

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, August 17, 2017

Main Presentation: Steven Druker

“How the Risks of GMOs Have Been Consistently Underestimated and Misrepresented”

Second Presentation: Karl Etzel

“Heart Rate Variability and the Quantified Self”



Meet Steven Druker
Page 3



Meet Karl Etzel
Page 7

Smart Life Forum

Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

www.SVHI.com

Newsletter Table of Contents

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Steven Druker!

Page 5 - Main Presentation: *“How the Risks of GMOs Have Been Consistently Underestimated and Misrepresented”*

Page 7 - Meet Karl Etzel!

Page 8 - Second Presentation: *“Heart Rate Variability and the Quantified Self”*

Page 9 - Become a member of the SLF Community!

Announcements & Upcoming Events

Upcoming Speakers:

SEPTEMBER 2017

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

OCTOBER 2017

Steve Blake

NOVEMBER 2017

Raymond Francis

JANUARY 2018

Christiane Northrup, MD

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, August 25, 2017 @ 7:30pm

Jerry Kroth, PhD

*The Psychic Immune System:
A Hidden Epiphenomenon of the Body's
Own Defense*

Unity Community Church
Y.E.S. Hall

3391 Middlefield Rd, Palo Alto, CA

Please visit www.FMBR.org for more info.

A **Board Member** position and a **Membership Chair** position are available. Interested persons can contact any board member or email **Susan** at:

susanrdowns@hotmail.com.

Thank you.

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
Pamela Zuzak, Video & Book Sales

If you have questions please email:

susanrdowns@hotmail.com

Thank you.

Main Presentation Speaker: Steven Druker!



Steven Druker is a public interest attorney who founded the Alliance for Bio-Integrity and, as its executive director, initiated a lawsuit that forced the U.S. Food and Drug Administration to divulge its files on genetically engineered (GE) foods. This revealed that politically influenced administrators had covered up the extensive warnings of their own scientists about the abnormal risks, misrepresented the facts, and then allowed these novel products onto the market without requiring the testing that's mandated by federal food safety law.

He is a prominent commentator on the risks and regulatory issues of GE foods and has served on the food safety panels at conferences conducted by the National Research Council and the Food and Drug Administration; been a featured speaker at symposia at the British House of Commons and the National Congress of Brazil and at press conferences sponsored by the Brazilian Medical Association, the Swedish Consumers Association, and concerned members of the European Parliament; and appeared on numerous television and radio programs — and been featured in numerous newspaper and magazine articles — across the globe.

He has been invited to speak at many universities (including Harvard, Columbia, Cornell, and the University of Copenhagen) and has met with government officials world-wide, including the UK's Environmental Minister, Canada's Health Minister, and the heads of food safety for the UK, France, Ireland, and Australia. In addition, he was invited to confer at the White House Executive Offices with an interagency task force of President Clinton's Council on Environmental Quality.

His articles on genetically engineered food have appeared in several respected publications, including *The Congressional Quarterly Researcher*, *The Parliament Magazine* (a Brussels-based periodical), and *The Financial Times*.

(Continued on Next Page)

His influential book, *Altered Genes Twisted Truth: How the Venture to Genetically Engineer Our Food Has Subverted Science, Corrupted Government, and Systematically Deceived the Public*, was released in March 2015 with a foreword by Jane Goodall hailing it as “without doubt one of the most important books of the last 50 years.” Among the other scientists who have praised it are David Schubert, a professor and laboratory director at the Salk Institute for Biological Studies, who has called it “incisive, insightful, and truly outstanding”; and Joseph Cummins, Professor Emeritus of Genetics at the University of Western Ontario, who extolled it as “a landmark” that “should be required reading in every university biology course.”

He majored in philosophy at the University of California, Berkeley, received a special award for "Outstanding Accomplishment" in that field, was elected to Phi Beta Kappa in his junior year, and graduated with “Great Distinction in General Scholarship.” He also attended UC Berkeley’s law school, where he was elected to both the California Law Review and the Order of the Coif (the legal honor society).

(End of Meet Steven Druker!)

Main Presentation by Steven Druker

“How the Risks of GMOs Have Been Consistently Underestimated and Misrepresented: *An Assessment from the Perspectives of Both Biological Science and Computer Science*”

Contrary to the claims of its proponents, producing new varieties of food through genetic engineering entails higher risks to human health than does traditional breeding; and the arguments that have been advanced to convince the public otherwise are seriously misleading. Even reports by the US National Academy of Sciences and the UK's Royal Society cannot withstand scrutiny, and analysis reveals that they rely on misrepresentation of facts and fallacious reasoning.

Moreover, the routine claim that all respected scientists and scientific organizations regard GE foods to be as safe as conventional ones is demonstrably false. For instance, the British Medical Association, the Public Health Association of Australia, the editors of *The Lancet* (a premier medical journal), and the Royal Society of Canada have all expressed concerns about the risks.

Further, although a substantial number of well-conducted studies published in peer-reviewed journals have detected statistically significant harm to the laboratory animals that consumed GE food, the proponents of these products have unjustly attacked — and deceptively described — this research. Indeed, the well-documented (and irrefutable) fact that the evidence has been systematically misrepresented attests to how strongly it raises legitimate concerns, because if it were truly supportive of safety, there would have been no need to distort it.

(Continued on Next Page)

The degree of risk is even more striking when bioengineering is examined from the perspective of computer science. While computer scientists have gained substantial knowledge about the inescapable risks of altering complex information systems, and established precautionary measures for managing those risks, the biotechnicians have routinely disregarded this knowledge and violated the related precautionary principles — despite the fact that the cellular information systems they reconfigure are far bigger, far more complex, and far less understood. Indeed, compared to the meticulous manner in which software engineers revise life-critical information systems that they themselves have created, the radical way in which biotechnicians have been altering complex cellular information systems stands out as not merely risky, but reckless.

Even the newest so-called gene editing techniques (such as CRISPR-Cas9) are, when scrutinized through the lens of computer science, significantly imprecise and unacceptably risky.

Despite its importance, a thorough examination of bioengineering from the standpoint of software engineering did not appear until the publication of *Altered Genes, Twisted Truth*. The soundness and the significance of this analysis have been recognized by many experts. For instance, Thomas J. McCabe, developer of the widely-employed cyclomatic complexity software metric, has called it “especially insightful” and remarked that it exposes how genetic engineering “is more like a ‘hackathon’ than a careful, systematic methodology for revising complex information systems.”

(End of Main Presentation)

Secondary Presentation Speaker: Karl Etzel!



Karl Etzel has worked in the Silicon Valley tech industry for seventeen years, following five years as an officer and nuclear engineer in the US Navy. He began studying and using heart rate based training methods as an endurance athlete in the early 1990's. As Firstbeat's representative in North America for their OEM and wellness business lines he has a unique perspective on how heart rate variability is being deployed today and where it is headed in the future.

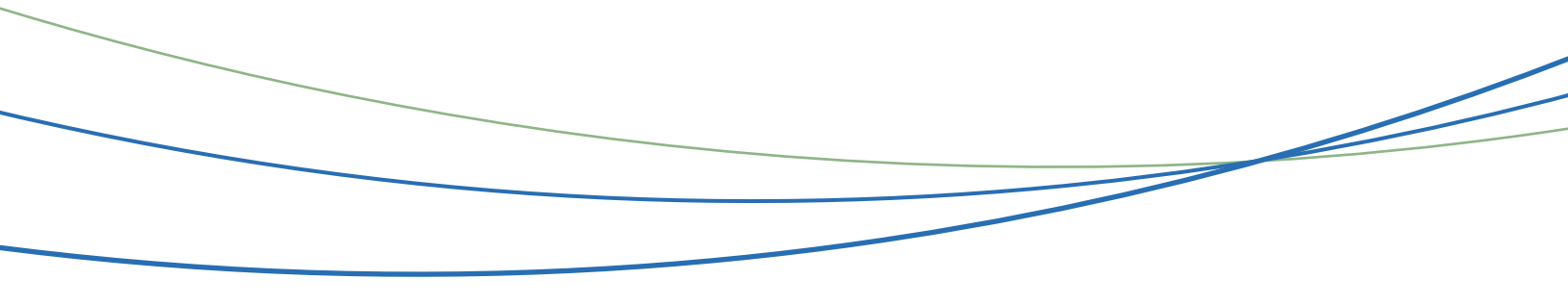
(End of Meet Karl Etzel!)

Secondary Presentation by Karl Etzel

“Heart Rate Variability and the Quantified Self”

In recent years heart rate variability has gained popularity as the "quantified self" movement has grown and more individuals look to manage their own health and wellness. However the study and application of HRV go back many decades. In this presentation Karl will cover the basics and the background of HRV, its current applications in consumer wearables and corporate wellness programs, and share thoughts on what the future may hold in applying this powerful data in new ways.

(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