

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

**Next Meeting: Thursday, September 21, 2017**

**Main Presentation: Dr. Akil Palanisamy, MD**

*“The Paleovedic Diet”*

**Second Presentation: Sergio Azzolino, DC, DACNB**

*“When and Why the Brain Fails - What Can Be Done  
To Restore Function”*



*Meet Dr. Akil Palanisamy*  
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*Meet Sergio Azzolino*  
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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:

OCTOBER 2017  
Steve Blake

NOVEMBER 2017  
Raymond Francis

JANUARY 2018  
Christiane Northrup, MD

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

Friday, September 22, 2017 @ 7:30pm

**Larry Malouf**  
*The Positive Power of Being Neutral*

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 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**

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If you have questions please email:

***susanrdowns@hotmail.com***

Thank you.

***Main Presentation Speaker: Dr. Akil Palanisamy, MD!***



Akil Palanisamy, MD, is a physician who practices integrative medicine, blending his conventional medical expertise with evidence-based holistic approaches, including functional medicine and Ayurveda. He studied biochemistry at Harvard and completed his medical training at the University of California, San Francisco (UCSF) and Stanford University, followed by a fellowship with Dr. Andrew Weil at the University of Arizona. He currently practices at the Sutter Health Institute for Health and Healing in San Francisco.

He is the author of the book “The Paleovedic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease.”

*(End of Meet Dr. Akil Palanisamy!)*

## **Main Presentation by Dr. Akil Palanisamy, MD**

### **“The Paleovedic Diet”**

Many have asked among the myriad of diets, “Which one is for me?” Dr. Palanisamy answers this question in his book, *The Paleovedic Diet: A Complete Program to Burn Fat, Increase Energy and Reverse Disease*. In this book, Dr. Palanisamy blends the best of the modern scientific method with the time honored ancient healing system, Arurveda. His approach helps to understand a person’s biochemical individuality and develops a diet and lifestyle plan that is individualized for each person. He also discusses the importance of nutrition, intermittent fasting, exercise, sound sleep, a balance of the mind-body-spirit, connectiveness, and the role of toxins and detoxification.

*(End of Main Presentation)*

## ***Secondary Presentation Speaker: Sergio Azzolino, DC, DACNB!***



Dr. Sergio F. Azzolino is an internationally renowned clinician who has been serving his profession and patients from around the world since 1995. In 2012 he was appointed by Governor Brown, to the California State Board of Chiropractic Examiners, and in January of 2014 and 2015, he was elected Chairman of the Chiropractic Board of California.

He holds Board Certification in Chiropractic Neurology through the American Chiropractic Neurology Board as well as Board Certification in Pain Management through the American Academy of Pain Management.

Dr. Azzolino is the vice president of the American Chiropractic Neurology Board and an assistant professor of clinical neurology for the Carrick Institute for Graduate Studies.

He has an integrative practice in San Francisco, and is the executive director of Brain Balance Center in SF – a learning center dedicated to assisting children with learning disabilities, autism, ADHD, and various neurobehavioral disorders.

*(End of Meet Sergio Azzolino!)*

## **Secondary Presentation by Sergio Azzolino, DC, DACNB**

*“When and Why the Brain Fails - What Can Be Done  
To Restore Function”*

Dr. Azzolino is an expert in functional neurology and will take us on a journey of understanding how the many aspects of neurological development coalesce to make us human. He will discuss injuries, infectious and exposures to toxins that are responsible for a decline in function and most importantly what can be done to restore function and vitality. He will share the many objective measures that can be used to assess and rehabilitate cognitive performance, spatial awareness, balance and coordination, sensory and motor processing.

*(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),  
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San Francisco, CA 94109-2401

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