

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: Thursday, March 16, 2017**

## Main Presentation: Sara Russell

*“Effects of Mercury Exposure throughout the Lifespan”*

## Second Presentation: Natalie Thiel

*“Health, Wellness, and Vitality through  
Orgasmic Meditation”*



*Meet Sara Russell  
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*Meet Natalie Thiel  
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### 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)

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## Announcements & Upcoming Events

### Upcoming Speakers:

APRIL 2017

Andrew Campbell  
"Toxins"

MAY 2017

Tom Obryan  
"Autoimmune Fix"

JUNE 2017

Cyrus Raji, MD, PhD  
"How to Biohack Your Brain"

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

Friday, March 24, 2017 @ 7:30pm

Bill Virga

Unity Community Church  
Y.E.S. Hall

3391 Middlefield Rd, Palo Alto, CA

Please visit [www.FMBR.org](http://www.FMBR.org) for more info.

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If you have questions please email:

[susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com)

Thank you.

## *Main Presentation Speaker: Sara Russell!*



Sara Russell is a Nutritional Therapy Practitioner who resides in Italy. Sara maintains a private practice, offering consultations worldwide via phone and video calling to clients as well as providing consultation services to health practitioners dealing with complex cases. She particularly enjoys supporting the health of families across the generations and specializes in nutritional support during the preconception period, pregnancy and childhood, when the impact of heavy metal toxicity is critical.

You can learn more about Sara's work and read her blog at <http://buildnurturerestore.com>.

*(End of Meet Sara Russell!)*

## Main Presentation by

**Sara Russell**

### *“Effects of Mercury Exposure throughout the Lifespan”*

In this talk, I aim to present an introduction of the effects of mercury exposure through the human lifespan. Because mercury bio-accumulates during our individual lifespans as well as bio-accumulating from generation to generation via in utero exposure, each generation becomes potentially more mercury toxic than the previous one. This is particularly the case since the introduction of amalgam fillings approximately 150 years ago, which remain the most significant source of mercury exposure both for those of us who have directly have them placed in our mouths and to those of us who have been exposed indirectly, via in-utero exposure to mercury from exposed mothers, grandmothers and great-grandmothers.

Of course, there are other sources of mercury, and I will discuss the most common ones. Additionally, mercury not only bio-accumulates, passing from mother to offspring in utero, but mercury exposure pre-conception in either parent can alter the offspring's epigenetics, increasing susceptibility to mercury's effects throughout life.

I will discuss common signs and symptoms of mercury toxicity, noting that precisely because of mercury's wide-ranging mechanism of toxicity, these symptoms may appear somewhat vague and each can definitely have etiologies other than or in addition to mercury.

*(End of Main Presentation)*

## *Secondary Presentation Speaker: Natalie Thiel!*



Natalie Thiel is the Director of OneTaste Bay Area, the founding city of Orgasmic Meditation. She has been practicing OM for over 9 years, and teaching and training for 7 of those years working with thousands of people all over the country. She works with people in all walks of life, bringing intimacy and connection into their lives. She lives in San Francisco with her husband and 3 children.

*(End of Meet Natalie Thiel!)*

## Secondary Presentation by Natalie Thiel

### *“Health, Wellness, and Vitality through Orgasmic Meditation”*

Connection is vital. As humans we are wired for connection with others. There has been anecdotal evidence to show that relationships, intimacy, sexuality and human connections increases their overall vitality and health. Now the current brain science is beginning to show this relationship as well. How can we take advantage of this effect to make our lives better on a regular basis?

Enter Orgasmic Meditation: a 15 minute partnered meditation practice which hacks into our natural wiring for connection. This practice blends consciousness with sexuality, an area that is often taboo and yet has benefits that are continuing to surprise practitioners and scientists alike.

Participants report greater vitality, more energy, better complexion, and a myriad of other benefits. Many of these benefits are similar to what people report in relation to having regular sex. However, with Orgasmic Meditation we can have these experiences repeatedly and consistently. We bypass all the cultural conditioning of sex and let two people connect in a totally different way.

Today, there is a brand new study featuring Orgasmic Meditation being completed by researchers in Southern California. The repeatability of Orgasmic Meditation makes it perfect for researchers to use Brain Scans to see exactly how our brains, and limbic systems react to this type of connection. And the best part? It's the first partnered stimulation study in the history of the United States since Masters and Johnson!

Join Natalie Thiel for a talk about Orgasmic Meditation, the health benefits, and how it can improve your life from the inside out.

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

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

### **Become a Member!**

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**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),  
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who share information and similar interests and  
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**Donations are welcome!**

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