

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, March 15, 2018

Main Presentation by Robert H. Lustig, MD, MSL

“Corporate Hacking of the American Mind”

Secondary Presentation by Beryl Nozedar

“Healing Power of Weeds”



Meet Robert H. Lustig
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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

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Announcements & Upcoming Events

Upcoming Speakers:

APRIL 2018

Dr. Michelle Bean
"Health Benefits of CBD"

MAY 2018

Panel with Bernd Friedlander, DC

JUNE 2018

Thomas Seyfried

JULY 2018

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

*No FMBR Meeting Scheduled for
March 2018!*

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If you have questions please email:

susanrdowns@hotmail.com

Thank you.

Main Presentation Speaker: Robert H. Lustig, MD, MSL!



Robert H. Lustig, M.D., M.S.L. is Emeritus Professor of Pediatrics in the Division of Endocrinology, and the Institute for Health Policy Studies at University of California, San Francisco. Dr. Lustig's career has focused on the regulation of energy balance by the central nervous system, and the pathogenesis of chronic disease such as Type 2 Diabetes. Dr. Lustig graduated from MIT in 1976, received his M.D. from Cornell University Medical College in 1980, completed pediatric residency at St. Louis Children's Hospital in 1983, and clinical fellowship at UCSF in 1984. From there, he spent six years as a research associate in neuroendocrinology at The Rockefeller University. In 2013 he received his Masters in Studies of Law from UC Hastings. He is the author of many academic works, and of the popular books "Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease", the "Fat Chance Cookbook", and "The Hacking of the American Mind: The Science Behind the Corporate Takeover of our Bodies and Brains". Dr. Lustig is the Chief Medical Officer of Slendine, a company developing products designed to improve metabolic health, and Chief Scientific Officer of EatREAL, a non-profit dedicated to reversing childhood obesity and diabetes by impacting the global food supply.

(End of Meet Robert Lustig)

Main Presentation by Robert H. Lustig, MD, MSL

“Corporate Hacking of the American Mind”

Dr. Lustig, a pioneer in studying the adverse health effects of sugar and high fructose corn syrup, describes how Big Business uses the science of addiction to keep us hooked to unhealthy foods. The result is that our health suffers. He discusses how marketing and the media subvert brain physiology to their advantage to veer us from the pursuit of happiness to the pursuit of pleasure (which means profit).

(End of Main Presentation)



Secondary Presentation Speakers: Beryl Nozedar!



Beryl Nozedar is an herbalist who has taught about herbal remedies, natural medicine, and yoga in New Zealand, Australia, Fiji, and the United States. She is currently writing a book on healing remedies with weeds.

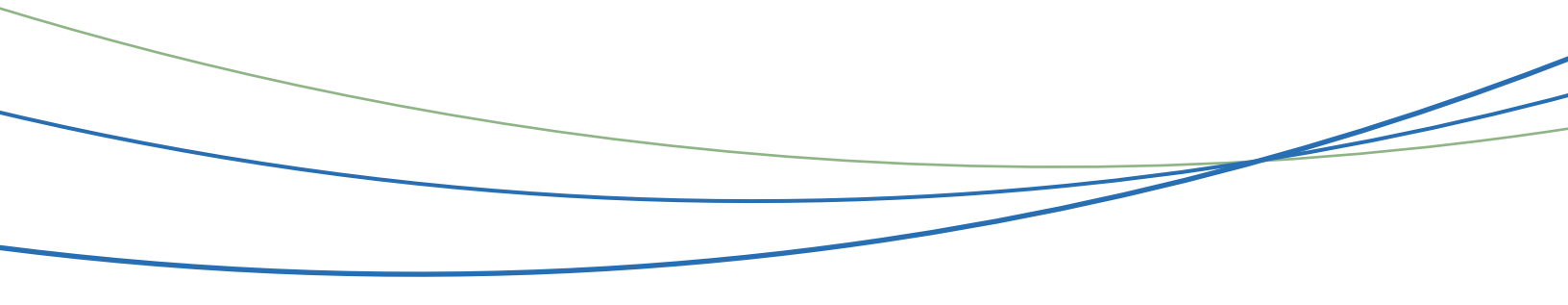
(End of Meet Beryl Nozedar)

Secondary Presentation by Beryl Nozedar

“Healing Power of Weeds”

If you find the unwanted weeds growing in your back yard annoying, you may be missing out on a free lunch. These pesky weeds may contain more nutrition that you will find at the grocery store. These unwanted intruders are rich in antioxidants, vitamins and protein. Beryl will explain the healing properties of common weeds and how you can make tinctures, soups and meals with the weeds in your back yard.

(End of Secondary Presentation)

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

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.

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