

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, November 19, 2015

Main Presentation: William Walsh, PhD, FACN

“Advanced Nutrient Therapies for Brain Disorders”

Second Presentation: Suruchi Chandra, MD

“Integrative Approaches to Depression”

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:

DECEMBER 2015

Beverly Rubik, PhD

"Cell Phones and Our Health"

JANUARY 2016

Vince Giuliano, PhD

"Science for Longevity and Health Biomarkers"

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, November 20, 2015 @ 7:30pm

Federico Faggin

"The Search for a Scientific Theory of Consciousness"

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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Main Presentation Speaker: William Walsh, PhD, FACN!



William Walsh, Ph.D. is president of the non-profit Walsh Research Institute near Chicago, Illinois, and directs physician-training programs internationally including in the United States, Australia, and Norway. During his 30+ years as a research scientist and engineer, Dr. Walsh developed a science-based nutrient system that has helped thousands of patients challenged by behavioral disorders, depression, anxiety, schizophrenia, ADHD, autism, and Alzheimer's disease, and is used by doctors throughout the world.

Dr. Walsh's approach recognizes that nutrient imbalances can alter brain levels of key neurotransmitters, disrupt gene expression of proteins and enzymes, and cripple the body's protection against environmental toxins. His book, *Nutrient Power* (Skyhorse Publishing, 2014-paperback, 2012-hardcover), describes his findings and the advanced nutrient therapies which correct biochemical imbalances that are causing learning, behavioral, developmental and mental health issues.

Dr. Walsh has authored more than 200 scientific articles and reports and has five patents. He has presented his experimental research at the American Psychiatric Association, the U.S. Senate, the National Institutes of Mental Health, and has been a speaker at over 30 international conferences. His early work included a 12-year collaboration with the renowned (late) Carl C. Pfeiffer, MD, PhD of Princeton, NJ.

Please visit Dr. Walsh's website at <http://www.walshinstitute.org/> for more information!

(End of Meet William Walsh!)

Main Presentation: William Walsh, PhD, FACN

“Advanced Nutrient Therapies for Brain Disorders”

This presentation will summarize the biochemistry of the brain and the power of nutrients to normalize neurotransmitter synthesis, regulate gene expression of enzymes, and combat oxidative overload. The dominant nutrient imbalances that impact brain function will be presented along with therapies aimed at normalizing these factors. The roles of metal-metabolism disorders, overmethylation, undermethylation, pyrrole disorder, fatty acid imbalances, toxic-metal overload, and malabsorption will be presented. The individual biochemistry of five depression biotypes, three schizophrenia biotypes, and various behavior disorders will be described. The presentation will include a discussion of the autism epidemic, recent advances in brain science, a recommendation for prevention of school shootings, and the special role of methylation and epigenetics in mental health.

(End of Main Presentation)



Secondary Presentation Speaker: Suruchi Chandra, MD!



Suruchi Chandra, MD is a board-certified psychiatrist who uses an integrative and holistic approach to help children and adults with challenging psychological and behavioral issues including autism spectrum disorders, obsessive compulsive disorder, chronic fatigue syndrome and mood disorder. Dr. Chandra has an undergraduate degree from Harvard University and a medical degree for Yale University. She completed her residency in psychiatry at Massachusetts General Hospital/McLean Hospital combined program at Harvard Medical School. Dr. Chandra also has extensive training in integrative and holistic approaches

to complex psychiatric conditions. She states, "The combination of genetic vulnerabilities along with environmental toxins, may result in disturbances or imbalances in the immune, gastrointestinal, mitochondrial, hormonal and/or neurologic systems in some children. She practices in Mountain View.

Please visit Dr. Chandra's website at www.chandramd.com for more info!

(End of Meet Suruchi Chandra!)

Secondary Presentation: Suruchi Chandra, MD

“Integrative Approaches to Depression”

Dr. Chandra will talk about integrative approaches to treating depression. Her talk will explore underlying imbalances that can contribute to depression including the gut-brain connection, nutritional insufficiencies, immune system dysfunction and chronic infections. Conventional psychiatric medication integrated with complementary and alternative modalities will be discussed. There will be a discussion of several methods used in the integrative treatment of depression, such as nutrition, herbal therapy, dietary supplements and homeopathy.

(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!

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