

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

**Next Meeting: Thursday, April 19, 2018**

**Main Presentation by Dr. Michelle Bean**

*“Health Benefits of CBD”*

**Secondary Presentation by Chen Ben-Asher**

*“Gluten-Free and the Elimination Diet”*



*Meet Michelle Bean*  
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*Meet Chen Ben-Asher*  
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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:

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"*

AUGUST 2018

Dr. Adelson  
*"Stem Cells"*

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

Friday, April 25 @ 7:30pm

**Diane Cantwell and Ivor Francis**  
*Thought Form Healing*

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.

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

Thank you.

## *Main Presentation Speaker: Dr. Michelle Bean!*



Dr. Michelle Bean has become a leader in the Santa Cruz community in health, fitness, and education. She is a board certified Chiropractor who graduated with honors from Life Chiropractic College West in 2006.

She is the co-founder of the Santa Cruz Challenge, a 12 week health and fitness method, which calls for the entire local community to START WITH YOURSELF in health.

She is co-owner of Optimal Health and Fitness, a holistic health center that integrates Acupuncture, Chiropractic, Nutritional Ketosis, fitness and other modalities.

She also co-leads an outdoor fitness bootcamp, has a black belt in mixed martial arts, and loves to educate individuals on many aspects of health.

*(End of Meet Dr. Michelle Bean)*

## **Main Presentation by**

### **Dr. Michelle Bean**

*“Health Benefits of CBD”*

One of the greatest medical discoveries of our time is the Endocannabinoid System and the biggest class of receptors in our body. Come learn how the body creates balance in health and what the HEMP does CBD have to do with it!

Did you know that Endocannabinoids and their receptors are found throughout the entire body!? Yes, in the brain, organs, connective tissues, glands, and immune cells where they regulate a constant homeostasis! The Endocannabinoid System serves as a bridgeway between the body and the mind. By understanding this system we can begin to observe an apparatus which explains how states of consciousness can either promote health or disease. Google search CDB oil benefits with any health condition and you will be amazed!

If CBD oils have not served you in the past, we will present new advancements in specialized technology could prompt immediate results.

A scientific revolution has begun which promises to reclaim a very special ancient plant and restore balance throughout the earth's living ecosystems. Emerging research is now reintroducing hemp, highlighting the various implications of its diverse constituents. Many people believe that hemp, in every form, can save the world through its thousands of potential applications! Of notable significance is Cannabidiol, or 'CBD', a non-psychoactive compound within hemp which is altering lives in seemingly miraculous ways.

Come join us! We look forward to sharing this Revolution with YOU!

*(End of Main Presentation)*

## *Secondary Presentation Speakers: Chen Ben-Asher!*



Chen Ben Asher, A clinician, public speaker, educator and author of Amazon Best Seller – “What If Gluten Free Is Not Enough”. A leading authority on weight management, women’s health and food sensitivity. Her clinic is in Silicon Valley, CA where she provides a holistic, functional nutrition approach, by looking for the root causes of body system imbalances. She uses cutting edge lab testing and designs a nutritional program to your specific needs as an individual. Food, supplements, and lifestyle changes are part of the “Gain Health Lose Weight program” that will be integrated to bring balance.

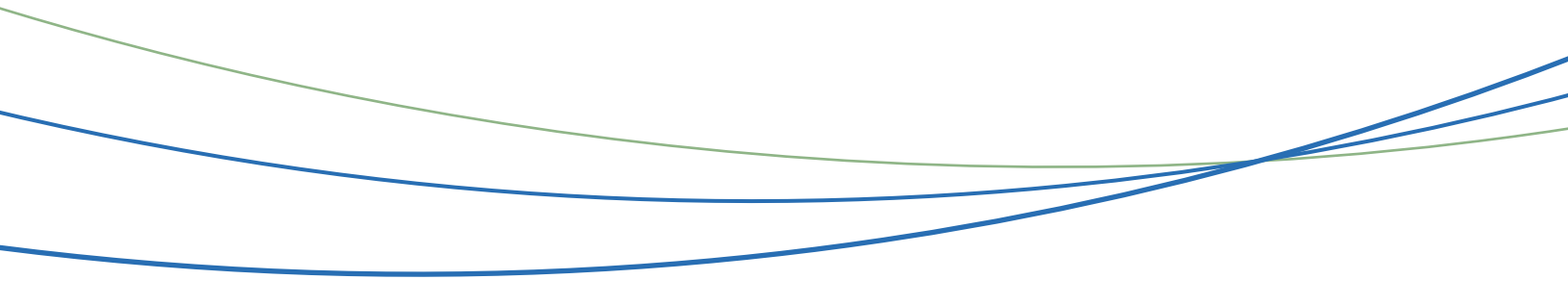
*(End of Meet Chen Ben-Asher)*

## **Secondary Presentation by Chen Ben-Asher**

### *“Gluten-Free and the Elimination Diet”*

Going to a gluten-free diet is very often only the beginning of your healing journey. Discovering what your body needs to heal and balance your systems is a process that requires knowledge, experimentation, and diligence. Board Certified Nutritionist and Amazon Best Seller Chen Ben Asher will present the science behind an elimination diet, removing gluten and other foods, and how it challenges our six bodily systems. With the right direction, you too CAN achieve BALANCE, VITALITY and WEIGHT LOSS.

*(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.

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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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**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.

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