

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: Thursday, April 17, 2014**

## **Main Presentation: Robert Rowen, MD**

*“Is Ozone Therapy the Miracle Cure That So Many Seek?”*

## **Secondary Presentation: Suzanne Mansell, LAc**

*“Understanding Ayurveda: How an Ancient Science Brings Balance to Our Modern Lives”*

### 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 Robert Rowen!**  
Page 3



**Meet Suzanne Mansell!**  
Page 6

### **Newsletter Table of Contents**

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Robert Rowen, MD!

Page 4 - Main Presentation: *“Is Ozone Therapy the Miracle  
Cure That So Many Seek?”*

Page 6 - Meet Suzanne Mansell, LAc!

Page 7 - Secondary Presentation: *“Understanding Ayurveda:  
How an Ancient Science Brings Balance to Our Modern Lives”*

Page 8 - Become a member of the SLF Community!

## Announcements/Upcoming Events

### Upcoming Speakers:

MAY 15, 2014

Tom Levy, MD - "Game Changing Research on Death by Calcium"  
Marcus Freudenmann - "Truly Heal Your Body, Your Life, and the World from Cancer"

JULY 17th, 2014

Diana Schwarzbein, MD - "Metabolic Issues" & "Hormone Issues"

### Upcoming Foundation for Mind Being Research Meeting (FMBR)

**Friday, March 28, 2014 @ 7:30PM**

Speaker: Jerry Kroth, PhD  
*"Aliens and Man"*

Location: 3391 Middlefield Road, Palo Alto, CA  
Doors open at 7:00PM

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

Dr. Gabriel Cousens Enhancing Spiritual Life through a Conscious Evolutionary  
Diet, and Shaktipat Meditation

Sunday, May 25, 2014

at Center for Spiritual Living, San Jose

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

Thank you.

## ***Presentation Speaker: Meet Robert Rowen!***



BA Johns Hopkins University, Phi Beta Kappa 1975; MD from UCSF, 1975

Dr. Rowen was previously board certified in Emergency Medicine and Family Practice and is affectionately known as the “Father of Medical Freedom” for spearheading the first state protection for alternative/unconventional medicine in Alaska in 1990. Dr. Rowen was appointed to a term on the Alaska State Medical Board in 1992, and is the longest living continuous practitioner of ozone/oxidative therapies in North America. Currently the Oxidation Workshop Chair of the American College for Advancement in Medicine, and offers quarterly in office oxidation training workshops for doctors from all over the world.

For more information on Dr. Rowen, please visit his websites:

<http://www.doctorrowen.com/>

<http://www.secondopinionnewsletter.com/Home.htm>

*(End of Meet Robert Rowen!)*

## **Main Presentation by Robert Rowen, MD**

*“Is Ozone Therapy the Miracle Cure That So Many Seek?”*

### Ozone Therapy

Ozone therapy has been used for decades in health and medicine/dentistry. Dr. Rowen will cover its use in medicine. Oxygen delivery and consumption is the most important factor in health/healing. Oxygen consumption is the equivalent of energy production in your body. If cells are deprived of oxygen they will swell, malfunction, die or degenerate.

Ozone has long been known to address a very wide spectrum of diseases, which has perplexed many researchers. How could one agent benefit so many divergent conditions?

This led to Italian researcher Velio Bocci and others to research mechanisms of ozone's miraculous healing powers. Incidentally, even Fidel Castro gave the entire world a huge gift. He funded the Cuban Ozone Research Center in Havana in 1986. Many Cuban researchers have joined in phenomenal research proving ozone's power to transform medicine itself. The leader in the Cuban group is Silvia Menendez, PhD, whom Dr. Rowen and his wife visited in December 2013.

Research shows ozone therapy accomplishes, among other effects, the following in a living mammal:

1. Improved oxygen delivery
2. Improved oxygen consumption and energy production
3. Improved blood flow properties
4. Improved immune system for all purposes, including turning down an over active immune system and turning up an under active system
5. Enhanced anti cancer activity
6. Reduced inflammation
7. Regrowth of joint cartilage
8. Detoxification
9. Stimulation of antioxidant enzymes like SOD, which might be the long sought after Fountain of Youth

*(Continued on Next Page)*

Ozone kills microorganisms VERY quickly. Bacteria and viruses are susceptible to oxidation by ozone and ultraviolet irradiation. Ozone stimulates modulation of inflammation. We now know conclusively that uncontrolled inflammation is at the heart of most chronic degenerative diseases. We need inflammation to attack an invader and begin a repair process, but lingering inflammation leads to tissue damage. Ozone can turn this process off. Ozone has very little toxicity to most body tissues except lungs. The lungs cannot handle ozone.

We will discuss ozone's use, and my experience, in the following conditions:

Heart and circulation, infection, immune weakness, Lyme disease, mold toxicity, chronic pain, arthritis (both rheumatoid and osteoarthritis), inflammatory conditions, Parkinson's disease, macular degeneration, cancer prevention and treatment, and more.

Modes of administration include removing and treating a patient's blood with ozone and re-administering it, rectal ozone, bladder ozone, vaginal ozone, ear ozone, ozone water to drink, ozone joint and soft tissue injections. I will discuss my favorite method of administering ozone gas to blood under pressure, which treatment takes a maximum of only 15 minutes (depending on good vein).

We will discuss the last one in depth as ozone into joints may be a "miraculous" means to restore, repair and regenerate cartilage in worn out joints so as to spare joint replacement surgery. If possible, videos will be shown. Ozone therapy is the cornerstone of my work. I will also explain how you can do ozone on yourself in the privacy of your home.

*(End of Main Presentation)*

## *Meet Suzanne Mansell!*



Suzanne Mansell is an Ayurvedic Health Practitioner with a practice located at The Center for Natural Healing in Santa Clara. Suzanne's practice is focused on helping individuals:

- create or reclaim sacred time back in their lives,
- embrace longevity and the beauty of aging, and
- achieve a state of supreme health

Suzanne has a unique background with expertise in Ayurvedic medicine, Yoga, leadership development, business, law, and life coaching. She also has a coaching practice—Avant Consulting—where she helps leaders fulfill their life's passion purposefully and healthfully.

You can read more about Suzanne at [www.avantconsultinginc.com](http://www.avantconsultinginc.com) and [www.suzannemansell.com](http://www.suzannemansell.com)

*(End of Meet Suzanne Mansell!)*

### *SLF Members*

#### **BOARD OF DIRECTORS**

Dave Asprey - Chairman  
Sharon Luehs - Secretary  
Laurel Corcoran  
Bill Grant - Publicity, Treasurer  
Susan Downs - President  
Larry Weissenborn - Sound  
Doug Husbands, DC, CCN  
Robert Menkemeller, RNC

#### **FOUNDER**

Kathryn Grosz

#### **ADVISORY BOARD**

Tim Gallagher, DDS  
Bill Grant, PhD  
Phillip Lee Miller, MD  
Alan P. Brauer, MD  
Bernd Friedlander, DC

#### **MEETING MODERATORS**

Dave Asprey  
Alexis Bright  
Tom Gurske  
Douglas Husbands, DC  
Elise St. Charles, PhD  
Christine Rosche, MPH, CNS, CBT

#### **VOLUNTEERS**

Rob Baum, Assistant Editor  
Laura Dominguez-Yon, Website  
Susan Downs, Newsletter Editor/Prgm Editor  
Steve Fowkes, Technical Advisor  
Rob Larson, Equipment Manager  
Ruthellen Dickinson, Greeter, Memberships  
Larry Weissenborn, Audio Engineer  
Sandra Yow, Newsletter Layout  
Pamela Zuzak, Video & Book Sales

## Secondary Presentation by Suzanne Mansell

*“Understanding Ayurveda: How An Ancient Science Brings Balance  
to Our Modern Lives”*

In our fast-paced, virtually-connected--yet disconnected--world, we need help getting back to a simpler, healthier life. Learn how Ayurveda, the ancient science from India, provides a beautiful framework for getting into balance with customized dietary guidelines appropriate for our unique constitutions and methods for incorporating purification and rejuvenation practices into our modern lifestyles.

*(End of Main Presentation)*

### **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.



**Join Us!** First time Visitors and Non-Members \$10 per meeting (at door).

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."

**Annual Membership \$60** (per household).  
**Benefit:** Access to a community of experienced scientists and physicians who share information and similar interests.  
**Donations are welcome!**

---

**Renew your membership today!**  
**Complete this form & bring to a future meeting with payment:**  
**\$60/year full membership (maximum 4 per household)**  
Yes, you can renew and pay in person at a meeting.  
Donations welcomed.

---

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_ PHONE 2: \_\_\_\_\_

EMAIL: \_\_\_\_\_

CREDIT CARD #: \_\_\_\_\_

Circle Type: Visa | MC | Name on card, if different: \_\_\_\_\_

Phone on card, if different: \_\_\_\_\_

I authorize this charge (Signed): \_\_\_\_\_ DATE: \_\_\_\_\_

Total amount authorized or enclosed: \$ \_\_\_\_\_, (check applicable boxes):

\$60/yr Family membership (4 max in household)

Donation: \$ \_\_\_\_\_

---

Please make your check payable to "Smart Life Forum, Inc."