

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: Thursday, July 18, 2019

Main Presentation by Josh Donaldson, ND with Emma Abramyan

“Medical and Dental Approaches to Oral Health”

Secondary Presentation by Mark McAfee

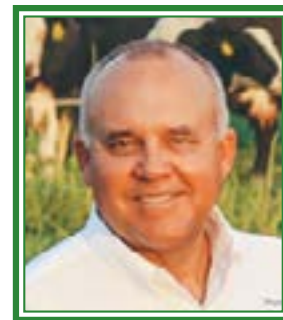
“Raw Milk and Dairy Products”



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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:

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, July 26, 2019 @ 7:30pm

Jerry Kroth, PhD

*"Can You Really Believe All Crop Circles
Are Fake?"*

**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.

Meet Main Presentation Speaker: Josh Donaldson, ND!



Dr. Josh Donaldson obtained his doctorate (N.D.) from the National College of Naturopathic Medicine in Portland, OR in 2004. This was followed by a post-doctoral research fellowship as a Clinical Research Nutritionist at the Rath Research Institute and then a 1-year private residency in pain management & rehabilitation.

Since then, he has been in private practice for 13 years and is the founder & medical director of the Longevity Medical Institute in Los Gatos, CA where he specializes in IV Therapy, Ozone Therapy & Regenerative Medicine for chronic disease, anti-aging & pain.

In addition, Dr. Donaldson has served as an Adjunct Professor at local Community Colleges & Universities in the Bay Area since 2006 and has been a guest speaker on various topics at medical conferences throughout the US.

(End of Meet Josh Donaldson!)

Meet Main Presentation Speaker: Emma Abramyan!



Dr. Abramyan is a graduate of the University of the Pacific Arthur A. Dugoni School of Dentistry (UOP) She is a member of the American Dental Association, California Dental Association, San Mateo County Dental Society. She is a volunteer for Project Homeless Connect, 1000 Smiles Mission Project. She practices general dentistry with an emphasis on integrative, holistic treatments. She also very much likes esthetic

dentistry to help patients have a beautiful smile!

Dr. Abramyan currently resides in San Francisco with her husband raising three kids. During her spare time, there are many things that keep her busy. She loves spending time with her family outdoors, going to the San Francisco Opera House, SF Symphony and Art Museums. But her greatest joy is cooking!

(End of Meet Emma Abramyan!)

Main Presentation by Josh Donaldson, ND with Emma Abramyan

“Medical and Dental Approaches to Oral Health”

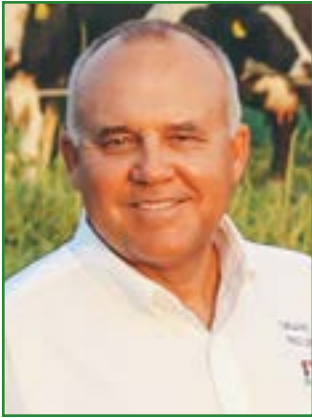
No part of the body can be viewed in isolation. The teeth are intimately connected with many other systems, and there is feedback between the teeth/mouth and the rest of the body. For example, each tooth is on an acupuncture meridian and a tooth ailment can affect distant parts of the body. The mouth epithelium is a protective barrier, but substances can break through this barrier. Gingivitis and gingival inflammation can contribute to widespread inflammation and play a role in many chronic diseases. Oral infections are thought to play a role in rheumatoid arthritis and other diseases such as cardiovascular disease.

This talk will present both a medical and dental perspective toward oral health.

The public needs to know their options include newer technologies and methods that can help heal their ailments. It needs to be an integrative approach. The doctor can not fix everything and likewise, the dentist is limited in scope of treatment. There are so many newer tools that have come of age in the last few years. Allopathic modern medicine has been based on the surgical or amputation model. If a part of your body or your mouth had disease, practitioners could just remove it and everyone would go on their merry ways. Well, that doesn't solve or cure diseases. It just removes a part of the body. If we look at how to regenerate diseased tissues and how to support and enhance the body's Immune systems, the body has an incredible ability to heal itself! In this presentation, we will explore the interplay between the medical and dental approach to oral health.

(End of Main Presentation)

Meet Secondary Presentation Speaker: Mark McAfee!



Founder CEO of Organic Pastures Dairy Company, a leading brand of organic dairy products in the USA, serving 600 stores in CA and more than 3500 stores nationally and in Canada with certified organic pasture grazed raw dairy and cheese products. Founder and Chairman of Raw Milk Institute. Director and VP of California Dairy Campaign, Director at California Farmers Union and delegate to National Farmers Union. Founding board member of the Rodale Institute sponsored “Organic Farmers Association” Policy Committee.

Spoken nationally and internationally at conferences and Universities including: UCLA, UBC, UVIC, Rutgers, USC, CSUF, UC Santa Barbara, and Stanford Medical School on raw milk food safety and production methods. Lecturer on the medical benefits, gut BIOME and genomic effects of raw unprocessed dairy products. Founder “Farmers over Pharmacies” PODCAST and YouTube series.

Premed trained retired Fresno EMS Paramedic with 15,000 calls and 16 years of service. Worked as a paramedic instructor and medical educator for the Fresno County Health Department. Member of the Fresno County EMS rescue team and paramedic on EMS helicopter. Operations Director for Fresno EMS contractor. Pilot for the Flying Doctors of Mercy (LIGA)for 28 years providing medical care, transportation and support to remote areas of Mexico.

Husband of 38 years to wife Blaine (MSN RN of 23 years) , father with two grown children and granddad to six...my favorite job is grand dad!

Favorite quotes:

“you don’t sell raw milk, you teach it” Mark McAfee

“There are two raw milks...one for the people and one for the pasteurizer.” Mark McAfee

“All disease begins in the GUT” “Let food be thy medicine and medicine be thy food”.

(Hypocrates 2400 BC)

(End of Meet Mark McAfee!)

Secondary Presentation by Mark McAfee

“Raw Milk and Raw Dairy Products”

Raw milk is back! After 100 years of processor and political oppression raw milk is emerging as a consumer favorite. Raw milk provides all the immune system elements that are lost in processing and no longer found in the Standard American Diet. Today raw milk is safe (ultra-low risk) and no longer a gamble. Rapid testing technologies (BAX PCR RT) allow for Test & Hold so that farmers and consumers know what is in the milk before it is sold. Look for the Raw Milk Institute “gold standard of safety and the Test & Hold logo” on organic raw milk sold in California.

Raw milk is the first food of life and unlike processed milks does not trigger allergies and is actually really good to treat allergies and asthma. Raw milk is not associated with lactose intolerance and is easily digested by nearly everyone! Raw milk is a whole and complete food! Think of all the medical and health benefits found in human breast milk. Most all those same beneficial elements are found in raw milk bioavailable and unchanged.

Best of all, the first comment made by consumers is: it's delicious!

There is no dispute in the medical world that breast feeding brings huge health benefits to the mother and the baby. Human breast milk is whole raw milk. Raw milk brings those same benefits to babies as they transition to the next steps after breast feeding stops.

For children, teenagers, adults, and the elders among us, having a strong immune system in today's world of immune suppression and anti-biotic resistance is a huge advantage. The science and studies in the European Union have confirmed how raw milk works to strengthen the immune system and build health as it has for 15000 years until modern processing got ahold of it.

Processed milk is great for shelf life, however.... your gut is not a shelf! If you are interested in feeding your gut biome and building your immune system, raw dairy products are part of that whole food diet! Just as it has been for 15000 years!

(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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Annual Membership \$60 (per household)

\$10 per Meeting

Benefits: Access to a community of experienced scientists and physicians who share information and similar interests.

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