

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, July 16, 2015

Main Presentation: Raymond Francis, MSc

“The Great American Health Hoax”

Second Presentation: Anne Bernard, LAc

“PEMF (Pulsed Electro Magnetic Frequencies) in Health”

Smart Life Forum

Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

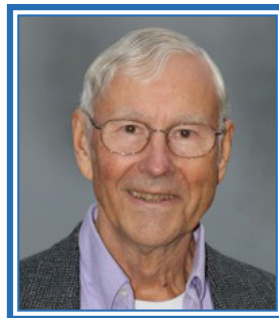
www.SVHI.com

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

Laurel Corcoran: In Memoriam

Laurel was the friendly face who greeted you at the door every month, and kindly reminded you when your dues were up for renewal. Behind the scenes, she sat on the Board of Directors for years and helped to guide SVHI in its mission.

We'll miss her.

Upcoming Speakers:

AUGUST 2015

Len Saputo, MD, Bernd Friedlander, DC,
& Richard Kunin, MD
"How to Approach the Cancer Scare"

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, July 24, 2015 @ 7:30pm

Derek Gerlach, PhD

Dr. Derek Gerlach is a subtle energy researcher. He is currently working with "Association for Balancing Life Energy."

Unity Community Church

Y.E.S. Hall

3391 Middlefield Rd, Palo Alto, CA

Please visit www.FMBR.org for more info.

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

Thank you.

News Alert!

The board has decided to provide transcripts for our speakers' presentations. These transcripts will be provided for members only, and are expected to increase internet traffic to our site. These transcripts are provided by a generous donation by our chair, Dave Asprey. We will be working on these transcripts, so stay tuned!

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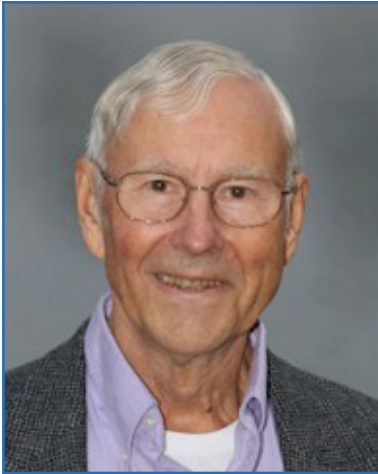
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Main Presentation Speaker: Raymond Francis, MSc!



Raymond Francis is a chemist by training and a graduate of M.I.T.; he is an internationally recognized leader in the field of optimal-health maintenance. Raymond is the author of the bestselling books *Never Be Sick Again*, *Never Be Fat Again*, and *Never Fear Cancer Again*. He is the creator of a revolutionary new concept of health called the Beyond Health Model, and as a result, Raymond has been cited as “one of the few scientists who has achieved a breakthrough understanding of health and disease.”

Having survived a near-death terminal illness by using his knowledge of biochemistry, Raymond has achieved an extraordinary level of health and has devoted the remainder of his life to improving the health of people everywhere. He is president of Beyond Health International, a supplier of highly advanced health education and world class health-supporting products to the public, and the publisher of Beyond Health News, a subscription newsletter supplying advanced health information. An in-demand speaker, he has addressed health conferences all over the U.S. and in Canada, Egypt, Germany, Greece, Mexico and Switzerland, and he has been a guest on over 2000 radio and television shows.

For more information, visit the following websites: raymondfrancis.com and beyondhealth.com

(End of Meet Raymond Francis!)

Main Presentation: Raymond Francis, MSc

“The Great American Health Hoax: Why Getting Sick is a Big Mistake You Can Avoid”

There is no compelling reason why anyone should have cancer, heart disease, diabetes, Alzheimer's, arthritis, osteoporosis, the common cold or almost any other disease. All of these diseases can be prevented and almost all reversed if you learn how to maintain your body. The body is a self-repairing system. This is why, for example, no one needs a hip replacement. Our hips are designed to last a lifetime—if we keep them in good repair. All you have to do is supply the required repair materials and avoid toxins that can shut down your repair machinery.

In his newest book, *The Great American Health Hoax*, scientist and bestselling author Raymond Francis offers a solution. You can see a 100 year-old car that looks great and runs great. Why? Because it has been well maintained. We are no different. We can look great and run great at age 100, if we are well maintained. The problem is we know more about how to maintain our car than we do our body. A new car comes with a maintenance list—we don't! *The Great American Health Hoax* provides a maintenance list that will teach you how to maintain your body.

In this month's lecture, you will learn:

- The amount of energy you can produce may be the most important measure of your health
- Microbes in your gut determine the strength of your immune system
- Almost any oil you can buy at the supermarket is toxic
- Your pH is critical to your body chemistry
- Controlling Inflammation is key to warding off illness
- Being overweight is much more than a cosmetic problem
- You shouldn't blame aging for what is actually disease

(Continued on Next Page)

The need to end our chronic disease epidemic is urgent. We need to teach people how to not get sick because the cost of disease is bankrupting our country. With more than 10,000 baby boomers retiring every day, the congressional budget office says the path we are on is economically unsustainable. The government has made promises it can't keep. By 2040, the number of Americans over age 80 will be larger than the number of preschool children. By 2030, federal spending for just four items—Social Security, Medicare, Medicaid, and pensions—will exceed total federal revenues. This will leave nothing for any other purpose. The United States will be unable to honor its financial obligations without enormous inflation. We are going broke trying to pay for disease. Fortunately, the knowledge we already have is sufficient to end our epidemic of chronic disease. Just follow the maintenance list in *The Great American Health Hoax*. What we normally think of as aging is really the result of poor maintenance.

Health is a choice, but it's a choice not yet chosen. Learn how to choose it!

(End of Main Presentation)

Second Presentation Speaker: Anne Bernard, LAc!



As a Naturopath and Acupuncturist, Anne enjoys working with patients who are eager to take their power back and learn about nutrition, cleansing programs, lifestyle changes, weight management, pain management and hormonal imbalances. She gives her patients the tools to become their own health masters. She uses very affordable laboratory tests and 3D body imaging which pinpoints major imbalances. She seeks underlying contributing factor such as heavy metal toxicity, allergies, organ toxicity and nutritional status.

She specializes in pain management (back pain, neck pain, herniated discs, sciatica, old injuries), digestive issues, dermatitis, acne, eczema, chronic fatigue, fibromyalgia, depression, insomnia, hormonal imbalances, weight problems and cleansing programs. She also specialize in facial rejuvenation via stimulating collagen production. Her facial rejuvenation program is based on state of the art European techniques, bio-peeling and micro current. It includes is a custom made magnetic mask made to the individual's features and acupuncture points.

She also works with pulsed electromagnetic frequencies which have a major impact on microcirculation, far infrared sauna, Ion cleanse, and bio-peeling.

(End of Meet Anne Bernard!)

Secondary Presentation: Anne Bernard, LAc

“PEMF (Pulsed Electro Magnetic Frequencies) in Health”

When cells are sick, they lose energy, and do not make a sufficient amount of ATP to carry on with metabolic functions. PEMF builds up energy within cells; it oxygenates and alkalizes the cells. PEMF improves circulation so the conversion of nutrients and oxygen inside the body occurs optimally. PEMF increases the efficiency with which the body processes and expels waste matter.

(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.

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).

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Donations are welcome!

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