

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: September 30, 2021**



## **Antony Haynes**

*"All About Insomnia"*

**September 30, 2021**

**9:00 AM PST**

**5:00 PM London Time**

### *Meet the 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. He is also a successful, award-winning author of two books on nutrition.

*(Continued on Page 3)*

## 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.

## Presentation Speaker: Antony Haynes

*September 30, 2021 @ 9:00 AM PST/5:00PM London Time*

### *"All About Insomnia"*



Insomnia is too common and can lead to notable health challenges, quite apart from irritability or fatigue. It's estimated about 10-20% of the population have difficulty sleeping with half of those being a chronic issue. Insomnia can lead to the development of heart disease and a variety of mental disorders, with increased health care costs.

You don't have to rely on pharmaceuticals to improve your sleep. Learn about the most effective and common behavioural and nutritional interventions. Antony will highlight and explain the 7 most effective means by which to fall asleep and then the 5 most effective means by which to stay asleep and prevent waking in the night, including shedding light on the most important sleep-regulating mineral - and it isn't magnesium! There's so much you can do to help yourself!

#### Join Zoom Meeting

<https://us02web.zoom.us/j/82645933707?pwd=UULKOTI1YnFCUDgycGN3R3FzN0ZUQT09>

**Meeting ID: 826 4593 3707**

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*(End of Presentation)*

### **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).

### **Become a Member!**

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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