

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, February 21, 2019

Main Presentation by Filomena Trindade, MD, MPH

“Toxins, Hormones, Diabetes Type 3, Alzheimer's and Cognitive Decline: What is the Link?”

Secondary Presentation by Dr. Carol Shwery

“Applied Kinesiology and Non-Force Chiropractic”



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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:

March 21, 2019
Anna Cabeca, DO
"The Hormone Fix"
Andrea Saliba

April 18, 2019
Mathew Cook, MD

Upcoming Foundation for Mind Being Research Meeting (FMBR)

There will be no meeting this month.

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.

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susanrdowns@hotmail.com

Thank you.

Meet Main Presentation Speaker: Filomena Trindade, MD, MPH!



FILOMENA TRINDADE, MD, MPH is a teacher, author, and internationally sought after lecturer in functional medicine. She is faculty at the fellowship/master's program in Metabolic Medicine at Metabolic Medical Institute (MMI). In addition she is also faculty at the Institute for Functional Medicine (IFM). After obtaining her BA degree in Biology she went on to finish a master's in Public Health in the area of environmental health and epidemiology before starting medical school. She graduated first in her class in family practice from the University of California Davis School of Medicine and did her residency training in family practice at the U.C. San Francisco/Santa Rosa Program. She has been in clinical practice for over 22 years. Before starting her own private practice in 2004 in functional medicine she was the medical director of a non-profit organization that catered to the underserved. Her work has been published in Townsend Letter, Guide to Anti-Aging & Regenerative Medicine, Saúde Actual, and the Border Health Journal. She is currently very active in developing teaching programs in Functional Medicine, particularly her Saudade Certification Program. Keep up with her activities at www.drtrindade.com.

(End of Meet Filomena Trindade!)

Main Presentation by Filomena Trindade, MD, MPH

“Toxins, Hormones, Diabetes Type 3, Alzheimer’s and Cognitive Decline: What is the Link?”

The incidence and prevalence of neurodegenerative conditions are at an all time high. Of these, Alzheimer’s disease (AD) is the most prevalent or the one we think of most often when discussing or considering dementia. With the global ageing population, the prevalence of dementia worldwide is estimated to double every 20 years, and expected to increase to 115 million affected individuals by 2050. However, the underlying root causes of dementia are not necessarily related to aging alone. Furthermore, neurodegenerative conditions exist on a continuum from subjective cognitive decline, to mild cognitive decline and further to dementia. The earlier one is identified on this continuum, the earlier we can stop progression and focus on regression.

Existing drug treatments for neurodegenerative conditions rarely curtail the underlying disease processes, and consequently, there is an urgent need to develop other strategies to directly prevent, slow and even stop neurodegeneration. In particular, there has been a growing recent focus on the potential for a multifactorial approach with emphasis on personalized medicine.

My approach to cognitive decline is to “connect the dots” between the gene-environment interaction that makes up each individual patient. Taking into consideration a patient’s childhood, medical, social, family, dietary and toxic exposures history is key. This is then integrated with a thorough physical exam, in order to decide on the most appropriate laboratory evaluations. All this information is then filtered through the lens of functional medicine principles to identify underlying potential root causes in order to personalize the treatment to the specific patient. Toxins, hormones, and diabetes type 3 can be the underlying root cause that has led to the Alzheimer’s disease or the cognitive decline, but we need to look further at how this process occurred in order to develop the appropriate treatment. Nutritional and lifestyle interventions that are safe, cheap, effective, science based and have shown to protect against and even regress cognitive decline and neurodegeneration, resulting in significant personal and societal benefits will be discussed.

(End of Main Presentation)

Meet Secondary Presentation Speaker: Dr. Carol Shwery!



With over 37 years practicing Functional and Lifestyle medicine and Chiropractic, Dr. Carol Shwery works with men, women and children who are struggling with their health.

Dr. Shwery helps to identify the root causes of their health challenges and provides treatment and tools to implement natural lifestyle and nutritional solutions that restore and transform health, so patients have a body and life without limits.

(End of Meet Carol Shwery!)

Secondary Presentation by Dr. Carol Shwery

“Applied Kinesiology and Non-Force Chiropractic”

I invite you to join me while I present a short talk about my specialty, the healing technique of Applied kinesiology. (AK) is a healing system that is practiced by doctors all over the world and of every discipline. It is an integrative approach to functional medicine for supporting optimal health and wellbeing.

AK is used not only to find functional diagnoses, but also helps to uncover the best treatment for your unique needs. The focus of AK is to treat the factors regulating health in order to restore balance to what is called The Triad of Health.

The Triad of Health consists of:

1. Structure: muscles, bones, ligaments, and nerves. Gentle non-force techniques are used to correct your structural imbalances
2. Nutrition/biochemistry
3. Mental/emotional/spiritual

All of these must be balanced individually and together for harmony and health. Once the imbalance (or dysfunction) has been diagnosed, I create a treatment protocol to meet your individual health challenges. This is true personalized medicine.

(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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