

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: December 21, 2021



Becky Plotner, ND

"Turning Away From Lyme Disease"

December 21, 2021

4:30PM EST (US & Canada)

Meet Becky Plotner, ND!

Becky Plotner is a Board Certified Naturopathic Doctor through the American Naturopathic Medical Certification Board. She is a traditional naturopath, Certified GAPS Practitioner, Doctor of Pastoral Sciences, and was deemed "The GAPS Expert" by Dr. Natasha Campbell-McBride in 2017. She is classified as a practitioner literate in Lyme, literate in Iodine and literate in chelation. She writes on her site, Nourishing Plot, with GAPS compliant help outside of appointments. She serves on Dr Natasha's GAPS Board of Directors, is on the GAPS Staff as an instructor teaching Certified GAPS Practitioners in Training, as well as Certified GAPS Coaches in training. She wrote the book "GAPS, Stage by Stage, With Recipes", alongside Dr Natasha as well as the book "Probiotic Foods vs Commercial Probiotics". Dr Natasha asked her to write the GAPS Baby book and is also working on a book on her own recovery from stage 4 Cancer. As a Naturopathic Doctor, her specialty is GAPS, which is the main focus of her clinic in N. Georgia, just south of the Tennessee border in the United States.

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Plotner has spoken at Annual Weston A. Price Conferences on GAPS and speaks on GAPS at many meetings promoting the power of foods. She has been published in "The Wise Traditions Journal", most recently with an article in the last Summer 2021 issue. She has appeared on many television and radio shows teaching people how to cook GAPS foods. Plotner came to GAPS when her son was 4.5, with autism, ADHD, hypoglycemia, bipolar, and dyslexia. He recovered from the lion's share of his issues within the first year and has been neurotypical since. As a result of their family switching their food, Plotner recovered from 8 autoimmune diseases, Stage 2 Spinal Degeneration, heavy metal poisoning, Stage 4 Adrenal Fatigue, and cancer. She owes her life to the incredible power of food, and blames her former illnesses on things that looked like food, but weren't. She lives with her husband on a small 2.6 acre farm in the city, a "Gentleman's Farm", with their two sons, two pigs, two ducks, two geese, four turkeys, 10 chickens, and meat rabbits that just keep changing in numbers. The biggest member of the family though, is their 12-pound puppy who rules the tiny farm with an iron tail wag.

(End of Meet Becky Plotner)

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:

Becky Plotner, ND

December 21, 2021 @ 4:30 PM EST (US and Canada)

"Turning Away From Lyme Disease"



Join Zoom Meeting

<https://us02web.zoom.us/j/88990306547?pwd=WEXlTDh6NDJ6cnZHWjBOU5iTVBOdz09>

Meeting ID: 889 9030 6547

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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.

For questions, please contact Susan Downs at susanrdowns@hotmail.com.

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