

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: Thursday, December 15, 2016**

## Three Presentations by Elize St. Charles, Cynthia Li, and Palmer Kippola *Who Will Speak About Their Healing Journeys*

### Smart Life Forum

### Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

[www.SVHI.com](http://www.SVHI.com)



*Meet Elize St. Charles!*  
Page 3



*Meet Cynthia Li!*  
Page 7



*Meet Palmer Kippola!*  
Page 11

### Newsletter Table of Contents

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Elize St. Charles, PhD!

Page 4 - Presentation #1: "Elize's Lyme Disease Recovery"

Page 7 - Meet Cynthia Li, MD!

Page 8 - Presentation #2: "Cynthia's Health Journey"

Page 11 - Meet Palmer Kippola!

Page 12 - Presentation #3: "How I Reversed Multiple Sclerosis"

Page 13 - Become a member of the SLF Community!

## Announcements & Upcoming Events

### Upcoming Speakers:

JANUARY 2017  
Joseph Smith, DC  
“Food Sentivities”

### Upcoming Events:

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

### Commonwealth Club

December 7, 2016 @ 12:00pm  
Bruce Lipton  
“Mind Over Genes”

### Upcoming Foundation for Mind Being Research Meeting (FMBR)

No meeting this month.  
Meetings will resume in January 2017!  
Please visit [www.FMBR.org](http://www.FMBR.org) for more info.

If you have questions please email: [susandowns@hotmail.com](mailto:susandowns@hotmail.com) Thank you.

### SLF Members

#### BOARD OF DIRECTORS

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

#### FOUNDER

Kathryn Grosz

#### ADVISORY BOARD

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

#### MEETING MODERATORS

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

#### VOLUNTEERS

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

## **Volunteer Positions Available!**

*SVHI is looking for volunteers for:*

- *Video Assistant*
- *Membership Chair*

## ***Main Presentation Speaker: Elize St. Charles, PhD!***



Elize St. Charles has received her PhD from Natural, Health and Healing, Clayton College of Natural Health and has been involved in alternative and complementary healing modalities for more than 30 years. With her extensive understanding of the natural healing arts, Elize has provided health care to people in all walks of life including star athletes, executives, mothers, babies, the brain injured and the chronically ill. Her extensive academic and professional development and problem-solving skills, combined with her success in improving her own health, uniquely qualify her to address a wide variety of health concerns. Elize is the mother of three healthy young adults and lives in Silicon Valley, California. She has run her own yoga and wellness studios, founded a non-profit organization, and worked in real estate finance. She is a voracious reader, and excels at thinking out of the box and identifying the best of many possible solutions.

Elize has been studying and practicing in the field of complementary medicine for more than 30 years. Her tool box is deep and her knowledge is broad. As a Certified Traditional Naturopath she emphasizes nutrition, environmental mediation, detoxification and emotional transformation to address the health goals of clients. Elize's approach to wellness is grounded in reality, cutting edge science, a keen sense of observation, intuition and years of first hand experience.

*(End of Meet Elize St. Charles!)*

# **Presentation #1**

## **by Elize St. Charles, Ph.D.**

### *“Elize's Lyme Disease Recovery”*

I was once told by my dear friend, Doña Queta, that the path of a true healer is rife with pain and suffering. Doña Queta believes that all true healers have suffered and that the deeper their suffering, the more profound can be their ability to heal. She recognized this healing energy in me.

There are many things of which I am proud but one of my greatest accomplishments was healing myself of Lyme Disease. When I was finally diagnosed CDC positive for Lyme Disease in 2006, I had suffered this infection for at least 37 years. Though I rarely appeared ill, I constantly suffered a plethora of weird physical symptoms: the skin on my hands and feet peeled off in sheets as a child; most of my life I heard as if through a foghorn, and I experienced sudden neurological sensations regularly sometimes feeling as if I were being electrocuted. These symptoms and many more eventually manifested into an incapacitating illness.

As a child, I was always the one being run to the doctor. I was fed antibiotics for chronic earaches and acne. In fact, my mother, a nurse, later told me that she had expected me to be deaf by the age of 30. I was miserably cold, even in the summer. At 19 years old when my joints blew up and I wasn't able to walk for six months, I undertook four years of detoxification that rehabilitated me such that I was able to carry to term three children. (I later learned that infertility is a common problem for the Lyme infected. In addition, the infection is transmitted transplacentally, and so all infected mothers transmit the infection to their offspring.) I experienced serious memory loss toward the end of my last pregnancy, and severe postpartum depression. I lost my appetite for 30 years making eating a serious chore - though I continued to love cooking. I was temporarily blinded on three occasions and experienced pelvic inflammatory disease three times in my 30s. In my early 40s I was diagnosed with chronic shingles. Eventually the fascial tissue holding up my pelvic organs was destroyed by the infection, as I now know, and required pelvic reconstruction surgery. For years I suffered pain that made the 2-day ruptured appendix crisis at 13 years old feel like a hang nail - and no one believed me. Depression and a sense of isolation were overwhelming.

*(Continued on Next Page!)*

As the infection infiltrated my brain I developed brain allergies and uncontrollable emotionality. I somehow learned to live with it all and keep trudging. I credit my daily hatha yoga practice with keeping me semi-functional until my 40s, when a traumatic insult tipped the delicate balance and threw me into a downward spiral that has taken years to overcome.

Life was a constant struggle. I was always researching health information to feel better. The few doctors I went to made me feel worse about myself with their misogyny, condescending attitudes, illogical diagnoses and toxic, useless treatments. When I complained of pounding chest pain, breathlessness, and the sensation of elephants sitting on my chest, I was told that my heart was skipping every third beat. Another doctor recorded that my heart was skipping every fourth beat. Both called me high strung and disregarded the arrhythmias. I never dared tell anyone the extent of my symptoms or suffering because despite my manifold accomplishments, experience told me that I would be considered a hypochondriac, unstable, neurotic and at the least, unable to handle stress. So, though I experienced the symptoms, I avoided most of the medical labelitis games commonly experienced by persons with Lyme Disease: costochondritis, neuralgia, arrhythmias, peritonitis, food allergies, tachycardia, pericarditis, cluster headaches, pleurisy, early onset Alzheimer disease, rheumatoid arthritis, neuritis, sciatica, fibromyalgia, chronic fatigue, Renaud's Syndrome, leaky gut, hypoglycemia, pelvic inflammatory disease, irritable bowel syndrome, chronic depression. In fact, after so many years, the only Lyme symptom I didn't manifest was an aching prostate gland! By the time I was correctly diagnosed I was dry heaving 6 to 20 times a day and was unable to digest anything; I had reactions to virtually everything: I was regularly experiencing cardiac events; as I spoke I could not remember the beginning of my sentences; I could make no sense of what I read; and had no short term memory. There was not much going right. I was so relieved to finally have a diagnosis, however, that I simply followed the natural protocols advised by the diagnosing physician. I ended up at death's door. I survived that year thanks to the generosity and amazing healing power of a Chi Gong master. I worked with her daily for more than a year.

*(Continued on Next Page!)*

Some nine months after the initial diagnosis, I found a Lyme-literate doctor (LLMD). Following a physical exam and review of my health history, he said, "You need a miracle. Everything I have to offer you will kill you. You can try checking out these 'miracle' doctors." I couldn't believe my ears! I was doing so much better than before and yet he had no answers for me. When I asked him about the pain episodes that pushed me to the edge of suicide, he advised me to simply continue with Chi Gong - the only modality providing me some relief. Going home empty handed, I resolved then and there that I had to heal myself, by myself, since I didn't have any money left to work with the miracle doctors. I undertook to treat myself as if I had fourth stage cancer for I knew how to do that. Over the next year I put myself through a Gerson- style detoxification. It cleared my mind, thank goodness, but left me so debilitated I could barely walk down the hall. Eventually I was able to read and comprehend, enabling me to research Lyme disease. I started by studying syphilis, another spirochete bacteria, but one whose disease process is well-defined and understood by conventional medicine. Was I in for an awakening!

Suffice it to say that over the next five years I figured out how to heal myself without any pharmaceuticals, without the advice of a medical doctor, and without help from family and friends (who routinely abandon Lyme disease sufferers because the diagnosis has been deemed controversial and treatment even more so.) Life is different now. I am learning to live as a healthy person for the first time in my life. I can't believe my stamina and I can do yoga and fingertip push-ups again!

Throughout my healing journey, since I was a teen, I have acquired the knowledge and skills to keep myself going. Since Lyme disease was conveyed to my children in utero and they too needed healing, I chose to study and master the healing modalities that would lead us all back to health. I now have a plethora of ancient and modern healing modalities at my fingertips. In retrospect, the hardships turned into blessings, leading me deeper into service, onto the path upon which I now walk.

*(End of Presentation #1!)*

## ***Presentation #2 Speaker: Cynthia Li, MD!***



Cynthia Li, MD, is a Bay Area clinician who practices internal and functional medicine. Dr. Li did her medical training at the University of Texas Southwestern Medical Center in Dallas. Her practice centered around public and environmental health, with a focus on underserved communities. She worked in the HIV/AIDS division of Kaiser Permanente in San Francisco, volunteered with Doctors Without Borders in rural China at the first dedicated HIV/AIDS clinic there, worked as a general internist and taught UCSF medical residents at San Francisco General Hospital and at the St. Anthony Free Medical Clinic in SF's Tenderloin district. She has practiced functional medicine since 2012 and is a member of the American Board of Internal Medicine and the Institute for Functional Medicine. Dr. Li is currently working on her first book, a memoir about her journey as a patient, which changed her practice of medicine.

*(End of Meet Cynthia Li!)*

## **Presentation #2**

### **by Cynthia Li, MD**

*“Cynthia's Health Journey”*

Up until my early 30s, I was living life at the fullest: traveling abroad for 6 months with my husband, working full-time in a primary HIV/AIDS clinic, exercising regularly, and eating a diet of mostly organic low-fat foods. Living life forward, I thought I was quite healthy. Now, with hindsight being 20/20, I realize I had underlying imbalances for many years already—starting out as subtle symptoms I either disregarded or pushed beyond— that were signs of mounting inflammation and physiological stress.

These underlying imbalances and what I know now to be a genetic predisposition, led to postpartum thyroiditis after my first child was born. I followed the usual course of seeing an endocrinologist and taking medication, but even after my numbers normalized, persistent vertigo and fatigue remained.

Nonetheless, I was still functional, so in my doctors' and my own opinions, I was doing well enough. Soon thereafter, a 2nd pregnancy, along with other inciting factors, threw me into a chronic state of debilitating symptoms no one could decipher— not my primary care doctor, various specialists, my acupuncturist, or myself. I found myself in the group of patients that either (a) was not recognized or validated by the health community, and/or (b) was not helpable. I was spiraling in a vortex of diagnoses that included autonomic dysfunction, multiple food sensitivities, and chronic fatigue syndrome. I wasn't even sure if some of these conditions truly existed, but the experience of my symptoms was undeniable.

*(Continued on Next Page!)*



In the years that followed, I explored the fundamental connection between nourishment and health. I also explored our inextricable spiritual and physical connectedness to our environments as well as our inner environments of the microbiome (gut, skin, and respiratory microorganisms with which we co-evolved). I delved deeper into evolutionary biology and the effects of epigenetics (how gene expression is affected by environmental factors). I experimented with integrative medicine, acupuncture and herbs, mind/body medicine with a focus on neuroplasticity (rehabilitation exercises to rewire the communication between our brain and hormonal pathways), and whole foods-based ancestral diets like WAPF, GAPS and the Paleo Diet. I learned how to cook delicious, nutrient-dense foods. I also learned to tap into the support offered by the strong, loving community around me, and how to practice pleasure again. After a 2 year medical leave, I returned to clinical practice, but with a very different set of eyes. I saw more clearly the beautiful complexity of the human mind, body, and spirit; as well as what it looks like when that delicate balance is disturbed.

The Czech writer and political leader Vaclav Havel articulated a distinction between optimism and hope, which is paraphrased here: Optimism is the belief that everything will go right. Hope is a deep orientation of the human soul that can be held in the darkest of times. It is from this hope that I have emerged back into a renewed experience of Life's richness and its mysteries.

Cynthia Li, MD

Personalized Medicine

Berkeley, CA

[www.cynthialimd.com](http://www.cynthialimd.com)

[www.facebook.com/dr.cynthia.li](https://www.facebook.com/dr.cynthia.li)

"The things that we love tell us what we are." -Thomas Aquinas

*(End of Presentation #2!)*

## ***Presentation #3 Speaker: Palmer Kippola!***



Palmer Kippola is on a mission to make chronic disease history. In 2010 she reversed her own 26-year course of Multiple Sclerosis (MS). To figure out how this was possible and eventually share that priceless information with others dealing with MS, Palmer quit her day job as an executive in the Information Technology industry to study autoimmune disorders and natural healing.

Her research first took her through the emerging science of epigenetics, which shows how environmental factors control gene expression like a light switch: harm or heal. She then did coursework in functional medicine, which addresses underlying root causes of chronic disorders, and became certified in science-based stress reduction and subconscious belief-shifting techniques. Now, she is pursuing certification as a functional medicine health coach through the Functional Medicine Coaching Academy, a collaboration with the Institute for Functional Medicine.

Once Palmer fully understood the 6 critical lifestyle factors that are the primary drivers for health outcomes, she was compelled to help others minimize suffering and maximize vitality. She founded [www.healingisfreedom.com](http://www.healingisfreedom.com) as an online resource to inspire, educate and empower women who seek not only freedom from chronic illness, but also optimal health.

In the website's first year, Palmer's articles have reached nearly 200,000 people worldwide, and her Facebook following has grown to 10,000+. Palmer is also an advisor to Documenting Hope, a scientific initiative to study and record the recovery of children with chronic illness. She also mentors women entrepreneurs who are focused on game-changing health and wellness endeavors.

*(Continued on Next Page!)*

Palmer is honored to count among her strategic advisors the renowned immunologist, Dr. Aristo Vojdani, PhD, and Stanford Medical School professor emeritus and longevity expert, Walter Bortz II, MD. She is blessed with superb teachers in the field of autoimmunity who have been generous with their time and guidance, including Jacob Teitelbaum, MD, Susan Blum, MD, Terry Wahls, MD, Mary Ruddick, CNC & ancestral nutritionist, Michelle Corey, CNWC & FMC, Linda Clark, MA & CNC, Ann Boroch, CNC, Steve Fowkes, Organic Chemist, Gerald Cohen, D. Hom. & D.C., Donna Eden, Energy Medicine Pioneer, and Donna Jackson-Nakazawa, author of the award winning *The Autoimmune Epidemic*.

When she is not learning, coaching, writing, or speaking about finding freedom from autoimmune disorders, Palmer may be found hiking in the SF Bay Area hills, taking road trips with her husband, connecting with good friends and family, and laughing as often as possible.

*(End of Meet Palmer Kippola!)*

## **Presentation #3**

### **by Palmer Kippola**

#### *“How I Reversed Multiple Sclerosis”*

2014 marks the 30th year since I was diagnosed with Multiple Sclerosis (MS). Against the diagnosis and grim outlook provided by my neurologist at age 19, I'm now thriving, symptom and medication-free. But it wasn't always this way.

#### The First Day

One day in August 1984, home on summer break after my freshman year at college, I woke up with a creepy tingling in my feet which slowly rose to my chest. Later that day my parents and I sat in a neurologist's office where she made the dreadful pronouncement: "I'm 99% sure you have multiple sclerosis (MS), and there's nothing we can do." At home later that day, my body went numb from the chest down and I had no sense of my body in space. For nearly two months my body remained completely numb. This was a devastating time for me and my family. We had little information about this mysterious MS and no idea what the future would present. We started planning for my life in a wheelchair. By late September the shroud of numbness started to retreat (thank heavens! my mom would say), but it took a full 2 years for it to vanish. And thus began my relapsing-remitting relationship with MS.

The first 15 years were marked by significant episodes of symptoms every 2-4 years, ranging from similar tingling and numbness to profound fatigue and searingly painful optic neuritis that landed me in the hospital 3 times in two weeks. During these last 15 years, I have been on a steadily improving course. Effective stress-reduction techniques definitely helped, as did removing sugar; but my holy grail was giving up gluten and dairy in 2010. Since then I have been completely symptom-free and, finally, medication-free.

Taken from <http://www.healingisfreedom.com/my-story/>

*(End of Presentation #3!)*

### **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](http://www.SVHI.com).

For questions, please contact Susan Downs at [susanrdowns@hotmail.com](mailto: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