

Silicon Valley Health Institute

Host of the Smart Life Forum

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

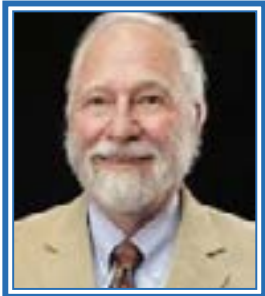
January 2021 Zoom Meeting Speakers



Stephen Sinatra, MD
Jan. 4, 2021
11:00 AM PST
*"CoQ10 and its Relationship
to CV Risk Factors"*



Jeffrey Smith, PhD
Jan. 14, 2021
2:00 PM PST
"The Latest in GMO Findings"



David Kennedy, DDS
Jan. 22, 2021
10:00 AM PST
"How Teeth Affect Health"



Antony Haynes
Jan. 26, 2021
9:00 AM PST
"Sarcopenia and Our Health"

February 2021 Zoom Meeting Speakers



David Brownstein, MD
Feb. 5, 2021
12:00 PM PST
*"Thyroid and Healing in
Current Times"*



Claire Robinson, PhD
Michael Antonious, PhD
Feb. 10, 2021
3:30 PM PST
"GMO: Truths and Myths"



Michael Carter, MD
Feb. 18, 2021
7:00 PM PST
*"Functional Medicine: A
Layman's Guide to Health"*



Susan Wadia-Ellis, PhD
Feb. 25, 2021
8:00 AM PST
"Busting Breast Cancer"

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:

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Thank you.

Speaker: Stephen Sinatra, MD***January 4, 2021 @ 11:00 AM PST******"CoQ10 and its Relationship to CV Risk Factors"***

Many people in the Western world suffer from heart disease. The risks increase as we age. Rather than viewing heart disease as a cholesterol issue, Dr. Sinatra, a pioneer in functional medicine and the metabolic approach to heart disease, will discuss how we can reduce our risks for this deadly disease. His integrative approach combines conventional medical therapies with nutritional and mind-body therapies to enhance the body's natural bioenergetics and heal the heart. He includes an anti-inflammatory diet rich in fresh fruit and vegetables, whole grains, fish nuts and health oils, nutritional supplementation including magnesium, vitamin C and Coenzyme Q 10, exercise, detoxification and stress reduction. He also believes in the impact one's emotions have on overall health and the need to resolve so called emotional blockages as well as physical ones.

About Stephen Sinatra, MD

Stephen T Sinatra, MD is a cardiologist and psychotherapist with over 40 years of clinical experience treating heart disease. He is truly a pioneer and very spiritual. His books include: *The Sinatra Solution: Metabolic Cardiology, Reverse Heart Disease Now, Lower Your Blood Pressure in Eight Weeks, Heart Break & Heart Disease* and many others. He also delved into the time honoured healing technique of earthing where we connect with the healing energy of the earth.

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Speaker: Stephen Sinatra, MD
January 4, 2021 @ 11:00 AM PST
"CoQ10 and its Relationship to CV Risk Factors"

Join Zoom Meeting by web:

<https://us02web.zoom.us/j/81243926135?pwd=dERCanp2TkphNHcx bFFZbUVsNjRiQT09>

Meeting ID: 812 4392 6135

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Passcode: 359796

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Speaker: Jeffrey Smith, PhD
January 14, 2021 @ 2:00 PM PST
"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
January 14, 2021 @ 2:00 PM PST
"The Latest in GMO Findings"

Join Zoom Meeting by web:

<https://us02web.zoom.us/j/83990027626?pwd=VlQ4eENpb2J6c3MzWUZUdkhoazRMQT09>

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Speaker: David Kennedy, DDS
January 22, 2021 @ 10:00 AM PST
"How Teeth Affect Health"



Toxins are a major contributor to inflammation, oxidative stress and disease. Fluoride and mercury are biohazards and toxins that create serious health problems. Fluoride may help a tooth when fluoride comes into contact with the tooth, but fluoride leads into contact with a tooth, but does harm to the body and has been blamed for lowering IQs by five or six points. Fluoride has been found in our food including Wheaties and Fruit Loops. Mercury, self also causes inflammation and serious health problems. Simply brushing teeth or a dental exam cause mercury vapors to go into the body and brain. Learn more about these issues from Dr. Kennedy. He also will discuss how to remove mercury from the body.

About David Kennedy, DDS

David Kennedy, DDS received his DDS Degree from the University of Missouri at Kansas City Dental School in 1971. In the military, one of his duties was environmental cleanup of the Naval Training Center base for spilled dental mercury.

In 1973, after the completion of his service obligation, Dr. Kennedy established his private practice in San Diego. He also established and helped build the Chicano Children's Dental Health Center. In 1984, he founded the Preventive Dental Health Association. From 1988 to 1994 he served as Vice President and then President of the International Academy of Oral Medicine and Toxicology. In October 1995, Governor Pete Wilson signed AB733 into law which forces mandatory fluoridation of our water supply in all of California. The Legislature did this without examining the dangers such as hip fractures, cancer, dental fluorosis and other harmful effects, which have been linked to fluoride in the scientific literature.

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Speaker: David Kennedy, DDS
January 22, 2021 @ 10:00 AM PST
"How Teeth Affect Health"

Join Zoom Meeting by web:

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Speaker: Antony Haynes
January 26, 2021 @ 9:00 AM PST
"Sarcopenia and Our Health"



Sarcopenia - what it is, it's massive impact & how to reverse it.

As we get older, we lose muscle mass. This also occurs in some dieting schemes. This has massive impact on our health. Learn how to prevent this and to reverse it.

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. 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.

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Speaker: Antony Haynes
January 26, 2021 @ 9:00 AM PST
"Sarcopenia and Our Health"

Join Zoom Meeting by web:

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Passcode: 272660

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Speaker: David Brownstein, MD
February 5, 2021 @ 12:00 PM PST
"Thyroid and Healing in Current Times"



Dr. Brownstein will discuss thyroid disorder and share some of his experiences with building health in the current times

About David Brownstein, MD

Dr. David Brownstein, MD, is a board-certified family physician who utilizes the best of conventional and alternative therapies. He is the Medical Director for the Center for Holistic Medicine in West Bloomfield, Michigan. He is a graduate of the University of Michigan and Wayne State University School of Medicine. Dr. Brownstein is a member of the American Academy of Family Physicians and serves on the board for the International College of Integrative Medicine. He is the father of two beautiful physicians, Hailey and Jessica, and is a retired soccer coach.

Dr. Brownstein has lectured internationally about his success using natural therapies. He has also authored sixteen books: *Iodine: Why You Need It, Why You Can't Live Without It, 5th Edition*; *Vitamin B12 for Health*; *Drugs That Don't Work and Natural Therapies That Do, 2nd Edition*; *The Miracle of Natural Hormones, 3rd Edition*; *Overcoming Thyroid Disorders, 3rd Edition*; *Overcoming Arthritis*; *Salt Your Way to Health, 2nd Edition*; *The Guide To Healthy Eating, 2nd Edition*; *The Guide to a Gluten-Free Diet, 2nd Edition*; *The Guide to a Dairy-Free Diet*; *The Soy Deception*; *The Skinny on Fats*; *The Statin Disaster*; and *Ozone: The Miracle Therapy*; and *Heal Your Leaky Gut*.

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Speaker: David Brownstein, MD
February 5, 2021 @ 12:00 PM PST
"Thyroid and Healing in Current Times"

Join Zoom Meeting by web:

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Speakers: Claire Robinson, PhD and Michael Antoniou, PhD
February 10, 2021 @ 3:30 PM PST
"GMO: Truths and Myths"



Michael Antoniou and Claire Robinson have done extensive research and have published on GMO and herbicides. Learn the science guiding the concerns of GMO.

About Claire Robinson, PhD

Claire Robinson, MPhil, is an editor at GMWatch, a news and public information service on issues relating to genetic modification. She was formerly the research director at the sustainability nonprofit Earth Open Source and is a co-author of the book *GMO Myths and Truths*. She has a background in research, writing, and the communication of topics relating to public health, science and policy, and the environment.



About Michael Antoniou, PhD

Michael Antoniou, PhD is a Reader in Molecular Genetics and Head of the Gene Expression and Therapy Group, Department of Medical and Molecular Genetics, King's College London School of Medicine, UK. He holds inventor status on gene expression biotechnology patents.

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Speakers: Claire Robinson, PhD and Michael Antoniou, PhD
February 10, 2021 @ 3:30 PM PST
"GMO: Truths and Myths"

Join Zoom Meeting by web:

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Meeting ID: 824 2503 3207

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Speaker: Michael Carter, MD**February 18, 2021 @ 7:00 PM PST*****"Functional Medicine: A Layman's Guide to Health"******About Michael Carter, MD***

Dr. Carter MD is a board certified physician with 35 years experience in multiple disciplines. He is a board certified Anesthesiologist, having practiced for 16 years before transitioning into the medical aesthetics and weight loss specialties. After becoming a co-medical director of the Ashworth Medical Center in Florida, Dr. Carter continued his training within the United States, as well as abroad. Following his extensive training, Dr. Carter opened 7 clinics in Georgia and Florida, where he specialized in Liposuction, fat transfer techniques with expertise in Brazilian Buttock Augmentation, anti aging Medicine and Functional Medicine. As a Functional Integrative Medicine Practitioner, Dr. Carter seeks to find the root cause of what is interfering with the body's ability to stave off disease syndromes.

As his patient, Dr. Carter provides the combination of natural supplements, technology, alternative treatments, selective medicines as well as, effective diet, eating strategies and exercise regimens that enhance the ability of his patients to detoxify, rejuvenate and regenerate for their optimal health. Dr. Carter is a member of the American Academy of Anti-Aging Medicine and the Institute for Functional Medicine and he completed the stem cell fellowship and peptide certification programs at the A4M. By addressing hormonal, adrenal, immune, GI and endocrine systems that are critical for balancing, Dr. Carter has created a proven path for successful and optimal health. Dr. Carter is a graduate of Morehouse College, in Atlanta Georgia. Having finished second in his class, Magna Cumlaude, where he received his Bachelor of Science degree in Biology, Dr. Carter is also a member of the Phi Beta Kappa, Academic Honors Society. He received his MD from Howard University in Washington, DC. and completed his residency at Emory University, in Atlanta, Georgia. A passion for

(Continued on Next Page)

cosmetic surgery, hormonal balancing and achieving ultimate health for his patients led to a medical career change many years ago. Dr. Carter is Corporate Medical Director of Real Health Clinics, a company dedicated to treating and reversing Alzheimer's and Dr. Carter is also trained by Dr. Dale Bredeson who also launched a program focused on Alzheimer's treatment and reversal from a functional medicine approach. Dr. Carter is stem cell fellowship trained as well as being certified in Peptide therapy Dr. Carter also serves in the following positions.

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Meeting ID: 817 0602 0219

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Speaker: Susan Wadia-Ells, PhD
February 25, 2021 @ 8:00 AM PST
"Busting Breast Cancer"



Women, under 45 years old, are seeing a 12% annual increase in invasive breast cancer throughout the United States. But nobody is talking about these numbers, or what could be causing this sharp uptick in breast cancer among women of childbearing age. Dr. Wadia-Ells discussed the adverse effects of birth control pills, hormone replacement drugs and fertility drugs. She also will discuss the importance of vitamin D and other supplements that help block cancer and balance hormones.

Busting Breast Cancer: 7 Simple Steps Ebook Series

- Birth Control Drugs: Learn the terrible truth
- Vitamin D3: Take the best Busting Breast Cancer step under the sun
- Seven Foods and Seven Supplements: Eat to help block cancer & balance hormones
- When Fertility Drugs Lead to Motherless Children: Are there alternatives?
- The Horrors of Hormone Replacement Drugs: How to safely replace them
- Triple Negative Breast Cancer: Avoid three probable life-style causes
- Thermography: Try this safe way to ID breast inflammation and hot spots

About Susan Wadia-Ells, PhD

Susan Wadia-Ells is a long-time cultural change agent. During the 1970's she organized women at Polaroid, creating the first affirmative action program for women within a Fortune 200 corporation, and soon became Polaroid's corporate affirmative action manager and a mentor to other women's groups fighting for equal pay, training, benefits, and career opportunities. After returning to academia in the early 1980's for a graduate degree in energy economics and political development at The Fletcher School, Dr. Wadia-Ells worked with community

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development groups in Zimbabwe as that nation's long struggle against apartheid ended. Next, she operated as a small town journalist in Brattleboro VT, under the guidance of the legendary UPI International Editor, Norman Runnion. Wadia-Ells then moved on to complete her PhD in women's studies, before teaching over the next decade in Lesley University's Adult Baccalaureate Program in Boston—helping women learn to fearlessly write their unspoken ideas and life stories. During this time, while raising her son, she also created national feminist conferences on once-ignored or banned topics including the landmark Women's Ways of Knowing Study—exploring the personal growth dimensions within motherhood, and understanding the power of women's menopausal years.

Her 1995 anthology, *The Adoption Reader: Birth Mothers, Adoptive Mothers and Adopted Daughters Tell Their Stories* (Seal Press, Seattle), helped define adoption as primarily a woman's issue. Wadia-Ells' column, "Honest Health", published by the Gloucester Daily Times (MA), beginning in 2008, her long-time Busting Breast Cancer blog, and her 2013 e-book, *Birth Control Drugs and Breast Cancer: Learn the Terrible Truth*, all served to introduce many of the topics discussed in her 2019 book, *Busting Breast Cancer: Five Simple Steps to Keep Breast Cancer out of Your Body*, based on the new metabolic theory of cancer. She currently lives in Manchester by the Sea, MA.

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Speaker: Susan Wadia-Ells, PhD
February 25, 2021 @ 8:00 AM PST
"Busting Breast Cancer"

Join Zoom Meeting by web:

<https://us02web.zoom.us/j/83737580382?pwd=RIJuM3BSd1ZENEYzM1JrVGJXMU5Cdz09>

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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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\$10 per Meeting

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Join Us! First time Visitors and Non-Members \$10 per meeting (at door),
Or sign up for an Annual Membership for \$60 per year.

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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!

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