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# The Smart Life Forum Story

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Written by Stan Field July 2008

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## CONCEPTION

In 1992, Kathryn Grosz conceived the idea of bringing together a group of intelligent people to discuss health-oriented subjects with the aim of learning how to improve their lives. It was realized that medicine (diagnosis and treatment of disease) did not concentrate on health.

She did a tremendous amount of advertising and promoting to get people to attend. At the first meeting, only three people came. Her bill for the meeting room in a hotel was \$200. Although this route was too expensive, her enthusiasm didn't allow her to give up.

She moved the meetings to her home to save renting costs in a hotel. She even cooked meals in her home for members so they could leave work, have dinner and be at the meeting on time. Through advertising, she usually had 45-50 people at each monthly meeting. At one meeting, she had 90 people for dinner. She did this for a couple of years to acquire a **critical mass of intelligent people** to explore the impact of nutrition, environment and lifestyle on overall health. She spent thousands of dollars of her own money and an untold amount of time to create the **Smart Life Group**.

## IMPLEMENTATION

Kathryn was her own Board of Directors. She arranged to get speakers and she wrote the newsletter. She also sponsored and arranged two national conferences for the Smart Life Group. She was so dedicated to the success of this group that she eventually consumed all of her life savings. She had reached a point where she could not continue the intensity required for successful operations. She then formed the Board of Directors to take the workload with the hope that the **Smart Life Group** would survive. She had done the work of many people. She had done the impossible!

## SURVIVAL AND GROWTH

In 1996, I had bought the Smart Drugs books and then started a subscription to "Smart Drugs News." The books brought a new dimension in biochemistry to me. I was thoroughly impressed with the superb technical writing ability of Steve Fowkes who wrote Smart Drugs News. I appreciated his ability to write clearly about technical subjects. One day I called Steve and asked him about Smart Life Forum which appeared in one of his reports. I discovered that Steve was the first president of SLF.

Never in my wildest dreams did I expect to find such a vibrant group of intelligent people (30-40 at each meeting) interested in all matters of health and longevity. I was so energized that I volunteered to write the newsletter of the **Smart Life Forum**. Previously, the newsletter was written

by Tony Barbella and the Program Director (the person who arranged to get speakers) was Harvey Miller.

In the year 2000, Phil Jacklin became the 2nd SLF president. He and Mike Korek, the new program director, expanded the meeting attendance to 100-150 people which required a major change in the capacity of meeting facilities.

**SLF** changed my life. Enthusiastically, I began to study biochemistry and physiology, using my chemical engineering background, with the hope that I could stay healthy to the end.

Over the years, there have been many knowledgeable speakers who have educated us. At a recent SLF meeting (April 2008), 180 people listened to Dr. Stephen Strum, one of the foremost in his field of medical oncology, give an outstanding two-hour lecture on prostate cancer. Everyone there was "charged up."

## SLF WEBSITE

A great deal of unusual health information is located at the website: [www.smartlifeforum.org](http://www.smartlifeforum.org).

## HONORING KATHRYN

In May 2008, Kathryn Grosz was honored by SLF by giving her a plaque of appreciation. The plaque said:

**"This is to express our appreciation for your superb and successful effort to create "The Smart Life Forum." Your unrelenting drive to assemble a critical mass of intelligent people to explore the impact of nutrition, environment and lifestyle is unique. Thanks to you, members of Smart Life Forum are now knowledgeable enough to achieve health and avoid the dangers of conventional medicine and pharmacy. Kathryn, we salute you!"**

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