular day, she went to sleep and did not wake up. Most likely, she had a seizure and her tongue fell back, obstructing her windpipe. In any event, she died.

At the time of her death, I was outside playing with my cousins. Michael and Russell Kussman who are about my age. They are the children of Jack and Alice Amazon. Alice divorced Jack and married a fellow named Kussman who adopted Michael and Russell.

An urgent impulse required me to know where my mom, dad and sister were at that moment. I remember running back to grandma's house. The feel and sound of my feet on the porch steps remained vivid. My parents had stationed Esther Backer, dad's sister, to intercept me while they dealt with a newly deceased daughter upstairs. The plan was for me to go with Esther to their country club (Shaker Ridge) and then stay with her family for the month my parent's mourned for Linda's loss.

To my Aunt's amazement, I became near hysterical when she would not let me go to my parents. I remember her basically holding me

under one arm while she took us both to her car and then to the pool at the club.

By the time I returned to me parents, in my child's mind, somehow I had been involved with or was the cause of Linda's death. Took about 25 years to recover those experiences. As is usual, the family never recovered from Linda's loss.

I pray for Linda's soul to be healed. I release Linda to continue her spiritual journey as I continue mine. With love and gratitude, I release Linda's spirit to the care of ministering angels and loved ones on the other side.

21 Jun Marcy... diapering her while in high school

When Marcy was in college at UCSD we spoke sometimes about what her childhood was like. When MARcy was born, I was a Junior at Albany Senior High School. Marcy told me she remembers me diapering her. Dad was present on a weekly basis. At that time, his territory in upstate New YOrk took him away from the family during the week. He would return on Friday for Sabbath with the family and leave either Sunday afternoon or Monday morning. As a result, Marcy remembered me as her father since I was the one who interacted with her and Dad as grandpa since he came and went.

Later, when Dad purchased the 20 unit Northway Motel on Fuller Rd in Colonie, NY he would often save money by working at the motel the night shift. He also ran a car service for the long haul truck companies that had terminals in the area. Their drivers would have 8-12 hours off between runs. Many of them slept and took care of themselves. Some went to the bar across the street and stayed there most of their time off. During the summers when I worked at the motel, I did not hear of any losses among the drivers.

16-21 Oct Learning to Meditate: Transcendental Meditation (TM) then Kriya and Bhakti Yoga under Mishra, Muktananda at Fallsburg then Olga Worrall and Robert Leichtman

My introduction to meditation came in Washington, DC in about 1974 though traditional initiation and gift of a mantra. The instruction was simple: Spend 20 min twice a day quietly repeating the mantra. When the mind wanders, bring it back to the sound or vibration represented by the mantra. It turned out the mantra was based on your age and nothing more or less. At the time, it was conveyed with reverence and gravitas.

In my bachelor apartment in Greenbelt, Maryland I sat in the same location twice a day as best I could find time. Often I meditated in the Clinical Pathology Resident's office at NIH before the workday began.

Being naive and curious about inner space exploration, the sitting helped begin the process of slowing me down so that I could be more aware, empathetic and appropriate.

Over a few years, spontaneous experiences emerged as described by Patanjali and as commented upon by Ramamurti Mishra. Dr Mishra was cross trained in Allopathic and Ayurvedic medicine in Benares, then trained in London, Cambridge and Providence to prepare himself to write The Textbook of Yoga Psychology and, later, Self Awareness, Self Knowledge.

Mishra was a Sanskrit scholar, classic Indian Guru who encouraged people to discover within themselves their divine spark and impulse. He was gracious, charming and served to introduce many to classic Adwar Vedic traditions and practices such as agnihotri (burning dried dung with ghee as part of devotional mindfulness practice).

In addition to founding the Yoga Society's of New York, San Francisco, Los Angeles, Honolulu, Rochester (NY) and a dozen or so other centers, he also founded Ananda Ashram in Monroe, NY and Nadabramananda Ashram on Folsom St in the Mission District of San Francisco.

Mishra helped bring many spiritual leaders to the United States. The list includes Swami Satchitananda who founded Yogaville, Yogi Bhajan who founded 3HO and introduced Americans to a Sikh

lifestyle, and a host of less well known scholars and mentors for those seeking personalized spiritual guidance and practice.

Among his American disciples were Saraswati (Mary Tash, RN, whose son Vyasananda became a Sanskrit scholar), Margaret Coble (whom he thought was the reincarnation of Margaret Noble, Yogini and aide to Parmahansa Yogananda), and George Leone, one of the founders of Alcon Laboratories.

His lineage includes Bhagawan Nityananda and Yukteshwar Giri, author of Holy Science (1894). He was charming and welcoming in a genuine Indian way. Roop Verma was his sitarist in residence. He played the Harmonium and chanted. Nadabrahmananda was a tabla percussionist and exemplary mentor.

When Richard Alpert and Timothy Leary needed a place to stay, Dr Mishra allowed them to stay at Ananda briefly in ~1962. Mishra helped bring medical acupuncture training to some of the early American students of TCM (Traditional Chinese Medicine). He encouraged herbalists and massage therapists / body workers to include breathwork in their practice and with their clients.

When Bhan   first visited Ananda, Dr Mishra acknowledged him as awakened and treated Bhan   with reverence.

28 Oct Baltimore buffet dinners with Mrs Worrall and Bob
Leichtman

Mrs Worrall eat to live she did not live to eat. One of her favorite locations for dinner was a typical Southern American buffet located within a few miles of her home in NW Baltimore.

She, Bob Leichtman and I had dinner there at least half a dozen times. I'd pick her up and he'd meet us at the place. She and he are careful to be on time. They expect others to respect their time.

One time I picked Mrs Worrall up 10 minutes late. She did not say anything. Her look was sufficient that I was always a little early after that.

She was often gracious enough to invite us back to her home after dinner. She might knit or crochet. She would serve tea or coffee and cookies. During the course of an evening she might say (as she did), "Russell, you are not paying enough attention to your spirit guide Moshe. He wants you to know that." She would then go back to her craft.

Spontaneous impressions and comments came through when and if they did. Much of the time was quiet. Silence is delicious in the presence of such souls.

Guests were welcome to ask questions and her answers were usually clear and relevant.

27 Oct Mrs Worrall looks at my parents

One time Mrs Worrall took me aside to comment in my parents. My recollection is that it was at Wainwright House. She asked if I knew how unwell my mother was mentally. She asked if I knew my Dad was essentially clueless about what was going on between them. It took a few moments for this to settle in for me.

My mom had lost my sister Linda. An avoidable death from which neither mom nor dad recovered. A year later my grandmother died of a stroke. My mom had unresolved issues with her mom. Initially grief and depression dominated. For many months my mom listened to a lot of the Texaco sponsored Metropolitan opera broadcasts on the radio from her bed with the lights low or off. Her weight at least doubled. While she was a naturally talented home furnishing designer, her home was rarely in order.

Eventually, the reality became too painful to endure. She choose to become an ambulatory schizophrenic. She was diagnosed by several renowned psychiatrists in the Albany, NY area. Because she was treatment resistant, she would not continue and they did to want to treat her until she wanted help. For better and for worser mom marched to the beat of her own drummer.

One time, to paraphrase, mom said, "Words mean only what I say they mean and only when I say them." When wound up, mom could be imperious at times.

Mrs Worrall wanted me to know that I was neither the cause of nor the solution to my mom's mental health issues. That spontaneous comment was a great relief. In hindsight, the transgenerational challenges afflicted many in my parent's generation. Mom's brothers (Lou and Alan) were both emotionally stunted and labile. Mom's sister became a super organized totally devoted wife and mother to her two daughters. Aunt MArCIA married Jack Zuckerman, an operational specialist for a boutique food chain then in New YOrk city area known as Sloans. Uncle Jack was also almost always well dressed. In addition to a sense of fashion and style, he knew where the best places were in the garment district to buy the latest for the least cost. Jack survived MArCIA. He remarried and moved to the Jupiter FLorida

area. Dad and he saw each other regularly while Dad lived in his Palm Beach Gardens condo.

2 Dec Creating my Sangha

One of the options in life is to choose an intentional family. This allows for elective affinity. While it does not exclude biological family, it recognizes the value for many in graduating into a life of meaningful moments and service to some higher good with those who share such values as a personal Sangha, the Sanskrit term. In Hebrew, the same concept is mishpacha. Goethe explored this subject extensively in his novel *Elective Affinity*. The Rudolf Steiner inspired Christian Communities are open to people choosing family rather than family being defined entirely by biology.

While the notion had been percolating since my time with Bhante, after August 2, 2014 the value and urgency for me became clearer. With Anna and Sky emancipated and so engaged with their lives that time with Dad in any way is limited to drops in the sea of time.

Among those initially clear as part of my intentional family, Patricia Deuster, Abdul Aziz Said, Daniel Owusu, Sam Ramsey, David Fleury, Nancy Blazewick and her son (John), Darrell Richter, Jack and Denise Bornoff, Bob Leichtman, and Paul Brenner. Anna, Sky and Rebecca remain dear to me while outside this Sangham at this time. Among those of beloved memory are Bhante, Reb Zalman Schachter-Shalomi, Olga Worrall and Valerie Hunt. My goal is to have people in every decade of life as part of my intentional family.

Written Parsha Lech Lecha, 5776

Go you from your land, from your birthplace and from your father's house, to the land which I will show you (Genesis 12:1)

“From your land”—from your will. (*Eretz*, the Hebrew word for land, is etymologically related to the word *ratzon*—will.) “From your birthplace”—from your emotional and behavioral self (which is the product of a person's environment). “From your father's house”—from your intellect; from your learned assumptions. (In the terminology of Kabbalah, the intellect is referred to as the father within man, since it is the progenitor of and authority over his feelings and behavior patterns.)

(The Chassidic Masters)

24 Nov Meeting Daniel Owusu

Daniel arrived in the United States in about 1990 at the age of 37. My business was seeking an entry level receptionist and data entry person. Daniel applied for the job. Part of the requirement was knowledge of use of computer keyboard. He did not have that prior experience. About a week later, he appeared and now knew enough to win the job. He moved on to help in a variety of ways, from helping to clean up to security. He was keenly observant. He wanted what was best for everyone.

Gradually, he began to help me personally, including dropping me off at airports and picking me up when possible. The Vienna property has two distinct levels in that main house. Daniel needed a place to live and I needed someone to help with the property during my travels.

Daniel moved in about 1993 and continues to serve as my virtual Chief of Staff.

Over time I learned that Daniel has several children. Three boys (George, John and Yaw) are in Northern Virginia, one (Nancy) has a home near Alpharetta, Georgia and one (Yaw's twin) remains a West African soccer player.

Daniel is active in the Volta Association. People from the Volta River basin in Ghana who now reside in the North America are welcome in the fellowship group. They meet once a year in a different city. For some time, Daniel and I have provided water for the group during their annual conclave for some years.

Daniel is also active in his Church. For a number of years he also worked for the Arlington County police department as a parking enforcement officer. He retired from there in 2015. He continues to help improve and keep in good repair the Vienna property.

Daniel is intuitive, contemplative, inspired and humble. He is an excellent driver and seems to enjoy long drives.

9 Dec Bhante's Vipassana workshops at Commonweal and at Josh Reynold's home near Asheville, North Carolina

Bhanté responded to requests. For example, Avis and William Rapaport became the initial gardeners at the Commonweal Garden in the late 1970s. They had been students of Bhanté at The College for Continuous Education in UK and then at Claymont in Charles Town, West Virginia before becoming biodynamic farming students of Alan Chadwick at his garden in Charlottesville, VA.

Taking what they had learned from Alan Chadwick, an actor who became enamored of French intensive gardening. Alan was a student of Rudolf Steiner. Two of Alan's students were also students of Bhanté. They met Bhanté while in residence at Claymont in Charles Town, W Va. They moved to Bolinas, California to start what is now the oldest permaculture biodynamic food forest in the US.

Fast forward three decades at Sky found interest in biodynamic food foresting. Among the places he sojourned and apprenticed is The Regenerative Design Institute (RDI) at Commonweal under Penny Livingston.

While Sky was first learning to travel and be on his own, we ventured together to Bolinas and introduced him to their world. We stayed at the cottages. There are three at Commonweal, two that are smaller and one large enough for small groups to be in residence. We tended to stay at Bothin during father son bonding trips.

With the pine forests on the buff and the ocean below the cliff, the Mesa Road in Bolinas is a place of serenity and renewal.

A similar place on the East Coast (Reynolds family estate in Asheville, NC) that invited Bhanté to give meditation and mindfulness courses is Josh Reynolds family estate in the hills of Western North Carolina.

The first electrified structures in North Carolina were at their 40 bedroom estate home. Josh's father was concerned enough about the interaction of electricity and metals in nails that the engine structure was built without any nails and entirely with old fashioned dowel and peg construction.

In addition to the idyllic surroundings, Josh had long been a devoté of Bhante. While Josh lived in that place and more so at Southern Pines nearer the Carolina coast, he made it available to Bhanté and also to others including Andrea Puharich who appreciated Josh's extensive library on esoteric sciences.

10 Dec Sky, Ian, Russ: Copenhagen, Stockholm, Riksgransen, Riga and Sudebe

One of the family preferences was to have Anna and Sky each invite a friend to join us when we went on travel. In this case, when Sky was about Bar Mitzvah age, we decided to go to Scandinavia. Sky's buddy at that time was Ian Capoferri. The Capoferris were a Waldorf family from Hopewell. Ian had an older and a younger brother. Sky tells me that Ian settled down in Amwell with a woman he met in the area. Ian's dad was operations manager for a local milling company. Ian's mom was an earth mother who helped build the community.

Part of the visit introduced Sky to where my Dad's parents farmed near Riga and to where Rebecca's parents came in Sudebe, Finland. In addition, we wanted to visit Tivoli Gardens amusement parks. Along the way opportunity presented to visit Riksgransen where four countries ski and snowboard teams train in the winter. In the summer, there is a remarkable heather rich in flora and fauna.

When the reservations were made, it seemed like we would get lie flat seats which at that time were rare. We flew SAS (Scandinavian Airline System) from EWR (Newark) to Copenhagen (CPH). Upon boarding, it was quickly clear that the seats had more than usual recline however did not lie flat. The plane configuration was three pairs of seats across. My seat was in the middle of row 1 and the boys were seated in row two near the window. The person to my right was a physician in the biopharma industry. He was grumpy all the way because his seat would not go flat.

The purser came to us and offered something to the effect that if we wanted to wait a day, SAS would transfer us to another airline that had flat seats. The three of us enjoyed the flight.

After clearing customs, we proceeded to the D'Angleterre, a boutique property in the heart of Copenhagen's old city. As we were checking in, so was the fellow who sat next to me on the flight. The reception desk was friendly and we were enjoying ourselves. We got upgraded to a suite. He did not.

On the flight, I offered to take the boys to all the Tivoli Garden amusement parks. It turns out there were then something like eight

Tivoli Gardens between Denmark and Sweden. We enjoyed each one. To accomplish that, we stayed a few nights at a remote renovated castle. We had the barn to ourselves. The main building included a few amenities. Restaurant menu was limited. The food was fresh and yummy. The boys asked for seconds on the tomato soup. We each had Caesar salads. My local trout was delicious. After dinner we walked outside to amble to the barn a few hundred yards away. The sky was shimmering and sparkling with stars one can only see when the background light is absent. We were each enchanted. We lay in the grass and gazed up for some extended time. Memorable, meaningful moment of spontaneous gratitude for the wonder, majesty and vastness of the universe. Constellations easily we observed and pointed out to each other. We ambled the property and imagined what might had been there some centuries before.

We took a ferry from Frederikshavn, Denmark to Gothenburg, Sweden.

http://www.directferries.co.uk/frederikshavn_gothenburg_ferry.htm

We took a train from Gothenburg to Stockholm. Upon arrival at our hotel we were informed that they were overbooked and we had been re-accommodated at a different property. The front desk manager offered a different solution. If we were willing to stay 10 km outside the city, we could stay at a restored castle in the turret rooms near the top. The property had been the Wallenberg family estate until it was renovate as a Sheraton SPG property.

The rooms were just what a Duke and Duchess might order. There was a small airy above where we could play games or look out while the staff serviced the bedroom and sitting rooms below. For us, room service was a magical process.

Exploring what had become a resort complex around the hotel property, I met a fellow who had a single engine plane available for a few days with a pilot. That is how we got to Riksgransen, Riga and Sudebe in just a few days.

While in Riksgransen we toured the Heather. There was a helicopter pilot staying at the same place. His main revenue came from flying people to and from the North Sea oil platforms. He offered a tutorial

to our pilot. The cost was modest. Sky, Ian and I came along as observers.

The helicopter wafted slowly up a mountainside and then come over an edge into a volcanic crater thousands of feet below. We stopped at his friends place. Reindeer jerky was available. My impression is that the helicopter pilot rarely held the control. His hand hovered around a stick and he countered each of the motions to keep the craft at equilibrium. During the ascent, the rotors were close enough to the edge to pull small rocks from the sides.

Next we flew on the Riga. My dad's parents farmed a small shtetel a few kilometers from Riga. With helpful local people and knowing what we were looking for, there was no longer any evidence of Rebecca and Menachem Mendel Jaffe's having lived there. Pushed out by a pogrom, they emigrated. The Czar, the Communists, Hitler, Stalin and time each contributed to erasing their presence. Into the sands of time their presences had been swept.

We did have a wonderful time in Riga. On shabbas we walked to where the synagogue was supposed to be. A guard met us and told us the property was closed. Eventually, two youngsters guided us across a market to a different area where the Rabbi and his family lived and were conducting traditional services. We were invited for lunch. A good time was had by all.

The day we were scheduled to leave, Senator Richard Lugar had breakfast with the Prime Minister at the hotel where we stayed. We were not able to meet Senator Lugar at the hotel. When we got back to the airport to our tiny plane, a magnificent small jet with no tail markings was parked next to our plane. Looked like a US State Department jet. I suggested that the boys take out the video camera we traveled with a start at our small plane and pan around to include the tarmac, airport buildings and what we assumed was Senator Lugar's ride.

BEfore they were complete in the 360° turn around, a vehicle sped across the tarmac and stopped by us. Two people jumped out. One was Latvian and in military attire. The other was in civilian dress with a US Special Forces barre. They demanded the video camera. It was clear they wanted the video tape and didn't care about the camera.

We eventually surrendered the tape and moved on. A friend back in DC, Jan Lipsen, was able to contact both Senator Lugar's office and the State Department. As a result, the tape was returned intact.

Our next stop was in Northern Finland in the Swedish speaking area. The place we wanted was 50 Km from the small airport at which we landed. One there, it was remarkable how exactly the little intersection conformed to what Rebecca's mom Mia had heard from her grandmother. A house, a rock, a tree, a swing, a barn, all were as told. At one point, I was video tape-ing while at the same time talking to Rebecca's mom in Laguna Beach.

We then flew back to Copenhagen and continued on to Newark

23 Dec Roy Anderson, Allstate, Willis Harman & Rebecca's adopted grandfather

Roy Anderson accomplished much. He was Justin Branch's protege at Allstate Insurance. Roy was president of the American Actuarial Society. He also admired Rolling Thunder, a Navajo, and a variety of native Hopi elders including Grandfather David. Roy and Barbara had several adult children when I met them.

Willis Harmon, the Stanford engineer who founded Stanford Research Institute (SRI), call and asked if I'd make a house call on his dear friends in Barrington, Illinois. Willis also helped found the Institute for Noetic Sciences among other noteworthy initiatives.

After explaining that NIH was my full time job and that I did not make house calls, Willis prevailed upon me to help. Roy was wheelchair bound and afflicted with some mystery autoimmune self attacking condition. Following our suggestions based on LRA tests and HAQ information, Roy had a remission. His health largely restored, he returned to Allstate but in a different role. Rather than run the company and then retire, he wanted to groom the next generation of senior management for the challenges they would likely face.

For example, Roy and Barbara had Dick Hayen and his wife over for dinner several times while I made visits to check on Roy's progress. While Dick seemed to understand what Roy and I were communicating, once he was flying on the corporate jet and helicopter, he became contained within that corporatized bubble.

Roy was a student and friend of Pierre Wack, the Royal Dutch Shell long range planner who brought long term and strategic thinking to the oil industry. When Pierre retired, I was screened through Napier Collyns and then interviewed for Pierre's position.

Peter Schwartz eventually received that position. He did well. Global Business Network was founded in part from what Peter learned at Royal Dutch Shell and then at the London Stock Exchange (LSE).

Roy also found Rebecca's sculpture enchanting. For example, Roy brought the head of the Boeing Foundation to review Rebecca's

portfolio. He asked Rebecca to cast one of each of her sculpture editions that were open.

While Rebecca decided not to accept the commission, it was one of many confirmations of how talented she is as an artist.

24 Dec Helen Shuchman, Judy Skutch, Bill Whitson, Jerry Jampolsky evening

Background on participants:

Helen Shuchman, Ph.D., worked with Bill Thetford, Chairman of the Experimental Psychology Department at Columbia University. Her daily routine included an about one hour bus ride from her apartment to the campus. During one such trip she experienced a lucid dream. Upon reaching Columbia, she told Bill what had happened. He asked her to tell him the content. He typed out the content. This process continued for over a year.

The result: A Course in Miracles manuscript (all three volumes)

Judy Skutch, a New York debutante, mothered Tammy with Bob Skutch. Tammy's intuitive gifts as a child led them to help found the Foundation For Inner Peace, publisher of the Course in Miracles; the Institute for Noetic Sciences along with other civil society building activities. Judy is now Judy Skutch Whitson. She and Whit live in Tiburon, California.

Bill Whitson became faculty at the U S War College. From a distinguished military family with roots in Great Falls, Virginia. When he and Judy were together initially, they had an apartment in a condo overlooking the Iwo Jima memorial. Their neighbors included Vicki and Roger Sant (with whom Michael Lerner of Commonweal now stays when in DC).

Whit's daughter Chris married Sam Ramsey (one of Anna's godparents) in the Washington DC Episcopal Cathedral in about 1983. Whit sent Chris and Sam to me for spiritual counseling prior to their marriage.

Jerry Jampolsky, MD, wrote 'Love is Letting Go of Fear' based on his experiences with the Course in Miracles. He and Diane Cincionne continue to have the Center for Attitudinal Healing in Mill Valley, California.

One evening Judy called and asked if I could come over. In the

background I could hear Jerry's voice at a high level. He was speaking with Helen. It took about 20 minutes. Jerry was still speaking with Helen. They were clearly in disagreement. I suggested that Whit and Judy take Jerry out on the balcony to enjoy the music from the Carolan at the memorial about 100 yards away.

Taking the phone, I asked Helen what was going on. Helen said firmly and loudly that Jerry was not listening to her; that 'no one' listened to her.

Reflecting back to Helen what she said, I mirrored back to her what she was saying until she took a deep breath and said calmly, "You are listening to me." I agreed that listening to her is important. Helen then said, "It was my job to receive the course; it is not my job to practice it." Mirroring back to her and affirming that she made an important contribution by receiving the 'Course'. By then, Jerry, Helen, Whit, Judy and I were all at peace and the evening wound down.

Shortly thereafter, Judy and Bob Skutch, Bill Whitson, Bill Thetford and Jerry Jampolsky moved to Tiburon, California. Initially they lived near one another on the water. Eventually, Whit and Judy moved to the top of the Hill. Judy and Tammy collaborated on a digital version of the Course in Miracles. Jerry and Diane live in Mill Valley. Am not aware of where Bob Skutch or Bill Thetford then settled.

7 Jan 17 Brendan O'Regan, Edgar Mitchell, Institute for Noetic Sciences

Among the many interesting people who populated Judy Cohen Skutch Whitson's world were astronaut Edgar Mitchell and Brendan O'Regan, for whom an executive position was created within the Institute for Noetic Sciences, itself an outgrowth of the Foundation for Inner Peace / Course in Miracles community.

Edgar was famous for being an early astronaut. He also had experiences while in orbit that rocked his world. Among the consequences were a period of disorientation for him. At that time, he drank more alcohol than was helpful.

Judy felt that if he had another big mission; a purpose larger than himself that Edgar would give up the bottle and take to the work of

IONS, that acronym for the organization. Whatever happened, Edgar was for many years a liaison between IONS and DOD, various international organizations as well as SRI, Stanford Research Institute (founded and lead for many years by Willis Harmon).

Brendan became highly interested in the pilot study we did on the hypothesis that AIDS is the autoimmune disease of the immune system with viral consequences rather than causes. He often visited from Palo Alto to Washington, DC.

Brendon had many metaphysical and physical events happen around him that intrigued and mystified scientists from Bill Tiller to Thelma Moss. He also participated in the SRI studies of remote viewing largely directed by Russell Targ and Hal Puthoff and funded by DOD under General Stubblebine.

Brendan was also active along with Harriet Crosby and Michael Murphy in a people to people diplomacy project with individuals within the Soviet Union during its turbulent transition to Russia.

Brendan worked with STan Krippner to compile a list of documented healers and gifted intuitives as well as people who pretended to be. Brendan was close to Uri Geller, Emile Conrad Daoud and Ingo Swan in their earliest and most psychically remarkable times.

Brendan and I occasionally shared dreams. He was well enough organized to compare notes between us when opportunities arose. We had an elective affinity. My sense is that we had known each other in past lives.

8 Jan Michael Lerner, Steve Lerner, Max Lerner, Commonweal Origins

Michael Lerner has become a friend and confidant. We met when Commonweal in Bolinas, California was more dream than substance. My understanding is that Michael's father Max knew Robert Sarnoff, Chairman of RCA. RCA maintained an 800 acre government facility on a bluff overlooking the Pacific Ocean just above Bolinas, an artist colony in a banana belt mild climate in Marin County just past Stinson Beach. Michael's father was an essayist and social commentator of world renown in the 1940-70s.

Michael and I met at a Holistic Health conference where we were each speaking. By coincidence, his farmers -- Avis and William Rapaport -- were students of the Fourth Way through John Bennett and particularly of Bhante Dharmawara. Bhante gave several two week silent meditation courses in the Commonweal garden when it was barely getting started as described above. Sleeping in the garden was a joy for me. There were only a few available bedrooms at that time.

Michael invited me to consider making Commonweal my base and doing the kinds of science that seemed urgently in need of being done. Funds for the work would have to be generated largely by me. Fund raising was not something I felt comfortable doing.

Michael's brother Steve is a journalist and peace activist. He studies communities under stress and what helps them heal.

Dr Rachel Naomi Remen was drawn to Commonweal, particularly to work with Michael on a program in which people with cancer are encouraged to tell the story of their condition in ways that might evoke healing responses.

14 Jan Can you get zoning variance?

Bhanté's distinctive voice on the phone started with, "Russ... can you get zoning variance?"

It took a moment to appreciate his question. My response was something like, "what kind of zoning variance and where?" His response was, "Here in Stockton. I plan to start another Buddhist Vihara, school and cultural center."

After he hung up, my head was spinning. This is way out of my league. However, as his student and as a problem solver, I did my best to network somehow to someone who knew the zoning process in Stockton, California. After a few calls, I spoke with Richard Snyder. He had taught the then zoning commissioner of Stockton when he was at Hasting Law College. Richard paved the way. I flew out and received the zoning variance at the Stockton municipal building. Just as I was leaving, the fellow asked, "Any chance this is for the short guy in orange robes?"

Not quite knowing what to say, I asked, "Does it matter?"

He replied something like, "No. He has the variance. The land he seeks to use, however, is not near the IndoChinese refugees. It is in the center of the hispanic part of Stockton. Seems like an odd place for a Buddhist temple."

Bhante was already living on land that had been optioned or purchased to establish the center he envisioned. Similar to what he accomplished at the Ashoka Mission in New Delhi. Similar to centers at which he had studied in his transition from magistrate courtier to monk mentor.

His first question... "Have you zoning variance?"

He smiled when he received it. He announced that the next phase of the project was underway. I asked why the particular location, given its distance from Cambodians and other Buddhists. He said something about wanting to bring together the two communities, each struggling toward better lives, education and opportunity. Each often competing with the other.

He also mentioned that the land was quite inexpensive. I pointed out it was on a floodplain that annually flooded. He pointed out that in Cambodia that often happened and they would build the buildings on stilts so that the floor remained above the high water potential.

A few years after the center started, a particularly severe spring flood extended to much of the neighborhood. Many came to help Bhante and the other monks and nuns clean up and feed the volunteers. Once his place was back in good order he asked the people to clean up the neighbors places as well. That bridged the gap between the two immigrant communities.

Today the Wat Dhammararam or Dharawararama if you prefer is the largest Cambodian cultural center outside Cambodia as far as i know.

<http://www.visitstockton.org/things-to-do/free-things-to-do/stockton-cambodian-buddhist-temple-wat-dharmararam/>

https://books.google.com/books?id=taNZCgAAQBAJ&pg=PA214&lpg=PA214&dq=wat+dharmawara+stockton&source=bl&ots=oPlcz_K0XM&sig=O262n7IOTrb6M0z3uFc87krw7k8&hl=en&sa=X&ved=0ahUK EwjKvqqYx8HRAhXCYSYKHegXBmsQ6AEIRjAH#v=onepage&q=wat%20dharmawara%20stockton&f=false

<http://gtu.edu/academics/faculty-directory/j-l/nakasone-ronald-y-gtu>

15 Jan Mark Leno

Where to begin.

There are so many moments and anecdotes in regard to Mark Leno.

Mark started out like I did.. Interested in law and theology. We both ended up on different paths... his in politics and mine in biotechnology.

Richard Snyder was Mark's friend from the time in landed in the Bay area after having had a traumatic event in Israel during his Rabbinic training.

Mark came to San Francisco to heal. Richard suggested that he run at least 10 miles a day. The Bay to breakers race is one of the results. Needing a livelihood, Richard suggested that Mark open a business providing signs to towns, municipalities and state governments. Budget Signs was born. Within a few years, Mark was successful financially and bored with business. Richard suggested he run for SF City Supervisor. From There to the Assembly as health committee chair and then to the Senate as budget committee chair.

Mark has been a good friend and confidant since I conducted seders in his home in the late 1970s. When an opportunity arose to author legislation on a public private partnership having to do with diabetes and obesity, Mark authored AB1977 that passed the California Assembly 92 to 5 on the first vote.

Patrick McCallum (the McCallum group) was the lobbyist who worked with me on the legislation. Patrick had been chief of staff to John Vasconcellos and knew Mark well. Patrick succeeded Sue North who went on to be chief of staff to the Senate President, Darryl Steinberg.

Mark decided to devote himself to public service. We are fortunate to have him along with Elizabeth Warren and Kamala Harris.

15 Jan Susan Riley

Susan Riley taught the Podesta brothers when they were in Catholic school in Chicago and she was a nun. She fell in love with a Jewish Hollywood producer and they had two daughters. Ted Kennedy met her through Marge Tabankin. Susan Was Ted's chief of staff three times.

Once she quit. Once he sent her to run the HUD 8A assisted affordable living program and finally he needed her to complete his revision of the rules of the US Senate.

It was my privilege to know susan through Jan Lipsen. One of the areas for health enhancement that remains opportune is to have subsidized housing developers pay for health coaches within the community to reduce risks, to avoid crises and to raise the quality of life in the community they serve.

Susan understood the need and the opportunity. Her friends at the Tax Payers' Coalition (TPC) and the Securities and Exchange Commission (SEC) encouraged us to persevere. She understood how important it is for the CBO and OMB to score the impact of prevention on pending legislation.

19 Jan Chuck and Jan Lipsen, Esther Coopersmith, and family

Chuck and Jan Lipsen were fixtures in the Democratic party in DC in the 1960s-1980s. Their daughter Linda Lipsen continues to be an important lobbyist as head of the Justice Organization. Their other two daughters are married and have families. He came from Wisconsin; she came from Long Island.

In the 60s, Chuck worked either at the Justice Department or for President Lyndon Johnson as his advance man. Jan was chief of staff to Mr Carl Albert when he was Speaker of the US House of Representatives. Chuck's sister Esther Coopersmith remains an important Democratic fund raiser. He daughter CONnie works for the Clinton Foundation. Her son Jeffrey roomed with Jack Lew at Princeton and serves as counsel to the Insurance COMmissioners Association. Her other son Ronald sometimes shared offices with Jan in DC after she became a lobbyist.

In the 70s, unattached scientist doctors were invited for winter holidays to the Lipsens if they were Democrats and to Alice Roosevelt Longworth's home if they were Republican. For me this came to mean Thanksgiving and New Years along with about quarterly dinners at their home. Many a joyful evening and meal at their home. Often issues came up in detail long before they were current in the news or in conversation.

Among other accomplishments, the legislation to make HAwaii a state was drafted on their coffee table. For many years, Jan represented the Governor of Hawaii's office in DC from Jack Burns through George Arioshi. She was close with the Hawaii delegation in DC.

The Clean Air Act and Clean Water Act, the EPA and HUD 8-A rent assisted housing were all accomplished while she worked for Mr albert.

They gratefully used PERQUE and LRA tests when needed. My second or third opinion on medical matters was sometimes asked during visits to their home.

Jan is the person who secured the heptachlor project for me in Oahu during Arioshi's administration.

Chuck once had unexplained night sweats that went away when he followed our program as did his leukoplakia.

One anecdote illustrates how helpful and generous they could be. When the DSHEA dietary supplement legislation was pending, my task was to determine where Congressman Waxman and where the FDA stood on the pending legislation. Mentioning to them that a meeting was scheduled with the congressman's staff, Chuck looked at Jan and Jan asked if I would like her to go with me to the meeting. When we were ushered into the Congressman's office, his chief of staff was on a couch and on the other side of the room as the FDA Deputy Commissioner. The chairs for Jan and me were in the middle of the room.

Just as the meeting was starting, Jan commented, "I remember when I assigned this office to young Congressman Waxman. How is he and his family?"

The tenor of the meeting changed and peace was affirmed. Without Jan's casual yet instrumental help it is unclear that anything helpful would have happened.

On the way back to the car Jan commented, that is how you handle agency and congressional staff. My response was, 'that is how *you* handle them'.

21 Jan Malathion and briefing Governor Brown

One of the first environmental health issues I had the privilege of observing and participating in was Malathion. The problem was the fruit flies were growing on garbage and rotting fruit. Malathion is a cholinesterase inhibitor biocide. While higher animals have a blood brain barrier, fruit flies (also known as drosophila) do not. The logic seemed simple: Spray malathion and kill the fruit flies. People will not be harmed because of the protective blood brain barrier.

While this story could unfold as a slow motion train wreck it became in terms of public health. Public confidence in local, regional, state and national health department's ability to protect them was undermined and the presumption of safety for the malthion became an example of how *not* to think about and tackle a public health need.

Rather than provide a sequential narrative, my goal is to look back and tell the story so that lesson can be learned for application in other contexts.

My participation started fairly early. Either John Vasconcellos or his chief of staff Sue North suggested I do an independent assessment of the safety and efficacy of spraying malathion to suppress fruit flies.

What they knew and I discovered is that Mark Lappé, California's State Toxicologist, had just resigned because his boss in the health department changed his conclusions in regard to the safety of malathion spraying. If I remember correctly, Mark's analysis was the an additional seven cancers per million people exposed would occur from each spraying. At the time, the guidance was that anything causing more than one in a million extra cancers was to be blocked from widespread use. For what appeared to be political reasons, Mark's boss had divided the number by seven because of uncertainty in Mark's analysis. This left the acceptable one in a million extra cancers so that spraying was approved. Mark went on to a brilliant life as an independent environmental toxicologist, policy consultant and writer.

To the best of my knowledge, no study was done at that time about the effects of multiple sprayings.

Here were the insights that a brief investigation yielded:

1. Stress and certain toxic or medical conditions open the blood brain barrier
2. About 10% of people are marginal in cholinesterase so any inhibition of their brain cholinesterase is to be avoided
3. The gut nervous system was just being explored and understood. Exposing the gut nervous system to cholinesterase inhibiting pesticides was at best unwise or ill conceived. In hindsight, those directly involved in the decisions here discussed reported that not one raised these issues with them until later and thus they were not included in the decision process. In this case, the decision process was rushed through based on a presumption of safety and an urgent need to stop the fruit flies because they were bad for business. Increases in asthma and pneumonitis, in irritable bowel syndrome and eczema, in migraine headaches and multiple sclerosis symptoms. All these may reflect the effects on immune defense and repair systems exposed to malathion and related chemicals in people with chronic inflammatory autoimmune conditions. In essence their already compromised repair systems became further burdened at the cellular level. .
4. The malathion was stored in 55 gallon drums that were placed on the tarmac near where the helicopters loaded them, sometimes for weeks in the Salinas Valley sun where temperatures were routinely over 100°F. A mid petroleum distillate (heavier than kerosene and lighter than crude oil) was a necessary solvent to allow the malathion to flow and by disbursed by sprayers. Under those conditions, malathion converts to some variable extent into malaoxone. Malaoxone is thousands of times more toxic and longer lived than malathion. No pre-spraying analysis included the issue of malaoxone. A U CA Riverside chemistry professor happened to be an expert in malathion to malaoxone conversion. He strongly opposed spraying malathion the way it was then being done.
5. The mid-petroleum distillate solvent for the malathion was noted to take the finish off cars in the Palo Alto area, one of the areas sprayed. Harm to high end vehicles and related costs were part of why the spraying was stopped as quickly as it was.
6. As the human and product liability costs began to be calculated, people on the ground mobilized to clean up fallen fruit and to

secure wastes from buildings so that fruit flies were discouraged rather than encouraged. Other scientists produced sterile fruit flies that were released to reduce the proliferation of mating pairs of fruit flies.

7. Having successfully handled the Clean Your Room indoor environmental quality report for Richard Spohn (Consumer Affairs Department) under Governor Brown's leadership, when the evidence came together, i was asked tp brief the governor about the issue and recommend an acceptable solution. My recollection is that this briefing was done in Sacramento although not in the Governor's office. It might have been done at Site !-A now known as the Gregory Bateson Building. The briefing went well and the Governor did what seemed like the right thing. Spraying was suspended while further scientific investigations determined if the concerns raised warranted permanent cessation. To the best of my knowledge, spraying was never restarted. As a politician the Governor was constantly balancing a complex political equation between the agriculture department that wanted to spray and otherwise irradiate pests and the health as well as technology assessment departments that were much less confident on the safety side and much more concerned on the risk side in regard to malathion and similar uses of biocidal compounds. He was also aware of his supporters and where the most important of them stood on these evolving issues. Fortunately, John VAsconcellos, Willie Brown, Mark Leno, Nancy Pelosi, Joan Baez, richard Neil Snyder, Bill Whitson and others conferred with him and educated his chief of staff on these issues. While a struggle, the Governor generally did the right thing and acted from an excess of caution when the evidence was clear yet not yet conclusive. By the way, he is quick to take in information and a skilled debater able to find the flaws in thinking and also able to find out how confident are people in their positions.
8. Spraying has been selectively used in the late 1980s. Rarely has spraying malathion been found to be effective because it selects resistant organisms who are more able to reproduce.

<https://www.youtube.com/watch?v=Dk84zBI-OJ4>

<http://www.nytimes.com/1989/12/10/us/california-resumes-air-war-against-invading-fruit-fly-stirring-debate.html>

https://en.wikipedia.org/wiki/1989_California_medfly_attack

21 Jan New Year's Eve Birthday in Napa with Judy Skutch, Bill Whitson, Jacque Barzaghi and his boss

New Years of ~1982 had me still commuting between Sacramento, San Francisco and Mill Valley. My main location was Richard Snyder's Mill Valley home. While I had an office in both Sac and SF because of the 'Clean Your Room' project most of my work was in the field networking and working with systems biologists to understand scientific territories just being mapped in terms of their biomedical significance.

The turn of the year came and, as usual, i did my best to avoid celebrating my new year's birthday. Somehow Judith Skutch and Bill Whitson found this out. In addition to hosting a party of the advisers to the then California Governor who had aspirations to national office they added me as birthday boy.

Judy and Whit were renting a magnificent home in Napa with deer as neighbors. Thye invited me to stay and offered the living room with a bathroom. Given the glass view of the grounds and the fireplace, it was a most welcome offer.

When arrived around 10 PM Judy was concerned because the bar tender did not show up. Being able to fill in, I volunteered to be the bar tender. At about 11:45 the phone rang. A distinctly French Canadian voice said, 'Jerree is writing his speech. He can not come.'

My response was, "Jacque, that is OK. I'll tell Judy." His response back was, "Who is this? Who knows my name?" In reply, I identified myself. He asked why I was both celebrant and bartender. He then asked who was at the party. He hung up. A few minutes later the Governor called back and let us know that he, Jacque and his assigned State Trooper / driver were on their way. They arrived around 1 AM. The party was in full swing. They also came with Jacque's wife, her friend and three children. A few hours later the Governor was informed that someone he wanted to meet was in Berkeley for a few hours and then flying out of the country. Jerry, Jacque and the trooper left. Jacque's wife, her friend and the three children became our guest for the next several days.

When Jacque called back to let us know that they would be returning, I asked if he often abandoned his spouse. He more or less replied that the job came first and relationships had to fit in. Many successful public servants hold that view or at least operate as if that is so for them.

At some point, there was no more food in the house. Whit suggested that we go to a restaurant. As we were assembling, word came in that they were on their way back. We left a note on the door as to where we were eating and they found us there.

Needless to say, the children and ladies and I shared the living room as best we could.

Such went my extended Napa birthday.

21 Jan Bhante and Tanqueray gin bottle

One day when Bhané and I were living in Greenbelt, Maryland I walked in to find him taking his pinky and going around the cap of an empty half gallon Tangeray gin bottle. The marano green glass is perfect for making green water and green oil according to Bhané's system that he reportedly recorded from the original Bhuddhic scrolls.

It was the first time i had seen him holding anything related to alcohol. He looked a the look on my face and said, "I am now a follower of the Buddha. I was a bon vivant once you know."

So often he taught through observing a simple act of awareness. Observing and then looking more deeply for something more subtle and profound.

In regard to that bottle cap, Bhané commented, "Ah... juniper berries". He was a many of the world and a man of the moment. He taught be example. He was patient yet clear about what was needed in contrast to what might be wanted.

From that experience he went on to tach me how to make colored water in a few days and colored oils in a month or so. For green water and green oil us Tangerary Gin or Pellegrino Water green glass or equivalent. For blue water and blue oil, use Saratoga Water or equivalent royal blue glass. For amber water, use brown 'prune juice' glass bottles or yellow glass used for some Italian apperitif adult beverages / tinctures.

Bhante stayed int eh moment and made meaningful moments available to those willing to stay with him. He pointed out how much people live in teh past or in the future and how unhelpful that is in regard to soul and awareness development.

21 Jan Ginger dinner at Portland's Genoa Restaurant w/ Grey Wolf & Chris Rocca

Two of my special friends were also mindfulness practitioners. They founded and owned the Genoa restaurant in Portland, Oregon. They won the award as best restaurant in the Northwest. After meeting Bhan   and becoming students of his color healing and meditation systems, they offered an evening's dinner with a special ginger centered menu. When the night came, the restaurant was full. The word was out. Bhan   was in the house.

From ginger custard to start to ginger infused vegetables to ginger rich dal to ginger root based braised vegetables to a ginger broth and ginger ice cream. The evening was a triumph. Bhan   was most pleased. All present seemed to have a memorable moment.

Chris and Grey share two young adult daughters each of whom is making their way to better the world they inherited. While they separated as a couple, Chris moved to Santa Fe where he focused on real estate and his new partner. Grey married Arthur Waskow's brother in a small world coincidence in my life given how important Arthur was to Reb Zalman Schachter-Shalomi and to me. Rabbi Waskow wrote Seasons of our Joy and was important in the earliest days of Jewish Renewal in America.

The restaurant closed shortly after they separated. Grey went on to found and own Bread and Ink Cafe, a Portland writers and eaters mecca for many years.

Feb 4 Keynote in Beijing via Singapore

As the door was closing on my Frankfurt to Beijing flight via Singapore, the purser came and whispered that there is an issue with my VISA that the airline would do its best to resolve en route. The air Singapore flight was 12 hours. They had graciously upgraded me to seat 1A on the Airbus 380. They brought ginger tea without my request because on a previous flight I had requested ginger tea so they made sure enough was available on this flight. The flight was uneventful. The lie flat seat and jump suit provided allowed for a restful sleep after a simple, largely broths and liquids service.

On arrival, I was met by three people who escorted me to the lounge. My VISA needed to be redone. I needed to go downtown to 10 Orchard Road and re-apply. This meant that I would miss today's continuation to Beijing. They would hold a seat for me on the next day's flight, however, I had to call them back to confirm that a VISA could that quickly be arranged.

The chancery office in downtown Singapore was efficient. A new application was required. My invitation had come from a major international meeting co-sponsored by the Chinese government. Seemed odd that my VISA was cancelled at the last minute.

The net result was that rather than arrive on Friday as planned, I would arrive on Monday morning a few hours before my talk. My plan had been to acclimate to the new location for a few days and rehearse with local audiovisual people to make sure the presentation went off smoothly and effectively.

My plan had been to spend a week in Beijing and then come back to Singapore for a week renewing relationships and enjoying the community. My preferred hotel at that time as the St Regis, a Starwood property. It is located within walking distance of almost anything you might need from staples to restaurants; from gardens to offices; from entertainment to navigation. There was also a Formula 1 race that week in Singapore. Rooms were scarce.

After pleading, they accommodated me. A room was waiting when I checked in. I went to take a nap and figure out what to do. The night curtain became caught in the fabric decorating it. The hotel

immediately upgraded my to a Lady Astor Suite with apologies for the inconvenience. In the meantime, I met the front desk manager on duty. He introduced me to a young capable AV / IT person who networked a miracle allowing me to give the keynote from Singapore and have it on a large high definition screen in Beijing as if I was there. The audience laughed in the right places and stood up at the end.

I ended up with two weeks sojourn in Singapore.

Feb 25 Playing Saxophone in high school

Mom's musical talent was easily evident. She sang beautifully; would harmonize when she chose. We had a baby grand Knabe piano. Her specialty in music were single reed instruments, particularly alto sax. While my piano lessons continued into high school, my interest grew in the saxophone. This extended into musing about becoming a musician of some sort.

Mom said little about my intention. Friends of hers from her professional career started to visit for the first time in my memory. Rosie Gottesman and her husband, for example. She played drums and he played the base fiddle in both the NBC orchestra under Toscanini and the New York Philharmonic then under Leonard Bernstein. There was also Estelle Slavin who fronted the combo (Estelle and the Brunettes; managed by the William Morris Agency) and played trumpet. Muriel Havenstein played base I think. She returned to a professional career after her children grew up.

In each visit I learned that music is a wonderful avocation and the difficult life as a professional even for those who seemed to be among the best at performing their instrument. It did not take long for me to begin focusing of some other life plan. Initially that meant law and the Rabbinate through the Columbia University joint program. How I came into medicine, science and being an entrepreneur are written about in a different episode.

My love of music continues, particularly Judy Collins, Barbra Streisand, Phil Ochs, Leonard Cohen, and Shlomo Carlbach. Singing seems to reduce my blood pressure and help my neck muscles stay relaxed rather than tense.

Mom sometimes said that she traded her Selmer saxophone for me and did not get the better end of that trade. My sense is that if Marlene had been able to remain involved as a professional her life might have been different. The loss of that autonomy and applause weighed heavily on her even as her weight soared over the years.

Later in her life Mom volunteered and led the choir at Temple Israel in Albany, NY. She particularly liked Cantor Herbert Feder, my childhood bar mitzvah teacher. He had a lovely baritone voice. He

gave concerts for the local Jewish community. He went on to become a Rabbi and served congregations as both Rabbi and Cantor.

Mom told the story that she was asked to play a solo at her high school graduation. She chose Ave Maria. The Italian Catholics in the audience (about half) greatly enjoyed her playing. The Jews in the audience (about the other half) had mostly never heard anything like it before.

Mom also said that her combo toured the East Coast, from The Borscht Belt in the Catskills all the way to Miami Beach. She remembered playing Doc's in Baltimore, the Blue Note in New York, Blue's Alley in Washington, DC.

At that time, the Rooney Plaza on Collins Avenue at 23rd Street was the North end of Miami Beach. Mom said that land further north yet on the beach was being sold at a dollar a foot. Unfortunately, she did not buy any land.

Feb 25 Praying at Maimonides, the Talner, the Bostoner & Young Israel

Being a student in Boston in the 1960s was perfect for those of us who loved Yiddishkeit and Judaism. Millennial scholars like Rabbi Joseph B Soleveitchik who gave lucid shiurim motzei shabbas at the Maimonides School near his home and where he prayed with a congregation barely beyond a minyan. The Twersky Chasidic dynasty had moved to Brookline/Brighton Massachusetts. The elder Twersky known as the Talner Rebbe married his daughter to the Ruv's son. I had the privilege of being present on the Simchas Torah evening when the Ruv came by during the hakaphott and, after dancing with and without a Torah scroll, he and the Talner retired to discuss the engagement of their children.

Rabbi Levi Horowitz was known as the Bostoner Rebbe. His home was the center of a Jewish Kotel that formed around him along Beacon Avenue just South of Boston College. A truly Jewish cadence consumed each of them. Being able to step in and out of their world was a gift and an emotional support at a time when I was largely unaware of my feelings.

Young Israel was then led by Rabbi Berman who went on to a brilliant homiletical career. At Young Israel students were particularly welcome. Mr Katz informally coordinated which students would be invited to lunch at which homes. My good fortune was to alternate between Mo Feuerstein, Aaron Feuerstein, and Mr Katz. Each family was alive in their practice and love of Judaism; each family quite different.

Moses Feuerstein was the politician in the family. He led the OU at one point. Israeli dignitaries often came to their home for Shabbas dinner or lunch. They lived on a New England square in a home with about 10 bedrooms and an equal number of baths. They had a staff of six caring for a family of six. Mo's elder son became a Rabbi and gives classes at Harvard I've heard. Mo's brother Aaron went to Harvard Business School, came back to the family sweater mill and reluctantly convinced his Dad Sam that natural fibers were no longer competitive in North America. Malden Mills became among the early leaders on computerized process control of artificial fabrics. Polartec is their best known invention. At one time, I was told that the liners to

all the over coats sold at JC Penny, Sears and Woolworth's had to come from Malden Mills. Aaron's wife Marika was hungarian Jewish aristocracy. She cooked and entertained well. She became a closet alcoholic at one point, moved to Houston Texas and became involved in Real Estate sales in the Woodland's suburb. She moved back to Brookline although she and Aaron divorced. He remarried, returned to run the business when his son ran into trouble, and is best known for being recognized by PResident Bill Clinton because when his production facility burned down, his company had insurance to cover the workers salaries for about six months. He kept everyone on full payroll for the two years it took to rebuild. He was soft spoken, unassuming and a shrewd businessman. He was on the board of Shawmut Bank at one time. I asked why. His answer, "Because of the number of zeros on my balance sheet." Asking him what would happen if he lost a zero, he smiled and said, someone else would then be on the board.

One Saturday evening after Havdalah, the phone rang. A European company had purchased the Israeli cotton crop that year. In two days the world would know that the buyer was going to default and declare bankruptcy. On behalf of his company, Aaron bought the entire lot. The concern was that a default in the cotton market might spread to other commodities and even the Israeli stock exchange, then a fragile institution.

Aaron often worked at the Lawrence, Massachusetts facility and sometimes at the original Malden Mills. Malden Mills also had offices in what was then the PanAm building in midtown Manhattan. Aaron would often take a helicopter from Brookline to Manhattan. Rabbi Soleveitchik sometimes road along. While I was often their guest for lunch on Shabbas between 1965-1972. Only a few years older than their three children, I became a virtual adopted big brother.

Aaron was quietly charitable and generous to his senior people. He recently celebrated his 93rd birthday. His daughter Joyce and I reconnected and she told me how the family evolved.

While In Boston, I took courses at Hebrew Teachers College while also at the BU Six Year Med program, initially on campus then in an apartment at 1862 Beacon Ave, Brookline and then in a brownstone a block from BU Med Center in the South End.

Mar 8 Chief Jake Swamp White Pine Tree of Peace in Hopewell

Among the many spiritual connections that grew from our connection with nature, Mohawk Tribe Chief and Medicine Man Jake Swamp is among the most impressive and remarkable. He is best known for planting white pine trees of peace. He has planted them at the United Nations and in Washington, DC and at our house in Hopewell, NJ.

The property is a bit less than eight acres. The lot is shaped like a flag. As you role down the driveway, on the right is a rock garden, artist studio and shaded space. In that place Jake chose to plant a white pine.

The significance is that 1,000+ years ago the Iroquois Confederacy achieved peace after a long time of conflict. They buried both the implements of war and the words of war under white pines. The Hiawatha story grows from this tradition.

The tree grew for a few years. Rebecca baked over it and then it cracked and died.

Mar 11 Henry Black, Joanne Fuddy, Jack Lewin high Blood Pressure

During the delicious time that Sky and I lived at the Vienna house, we discussed blood pressure one day. Omron is a company that makes devices including a variety of wrist and upper arm blood pressure self care devices. Using the wrist device Sky found his blood pressure to be 100/60 with a pulse of 60. Mine was 210/145 with a pulse of 72. When repeat testing produced the same results for both of us, we took advantage of a social dinner with Jack Lewin to seek a referral.

Jack Lewin was then the Executive Director of the American College of Cardiology here in Washington, DC. Jack and Sandy lived down the block from Chuck and Jan Lipsen on Columbia Road NW near Connecticut Avenue. Jack started as a public health physician on the Navajo / Hopi reservation in Nevada. He moved on to become health commissioner in Hawaii. While there, they started a personal biodynamic garden that they continue to visit. Next step for Jack was to move to Sacramento to lead the California Medical Association. Next came the opportunity to come to DC and lead one of the two major cardiology medical societies. New York called them to lead the Cardiovascular Research Foundation. Currently, Jack is an in demand policy expert working with a variety of groups to harmonize the current legislative initiatives on healthcare. Jack is a Fellow of the Health Studies Collegium.

At dinner, Jack suggested Professor Henry Black. With an impressive resume focused on hypertension, Henry was a multi-department academic at NYU in NYC. His assistant took my blood pressure with a similar Omron device. That morning my BP was 175/120 if I remember correctly.

Henry and I spoke for about 15 minutes. He appreciated Jack Lewin's referral. He knew my colleagues Carl Franzblau and Harry Gavras. Several times I mentioned my desire to understand the physiologic basis for the blood pressure increase. As a fellow scientist, I offered any specimens or to have any tests needed be done to get to and resolve the cause of my hypertension.

Since I had none of the usual physical signs of high BP, it is likely that I slowly adapted to hypertension over many years.

Dr Black asked me to take a 24^h ambulatory blood pressure monitor (ABPM). Upon analysis, his office called with the urgent news that I had high BP and needed management. Given that my coming to Henry for that reason, the news was not a surprise.

I received a prescription for a new generation thiazolidindione to help manage both my insulin resistance (obesity) and hypertension. Given how important physiology is to be before using pharmacology, I asked Dr Black if he could suggest any tests to get to the bottom of why my BP stayed higher than desired. He explained that '100% of people who have healthy blood pressure at 60 have high blood pressure by the time they are 80'. In addition, he pointed out that the tests are not that meaningful when applied to individuals. Renin? Aldosterone? Beta-natriuretic peptide? Vascular compliance studies? He politely told me to take the prescription and forget about why this happened. He also pointed out that the medicine had few reported side effects. I pointed out that when medications are newly available they often show few side effects until they are more widely used and then they often are found to have adverse consequences.

Upon brief online searching I found a paper Dr Black co-authored about hypertension at different ages. The paper showed that 80% rather than 100% of study population progressed to hypertension. Wanting to be in the 20% that did not have hypertension, I called back and ask Dr Black if he agreed with the paper I found. While he corrected his initial statement, he was confident that a prescription was needed and investigation was likely to be largely futile.

Looking for another physician who would agree to help me be studied to find if there were some neurohormone or immune or energetic or habitual reasons for my hypertension.

At Harvard's Brigham and Women's Hospital Dr Joanne Foody agreed to take me on as a patient. She told me she also affiliated with the PReventive Cardiology Society. She seemed supportive of helping me find out why my BP was sometimes quite OK and yet at other times bounced higher than preferred.

As an aside, the initial 15 minute visit with her was billed by the institution at \$500 or \$2000/professional hour. The lab tests, mostly routine plus homocysteine, hemoglobin A1c and hsCRP were billed

at \$1500. Upon asking about discounts for prompt payment, the hospital willingly decreased the bill by 45% in exchange for payment within a week of receipt of bill.

Within nine months of my becoming a satisfied patient she was recruited on short notice and left for another job. Her replacement did not agree with her proactive patient centered approach. My quest for a personal proactive predictive primary prevention physician continues. The integrative cardiologist at Scripps has an 18 month waiting list for new patients. The integrative cardiologist at U Arizona retired and has not been replaced. Colleagues at Northwestern U Medical Center, at Boston University, at George Washington Medical Center and at NIH have been sought. None yet found who are taking on patients and know more than I do about my body and how it is responding.

On the positive side, my weight is 60+ pounds lower than it had been. My current weight fluctuates between 160-165 pounds. My weight peaked by 225 pounds. Like too many, I gained several pounds a year for several decades slowly becoming insulin resistant and prediabetic. While I ate well, many more calories were consumed than needed. In addition, while enjoying pretty good health, my sedentary life style contributed to my issues. After decades of walking less than 2000 steps on a typical day, it is now my goal to walk at least 9000 steps a day. On most days this is logged by my Withings app on my iphone. While traveling and especially with long flights on some days the goal is not attained.

Am using a Kettler recumbent bike to increase cardiovascular reserve. Using the bike for 15-20 minutes is enough for me to 'travel' two miles at the resistance of 80. It usually takes a while for me to get my heart rate up to 100% of goal on the machine.

It is possible that collateral circulation is being built and that the current phase of hypertension if needed to build such new blood vessels. A work in progress I am.

Mar 18 MC Chuck Lipsen's birthday At Esther his sister's House

Jan Lipsen asked me to be the M/C 'entertainment' for her husband Chuck's ~70th birthday to be celebrated at his sister, Esther Coopersmith's house on S St NW near Connecticut Ave NW ('Embassy Row').

This was an 'informal' affair. Dinner was upstairs in the reception room inside. About 100 people were seated for dinner. Chuck came to Washington from Wisconsin where his family had a dairy farm. Chuck and his family became friends with Tip O'Neill and Sam Rayburn's protégé Lyndon Baines Johnson. Chuck worked in the Justice Department and served as President Johnson's advance man.

Jan had been chief of staff to Speaker of the House Mr Carl Albert. On his 92nd birthday Mr Albert called Chuck and Jan. Serving as their bartender that day, I answered his call. Jan told him they preferred to have a biochemist mix their drinks. Jan preferred bourbon. Chuck liked mixed drinks.

Jan asked if I had any jokes for after dinner. I found a list of classic 'borsht belt' one-liners. Fortunately the audience laughed at the first joke. Remembering to pause, I delivered the rest. It went well enough that afterward some people asked Chuck if I was a comedian. Chuck acknowledged that I was an amateur funny guy and also their in-house physician and NIH alumnus.

My introduction to Lipsen-land came in the early 1970s. As an unattached physician scientist with interest in public health, I was invited to the Lipsen's table initially for thanksgiving and New Years. Later, my good fortune was to eat with them every few weeks. A fascinating table they set. The main rule was confidentiality. The opportunity was to meet people as individuals and focus on issues before they became 'pot boilers' or 'crises of the moment'.

http://www.washingtonpost.com/wp-dyn/content/article/2009/11/05/AR2009110505205_5.html

Charles B. Lipsen Lawyer, Lobbyist

Charles B. Lipsen, 84, a Washington lobbyist and criminal defense lawyer who was involved in Democratic politics, died Oct. 17 [2009] at the Veterans Affairs hospital in Washington. He had cancer.

Mr. Lipsen, who spent the last 20 years of his career as a court-appointed criminal defense lawyer, was a veteran of the city's government relations industry. Over many decades, he worked for a series of trade associations, notably the Retail Clerks International Association and the National Cable Television Association.

Among the legislation he helped draft was the Poison Prevention Packaging Act of 1970, which mandated child-resistant medicine bottles to prevent child-poisoning cases.

During his career, he was a legislative adviser and political campaign advance man for President Lyndon B. Johnson. He was active in raising money for the Democratic Party.

Charles Lipsen, a District resident, was born in Minneapolis and raised in Mazomanie, Wis. His family said he added the middle name "Bradford" based on a comic strip character around the time he entered the Marine Corps during World War II. He served in the Pacific, and his decorations included the Purple Heart.

He was a 1950 sociology graduate of the University of Wisconsin and a 1952 graduate of its law school.

His memoir about his career as a lobbyist, "Vested Interest" (1977), was co-written with journalist and author Stephan Leshner.

Survivors include his wife of 63 years, Janice Greenberg Lipsen of Washington; three daughters, Sandra Ingamson of New York, Linda Lipsen of Kensington and Sydney Moor of Washington; a brother, Zel Lipsen of McLean; two sisters, Esther Coopersmith of Washington and Rita Rabinowitz of Bossier City, La.; six grandchildren; and a great-granddaughter.

By [James Morrison](#) - *The Washington Times* - Thursday, February 7, 2013

Foreign ambassadors to the U.S. meet the president in the Oval Office. The State Department is open to them, and members of Congress are eager to greet them. But the diplomats, with the exalted titles of “excellency and plenipotentiary,” do not really learn the ways of Washington until they have dinner with Esther Coopersmith. On a recent, unseasonably warm evening, Mrs. Coopersmith initiated the new ambassador from Singapore. Ambassador Ashok Kumar Mirpuri noted he had heard about Mrs. Coopersmith’s power dinners since he and his wife, Gouri, arrived in town six months ago.

“Esther Coopersmith presents every ambassador who comes to Washington,” Mr. Mirpuri said after he took his seat as the guest of honor at a dinner with more than 50 influential Washingtonians. “Thank you for sharing your friends with us. That’s what a new ambassador needs.”

Mrs. Coopersmith, a U.S. ambassador to the U.N. in the Carter administration, has hosted top hat guests for years at her elegant townhouse just off Embassy Row.

Dinner invitations at Esther Coopersmith’s home were rarely refused. One of her sons worked with Jan at Counselors for Management at one point. Her other son Jeffrey has long been the counsel to the Insurance COMmissioners Association. He and family live in Seattle, WA. Esther’s daughter Connie lives in Miami and works on behalf of the Clinton Global Initiative Foundation.

18 Mar Dudley Lyons

An unusual event led to a long time reciprocating relationship with Dudley Lyons and family.

A handwritten letter on company letterhead asked if I would consult on Mr Lyon's perplexing case. Topps, Inc., was the Shoren family Bazooka bubble gum and baseball cards business I quickly learned. Mr Lyons operated and ran the business for the family. His background included Amherst College, Harvard Business School and P&G Management mentoring. He had also worked for the family that owned Arm & Hammer Baking Soda. Dudley is credited with, among with successes, bringing baking soda to kitty litter, refrigerators and other places where odors linger.

Since my day job was clinical laboratory practice and research at the NIH Clinical Center, I did not answer him as I did not have either a consulting or a private practice at that time. It was my privilege to look in on some complex clinical cases and sometimes suggest something helpful. Two such examples are Warren Dechter and Cavas Gobhai, both trusted colleagues of Mr Lyons.

Warren Dechter was recognized in the advertising world. Part of his work was to commute from Europe to US. At that time, planes were often sprayed or fumigated just before or sometimes even after passengers embarked. Over time, Warren accumulated enough pesticide and mercury that his health and vitality substantially declines. My suggestion of a d-penicillamine provocation confirmed his excess of mercury and deficit in magnesium as well as zinc. Upon following a suggested biological detoxification plan his health largely restored. We have remained friendly ever since.

Cavas Gobhai is better known for helping invent and make successful Syntectics business problem solving. Cavas lived in Cambridge, MA, and was from a Parce family with global connections. Fortune 500 companies competed for time at Syntectics in Harvard Square.

Cavas introduced me to the syntectics problem solving process. One of my naive hopes was to bring such creative problem solving to academic medicine. While today leadership and innovation are

practiced within healthcare systems, in the 1970s seeds were being planted and little harvested.

Seven days after Dudley's first letter a second personal note appeared with a copy of the original. Again, I did not answer feeling that the writer worked for a 'sugar company'.

Three days after that I received a call. Mr Lyons asked if I'd received his letters. Having confirmed their receipt he ask if I had answered them. Confirmed the negative he firmly asked, 'why not.' This left me with the impression that people answered his letters.

After a brief conversation, I asked if he would be willing to drive me from NY Penn Station to Ananda Ashram in Monroe NY where I was scheduled to give a weekend workshop at one of my teacher's living communities. Reluctantly, he agreed. I suggested he bring his medical records and any x-rays with him. While en route, we would talk while I reviewed his history and prior medical care. His wife, Volina Valentine Lyons (Vee) was invited.

Mr Lyons seemed incredulous that i could do this while in a car. Since it was the only possible time, he agreed.

Indeed his care had been exemplary and conventional. He had been seen at the Mayo Clinic for their most comprehensive Executive Health evaluation. He had also been seen at Lahey Clinic in Boston, Imperial Hospital in Tokyo, the Charité in Berlin and Hammersmith Hospital in London (or some impressive array of medical institutions).

What was clear from his history is that he qualified as a 'mystery illness'. In his late 30s he was considering taking disability or perhaps retirement. He worked because he was very good at running organizations. He earned well and had an inheritance from his father that included a square block in Manhattan bounded by 5th and 6th avenue between 26th and 27th street.

Vee had grown up with the Burdens, Biltmores, Rockefellers and Valentines mostly in the Ashville, NC area. The movie Being There was filmed at the Biltmore estate. Vee grew up with Larry Rockefeller and Ordway Burden as friends and playmates. She worked for Sotheby auction house. Her expertise was 16th to 19th century oriental ceramics. She often road a bicycle or rollerbladed from their

apartment on Riverside Ave at 111th St to Sotheby's at 1334 York Ave.

The train from DC was on time. We met curbside. His medical records were about eight inches thick in my mind's eye. He had multiple x-rays films. After talking with him and glancing through what had been done it quickly became clear that whatever was going on was atypical indeed. Dudley's battery seemed to be sputtering. He had always been athletic, at least since recovering from rheumatic fever as a child. He played squash. He was once ranked among the top ten in the world. By the time we met he could sometimes barely handle a racket. His hips, knees and ankles were sufficiently challenged that he had several orthopedic surgeons available for implants as needed. While he did eventually have surgery on his hips, that was decades after we met.

The essence of his problem was lack of sufficient essential nutrients to keep up with his high stress physically demanding lifestyle. As a consequence, toxic metabolites were building up in his cells and impairing their functions.

Upon reaching Ananda, we spoke for some time. My suggestion was an intensive program focused on what the family ate, drank, thought and did. This meant whole seasonal foods. Vee became a star student on Anne Marie Colbin's School of Natural Cookery. This meant organic, locally grown and vine ripened or biodynamic when possible. My sense back then with evidence stronger today that food nutrient density was better and toxins lower in organic and home or locally grown foods. Even better yet are biodynamically grown items. Biodynamics is a ecosystem. Organic growing usually means without synthetic biocides and with natural fertilizers.

Vee let me know that they often ate out or catered in. The initial efforts on their behalf were successful enough that Dudley was willing to practice active meditation under Bhané's guidance. Bhané visited their home and asked that they remove the blood red color scheme from their bedroom as part of improving their apartment's feng shui. They found green dichromatic lights helpful. They gradually changed their lifestyle.

Vee was able to source healthier provisions throughout their area. The family got involved. Vee and their daughter Tory actively; their son Greg less so. Tory was chemically sensitive to VOCs (volatile organic compounds; solvent residues) in the air. Once her school stopped using them her ability to learn, her self confidence and her moods improved substantially.

Dudley recovered and went to work from Jim Patton at Marketing Corporation of America (MCA) in Westport, CT. MCA specialized in new product introduction for fortune 100 companies. MCA initially became the dominant packaged goods marketplace specialist. Dudley added practices in Finance and Healthcare. John Reed of Citi Corp's Bank of the Future was a client. Amex and Travelers Insurance were also active clients. On the healthcare side, MCA took on the reorganization of Doctors Hospital in Manhattan at about 90th overlooking the river. Dudley asked me to reorganize the labs to make them more responsive and less expensive. Healthcare services were increasingly being bundled. This meant that labs went from being independent profit centers to dependent cost centers. Capital budgets went away. Successful lab suppliers figured out how to charge per test or per click with discounts for volume and exclusivity.

When the lab opened and for years afterward Dudley was a key business development advisers. While Dudley had much experience, he also knew how to keep the business small so that his daughter and I could run it. Eventually I figured out that he needed to be the only guiding voice in the room. To some extent, he treated me as a business novice. He had people recruited to help run the business that were loyal to him and not to the mission or the founder.

Along the way, it became clear that Dudley needed a day-to-day resource in addition to me. Dr Tony Calandro, DC, initially on long island and then from Florida filled that role. Tony found that he was eventually able to do remotely what he did in his office, the van Rumpt technique at which he was gifted.

With common interests in sports, Dudley eventually put Tony on retainer and would talk to him most days. My role was to solve problems Tony did not address.

Finally it became clear that having Tory in the businesses meant that they would slowly grow and never achieve their potential. Tory and her husband have two daughters. They have a home in the Lansdowne development in Ashburn, VA. Tory became an at home sale rep for Biotics. She is an engaged and active mom. Her husband John is a dedicated litigator.

By the time it became clear that the Lyons goals were not aligned with mine, Dudley held a minority equity position. We negotiated a long term payout as well as a payout based on discounting to current value and market conditions. Fortunately, I was able to buy him out although it hurt cash available for reinvestment for a short time.

Dudley and Vee were mostly living in Naples, FL by then. They did have a condo near Tory and were snow birds for a while.

18 Mar Tony Calandro & van Rumpt technique & Snowboarding

Tony Calandro studied with Richard van Rumpt a unique variant of chiropractic. Most of the time, Tony stood at your feet with the person face down on his table. Professor van Rumpt was a legend at NY Chiropractic College because of the clinical results he achieved. He was selective in regard to students and proteges. He felt you had to have a gift before he would mentor you. One of his exemplary students was Tony Calandro.

When we met his offices were on Long Island not far from JFK airport. My friend Ron Lanfranchi knew of Tony and warmly endorsed him. He made few clinical statements. He listened to his clients, had them lie on his table face down and he wiggled their feet while talking with them. Eclectic the technique is.

After referring a number of people to Tony, there is one personal saga that illustrates Tony's skill. When sky was a teenager, he and I often with Anna would spend year end holiday time in Snowmass, CO. Ski in Ski out condos were readily available. While Sky was outstanding at snowboarding, Anna was an excellent skier. Sky says he got inducted into the Jimmy Hendrix cabin at the top of Aspen Mountain one year while he was a junior snowboard instructor.

One day Sky told me that we could go to a different area than usual. He would use the challenging trails and I would have a leisurely long run back to the base of the mountain. Started off fine. While enjoying the scenery and not paying attention I caught a lip of the board. Forward I fell. Helmets were then optional and I was foolish. The next awareness I had was being face down in the snow. Slowly coming back to awareness, I noticed some bright red in the snow. My face rather than my skull had taken the force.

Shortly after assessing that i could slowly get back up and continue, the ski patrol arrived. Two very helpful people explained that they must transport me back to the base for reasons of my safety. On the way down I explained who I am and that I planned to take care of myself rather than go the the emergency room. By the time we got to the base, the chief EMT happened to know Amory Lovins and another colleague in the area. They convinced him that I was being prudent rather than foolish.

Getting back to the condo I assessed options. After showering and bandaging my abraded face it occurred to me that calling Tony might be a good move. Tony quickly assessed that I'd had a physical trauma, that there was some shock and residual in my connective tissue infrastructure, and he worked on me remotely. He was then in Fort Lauderdale, FL. While it took a few days for me to heal and my bruised ego to recover, between Tony, lots of PERQUE supplements and rest the recovery was prompt and uneventful.

18 Mar Bob and Dina McCabe

“Bob and Dina may be the nicest people on the planet,” said the chief of imaging at Whitehead institute, MIT’s crown jewel.

Bob had suggested me to the advisory of the Whitehead institute.

Endowed by Jack Whitehead, founder of Technicon™ and a friend of the McCabes, the Whitehead Institute had become internationally known for exceptional science on a small budget. As a result, we, the advisors, would be feted and exposed to the latest science for leading lights.

For example, Bob Weinberg was showing that EGCG would uniquely turn off certain cancers because of its stereochemistry. Green tea and white teas have EGCG in abundance. People who drink them regularly are known to have longer survival than those who do not drink them.

Bob live in NY on 79th at Park Ave, in Paris, in Athens, and on Patmos. As such they traveled regularly, maintained by a staff in each location and spent decades enjoying their success.

Bob’s son George went to Princeton, worked for two years for Peter Lynch at his foundation and then started a boutique global investment advisory based on Boston.

14 Mar Al Augustine

Algis Augustine, JD, was assistant AG in Illinois for regulatory affairs. He was protege of Ron Stackler, then Illinois AG. Ron went on to live in Malibu and advise political Leaders in California such as Arnold Schwarzenegger. Ron preferred to drive a '57 thunderbird. He was a wonderful host and an excellent listener.

Al specialized in preserving medical state license for docs who were integrative, holistic or comprehensive. He made sure they practiced quality medicine before defending them. He was largely successful. He helped me anticipate and avoid problems many times. His partner in NJ Steve Kern was also helpful while I ran the Princeton BioCenter.

Al was also the lawyer for A4M (Klatz and Goldstein), Bosley hair, and CTCA (Richard Stephenson's main businesses).

Al serves as one of my trustees as he does for the Stephenson family.

While officially retired from his law firm, Al consults and advises actively when not playing golf in La Jolla, Malibu or Naples, FL. He also visits with his daughter Brandi and with the Sacklers when not attending board meetings or playing golf.

18 Mar Bob Nash

Robert Nash, MD, is as knowledgeable and intuitive as you would want a doctor to be. Bob trained at SUNY Upstate in Syracuse, NY. An accomplished neurologist, he served as America's military medical attaché to Saudi Arabia. The 'serotonin syndrome' questionnaire is one of his insights. Bob became chair of the American Board of Chelation Therapy. He asked me to assume that task when he passed that baton.

Bob's practice was in the tidewater area, from Norfolk to Newport News. He often spoke at integrative medical meetings. At such meetings we became friends and allies.

Enough experience with the fragmented dysfunctional medical system left him cynical about what the future of medicine might look like. My sense is that the consumer will drive a transition to healthful caring to replace the 'five minute medicine' model that dominates today's care.

Leaders in Integrative Medicine including Terry Chappell and Tammy Born hold Bob in esteem. Tommy Thompson consults him on healthcare policy matters.

18 Mar Artemis Simopolous and Bellagio Sfondrata Conference

ARtemis Simopolous served Don Fredrickson, possibly the last innovative and well connected director of NIH. He found her diligent, insightful and socially skilled. The Mediterranean Diet, particularly the Greek Mediterranean Diet, is recognized globally as amongst the healthiest with the dividend of longer functional lives. In particular, the role of helpful Omega 3 EPA and DHA has been documented and advanced through her work.

Bill Harris's work on the Omega 3 index or Omega 3 ratio has further documented the importance of Omega 3 to Omega 6 fats in human health. Further, these unsaturated fats are highly susceptible to damage by air; to oxidation that turns them rancid. These fats are used by the body to produce powerful communication molecules known as cytokines, interleukins and thromboxanes. When oxygen is added to these polyunsaturated fatty acids their actions become harmful rather than helpful to cell membranes, the interface between cells and the world around them. For example, magnesium functions as an antioxidant to protect essential fats like EPA and DHA from being oxidized during transport; while the fats are in LDL or HDL carriers. Other necessary protective antioxidants include tocopherols and selenomethionine. There are eight forms of tocopherols also known as vitamin E. Each has a different place that it helps protect in the body. For example, gamma-tocopherol specifically helps the heart. Other forms help protect different cell types such as skeletal muscle, smooth muscle, joint and bone, and lungs. Whole foods and natural concentrates contain all eight forms of vitamin E. Supplements use a single synthetic form over 90% of the time.

Those of us like Artemis and myself who respect nature, nurture and wholeness; who find physiology before pharmacology achieves better outcomes at lower costs and risk; who look deeply at the evidence find opportunities in the traditional or natural forms of supplements. In contrast, the work-a-likes such as synthetic single forms in our experience create illusions without providing adequate protection or benefit. A paradox today is that resources are generally lacking for the needed studies to confirm the potential benefits of natural products. My criteria is to only use the form of a nutrient shown beneficial in outcome studies. Theses are generally the more expensive and more comprehensive, more natural forms. On the

other hand, patents on combinations of small natural molecules are providing opportunities for unique, safer and more effective products to be properly studied and documented.

After leaving NIH, Artemis founded the Center for Nutrigenetics and Nutrigenomics in Washington, DC. To raise awareness of the urgent need for well funded centers to study opportunities for human health enhancement, restoration and rehabilitation through use of physiology before pharmacology; of enhancing the functional capacity of each individual so that any needed medications or interventions can have more benefit and less adverse effects due to essential nutrient lacks or toxin overload in the person.

Artemis was awarded funds from Amway / Nutrilite and from HHealth Studies Collegium to hold a planning conference on lake Como at Bellagio Sfondrata, Rockefeller University's meeting center established in the 1960s. About 20 people attended. The Bellagio report has now been translated into multiple languages and has been endorsed by numerous international nutrition societies and agencies.

Below is the text of the report without the figures, tables and visuals.

Bellagio Report on Healthy Agriculture, Healthy Nutrition, Healthy People

Conference Chairs: Artemis P. Simopoulos, Peter G. Bourne, Ole Faergeman
Honorary Co-Chairs: Dan Glickman, Philip R. Lee

Participants: Jon Andrus, Gail C. Christopher, Sarath Gopalan, Russell Jaffe, Richard J. Johnson, Leonidas Koskos, Philippe Legrand, Duo Li, Ascensión Marcos, Anne M. Peniston, Sam Rehnborg, Laura A. Schmidt, Ian Scott, Kraisid Tontisirin, Dan L. Waitzberg

Cover illustration: Alexandra I. Pinkerson, M.D.

*The Bellagio Report was approved by the Participants of the Bellagio Meeting on "Healthy Agriculture, Healthy Nutrition, Healthy People"

The Bellagio Report on Healthy Agriculture, Healthy Nutrition, Healthy People

Introduction

The meeting on Healthy Agriculture, Healthy Nutrition, Healthy People took place at the Rockefeller Foundation Bellagio Center in Italy, October 30th-November 1st 2012. The meeting was sponsored by The Center for Genetics Nutrition and Health, The Rockefeller Foundation, Green Templeton College of the University of Oxford, W.K. Kellogg Foundation, Nutrilite Health Institute, Health Studies Collegium, Hellenic American University, and Hellenic American Union. The focus of the meeting was the Implementation of the Action Plan on Healthy Agriculture, Healthy Nutrition, Healthy People, which had been developed at the meeting on Healthy Agriculture, Healthy Nutrition, Healthy People, held at Ancient Olympia, Greece October 5th-8th 2010 (Appendix I).

The meeting in Bellagio was science-based but policy-oriented (Appendix II). There were 19 participants from 9 countries, including distinguished physicians, nutritionists, agriculturists, economists, policy experts, lawyers, representatives of industry and representatives from United States Agency for International Development (USAID), Pan American Health Organization (PAHO), and the W.K. Kellogg Foundation (Appendix III). This international constellation of expertise provided a superb opportunity for in depth discussions of the most current scientific evidence on sustainable agriculture and nutrition security for health.

The group's broad, overall concerns were with human health, particularly child health, with societal economics, and with planetary ecosystems. Our lifestyles—including where we live, our activity levels, economic well-being and exposure to stress—all affect human health. We are also embedded in larger systems of agriculture, food cultures and food supply chains that can increase as well as decrease our chances of becoming and remaining healthy. At the same time that some children starve, others (sometimes in the same societies) are prone to obesity and other chronic diseases that stem from poor nutritional content of foods.

While many substances in the diet may affect health, the meeting focused primarily on those elements where the scientific evidence shows the link to be strongest and where the impact on the epidemic of non-communicable diseases (NCDs) worldwide is greatest.

2

Goals

1. To develop strategies that would translate the current state of scientific knowledge on nutrition into specific interventions that will result in people eating healthier diets.
2. Agronomic, nutritional and medical sciences should not be subservient to business interests.

The meeting focused on the following issues:

-
- 1) Health-oriented agriculture is needed to tailor the food chain to eradicate critical deficiencies and imbalances (e.g. change animal feeds to balance the omega-6/omega-3 fatty acid ratio, decrease the excessive production of high fructose corn syrup (HFCS)).
-
-
- 2) Agronomic, nutritional and medical sciences should be independent of business interests.
-
-
- 3) Need for new forms of agriculture such as agroecology and urban agriculture.
-
-
- 4) Future dietary guidelines to be based on ecological (including climatological) as well as nutritional science.
-
-
- 5) Nutrition research should be the basis of food sciences research and not the reverse as it is now.
-

Novel Aspects of the Meeting

Over the past 10 years there have been many reports on diet and chronic diseases, obesity, global health, and non-communicable diseases (NCD's) issued by WHO- FAO, national governments, scientific institutions, medical associations and foundations. However, the novelty of this meeting was the emphasis on:

1. The vital role of political leadership in translating the current well- documented level of scientific knowledge into national and international policies that will change the composition of the food people consume.

3

1. The importance of specific nutrients such as the balance of omega-6 and omega-3 fatty acids in the diet and the excessive production and consumption of fructose and its detrimental effects on growth and development of children and the development of chronic diseases.
2. The importance of developing national food composition tables. To date, only a few countries have these data, and as a result FAO and WHO depend on data per capita consumption of major food groups for policy making.
3. The differences and similarities between more affluent countries and developing countries, and what needs to be done going forward that is practical, feasible, and sustainable.
4. The economic and political contexts in which meaningful actions affecting population nutrition must occur.
5. The role of genetics. Gene expression patterns and their frequencies differ geographically between populations and within populations, but the effect of genetic variants on disease is modified by environmental factors including diet. For example, the dietary intake of vegetable oils high in omega-6 fatty acids increases the risk for cardiovascular disease as a function of genetic variation in European populations and perhaps even more so in populations of African ancestry with genetic variants affecting

rates of metabolism of omega-6 fatty acids due to their higher frequency. Gene / diet interactions should be considered in all studies relating diet to health and diseases such as diabetes, obesity, cardiovascular disease and African sleeping sickness. Recently the NIH and Wellcome Trust have joined forces to fund large-scale population studies by African researchers on African populations.

Meeting Content

One of the important issues included in all the presentations, given over three days, was the obstacles governments face in implementing policies that would lead to optimal scientifically based diets for their populations. The sources of opposition to those policies was also discussed. Participants were asked to consider the complexities for government adoption of policy, including regional considerations, leadership issues (academic institutions, medical school education, industry, including agribusiness); management; economic issues (which was discussed in detail by Dr Ole Faergeman of Denmark); and nutritional determinants of health. Specific attention was also given to commercial considerations with attention to developing policies without unnecessary negative impact on the food industry. However, it was agreed government must not be influenced by industry to pursue policies contrary to the health and nutrition needs of its people.

4 Local Initiatives to Enlighten Industry

Two countries have initiated nutritional programs with demonstrable benefit on the nutrition and health of their peoples. In both instances a pre-condition for success was a high level of political commitment to assuring a strong food supply with optimal nutritional content. Dr. Dan L. Waitzberg (Brazil) gave a presentation of how Brazilian government policy, under presidential direction, has resulted in the “right to nutrition and food” for all of its citizens, and how this new policy has had an impact on the health of the Brazilian people. Similarly, Dr Kraissid Tontisirin (Thailand) provided an exciting presentation on how the nutrition, agriculture and health departments of the Thai government have worked together to develop nutritional policies based on consideration of all three disciplines.

Role of Specific Food Groups

One of the more hotly discussed topics was on the role of the nutritional content of foods. This included a discussion of the role of healthy and unhealthy fats, with attention to the relative content of omega-3 and omega-6 fatty acids in food by Dr Artemis P. Simopoulos (USA). In addition, Dr. Richard J. Johnson (USA) reviewed the evidence that the worldwide increase in added sugars containing fructose may underlie the epidemics of obesity and diabetes.

Conclusions

I. General Conclusions

Good health requires food of good quality. Access to optimal nutrition and health are fundamental human rights. They apply to us all, rich and poor, young and old.

Malnutrition remains common. One in seven humans are malnourished because of poverty. The poor live in poor countries, but they also live in rich countries with major inequalities in wealth. The poor have little choice about what is available for them to eat. In contrast, the affluent suffer from overnutrition having a wide selection of foods with both poor and good nutritional content, but inadequate knowledge or government guidance to avoid a diet that impacts adversely on their health.

Malnutrition is a societal issue, and it is a gigantic one. The last 30 years have seen a dramatic growth of economic and geopolitical power of emerging markets - Brazil, China, India, Indonesia, Mexico, Russia, South

Africa - and the magnitude of the nutrition and health issues facing those countries will soon exceed that in wealthy countries. The issues include simultaneously both the continuously growing chronic non-communicable diseases of the affluent, and the infectious diseases of the poor. The dietary choices made by the affluent in these countries will have a steadily increasing negative impact on the health of their populations. There is an opportunity to prevent this.

Malnutrition is also a function of what food we choose to produce, how we produce it, and whether and how we make it available to us all. Farmers, industrial agriculture and food processing and distribution profoundly affect ecosystems and climate, moreover, and they are major actors in our economic and financial systems. These players also directly determine the quality of the dietary options available.

Good nutrition and malnutrition are understood by scientists, and they should have a key role in the adoption of good nutrition, ecology and agronomy policies by governments.

Governments are influenced to varying degrees by corporate interests. The task of government leaders is to work out policies for food and nutrition with appropriate respect to culture and agricultural tradition as well as the food industry.

Adding to the difficulties of formulating policy, the ivory tower of unadulterated university research no longer exists. The food industry including agriculture also performs research, it contributes to and influences research performed in universities, and it understandably exploits the results of research in choosing what to produce and bring to market. All of these various complexities continue to affect if not determine debates about nutrition and human health.

Chronic non-communicable diseases such as atherosclerosis, type 2 diabetes, obesity, respiratory diseases, and certain cancers are common in rich countries and on the increase in countries on the way to affluence. All of these conditions are more or less determined by what we eat, and the debates about what to eat to avoid disease are almost countless. Some of them are nevertheless scientifically well informed by studies at many different levels of nutrition understanding.

Well performed epidemiological studies have documented effects of micronutrients on health. Vitamin D is an example. Still other studies have

6

been performed on the level of the three major sources of food energy: carbohydrates, fats and proteins. The following discussion is an attempt to exemplify aspects of this particular branch of nutrition research that are relevant for policy.

Advancing science has provided convincing evidence that providing food solely based on calorie content is not enough to provide good health and nutrition. Rather, the choice of carbohydrates, fats, and proteins affect risk of disease. Even obesity is not a simple function of caloric intake. Increasing evidence, for example, suggests that large amounts of a sugar such as fructose in processed foods and beverages may increase the risk for developing diabetes and liver disease. The adverse effects of excessive sugar consumption had been known for more than fifty years but we have failed to intervene appropriately.

II. Specific Conclusions

A. Fructose from Added Sugars

Fructose is a monosaccharide found in honey, ripened fruits and vegetables. Table sugar is sucrose, a disaccharide composed of fructose chemically coupled to glucose, another monosaccharide. Sources of fructose are sugar cane, sugar beets and corn. It is an effective and low-cost sweetener, and it is therefore extensively used in food and beverages (high-fructose corn syrup, HFCS). It does have a dependence producing effect making it hard for people to reduce or eliminate it from their diet.

Intake of sugar and sweeteners containing fructose has increased markedly in many countries throughout the world. The U.S. National Health and Nutrition Examination Survey (NHANES), for example, reported that about 15% of Americans consume greater than 25% of their energy from added sugars. Annual intake of added sugars in the United States is approximately 35 kg/capita or about one sixth of food energy.

There is increasing evidence from experimental and clinical studies that intake of added sugars not only increases the well-known risk of caries, but also risk of cardiovascular disease, non-alcoholic fatty liver disease, obesity, diabetes, and possibly even cancer. While some authorities, primarily those funded by the food industry, have argued that the high amounts of added sugars in food and beverages may contribute to health risks solely as a consequence of their caloric content, there is also mounting evidence that fructose may have a specific ability to cause fatty liver (which can progress to cirrhosis of the liver), high triglycerides in blood (which can contribute

7

to cardiovascular disease), insulin resistance (leading to type 2 diabetes) and increased appetite (which obviously can lead to obesity). Obesity itself promotes cardiovascular disease, type 2 diabetes and certain cancers, moreover. Immoderate intake of added sugars, fructose in particular, may therefore increase health risks with important public health implications.

B. Fatty Acids

Studies performed since the middle of the 20th century indicated that saturated fat increased, and polyunsaturated fat lowered, the risk of disease,

cardiovascular disease in particular. That understanding encouraged farmers and the food industry to increase production of vegetable oils rich in polyunsaturated fats from soy, sunflower and, particularly in the United States, corn (maize).

Fat in food is mainly fatty acids chemically coupled to glycerol. Fatty acids can be saturated with hydrogen. If not, they are more or less unsaturated. The polyunsaturated fatty acids contribute importantly to average diets, but the balance of two kinds of polyunsaturated fatty acids in modern diets is quite different from that in diets during human evolution. Whereas the latter contained about one omega-3 fatty acid for every four omega-6 fatty acids, modern diets can contain as much as fifty to a hundred times more omega-6 than omega-3 polyunsaturated fatty acids. The evidence that this imbalance contributes to disease is now convincing, and governments should formulate policies for agriculture and food to affect costs and availability of various fatty acids to the general public so that the ratio of omega-6 to omega-3 fatty acids can once again approach that to which we are genetically adapted, i.e. four to one. High omega-6/omega-3 ratios typify Western diets and, increasingly, diets throughout the world, and they are associated with increased risk for cardiovascular disease, obesity, type 2 diabetes and cancer of the breast and prostate, particularly in individuals who are genetically predisposed. Of concern, animal experiments indicate that low intakes of docosahexanoic acid, an omega-3 fatty acid, in combination with a high intake of fructose, leads to metabolic syndrome in the brain.

C. All calories are not the same

We use the apparent self-contradiction, “a calorie is not a calorie”, to emphasize that different nutrients with the same amount of food energy (calories) can differ in their effects on body weight. Fructose, for example, increases appetite more effectively than glucose. One calorie of fructose is therefore more obesogenic than one calorie of glucose. Similarly, omega-6 fatty acids may be more obesogenic than omega-3 fatty acids. Weight loss regimens must therefore take nutritional as well as overall caloric concerns into account.

The metabolic effects of whole food calories also differ from those of processed and restructured foods.

D. Nutrition is part of a larger picture

We acknowledge the monetary importance of agriculture and food production, but we also acknowledge the importance of agriculture for societal fabric and the impact of agriculture on the ecosystems on which we depend. World-wide increased agricultural production is ascribed to the further industrialization of agriculture since the mid 20th century (“Green Revolution”), but industrial agriculture is also an important reason that mankind has now passed several planetary boundaries for sustainability.

They include disruption of the nitrogen cycle, loss of biodiversity, and global warming. Demand for chemical fertilizers is also rapidly depleting known deposits of phosphorus, and profligate use of phosphorus, nitrogen and pesticides is an important cause of destruction of ecosystems including those in soil. Others compromising soil health are erosion by wind and water, compaction by heavy machinery, and pollution by effluents from intensive production of livestock.

The allocation of farm land to raising biofuels and feed for animals rather than food for humans increases demand for and transnational purchases of farm land in poor countries by rich countries. Such allocation also increases the price of food. Food prices have fluctuated, moreover, because of the speculation in agricultural commodities made possible by deregulation of financial markets. Most of these complexities affect nutrition detrimentally, and they all make life more difficult and precarious for the poor.

E. The Brazilian model

Brazil is a good example of how presidential leadership can mobilize all aspects of government, national agriculture and public health to achieve better health through dramatically improved nutrition. President Luiz Ignacio Lula da Silva publicly announced the very high priority he attached to ending hunger and reducing poverty in the country. This set in motion changes throughout the society that enhanced the availability and nutritional quality of food. The government provided leadership in supporting local food production. Legislation required that 30% of meals served at schools must come from local markets, thus supporting local farmers and providing fresh and nutritious foods consistent with the culture of the various local communities.

Brazil has sought original ways to eliminate hunger and poverty, obliging the state to implement public policies that guarantee fundamental human rights to minimum income, food, health, education and work.

Some of the key lessons learned include: (i) the importance of participatory pacts related to concepts and principles; (ii) the appropriateness of the choice of a systemic and intersectoral approach; (iii) the relevant role of civil society ensured through formal spaces of social dialogue (CONSEAs); (iv) the importance of the state in the protection of human rights above market interests; (v) the necessary practice of intersectoral coordination in the design and management of public policies on food and nutrition security; (vi) the strategic role of women in the struggle to guarantee food sovereignty as well as the conservation and sustainable management of natural resources; and (vii) the respect for and guarantee of ethno- development principles in the design and implementation of public policies for indigenous peoples, blacks, traditional peoples and communities.

The continuity of the main public policies that have contributed to this progress and the convergence of political and social forces are indispensable conditions to overcoming the challenges that still hinder the elimination of all forms of social inequality and violation of rights.

Brazil provides a model that other countries can emulate.

F. The Thai model

Thailand, an emerging economy with a distinctive heritage of a unique cultural cuisine, is today one of the leaders in the progressive management of food production, marketing, nutrition and human health. Under the nation's Strategic Framework for Food Management, nutrition policy is formulated in a way that goes well beyond the office of any one department or ministry of government. As in Brazil Thailand has shown high level government commitment to food and nutrition policy. Ministers and secretaries of health, food, agriculture, urban and rural planning, commerce, foreign aid, and finance all have responsibilities and rights to guide policy agendas with implications for food. Food policy has therefore been elevated to the highest levels, and the head of government serves as chairperson of the strategic planning group. Perhaps even more progressive is the assumption that the highest levels of government are there to support self-

directed community-based leaders in fulfilling locally defined objectives for food production, health promotion and environmental stewardship.

Recommendations

-
- 1) Heads of state and government must elevate , as a matter of urgency, nutrition as a national priority (e.g. Brazil and Thailand).
-
-
- 2) Good nutrition is a human right, but it is impossible to achieve for whole populations without good policies for food, health, nutrition, agriculture, ecology, economy and commerce. It is therefore the responsibility of heads of state and government to provide the leadership that will lead to an “all society” approach for good nutrition.
-
-
- 3) Advance public understanding of the following key aspects of nutrition:
- -
 - – With the increasing decline in infectious diseases most experts believe that poor nutrition is now the single most important obstacle to better health worldwide,
 -
 -
 - – Under-nutrition and malnutrition primarily affect the developing world where people with no choice have inadequate intake of calories and micronutrients. It differs from the problem in industrialized nations where many people knowingly and unknowingly choose a diet with a composition that leads to serious chronic disease and premature death.
 -
 -
 - – Emerging market countries such as Brazil, China, India and Russia simultaneously face the nutritional problems of both developed and developing countries.
 -
 -

- – Sugar consumption, especially in the form of high energy fructose in soft drinks, poses a major and insidious health threat, especially to children. The health threat is comparable to that from cigarette smoking.
-
-
- – Most diets, although with regional differences, are deficient in omega-3 fatty acids and too high in omega-6 fatty acids.
-
-
- – Access to a healthy diet should be considered a human right.
-
-
-
- 4) Place the lead responsibility for nutrition in ministries of health rather than agriculture so that the health requirements drive agricultural priorities not vice versa. Nutritional security should be given the same priority as food security.
-

11

-
- 5) The American Heart Association warnings on the “overconsumption” of added sugar should be strongly promoted (no more than 6 teaspoons for an adult woman and 9 teaspoons for adult men daily). As an example, this would limit the average woman to one 8-oz sugar-sweetened beverage per day or its equivalent. Health warnings on all sugar-sweetened beverages should be considered.

-
-
- 6) A concerted effort is needed to decrease the ratio of omega-6 to omega-3 fatty acids in the diet. Education and if necessary government intervention should be used to get populations to switch from oils high in omega-6 such as corn, safflower, and sunflower oils, to those high in omega-3 such as rapeseed, flax seed and oils high in monounsaturated fatty acids such as olive oil, hazelnut oil in combination with rapeseed oil. Increased fish consumption should be stressed. Scientists should collaborate with the fishing industry to achieve this end. A ratio of 4:1 of omega-6 to omega-3 in the diet should be the goal.
-
-
- 7) Governments through their agricultural policies, taxation, subsidies, pricing and controls at the point of distribution should support the availability of foods rich in healthful components. They should also strongly consider penalizing those who put on the market products that are harmful to health. In so doing governments should place a higher emphasis on the health of the population over market interests. They should also foster and support cultivation at the local level including urban agriculture. The production of vegetables and fruits high in anti-oxidants should be stressed.
-
-
- 8) In view of the limited knowledge most physicians and other health providers have concerning nutrition, a major initiative should be launched to incorporate nutrition into curricula stressing its crucial role in the epidemic of non-communicable diseases. A similar initiative should be launched with those already practicing.
-
-
- 9) Food consumption patterns vary around the globe as a result of food availability, cultural determinants, and economic circumstances. A series of Research Centers on Genetics, Nutrition and Fitness for Health should be established in different regions, along with educational components for professionals and the public. They would collect and analyze food consumption data focusing particularly on the chemical content of the food consumed in their regions.
-

10)The Center for Genetics Nutrition and Health representing the Bellagio group will work to implement the conclusions reached at the meeting of October 29th-November 2nd, 2012. This will include:

-
- – Distributing copies of the Bellagio Report to a wide diversity of academic and non-academic outlets.
-
-
- – Consulting and collaborating with other groups concerned with mal-nutrition and under-nutrition, food security, access to a nutritionally adequate diet for the economically deprived, and particularly the health and nutrition of children.
-
-
- – Working with leaders of national governments, both executive and legislative, and international organizations such as FAO, WHO and its regional organizations, especially PAHO, the World Bank and other agencies of the UN to achieve the incorporation of the recommendations above into their policies and programs.
-
-
- – Establishing a coalition with the WHO Commissions on Non-Communicable Disease and the Social Determinants of Health to insure that the essentiality of nutrition for normal growth and

development and in combating chronic non- communicable diseases is always considered in their deliberations.

-

Apr 1 Efrain Olszwer and Sao Paulo

Dr Efrain Olszwer is the foremost Orthmolecular medicine lecturer and clinician in the Portugese speaking world. He has translated over a dozen books into Portugese. He leads a conference each year, generally the second weekend in June. This year Efrain asks if I would offer both a half day workshop and a keynote presentation at the meeting. His sister supervises sales of the books at the conference. His daughter and wife help with logistics.

In the best of Brazilian senses they are a lovely family doing meaningful work.

While I stay in the Jardim district, they live in Hiegiopolous. Their neighborhood is also lovely with many Jewish people and a few kosher restuarants. There home is full is ornate glass art pieces. They are gracious in hospitality and enjoy an evening of being together with friends.

Efrain and I met about 30 years ago. He came to ACAM and ICIM meetings often, presenting at some of them. He tells me that at one time his clinic was sending 5,000 or so hair samples a month to Doctors DAta Lab in Wheaton, Illinois.

Efrain and family have two homes in Orlando. He tells me that one of his daughters and her family live now in Miami. Efrain teaches throughout Latin America as well as the Mediterranean countries.

A few years ago Efrain asked me to give a talk at his summer conference. On the day of the conference I went to the convention center where I thought his meeting was being held. The Canaca Mall has a conference center above the shops. Eventually I arrived at the meeting shortly before my talk was to start. At registration a person was guiding me to computers to finish registration. The computers were all engaged and several people were waiting. Fortunately I saw Efrain's daughter. She took me to the room where he was beginning my introduction. Alls well that ends well. The talk went off without a hitch. Those kinds of stress tests come with being an itinerant lecturer.

Apr 1 Dan Waitzberg and GANEPO Jardim Sao Paulo

One of the more impressive participants in the Bellagio Conference that Artemis organized was a Brazilian gastroenterologist named Dan Waitzberg. His second wife is a Clinical Pathologist and musician. They live not far from Efrain Olszewer up the hill in a lovely, older and unique area.

As chief of gastroenterology at U Sao Paulo and a leading gastroenterologist throughout the region Dan started an annual conference for intensivists focusing on the opportunity to use nutrition to reduce costs and save lives.

The years I presented, there were 3,000+ attendees at the pre-meeting and 5,000+ at the main meeting. The topics have to do with pre-biotics, pro-biotics and sym-bioitics. Large and small companies in Brazil and Latin America compete for the best space at that meeting. Dan tells me that he spend over \$50,000 (150,000 Real at that time) on security to prevent the expensive equipment from being stolen (aws happen one year).

The meetings are Wed/Th (pre-meeting) and F/Sa (full meeting). He takes over the largest conference center in SP. Five floors and fully engaged. Some consider his meeting to be the premier nutrition conference for physicians globally. He's been a good friend and ally.

Saturday evening Dan invites a few people to his home for a light meal and to enjoy each other's company. He also invites attendees who want to sing or play the piano to do so. His choice in friends, family, food and snacks is impeccable.

One year I sang Barbra Streisand's training song and another year Leonard Cohen's Hallelu-Yah. The attendees were generous.

Dan is my kind of academic clinician. Am pleased to consider him a friend and colleague,

<https://scholar.google.com/citations?user=7wYbdBcAAAAJ&hl=en>

<http://www.prolibraries.com/CFMA?select=speaker&speakerID=2939>

Apr 1 Volta Association water

Daniel is from the Ewe tribe. Their association in the US is known as the Volta Association. Lovely people doing their best to succeed here in America. To the extent Daniel is an example, they are honorable, ethical and loyal. In Ghana, their home is along the Volta River basin. The tribe extends from Togo and Benin through Ghana and into Nigeria.

For some years it has been my privilege to provide water to their annual meeting, generally held in August somewhere in North America. Daniel is given the cash and the people do not go thirsty.

https://en.wikipedia.org/wiki/Ewe_people

<http://buzzghana.com/ewe-people-ewe-language/>

<http://www.ghanaweb.com/GhanaHomePage/tribes/ewe.php>

7 Apr Ghana Community Center

Daniel and I each want to honor our fathers. While Daniel's dad died when he was five, mine died in my arms at the age of 90. While Daniel's father was a diplomat and translator / civil servant for his Akan clan's chief, mine was son of a Lithuanian blacksmith who graduate high school while concentrating on basketball and track and field sports. While Daniel's father continues to be remembered and honored, mine became displaced, disinherited and an alcoholic once he arrived in America. While Daniel was sent to his elder uncle's family where he was regularly disciplined and often shunned, my childhood was secure with my parents. While Daniel left his family and moved to Niger where he helped a teacher keep his home until Daniel did something that displeased the householder and Daniel found himself banished. While Daniel was raised as a traditional Akan child by his mother, he considers himself a christian who has also been a Moslem, done the Haj including the trek to the caves beyond Mecca. While I wa raised a traditional Jew who continues to respect his traditions, my children are planetary spiritual citizens with kindness and compassion as part of their spiritual practice.

In 2015 it became clear that a community center in the town where Daniel was born would be helpful if constructed properly. In about two years the roof is about to go on a building with enough rooms for each clan to have one and for their to be a common atrium where the community can gather.

While I envisioned a novel design with globally astute architects and funding from a source to be identified, Daniel suggested we do what we could do. He is about to leave for Ghana. The roofing is about to be purchased. We specified that '50 year' steel girders and '50 year' anodized aluminum be used. The construction team found qualified roofing with a green color (my favorite because of Bhanfé)

Daniel plans to depart tomorrow (7/8/17) and return in three weeks. He brings with him the resources for the project to take the next step. Daniel and I have asked for three of the many rooms to be set aside. One room for him and to honor his father; one room for me and to honor my father; one room for the health Studies Collegium to honor Bhanfé and all living example of the human possible.

There may be an addendum to this vignette when the dedication is set and the event recorded.

7 Apr Leonard Cohen, Denise Kaprelian and Jack Bornoff

So... my work with AMSA came to the attention of Dr C H William Ruhe in part because of editorials I wrote for The New Physician, AMSA's quarterly news and information journal for medical students and residents. Circulation at that time was about 60,000.

Denise and Jack had bonded by then. Their daughter Jennie was in diapers and their son DAvid soon followed. Somehow they offered me a place to stay on their couch at a time when I wanted to save whatever was the daily stipend provided for attending the AMA Medical Education committee meetings those years.

Over time I learned that before Jack and Denise bonded, she had been Leonard Cohen's lover. Leonard and Denise's time together would have been in the mid 60s.

Jack and Denise have continued to be friends over the decades. Jennie inherited a jewelry store in the Valley that showed her work. With help from Jack and Denise, Jennie has turned that store into a profitable business.

7 Apr My Right Thumbnail regrowth after Civic Door closed on it on Sun morning of my 70th Bday celebration

While planning the various events to occur from Friday through Monday to include my 70th birthday, Sunday morning we decided to spend at Daniel's AME church. This is a church that Daniel has long served. Congregants are mostly Akan or Ewe. This is a church where Daniel's daughter Nancy's wedding was celebrated. This is a church where my father's passing was mourned. At the particular service, I decided to get cupcakes and pies from the Heidelberg bakery in Falls Church. While the cupcakes were perfect for the children, a few of the adults wanted one slice of each of the pies. This led to awkward moments where I explained to a few young people that eating a slice of pie entitled them to come back, however, they were not entitled to a slice of each on their first time at the table.

Daniel, Nancy and baby John; Marcy, Michael and myself pitched in so people could smoothly and promptly be served. We had disposable plates, forks, cups and napkins. Near the end of the service I went to Daniel's Civic. Closing the back door too quickly and without watching what I was doing ended with my right thumb closed in the door.

Triaging my situation it seemed clear that dramatizing, calling attention to what had just happened or in any way alerting people to my discomfort would be unhelpful to the celebration and counterproductive to my recovery. The good news is that my thumbnail did not fall off. The eponychium continues to grow at a millimeter a day.

Below is a photo of my right thumb after four months recovery.



And the same thumb on 17 June 2017



7 Apr Extended 70th BDay

For Traditional Jewish people, the 70th birthday is an opportunity to restart; to reboot; to begin again. Indeed it is conceived as a rebirth while retaining the life experience of wisdom accumulated. Indeed at 83 my forward plan is to celebrate a second Bar Mitzvah; to be matriculated into the adult community as a wiser, more empathic, more compassionate being.

Lovely metaphore by which to live. Having had a near death experience 2 Aug 2014, living to celebrate by 70th is a bit of a milestone.

My sister MArCy volunteered to help me plan and execute the celebrations, to extend over a weekend. We agreed about 4 months ahead. As time drew nigh, little had been done. My sense was to let it be. It all worked out quite differently than my plans.

We spread the celebration in parallel to that ceremonies Rebecca and I had in Fall 1983.

As it turned out, few were contacted. Some became aware and participated, Others were not informed and did not. It all went well. MArCy and Mike came with decorations and intention. Mike supported Marcy n every way he knew to do. He and Daniel went out, found a knief sharpening stone and brought it back to the vienna house. They then sharpened the main knives in the kitchen. What a blessing. Be aware of a sharp knief. What a blessing to have such a sister and brother in law.

Some of these episodes have otherwise been described in more detail in other chapters of this narrative.

7 Apr Visit to Anna and Lauren Slater in Acton / Fitchburg

Among the most disrespectful and painful moments I have spean with my daughter was the weekend together in Concord, MA. This as shortly after they did not attend my 70th birthday. This had been arranged at their convenience. I was to arrive mid day Friday and depart after brunch on Sunday. We were planning to spend Shabbas together.

Anna had last minute obligations and Lauren was supposed to meet me on arrival. While the Uber driver and i had a bit of difficulty finding the place, when we arrive a car was leaving. It looked like Lauren whom I had met, however i was unsure and the car was unfamiliar to me.

The dilemma is that I as given 163 main street Concord MA and they were living at 167C in the back of next door. Given that Lauren was not there and there was no note, I called Anna, left a message and eventually got through. Anna explain that Lauren must have gone for coffee and soon would be back. While it was brisk outside and depending on what you mean by soon, Lauren did return. We chatted a bit. I was interested in a cup of tea or coffee. They were in transition and aruen found that there was nothing drinkable.

I asked Lauren if there was a place to go for tea or coffee. Too quickly she responded that, no, there is no place nearby for tea or coffee. Odd indeed given that in the following two morning we went to Julie's for breakfast including beverages. It looked as if they were open from early through mid afternoon on a daily basis.

Lauren and I spoke briefly and found that when she was a toddler I was the youth director of her family's synagogue, Temple Reyim in Newton, MA under Rabbi Kieval. While Lauren was too young to have known me, a coincidence indeed.

Lauren let me know that she and Anna had conferred about shabbas dinner She seemed aware that candles for light, wine and bread or symbolic of traditional jewish shabbat. When Anna arrived breathlessly before dinner with provisions there was chicken, salad and sweet potatoes. None of the usual shabbat symbols were present.

Overlooking the lack of wine, light and bread, we retired early. On Saturday I wanted to spend time with Anna. She wanted to visit the property in Fitchburg since she had been gone the past week. Driving with them was OK with me. Cold on that day it was. The building was under construction. A while from occupancy from what i could observe. Anna took charge. She indicated what she could do to help the contractor. Certain decision about finishing materials were made. It felt like they would eventually have a modest yet inspiring place to live and train dressage horses.

Anna seemed to arrive back from the Detroit area after having been gone a business week. Anna's latest startup Mobi needs attention especially during what seems like a critical funding phase.

Lauren's next (?9th) book was in final edit. Lauren needed verification of something about neurotransmitters. Fortunately, i was able to find a peer reviewed article suitable for citation.

Bulletins to follow. It has been weeks since my visit. No response from either of them since my visit. Am continuing to send emails about once a week. Anna's mom Rebecca visited the following week according to their facebook pages. Perseverance furthers as the I Ching opines.

275. 13 May Watson chapters

Professor Ron Watson of U Az has a long standing relationship as an editor for Elsevier. One of his series is Food Effects on Health and Disease. We have been fortunate to be invited to contribute a chapter to most of the volumes of his series. It is now time for updates which he has asked us to do.

Our contributions address the following issues:

1. Role of Magnesium and essential nutrients in reducing insulin resistance / diabetes risks and therefore all the cardiovascular and autoimmune, inflammatory consequences of excess sugar at the same time the insulin responses are blunted at the cell level.

https://web.archive.org/web/20140207152625/http://www.healthstudiescollegium.org/docf/HSC_BFCD6CardioprotectiveNutrients.pdf

https://web.archive.org/web/20140211040309/http://www.healthstudiescollegium.org/docf/HSC_BFCD4AlkWayImmuneDigestion.pdf

2. Polyphenolics in health and disease

http://healthstudiescollegium.org/wp-content/uploads/2013/03/HSC_BFCD1AlkWayDigestiveHealth.pdf

https://web.archive.org/web/20140211031243/http://www.healthstudiescollegium.org/docf/HSC_BFCD30DiabetesAlkWay.pdf

3. Ascorbates and antioxidants in health and disease (in draft)

4. Functional Lymphocyte Response Assays in immune defense and repair functions

https://web.archive.org/web/20140207152627/http://www.healthstudiescollegium.org/docf/HSC_BFCD7ArthritisAlkWay.pdf

5. Predictive Biomarkers in heart and cardiovascular health and the role of health coaches (in press)

6. Digestive wellness through prebiotics, probiotics and symbiotics

https://web.archive.org/web/20140207161330/http://www.healthstudiescollegium.org/docf/HSC_BFCD9AlkWayGIHealth.pdf

Doing the revisions, updates and improvements is a bit easier than the initial chapters.

Professor Watson and his editorial colleagues seem pleased with having us on their regular hard writing, content rich evidence based team.

We are eager to have forums for the ideas, concepts and advances for which we advocate including personalized proactive predictive primary prevention (P⁵). This means the tests are about the individual. The tests are proactive in that they are functional and incorporate systems biology. The tests are predictive years or decades before catastrophe. The tests are primary and make meaningful prevention that can now include incentives, monitors of results and meaningful lab testing.

There are eight predictive biomarker tests discussed in more detail elsewhere.

<https://web.archive.org/web/20140207151335/http://www.healthstudiescollegium.org/docf/HSCNuTripleAimTripledIHIACO09r38.doc.pdf>

276. 13 May Ingrid Kohlstadt chapters

Ingrid Kohlstadt is a physician with a John Hopkins affiliation and a passion for editing textbooks in integrative medicine. The current text is at least her third. It is orthopedic focused. We are contributing the chapter on regenerative medicine and healthful caring based on predictive biomarkers.

Ingrid and her husband (Ellis Richman) have a nutrition information for school children program (NutriBee) along with her medical editing work. They are spiritual and practice a synthesis of judaism and christianity. They seem engaged and family centered parents. They live in the Baltimore area.

https://web.archive.org/web/20140207152726/http://www.healthstudiescollegium.org/docf/PQ_KohlstadtBook_Diabetes_v3.pdf

277. 13 May Bone article Susan Brown Marcy & Kevin

About a decade ago Susan Brown and I co-authored an article on bone health published in the International Journal of Integrative Medicine. The premise is that acid alkaline balance in cells eventually is reflected in the bone pools (exchangeable periosteal and more stable, less exchangeable bone matrix). If you have net acid excess over time you will deplete the bone mineral pools. This initially creates osteopenia and eventually osteoporosis.

https://web.archive.org/web/20150412093630/http://www.healthstudiescollegium.org/docf/Jaffe-Brown_BoneHealthArticle.pdf

More recently, in part because of a New York Times article questioning the value and need for vitamin D testing and supplements, we decided to do an expanded update. Our response to the NEw York Times article follows:

Vitamin D, an Essential Neurohormone

Russell Jaffe, MD, Ph.D., CCN

Fellow, Health Studies Collegium

Adjunct Faculty, George Washington University Medical School

April 12, 2017

Vitamin D Measurement Meaning and Value

Known as vitamin D, cholecalciferol, is converted by the liver and kidneys into a potent neurohormone that regulates cell growth and mineral balance. While levels of vitamin D are commonly low, the common deficit in the community is not an indication of adequacy. Further, common digestive issues such as enteropathy result in impaired intestinal uptake of vitamin D. Enteropathy means atrophy or impaired repair of the intestinal lining.

A current understanding of the global literature on vitamin D and our clinical experience confirm the importance of adequate vitamin D to reduce risk, promote long-term health including a healthy skeleton. Vitamin D is not a drug to be used alone. Vitamin D does not treat disease. Vitamin D is not a single agent suitable for pharmaceutical like double blind trials. A recent such clinical study of high dose vitamin D alone did not find heart healthy benefits.

In contrast, we include vitamin D as an important member of the essential or conditionally essential nutrients. Vitamin D improves cell communication at the molecular level. Vitamin D assures enough but not too many cells of each kind in their places within the body. Adequate vitamin D is one of a variety of essential factors needed for healthy bones, healthy cells and lifelong lower risk of chronic illness.

There are 20 essential nutrients needed for healthy bone formation and renewal. Vitamins are like members of an orchestra. Many different instruments are needed to perform a symphony properly. No single instrument can do what the interdependent musicians can do. By analogy, we find that when adequate vitamin D is taken in to achieve the least risk, best outcome range and combined with other essential nutrients *then* synergies of benefits emerge. Risks reduce. Quality of life improves.

A recent article (NYT, 4/10/17 p) presents a conclusion that vitamin D testing is rarely needed and that the low levels of most Americans are sufficient so that more than modest daily supplements are not needed. In essence the message in the newspaper is 'take none a day'. The Health Studies Collegium Predictive Biomarkers working group analysis reaches the opposite conclusion.

Perspective is important. If you look at the world with the goal of treating or fighting diseases then you can conclude the vitamin D fails as a single agent to treat symptoms of disease. In contrast, if you look at the world with the goal of promoting health or reducing risks so that disease can be avoided or reversed then vitamin D is an essential member of the team of required nutrients for cell and system health.

While access to information expands geometrically, many people who have learned a particular perspective become selective about what they let into their personal reality. 'Hardening of the categories' is a way of understanding how otherwise intelligent, educated and engaged people selectively let in information that agrees with their view and exclude information that does not agree. In regard to biomedical sciences this is an increasing issue of concern. The curriculum of most medical schools is so heavily focused on disease treatments that health promotion and systems biology are increasingly excluded from the classrooms and the professional continuing education society meetings. Nature, nurture and wholeness have largely been replaced in professional education by knowledge of medications that treat specific ills. Physiology has been

nudged aside to make more room for pharmacology. Most physicians believe they are doing what is best for the person for whom they care. Too often the cause is left unknown while the signs and symptoms of disease are the primary focus of health professionals. Absence of disease is different from high-level health. Too often absence of evidence is taken as evidence of absence. Lack of large scale long term studies of combinations of essential nutrients is often taken as reason to restrict intake or lower the 'safe upper limit' for nutrients from vitamins to minerals to cofactors to essential fats, aminoacids and dietary fiber.

Based on the Health Studies Collegium review of the world literature, we suggest the best outcome least risk goal range for vitamin D is 50-80 ng/ml. The typical American has a value of less than 20. The difference substantially alters cancer, cardiovascular, autoimmune and inflammatory risks. The preferred form of vitamin D to be measured is 25-OH Cholecalciferol.

Each of the issues raised in the recent news article about vitamin D are addressed below. In many cases the news report did not include important well documented and widely reported beneficial effects of adequate vitamin D when used in combination with other nutrients. As happens commonly in news reports, vitamin D is viewed and evaluated as a drug rather than an essential neurohormone.

1. "Millions of people are popping supplements in the belief that vitamin D can help turn back depression, fatigue, [muscle weakness](#), even heart disease or [cancer](#). In fact, there has never been widely accepted evidence that vitamin D is helpful in preventing or treating any of those conditions."

The frame of this comment makes vitamin D a pharmaceutical. Based on inappropriate pharmaceutical criteria the writer finds inadequate large-scale long-term studies to allow a substantial degree of scientific agreement in support of vitamin D as a drug.

Vitamin D is a neurohormone that plays many functional roles in cell regulation. None of these functions is a treatment for a disease. Many of these functions are essential for cell division, communication and mineral balance within cells. In all cases vitamin D acts as a member of a family of essential nutrients rather than a single agent.

2. “[One](#) study with 5,108 participants, published this month in JAMA Cardiology, found that vitamin D did not prevent heart attacks.”

Testing the use of high dose vitamin D *alone* makes sense if it is a drug candidate; it makes no sense given the interdependent nature of this neurohormone in cell and animal physiology.

In essence, vitamin D connects two adjacent cells. It is important in regulation of cell division. As a neurohormone, vitamin D tells the cells that a balance has been reached and only replacement of cells that wear out are needed. Lack of vitamin D can cause cells to over grow and increases cancer risks. Multiple nutrients or cofactors are all needed to observe the interactive and interdependent benefits of vitamin D at the molecular and cellular level.

3. “Labs performing these tests are reporting perfectly normal levels of vitamin D — 20 to 30 nanograms per milliliter of blood — as “insufficient. As a consequence, millions of healthy people think they have a deficiency, and some are taking supplemental doses [so high they can be dangerous](#), causing poor appetite, [nausea and vomiting](#).”

While pharmacologic doses of a synthetic analogue (vitamin D2) have raised questions about potential toxicity, the healthy cholecalciferol is not harmful according to both PubMed.gov (cholecalciferol toxicity, human) as well as a similar search through www.scholar.google.com

In addition, low levels in a population are statistically normal. Too often this statistical artifact is confused with adequate or healthy ‘normal’. While the usual and thus statistically normal range for vitamin D is a third of what we suggest is needed for best outcomes and least risks (see below).

4. “Vitamin D overdoses also can lead to weakness, frequent urination and kidney problems.”

Actually it is the opposite: until there are kidney problems, uptake and conversion of healthy vitamin D3 precursors are self-regulated. When kidney function fails then issues arrive as a result, rather than cause of kidney damage.

5. “In 2007, Dr. Holick published a [paper](#) in The New England Journal of Medicine asserting that vitamin D levels now considered normal — 21 to 29 nanograms per milliliter of blood — were linked to an increased risk of cancer, autoimmune disease, [diabetes](#), [schizophrenia](#), depression, poor lung capacity and [wheezing](#).... In 2011, a committee of the Endocrine Society, headed by Dr. Holick, came out with [a recommendation](#) that vitamin D levels be at least 30 nanograms per milliliter, which meant that most people were vitamin D deficient.”

In personal communication, Dr Holick affirms that scientists are only slowly distinguishing the safety of nature’s forms of essential nutrients in contrast to synthetic analogues that in our experience do not work or the use of single nutrients as drugs when they are essential members of ‘team health’.

Since 2011 more and more data supports a goal range or optimum range or least risk range of 50-80 ng/ml.

6. “...when the Institute of Medicine report proved critical of the vitamin D craze, Dr. Fairfield started telling healthy patients there was no reason for them to be tested. Many did not want to hear that advice. ‘People were used to vitamin D monitoring, like with [cholesterol](#),’ Dr. Fairfield said. ‘They wanted to know what their number is.’

Although Dr. Fairfield stopped routine vitamin D testing, many others have not. Becky Rosen, 64, a nurse who is director of clinical services at a home health agency in Brunswick, ME., had a physical exam four years ago and was told she needed a vitamin D test. She declined. Her next physical exam was in February, with a different doctor. Once again, the doctor wanted to test her vitamin D level. ‘I said, ‘I don’t think I need it,’ Ms. Rosen said. The doctor persisted, explaining that Maine is so far north that people

may not be exposed to enough sunlight. Once again, Ms. Rosen politely but firmly declined.

But she is a special patient: Her husband, Dr. Rosen, helped write the Institute of Medicine report that was critical of vitamin D supplements. 'I can see other people getting persuaded,' Ms. Rosen said."

So ends the article in a prominent newspaper. Looking strictly from the lens of pharmaceutical sciences, the article and its conclusions are consistent.

As pointed out throughout this response, vitamin D is an essential neurohormone. With the best outcome, least risk range of 50-80 ng/ml it is our suggestion that enough vitamin D be taken to achieve the best outcome range. For the average American, this means tripling their vitamin D level.

Since we know the best outcome target range, functional integrative and comprehensive care practitioners guide therapy based on achieving best outcome least risk values or ranges of all predictive biomarkers of which vitamin D is one of eight. The predictive biomarkers cover epigenetics, the 92% of lifetime health and illness determined by habits of daily living while only 8% is genetic variance.

7. This is one of a series of articles that report on a recent scientific study in which an essential nutrients most common commercial form is used at high doses to treat a disease or to determine if such a regimen reduces risk in a specific group of people.

Examples include the use of high dose beta-carotene rather than mixed carotenoids in people with a long history of smoking. Our experience is that the mixed natural forms of nutrients are consistently much safer than synthetic work-a-likes that in our experience do not work or have unexpected toxicities usually by unbalancing the family of compounds of which they are members.

Another example is 800 IU of synthetic d-alpha tocopherol had a negative benefit in regard to heart and cardiovascular risks.

Given that only the gamma form of vitamin E helps the heart, it is all too predictable that the higher the level of d-alpha the lower by dilution is the gamma form that is the only heart healthy form of vitamin E. Overlooked in both the scientific reports and news articles that flowed from it was the substantial work of the Shute brothers in Canada. For decades that followed large numbers of people who agreed to take high doses of natural vitamin E, from 1600-3600 IU. Reported outcomes included reduced cardiovascular diseases including stroke. Using nature's mixed natural forms marked reduction in cardiovascular risks and enhancement in heart health were reported in the peer-reviewed scientific literature.

Another example are multiple recent reports, often meta analyses, that calcium supplementation or calcium with vitamin D is not sufficient to reduce osteopenia and osteoporosis risk; fracture risk reduction and bone density enhancement. In contrast, our comprehensive bone renewal program showed consistent new bone formation by DEXA after just two years of best efforts. This included supplementation with all 20 essential bone nutrients as part of an age and interests appropriate healthy lifestyle.

My colleague Susan Brown and I published about this issue over a decade ago (Jaffe, R. Brown S. Acid-Alkaline balance and its Effect on Bone Health. *Intl J Integrative Med* 2000; 2(6): 7-18.) We are in the process of publishing a more current review of the subject based on this physiology before pharmacology approach. Pre-prints available on request (RJaffe@HealthStudiesCollegium.org)

Others[1] have called attention to the same issue. Essential and conditionally essential nutrients are not single purpose medications. They are required for a high quality of life with low disease risks. They are needed in amounts based on biochemical individuality. Usually, too little and too much are unhealthy. Just right for the individual is associated with better physical renewal, flexibility, sleep, relationships and productivity.

In summary, it is safer and more effective to take teams of essential or conditionally essential nutrients sufficient to reach a best outcome goal value or range for each person's validated predictive biomarker tests. The documented personalized proactive predictive primary prevention tests are just eight with vitamin D being one. The eight predictive biomarker tests cover all of epigenetics; all of the influences of habits of daily living on quality of life. According to the National Institutes of Health, 92% of lifetime health quality and disease risk is epigenetic while 8% is genetic. While vitamins are not drugs they are required for health today and physiologic renewal tomorrow. Current scientific knowledge can guide individual and population healthcare based on physiology before pharmacology using incentives for healthier habits of daily living in age and culturally appropriate ways.

[1] Responses to the Institute of Medicine's report on vitamin D and calcium along with selected papers that seemed to help steer the IOM's decision

Prepared by William B. Grant, Ph.D., wbgrant@infionline.net

IOM (Institute of Medicine). 2011. *Dietary Reference Intakes for Calcium and*

Vitamin D. Washington, DC: The National Academies Press.

<http://www.iom.edu/Reports/2010/Dietary-Reference-Intakes-for-Calcium-and-Vitamin-D.aspx>

A summary of the IOM report

1. Institute of Medicine (US) Committee to Review Dietary Reference Intakes for Vitamin D and Calcium; Ross AC, Taylor CL, Yaktine AL, Del Valle HB, editors. Dietary Reference Intakes for Calcium and Vitamin D. Washington (DC): National Academies Press (US); 2011.
2. Ross AC, Manson JE, Abrams SA, Aloia JF, Brannon PM, Clinton SK, Durazo-Arvizu RA, Gallagher JC, Gallo RL, Jones G, Kovacs CS, Mayne ST, Rosen CJ, Shapses SA. The 2011 report on dietary reference intakes for calcium and vitamin D from the Institute of Medicine: what clinicians need to know. *J Clin Endocrinol Metab*. 2011 Jan;96(1):53-8.
3. Ross AC, Manson JE, Abrams SA, Aloia JF, Brannon PM, Clinton SK, Durazo-Arvizu RA, Gallagher JC, Gallo RL, Jones G, Kovacs CS, Mayne ST, Rosen CJ, Shapses SA. The 2011 dietary reference intakes for calcium

and vitamin d: what dietetics practitioners need to know. J Am Diet Assoc. 2011 Apr;111(4):524-7.

The updated manuscript on bone and body health is currently in review at the Journal Bone.

Note added: While suggesting that we publish the article, Bone's editor informed us that they decided to not publish it. We are seeking an appropriate journal possibly in systems biology.

280. 27 May Dinners with Harry and Irene Gavras

Among the first members of Rx's core stakeholders is Harry and Irene Gavras. Both are cardiologists. As they say, 'Irene ran the lab and saw the patients while Harry gave talks and did clinical trials.' They survived world war II in Greece. They migrated and then emigrated to New York where Harry worked at Columbia with Dr John Laragh,

(<http://www.legacy.com/obituaries/nytimes/obituary.aspx?pid=174460411>), the physician who led the understanding of renin and aldosterone in high blood pressure.

They moved on to Cornell Medical Center and then to Boston University Medical Center and Boston City Hospital / University Hospital where Harry was one of the founders of and early leaders within the American Society for Hypertension (ASH, recently merged as a section within the American College of Physicians, ACP).

Harry's brother is a documentary film maker named Costa-Gavras. Based in Paris and a global force within documentary film over decades, Harry and his brother love each other yet have quite different life paths. Among Harry's accomplishments are being a stakeholder in a novel hypertension drug that Novartis eventually bought and successfully marketed.

Harry and Irene knew Carl and Myrna Franzblau from BUMC. They are both gifted lecturers and articulate scientists. At each step of the early drug development process Harry has been a step or two ahead. Some of the core members of the team including John Kostis and OCRC (Joel Neutel)/Integrium (David Smith) are connections from and introduced by Harry.

They are a lovely and loving couple who continue to be active clinically and globally in hypertension. Harry regularly goes to Patras where he is a senior member of the medical school faculty. They have a child who lives in Greece. They also recently lost an adult son who was living in San Francisco and engaged to be married.

We have shared a number of memorable dinners in Boston. After one, on learning that I'd be in San Paulo, Brazil, Harry suggested I

meet Dr Ribiero. In addition to running a 5000 bed national health system hospital in Sao Paulo, he was close to Cordero, a past President of Brazil. Harry told me that they were in jail together and that when Cordero was in office, doing hypertension research in Brazil was quite active and well done to FDA standards. Once the Lula / Dilmah regime came in the approval process for research slowed down. It now takes about a year to get an administrative approval to do human research or to bring novel formulations into Brazil.

On another dinner, he asked 'where is our Roy Vagellos'. Dr Vagellos is legendary in biopharma leadership. Rising to the top of Merck US he then went on to turn Regeneron into a BioPharm thriving success. In his late eighties he continues to run marathons and has earned the right to do whatever he wants. He and the McCabe's are socially close in Greece. His protege at Regeneron is named Tenebaum and has an investment boutique based on the Bay area. Richard Snyder and Paul Wiseman know him socially. He is part of the in crowd in silicon valley that include Sanford Robertson (the man who coined the term venture capital and helped found Silicon Valley Bank, SVB). On still another time together, Harry suggested that we enhance our oversight of the report from Integrium coming out of the successful Phase I/II pilot study conducted by OCRC. Deborah Kirschling on behalf of Rx spent most of many months moving the Integrium writer (Jillian) and statistician (Ken) to accurately and clearly represent the results so that an end of phase 2 (EoP2) meeting with the CardioRenal section can be prepared for and successfully carried out. Deborah is continuing to function as project manager of clinical while Abhijit Pangu and George Cooper handle the chemistry of the softgel and Colleen handles the toxicology. Peter Feig and Bob Fenischel have been added to refine the clinical synopsis and the questions we pose to the agency. Ralph D' Agostino, Kerry Lee and Tad Armbauchalt have been added to the statistical team. Barbara Powers can serve as study monitor for the next trials. Bill Berlin is aware of the nuances of agency preference in certain briefing package data presentation.

While the team is getting larger, Rx is adding top flight people who play well with each other and have a record of prior success in the area Rx needs.

Harry and Irene attended the dinner honoring Carl and Myrna Franzblau for their long and faithful service to BUMS/BUMC. At that evening event I met Elliott Antman, associate Dean at Harvard and head of their translational medicine institute that includes a clinical research organization (CRO) named TIMI. That group is among the candidates to allow Rx to directly conduct the final, pivotal trials at an affordable cost with impeccable data collection and analysis.

281. 27 June Ron Elin **MAGique** BioTherapeutics™

Dr Ron Elin started his career at U Minnesota with an interest in molecular biology and eventually magnesium measurement in particular. Ron worked with Mildred Seelig, long president of the American College of Nutrition and a magnesium expert to the world. Ron came to NIH on a Fellowship. He matriculated into the Clinical Pathology residence in 1973. We were residency mates. After the residency, I was asked to take over and revise the residency curriculum while also doing my own research and running the special chemistries lab of the NIH clinical center in Bethesda, MD.

When Don Young left NIH to join Mayo Clinic and upgrade their clinical lab capacities Dr James MacLowry stepped up from Microbiology to head Clinical Pathology. The hematology and coagulation section was run by the formidable Harvey Galnick. The chemistry section came briefly under my leadership. An offer was made for me to lead Clinical Pathology at the Clinical Center, continue with my collaborations but have my budget from Office of Naval Research through Frederick and Harve deGrace, Maryland. Sallee Riggler lived in Harve deGrace. Among the best intuitives and confident psychics of her time she had a successful radio show on WRC from WASHINGTON, DC.

While the offer to step up was a tantalizing offer it came with a requirement that I spend two years at the CDC in their EIS in Atlanta, Georgia, that is the Epidemiological Investigation Services set up by Langmuir and known as the CIA of the CDC. Declining that most gracious offer changed my career path at NIH.

My path included being a sceptic yet student of TCM, ayurveda / yoga, mindfulness / meditation, healing / healers and related subjects both scientific and spiritual. That led me to Jing Nuan Wu in DC, to Ramamurti Mishra in Monroe NY and SF, CA, to Bhante Dharmawara in Olney, Maryland, to Abdul Aziz Said at American University School of International Studies (AU SIS), to Joan Kellogg's mandala technique, to helen boney's music therapy, to Esalen and the Course in Miracles, to Asilomar and Shasta, to Tiburon and Belvedere, to

Stinson Beach and Bolinas, to Laguna Beach and La Jolla, to Big Sur and Esalen and to Seattle and Port Townsend.

In each of those locations a meaningful relationship and saga exists to be included separately.

295. 5 Sep Jacob Rapaport, Levin & Gann, Estate / Will / Trusts

Jacob and team handle my estate. Jacob is brother to Reb Abraham Rapaport from Olney's Jewish Kolel or intentional community. Jacob is detail oriented and deadline savvy. He has provided a flash drive as well as a physical copy of all documents needed with regard to estate, trusts and last will including advanced directives about my final moments. This includes explicit obligation to not use any heroic or artificial means to sustain life beyond natural processes. This includes being cared for at home if at all possible during final passing.

Daniel, with his life tenancy at the Vienna property, knows of my decisions. Having had a NDE, my goal is to pass with loved ones around and with clarity during the transition.

296. 5 Sep Daniel Owusu, Life tenancy at Vienna house

Earned and a small appreciation for his dedication and integrity, Daniel has a life tenancy at the Vienna property. In case there is any mortgage or home equity debt, the funds from my term life insurance for the family is directed to pay off as much debt on the Vienna property as possible. If any funds remain, they can be in trust to allow Daniel to travel as long as his continuing service at Vienna continues. **List of who to call if Russ is unavailable, incapacitated or dead:**

Daniel Owusu to coordinate.

Each of the people contacted is requested to spend a few minutes each day for the first month of my departure praying or mindfully focusing on my speedy and mindful transition to the next dimension.

1. Patty Deuster, (443) 538-7755
Ask patty to inform dr robert Leichtman, (410) 323-3290 and Marcy jaffe, (360) 379-1382, Danny Angebauer, +1 (801) 859-5280 and Grayson Dart, gdart31@gmail.com. If you can not reach Patty, call or contact others directly.
2. Sky Jaffe (215) 549-6500 to inform Anna Jaffe (571) 296-3524, Rebecca Sylvan (609) 466 4415 and Sam Ramsey (704) 579-8175.
3. Nancy A Blazewick +1 (757) 771-2691 to inform her son John
4. Daniel to call or send emails to...
 1. George to inform Diana, Mischelle and Faye
 2. Bob Horn to inform Marian, Norbert and Gabriela Wagner, Allan Reich and Franz-Josef Seidensticker
 3. emails to Stan Krippner, Jay Friedheim, Jack Lewin, Ron Elin, Harry Gavras, Norm Schwartz, Brian McGuckin, Richard Neil Snyder, Al Augustine, Jacob Rappaport and Rabbis Chessie Deitsch as well as Abraham Rappaport
5. Justin or Mischelle to Post a message on drrusselljaffe.com and on 4HSC.ORG as well as all other websites where such notice is appropriate.

297. 5 Sep Acupuncture 2017

Acupuncture: Evidence for How and Why it Works

Russell Jaffe, MD, Ph.D., CCN

Studied TCM with Jing Wu

Faculty 'Oriental Medical Tactics in Western Medical Practices'

A synthesis of the available world literature provides the following rigorous hypothesis for how and why acupuncture works when it does and why it does not work when it does not achieve successful outcomes.

Google scholar reports 516,000 scientific articles on acupuncture (3/1/17). PubMed reports 14,042 peer review articles (3/1/17). This suggests how intensive and extensive is observational research demonstrating remarkable and significant outcome results, often at lower costs and risks than allopathic comparable treatments. How acupuncture works remains a 'mystery wrapped in an enigma'.

Support for this integrative systems biology understanding of acupuncture is presented here for the first time and reflects half a century of experience seeking a bridge between TCM/acupuncture and Western biomedical sciences. Relevant observations are:

1. Acupuncture needles must be made from two different types of metal. The Kelvin-Thompson effect confirms that a tiny electrical current flows from the needle tip. Usually the exterior is cooler. Use of moxa makes the exterior warmer and reverses the polarity of the electrical flow.
2. The electrical flow direction is determined by the thermal gradient across the acupuncture needle.
3. Collagen is uniquely able to receive and transmit such tiny current flows; nanoamps.
4. Injection of collagenase into acupuncture points results in permanent harm; no other protease has such an effect.
5. True acupuncture induces endorphin / cytokine release in the brain within seconds; shame acupuncture does not induce endorphin / cytokine release.

6. Collagen is piezoelectric. A microcurrent and orthogonal magnetic field is generated whenever collagen is compressed. Collagen is the only piezoelectric molecule in the body.
7. There are subtypes of collagen in the basement membrane and infrastructure of each animal. There are 28 subtypes of collagen confirmed thus far. While 90% of an animal's collagen is type I ('bone and scar'), each collagen subtype has a functional nuance important for cells to receive and exchange nutrients, wastes, gases and actively transported items needed by certain cells.
8. More than physiologic amounts of steroids, either exogenous or endogenous, blunt or block acupuncture effects. Cell membranes become less fluid and also less responsive to repair needs.
9. More than physiologic amounts of steroids blunt or block neurohormone responses by stabilizing cell membranes thus reducing the cells responsiveness to stimulation.
10. Acupuncture channels or meridians are proposed to be collagen fibrils derived from the sentinel cells that migrate from the notochord to every differentiated part of the body. As these pluripotent cells migrate they leave behind a collagen connective tissue fibril insulated by glycosaminoglycans. Acupuncture meridians appear to reproduce the embryology of sentinel cells. The notochord is the anlage of the spinal column.
11. The horary clock or microcosmic circuit is confirmed through circadian biorhythm research.
12. Therapeutic synergy is reported between learned optimism, relaxation response and mindfulness practices. Repair of collagen by innate immune defense and repair cells is more efficient and effective when such self-care practices are included.
13. People with inflammatory, autoimmune and chronic illnesses routinely benefit from acupuncture in proportion to the healthfulness of their other habits of daily living. Acupuncture is more effective when the person addresses what they eat, drink, think, and do using nature, nurture and wholeness as guidelines. Staying well hydrated. Eating foods that can be digested, assimilated, and eliminated without immune burden. Keep a healthy transit time. Keep a healthy urine pH after six or more hours of rest.
14. Pulses may well carry information due to how the heart twists during each contraction. Collagen largely determines the compliance or resistance of blood vessels to flow. All blood vessels contain a collagen infrastructure.

This information is presented for practitioners and scientists alike. While deep dives into several scientific disciplines are included, links to sources and resources are available upon request.

On behalf of the organizing committee and with humility and anticipation please join us in Chicago this summer for a coming together of the TCM acupuncture community. In just a few decades acupuncture has risen from novelty to preferred treatment for certain conditions, particularly inflammatory, autoimmune and chronic. The World Health Organization recognizes acupuncture as an effective healing art. The clinical and academic work of Dr Anton Jayasuriya is particularly noteworthy.

My mentor in TCM, Jing Nuan Wu Yng Wong did a scholars translation of the Nan Ching (the Difficult Classic) in the mid-1970s. Patch Adams, Jim Johnson and I were among his peripatetic students. Others were drawn to Jack and Judy Worsley both in the UK and in US. Tai Sophia Institute, now Maryland University of Integrative Sciences, grew out of the Worsley trainings. Still others became students in auriculoacupuncture under Rafael Nogier and his father Paul in France. Richard Kroenig and Terry Oleson did well controlled studies of ear acupuncture at UCLA.

Jim Turner successfully navigated the regulatory hurdles to have the Food and Drug Administration affirm that acupuncture needles are safe for human and other animal use. One of the first programs for physicians to train in TCM acupuncture was known as 'Oriental Medical Strategies in Western Medical Practices'. It was taught at SUNY Purchase campus. Students met for long weekends nine months a year for three years. Friday evening was social and relaxation response practices. Saturday was didactic. Sunday, each student was encouraged to bring a client. Only after students were able to feel the subtle yet dynamic information contained in each beat of the heart had they matriculated to have the honor of placing needles based on pulse diagnosis. Traditional pulse assessment can be done only in specific places: the carotid bulb, the left and right wrist, the groin. Interestingly, these physical locations are one, three and five unit distances from the root of the aorta as it exits the heart.

Come join together as acupuncture rises both in the East and the West. Acupuncture is cost and outcome effective. Acupuncture is

adjunctive to any therapy that evokes healing responses and removes obstacles to recovery. Through this and related conferences you can grow in your profession while developing professional friendships and relationships that last lifetimes.

Accept my invitation to register today for this important event. We are stronger together. There is so much to share and to learn.

Russell Jaffe, MD, Ph.D., CCN
Fellow, Health Studies Collegium
www.DrRussellJaffe.com
www.HealthStudiesCollegium.org

298. 5 Sep Trager Keynote, 2015, Isabella Friedman center

Trager International 2015 Keynote
Ph.D., CCN, FRSM

Russell Jaffe, MD

It has been my privilege and curious distinction to live through and contribute to the transition from viewing the human body as an elegant machine that inevitably breaks down and therefore must be patched up to appreciating the body more deeply as the self renewing, self regulating system when all the needed requirements are met.

My professional medical and scientific training at Boston University Medical School and then at the National Institutes of Health Clinical Center left me confident that if there was anything important in medicine or science it had been covered during my 8000+ hours of post college education, half in medical school and half in internship and residency training in internal medicine and Clinical Pathology or laboratory medicine.

While a sceptic and as narrow minded as any conventionally trained biomedical physician, it was my good fortune to be challenged to explore areas that had not been covered at all – had been omitted – from my (and most physicians) education: Relationship, nutrition, intimacy, communication, acupuncture and traditional Oriental medicine, natural products medicine including dietary supplements, and most non-pharmacologic solutions including movement education and bodywork.

Fortunately, my experience at Esalen with Ruthie Alon, one of Moshe Feldenkrais's principle students; for the last three decades with Roger Tolle, Deanne Juhan and more recently Judy Rose Seibert and my son Sky in regard to the Trager mentastics and movement education community and as a connective tissue (collagen and elastin) biochemist with special interest in how structural proteins cross-link and interconnect so that collagen fibrils can carry information from your toe to your brain or gut almost instantly when the piezoelectric property of that collagen fibril is engaged either through biomechanics or through such stimulation as acupuncture or moxibustion.

My presentation will include personal anecdotes such as a tandem session done by Deane Juhan and Roger Tolle with me as the recipient in about 1990 in Manhattan. The presentation will reference how important bodywork has been for my family, for those who have followed my professional guidance, and with review of the growing literature on the benefits of massage and bodywork that confirms a systems biology approach such as Trager system to have distinct advantages when offered through a highly experienced practitioner, for example, one who has 10,000+ hours of bodywork practice 'under their belt'.

The presentation will also review original contributions my lab has made to understanding how to evoke human healing responses, a proposed mechanism by which collagen carries acupuncture information, and how increasingly important is bodywork as part of a healthy lifestyle during highly stressful, ever changing, uncertain times.

Primary prevention to save 1,000,000 lives a year and add \$8 trillion to the nation's balance sheet will be reviewed as will the role of bodywork in speeding the transition from the current sick care system to a healthful caring, patient centered, evidence based system of value based care.

The role of predictive biomarkers as objective assessments of individual risk and resilience will be covered including the goal value for each test that reflects the greatest chance of living ten years. Taken together, the 4-8 predictive biomarker tests cover the 92% of health that is epigenetic and determined by habits of daily living. Taken together, predictive biomarker tests allow personalized care to be firmly evidence based, cost and outcome effective and part of a health coaches scope of practice.

Gratitude for the Trager sessions that have added years to my life and life to my years thus far and that are essential to include in a life well composed. At what feels like the mid-point in my life, regular bodywork and daily physical and mental exercises are essential to maintain, renew and stimulate my current level of function.

While chronologically in my late 60s, tests of function reveal me to be operating as a 40 year old. It is my goal to continue to renew in ways

that keep me functioning as a 40 year old for the next half century (or more). With all we have learned in the last decades as well as what wisdom traditions have to teach us, it is possible today to live well and happy, to live long and prosper, to live dully all the days of our lives.

In the few minutes of this keynote I plan to honor the memory and spirit of Dr Milton Trager and particularly my good fortune to have gained from his approach and his students personally and professionally. My we all be well and happy.

299. 5 Sep Feldenkrais Guild keynote

Alive in an ocean of safety and support:

Homage to Moshe Feldenkrais

Russell Jaffe

From cradle to cradle we sense, move, learn patterns and choose directions that shape our lives. Mindfulness in movement, enjoying inner and outer awareness, balancing aliveness with peacefulness, living in harmony with our individual natures, and engaging in meaningful work...these are elements of a life well composed.

We can form intentional sanghas, chavurahs, spiritually rich communities for our time together. We can engage in choiceful listening, moving, consuming, sensing and pausing. An experiential pace, a personal rhythm, and fully aware witnessing is demonstrated, practiced and encouraged for use in adding meaningful moments within daily living. Biometrics and technology can enable or distract from this approach.

I'm an eclectic physician scientist whose professional career focuses on evoking human healing responses. Studies of and with Bhante V B Dharmawara Mahathera, Ramamurti Mishra, Jing Wu, Rev Olga Worrall, Rev Bob Leichtman, Rabbi Joseph Soloveitchik, and Carl Franzblau provide context and healing narratives. Since leaving the permanent senior staff of the National Institutes of Health as a Commander in the US Public Health Service, I've founded and lead technology companies including **ELISA/ACT** Biotechnologies (a platform technology that allows over 400 cell cultures to assess immune system tolerance or intolerance, allergy or hypersensitivity), and **PERQUE** Integrative Health (a platform technology provider in nutraceuticals). I'm a Fellow of the Health Studies Collegium, of the Royal Society of Medicine, and a founding member of ReThink Health collaboration. I've also been peripatetically in residence at Asilomar, Tareytown Conference Center and Esalen for over four decades.

Stories of Moshe...

1. Cerebral Palsy child (SF training) & SF training after party
2. Anat Baniel, age 3 and her method today
3. How Moshe rehabilitated his knee
4. Moshe's contribution to Judo & with Jay Freidheim on Polk St

The event in SEattle was pleasant, about 250 filled the Seattle University business school's auditorium. The audience was interactive; Moshe is a source of many stories, memories and memorable moments.

The evening started about 7:50 and finished at 9:15 PM with about an hour for individual comments and questions. Marcy attended and facilitated. Nancy the Feldenkrais Guild leader was most gracious. Catherine and her mom came in from Sequim. Stayed in Bellevue at recently christened W hotel in Lincoln center bellevue.

2 Sept Phobol Cheng Christof Vaughn Harada Bhanaté

Phobol and her brother Owen are the last descendents of Bhante who lived with him and observed life within his world, mostly at the Ashoka Mission in the Meroli district of New Delhi. Much later, Bhante became a scholar in residence at Georgetown University is large part so Phobol could study in their graduate school with minimal tuition and related costs. With her graduate degree in international relations Phobol qualified to be Cambodia's emissary to the United Nations.

"She is, she was -- she's retired -- she was a member of the Cambodian delegation to the United Nations. She spoke several times to the General Assembly of the United Nations about human rights and other questions. So she was a high ranking diplomat. Her family consists of advisers to the king; her grandfather was [the highest ranking monk], appointed by the king in Cambodia. Her grandfather has a very fascinating life indeed. He is 111 years old right now **[in 1999]**. And he looked -- and there are pictures of him -- he looked younger when he was 80, and he looks younger now at 111 years, than he looked when he was 60 or 70 and just became a Buddhist monk. After being the first Sap(??) in her country in Cambodia, this man decided to become a Buddhist monk. And he decided to live a spiritual life, and he founded the Ashoka Mission, named after the greatest king of India -- the king who introduced Buddhism to India, and under whose Buddhism India had the peak of its culture. It was about at the time of Alexander the Great. And he **[the grandfather]** founded the Buddhist mission in Delhi. He was a person who had a very close friendship with Mahatma Gandhi. He is such a highly respected Buddhist teacher that he is on the same level as, let me say, the Dalai Lama. "

<http://www.theyfly.com/phobol-cheng-laughlin-nevada-1999>

Recently Phobol developed a nephrotic syndrome. This means her weakened kidneys and lack of exercise induced substantial amount of extra fluid to be retained in her body. Her diet has long been Americanized. Her husband Christof if a diabetic and from her reports has the complications that often come with excess sugar over long time.

Dr Vaughn Harada, DDS, is a student of Bhante. In a dream Phobol feels Bhante indicated she should contact him. Vaughn's primary

concern of the moment is that spent satellites are burning up on reentry into the atmosphere and spreading toxins globally as a consequence.

Phobol eventually was admitted to one of the NYCity hospitals. She is slowly recovering at home after having much excess fluid weight removed during her hospital stay. My impression is that there was little or no discharge planning in her case. While not abandoned, resources to enable her recovery are most limited.

Phobol's brother Owen is now living in Cambodia. Phobol tells me he teaches English at a school there.

15 Apr Justin Weldon, Social Media BLTN, EAB, PERQUE,
DrRussellJaffe, HSC, RMJH

https://www.youtube.com/channel/UC8Mfe-a_hvYzDk0i8fhmRog

<https://www.youtube.com/watch?v=FFBajl7jW-4>

<https://youtu.be/r2CEIAeJPPE>

<http://bit.ly/29ThZXn>

15 Apr Jewish Farmer Scholar Competition Vienna

Health Studies Collegium Permaculture Farm Scientist/Scholar Fellowship

Dear Colleagues and Friends:

[Health Studies Collegium](#), a health, environment, justice, arts and spiritual education organization seeks applications for a 3-5 year Fellowship at it's Vienna, Virginia Permaculture Biodynamic Food Forest (PBFF) Garden.

The garden is part of an R&D Center for RMJ Holdings, LLC (a natural products biotechnology company). Started in 2010 by Adam 'Sky' Jaffe and Daniel Owusu the Vienna PBFF Garden is situated on 2 acres as part of a 50 acres commons with an adjacent 2,000 acre flood plane.

The Vienna Garden has gone through several phases. In an early phase, it was designed to provide produce for those living on the property. In the last few years, extensive work has been done to improve the ecology and infrastructure of the entire area. In recent years the focus has been on the development of a sustainable permaculture site. The garden Fellowship includes a rustic one bedroom, three room 1,000 SF cottage, a planned greenhouse, an outdoor chess set and zen garden, wood fired bread oven, mushroom guilds and several sheds for equipment, storage and projects as well as a food forest medicinal herb garden. There is also a main residence on the property.

The Vienna PBFF seeks proposals from individuals and/or organizations with the qualifications to accomplish three concurrent goals.

1. Develop a plan to make the Vienna Garden a creative and evolving site that serves relevant sectors of the public in an effective and ongoing way particularly as a starter garden for others interested in documenting and benefiting from edible landscaping and potential commercial applications of such approaches.
2. Apply scientific method to documenting the benefits of such approaches to gardening, horticulture and agriculture. This may include time lapse photography, novel analytics documenting the quality of the plants

grown in this environment and/or controlled studies of effects of such plants on cell or organism functions.

3. Bring Jewish spiritual and academic perspectives to this Fellowship depending on background and interests of the applicant.
4. Basic annual stipend and accommodation for such an awardee depends upon experience and demonstrated results. Funds for additional research or documentation projects can be negotiated. ^{[[L]]}_{SEP}
5. Sustain the garden as a resource for the Vienna R&D Center visitors and staff in an accessible, professional, and positive way. ^{[[L]]}_{SEP}

If you are interested in submitting a proposal and would like more information, please request an information sheet and garden map from Nadia Robinson at NRobinson@RMJHoldings.com. Information about Health Studies Collegium is available at: www.HealthStudiesCollegium.org. Information about Russ Jaffe is available at: www.DrRussellJaffe.com.

Proposals should be no more than three pages (aside from CV or resumé) including relevant program and garden management experience. Documentation and or scientific investigations of the garden plants are encouraged. This could be observational, analytic, or other scientific documentation approach.

We encourage proposals for programs that will serve diverse communities from a Jewish Tikun Olam (Saving the World one person at a time) perspective.

Proposals are reviewed on a rolling basis. You can expect a preliminary response within 30 days. A committee of Jewish farmers (organic, biodynamic, regenerative, food foresting) evaluates submissions.

With best wishes,

Nadia Robinson

Put on HSC letterhead and return

Paul Brenner then and now

When I met Paul Brenner in the mid-1970s, he was chair of ObGyn at Scripps Institute and on the faculty at UCSD. He lived in LaJolla with his family. He is honored as a patriarch of holistic medicine's renaissance. Along with C Normal Shealy, he helped found the America Holistic Medicine Society with a little help from many including myself.

Paul was among the first modern Western physician scientists to study acupuncture.

Paul is remarkable for his presence, empathy, sensibility and succinct wisdom. For a decade until recently, he focused mostly on inner awareness and development.

With insights into his own multigenerational life issues, he currently counsels people with life threatening illnesses to improve quality of life and insight, sometimes with remarkable remissions as a bonus.

Paul was close to Bruj Joy, Olga and Ambrose Worrall, and Stan Krippner in the 1970s. He was honored by humanistic psychology for his insight and communication skills; he is a gifted extemporaneous orator and story teller.

Paul, Rebecca and I had lunch in Old Town Alexandria in about 1998. Humble, vulnerable, yet inspiring describes Paul.

More recently, we had time in LaJolla. His willingness and ability to connect in meaningful moments remains an inspiration to me.