

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, January 15, 2015

**Main Presentation: Professor Adiel Tel-Oren, MD, DC,
DABFM, DABCN, CCN, LN**

“Skin Science - The New Key to Anti-Aging Medicine”

Secondary Presentation: Gabie Reiter, ND

“My Doctor Says I’m Fine, So Why Do I Feel So Bad?”

Smart Life Forum

Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

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>



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Announcements & Upcoming Events

Upcoming Speakers:

FEBRUARY 2015

Trudy Scott, CN - "Anxiety: Natural Solutions"

Short Speaker: Steve Fowkes
"Parasympathetic Repair"

MARCH 2015

Aristo Vojdani, PhD, MSc, CLS - "Food Allergies and Autoimmune Conditions"

APRIL 2015

Harry Massey - "Energy Medicine"

MAY 2015

Christopher Shade, PhD - "How To Detox"

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, February 27, 2015 @ 7:30pm

Mas Sahady - "The Frequencies"

Please visit www.FMBR.org for more info.

If you have questions please email
susanrdowns@hotmail.com.

Thank you.

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*Mas Sahady February
27 "The frequencies"*

Main Presentation Speaker: Professor Adiel Tel-Oren, MD, DC, DABFM, DABCN, CCN, LN!



Prof. Adiel Tel-Oren ("Dr. T") MD, DC, DABFM, DABCN, CCN, LN
Dr. T is a sought-after lecturer and expert in Skin Health and Longevity (and the connection between objective measurable skin parameters and whole-body anti-aging), skin lesions treatment and prevention, clinical nutrition, functional medicine, and laboratory tests. He is introducing non-invasive precision instruments for clinical diagnosis of skin aging with powerful treatment protocols, available to all types of practitioners. Dr. T is President Emeritus and Professor of Medical Sciences, Clinical Nutrition, and Functional Medicine at the University of Natural Medicine in Santa Fe, NM and San Dimas, CA (specializing in distant learning).

Dr. T was born in Jerusalem, Israel, and had an extensive career in music before switching to medicine, as a result of long-term interest in health and nutrition stemming from witnessing severe illness and tragedy in his family. He obtained his first doctorate, in chiropractic medicine (DC), from Northwestern Health Science University, graduating at the top of his class; After several years of successful practice as a nutrition and functional medicine physician, he returned to school and received his Medical Diploma (MD) at the prestigious Pirogov Medical University (Russia's flagship medical institute, which placed 3rd in UNESCO's competition for the world's best medical schools, ahead of world-renowned Oxford and Cambridge universities); He then became certified by the American Boards of Functional Medicine (DABFM), Clinical-Nutrition (DABCN), Disability Analysis (FABDA), & the American Board of Chelation and Oxidative Therapy. He has also obtained his Certified Clinical Nutritionist (CCN) diploma - with the IAACN (International & American Association of Clinical Nutritionists) - where he is also serving as professor for the Clinical Nutrition Certification Board. He is a licensed nutritionist (LN) in Minnesota, since 1997.

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In the past 15 years, Dr. T has lectured world-wide to doctors, health practitioners, & the public. He founded the "Tel-Oren Muco-Cutaneous Lesion Therapy" and trained many physicians who now offer this treatment in several countries and many states (including California, Arizona, Washington, & Oregon) - this is a **highly effective** non-surgical, non-medical, non-scarring approach to eliminating skin and mucous lesions **of all types** and preventing **risky developments**.

Dr. T is the founder of several humanitarian projects in several countries, including the Ecopolitan Eco-Health Community (www.ecopolitan.com), the Everest Learning Academy in Nepal (a network of schools, community centers, and orphanages that educate, nurture, and protect over 14,000 disadvantaged Nepali children from child trafficking, prostitution, and slavery). He guides Healthy Humanitarian Holistic Trekking Expeditions in Nepal's Himalayas twice a year (October 2014 is coming up, still room to join! See WWW.NEPALI-CHILDREN.ORG), and runs retreats in Thailand, foraging weekends in Wisconsin, a gluten-free Green Bakery, and a healthy restaurant in Minneapolis. He has created the BioActive Plant Fraction(R) Formulas and built a factory in Nepal that makes the best, healthiest Black Himalayan SULFUR-RICH Salt, both available via www.nut-dyn.com. All these products, projects, events, and services support the Ecopolitan Community's humanitarian efforts in Nepal and children's health worldwide.

For Ecopolitan Skin Clinics Appointments in your area, to join a trek, or to learn about Ecopolitan's exciting Skin Science & Anti-Aging Seminar - please visit www.doctorTevents.com or www.ecopolitan.com.

(End of Meet Professor Adiel Tel-Oren!)

Main Presentation

by Professor Adiel Tel-Oren, MD, DC, DABFM, DABCN, CCN, LN

“Skin Science - The New Key to Anti-Aging Medicine”

What does the new science of skin health reveal about the secrets of longevity and disease prevention? How will simple, objective, non-invasive cutting-edge diagnostic tools revolutionize your overall health? What common practices must be avoided in order to maintain youthful skin, brain and body? Why do skin growths, cancers, rashes, and blemishes appear on your skin?

Because of its superficial position and aesthetic significance, humans care a lot about their skin and therefore have studied it extensively. However, lesser-known aspects of skin science have just recently come to light and are yet a novelty for amateurs and scientists alike. In this lecture Dr. Tel-Oren will introduce revolutionary scientific instruments that can diagnose skin health and demonstrate the progress of skin degeneration. Until now, these scientific instruments have only been available to major university research departments interested in general skin physiology, immunology, bacteriology, and pathology, but not in clinical applications. This is the first time that such skin diagnosis measures can be harnessed in a clinical or office setting to serve the needs of practitioners focused on anti-aging medicine.

The skin is not just the largest organ in the body, it is also a major organ of elimination, nutrient production, physical protection, and a major organ of the innate immune system second only in size and importance to the gastrointestinal tract. This innate immunity, as in other parts of the body, is the primordial initial line of defense against potential bacterial, viral, or environmental insult. Because of this function of the skin, and because of its structural components that lend protective lining and cushioning to our internal organs and neuro-musculo-skeletal structures, it is paramount that we identify trends affecting skin health and demonstrating its gradual degeneration process, as these trends directly affect the entire body's immune resistance.

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Three important functional skin layers (the “dead” epidermis called the stratum corneum, the “living” epidermis, and the dermis) can accurately represent other body tissues of similar function and composition and thereby indicating the extent of damage to the physiology, function, and structure of many other organs and tissues of the human body. These three layers are therefore a window through which we can observe the entire body’s health status without biopsy of human tissue and without resorting to expensive and invasive lab tests or imaging studies.

Analysing the health of these three representative skin layers can become the new frontier of anti-aging medicine, utilizing innovative testing procedures that are easy to perform, painless, inexpensive, and accomplished together in less than one minute. High patient acceptance rate brings high compliance, and combined with the practitioners’ enthusiasm we can effectively reveal important aspects of the degenerative process in many people, encouraging and inspiring them to make health-oriented changes in lifestyle choices, nutrition, and supplementation.

The first, outermost layer of the skin (the stratum corneum) represents our crucial barrier against the outside environment. It should have minimal amount of moisture and it must consist of a precise ratio of various lipids and free fatty acids, in order to promote a healthy tight seal against water-borne structures, pollutants, and pathogenic microbes. This fatty barrier must maintain the proper pH as well as the right combination of probiotics and nutrients, necessary to resist potential pathogens, maintain healthy immune components, and promote the growth of health-promoting microbes, similar to what we see in the gastrointestinal tract. Any damage to this critical layer represents damage to numerous other barriers in our body which are composed of similar lipids and possess similar immune function. The integrity of this layer is measured with a unique instrument that evaluates Trans Epidermal Water Loss (the greater the amount of water vapor departing through the stratum corneum, the greater the damage to its function as a barrier). Such a test was not available outside of a major university skin research facilities until very recently, since it previously required a large room with tightly controlled temperature, humidity, and other parameters. New advances in electronics allow this measurement to now be available in the offices of clinicians, skin & beauty practitioners, and body workers. The low cost and easy access can benefit the average customer by educating them about their specific tissues’ current health status as well as offering them an opportunity to follow science-based protocols, which address the general integrity

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of functional lipid-based barriers in the body (both within the skin and in other organs that serve similar protective roles).

The second (deeper) layer is the living epidermis which has the important function of maintaining protective moisture levels and participating in the regenerative processes of the more superficial epithelial cell layers. Damage to this layer will be manifested as reduced moisture content, revealing dysfunction and degradation within the various molecules in charge of binding water molecules and retention of skin hydration. These protein- and carbohydrate-containing molecules are present in numerous other human tissues that must maintain moisture for proper function and slower degeneration. Therefore, any signs of dehydration in this layer represent advancing degeneration elsewhere in the body where moisture is important and friction must be avoided (tendons, ligaments, bursae, intestinal covers, joint cartilage, the eye, etc.). Interestingly, the main therapeutic approach here is NOT increased water hydration (drinking more water), but the biochemical support (and avoidance of environmental harm) of the molecules that hold on to water in these tissues.

The third layer is the deeper portion of the dermis that gives the skin its elasticity and physical protection against trauma, while offering rebounding capability necessary for healthy function of the structures within the skin and immediately under it. The elastic molecules that provide this trait (e.g. collagen and elastin) are found in many other areas of the body requiring elasticity and recoil – for instance, the lungs and blood vessels, as well as protective membranes in the brain and elsewhere. Thus, any objective signs of loss of elasticity in this skin layer present us with vital information about degenerating elastic components in other tissues throughout the body that are far more critical for our immediate survival than the skin itself.

The three instruments that measure the function of these three major skin layers are now available in one set, which can be interfaced with a computer for fast and easy collection of data. For clinicians, body workers, and skin practitioners it is very easy to simply write down the objective information instantly obtained through testing, as well as to provide the appropriate protocols needed to improve the findings. People can compare the results with their age-groups, other age-groups, and mostly with themselves. They can readily and objectively see the effect of self-treatment and lifestyle modification, for better and for worse... It is encouraging to know that with quick and simple

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office testing we can make a positive impact on people's anti-aging efforts while at the same time improving the youthfulness, longevity, and beauty of their skin.

More importantly, basic understanding of skin structure and physiology can help us rapidly improve our own skin's health, by taking advantage of the skin's regenerative capabilities and by enhancing those capabilities nutritionally and clinically. This improvement can take place within several weeks of self care, promoting the protective function of the skin as an important organ of innate immunity. This crucial function is affected by any insult from the environment, as well as the skin's responses to that insult, which can all be modified by several factors including nutrients, pollution, radiation, or chemicals. Innate immunity does not depend on previous exposure to specific offensive antigens. It is composed not only of anatomical and physiological barriers, but also of mechanical removal of invaders, beneficial flora, enzymes, low pH, a plethora of peptides and lipids, and various immune cells that can respond quickly to invaders, assuming that the skin's health has not been compromised. In the lecture we will discuss a few of the key components of the skin's innate immunity showing how our lifestyle can directly impact our body's resistance to environmental and microbial insults. Healthy skin = healthy you!

This lecture is an introduction to an 8-hour "Skin Science, Diagnosis, & Therapy" Certification Seminar, taking place in the Bay area this coming Spring. This innovative seminar is geared to any health, body, skin, & hair practitioners and laypeople interested in helping others while increasing their own knowledge about the body organ we dedicate more time to than any other organ – the skin!

With our new diagnostic skin instruments easily revealing the **current** parameters of our skin's aging and its implications to the rest of our body's organs and tissues, we can now revolutionise "anti-aging medicine" to become an objective science, without any expensive or invasive lab tests that are indirect at best! We can painlessly evaluate the degenerative aging process **directly** and scientifically, without biopsy or radiation, thereby taking the guessing out of anti-aging medicine and bringing it to the masses! And by educating and certifying Skin Science Practitioners we can provide science-based protocols that precisely address the objective findings in each individual, increasing the population's health, vitality, productivity, and longevity.

(End of Main Presentation!)

Secondary Presentation Speaker: Meet Gabie Reiter, ND!



Gabie Reiter is a certified naturopath and medical intuitive. She was born and raised in Switzerland. In 1983 she graduated from the physical therapy school in Schaffhausen and ran a successful physical therapy practice before moving to the United States in 1990. From 1988-1990 she had been taking parapsychology training classes at the Institute of Parapsychology in Basel, Switzerland.

In 1990, she got married and moved with her software engineer husband to the US.

In 1996, when her two daughters were 2 and 5 years old, she was drawn to energy healing and acquired the degree of a Reiki Master, which helped her further refine the intuitive perception of the body. From 1998-2002, she studied and graduated as doctor of naturopathy from Clayton College, Birmingham, Alabama.

Since 2002, she has been running a successful practice as a certified naturopath and medical intuitive. She skillfully blends her knowledge of nutrition and natural remedies with energy healing modalities enhanced by her intuitive perception. She has guided many clients to vibrant health and joyful vitality. In August 2013, she received the calling to teach medical intuition to holistic practitioners to make their practice as successful and thriving as her own.

(End of Meet Gabby Reiter!)

Secondary Presentation by Gabie Reiter, ND

*“My Doctor Says I'm Fine, So Why Do I Feel So Bad?”
Case Studies from a Medical Intuitive Practice*

Not everything that counts can be counted, “ said Albert Einstein. All kinds of phenomena can be assessed that never will show up in a medical test or laboratory test. Dr. Reiter will provide information from her experience as a naturopath to discuss blocks that get in they way of health. She will discuss some of these missing pieces and how they can be successfully turned around to enhance the self healing that is inherent in everybody.

(End of Secondary 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.

For questions, please contact Susan Downs at susanrdowns@hotmail.com.

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