

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

**Next Meeting: Thursday, September 19, 2019**

## Main Presentation by Lena Pu

*“5G: Health Risks, Surveillance and BioWeaponry”*

## Secondary Presentation by Steven Blake, ScD

*“Beyond Medication: Clinically Proven Approaches”*



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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](http://www.SVHI.com)

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## Announcements & Upcoming Events

### Upcoming Speakers:

OCTOBER 2019  
Phillip Lee Miller, MD

NOVEMBER 2019  
Ahvie Herskowitz, MD - "Human Longevity:  
Your Roadmap to Aging"

### Upcoming Foundation for Mind Being Research Meeting (FMBR)

**Friday, September 27, 2019**

**@ 7:30pm**

**Robert J. Gilbert, Ph.D.**

*"Key Methods to Activate, Broadcast, and Balance  
Energetic Fields"*

Unity Community Church  
Y.E.S. Hall  
3391 Middlefield Rd, Palo Alto, CA

**Geometry Foundation Training  
with Robert J. Gilbert, Ph.D.**

**September 28- October 3**  
**Advanced course: October 5 - 9**

Please visit [www.FMBR.org](http://www.FMBR.org) for more info.

A **Membership Chair** position is available.  
Interested persons can contact any board member  
or email **Susan** at:  
**[susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com)**.  
Thank you.

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**[susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com)**

Thank you.

## *Meet Main Presentation Speaker: Lena Pu!*



Lena Pu, Environmental Research and Design Consultant, will share her extensive research related to wireless radiation, how it is politically influenced, the true nature and intent behind the 5G/4G crisis, its effects on the human body, and most importantly, what we can do about it.

A mother of two, Lena found herself in a dilemma when schools all across the country started to outfit classrooms with wireless infrastructure to fulfill the Common Core demand for one to one electronic device to every student in every grade from K-12. The activist role she took on five years ago began with her quest to attain the bigger picture. She believed that is where she will find the answers, the truth behind the veil of glitz called “21st Century Learning” and “S.T.E.M.” What she discovered back then continues to connect to current events and speak clearly to the problems happening with our youth today and by extension, the rest of humanity.

Lena is in a unique position to understand this complicated technology and has the ability to break it down while synthesizing the big picture based on her work experience as environmental project manager for the US Army Corps of Engineers, learning to deal with her own struggles with electro-sensitivity, conducting a live blood study, educating school board trustees, lobbying at the state level, writing model legislation, and starting her own grassroots movement in her city.

Lena has performed her own blood study on a schoolteacher and has captured the teacher’s live blood images of before and after exposures to school Wi-Fi and all the other wireless radiation from the devices present in the school environment. A blood study of this nature has never been done before where live blood has been taken from someone inside the school building exposed the entire school day - without a break - to the school’s industrial strength Wi-Fi and all its associated wireless devices. Her research will be showcased at Silicon Valley Health Institute for the very first time.

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Revealed also will be her deep research on how 5G/4G and the entire wireless agenda was, and still is, linked to the military, particularly, WWII, and how the aftershocks of medical experimentations never ceased but went underground, and how this hidden research had already predicted the damaging biological effects of microwave exposures well before the mid-20th century. To help arm folks with knowledge and know-how, Lena will be sharing legal strategies she formulated supporting a document she wrote entitled, “Notice of Liability for Non-Consent and Injury by Wireless Radiation”.

Lena is looking forward to sharing with you her knowledge, experience and solutions on how to protect yourself, your patients (if you are a health practitioner), your community and your homes against the unconstitutional and criminal demands of a private technocratic industry from wrenching away human rights of every kind. We are at a critical point where health of our entire planet is in imminent danger. Our lives and the survival of our planet has never been more dependent on our getting active and political. We must exercise our sovereign power for the power remains within each individual.

For more information, to follow her research, or have access to her “Notice of Liability” (NoL), please visit her website at: [LenasFabulousFrequencies.com](http://LenasFabulousFrequencies.com)

You can also reach her by email at: [lenasfabulousfrequencies@gmail.com](mailto:lenasfabulousfrequencies@gmail.com).

*(End of Meet Lena Pu!)*

## **Main Presentation by Lena Pu**

### *“5G: Health Effects, Surveillance and Bioweaponry”*

5G, also known as the 5th generation cellular communications technology, has unique properties that sets it apart from all the previous “G”enerations. And because of this, never before in the history of wireless development has the introduction of a particular technology created such an outpouring of feverish resistance by people all over the world. They have reason though. After all, who wants a cluster of close proximity, high voltage equipment, microwave-emitting cell antennas placed on a simple light pole right in front of their house every hundred(s) of feet?

This nefarious technology is being pushed through by industry with the support of our government, via the regulatory agency, the Federal Communications Commission (FCC). But the introduction of 5G technology did not happen by accident. It has been an anticipated integral part of a larger agenda for a long time.

Faster speed and better connectivity are only excuses to fool the public into accepting it as the next great innovation. One of 5G’s purpose is to bring on the Internet of Things (IoT), connecting everything and everyone wirelessly to an invisible cloud-based smart grid world. But people are realizing the gains aren’t worth the irreversible consequences and untold losses from exposures to this completely electrified world and full scale surveillance State. The loss of personal privacy, autonomy, right to a safe and healthy home, and health in body and environment is not worth the sacrifice.

Yes, the Internet of Things is part of the agenda to gain global control. But the agenda goes much deeper than that. We need to understand its history in order to understand our future. Microwave radiation research and development is rooted in the military, in particular surrounding the time of World War II and the involved Nazi scientists who were later smuggled into the United States through the underground “Operation Paperclip”. This is where my story begins.

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## Appendix

Operation Paperclip has been declassified and is described on the CIA's website:

<https://www.cia.gov/library/center-for-the-study-of-intelligence/csi-publications/csi-studies/studies/vol-58-no-3/operation-paperclip-the-secret-intelligence-program-to-bring-nazi-scientists-to-america.html>

A more conspiratorial minded view of Operation Paperclip is detailed and placed in larger context in Jim Marr's well researched book called "The Rise of the Fourth Reich". Marrs wrote "Crossfire", a source for the film "JFK" by Oliver Stone. Marr's book is available at Amazon.com and videos of his lectures are on YouTube. <https://www.amazon.com/Rise-Fourth-Reich-Societies-Threaten/dp/0061245593>

*(End of Main Presentation)*

## ***Meet Secondary Presentation Speaker: Steven Blake, ScD!***



Steve Blake, ScD is a doctor of science specializing in nutritional biochemistry. He is Director of Nutritional Neuroscience at the Maui Memory Clinic. He worked as Faculty Nutritional Biochemist at Hawaii Pacific Neuroscience for years. He just published a clinical study in the Journal of Brain Sciences on reversing dementia. He is research director at the Neuroscience Nutrition Foundation. He has presented grand rounds at many hospitals. He is recently credentialed to work in China setting up hospital programs to reverse disorders using nutrition. He is author of 16 major works on the effects of nutrition on health, including Nutrients for Memory ([www.drsteveblake.com](http://www.drsteveblake.com)).

*(End of Meet Steven Blake!)*

## Secondary Presentation by Steven Blake, ScD

### *“Beyond Medication: Clinically Proven Approaches”*

The American medical system is using medication almost exclusively for treatment. This is great for pharmaceutical profits, but is not helpful for consumers of medical services. While medication is often necessary, there may be other, safer approaches. In other countries, such as in Europe, doctors go beyond medication to prescribe herbs for certain illnesses. Recent research shows that ginkgo is more effective than the usual medications for Alzheimer's disease. In Chinese and Ayurvedic medicine, food and spices are used to help with illness. Many of us know that fitness is vital for excellent health, but doctors rarely even ask about exercise. While we wait for our medical system to become safer and more effective we can take steps on our own to prevent and treat illness.

American medicine does not prevent disease. Screening is not prevention. Better diet, exercise, not smoking, less stress, and a cleaner environment are effective prevention strategies. We will never solve our health crisis until we tackle prevention.

Let's go beyond medication with safe and effective approaches when possible:

- Which foods decrease pain and inflammation in arthritis?
- Learn which fat to avoid to reverse diabetes.
- Can diet protect against strokes and heart attacks?
- Discover how to reduce risk of Alzheimer's disease with targeted nutrition.
- Learn about clinically proven medical plants for arthritis and Alzheimer's disease.

Medications are sometimes needed. Even though we may feel a bit better, medication may not slow the progression of a disorder. Instead of just masking our symptoms with medications, let's correct the cause of our problem.

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We need to include the safer, but still powerful, effects of diet, essential nutrients, medical plants, and fitness.

We can look for safer solutions than medications. After all, medication is a leading cause of death. There are two categories of treatment-caused illness. First, there is death and injury from drugs and surgery that are used in accordance with normal medical procedure. Example: intestinal bleeding from using ibuprofen for pain. Second, there is death and injury from medical mistakes. In hospitals alone, 251,000 deaths are from medical mistakes yearly, mostly from drugs. Medical error is the number three killer in America.<sup>1</sup> This is the number from hospital medical errors only. It does not include deaths in nursing homes, outpatient surgery centers, or at home. There are often safer alternatives than medication.

In osteoarthritis, clinical trials have shown four medical plants that reduce pain and inflammation without bad side effects, but medical doctors do not prescribe medicinal plants in America.<sup>2</sup> For diabetes, learn how to control blood sugar with diet. Many clinical trials have even reversed diabetes by reducing dietary animal fat and sugar.<sup>3</sup> Find out how to reduce your stroke risk by 99% with simple food choices. See how scientists have unclogged arteries with diet. Using these techniques, which are based upon recent medical studies, you may be able to reduce your reliance on medications—and reduce any damaging side effects.

Learn how to identify dietary sources of inflammation, such as endotoxins and arachidonic acid. Major sources of endotoxins include meat, chicken, and dairy products. For two hours after a meal high in endotoxins, inflammation is raised in the whole body. The immune system is activated by excess endotoxins (lipopolysaccharides) which can kill brain cells, increase pain in arthritis, and damage arteries.

Discover which foods contain the natural anti-inflammatory substances quercetin, curcumin, anthocyanins, and indole-3-carbinol. Indole-3-carbinol and sulforaphane inhibit cytokines and nuclear factor kappa-B. They are found in cabbage, kale, Brussels sprouts, and broccoli.

Find out which antioxidants are needed to help keep brain cells alive, protect cartilage, and reduce arterial damage. Learn which foods have the most effective antioxidants. Antioxidants protect LDL from oxidation and the resultant arterial damage. Antioxidants protect against the damage to the brain, arteries, eyes and kidneys in diabetes.

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Antioxidants prevent damage and deterioration of cartilage in osteoarthritis. Antioxidants can protect against reperfusion injury in strokes and micro strokes.

With Alzheimer's disease, medications do not slow progression. Certain dietary changes, vitamins, methylation agents, and medical plants can slow progression. The speaker has just completed a published clinical trial where nutrients reversed memory loss. Let's look beyond what just medication can do.

- First of all, stay healthy
- Use dietary changes to relieve the problem, if possible
- Be sure to get enough fiber and reduce saturated fats
- Improve fitness, environment, and stress
- Find medical plants that may help
- Be sure to be fully nourished. Analyze and supplement if needed.
- Reduce inflammatory foods & increase anti-inflammatory foods
- Get plenty of antioxidants
- Be careful with medications. Explore risk versus benefit.

[www.DrSteveBlake.com](http://www.DrSteveBlake.com) 1 Makary, Martin A., and Michael Daniel. "Medical error—the third leading cause of death in the US." *BMJ* 353 (2016): i2139. Also: Deaths: final data for 2019. National vital statistics report. <http://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>. <https://www.bmj.com/content/353/bmj.i2139>. 2 Liu, Xiaoqian, et al. "Dietary supplements for treating osteoarthritis: a systematic review and meta-analysis." *Brit J Sports Med* 52.3 (2018): 167-175. 3 Liebhauser, Martin, Michael Ofner, and Friedrich Mittermayer. "Successful management of type 2 diabetes with lifestyle intervention: a case report." *Int J Vita*

*(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](http://www.SVHI.com).

For questions, please contact Susan Downs at [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com).

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