

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: April 28, 2022

Bernd Friedlander, DC

"Energy, Longevity, & Avoiding Diseases"

April 28, 2022

10:00 AM PST (US & Canada)

Meet Bernd Friedlander, DC!



Dr. Bernd Friedlander, DC, is a researcher in preventive medicine, light and magnetic therapies, owner and product developer to physicians and elite athletes, as well as sports chiropractor to professional football, basketball, track and field athletes.

(Continued on Next Page)

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:***Bernd Friedlander, DC******April 28, 2022 @ 10:00 AM PST (US and Canada)******"Energy, Longevity, & Avoiding Diseases"***

Having a high metabolism leads to health and longevity. Increasing electron flow through the ETC to produce higher amounts of ATP, increasing the ATPase spin increases energy, metabolism and less chance to produce Reactive oxidative stress, toxins, aging and diseases. High efficient mitochondria benefits the immune system, stem cells, cardiovascular, repair, brain function, bone, cartilage and attributes to longevity and health.

Foods, diet, supplements that contribute to high metabolism, mitochondria function such as improving thyroid function, increasing electron flow can be achieved, by eliminating or lowering consumption of polyunsaturated fats, higher calcium to phosphorus (Klotho gene) D3, K, Calcium, raising NAD such as Niacinamide, NR, NMN, K, COQ 10, higher CO₂ to lactic acid a cause of inflammation, leads to many disease such as cancer, diabetes, cardio vascular, lowering iron intake, iron causes oxidative stress, senescence cells, cardiovascular diseases. Talk about what foods to eat and avoid. Having a high metabolism leads to health and longevity.

Increasing electron flow through the ETC to produce higher amounts of ATP, increasing the ATPase spin increases energy, metabolism and less chance to produce Reactive oxidative stress, toxins, aging and diseases. High efficient mitochondria benefits the immune system, stem cells, cardiovascular, repair, brain function, bone, cartilage and attributes to longevity and health.

Foods, diet, supplements that contribute to high metabolism, mitochondria function such as improving thyroid function, increasing electron flow can be achieved, by eliminating or lowering consumption of polyunsaturated fats, higher calcium to phosphorus (Klotho gene)

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Presentation Speaker:
Bernd Friedlander, DC
April 28, 2022 @ 10:00 AM PST (US and Canada)
"Energy, Longevity, & Avoiding Diseases"

D3, K, Calcium, raising NAD such as Niacinamide, NR, NMN, K, COQ 10, higher C02 to lactic acid a cause of inflammation, leads to many disease such as cancer, diabetes, cardio vascular, lowering iron intake, iron causes oxidative stress, senescence cells, cardiovascular diseases. Talk about what foods to eat and avoid.

Getting plenty of natural light, far infrared light, sleep, reduce stress, emf, and staying positive is essential.

Join Zoom Meeting

<https://us02web.zoom.us/j/81088567920?pwd=emhYaGRxaHg5MDB2Zjhxa1Jta3J3dz09>

Meeting ID: 810 8856 7920

Passcode: 103466

One tap mobile

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+1 929 436 2866 US (New York)

Meeting ID: 810 8856 7920

Passcode: 103466

Find your local number: <https://us02web.zoom.us/j/81088567920?pwd=emhYaGRxaHg5MDB2Zjhxa1Jta3J3dz09>

(End of Presentation)

Menlo Forum
Menlo Park, CA
Starting Time 9:30 AM, most Saturdays

The Forum hosts speakers addressing a wide spectrum of issues and solutions of concern to the liberty & freedom movement. Among the speakers who have appeared in the past are Foster Gamble of the Thrive Movement, Dr. Robert Rowen — natural physician and ozone healing expert, FreedomFest founder and Economist Mark Skousen, Zach Vorhies — The Google Whistleblower, prep & survival expert John Yegge “The Ready Guy”, Filmmaker and broadcast host Dr. Susan Downs, and Alix Mayer, co-founder of Childrens' Health Defense, California Chapter.

Each meeting includes our fun and interactive “Open Forum” where attendees share their news, views and information of mutual interest.

Menlo Forum is an educational, social, and networking event. Many new friends have been made.

For further information and location, email Patrick Bailey at patrickgbailey@sbcglobal.net and leave message at (650) 533-0439.

Health Freedom advocates are encouraged to get on the Menlo Forum email list for first notice of our continuous programs and updates.

(End of Information)

Menlo Forum Presentation Speaker:
Reinette Senun
April 16, 2022
2022 Candidate for Governor of California

See www.electreinette.com

This is a serious and momentum gathering independent grass roots run that is gathering momentum as did former Governor Jesse Ventura's run and surprise election in Minnesota back in 1998. Californians from an array of “political identities” are frustrated to the last straw with the political elite of CA and their statist and corrupt policies which infringe on our freedom of association, of work & business, of health, of movement, of risk, and the fruits of our labor. This plus the encouragement of cultural degradation has opened the door for an independent candidate who is principled, honest, and understands what has happened and how to turn the tide back towards liberty.

Reinette will appear in person to present her case and take your questions. Open Forum discussion follows.

(End of Presentation)

Menlo Forum Presentation Speaker:
Dr. Scott Atlas
April 23, 2022
author of "A Plague Upon Our House"

The inside story of what happened in the Trump White House during the COVID hysteria. Dr. Atlas speaks from first hand experience as he was brought in by Mr. Trump to advise and help resist the medicrat big pharma presence in Washington, a presence that had already corrupted areas of his own administration and national health agencies. Mark your calendar for this one and save the date. Dr. Atlas attracts other health field & freedom notables when he speaks and our room will likely be more than full. Appearing in person, you will get the opportunity to ask him anything.

https://www.amazon.com/Plague-Upon-Our-House-Destroying/dp/1637585519/ref=sr_1_1

(End of Presentation)

Menlo Forum Presentation Speaker:
Dr. Joseph Mercola
April 30, 2022

Dr. Joseph Mercola, natural health physician, author of many best-selling health and longevity books including *The Truth About Covid19*. He is publisher of numerous daily health articles, and a proud member of the Deep State medicrat's "dirty dozen". Dr. Mercola has earned a massive internet following from those who take personal responsibility for their health. He is a popular conference speaker, consultant to numerous other health professionals, original thinker, strategist and visionary. The medicrats and technocrats had cancelled, censored, and demonetized much of his internet presence, but he has come back stronger and more determined. He was one of the earliest to identify the covid agenda falsehoods and suspicious coincidences. Dr. Mercola has kindly given his time to the Menlo Forum, and will answer all of your questions, live via ZOOM. Save the Date. Location & Details to follow.

In the interim, peruse his website www.mercola.com where articles are posted temporarily. For the full multi-year database of all his published articles, visit takecontrol.substack.com.

(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.

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.

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\$10 per Meeting

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