

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

## July 2020 Zoom Meeting Speakers



**Pamela Popper,  
ND, PhD**  
**July 7, 2020**  
**11:00 AM**  
*"Health Questions and  
Answers"*



**Deanna Minich, PhD**  
**July 16, 2020**  
**7:00 PM**  
*"Unlocking Your Color Code:  
The Pleiotropic Power of  
Phytonutrients to Heal Your  
Genes"*



**Antony Haynes,  
DipION, mBANT**  
**July 23, 2020**  
**9:00 AM**  
*"Subclinical  
Hypothyroidism (SCH)"*



**Joseph Pizzorno, ND**  
**July 27, 2020**  
**10:00 AM**  
*"Toxins: Cause of Disease"*

## August 2020 Zoom Meeting Speakers



**Michelle Perro, MD**  
**August 3, 2020**  
**10:00 AM**  
*"What is Making Our  
Children Sick?"*



**Jeffrey Smith, PhD**  
**August 12, 2020**  
**1:00 PM**  
*"The Latest in GMO Findings"*



**Steven Blake, ScD**  
**August 20, 2020**  
**7:00 PM**  
*"Beyond the Mask, How to  
Survive COVID-19"*



**Neil Z. Miller**  
**August 25, 2020**  
**8:00 AM**  
*"All About Vaccines"*

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

## 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.

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If you have questions please email:

***susanrdowns@hotmail.com***

Thank you.

**Speaker: Pamela Popper, ND, PhD.***July 7, 2020 @ 11:00 AM**"Health Question and Answers"*

Pam Popper is the founder and President of Wellness Forum Health. The company offers educational programs to both consumers and providers that facilitate InforMED™ medical decision-making, diet and lifestyle intervention, and improved long-term health outcomes. Through its own network of providers, Wellness Forum Health offers direct-to-consumer healthcare services.

Pam serves on the Physician's Steering Committee and the President's Board for the Physicians' Committee for Responsible Medicine in Washington D.C. Pam was one of the health care professionals involved in the famed Sacramento Food Bank Project, in which economically disadvantaged people were shown how to reverse their diseases and eliminate medications with diet.

Pam has been featured in many widely distributed documentaries, including *Processed People* and *Making a Killing and Forks Over Knives*, which played in major theaters throughout North America in 2011. She is one of the co-authors of the companion book which was on the New York Times bestseller list for 66 weeks. She is also the author of *Food Over Medicine: The Conversation That Can Save Your Life*. Her most recent films are *Food Choices* and *Diet Fiction*, and she co-authored the companion books for both films.

Pam is also a public policy expert, and continually works toward changing laws that interfere with patients' right to choose their health provider and method of care. She has testified in front of legislative committees on numerous occasions, and has testified twice in front of the USDA's Dietary Guidelines Advisory Committee.

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**Speaker: Pamela Popper, ND, PhD.**

*July 7, 2020 @ 11:00 AM*

*"Health Question and Answers"*



Pam is a straight-talking professional who is not afraid to criticize national health organizations, government agencies, medical professionals, pharmaceutical companies, agricultural organizations and manufacturing companies, many of whom have agendas and priorities that interfere with distributing truthful information and promoting public health.

Everyone who is interested in health should hear her speak. For some, their lives may depend on what she has to say!

**Join Zoom Meeting**

<https://us02web.zoom.us/j/87338598812?pwd=aDlXZXZlTHZVSnZEOHd4ZWFKWWIvQT09>

**Meeting ID: 873 3859 8812**

**Password: ppopper**

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**Meeting ID: 873 3859 8812**

**Password: 858564**

**Speaker: Deanna Minich, PhD***July 16, 2020 @ 7:00 PM**"Unlocking Your Color Code: The Pleiotropic Power of Phytonutrients to Heal Your Genes"*

It's been said long ago by Hippocrates that "food is medicine". Dr. Deanna Minich would add that on many levels "color is medicine," especially the colors of food. We are learning more about the presence of the several thousands of pigmented phytonutrients in plant foods, which is currently revolutionizing the way nutritional medicine is unfolding in the 21st century. We used to focus on the three major nutritional components: fat, carbohydrate, and protein, and varying degrees of each of them. Now we know that non-caloric components of food are having significant impact upon human health through cell signaling, gene expression, and epigenetic modifications. In this presentation, learn more about the different colors of food, how to eat "smarter" by harnessing the phytonutrients for your inner spectrum, and the next frontier of bringing together a whole-self approach to nourishment in clinical practice.

**About Deanna Minich PhD**

Dr. Minich is a widely-published author, well-known speaker, nutritionist, media personality, teacher, and health expert. She holds master's and doctoral degrees in Human Nutrition and Medical Sciences, respectively, and has lectured extensively throughout the world on health topics, teaching patients and health professionals. She is a Fellow of the American College of Nutrition, a Certified Nutrition Specialist, a Certified Functional Medicine Practitioner, and a registered yoga teacher. Currently, Dr. Minich teaches for the Institute for Functional Medicine and for the graduate program in functional medicine at the University of Western States. Her passion is bringing forth a colorful whole-self approach to nourishment and bridging the gaps between science, soul, and art in medicine. She has published six books on health and wellness, and over forty scientific publications. Her books include *Whole Detox* and *The Rainbow Diet*.

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**Speaker: Deanna Minich, PhD****July 16, 2020 @ 7:00 PM*****"Unlocking Your Color Code: The Pleiotropic Power of Phytonutrients to Heal Your Genes"***

You can find out more about Dr. Minich on her website: [www.deannaminich.com](http://www.deannaminich.com). Samples of past presentations can be found here: <https://www.deannaminich.com/press-media/> I am attaching her curriculum vitae so you can see the extent of her experience, presentations, and publications. I am also attaching recent articles that Dr. Minich has published to help acquaint you with her work (Minich, 2019; Minich & Brown, 2019). As you can see from her curriculum vitae, publications, introduction, and website, her expertise is well-matched for your organization and members.

**Join Zoom Meeting by web:**

<https://us02web.zoom.us/j/85824532694?pwd=dlh5cckRQUVdaM0lkYkRsbGcydGw2UT09>

**Meeting ID: 858 2453 2694****Password: spirit****Join meeting by phone:****One tap mobile****+16699009128,,85824532694#,,,,0#,,512431# US (San Jose)****+12532158782,,85824532694#,,,,0#,,512431# US (Tacoma)****Meeting ID: 858 2453 2694****Password: 512431**

**Speaker: Antony Haynes, DipION, mBANT**

**July 23, 2020 @ 9:00 AM**

***"Subclinical Hypothyroidism (SCH)"***



Antony will discuss subclinical hypothyroidism (SCH) and the multiple connections and associations it has with other aspects of health. This affects millions of women over the age of 45. He will also discuss:

- how stress affects thyroid hormone
- why blood testing does not give us the info we need
- how anaemia is extremely common in those with sub
- why hair loss occurs
- why cholesterol levels can be high
- the mechanisms for each of the major symptoms of SCH
- what one needs to do to help oneself in terms of diet, supps, exercise, lifestyle!

**Join Zoom Meeting by web:**

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UT09

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**Meeting ID: 853 6983 9215**

**Phone password: 428663**

**Speaker: Joseph Pizzorno, ND***July 27, 2020 @ 10:00 AM**"Toxins: Cause of Disease"*

Toxins are a major contributor to most chronic diseases. In history, there is the example of Mad Hatters Disease caused by mercury, and the fall of the Roman Empire has been attributed to lead poisoning. In 2010 there were 80,000 chemicals on the market. Very few of these were tested for safety. The exposure to toxins starts at an early age. Babies have been found with up to 200 chemicals in them before birth. Each year 6.5 billion pounds of chemicals are dumped into the air. These toxins have an adverse effect on our health and on our metabolic pathways. They can clog the liver, block insulin receptor sites, damage genes, undermine DNA repair and recovery, contribute to inflammation blood sugar problems, mitochondrial disorders, immune issues, and hormonal imbalances. Children are particularly susceptible during the window during which the brain forms and the interconnecting neurons develop.

**About Joseph Pizzorno, ND**

Dr. Joseph Pizzorno, ND is a world leading authority on science-based natural medicine, a term he coined when founding Bastyr University in 1978. A naturopathic physician, educator, researcher and expert spokesman, he is Editor-in-Chief of PubMed-indexed IMCJ, Treasurer of Board of IFM, board member of American Herbal Pharmacopeia, and a member of the science boards of the Hecht Foundation, Gateway for Cancer Research and Bioclinic Naturals. He is licensed in Washington and recipient of numerous awards and honors such as IFM's Linus Pauling Award, AHMA's Holistic Medicine Pioneer and AANP's Naturopathic Physician of the Year. Appointed by Presidents Clinton and Bush to two prestigious commissions advising the government on how to integrate natural medicine into the healthcare system. He is the author or co-author of 5 textbooks (Textbook of Natural Medicine, Clinical Environmental Medicine) and 7 consumer books (Encyclopedia of Natural Medicine, The Toxin Solution)

*(Continued on Next Page)*





**Speaker: Michelle Perro, MD*****August 3, 2020 @ 10:00 AM******"What is Making Our Children Sick?"***

What's Making Our Children Sick? is a radical rethinking of the relationships between our children's food, medicine, and health in the twenty-first century. Michelle Perro, MD, a veteran pediatrician with over 35 years experience successfully treating children, and Vincanne Adams, PhD, from the University of California, provide a clinical and scientifically sound explanation of the pediatric health crisis the agrochemical industry has helped to create, and present a food-focused, go-to resource for parents, practitioners, and health educators to follow. This book explores the links between GM foods, pesticides like glyphosate, and the emerging science around our gut health and offers a path forward to help heal our kids and reverse the compromised health of our food supply. Also discussed are other toxins such as EMF, aspartane, and the need for a medical model that looks for underlying causes of medical conditions.

**About Michelle Perro, MD**

Michelle Perro, MD is a veteran pediatrician with over thirty-five years of experience in acute and integrative medicine. More than ten years ago, Dr. Perro transformed her clinical practice to include pesticide and health advocacy. She has both directed and worked as attending physician from New York's Metropolitan Hospital to UCSF Benioff Children's Hospital Oakland. Dr. Perro has managed her own business, Down to Earth Pediatrics. She is currently lecturing and consulting as well as working with Gordon Medical Associates, an integrative health center in Northern California. Her new book, which she coauthored with Dr. Vincanne Adams, is *What's Making Our Children Sick?: How Industrial Food Is Causing an Epidemic of Chronic Illness, and What Parents (and Doctors) Can Do About It* (Chelsea Green Publishing, 2018).

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**Speaker: Michelle Perro, MD**  
*August 3, 2020 @ 10:00 AM*  
*"What is Making Our Children Sick?"*



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**Meeting ID: 831 2483 6323**

**Phone password: 556452**

**Speaker: Jeffrey Smith, PhD**  
*August 12, 2020 @ 1:00 PM*  
*"The Latest in GMO Findings"*



Jeffrey Smith, the leading consumer advocate promoting healthier non-GMO choices, discusses the health risks and politics behind genetically modified foods and the herbicide, glyphosate which is found in round-up. He discusses his latest film, Secret Ingredients, which include compelling stories of improved health when a person switches to an organic diet. In this episode you will learn about genetically modified foods, herbicides such as glyphosate, and their health effects.

About Jeffrey Smith PhD

Jeffrey is the leading consumer advocate promoting healthier non-GMO choices. He has written two books on genetically engineered foods. The first is called Seeds of Deception: Exposing Industry and Government Lies about the Safety of the Genetically Engineered Foods You're Eating. The second is called Genetic Roulette: The Gamble of Our Lives, which he made into a film in 2012. His latest film, Secret Ingredients is an important documentary highlighting the health effects of switching to an organic diet and eliminating GMO foods and glyphosate.

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**Password: genetic**

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**Meeting ID: 814 5706 0301**

**Phone password: 138756**

**Speaker: Steven Blake, ScD**

*August 20, 2020 @ 7:00 PM*

*"Beyond the Mask, How to Survive COVID-19"*



Steve will discuss how to boost immune power and making it hard for the virus to attach and replicate in our bodies. He has searched the scientific medical journals, and explains why so many people get no symptoms when exposed to COVID 19 Building one's immunity is essential. The human immune system can kill off invading viruses effectively if it has the necessary nutrients. Many of these nutrients needed by the immune system are essential vitamins and minerals.

The science points out that two of these nutrients stand out as being crucial in correcting the decline of the immune system in old age.

He will also talk about foods and spices that reduce replication of the virus inside our cells. There are compounds in safe foods that fight the virus in side our bodies He will show how to reduce the excess inflammation that can lead to a cytokine storm. Steve states we need to do more than wear masks and that starts with building our individual immunity

#### About Steve Blake

Steve Blake, Doctor of Science, is faculty nutritional biochemist at Hawaii Pacific Neuroscience. He has offered many classes at the University of Hawaii. He designed and ran the Hawaii Dementia Prevention Trial, a clinical study at the Hawaii Alzheimer's Disease Center. He is author of the 2008 McGraw-Hill college textbook Vitamins and Minerals Demystified, A Nutritional Approach to Alzheimer's Disease, Mastering Migraines, Parkinson's Disease: Dietary Regulation of Dopamine, Stop Strokes before they Start, and Understanding Fats and Oils. He has written Mosby's Alternative Remedies and is co-author of Mosby's Drug Guide for Nurses, 4th edition. He also authored the Diet Doctor, software for analyzing dietary nutrients. Steve Blake attended the University of California. He is a research specialist in nutritional biochemistry. Email: [steve@DrSteveBlake.com](mailto:steve@DrSteveBlake.com). [www.DrSteveBlake.com](http://www.DrSteveBlake.com)

**Speaker: Neil Z. Miller**  
**August 25, 2020 @ 8:00 AM**  
**"All About Vaccines"**



There appear to be two extreme camps regarding vaccines. Is there any way to meet in the middle? What is needed for vaccines to be effective and healthy? Are patients with mitochondrial dysfunction more susceptible to the adjuvant ingredients placed in vaccines. Get information, and ask your questions

**About Neil Z Miller**

Neil Z. Miller is a medical research journalist and the Director of the Think twice Global Vaccine Institute ([www.thinktwice.com](http://www.thinktwice.com)). He has devoted the past 30 years to educating parents and health practitioners about vaccines, encouraging informed consent and non-mandatory laws. He is the author of several articles, studies, and books on vaccines, including Miller's Review of Critical Vaccine Studies (2016) ([www.vacbook.com](http://www.vacbook.com)), Vaccine Safety Manual for Concerned Families and Health Practitioners (updated 2nd edition), and Vaccines, Are They Really Safe and Effective?

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**Phone password: 054060**

### **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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Smart Life Forum, Inc. (SLF) is a California qualified 501(C)(3) nonprofit corporation organized under state law for educational and scientific purposes as a public benefit corporation. Please make your check payable to “Smart Life Forum, Inc.” Please provide your email address as well.

**Annual Membership \$60 (per household)**

**\$10 per Meeting**

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

**Join Us!** First time Visitors and Non-Members \$10 per meeting (at door),  
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**Benefit:** Access to a community  
of experienced scientists and physicians  
who share information and similar interests and  
FREE admission to all meetings!

**Donations are welcome!**  
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Bill Grant  
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