

Silicon Valley Health Institute

Host of the Smart Life Forum

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

November 2020 Zoom Meeting Speakers



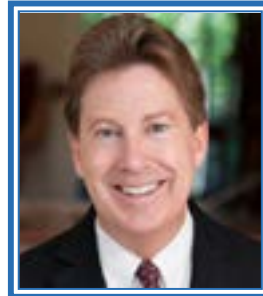
Jeffrey Smith, PhD
Nov. 3, 2020
1:30 PM-3:30 PM
"The Latest in GMO Findings"



Roderick Lane, ND, PhD
Nov. 10, 2020
8:00 AM
"Small Things Big Results: How to Manage Your Thyroid Condition"



Thomas Lewis, PhD
Nov. 19, 2020
7:00 PM
"Where Are You on the Health - Disease Continuum?"



Dale Bredesen, MD
Nov. 24, 2020
1:00 PM
"Reversing and Preventing Cognitive Decline in Alzheimer's Disease"

December 2020 Zoom Meeting Speakers



Guy Hudson
Dec. 1, 2020
8:00 AM
"EMF: Sensitivity and Health Risks"



Todd Born, ND, CNS
Dec. 9, 2020
10:00 AM-12:00 PM
"Pain: A Multi-Prong Approach"



Richard Cheng, MD, PhD
Dec. 15, 2020
5:30 AM
"What We Learned and Did Not Learn from the Recent Epidemic"



Filomena Trindade, MD, MPH
Dec. 17, 2020
7:00 PM
"New Year's Resolutions: Reducing Diabetes Symptoms"

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: Jeffrey Smith, PhD***November 3, 2020 @ 1:30 PM - 3:30 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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Speaker: Jeffrey Smith, PhD
November 3, 2020 @ 1:30 PM - 3:30 PM
"The Latest in GMO Findings"

Join Zoom Meeting by web:

<https://us02web.zoom.us/j/82620341222?pwd=RkRhR2lONWhlL3pHbU9jKzF2M1l0QT09>

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Speaker: Roderick Lane, ND, PhD***November 10, 2020 @ 8:00 AM******"Small Things Big Results: How to Manage Your Thyroid Condition"***

Simple changes can make great results in our health. Roderick will discuss various hacks we can do to optimize our thyroid and other medical conditions. For example, if one is taking 125 mcg of Synthroid in the morning, they may have difficulties sleeping between the hours between 2 am to 4 am which is the time during which TSH is at its highest. Various adjustments to the thyroid schedule can affect sleep. Many other suggestions will be discussed.

About Roderick Lane, ND, PhD

Roderick has been practicing natural medicine for almost 40 years in London and Jersey. He studied at the Howell College, Shen Don Institute and also studied Classical Chinese Medicine as part of his martial arts training. He specializes in endocrine issues and fertility. Endocrine issues can cover a multitude of problems and symptoms. He is the co-founder of the London College of Natural Medicine which is acknowledged as offering one of the best Naturopathic training in Europe. Since starting the Thyroid Care Group on Facebook with no publications or publicity the group has grown from a few people to almost 2000 worldwide in under two years. This has led to the development of what I call my Thyroid Protocol. Roderick aims to make a difference in peoples' lives and health.

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Speaker: Roderick Lane, ND, PhD

November 10, 2020 @ 8:00 AM

"Small Things Big Results: How to Manage Your Thyroid Condition"

Join Zoom Meeting by web:

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[QT09](#)

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Speaker: Thomas Lewis, PhD

November 19, 2020 @ 7:00 PM

"Where Are You on the Health - Disease Continuum?"

Medical diagnoses are actually artificial human-made terms. In reality, we all lie on health-disease continuums. When you cross a certain point on the continuum, you then suddenly have a disease.

In this presentation, we discuss the consequences of this model within the context of the current healthy / sick model. We will discuss how to measure where you are on the: 1. "risk" continuum, 2. physiological continuum, 3. pathology continuum and 4. Chronic disease continuum and how the measurements provide information on how to improve your placement on ALL the continuums. We will also present case studies that show how a broad range of diagnoses improve or disappear when following the recommendations derived from this continuum model.

About Thomas Lewis, PhD

Dr. Lewis holds a Ph.D. from MIT and continuing education from the Harvard School of Public Health. Since his dad came down with Alzheimer's 20 years ago, he has dedicated his life to determining how to better predict Alzheimer's and chronic diseases in general. Working with key clinicians at Harvard Medical School, his team developed advanced AI-driven algorithms to predict a person's mortality risk in both the near and distant future. Part of this algorithm is predictive capability for the major chronic diseases. He has coined this diagnostic protocol "4-Dimensions of Health" because the measurements span 4 dimensions: risks and other determinants of health, physiology, pathology, and existing disease states. All these measurements are designed to properly place anyone on a health-disease continuum. The final feature of his program are robust protocols to help a person reduce their disease risk and burden, the success of which is measure across the 4 dimensions. Lastly, he designed this program with both individuals and populations in mind because all testing is widely available, often on-line, and very affordable. His continued mission is to build this testing into the standard-of-care as a replacement for the existing "sick care" approach with a new, true "health care" approach.

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Speaker: Thomas Lewis, PhD

November 19, 2020 @ 7:00 PM

"Where Are You on the Health - Disease Continuum?"

Join Zoom Meeting

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Speaker: Dale Bredesen, MD*November 24, 2020 @ 1:00 PM**"Reversing and Preventing Cognitive Decline in Alzheimer's Disease"*

An internationally recognized expert in the mechanisms of neurodegenerative diseases, Dr. Dale Bredesen's career has been guided by a simple idea: that Alzheimer's as we know it is not just preventable, but reversible. He explains many physical mechanisms contributing to the erosion of memory, and offers lifestyle and diet changes that can help prevent and reverse the memory loss in Alzheimer's Disease.

About Dale Bredesen, MD

Dr. Bredesen is internationally recognized as an expert in the mechanisms of neurodegenerative diseases such as Alzheimer's disease. He graduated from Caltech, then earned his MD from Duke University Medical Center in Durham, NC. He served as Chief Resident in Neurology at the University of California, San Francisco (UCSF) before joining Nobel laureate Stanley Prusiner's laboratory at UCSF as an NIH Postdoctoral Fellow. He held faculty positions at UCSF, UCLA and the University of California, San Diego. Dr. Bredesen founded the Buck Institute in 1998 and served as its founding President and CEO. Dr. Bredesen had numerous television appearances. Dr. Bredesen is developing successful protocols to reverse Alzheimer's Disease. 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.

(Continued on Next Page)

Speaker: Dale Bredeesen, MD
November 24, 2020 @ 1:00 PM
***"Reversing and Preventing Cognitive Decline in
Alzheimer's Disease"***

Join Zoom Meeting by web:

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Speaker: Guy Hudson*December 1, 2020 @ 8:00 AM**"EMF: Sensitivity and Health Risks"*

Electromagnetic fields are one of the many environmental toxins that adversely affect our health. It affects all of us to varying degrees. It leads to mitochondrial dysfunction, oxidative stress, DNA damage, immune disturbances and both a leaky gut and leaky blood brain barrier. Research studies showed that cell phones and cordless phones increase the risk of the brain tumors - gliomas and acoustic neuromas.

A pregnant mother's use of cell phones can change the brain structure of the offspring leading to increased anxiety, hyperactivity and impaired memory in the offspring. Guy will discuss his experiences as an electro sensitive person and his research which has resulted in ways that we can protect ourselves.

About Guy Hudson

Guy studied physics at University and then learnt how to design cars with an apprenticeship at Land Rover. He specialised in vehicle safety. This was followed by a specialisation in IT for the design of motor cars, and then general IT management consulting.

He developed electromagnetic sensitivity while working nearby to 32 cell masts under test for 3G Data. He then developed severe brain fog, cluster headaches and many other symptoms. After two years of suffering, he stopped being in denial and reduced his electrosmog exposure. He started a company to do the same for other people. His mission is to protect people by improving their lived environment and to encourage the telecoms industry to develop safer products.

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Speaker: Guy Hudson
December 1, 2020 @ 8:00 AM
"EMF: Sensitivity and Health Risks"

Join Zoom Meeting by web:

<https://us02web.zoom.us/j/82354045343?pwd=aWJEaU5CTDZaM2JlVnB2TFZCd1p6Zz09>

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Find your local number: <https://us02web.zoom.us/j/82354045343?pwd=aWJEaU5CTDZaM2JlVnB2TFZCd1p6Zz09>

Speaker: Todd Born, MD, CNS
December 9, 2020 @ 10:00 AM-12:00 PM
"Pain: A Multi-Prong Approach"



Pain is a common condition which sometimes can be disabling. As a result of attempts to control pain, there has been an unprecedented opioid crisis resulting in deaths from overdoses. Many patients have been hospitalized for NSAID-related gastrointestinal complications. Acetaminophen (Tylenol) has caused acute liver failure. This talk will look at alternative approaches for dealing with pain including acupuncture, use of heat, ice, and supplements such as omega threes, curcumin, capsaicin and S-Adenosyl methionine).

About Todd Born, ND, CNS

Dr. Born is a naturopathic physician and Certified nutrition specialist, whose clinical focus is utilizing integrative medicine to treat chronic disease. He has a strong interest in difficult and refractory cases, allergies, gastrointestinal issues, neurological and neurodegenerative disorders, endocrinology, cardiovascular disease and diabetes, autoimmune disease, development and behavioral issues, HIV/AIDS, and geriatrics. His extensive knowledge and training in the basic medical sciences includes physical medicine (osseous manipulation, craniosacral therapy, hydrotherapy and physiotherapy), botanical medicine, homeopathy, biotherapeutic drainage, Ayurveda, counseling, pharmacology, and diet and nutrient therapies. Dr. Born believes that ultimately, we are all responsible for our own health and well-being, but at times we need some guidance to get back on the road to optimal health.

Dr. Born is the Product Manager, Head of New Product Development, Scientific Advisor for Allergy Research Group and is Editor-in-Chief of their science-based Focus Newsletter. Dr. Born is also lead advisor and President of the International Society for Naturopathic Medicine, as well as a medical wellness advisor for the International Medical Wellness Association.

(Continued on Next Page)

He has been published in Naturopathic Doctor News and Reviews, Townsend Letter, Integrative Medicine Alert, Natural Medicine Journal, Holistic Primary Care and the Natural Nutmeg. He has appeared on KRON4 News, multiple national radio shows, and lectured as an expert for the National Psoriasis Foundation and Arthritis Foundation, across the country and internationally, at various medical conferences. He was a volunteer at North Country Community Health Center in Flagstaff, Arizona and research assistant for Alan R. Gaby, MD. He also completed a semester abroad at the School of Science and Technology, University of Waikato, Hamilton, New Zealand. He has advanced training and certification in homeopathy, completing an 18-month course at the New England School of Homeopathy.

Join Zoom Meeting by web:

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Passcode: 084936

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Speaker: Richard Cheng, MD, PhD*December 15, 2020 @ 7:00 AM**"What We Learned and Did Not Learn From the Recent Epidemic"*

In his extensive collaboration with other scientists and as a traveling liaison to Chinese clinicians, he has a grounding in virus treatment in both the US and China. He will discuss the most important aspect of dealing with the current virus as building immunity. He will discuss one of the major sequelae of the virus - the acute respiratory syndrome which is triggered by oxidative stress and a cytokine storm.

He will discuss approaches which heighten our immunity system and improve oxidative stress, inflammation and micro-circulation.

About Richard Cheng, MD, PhD

Dr. Chen has been a central figure in the International Society of Orthomolecular Medicine and a traveling liaison to the vitamin-C-using medical groups in China. He is the founder and director of Dr. Cheng Integrative Health Center and Doctor's Anti-Aging and Weight Loss Center, of Columbia, SC, since inception in 2003. Dr. Cheng and his colleagues take an integrative approach to help patients with chronic disease esp. diabetes, obesity, cardiovascular diseases and cancer. Dr. Cheng also serves as consultant to Shenzhen BaoAn Central Hospital and Shenzhen Medical Association, Shenzhen, Guangdong, China. Dr. Cheng is also a consultant to SuHa International Hospital, Suzhou, Jiangsu, China. Dr. Cheng serves on the editorial board of Journal of Nutritional Oncology, China and Orthomolecular Medicine News Service.

In recent years, Dr. Cheng grew particularly interested in functional medicine or anti-aging medicine. The current healthcare focuses on symptomatic treatments for many diseases, ignoring the root causes. For example, when we control the blood sugar of a diabetic patient or the blood pressure of a hypertensive patient, we are only treating the symptoms.

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We are not doing anything to the underlying disease processes. Functional medicine tries to holistically address the disease processes in addition to the symptomatic treatment.

Dr. Cheng is a Fellow and board certified anti-aging physician by the American Academy of Anti-Aging Medicine (A4M) and also a Fellow and board certified, A4m Integrative Cancer Therapy.

Join Zoom Meeting by web:

<https://us02web.zoom.us/j/89781168709?pwd=WW5iajVjSXRMSC9GQVpveE1zbERKQT09>

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Speaker: Filomena Trindade, MD, MPH*December 17, 2020 @ 7:00 PM**"New Year's Resolutions: Reducing Diabetes Symptoms"*

Blood sugar stabilization is essential as each blood sugar spike and dip increases the risk of heart disease and dementia four fold. In addition, blood sugar irregularities causes inflammation and oxidative stress leading to the pathways many chronic diseases. Dr. Trindade will discuss the many factors contributing to diabetes including toxins, diet and life style choices.

About Filomena Trindade, MD, MPH

Filomena Trindade, MD, MPH is an internationally sought after speaker in functional medicine. She is a graduate of the fellowship in Anti-Aging, Regenerative and Functional Medicine and teaches in the Fellowship (a master's program through the University of South Florida) as well as for the Institute of Functional Medicine (IFM).

After obtaining her BA degree in Biology she obtained a master's in Public Health and went to medical school. She graduated first in her class in family practice from the University of California Davis School of Medicine and did her residency training in family practice at the U.C. San Francisco/Santa Rosa Program. She has been in clinical practice for over 16 year in a functional medicine practice. She was the medical director of a non-profit organization that catered to the under-served. She is currently very active in developing teaching programs in Functional Medicine in the USA, Latin America and in Europe.

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Speaker: Filomena Trindade, MD, MPH

December 17, 2020 @ 7:00 PM

"New Year's Resolutions: Reducing Diabetes Symptoms"

Join Zoom Meeting by web:

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Passcode: 235565

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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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who share information and similar interests and
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