

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, December 17, 2015

Main Presentation: Beverly Rubik, PhD

“The Wireless World of Communications and Our Health”

Short Introduction by Michael Bedar

On His Book “Sweet Healing: A Whole Health Journey”

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>



Meet Beverly Rubik!

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December Pot Luck!

*Please bring
delicious food
to share!*

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Announcements & Upcoming Events

Upcoming Speakers:

JANUARY 2016

Vince Giuliano, PhD

"Science for Longevity and Health Biomarkers"

Upcoming Events:

There will be a pot luck. Please bring some season vittles.

Upcoming Foundation for Mind Being Research Meeting (FMBR)

There will be no meeting this month.

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: Beverly Rubik, PhD!



Beverly Rubik earned her Ph.D. in biophysics in 1979 at the University of California at Berkeley. She has had a life-long interest in frontier areas of science and medicine that go beyond the mainstream, and she is internationally renowned for her pioneering work. She was director of the Center for Frontier Sciences at Temple University from 1988-95, where she explored the role of consciousness in the physical world; bioelectromagnetics; and alternative and complementary medicine. From 1992-97, she was one of 18 Congressionally-appointed members of the Program Advisory Board to the Office of Alternative Medicine (precursor to the National Center for Complementary and Alternative Medicine) at the US National Institutes of Health (NIH), and chaired the NIH panels on bioelectromagnetic medicine and manual healing modalities. In 1996, Dr. Rubik founded the Institute for Frontier Science, a nonprofit institute for research and education funded initially by Laurance S. Rockefeller, Sr. and later supported by NIH, which is presently in Emeryville, California. Recently published original research includes studies on brainwaves and bliss; the human biofield and biofield therapies; and functional water in relation to health. Presently she is conducting research on human exposure to cell phone radiation; exploring the extremely low-level light emitted from organisms; and developing novel physical sensors together with Harry Jabs, M.S., for various field properties of the living state.

Dr. Rubik has published over 90 papers and 2 books. She serves on the editorial boards of *Journal of Alternative & Complementary Medicine*; *Evidence-Based Integrative Medicine*; *Integrative Medicine Insights*; and the *Journal of Vortex Science and Technology*. She is also an adjunct professor for masters and doctoral students at California Institute of Integral Studies; Saybrook University; and Energy Medicine University. Beverly Rubik has won several awards for her scientific research and has been widely interviewed, including on the popular television program, "Good Morning America" (ABC-TV). She also serves as a consultant on maverick projects in the corporate world and to integrative health clients.

(End of Meet Beverly Rubik!)

Main Presentation: Beverly Rubik, PhD

“The Wireless World of Communications and Our Health”

What do cell phones, wireless internet, cordless phones, cell phone towers, “smart” meters, “smart” home appliances, and compact fluorescent lights have in common? They all emit radiofrequencies (RF) or create “dirty electricity.” Moreover, these devices are all around us and may be affecting our health in profound ways. With the proliferation of wireless technology and our increasing exposure to RF, people are experiencing greater stress and have headaches, fatigue, low energy, sleep disturbances, heart palpitations, and other symptoms often associated with chronic radiation sickness. A new syndrome--Electromagnetic Hypersensitivity Syndrome--affects an estimated 25% of the population, with 3 to 6 % severely affected, according to the World Health Organization.

Cellular telephones are now the leading personal communication devices with 7 billion cell phones used worldwide. A growing number of these are “smart” phones that are replacing other technology in our lives, with email capability, camera, recorders, web surfing, and numerous other functions. Yet questions remain about their safety. The US guideline of specific absorption rate (SAR) at or below 1.6 watts/kg is solely based on heating effects, while numerous peer-reviewed research reports show that low-level microwaves may cause a range of nonthermal bioeffects. This evidence will be summarized in this presentation.

A pilot study (N=10) was conducted by Rubik to look for any changes in blood cell morphology following human exposure to a smart phone under controlled conditions. Fresh peripheral blood samples were collected and photographed under a microscope, before and after subjects

(Continued on Next Page)

wore a smart phone in a backpack for 45 min. followed by active use of the smart phone for another 45 min. Blood microphotographs were scored for various parameters using a Likert scale. Nine of 10 subjects showed significant blood changes, with blood cell clumping, rouleaux, and echinocyte formation. Older subjects showed greater blood cell changes than young. Such effects on the blood, if long term, are significant and might reduce peripheral blood circulation and tissue oxygenation.

This research protocol constitutes a bioassay for investigating a biomarker--blood cell morphology--following human exposure to microwaves. Subsequently we used this bioassay to investigate possible protective effects from various devices placed on or nearby the cell phone. Protective effects on the blood were found in some cases. The results of these studies will be presented along with practical recommendations to reduce exposure.

(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.

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

Become a Member!

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