

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

**Next Meeting: Thursday, July 20, 2017**

## Main Presentation: Kitty Wells

*“The Longevity Science of Spices:  
Nature’s “Designer Drugs” for Anti-Aging”*

## Second Presentation: Ronesh Sinha, MD

*“An Optimal Health and Lifestyle Plan for the Entire Family”*



*Meet Kitty Wells*  
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*Meet Ronesh Sinha*  
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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:

#### AUGUST 2017

Steven Druker - "How the Health Risks of GMOs Have Been Underestimated and Misrepresented: An Assessment from the Perspectives of Both Biological Science and Computer Science"  
Karl Etzel

#### SEPTEMBER 2017

Akil Palanisamy, MD - "Paleoedic Diet"  
Sergio Azzolino, DC - "Stroke Prevention"

#### OCTOBER 2017

Steve Blake

#### NOVEMBER 2017

Raymond Francis

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

Friday, July 28, 2017 @ 7:30pm

**BERNARD HAISCH, PhD**

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.

A Board Member position is available. Interested persons can contact any board member or email

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

Thank you.

### **SLF Members**

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If you have questions please email:

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

Thank you.

## *Main Presentation Speaker: Kitty Wells!*



Award winning formulator, author and entrepreneur, Kitty Wells travels the globe studying and speaking on the art and science of spices and plants. Recent lectures have taken her to Costa Rica, Russia, Los Angeles, San Francisco and Hawaii, and now back to her former home of Silicon Valley.

After 24 years in Silicon Valley, Kitty left the high tech world to move to the countryside of Sonoma and follow her passion for botanical medicine. With her start-up company Spice Pharm, she combines leading-edge science and ancient wisdom to create unique wellness products. She is a passionate advocate for non-toxic plant medicine for keeping us well and out of the clutches of the pharmaceutical industry.

Her first products, instant beverage mixes called Golden Goddess Turmeric Elixirs, won global recognition from SupplySide West – the largest international forum for scientific advances in the nutritional industry. They selected Golden Goddess Elixirs from over 300 entrants to win the coveted Editor's Choice Award in the Weight Management category, citing Elixirs' great taste, scientific substantiation and innovation.

Spice Pharm was selected as one of the Top 3 Most Exciting Brands by the San Francisco Green Festival for its dedication to sustainable wellness, ethical sourcing, eco-entrepreneurship, and creamy vegan treats.

Kitty's first book, *The Anti-aging Secrets of Spices*, was recognized by Reader's Favorite for its "scientific content... pertinent arguments and compelling evidence," and awarded the Top 4 Finalist in Food and Cooking.

Learn more – and download a free copy of her book – at [spicepharm.com](http://spicepharm.com).

*(End of Meet Kitty Wells!)*

## Main Presentation by Kitty Wells

### *“The Longevity Science of Spices: Nature’s “Designer Drugs” for Anti-Aging”*

Molecular and cellular damage that leads to the diseases of aging begins long before people appear sick. Your risk of getting these diseases increases after living sixty years, but the incremental buildup of damage starts in your twenties or thirties.

While billions of dollars are being poured into pharmaceutical and technological approaches to protect health and increase longevity, there are natural and nutritional means to slow and even reverse the damage.

Spices are real superstars on this stage. From helping prevent plaque in your arteries, cooling chronic inflammation, supporting digestion, protecting DNA, supporting insulin sensitivity, protecting tissues from cross-linking, preventing tumor growth, stabilizing cellular membranes, clearing extracellular junk, aiding cellular renewal through apoptosis, to thinning and cleansing the blood, spices offer an astounding array of bodily benefits when taken correctly.

“Nothing in the plant world can rival the many medicinal properties of spices,” says anti-aging guru Dr. Nicholas Perricone.

In this workshop you’ll learn why. Spice Pharm Co-Founder and Anti-Aging Secrets of Spices author Kitty Wells will uncover the latest research and essential knowledge about how spices can help you improve your health and decrease your rate of aging.

*(End of Main Presentation)*

## *Secondary Presentation Speaker: Ronesh Sinha, MD!*



Dr. Ronesh Sinha, author of *The South Asian Health Solution*, is an internal medicine physician in Silicon Valley who works for Sutter Health's Palo Alto Medical Foundation and serves as senior medical director for corporate health and wellness. He has designed successful health education and wellness programs for over 16 major Silicon Valley companies, including companies like Oracle, Genentech, and Cisco, and developed a dedicated group consult practice geared to Indians and Asians with diabetes and other heart disease risk factors.

His groundbreaking work in reversing diabetes in culturally diverse populations has received global attention with front cover stories in Fortune Magazine and the LA times, and earned him Silicon Valley Business Journal's 2013 Excellence in Healthcare award. Dr. Sinha is a highly sought after 2-time TEDx speaker, blogs actively on health at [culturalhealthsolutions.com](http://culturalhealthsolutions.com), and hosts a popular Bay Area weekly radio show on health. He is passionate about developing innovative, culturally tailored solutions to help diverse populations lead healthier lives.

*(End of Meet Ronesh Sinha!)*

## Secondary Presentation by Ronesh Sinha, MD

### *“An Optimal Health and Lifestyle Plan for the Entire Family”*

Author of *South Asian Health Solution*, Dr. Sinha will share the most effective dietary and lifestyle changes that have worked in patients of all cultural backgrounds, for the entire family.

Dr. Sinha has dramatic results in his South Asian consult patients who have shed body fat, dropped medications, and improved their energy level and overall quality of life within a relatively short time. He also applies these principles on a larger scale to large companies with similar success. In this presentation, he will share practical methods that can fit into a busy, culturally diverse lifestyle with all its temptations and constraints.

He'll share his Lifestyle Plan, as well as success stories in how to:

- Lose fat
- Increase energy
- Avoid disease

*(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!**

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.

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who share information and similar interests and  
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