

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, December 20, 2018

Presentation by Beth Greer

*“Hidden in Plain Sight: Revealing the Invisible Toxins
in our Homes that Wreak Havoc on our Immune System”*



*Meet Beth Greer
Page 3*

*Happy
Holidays!*

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 Beth Greer!
- Page 4 - Presentation: *“Hidden in Plain Sight: Revealing the Invisible Toxins in our Homes that Wreak Havoc on our Immune Systems”*
- Page 5 - Become a member of the SLF Community!

Announcements & Upcoming Events



Please bring your vittles
to share at the
Holiday Potluck!

Upcoming Speakers:

JANUARY 2019
Dr. Ted Achacoso
Roland Pankewich

FEBRUARY 2019
Filomena Trindade, MD
Frank Tortorice, MD

Upcoming Foundation for Mind Being Research Meeting (FMBR)

No Speaker this month.

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

BOARD OF DIRECTORS

Susan Downs, MD, ABOIM - President
Filomena Trindade, MD, MPH - Secretary
Bill Grant - Publicity, Treasurer
Larry Weissenborn - Sound
Robert Menkemeller, RNC
Chen Ben-Asher, Board Certified Nutritionist, MA

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

If you have questions please email:

susanrdowns@hotmail.com

Thank you.

Presentation Speaker: Beth Greer!



Beth Greer, the Super Natural Mom®, is a foremost expert on sustainable and toxin-free living. She is an award-winning journalist, recently named one of the Top 50 Health & Environmental Journalists to Follow, and is the author of the best-selling book, “Super Natural Home” (endorsed by Deepak Chopra and Ralph Nader).

Beth experienced first-hand the powerful benefits of holistic, toxin-free living. She eliminated a sizable tumor in her chest without drugs or surgery by detoxing her body and her home, and, she found powerful holistic approaches that helped her teenaged daughter overcome ADHD and addiction to drugs and alcohol.

As a consultant and speaker, Beth assists individuals and organizations in creating toxin-free, holistic home and work environments and lifestyles that improve health, mood and performance. She is the former President of the Learning Annex. A short list of clients include: Google, LinkedIn, NBC, NPR, Rodale Wellness, Martha Stewart Living, Health Magazine, Prevention Magazine and CNN. Learn more at BethGreer.com.

(End of Meet Beth Greer!)

Presentation by Beth Greer

“Hidden in Plain Sight: Revealing the Invisible Toxins in our Homes that Wreak Havoc on our Immune System”

Modern life exposes us to chemicals that may be subtly or profoundly impacting our health. We absorb toxins in what we eat and drink, the products we put on our skin, and what we surround ourselves with in our homes. This presentation will energize and invigorate you as you learn steps to take to reduce exposure, nourish your health and that of future generations, and transform your home into a safe, healing sanctuary.

(End of 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