

Silicon Valley Health Institute

Host of the Smart Life Forum

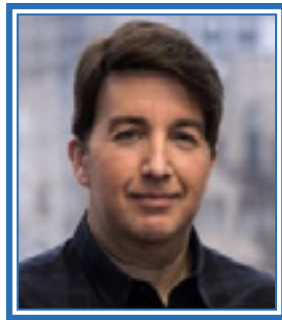
Next Meeting: Thursday, June 20, 2019

Main Presentation by Alan Gale

“Systems Nutrition: A New Paradigm for Optimizing Health and Longevity with Diet and Targeted Supplementation”

Secondary Presentation by Mima Geere

“Personalized Nutrition: Optimizing Health and Longevity Through Your Gut Microbiome”



Meet Alan Gale
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Meet Mima Geere
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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:

JULY 2019

Eric Zameski, DDS - "Holistic Dentistry"

AUGUST 2019

Julie Drucker - "Health Benefits of Seaweed"

SEPTEMBER 2019

Lena Pu - "5G Planet Depopulation"

OCTOBER 2019

Phillip Lee Miller, MD

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, June 28, 2019 @ 7:30pm

Ingrid Falk

"The Inner and Outer Everyday Hero's Journey - Exploring the Personal, Transpersonal and Universal Pathways"

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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If you have questions please email:

susanrdowns@hotmail.com

Thank you.

Meet Main Presentation Speaker: Alan Gale!



Alan is the CEO of Aimee Health, a digital health platform advancing human longevity and combating chronic illness through artificial intelligence and systems science. Alan is an MIT trained engineer, lifelong biohacker, with a 20+ year career in technology and as a serial entrepreneur.

Alan grew up in Marin County, with a love of nature, math, and biology. Alan attended UC Berkeley as an undergraduate where his interests expanded to the fields of cognitive psychology, neuroscience, nutrition, and ultimately electrical engineering as a way to better understand the brain as an electrical system. Alan later attended MIT focusing on biomedical signal processing, culminating in a master's thesis using active noise cancellation to measure brain waves in response to stimulation by an artificial retina. This experience of applying tools from engineering to solve new problems in health ultimately drove Alan to create his latest company, Aimee Health. More information can be found at aimeehealth.ai.

(End of Meet Alan Gale!)

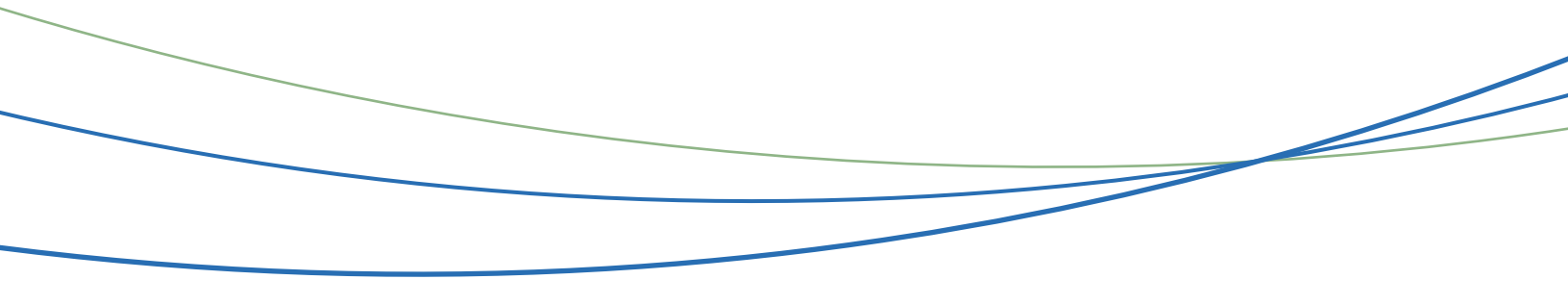
Main Presentation by Alan Gale

“Systems Nutrition: A New Paradigm for Optimizing Health and Longevity with Diet and Targeted Supplementation”

Despite a plethora of published nutritional research in top journals, and a motivated population half of which is taking a daily supplement, we're still suffering from an avalanche of poor health, disease, and premature death. Over 130 million people in the US suffer from 2 or more chronic diseases, and this year 450,000 people will die prematurely from preventable chronic diseases due to diet. The crux of the issue is the science is too generalized, and isn't actionable.

In this talk Alan Gale, CEO of Aimee Health, will discuss use of systems science to not only reduce risk of disease, but to also optimize health and longevity. This paradigm views the body as a complex system, with interconnected subsystems (e.g. digestive, neurological, etc.), with primary inputs being nutrients from diet, and outputs being traditional medical biomarkers like blood tests and vital signs. Just as performance of any other complex system can be optimized, so can the human body. Practical steps and tools to utilize this perspective are provided, promising a new era in personalized health.

(End of Main Presentation)



Meet Secondary Presentation Speaker: Mima Geere!



CEO of Mimansa, an online Health & Wellness platform, Dr. Geere explores food as medicine and the aspects of diet that influence health and wellness through the Gut Microbiome. Understanding the influence diet plays on your Gut and how to address the Gut Brain imbalances that plague our modern world using ancient concepts that are reinventing themselves today. Dr. Geere is on faculty at the Institute for functional medicine where she directs evidence development. She

is a staff physician at the Deepak Chopra Center and holds a masters in nutrition from Columbia university and a medical degree from university of Vermont and Residency and post doctorate level training in laboratory medicine and clinical informatics from UCSF. Dr. Geere has held medical and product director roles in clinics, startups and diagnostic labs.

(End of Meet Mima Geere!)

Secondary Presentation by Mima Geere

“Personalized Nutrition: Optimizing Health and Longevity Through Your Gut Microbiome”

The majority of chronic diseases today can be mapped back to two areas: chronic inflammation and gut microbiome changes.

The rising utilization of antibiotics and consumption of high carb low fat diets and increasing exposure to toxic chemicals over the past three decades coincides with an associated rise in chronic diseases nationwide. The growing aging population is at an increased risk of developing cancer and debilitating illness whose root cause points back to the state of our microbiome and how synchronized and balanced our body systems are with nature's rhythms.

Diet has a direct influence on our microbiome. Dr. Geere will help you understand ways in which you can implement immediate changes to your diet that affect the health of your Gut.

(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.

Become a Member!

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who share information and similar interests and
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