

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, February 18, 2016

Main Presentation Panel Speakers: Bernd Friedlander, DC, Len Saputo, MD and Sherry Fong, DC *“Advances in Integrative Medicine”*

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

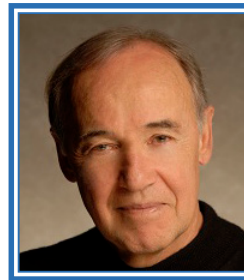
<http://bit.ly/Zpld3o>

See our archived videos at

<http://tinyurl.com/smartlifeforum>



Meet Bernd Friedlander
Page 3



Meet Len Saputo
Page 4



Meet Sherry Fong
Page 5

Newsletter Table of Contents

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Bernd Friedlander, DC!

Page 4 - Meet Len Saputo, MD!

Page 5 - Meet Sherry Fong, DC!

Page 6 - Main Presentation: *“Advances in Integrative Medicine”*

Page 8 - Become a member of the SLF Community!

Announcements & Upcoming Events

Upcoming Speakers:

MARCH 2016

Alessio Fasano, MD - "Gut Microbiota"

APRIL 2016

Russell Jaffee, MD

Announcements:

NEW SECRETARY!

We are pleased to announce that **Filomena Trindade, MD, MPH** has joined our board as secretary. She is a leader in functional medicine teaching clinicians about functional medicine at the Institute for Functional Medicine and at the A4m/Medibolic Medicine Institute. She has a functional medicine practice in Capitola

We wish to thank **Sharon Luehs** for her dedicated service as secretary and refreshment coordintor. Her enthusiasm and knowledge have helped us all!

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, February 26, 2016 @ 7:30pm

"Wonders In The Sky; Unexplained Aerial Phenomena from Antiquity to Modern Times"

with Jacques Vallée, PhD

Unity Community Church

Y.E.S. Hall

3391 Middlefield Rd, Palo Alto, CA

Please visit www.FMBR.org for more info.

Volunteer Positions Available!

SVHI is looking for a volunteer to be the webmaster and someone who can occasionally help with collecting money at the door.

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!

SLF Members

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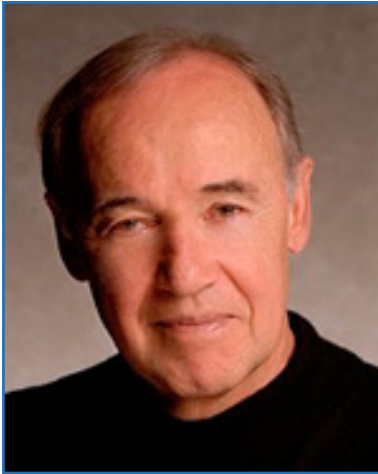
Panel Speaker: Bernd Friedlander, DC!



Bernd Friedlander, D.C., has a Bachelors Degree in Physical Education with emphasis in applied kinesiology from San Francisco State University, and a Doctorate of Chiropractic Degree from the Los Angeles College of Chiropractic. He has been involved in developing nutritional therapies since 1982. As result of his therapeutic formulas, he pioneered the research and use of nutrition and free form amino acids for improving athletic performance as a safe alternative to steroids.

(End of Meet Bernd Friedlander!)

Panel Speaker: Len Saputo, MD!



Len is a board-certified internist with 50 years of experience. He has pioneered the development of an integrative, holistic, person-centered, preventive health care model called “Health Medicine.” He is the founder of the Health Medicine Forum, a non-profit educational foundation and the Health Medicine Center in Walnut Creek. Len is a practicing physician, motivational speaker, television and radio personality, and was formerly ranked number one in the world in men’s senior tennis by the International Tennis Federation. He is the author of the Nautilus Gold Award winning book, *A Return to Healing: Radical Health Care Reform and the*

Future of Medicine. Len’s free website, www.DoctorSaputo.com, has more than 2500 audio and video files organized to provide completely free integrative information on more than 30 common health care conditions. Len is also deeply involved in NIH funded research at UCSF on the use of infrared light therapy to speed healing and for pain management.

(End of Meet Len Saputo!)

Panel Speaker: Sherry A. Fong, DC!



Sherry A. Fong, DC, owner of Lavitalitee and Innovative Body Concepts has been in private practice for 25 years in San Francisco and Daly City. She specializes in treating and resolving chronic, complex pain, and post trauma rehabilitation. She personally designed effective and unique holistic programs to reverse metabolic syndrome, whole body detoxification, hormone balancing and anti-aging and regeneration of collagen for skin.

Dr. Fong's chiropractic practice specializes in Acoustic Wave Therapy utilizing THE MIRACLE WAVE® also known as Shock Wave Therapy or ESWT in Europe or Canada. Acoustic Wave Therapy offers the most advanced, cutting edge, highly effective treatment using high energy sound waves to accelerate the healing process by breaking down fibrosis and causing micro fractures (similar to intense exercise) to stimulate regeneration and remodeling of connective and bone tissue. The process stimulates the metabolism and enhances micro circulation to regenerate damaged tissue. The pulses generated by THE MIRACLE WAVE®, a STORZ MEDICAL OEM medical device, penetrate tissue and stimulate cells in the body that are responsible for bone and connective tissue healing. Acoustic Wave Therapy is most effective in awakening the healing process when the body has not been able to heal itself efficiently, usually due to the aging process or severity of trauma. The technology effectively treats complex and chronic pain in the spine, joints, muscles, tendons, ligaments and fascia. The beneficial effects of Acoustic Wave Therapy are often experienced in 1 or 2 treatments. If cartilage is intact, the therapy eliminates pain and restores full mobility, thus improving the quality of life.

(End of Meet Sherry Fong!)

Main Presentation: Bernd Friedlander, DC

Len Saputo, MD and Sherry Fong, DC

“Advances in Integrative Medicine”

The American medical system is needs repair. Complex chronic illnesses cannot be properly treated with 10 minute office visits and expensive medications that address symptoms. Chronic diseases such as heart disease, diabetes, cancer, and high blood pressure afflict the majority of Americans and account for 75% of the \$2.2 trillion spent on health care in America.

This panel discussion will highlight the “future of medicine” for chronic illnesses. This will include anti-aging approaches which promote detoxification and enhancing the body’s natural repair mechanisms. Such approaches include nutrients such as vitamins, minerals, amino acids, essential fatty acids and biologic co-factors; medications: and herbal remedies. Other areas important for health include proper absorption of nutrients, GI repair, diet, exercise, lifestyle, mind-body considerations; and novel approaches to stimulate and accelerate the body’s natural repair mechanisms. Stem Cell technology and energy based approaches are included in these novel mechanisms. Lessons learned from approaches to chronically ill populations offer important lessons for folks who want to prevent chronic illnesses.

There will be three members of the panel. The first is Bernd Friedlander, DC who will discuss Cellular Protective Mechanism in Healing and Regeneration. The second speaker is Len Saputo, MD who will discuss Light Therapy in Healing. The third speaker is Sherry Fong, DC. Descriptions of their talks are:

- Optimal Cell Functioning
- Light Therapy in Healing
- Acoustic Sound Healing

(Continued on Next Page)

Optimal Cell Functioning by Bernd Friedlander, DC

Protective inhibition is one of the most important principles in biology. In order to begin regenerative healing and to prevent oxidative damage, the cell must be kept in an oxidized state, connoting a low ratio of NADH to NAD and optimal mitochondrial function. The key is to reduce the amount of polyunsaturated fats in the diet, and in the tissues, and to reduce other factors that cause mitochondrial damage. Tryptophan, methionine and stored iron should be minimized. Vitamin K works with coenzyme Q10, vitamin E, progesterone and thyroid hormone to protect mitochondria. Other factors to support the restorative ability of cells include diet, mental attitude, proper levels of natural light, and deep sleep. Reduced inflammation and levels of cortisol at night supports the acceleration of healing. Proper use of light therapy and electrical therapies support efficient oxidative energy production. This supports the protective inhibitory processes by increasing ATP and CO₂ and decreases inflammatory mediators and stress reducing excitation.

Goals and Objectives of Bernd's presentation

Present a therapeutic program to:

- restore optimal cell function
- reduce cell inflammation
- restore cell integrity

Light Therapy in Healing by Len Saputo, MD

Medical science is expanding into the new and exciting paradigm of energy medicine. Over the past 15 years, Len Saputo, MD has been engaged in research and clinical applications of a variety of light therapies in thousands of patients. These modalities are available today and are effective in the treatment of a wide range of conditions that include neuropathies, cervical and lumbar disc disease, neuropathic pain, sports injuries, headaches, and much more. Dr. Saputo will explain how light works in human physiology and introduce some new applications for photodynamic therapy in the treatment of cancer.

Acoustic Sound Healing by Sherry Wong, DC

She will discuss acoustic sound healing.

(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!

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.

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