

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, February 15, 2018

Main Presentation by Katherine Reid, PhD

“Unblind My Mind: We Are What We Eat”

Secondary Presentation by Richard Patel, MD

and Alex Patel

“Laughter, Humor and Healing”



*Meet Katherine Reid, PhD
Page 3*



*Meet Richard Patel and
Alex Patel - Page 5*

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 Katherine Reid, PhD!

Page 4 - Main Presentation: *“Unblind My Mind: We Are What We Eat”*

Page 5 - Meet Richard Patel, MD and Alex Patel!

Page 6 - Secondary Presentation: *“Laughter, Humor and Healing”*

Page 7 - Become a member of the SLF Community!

Announcements & Upcoming Events

Upcoming Speakers:

MARCH 2018

Robert Lustig, MD
"A Hacking of the American Mind"

Beryl Nozedar
"Healing Power of Weeds"

APRIL 2018

Jessica Le Ta, LAC, CBD

MAY 2018

Michelle Perro, MD
and Vincanne Adams, PhD
"GMO; What It Does To Our Children and Population"

JUNE 2018

Thomas Seyfried

No FMBR Meeting Scheduled for February!

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***. Thank you.

If you have questions please email: ***susanrdowns@hotmail.com***
Thank you.

Main Presentation Speaker: Katherine Reid, PhD!



Katherine Reid, PhD in biochemistry, is the Executive Director and founder of Unblind My Mind (unblindmymind.org), a nonprofit that educates on the links between the foods we eat and the chronic illnesses we suffer. Katherine has over 20 years experience in biotechnology and molecular diagnostics research, training that would find her ideally suited to tackle her most challenging scientific endeavor. In 2006, her youngest child was diagnosed with autism. Through her research, Katherine determined that certain foods common in the Western diet were associated with her daughter's autistic behaviors. Seeing the profound effect of diet on the brain with many of her clients, she has become a provocateur questioning medical approaches and food manufacturing practices relating to health.

Most recently Katherine has been researching how food influences microbial metabolism and its connection with health and disease. Her knowledge evolved into a treatment program – REID (Reduced Excitatory Inflammatory Diet) that provides the missing links many are searching for in managing or restoring health through diet.

Katherine has presented two TEDx talks, spoke at numerous autism conferences around the country, health summits, and has provided local lectures at schools, health events, and Unblind My Mind organized conference. She was also featured in San Francisco Chronicle, Fox News, NY Daily News, Talk 910am radio, KFIAM 640 radio, Coast to Coast radio, KSCO radio, and various blogs and podcasts.

(End of Meet Katherine Reid)

Main Presentation by Katherine Reid, PhD

“Unblind My Mind: We Are What We Eat”

In 2006, her youngest child was diagnosed with autism. Through her research, Katherine determined that certain foods common in the Western diet were associated with her daughter’s autistic behaviors. Seeing the profound effect of diet on the brain with many of her clients, she has become a provocateur questioning medical approaches and food manufacturing practices relating to health. Katherine will discuss how food drives behavior and how it impacts our brains. In particular, she will discuss glutamate and its affect on our health.

(End of Main Presentation)

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

Secondary Presentation Speakers: Richard Patel, MD and Alex Patel!



Richard Patel, MD is a professor of psychiatry at UCSF.

Alex is the instigator of the book P.P.'s Anti-Joke Book & Brief History of Humor. A novel—sort of. His continued humor about the challenging situations he found in high school was the trigger for collaborating with his father, Rick Patel in exploring this topic and writing their book.

(End of Meet Richard Patel and Alex Patel)

Secondary Presentation by Richard Patel, MD and Alex Patel

“Laughter, Humor and Healing”

Health maintenance requires more than exercise and a healthy diet. Stress reduction, mindfulness and humor are important additions for optimal health. Norman Cousins cured his debilitating autoimmune diseases with the help of laughter. Laughter increases endorphins, oxytocin and can burn calories to assist in weight reduction. Laughter can reduce anxiety, depression, stress, as well as reducing blood glucose levels, pain perception, and the risk for heart attacks. Learn about humor, how it affects our brain and physiology and its health benefits.

(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: _____

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