

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

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

**Main Presentation: Raymond Francis, DSc, MSc, RNC**

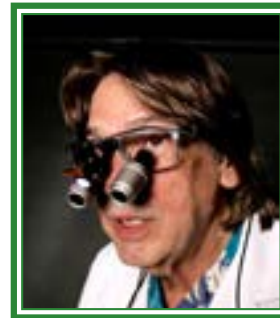
*“How to Get Well, Stay Well, and Never Be Sick Again”*

**Second Presentation: David L. Biles, DDS, MA**

*“Bridging Medicine and Dentistry Today”*



*Meet Raymond Francis*  
*Page 3*



*Meet David Biles*  
*Page 10*

## 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)

## Newsletter Table of Contents

Page 2 - Announcements/Upcoming Events

Page 3 - Meet Raymond Francis, DSc, MSc, RNC!

Page 5 - Main Presentation: *“How to Get Well, Stay Well, and Never Be Sick Again”*

Page 10 - Meet David L. Biles, DDS, MA!

Page 12 - Second Presentation: *“Bridging Medicine and Dentistry Today”*

Page 13 - Become a member of the SLF Community!

# Announcements & Upcoming Events

## Upcoming Speakers:

### DECEMBER 2017

Steve Fowkes

### JANUARY 2018

Christiane Horner, MD

*"Natural Approaches to Breast Cancer Prevention"*

### FEBRUARY 2018

Katherine Reid, PhD

*"Unblind My Mind"*

### MARCH 2018

Robert Lustig, MD

*"A Hacking of the American Mind"*

### MARCH 2018

Joseph Pizzorno, ND

*"The Toxic Solution"*

### JUNE 2018

Thomas Seyfried

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

Friday, November 17, 2017 @ 7:30pm

**Irina Hodyakina**  
*The Kabbalah*

*She will also lead a workshop on Saturday, November 18, 2017.*

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.

## **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  
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  
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

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](mailto:susanrdowns@hotmail.com). Thank you.

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

Thank you.

## ***Main Presentation Speaker: Raymond Francis, DSc, MSc, RNC!***



Raymond Francis, D.Sc., M.Sc., RNC has been called a “brilliant advanced thinker” and has been cited as “one of the few scientists who has achieved a breakthrough understanding of health and disease.”

On the cutting-edge of health science, Raymond is an internationally recognized leader in the field of optimal-health maintenance and a pioneer in transforming our failed disease-care system to a true health-care system. He is a chemist by training, a graduate of M.I.T., a bestselling author, and a world-class speaker.

At the height of his career as president of a management consulting firm, Raymond’s health began declining. What began as fatigue and allergic reactions, ended up as several autoimmune syndromes, chemical sensitivities, chronic fatigue, and acute liver failure. At age 48, his imminent death was considered a medical certainty. With only days to live, he used his knowledge of biochemistry to save his life and restore his health. Now age 80, Raymond enjoys an extraordinary level of health and vitality.

Since his recovery, he has devoted himself to helping others to get well and stay well. To teach others how to achieve the level of health he has achieved, Raymond devised a new health model, The Beyond Health Model. This model cuts through the complexity and confusion, takes the mystery out of disease, and makes health simple for the average person. This model is so simple it can be taught to a child, yet so powerful that many have used it to cure themselves of incurable illnesses.

Raymond is a former U.S. Army officer who served in a combat infantry division. He is listed in standard references including: Who’s Who in the World, Who’s Who in America, Who’s Who in Medicine and Healthcare, Who’s Who in Science and Engineering and Who’s Who in Finance and Industry. He has written five breakthrough books, the international bestseller “Never Be Sick Again”, “Never Be Fat Again”, “Never Fear Cancer Again”, “Never Feel Old Again”, and “The Great American Health Hoax.”

*(Continued on Next Page)*

Raymond has addressed health conferences all over the U.S. and in Abu Dhabi, Canada, Egypt, Fiji, Germany, Greece, Italy, Mexico, Qatar, and Switzerland. He is a member of the American Chemical Society, the National Health Federation, the Association of American Physicians and Surgeons, the Orthomolecular Health Medicine Society, the Institute for Functional Medicine, and the American College for Advancement in Medicine. Raymond was a syndicated radio talk-show host for 16 years. He has made over 2,000 television and radio appearances. He is president of Beyond Health International, a supplier of health-supporting products and advanced health education, and Chairman of The Project to End Disease (TPED).

*(End of Meet Raymond Francis!)*

## **Main Presentation by Raymond Francis, DSc, MSc, RNC**

### *“How to Get Well, Stay Well, and Never Be Sick Again”*

"Health is not a chance, it's a choice. But it's a choice only you can make." These are the words I use to sign off each of my radio shows. Unfortunately, most people believe that disease is something that just happens. It's a roll of the dice to determine who gets sick and who doesn't.

Because of this erroneous belief, few people are choosing health and almost everyone is sick. According to the latest estimates, 75% of us have a diagnosable chronic disease. This includes 90% of the people over age 65 and 25% of the people under 18. Yet despite these numbers, two thirds of us think we are in good or excellent health. What's happened is that chronic disease has become normal. As long as people are able to function they think of themselves as being in good health. In truth, only about one percent of us are in good health, and chronic disease is a runaway epidemic. The economic effect of all this is budget-busting health-care costs. The result is more and more denial of health care, a medical establishment in chaos, and a lot of sick people running around with diminished quality of life.

#### **Preventing Disease**

It doesn't have to be this way. Disease can be prevented. If it does occur, it can be reversed. Too often we hear that disease is the result of genetic predisposition, but genes just make people susceptible to a particular disease. They rarely cause it. The most important influences are the fundamental parameters of human health, namely: diet, environment, and behavior. The problem is, in a relatively short period of time, we have radically changed these parameters. These changes are producing progressive breakdowns in cellular integrity and systemic processes, thus distorting our self-regulation and causing disease. To stay well or get well, we have to make new choices regarding diet, environment, and behavior.

We have to prevent or reverse the distortions. Sounds simple doesn't it? In truth, it is simple. And best of all, it works!

*(Continued on Next Page)*

The human body is a self-repairing, self-regulating system that will maintain good health if we properly support its functions. Disease results when we distort our natural self-regulating processes. The distortions are the result of unwise choices because either we don't care or we don't know any better. Almost all chronic disease can be prevented or put into remission by making different choices. This is a far cry from our current perception where we are misled into thinking that everyone gets sick and only the doctor can make us well. But the doctor's treatments for chronic disease are seldom effective, and usually do more harm than the disease itself. Modern medicine doesn't cure disease; it suppresses the symptoms with toxic chemicals, radiation, and surgery. None of these address the causes of disease, and all of them damage health. This is why, according to statistics published in the Journal of the American Medical Association, medical doctors are one of the leading causes of disease and the third leading cause of death in America.

### **Choosing Health**

What are some of the things all of us can do to choose health? First of all, eat a better diet and take high quality nutritional supplements. A recent study by the U.S. Department of Agriculture titled "What We Eat in America" found that almost half of us eat no fruit and that most of us eat minimal amounts of vegetables on a given day. The conclusion was that most American adults have insufficient intakes of zinc, magnesium, vitamin B6, calcium, and vitamin E. This is why high quality supplements are necessary. We managed for millennia without supplements, but we need them now because our intake of nutrients is down. Furthermore, coping with the toxins in our environment has increased our need. Very simply the need is up, the supply is down, and even when you eat a good diet, it's very difficult to get adequate nutrition.

### **Our Diet**

Eating a good diet isn't all that difficult. It means avoiding processed food, the kind that goes through a factory before you get it. This means eliminating sugar, hydrogenated oils, processed oils, salt, dairy, white flour, and white rice. Don't buy foods in cans, jars, packages, etc., and don't eat foods cooked at high temperatures such as in toasting, frying, broiling, and barbecuing. The average American eats 150 pounds of sugar per year.

*(Continued on Next Page)*

Why eat almost a half-pound per day of a metabolic poison that is incredibly damaging to human health? And why are we feeding this poison to our children?

Instead, choose a mostly raw diet rich in organic, whole, unprocessed foods. Choose fresh vegetables, fruits, whole grains scooped out of bins, seeds, nuts, and sprouts. Choose organic flaxseed oil and extravirgin olive oil. Choose fish instead of steak. Studies have shown that eating fish instead of steak for dinner will sharply cut the risk of heart attack the next morning. A high fat meal will within six or seven hours put the blood into a hypercoagulation state increasing the risk of artery-clogging blood clots. Choose only high quality supplements such as Beyond Health. Most supplements are useless, and many are dangerous.

### **Our Environment**

During this century, we have introduced over 100,000 man-made chemicals into our environment. We have little information on how each of these act in the human body and almost no information on how they all act in combination. We do know that many of these chemicals are toxic and that some are carcinogenic. That's why another aspect of choosing health is learning how to avoid toxins.

Toxins are things our cells don't need because they jam the machinery and interfere with normal cell function. It's not possible to completely avoid toxins because we have polluted the entire planet. However, it is possible to minimize our toxic exposures. Begin with the things you use on your body such as toothpaste, soap, shampoo, etc. Most of these products contain toxic ingredients. The toxins go through your skin, bioaccumulate in your tissues, and eventually cause cellular malfunction.

Common chemicals such as sodium lauryl sulfate are known to bioaccumulate in liver, eye, and heart tissue, and when used in toothpaste to cause gum disease and tooth loss.

Eating organically grown foods that have not been exposed to pesticides, herbicides, and fungicides is just common sense. Avoid meat and dairy for the same reason. Farm animals bioaccumulate toxins from the animal feed and pass them on to you in concentrated form. In fact about 80% of the average person's pesticide exposure comes from eating meat and dairy.

*(Continued on Next Page)*

Clean up your home environment. Don't purchase carpets made of synthetic polymers. Don't buy furniture made of particleboard. Purchase clothes, bed linens, and mattresses made from natural materials. Use environmentally safe household cleaners. Avoid solvents and toxic chemicals of all kinds including prescription and recreational drugs and local anesthetics.

### **Our Behavior**

A major aspect of modern behavior is chronic stress. Even driving on the freeway is a very stressful event. Chronic stress causes a distortion of the body's daily maintenance processes. Chronically deferred maintenance eventually results in major distortions in the body's self-regulation processes and the body literally falls apart for lack of daily repair. Developing new ways of dealing with stress is a must. There are many ways to do this, including exercise, meditation, Qigong, and therapy. The right way is what works for you.

Lack of physical exercise is another behavioral change with huge negative results. The human body was designed to be physically active. It will not function properly without a high level of activity. Yet most people are couch potatoes and drive to places to which they can easily walk. Without movement, the heart/lung system does not get the stimulation it needs to deliver adequate amounts of oxygen to the body's tissues. This causes a gradual decline in health.

Another impact on our behavior is brought about by our modern health care system that promotes disease by instilling feelings of powerlessness and hopelessness in the chronically ill. Modern medicine tells the chronically ill they are powerless to act on their own, that they cannot be cured, only treated, and that they have no options other than the medical system. This promotes feelings of helplessness that actually lead to a further breakdown in health. It is well established that our outlook on the future has a profound effect on health. Feelings of despair diminish the patient's ability to deal with the problem and lead to the patient becoming increasingly depressed. Knowing that health is a choice gives patients a sense of personal power, which enhances physical and emotional vitality.

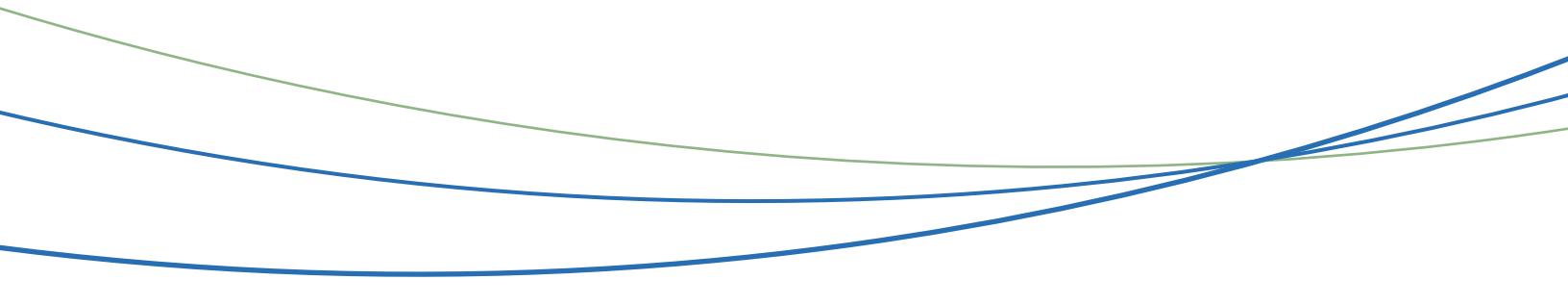
*(Continued on Next Page)*



## **In Summary**

Disease is the result of long-term imbalances in the body's self-regulating systems. These imbalances are brought about by making inappropriate choices regarding our diets, environment, and behavior. Each of us has the power to choose health over disease. By knowing what our bad choices are, we can change these habits, choose new action, and effect changes in our biochemistry that will redirect our lives toward health and well being. No matter what your state of health, it is possible to make new choices, to improve, and to go beyond health as you know it.

*(End of Main Presentation)*

The bottom of the page features several decorative wavy lines in shades of blue and green, creating a modern, flowing aesthetic.

## *Second Presentation Speaker: David L. Biles, DDS, MA!*



Traveling down the road less traveled, with a willingness to break through new learning curves and confront institutionalized dogma, Dr. David Biles, recognized by the International Academy of Biological Dentistry as a certified biological dentist, is creating a new paradigm regarding medical dental relationships. At one time, active in organized California dental politics and an honored Legislative Chairperson for the Monterey Bay Dental Society, Dr. Biles, along with Dr. David Kennedy, and a handful of others is responsible for the fluoride free community water supply in Santa Cruz County.

Dr. Biles practices dentistry in Santa Cruz, CA with a biological/holistic approach and is currently a member of the Academy of General Dentistry, the California Dental Association, the American Dental Association, the International Academy of Oral Medicine and Toxicology, and the International Academy of Biology and Medicine, and holds fellowships in the Academy of General Dentistry and the Institute of Natural Dentistry.

Born and raised intermittently on the Presidio of San Francisco, he graduated Phi Beta Kappa in 1975 from UC Davis with degrees in psychology and physical education, while working for the UCD Law School, the campus police department, and most importantly, the Human Performance Laboratory, a government subsidized exercise physiology laboratory. Abandoning sports psychology as a career objective, Dr. Biles switched directions in graduate school and began pursuing a hard science path towards a Ph.D. in exercise physiology. He earned a Regents Fellowship for his research on cardiovascular drift, completing his studies with 55 units more than necessary to achieve his degree.

*(Continued on Next Page)*

Taking a break from academia, he left Davis for Los Angeles and was hired in 1977 as Northridge Hospital's first exercise physiologist/cardiopulmonary technologist, where he worked in the Pulmonary Department and the Intensive Care Unit before, during, and after graduation from dental school at UCLA. Ever busy, he completed his UCD masters' thesis, *The Effect of Ambient Temperature on Cardiovascular Drift During Prolonged Exercise*, in December of 1981 six months prior to graduating from the UCLA School of Dentistry where he was recognized by the faculty for comprehensive care.

He has been interviewing leading healthcare authorities as a radio talk show host for KSCO 1080 AM, KSCO.com, since October 2003, and wrote a health column for *The Connection Magazine* for 15 years. Dr. Biles can be heard weekly Saturdays at noon on KSCO where he covers a myriad of topics from health to local, state, and national politics. His ability to speak with cutting edge scientists and clinicians has been helpful in Dr. Biles' ability to integrate the working model and new paradigm he will discuss in his lecture. As always, his website, [www.drbiles.com](http://www.drbiles.com) is under ongoing revision.

*(End of Meet David Biles!)*

## **Second Presentation by David L. Biles, DDS, MA**

*“Bridging Medicine and Dentistry Today”*

The continued historical division of the American Medical and Dental professions poses a serious threat to the health of all Americans as most health care decisions are based upon medical recommendations predicated without any dental examination or consideration. How would our medical system function if dental foci were considered as part of an overall health evaluation within the medical context?

What is a dental cavity if it is not, in reality, an open wound that fails to heal without intervention? What role do dental toxins play in health and disease within the context advocated by author Raymond Francis? Dr. David Biles will review these issues and more in a review of observations spanning 45 years in physical education, human research, cardiopulmonary medicine, and dentistry.

After encountering the fluoride controversy in Santa Cruz in 1997 and attending an IABDM annual meeting, Dr. Biles began recognizing dogmatic dental deceptions that were harmful to health and began formulating a different health paradigm that logically works. His lecture will focus on reinterpreting medicine and dentistry in ways that better explain our awareness of how the body breaks down into a diseased state.

*(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.

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