

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, November 15, 2018

Main Presentation by EG Vallianatos, PhD

“Inside the EPA: Your Health at Risk”

Secondary Presentation by Len Ochs, PhD

*“Mind Mending with LENS (Low Energy Neuro Feedback System)
Corrects Neurological Pathways Compromised by
Physical and Emotional Damage”*



*Meet EG Vallianatos
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*Meet Len Ochs
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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:

DECEMBER 2018

Vaccines, Autoimmunity and Childhood Health

by Thomas Cowan, MD



****December Potluck!****

JANUARY 2019

Dr. Ted Achacoso
Roland Pankewich

FEBRUARY 2019

Filomena Trindade, MD
Frank Tortorice, MD

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, November 23, 2018 @ 7:30pm

Medical Intuition

with Linda Freud

Unity Community Church
Y.E.S. Hall

3391 Middlefield Rd, Palo Alto, CA

Please visit www.FMBR.org for more info.

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.

SLF Members

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susanrdowns@hotmail.com

Thank you.

Main Presentation Speaker: EG Vallianatos, PhD!



EG Vallianatos completed his PhD in European / Greek History at the University of Wisconsin and completed post doctoral studies in the history of science at Harvard University. He worked on Capital Hill in the areas of international food and agriculture politics and development as well as for the UN Development Program. He worked for the US Environmental Protection Agency for 25 years where he saw the workings of this organization from the inside.

(End of Meet EG Vallinatos!)

Main Presentation by EG Vallinatos, PhD

“Inside the EPA: Your Health at Risk”

Dr. Vallianatos will discuss his book Poison Spring which documents in detail the EPA's corruption and misuses of science and public trust. In its half century of existence, the EPA has repeatedly reinforced the chemical industrial complex by endorsing deadly chemicals, botching field investigations and turning a blind eye to toxic disasters and swallowing the claims of the industry. Come find out from an EPA insider about how the EPA has allowed our lands and waters to be poisoned with more toxic chemicals than ever.

(End of Main Presentation)



Secondary Presentation Speaker: Len Ochs, PhD!



Len Ochs, PhD, has worked as a school psychologist between 1965 and 1973, and as a psychologist between 1975 and 2008. With some grade-school training in electronics, he began his career in biofeedback in 1975. His early computerization of biofeedback aided by computer language instruction in his doctoral program, led him to be declared a Pioneer in Computerized biofeedback by the Association for Applied Psychophysiology and Biofeedback. After 15 years of experience using all forms of biofeedback he began to specialize in neurofeedback. In 1990 he discovered a way to accelerate the response to neurofeedback, and did so another way in 2018, to begin to turn neurofeedback into a tool that can more rapidly bring improvements in cognition, movement, emotional control, and pain. The trainings and work initiated by Ochs, but carried on by hundreds of others, are said to be responsible for the improvements in functioning of over 80,000 individuals as of 2008, out of perhaps 100,000 clients treated by with this system, called the Low Energy Neurofeedback System (the LENS) in one iteration, and the Feather in another. He is neither an owner or employee of OchsLabs. and receives no income from OchsLabs. He is in private practice in Sebastopol, CA, USA, and specialized in the development and use of the LENS.

(End of Meet Len Ochs!)

Secondary Presentation

by Len Ochs, PhD

*“Mind Mending with LENS (Low Energy Neuro Feedback System)
Corrects Neurological Pathways Compromised by
Physical and Emotional Damage”*

LENS was developed over 15 years ago by Len Ochs, PhD. This gentle, non-invasive neuro and bio feedback technique is helping people all over the world regain brain function and reclaim their lives. This can be viewed as a way to painlessly "re-boot" and "re-energize" the brain, allowing greater ease in learning, work, and play. The results include clearer thinking, better sleep, emotions that are easier to manage and better memory.

LENS encourages the brain to regain flexibility which in turn allows improved quality of life. When the brain is injured, it 'locks' itself down in an attempt to protect itself, causing forgetfulness, difficulty completing tasks, reactive emotions, and so much more. LENS increases the blood supply, awakens and balances the parts that aren't as active as we need them to be. It also can stimulate the neurotransmitters, release/balance suppression in the brain, and EEG balancing (to my understanding). This can be likened to defragmenting and/or rebooting of your computer, for easier understanding for the non-scientific portion of the population being treated. The brain waves are able to "wave" better in a coordinated way creating ease in life.

STRESS RELIEF is a treatment done with clips on the ear lobes and a sensor that is moved to each fingernail. Your stress levels are reviewed at the start and at the end of the treatment, the vast majority of clients experience a dramatic drop in anxiety, agitation and stress levels. What a relief!

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BODY LENS works to "re-boot" or "re-set" nerves that forget to turn off after an injury of some kind. This painless treatment can potentially completely change your life... One lady had chronic neck and shoulder pain for the last 40 years... in one treatment it went from 7-8/10 pain to 1/10 pain... for some, it is just that quick. For others, it takes more time. Her foot was swollen and bruised, 8/10 pain, from dropping a piece of furniture on it... after BODY LENS, it was 4/10... in 105 seconds.

LENS and MIGRAINES: LENS works with the blood supply in the brain allowing the irritable brain to be smoothed and calmed. Why continue to live in pain when it can be possible to reduce or eliminate this debilitating condition?

LENS and addictions... the statistics show that with the addition of LENS to inpatient drug and alcohol treatment programs, the success rate increase to 80% vs. 20-40% in programs without LENS. It is thought that LENS helps to rebalance the neurotransmitters in the brain that are responsible for moods and transmission of the nerve signals themselves.

LENS works very well for any kind of brain injury, no matter the cause: physical, emotional, or chemical. LENS doesn't treat a diagnosis, it treats the brain, so the source of the injury is less important than the symptoms you desire to overcome. Genetic diseases or progressive diseases move more slowly toward improvement, but improvements are seen with Parkinson's, Autism, Multiple Sclerosis and so on. It does not 'cure' these diseases but it does help with the symptoms. Statistics say between 3-5 years of improved quality of life are possible with Alzheimer's, MS, Parkinson's, and so on. Autism sees it's greatest improvements in social behaviors: less yelling, repetitive behaviors, and speech: it varies with each child. Some can gain speech, are able to toilet train, and so on.

Where lens is least effective is when there is an underlying inflammatory process such as Lyme disease, hepatitis, yeast overgrowth, or heavy metal toxicity. The body is inundated with surviving, and has nothing left to give to improve the brain. Often, as the brain heals, other health issues will improve along the way, as the brain IS the "captain of the ship." Once these diseases are in "remission" then work can commence in improving brain function.

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LENS works very well for any kind of brain injury, no matter the cause: physical, emotional, or chemical. Thus, the symptoms of Traumatic Brain injuries, seizures, depression, anxiety, strokes, ADD/ADHD, are improved as the brain is gently encouraged to re-balance. This allows us to choose to live better - we will see how neurofeedback can assist you today.

(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.

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