

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

**Next Meeting: Thursday, August 16, 2018**

## Main Presentation by Harry Adelson, ND

*“Stem Cells for the Treatment of Chronic Pain:  
The Healing Power of Nature”*

## Secondary Presentation by Scott Sherr, MD

*“Hyperbaric Oxygen Therapy:  
The Ultimate Health Optimization Technology (HoT)”*



*Meet Harry Adelson  
Page 3*



*Meet Scott Sherr  
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](http://www.SVHI.com)

### Newsletter Table of Contents

- Page 2 - Announcements/Upcoming Events
- Page 3 - Meet Harry Adelson, ND!
- Page 4 - Main Presentation: *“Stem Cells for the Treatment of Chronic Pain: The Healing Power of Nature”*
- Page 5 - Meet Scott Sherr, MD!
- Page 6 - Secondary Presentation: *“Hyperbaric Oxygen Therapy: The Ultimate Health Optimization Technology (HoT)”*
- Page 7 - Become a member of the SLF Community!

# Announcements & Upcoming Events

## Upcoming Speakers:

### SEPTEMBER 2018

Dr. Adiel Tel-Oren, MD, DC, LN, DACBN,  
DABFM, DABOM, CCN, FABDA  
Jillian Love: How to Make Nut Cheese

### OCTOBER 2018

Steven Blake  
Elize St. Charles, PhD

### NOVEMBER 2018

Poison Spring: The Compromised EPA  
Mission  
EG Valliantos, PhD

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

Friday, August 24 @ 7:30pm

**Kosta Macreas and Hollis Polk**

*“How To Actively Promote Peaceful  
Contact Between Humans and Extra-  
Terrestrial Civilizations”*

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**

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**

Dave Asprey  
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: Harry Adelson, ND!***



Harry Adelson, ND began his training in regenerative injection therapy (prolotherapy) in 1998 while in his final year at The National College of Naturopathic Medicine, in Portland, Oregon. During his residency program at the Yale/Griffin Hospital in Derby, Connecticut, he volunteered after hours in a large homeless shelter in Bridgeport, Connecticut, providing regenerative injection therapies to the medically underserved while gaining valuable experience. He opened Docere Clinics in Salt Lake City in 2002 and from day one, his practice has been 100% regenerative injection therapies for the treatment of musculoskeletal pain conditions. Dr. Adelson has performed nearly 5,000 bone marrow and adipose-derived adult stem cell procedures, placing him among those most experienced in the world with use of autologous stem cells for the treatment of musculoskeletal pain conditions. In 2016, Dr. Adelson became the stem cell doctor to Dave Asprey, and as he puts it “after twenty years of working my fingers to the bone, I became an overnight success”. He is the founder of Docere Clinics and practices in Park City, Utah.

*(End of Meet Harry Adelson!)*

## **Main Presentation by Harry Adelson, ND**

### *“Stem Cells for the Treatment of Chronic Pain: The Healing Power of Nature”*

Harry Adelson, N.D. is among those most experienced in the world with use of stem cells for the treatment of pain and is the stem cell doctor to Dave Asprey, Vishen Lakhiani, Mark Hyman, M.D., and Ben Greenfield. He will tell of his adventures as an early adopter of stem cell therapy, describe the mechanism of action, explain the most intriguing indications, and deconstruct the “Full-Body Stem Cell Make-Over”, the most comprehensive stem cell treatment ever conceived. Stem cells, specifically mesenchymal stem cells (MSCs), have been called “patient-specific drug stores for injure tissues” because of their broad range of healing abilities. MSCs are directly responsible for healing damaged tissues after injury. When we take MSCs from your own bone marrow, from your own fat, or from both, concentrate and/or isolate them, and then inject them directly into your problem area, we ‘trick’ your body into thinking that there has been a new injury without actually causing any tissue insult, and you get a second chance at healing. Recent developments in regenerative medicine, such as the use of Wharton’s Jelly from donner umbilical cord or Exosomes derived from culture-expanded placental MSC’s further potentiate one’s own stem cells’ healing capabilities.

*(End of Main Presentation)*

***Secondary Presentation Speaker: Scott Sherr, MD!***



Dr. Scott Sherr is a board-certified internal medicine physician with an additional certification in hyperbaric oxygen medicine. He graduated Summa Cum Laude and Phi Beta Kappa from UCLA with a BA in History and BS in Psychobiology. He then attended University of Maryland Medical School and Residency Program where he graduated magna cum laude from the former with Alpha Omega Alpha Distinction.

Dr. Sherr is a member of the Undersea and Hyperbaric Medical Society and the Society of Hospitalist Medicine. He works as an integrative HBOT physician in San Francisco and has a special interest in the use of HBOT for traumatic brain injury and stroke. He has lectured on these topics both locally and nationally. Dr. Sherr is also one of the few medical doctors in the country using an integrative approach to hyperbaric care (with targeted lab work, diet, and supplementation) to further advance HBOT's ability to heal.

*(End of Meet Scott Sherr!)*

**Secondary Presentation by Scott Sherr, MD**  
*“Hyperbaric Oxygen Therapy: The Ultimate Health Optimization Technology (HoT)”*

Hyperbaric Oxygen Therapy (HBOT) is the ultimate health optimization technology, profoundly decreasing inflammation, reversing hypoxia (immediately and through the growth of new blood vessels of the long term), fighting infection, and stimulating an exponential release of exogenous stem cells from neural tissue and the bone.

Come to Dr. Sherr's lecture to learn how an integrative approach to HBOT accelerates healing, synergizes with a wide array of practices and technologies, and heals the body from the inside out. In the next decade, there will be a huge explosion of interest in HBOT for Cancer, TBI, lyme disease, dementia, and many other conditions. Hear it here first!

*(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: \_\_\_\_\_

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