

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, April 21, 2016

Main Speaker: Russell Jaffe, MD, PhD, CCN

“Healthy for Life: Predictive Biomarkers for Lifetime Health”

Secondary Speaker: Robert Menkemeller, R.C.N.

“What Is Health? How to Make Your Healthcare Simple!”

Smart Life Forum

Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

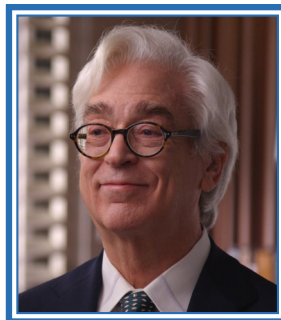
www.SVHI.com

For those who cannot attend,
you can view livestreaming at

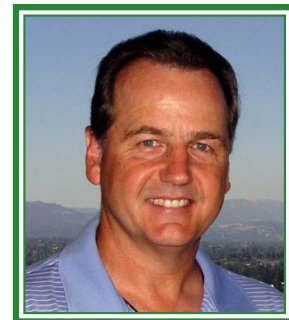
<http://bit.ly/Zpld3o>

See our archived videos at

<http://tinyurl.com/smartlifeforum>



Meet Russell Jaffe!
Page 3



Meet Robert Menkemeller!
Page 5

Newsletter Table of Contents

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Russell Jaffe, MD, PhD, CCN!

Page 4 - Main Presentation: *“Healthy for Life: Predictive Biomarkers for Lifetime Health”*

Page 5 - Meet Robert Menkemeller, R.C.N.!

Page 6 - Secondary Presentation: *“What Is Health? How to Make Your Healthcare Simple!”*

Page 8 - Become a member of the SLF Community!

Announcements & Upcoming Events

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, April 22, 2016 @ 7:30pm

Phillip Scott

(Cherokee) Ancestry, Phillip/Tsunka Wakan Sapa (Black Horse) will share indigenous wisdom

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 volunteers for:

- *Membership Chair*
- *Video Assistant*

If you have questions please email: susandowns@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

BOARD OF DIRECTORS

Dave Asprey - Chairman
Filomena Trindade, MD, MPH - Secretary
Bill Grant - Publicity, Treasurer
Susan Downs, MD, ABOIM - President
Larry Weissenborn - Sound
Doug Husbands, DC, CCN
Robert Menkemeller, RNC

FOUNDER

Kathryn Grosz

ADVISORY BOARD

Bill Grant, PhD
Phillip Lee Miller, MD
Alan P. Brauer, MD
Bernd Friedlander, DC

MEETING MODERATORS

Robert Menkemeller, RNC
Douglas Husbands, DC, CCN
Randy Kunkee

VOLUNTEERS

Rob Baum, Assistant Editor
Ruthellen Dickinson, Greeter, Memberships
Susan Downs, Newsletter Editor/Prgm Editor
Steve Fowkes, Technical Advisor
Bill Hurja, Refreshments
Rob Larson, Equipment Manager
Robert Menkemeller, Website
Larry Weissenborn, Audio Engineer
Sandra Yow, Newsletter Layout
Violeta Stoyanova - Website Master

Main Presentation Speaker: Russell Jaffe, MD, PhD, CCN!

Dr. Russell Jaffe received his BS, MD and Ph.D from the Boston University School of Medicine in 1972. He completed residency training in clinical chemistry at the National Institutes of Health (1973 – 1976), remaining on the permanent senior staff until 1979. He is board certified in Clinical Pathology and in Chemical Pathology.

As a physician and scientist who aspired to be comprehensive, objective, empiric and experiential, Dr. Jaffe started his career searching for deeper understanding, wisdom, evidence and insight in mechanisms of health. Through intense curiosity and learned skepticism, Dr. Jaffe sought to debunk the best known advocates of a variety of health promotion and healing systems. What started as a journey to disprove holistic forms of care became a rich educational experience that transformed Dr. Jaffe into a student and then researcher in such areas as Traditional Chinese Medicine, acupuncture, active meditation, homeopathy, and manipulative arts.

Motivated by his personal transition, Dr. Jaffe went on to reinvent himself professionally by starting the Health Studies Collegium, a think tank that focuses on sustainable solutions to global health needs, with his fellow colleagues. For the last 30 years, Dr. Jaffe has advocated a system that treats people not diagnoses, cause not consequence, and promotes long term sustainable solutions as an alternative to a system dominated by prescriptive, symptom suppressive solutions. Dr. Jaffe's cumulative experiences enabled him to take his efforts one step further and build **PERQUE** Integrative Health, a company that offers the world scientifically proven, integrative health solutions that speed the transition from sick care to healthful caring.

Dr. Jaffe's practical contributions to clinical medicine and to healthcare policy focus on functional, predictive tests and procedures designed to improve the precision of both diagnosis and of treatment outcomes; he has authored nearly 100 articles on the subject. Examples of his contributions to molecular biology and clinical diagnostics include:

- Early colon cancer detection tests
- Predictive tests of cardiovascular health and function based on changes in blood clotting and systemic repair status
- Quantification of the number of concurrent platelet binding sites needed for collagen to activate platelet-induced blood clotting
- Identification of the mechanism that controls collagen activation of platelets
- Antigen ultra-purification for use in high sensitivity immunology assays
- Mechanism of connective tissue cross-link inhibition by d-penicillamine
- Predictive tests of immune function and hypersensitivity/ delayed allergy
- Predictive tests of nutritional / metabolic function
- High Sensitivity Predictive Biomarkers (hsPB)

Honored as an International Scientist of 2003 by the IBC, Oxford, England, UK for his lifetime contributions to clinical medicine, biochemistry, immunology, methodology, and integrative health policy, Dr. Jaffe is appreciative of the recognition of his peers. He has served on the American Board of Clinical Metal Toxicology and coordinated its certification training program. America's Top Physicians 2005, Who's Who in America; Who's Who in Medicine and Science; Who's Who in Business and Engineering all have included him in recognition of his contributions to science and community.

Dr. Jaffe is the recipient of the Merck, Sharp & Dohm Excellence in Research Award, the J.D. Lane Award, and the U.S.P.H.S. Meritorious Service Award. He teaches and lectures widely on nutritional immunology and treatment guidelines for chronic autoimmune and immune dysfunction syndromes and has helped elucidate the causes and consequences of immune defense and repair functions in health and disease. He is also founder and chairman of **ELISA/ACT** Biotechnologies, **MAGique** BioTherapeutics, and Better Lab Tests Now.

(End of Meet Russell Jaffe!)

Main Presentation

by Russell Jaffe, MD, PhD, CCN

“Healthy for Life: Predictive Biomarkers for Lifetime Health”

Chronic health issues precipitate from a myriad of origins. Noticeably, a common set of root causes appear to be:

- Cumulative repair deficits
- Oxidative damage
- Metabolic acidosis

Evidence based clinical management of long-standing health issues, be it fibromyalgia or cardiovascular disease includes addressing these 3 basic elements. In order to tailor therapeutic management, it is essential to look at predictive tests that actually confirm specific individual need and, in better cases, also effectively monitor outcome results. Focusing around reference or goal values and the associated clinical interpretations for these validated predictive biomarkers is what personalized medicine should be all about.

Tests that will be discussed have been used in large populations with long follow up to provide confidence in their all cause morbidity, mortality predictive ability. They collectively cover crucial aspects of metabolism including methylation, insulin efficiency, acid/alkaline balance, antioxidant need and immune tolerance. Evidence in support of these primary, predictive tests brings the presentation together for the practitioner and patient alike, interested in removing obstacles to recovery and in comprehensive, individualized evidence-based care.

(End of Main Presentation!)

Secondary Presentation Speaker: Robert Menkemeller, R.N.C.!

Robert started pursuing a study of health in 1989 by reading the book, Life Extension by Durk Pearson and Sandy Shaw, an 868 page book. He met his first mentor, Dr. Ken Johnson, an Orthomolecular Nutritionist in 1990, which ignited his first passion and pursuits in Natural Health. Dr. Johnson encouraged him to become a Nutritionist in 1992. From there, Robert started his first company in April 1995 by purchasing the school he attended. The School of Nutritional Science was a California Approved, Private and Post-Secondary Education that trained individuals to become Nutritionists. Wanting to provide tools for his students to better assess their client's needs, he pioneered two web-based nutritional software programs in 1997. He sold the school in 2002.

Robert met Raymond Francis, an MIT Trained Chemist in 1996. Raymond became a friend and his second mentor. Robert helped Raymond run his company, Beyond Health, two different times. Robert also assisted in bringing Raymond's first book, Never Be Sick Again to market in Sept 2002.

In 2003, he starting studying the eLearning industry and found his second passion with education and on-line multimedia learning. He is now working on his next company, HealthiPhy which will be a wellness platform based on the Beyond Health Model. He has been a serial entrepreneur since 1990 and has worked with several start-ups holding several executive positions in various companies. He is passionate about building a large organization in the health field and helping as many people understand that it's the choices they make that lead them to better health, or to disease. He has been attending Silicon Valley Health Institute since 1999 and has served on the Board of Directors since March of 2013.

(End of Meet Robert Menkemeller!)

Secondary Presentation by Robert Menkemeller, R.N.C.

“What is Health? How to Make Your Healthcare Simple!”

Does anyone really know what health is? Yes, we have several ideas around what it is but for the most part, they are fragmented at best. On top of that, we do not have a roadmap or framework of what it is and how to achieve it.

It took my mentor Raymond Francis to be on his death bed before he had to figure out what health was or else. After going through 36 Medical Doctors, Raymond was given 6 months to live. The 15th Doctor gave him a prick test on his back to check for allergies. This sent him further down a path of ill-health. The 36th Doctor gave him a prescription drug that poisoned his liver and put him flat on his back. He could not even lift his head off the pillow. At that point, the doctors told him there was nothing else they could do and suggested that he get his affairs in order to prepare for his demise. At age 46, he was shocked and felt he should have been at the peak of his life.

The first thing he found since his liver was poisoned was that vitamin C was a liver metabolite and after 48 hours, he was able to lift his head off the pillow. It took him 2 years to do the research and make the right choices to help him regain his health again. Today at age 79, he says he has the arteries of a 20 year old. Throughout his healing process and his ongoing research, he continues to ask some basic questions:

What is health?

What is disease?

Why do people get sick?

How can disease be prevented or reversed?

How long can people live in good health, and what does it take to achieve this?

What is the potential for human health and longevity?

(Continued on Next Page!)

From his experience and his work since then, Raymond developed a revolutionary theory of health and disease based on cellular biochemistry. One that is so simple and powerful that it gives you the choice to never be sick again. Robert will present you with this simple model that can provide you a roadmap to empower you to take control of your health and continue to make better and better choices regarding your health.

(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),
Or sign up for an Annual Membership for \$60 per year.

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."

Annual Membership \$60 (per household).

Benefit: Access to a community
of experienced scientists and physicians
who share information and similar interests and
FREE admission to all meetings!

Donations are welcome!

Please send your donations to:
Bill Grant
1745 Pacific Ave. APT 405
San Francisco, CA 94109-2401

Renew your membership today!
Complete this form & bring to a future meeting with payment:
\$60/year full membership (maximum 4 per household)
Yes, you can renew and pay in person at a meeting.

NAME: _____

ADDRESS: _____

CITY: _____ ZIP _____

PHONE: _____ PHONE 2: _____

EMAIL: _____

CREDIT CARD #: _____

Circle Card Type: Visa | MC | Name on card, if different: _____

Phone on card, if different: _____

I authorize this charge (Signed): _____ DATE: _____

Total amount authorized or enclosed: \$ _____, (check applicable boxes):

\$60/yr Family membership (4 max in household)

Donation: \$ _____

Please make your check payable to "Smart Life Forum, Inc."

Please send your donations to:

Bill Grant

1745 Pacific Ave. APT 405

San Francisco, CA 94109-2401