

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: Thursday, January 16, 2014**

**Main Presentation: Gary Gordon, MD, DO, MD(H)**  
*“Achieving Optimal Wellness While Living on a Toxic Planet”*

**Secondary Presentation: Melissa Ponce, DC**  
*“Biofilms”*

## Smart Life Forum

### Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

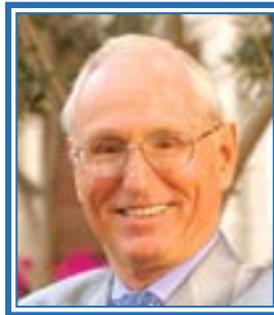
[www.SVHI.com](http://www.SVHI.com)

For those who cannot attend,  
you can view livestreaming at

<http://bit.ly/Zpld3o>

See our archived videos at

[http://tinyurl.com/  
smartlifeforum](http://tinyurl.com/smartlifeforum)



*Meet Dr. Gary Gordon*  
Page 3



*Meet Melissa Ponce!*  
Page 10

## Newsletter Table of Contents

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Gary Gordon, MD, DO, MD(H)!

Main Presentation: *“Achieving Optimal Wellness  
While Living on a Toxic Planet”*

Page 8 - Meet Melissa Ponce, DC!

Page 9 - Secondary Presentation: *“Biofilms”*

Page 12 - Become a member of the SLF Community!

## Announcements/Upcoming Events

### Upcoming Speakers:

#### FEBRUARY

Devra Davis, Ph.D. - "Disconnect: Cell Phones and Industrial Response"  
Colleta Hargis, MD - "pEMF in Treatment"

#### MARCH

Sook Hong, DDS - "Biological Dentistry"

#### APRIL

Suzanne Mansell - "Ayurvedic Medicine"

#### MAY

Tom Levy, MD - "Game Changing Research on Death by Calcium"  
Marcus Freudenmann

### FUTURE SPEAKERS:

Beverly Rubik

Mahtab Jafari - "Truth About Anti-Aging Medicine"

Ari Vojdani - "Immunity Issues"

Diana Schwarzbein, MD

*We are sad to report that Stanley Durst, a supportive member of Smart Life Forum, passed away suddenly on December 27, 2013. He is survived by his wife of 47 years, Mary, his son Peter, his brother and grandsons. Our condolences go out to his family and friends.*

If you have questions please email [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com).

Thank you.

***Presentation Speaker: Meet Garry Gordon, MD, DO, MD(H)!***



Co-founder of the American College for Advancement in Medicine (ACAM), Dr. Garry Gordon is an internationally recognized expert on anti-aging, chelation therapy, detoxification, and regenerative medicine. Co-author of “Detox with Oral Chelation” and “The Omega 3 Miracle”, he is dedicated and passionate about educating doctors and patients of the harmful and devastating effects of environmental toxins, emphasizing the multi-factorial aspects present in ALL chronic illnesses.

In addition to chelation, detoxification, and nutritional supplementation, he lectures extensively on regenerative and energy medicine modalities. Having restored himself to optimal health in spite of suffering from serious chronic illnesses for most of the first 30 years of his life (including genetic heart disease), he wants everyone to feel as good as he does today at age 79!

*(End of Meet Garry Gordon!)*

**Main Presentation**  
**by Garry Gordon, MD, DO, MD(H)**  
*“Achieving Optimal Wellness While Living on a Toxic Planet”*

In today’s world no one is safe from environmental toxins and pollutants. We simply cannot avoid them. Every man, woman and child living on this planet has hundreds of toxins circulating throughout their bodies, and we have discovered that these pollutants are first absorbed within the womb.

For instance, the Environmental Working Group released a video entitled “10 Americans” back in 2008, which reported on the shocking levels of toxins found in ten randomly chosen American children – toxins they were exposed to before they were born! Samples of umbilical cord blood were acquired anonymously from ten different babies, and tested for 400 or so different environmental toxins.

In this study, 287 chemicals were found among all ten samples with an average of 200 chemicals in each. Of these chemicals, 134 are known carcinogens; 151 cause birth defects; 186 are associated with infertility; 154 are hormone disruptors; 130 are toxic to the immune system; 158 are known neurotoxins which have profound effects upon developing children. Of all the chemicals and pesticides detected, 212 of them were banned over 30 years ago – yet they are still persisting in our environment.

In the report *Environment Threats to Healthy Aging*, researchers examined the influence of environmental factors on diseases such as Alzheimer's and Parkinson's disease, finding that these stressors, beginning in the womb, are significant in determining our health later in life. They discuss how various chemicals and toxins contribute to oxidative stress and inflammation, leading to chronic illnesses; bisphenol A (BPA) is associated with insulin resistance and fat accumulation, PCBs, dioxin, and other pesticides are implicated in Type 2 Diabetes, and air pollution is a recognized factor in the development of neurodegenerative diseases.

The quality of water that we drink and bathe in is also critical. The levels of toxic chemicals and heavy metals in many of the nation's drinking water supplies are in violation of the Safe Drinking Water Act. In a *New York Times* article in 2009, it was stated that as many as 19 million Americans become ill each year due to parasites, viruses, and bacteria found in their drinking water.

Adding to our toxic body burden, earth changes and the gradual decline of our planet's protective electromagnetic field, has further weakened our cellular metabolic functions of energy (ATP) production, nutrient assimilation, and autophagy (cell recycling and detoxification). Electricity and magnetism are vital to life! Every organism on this planet has evolved under the influence of the earth's electromagnetic field. We are electrical beings – our cells communicate through electrical impulses. The earth's electromagnetic frequencies influence our cellular energy production, immune function, help modulate our circadian rhythms, and also affect the way we perceive pain.

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Pulsed electromagnetic frequency therapy, or PEMF, is a way to replenish this life-sustaining element. PEMF is like an advanced form of exercise – I call it M.I.C.E., which is short for ‘magnetically induced cellular exercise’ – because it works on a cellular level and produces the same effect and benefit as hard physical exercise, but without the stress and strain on our muscles and bones. This is so important because we have learned that exercise is necessary for cellular detoxification and renewal through a process called ‘autophagy’. PEMF stimulates autophagy, and provides the energy for ‘electroporation’ to occur, whereby small pores in the cells outer membrane are opened to allow toxins to be expelled, and vital nutrients and oxygen to be taken in.

Through the combination of my F.I.G.H.T. For Your Health program, with advanced nutritional support, chelation and detoxification protocols, and PEMF as M.I.C.E., amazing results are being experienced in the prevention and reversal of chronic conditions such as cancer, cardiovascular disease, and diabetes.

I created my F.I.G.H.T. For Your Health program to be a simple, understandable, natural and powerful framework that helps to empower each of us as we continue on our journey toward optimal health. The protocol considers several key areas that are always contributing factors in any chronic illness.

Basically, F.I.G.H.T. is an acronym that stands for Food & Focus, Infections, Genetics, Heavy Metals & Hormones, and Toxins. F.I.G.H.T. is a great way to remember that each of these areas are interrelated and need to be addressed simultaneously to achieve balance and healing. The most important things we can do for ourselves and our health is to detoxify daily, exercise, avoid stress, avoid obvious pesticides and toxic foods like GMO’s and high fructose corn sugar, and utilize the appropriate natural nutritional supplements. Toxins are not going to go away, so you have to counter attack, and daily oral chelation is the remedy. There are many vitamin, mineral and herbal supplements that help the body detoxify.

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A few of the nutritional products that I take on a daily basis, and suggest to my patients are:

- Beyond Chelation Improved (BC-I) is my oral chelation regimen of nine capsules, that includes three very powerful vitamin and mineral tablets with resveratrol and vitamin K2, three Essential Daily Defense capsules, which is a combination of EDTA, Garlic, and sulfated mucopolysaccharides from carrageenan, one Omega-3 fish oil capsule, one 1300 mg capsule of Primrose oil, and one capsule containing Gingko biloba and phosphatidylserine. These assists the body in the elimination of heavy metals as well as in the general detoxification of environmental toxins, pesticides, chemicals, and other body-burdening substances.
- Bio En'R-Gy C , is an enhanced form of Ribose Nucleotide Activated (RNA) vitamin C that has the ability to neutralize most toxins. It utilizes a special patented delivery system containing Riboperine metabolites that safely allows patients to take daily high doses without stomach upset, cramping or diarrhea. Bio-EnR-Gy C also contains methylated glycine and methylsulfonylmethane or MSM. Methylated glycine is a methyl donor that supports healthy homocysteine metabolism, optimal liver function and is important for cellular replication, and detoxification reactions. MSM provides sulfur, which is a vital building block of joints, cartilage, skin, hair and nails. Methyl groups support a myriad of fundamental and vital biochemical processes in the body, including energy production.
- ACS 200 – Advanced Cellular Silver, is a uniquely bioavailable form of silver that fights infections and helps the body eliminate all known pathogens, including MRSA, Candida albicans, and even Borrelia burgdorferi which causes Lyme disease. ACS200 helps lower inflammation which allows toxicity to be more effectively removed from the body, as it is nearly impossible to detoxify an inflamed body. Using ACS200 orally, will also specifically target the numerous dental pathogens which have been strongly implicated in cardiovascular diseases, diabetes, and complications of pregnancy.
- ZeoGold is the premier product to have in your detox arsenal. ZeoGold is a Micronized Hydro-colloid (MHZ) form of volcanic mineral called zeolite

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(clinoptilolite), and research has shown that Zeolite has an ideal structure for mopping up and removing toxins such as aluminium, arsenic, cadmium, lead, mercury and tin, but does not remove beneficial minerals such as zinc and potassium, which can be the case with other detox treatments. What makes ZeoGold even more powerful is that it includes Bio EnR-Gy C, and proprietary blends of GMS-Ribose, and Glutathoine Lipoate with Humic Acid, all of which support cellular detoxification.

- Dr. Gordon's Power Drink, which consists of Beyond Fiber, Longevity Maca Powder, Dr. Gordon's Best of Organic Greens, Bio En'R-Gy C, and ZeoGold, is a convenient and affordable way to address many aspects of my F.I.G.H.T. For Your Health protocol.

Quality vitamins, herbs and minerals that have anti-inflammatory properties, will reduce systemic inflammation and chronic pain, and restore your body and mind to its optimal functional and healthy state. It is important to filter your drinking water and avoid plastic water bottles or containers containing BPA. Better yet, learn about the amazing oxygenated water from Europe called KAQUN (pronounced "cocoon"). This powerful water is currently carried in 2600 European pharmacies, and used in athletic enhancement and oxidative therapy programs in over 20 European health centers. Pure bath water and medicinal water typically contains 0.3% dissolved oxygen. KAQUN water stores dissolved oxygen (16-18 mg/l), which is stable, not bubbly, and its pH is alkaline (8.9-9.2).

KAQUN water can be taken in two ways, through the skin as a KAQUN bath, and by drinking KAQUN water. The water's absorption qualities penetrate the tissues, and the mucous membranes of the stomach and gastrointestinal tract. KAQUN water has been shown to reduce mental and physical tiredness, since it replenishes oxygen to the cellular environment within a short period of time. Oxygen deficiency is a direct precursor to nearly all illnesses and disease, including cancer. Without oxygen, human life ends in approximately 6 minutes. In the area of nutritional supplementation, oxygen is clearly at the top, but not everyone has access to doctors practicing oxidative medicine. Hyperbaric chambers are expensive, and many doctors are just beginning to learn how to use UVB and ozone therapies. The Kaqun water approach can offer real help to nearly everyone.

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By following my F.I.G.H.T. program with suggested protocols, and utilizing PEMF “cellular exercise” therapy - which makes any health or nutritional treatment even more effective - I am confident that ten years from now, I will be as healthy and active as I am today... and you can be too!

*(End of Main Presentation!)*

## ***Secondary Speaker: Meet Melissa Ponce, DC!***



Dr. Ponce received her Bachelors degree from UCLA, Doctorate degree from Palmer College of Chiropractic and additional training in Functional Medicine through Functional Medicine University and The Kalish Functional Medicine training program. She has also studied Autonomic Response Testing under Dr. Klinghardt’s training programs.

Dr. Ponce focuses on finding the underlying causes of chronic symptom patterns rather than treating one symptom at a time with drugs. Her goal with each and every patient is to correct core metabolic imbalances that will resolve a host of symptoms, without side effects.

As a woman, Dr. Ponce recognizes the need for whole-body, real solutions for prevalent and extremely common issues consuming many women today:

- Infertility
- Weight Loss
- Hypothyroidism
- Chronic Fatigue
- Menopausal Discomfort
- HPV

Conventional medicine offers temporary and sometimes dangerous solutions to health issues. She believes that real integrative medicine allows the body to heal and synchronize on its own first, before applying more invasive treatments. By allowing the body to find its own rhythm and removing biochemical barriers to healing first, often time the conventional approach is no longer warranted and if it is, the new found synchronization allows for the allopathic model to work more effectively.

*(End of Meet Melissa Ponce!)*

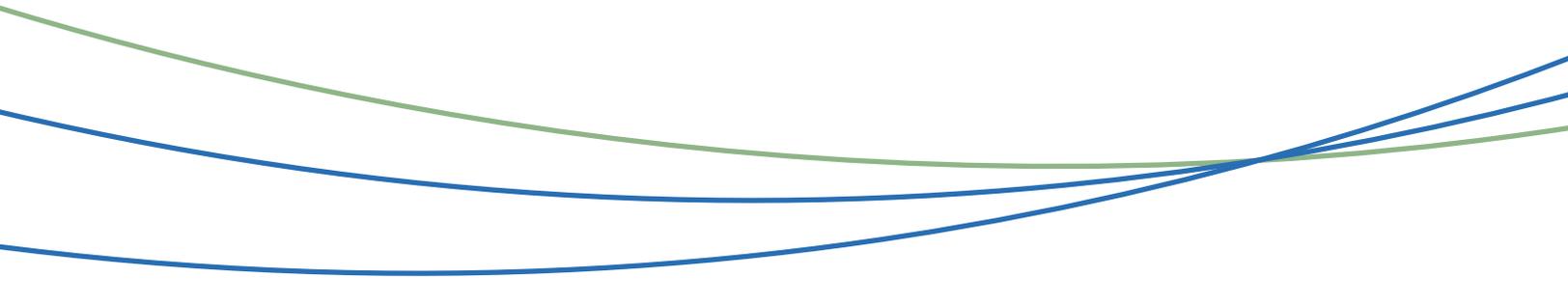
## Secondary Presentation by Michelle Ponce, DC

### *“Biofilms”*

Dr. Ponce will discuss biofilms and treatment options.

A biofilm is any group of microorganisms in which cells stick to each other on a surface. It can be composed of extracellular DNA, proteins and polysaccharides. Bacteria living in a biofilm typically have different properties from free floating bacteria in the same species. Such biofilms have a complicated architecture. Can be viewed as "cities with channels for nutrients to come in and waste to go out. Examples of biofilms include dental plaque. Biofilms are thought to be instrumental in kidney stones chronic sinusitis, endocarditis, prostatitis, and other chronic infections and inflammatory diseases.

*(End of Secondary Presentation)*



*Upcoming*  
*Foundation for Mind Being*  
*Research Meeting*

**Friday, January 24, 2014**

**7:30PM**

Speaker: Loyd Auerbach, MS

*"Investigating the Paranormal:  
A Parapsychological Perspective"*

Please go to [www.FMBR.org](http://www.FMBR.org) for more  
information.

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### **About Smart Life Forum**

Smart Life Forum, Inc. is a 501(c)(3) California nonprofit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

Annual memberships in Smart Life Forum, Inc. and charitable donations are tax deductible to the extent allowed by law. For information on how to join or make a donation, please visit our website: [www.SVHI.com](http://www.SVHI.com).

For questions, please contact Susan Downs at [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com).

### **Become a Member!**

Smart Life Forum, Inc. (SLF) is a California qualified 501(C)(3) nonprofit corporation organized under state law for educational and scientific purposes as a public benefit corporation. Please make your check payable to “Smart Life Forum, Inc.” Please provide your email address as well.

**Annual Membership \$60 (per household)**

**\$10 per Meeting**

**Benefits:** Access to a community of experienced scientists and physicians who share information and similar interests.

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**\$60/year full membership (maximum 4 per household)**  
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