

Silicon Valley Health Institute

Host of the Smart Life Forum

June 2020

June's 2020 Zoom Meeting Speakers



Bill Code, MD
June 11, 2020
4:00-6:00 PM

"Staying Healthy with Strong Immunity"



Doug Lisle, PhD
June 18, 2020
7:00 PM

"Challenges of Living Healthy"



Thomas Levy, MD, JD
June 25, 2020
3:00 PM

"Maintaining Healthy Immunity"



Sarah Myhill, MD
June 30, 2020
7:00 AM PST
3:00 PM BST

"Maintaining Optimal Health"

All times are Pacific Daylight Time (UTC/GMT-7)

Smart Life Forum

Presentation Location

Please visit our website:

www.SVHI.com

for information on how to join this month's Zoom meetings.

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Announcements & Upcoming Events

We are evolving to accommodate the times of Covid-19. Currently we are doing approximately one zoom meeting per week and are benefiting from the European expertise. We hope to maintain the forum environment as we welcome the audience's questions. Obviously, staying healthy during the times of the Covid virus is important. We welcome your suggestions for speakers.

We hope to continue our monthly in person meetings as well but we are aware that the Cubberly Community Center space may no longer be available to us. When the monthly in person meetings resume, we plan to have at least one monthly zoom meeting.

A Membership Chair position is 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.

Speaker: Bill Code, MD
June 11, 2020 @ 4:00 PM
"Staying Healthy with Strong Immunity"



Viral tests miss up to 30% of people with the corona virus. As persons with the corona virus are walking among us, it is important to build up our immunity and minimize any damage that might be caused by exposure. In this podcast, steps to avoid and minimize illness from COVID-19 and other viruses are discussed. Let's take steps to build our health to maximize our immunity and resistance to the corona virus and other medical conditions.

About Bill Code

William Code, MD is an anesthesiologist, integrative medicine specialist and acclaimed international speaker and author. A medical practitioner for 40 years, he studied integrative medicine under Dr. Andrew Weil at the University of Arizona and is a leading expert in pain management. Dr. Code has won his 22 year struggle with multiple sclerosis. His books include Solving the Brain Puzzle: A Complete Layperson's Guide to Achieving Brain Health; Who is in control of your Multiple Sclerosis: Pieces of the MS Recovery Puzzle; Winning the Pain Game and Youth Renewed: A Common Sense Approach to Vibrant Healing at Any Age.

Zoom Meeting Link:

<https://us02web.zoom.us/j/86168952902?pwd=RHMwOU5NRFdPWjhpMXhiVHhaVWMMvdz09>

Meeting ID: 861 6895 2902

Password: puzzle

All times are Pacific Daylight Time (UTC/GMT-7)

Speaker: Doug Lisle, PhD
June 18, 2020 @ 7:00 PM
"Challenges of Living Healthy"



In this eye-opening and entertaining presentation, psychologist Doug Lisle will explore the hidden forces that make healthful living so surprisingly challenging. You will learn that humans have motivational mechanisms that are stoked by specific chemicals that lead to addictive-like behavior patterns in eating. People are currently confronted with a behavioral dilemma that is completely unnatural for our species, and it can be critical to understand this dilemma in order to effectively pursue a healthy lifestyle. Dr. Lisle terms this challenge “the pleasure trap”, and his discussion includes specific techniques for helping people to overcome its force.

About Doug Lisle

Dr. Doug Lisle utilizes a new method of approaching human psychology and wellbeing. “Esteem Dynamics” core insights were adapted from a revolutionary biological approach to psychology. Central figures having major influence on the development of Esteem Dynamics include Richard Dawkins, John Tooby and Leda Cosmides, David Buss, Steven Pinker and Geoffrey Miller. All of these individuals are considered academic A-list thinkers in evolutionary theory and human psychology. Somewhat surprisingly, insights from these trailblazers has yet to reach mainstream clinical psychology, and thus major advances stemming from some of the world’s greatest thinkers have yet to be systematically applied to problems of helping people improve their lives. Esteem Dynamics is the first such effort, and weds Dr. Lisle’s 25-years of clinical experience to the deep insights into human nature now available via evolutionary psychology.

Zoom Meeting Link:

<https://us02web.zoom.us/j/87947879127?pwd=bHlMa2MzSFVob2ZTMXEyLzlxNjVuQT09>

Meeting ID: 879 4787 9127

Password: esteem

All times are Pacific Daylight Time (UTC/GMT-7)

Speaker: Thomas Levy, MD, JD*June 25, 2020 @ 3:00 PM****"Maintaining Healthy Immunity"***

How do we stay healthy in the day of viruses? The CEO of YouTube states they will censor information on vitamin C and Curcumin. What is the science behind their decision? Dr. Levy will discuss the role of oxidative stress (redox) in health and chronic and acute diseases, and gives advice on how to stay healthy and keep immunity strong. Dr. Levy has expertise in maintaining immunity, vitamin C, keeping immunity strong in the times of Covid, calcium, dental issues effects on health, toxins. He will discuss these and answer your questions.

About Thomas Levy

Dr. Levy is a board-certified cardiologist and a bar-certified attorney. After practicing adult cardiology for 15 years, he began to research the enormous toxicity associated with much dental work, as well as the pronounced ability of properly-administered vitamin C to neutralize this toxicity. He has now written eleven books, with several addressing the wide-ranging properties of vitamin C in neutralizing all toxins and resolving most infections, as well as its vital role in the effective treatment of heart disease and cancer. Others address the important roles of dental toxicity and nutrition in disease and health. Recently inducted into the Orthomolecular Medicine Hall of Fame, Dr. Levy continues to research the impact of the orthomolecular application of vitamin C and antioxidants in general on chronic degenerative diseases. His ongoing research involves documenting that all diseases are different forms and degrees of focal scurvy, arising from increased oxidative stress.

Zoom Meeting Link:

<https://us02web.zoom.us/j/87501202239?pwd=OGhldzJzbyt0NTVyTnZZTjJTaElwZz09>

Meeting ID: 875 0120 2239

Password: redox

All times are Pacific Daylight Time (UTC/GMT-7)

Speaker: Sarah Myhill, MD
June 30, 2020 @ 7:00 AM PST/3:00 PM BST
"Maintaining Optimal Health"



Sarah Myhill, MD gives tips on how to reverse chronic diseases and to maintain optimal health. The simplicity of her advice is advice we can all follow with or without a primary provider. She has helped many people with her approach to address the factors that lead to chronic disease. As the gut is instrumental in the rotation of chronic disease, she recommends a ketogenic diet along with vitamin C until bowel tolerance to reduce unhealthy bacteria in the small intestine.

An organic diet with sufficient vitamin D. She then gives tips on how to fine tune thyroid and adrenal functions. In addition she discusses how we can assess and how to get rid of the toxins that interfere with the healing process. She also proposes how to minimize effects from Covid exposures.

About Sarah Myhill

Dr. Sarah Myhill qualified in medicine (with Honors) from Middlesex Hospital Medical School in 1981 and has since focused tirelessly on identifying and treating the underlying causes of health problems, especially the "diseases of civilization" with which we are beset in the West. She has worked in NHS and private practice and for seventeen years was the Hon Secretary of the British Society for Ecological Medicine (renamed from the British Society for Allergy, Environmental and Nutritional Medicine), a medical society interested in looking at causes of disease and treating through diet, vitamins and minerals, and through avoiding toxic stress. She helps to run and lectures at the Society's training courses and also lectures regularly on organophosphate poisoning, the problems of silicone, and chronic fatigue syndrome. She has made many appearances on TV and radio.

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Speaker: Sarah Myhill, MD

June 30, 2020 @ 7:00 AM PST/3:00 PM BST

"Maintaining Optimal Health"



Dr. Myhill is the author of “Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic Encephalitis, 2nd ed.: It's Mitochondria, Not Hypochondria,” and “Sustainable Medicine: Whistle-Blowing on 21st-Century Medical Practice” both published in 2018. Dr. Myhill co-wrote “The PK Cookbook: Go Paleo-Ketogenic and Get the Best of Both Worlds”, “The Infection Game: Life Is an Arms Race” and the forthcoming “Ecological Medicine: The Antidote to Big Pharma”

coming in July 2020.

Zoom Meeting Link:

<https://us02web.zoom.us/j/84196587859?pwd=K0Y1ajE3N0kxUit2ZUNqenlYelVnQT09>

Meeting ID: 841 9658 7859

Password: ketosis

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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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