

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

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

## Holiday Madness Potluck

**With a Presentation by Steven Fowkes**

*Health Question and Answer Session*



*Meet Steven Fowkes*  
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*Happy  
Holidays!*

### **Smart Life Forum**

#### **Presentation Location**

Cubberley Community Center  
Room H1  
4000 Middlefield Road  
Palo Alto, California  
Directions on our website:

*www.SVHI.com*

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# Announcements & Upcoming Events



Please bring your vittles to share at the Holiday Madness Potluck!

## Upcoming Speakers:

### JANUARY 2018

Christiane Horner, MD

*"Natural Approaches to Breast Cancer Prevention"*

Andy Hilo

*"The Science of Healthy Skin Care"*

### FEBRUARY 2018

Katherine Reid, PhD

*"Unblind My Mind"*

### MARCH 2018

Robert Lustig, MD

*"A Hacking of the American Mind"*

Rick Patel, MD & Alexander Patel

*"Humor in Healing"*

### JUNE 2018

Thomas Seyfried

***No FMBR December Meeting!***

## **SLF Members**

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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.

If you have questions please email:

***susanrdowns@hotmail.com***

Thank you.

## *Presentation Speaker: Steven Fowkes!*



Steven Fowkes is an organic chemist who has been hacking his health for decades. One hack was overcoming severe stage fright, which enables Steve to do public speaking engagements and TV appearances including Larry King Live.

He has a broad knowledge of biochemistry, neurochemistry, nutrition, metabolism and nanotechnology. He is also a nutritional consultant, formulation consultant, author, editor, public speaker, inventor, and expert witness. Steven is the moderator and blogger for Project Wellbeing ([www. projectwellbeing.com](http://www.projectwellbeing.com)), chief chemist of eCycle Systems, executive director of Cognitive Enhancement Research Institute (CERI) and Co-Founder and Chief Science Officer of Nanopolymer Systems Corporation. Steven has also co-authored several health books including Smart Drugs II and GHB: The Natural Mood Enhancer.

*(End of Meet Steven Fowkes)*

## Presentation by Steven Fowkes

### *“Health Question and Answer Session”*

Steven Fowkes will answer your health questions on topics of the audiences' choosing. Topics such as personal health questions, artificial intelligence, addiction, sugar, opiates and any other topics can be suggested. The audience will vote on which topics will be discussed.

Also, please bring your vittles to share at the Holiday Potluck and your health questions and topics for Steven Fowkes to answer!



*Happy  
Holidays!*



*(End of 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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**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

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