

# Silicon Valley Health Institute

*Host of the Smart Life Forum*

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

## September 2020 Zoom Meeting Speakers



**Tom O'Bryan**  
**Sept. 2, 2020**  
**1:00 PM**

*"Autoimmune Diseases:  
Can They Be Tamed?"*



**Stephanie Seneff,**  
**PhD**

**Sept. 9, 2020**  
**1:00-3:00 PM**

*"What is Contributing to  
COVID?"*



**Dr. Tel-Oren, MD**  
**Sept. 17, 2020**  
**7:00 PM**

*"Don't Degenerate -  
Regenerate!"*



**Doris Loh**  
**Sept. 25, 2020**  
**1:00 PM**

*"COVID-19, Vitamin C and  
other Factors"*

## October 2020 Zoom Meeting Speakers



**Antony Haynes**  
**Oct. 1, 2020**  
**9:00 AM**

*"Causes of  
Autoimmunity It Is!"*



**Fred Provenza,**  
**PhD**

**Oct. 6, 2020**  
**9:00 AM**

*"Animal Inner Wisdom:  
Have We Lost It?"*



**John Gray, PhD**  
**Oct. 15, 2020**  
**7:00 PM**

*"Beyond Mars and  
Venus"*



**Beth Lambert**  
**Oct. 22, 2020**  
**9:00 AM**

*"A Compromised  
Generation:  
The Role of Toxins"*



**Darin Ingels, ND**  
**Oct. 27, 2020**  
**5:30 AM**

*"The Lyme Solution"*

## 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](mailto:susanrdowns@hotmail.com)*.  
Thank you.

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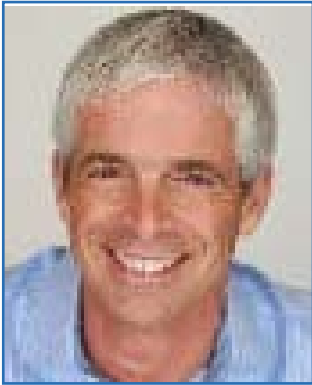
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Thank you.

**Speaker: Tom O'Bryan**

*September 2, 2020 @ 1:00 PM*

*"Autoimmune Diseases: Can They Be Tamed? "*



Autoimmune diseases have increased at an alarming rate since the end of the Second World War with more than 80 autoimmune disorders. The National Institutes of Health estimates that at least 23.5 million Americans have an autoimmune disorder. By contrast cancer affects 13 million Americans. Autoimmunity leads to and exacerbates chronic diseases and is changing the face of medicine. Some researchers have found a link between autoimmune diseases and dementia

(Wotton CJ, Goldacre MJ. Associations between specific autoimmune diseases and subsequent dementia: retrospective record-linkage cohort stud, UK J Epidemiol community Health 201 Jun, 71 (6):576-83))

Tom believes that it is important to find the underlying cause for a disorder rather than the diagnosis or the name of the disorder. Tom will discuss the key contributors to autoimmune disorders, and what can be done to halt, reverse, or prevent an autoimmune disease. Contributing factors to autoimmune disorders include genetic predisposition, a leaky gut and environmental factors such as heavy metals, chemical toxicants, viruses (such as Epstein Barr virus), nutritional status, and emotional stress (which can adversely affect the gut.

Gut health and the integrity of the gut barrier are essential in minimizing autoimmune conditions. If an undigested protein slips through the gut barrier into the blood stream, the body may make antibodies against this "foreign" protein which cross reaction with bod tissues thus generating an autoimmune process. Similarly, a heavy metal binding to a protein can generate the same process. This process leading to autoimmunity develops over time, and the preclinical autoimmunity can be measured and detected years before an autoimmune condition develops.

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The gut-brain axis acts as a bidirectional communication between the brain and the gut. A healthy intestinal barrier is also connected with having an intact blood brain barrier which protects the brain. Perhaps that explains the link between autoimmune disease and dementia as found by the researches Wotton and Goldacre mentioned above.

Tom will highlight these issues and answer audience questions.

### *About Tom O'Bryan*

Dr. Tom O' Bryan is an internationally recognized speaker and writer on chronic diseases and metabolic disorders. He is considered the world expert on the impact of wheat sensitivity on autoimmunity. In 2013, he organized the Gluten Summit, the first internet gathering of more than 25 experts in a particular health field.

Dr. O'Bryan has more than thirty years' experience as a functional medicine practitioner and is a member of the teaching faculty at the Institute for Functional Medicine. He is the author of the autoimmune Fix. More information can be found on his website, [www.TheDr.com](http://www.TheDr.com)

### **Join Zoom Meeting via web:**

<https://us02web.zoom.us/j/89663488931?pwd=NmNjZkQ5L2NuVEVLMVFkKXRzZlk3QT09>

**Meeting ID: 896 6348 8931**

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**Speaker: Stephanie Seneff, PhD**  
**September 9, 2020 @ 1:00 - 3:00 PM**  
***"What is Contributing to COVID-19?"***



Research has shown that pollution and chronic health conditions contribute to bad outcomes with the corona virus. Stephani postulates that biofuels are contributing to bad outcomes from COVID-19. She suspects that glyphosate is showing up as a contaminant in biofuels and it is damaging the lungs in such a way as to cause a person to succumb to COVID.

Curiously, the United States and Brazil are the top two countries in biofuels (see attached). The US, with 4.2% of the world's population, accounted for 26% of the COVID deaths in mid-June. Brazil, with 2.7% of the world's population, accounted for 11% of the deaths.

***About Stephanie Seneff***

Dr. Stephanie Seneff is a Senior Research Scientist at MIT's Computer Science and Artificial Intelligence Laboratory in Cambridge, Massachusetts, USA. She has a BS degree from MIT in biology and a PhD from MIT in electrical engineering and computer science. She has published over 200 peer-reviewed papers in scientific journals and conference proceedings. Her recent interests have focused on the role of toxic chemicals and micronutrient deficiencies in health and disease, with a special emphasis on the pervasive herbicide, Roundup, and the mineral, sulfur. She has authored over two dozen peer-reviewed journal papers over the past few years on these topics, and has delivered numerous slide presentations around the world .

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**Speaker: Stephanie Seneff, PhD**  
**September 9, 2020 @ 1:00 - 3:00 PM**  
***"What is Contributing to COVID-19?"***

**Join Zoom meeting by web:**

<https://us02web.zoom.us/j/82563710176?pwd=dkdaM0hRalVmWGpjUkZmdFFzT01qUT09>

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**Meeting ID: 825 6371 0176**

**Phone passcode: 750486**

**Find your local number: <https://us02web.zoom.us/j/82563710176>**

**Speaker: Dr. Tel-Oren, MD**  
***September 17, 2020 @ 7:00 PM***  
***"Don't Degenerate - Regenerate!"***



Dr. Tel-Oren MD will speak about un-degeneration, regeneration, skin integrity, appearance, intervention for optimization, and individualized epigenetic intervention.

- 1.) Un-degeneration addresses the chief causes of degeneration through metabolic nourishment, flow & movement, and eliminating extremely common severe obstacles to health.
- 2.) Regeneration uses mesenchymal matrix (including stem cells) to assist the body's natural regenerative abilities.
- 3.) Skin integrity, similar to the liver and kidneys, directly promotes global health.
- 4.) Appearance affects emotional vibrancy & vitality. This includes skin and hair care, Novadermy for face and body, skin lesions, spider veins and more.
- 5.) Intervention for metabolic, hormonal, biochemical, and digestive optimization is crucial.
- 6.) To make it complete, Dr. T will include individualized epigenetic intervention based on genomic testing.

***About Dr. Adiel Tel-Oren, MD***

Dr. Adiel Tel-Oren ("Dr. T") MD, is a renowned health pioneer and inventor, focusing on natural principles, health, and sustainability. He is an educator, physician, university professor, holistic scientist and humanitarian.

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**Speaker: Dr. Tel-Oren, MD**  
**September 17, 2020 @ 7:00 PM**  
***"Don't Degenerate - Regenerate!"***

**Join Zoom meeting by web:**

<https://us02web.zoom.us/j/89339280965?pwd=SjBNdjFFb2lyTzg4OGJRcWlnci9CQT09>

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**Meeting ID: 893 3928 0965**

**Passcode: 570228**

**Find your local number: <https://us02web.zoom.us/j/89339280965>**



**Speaker: Doris Loh**  
**September 25, 2020 @ 1:00 PM**  
**"Covid-19, Vitamin C and Other Factors"**



She will discuss her research on COVID 19 and the role of Vitamin C

***About Doris Loh***

Doris Loh is an independent researcher and writer specializing in the investigation of familiar and innovative health topics using unique perspectives in traditional and quantum biology. Her training as a classical pianist allows her the freedom to explore concepts and theories with a curiosity that often results in distinctive conclusions. Recent works by Doris are focused on how health and disease are greatly affected by electromagnetic radiation that surround us everywhere we go. Her works on EMF offer insight and solutions to the challenges humans and other living organisms face during this era of change. Major works by Doris include an in-depth series on deuterium, as well as a startling series on the birefringent quantum properties of the major REDOX balancer, Vitamin C (ascorbic acid). The ongoing series on COVID-19 is recognized around the world for the in-depth coverage of the disease and discussion on holistic alternatives for prevention and treatment.

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**Speaker: Doris Loh**  
**September 25, 2020 @ 1:00 PM**  
**"Covid-19, Vitamin C and Other Factors"**

**Join Zoom Meeting by web:**

<https://us02web.zoom.us/j/85791754970?pwd=Uy9Bb2t0L25OL25KNGRvaVJmS2czUT09>

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**Meeting ID: 857 9175 4970**

**Passcode: 856736**

**Find your local number: <https://us02web.zoom.us/u/kdsUg8Ei4U>**

**Speaker: Antony Haynes*****October 1, 2020 @ 9:00 AM******Causes of Autoimmunity it is!***

Antony Haynes focuses on the causes of auto-immunity as described by experts in the field, and in his own experience with clients whose auto-immune conditions have improved considerably and even resolved by addressing these contributory causes.

Antony will discuss possible underlying causes for the most common auto-immune conditions including Hashimoto's, Rheumatoid Arthritis, Multiple Sclerosis, Ankylosing Spondylitis, Lupus (SLE), Psoriasis, and the less common Sarcoidosis and Scleroderma (systemic sclerosis), and he will describe "molecular mimicry" and "bystander activation".

There are tens and tens of auto-immune conditions and most share the same underlying causes.

Antony will describe lab tests to help confirm the presence of these underlying causes, where appropriate.

Antony has focused the past ten years of his 28 year career as a nutritional therapist and teacher on the subject of auto-immunity, reading widely and attending international seminars on the subject, following the leaders in the field, and implementing principles in his clinical practice with hundreds of clients with one or more auto-immune condition

***About Antony Haynes***

Antony has been in private practice for over 25 years and is one of the most experienced Registered Nutritional Therapists in the UK. He is one of the first practitioners to implement the principles of Functional Medicine in the UK, since 1994.

Antony has been teaching for 25 years including at a variety of nutritional colleges (ION, CNELM, BCNH, CNM) and at IFM in the USA, as well as for Nutri-Link Ltd a company he co-founded in 1998.

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**Speaker: Antony Haynes**  
**October 1, 2020 @ 9:00 AM**  
***Causes of Autoimmunity it is!***

He has presented lectures, seminars and courses on a wide variety of subjects over those years. In particular, Antony has been studying the connection between viruses and bacteria and their role in the pathogenesis of auto-immune conditions. He is known as the practitioners' practitioner. He employs his clinical experience in managing the nutritional needs of his patients, which number in excess of 15,000, at his clinic, The Nutrition Clinic Ltd. in Harley Street, London. He is also a successful, award-winning author of two books on nutrition.

**Join Zoom Meeting by web:**

<https://us02web.zoom.us/j/88459882892?pwd=R3cySzBQazRWalc0T2dNWk92NFJRQT09>

**Meeting ID: 884 5988 2892**

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**Find your local number: <https://us02web.zoom.us/j/88459882892>**

**Speaker: Fred Provenza, PhD****October 6, 2020 @ 9:00 AM*****"Animal Inner Wisdom: Have We Lost It?"***

Provenza presents and discusses the wisdom body, a wisdom that links flavor-feedback relationships at a cellular level with biochemically rich foods to meet the body's nutritional and medicinal needs. What can we learn from animals' inner nutritional wisdom? Animals, including humans, develop nutritional and medicinal memories in utero and early in life. This takes place at a cellular level as evidenced by Claire Sylvia and her book *A Change of Heart*. When she received a heart and lung transplant, she also received the taste preferences of the donor. Young children select foods containing nutrients that the individual needs. This nutritional wisdom concerning food preferences is lost as the child ages. Has this inner nutritional wisdom been hijacked by nutritional "authorities"? Consumers eager for a "quick fix" have empowered the multi-billion-dollar-a-year supplement industry, but is taking supplements and enriching and fortifying foods helping us, or is it hurting us?

***About Fred Provenza, PhD***

Fred Provenza, PhD spent seven years as a ranch manager with his wife Sue before earning his M.S. and Ph.D. degrees in Range Science. He was a faculty member in the Department of Range Science from 1982 to 2009. He is currently Professor Emeritus in the Department of Wildland Resources at Utah State University. For the past 30 years, his group has produced ground-breaking research that laid the foundations for what is now known as behavior-based management of landscapes. That work inspired researchers in disciplines as diverse as chemical ecology, ruminant nutrition, human nutrition and biopsychology, animal welfare, landscape restoration ecology, wildlife damage management, pasture and rangeland science and management, and rural sociology and eco-development. Along with colleagues and graduate students, he has been author or co-author of 250 publications in peer-reviewed journals and books, and he has been an invited speaker at over 325 international meetings.

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**Speaker: Fred Provenza, PhD**

**October 6, 2020 @ 9:00 AM**

***"Animal Inner Wisdom: Have We Lost It?"***

**Join Zoom Meeting by web:**

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**Meeting ID: 850 3976 8656**

**Passcode: 604455**

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**Phone passcode: 604455**

**Find your local number: <https://us02web.zoom.us/j/85039768656>**

**Speaker: John Gray, PhD*****October 15, 2020 @ 7:00 PM******"Beyond Mars and Venus with John Gray"***

The author of *Men Are From Mars, Women Are From Venus*, John Gray is arguably the best selling and most influential relationship author in the world. The number one bestselling hardcover book of the nineties, *Mars/Venus* was listed by USA Today as number six among the most influential books of the last quarter century. With his books now translated into approximately 45 languages in more than 100 countries, Dr. Gray has appeared many times on Oprah, as well as on The Dr. Oz Show, TODAY, CBS This Morning, and Good Morning America. Profiled in Time, Forbes, USA Today, TV Guide, and People, he was also the subject of a three-hour special hosted by Barbara Walters. With his trademark humor and insights making him as relevant today as he was in the nineties, John is in demand as a speaker and on media throughout the world.

***About John Gray, PhD***

The author of *Men Are From Mars, Women Are From Venus*, John Gray is arguably the best selling and most influential relationship author in the world. The number one bestselling hardcover book of the nineties, *Mars/Venus* was listed by USA Today as number six among the most influential books of the last quarter century. With his books now translated into approximately 45 languages in more than 100 countries, Dr. Gray has appeared many times on Oprah, as well as on The Dr. Oz Show, TODAY, CBS This Morning, and Good Morning America. Profiled in Time, Forbes, USA Today, TV Guide, and People, he was also the subject of a three-hour special hosted by Barbara Walters. With his trademark humor and insights making him as relevant today as he was in the nineties, John is in demand as a speaker and on media throughout the world.

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**Speaker: John Gray, PhD**  
**October 15, 2020 @ 7:00 PM**  
***"Beyond Mars and Venus with John Gray"***

**Join Zoom meeting by web:**

<https://us02web.zoom.us/j/86042653145?pwd=NXZlZlBtMEJCQTlXSm9kZSsyb2R5Zz09>

**Meeting ID: 860 4265 3145**

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**Meeting ID: 860 4265 3145**

**Passcode: 943374**

**Find your local number: <https://us02web.zoom.us/j/86042653145>**



**Speaker: Beth Lambert****October 22, 2020 @ 9:00 AM*****"A Compromised Generation: The Role of Toxins"***

Currently, we are raising the first generation of children who have been compromised at birth. Their immune system is compromised, and their ability to grow in an unimpeded way is also compromised. The rates of childhood chronic diseases is increasing. Beth will discuss why the current children's health is compromised and the role of toxins in this process.

***About Beth Lambert***

Beth Lambert attended Oxford University and graduated with honors from Williams College. She holds an MA in American studies, with a concentration in American Healthcare from Fairfield University. Beth worked for a number of healthcare consulting firms in New York City including The Wilkerson Group, IBM Healthcare Consulting and Easton Associates. She has worked with physicians, scientific and medical researchers, and corporate executives to assess products, business strategies and emerging trends in pharmaceuticals, biotech, diagnostics, medical devices and healthcare delivery. She is the author of *A Compromised Generation* and *Brain Under Attack*. She is the Founder and Executive Director of Epidemic Answers, a 501 (c) (3) non-profit organization dedicated to educating the public about the epidemic of chronic illness affecting our youth, and helping parents find healing solutions. She is also the creator and Executive Producer of *The Documenting Hope Project*.

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**Speaker: Beth Lambert**

**October 22, 2020 @ 9:00 AM**

***"A Compromised Generation: The Role of Toxins"***

**Join Zoom Meeting by web:**

<https://us02web.zoom.us/j/88109288964?pwd=U1dqd3ZWSzlpYitWTDlDa3JFM1Zldz09>

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**Internet passcode: 418219**

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**Find your local number: <https://us02web.zoom.us/j/kenWzyXTVZ>**

**Speaker: Darin Ingels, ND*****October 27, 2020 @ 5:30 PM******"The Lyme Solution: Can It Be Extended To Other Diseases?"***

Lyme disease can affect anyone. Dr. Ingles will describe what makes some infections persistent and his immune boosting plan which has helped many with Lyme Disease. He offers suggestions to control nagging symptoms that prevent people from feeling well.

***About Darin Ingels, PhD***

Dr. Ingels is a respected leader in natural medicine with numerous publications, international lectures and 30 years' experience in the healthcare field. He received his Bachelor of Science degree in medical technology from Purdue University and his Doctorate of Naturopathic Medicine from Bastyr University in Seattle, Washington. Dr. Ingels completed his residency at the Bastyr Center for Natural Health.

Dr. Ingels is a licensed naturopathic physician in the State of Connecticut and a licensed Doctor of Naturopathic Medicine in the State of California, where he maintains practices in both states. He is also Board Certified in Integrated Pediatrics through the American Association of Integrative Medicine and is a Fellow with the American Academy of Environmental Medicine.

Dr. Ingels has been published extensively and is the author of two books, *The Natural Pharmacist: Lowering Cholesterol* and *Natural Treatments for High Cholesterol*. He has also written a chapter on allergy desensitization for autistic children in "Cutting Edge Therapies for Autism" and is the author of the book, *The Lyme Solution: A 5-Part Plan To Fight The Inflammatory Autoimmune Response And Beat Lyme Disease* (Avery, 2018).

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**Speaker: Darin Ingels, ND**

**October 27, 2020 @ 5:30 PM**

***"The Lyme Solution: Can It Be Extended To Other Diseases?"***

Dr. Ingels' practice focuses on environmental medicine with special emphasis on Lyme disease, autism, Pediatric Acute-onset Neuropsychiatric Syndrome (PANS and PANDAS) and chronic immune dysfunction, including allergies, asthma, recurrent or persistent infections and other genetic or acquired immune problems. His practice is comprised of both children and adults. He uses diet, nutrients, herbs, homeopathy, and immunotherapy along with conventional medical therapies to help his patients achieve better health.

**Join Zoom meeting by web:**

<https://us02web.zoom.us/j/83083164910?pwd=M3NXb0lhSE9UcWhZZVo4V0habnUvUT09>

**Meeting ID: 830 8316 4910**

**Passcode: 834885**

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

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

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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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