

Silicon Valley Health Institute

Host of the Smart Life Forum

Next Meeting: June 30, 2022

Steve Blake, ScD

"Diabetes Breakthrough: The Key to Insulin Resistance"

June 30, 2022

4:00 PM PST(US & Canada)

Meet Steve Blake, ScD!



Steve Blake, ScD is a doctor of science specializing in nutritional biochemistry (www.drsteveblake.com). He is Director of Nutritional Neuroscience at the Maui Memory Clinic. He is lead advisor and author for the 2019 Macmillan Reference, Gale Encyclopedia of Alternative Medicine. He just published a successful clinical study on dementia at the

Hawaii Alzheimer's Disease Center. He has presented grand rounds at many hospitals. He taught 25 classes at the University of Hawaii and at many universities.

Steve Blake is author of Beyond the mask, Nutrients for Memory, Diabetes Breakthrough: The Key to Insulin Resistance, Medical Plants of the World Encyclopedia (6634 pages), Medical Plants for Illnesses (4835 pages), Fats and Oils Demystified, the McGraw-Hill college textbook Vitamins and Minerals Demystified, Stop Strokes Before they Start, Autism: A Spectrum of Improvement, Mastering Migraines, Arthritis Relief, Parkinson's Disease: Dietary Regulation of Dopamine, Healing Medicine, No More Heart Attacks, and co-author of Mosby's Drug Guide for Nurses, 4th edition. As a registered professional herbalist (AHG), he wrote The Herb Doctors database, information from 54 regions worldwide (168,000 footnoted facts), also published by Mosby as Alternative Remedies. Steve Blake programmed the Diet Doctor, software for analyzing and graphing dietary nutrients. www.DrSteveBlake.com

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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:

Steve Blake, ScD

June 30, 2022 @ 4:00 PM PST (US and Canada)

"Diabetes Breakthrough: The Key to Insulin Resistance"



Please join us for Dr. Blake's presentation on his new book, *Diabetes Breakthrough: The Key to Insulin Resistance*. Learn how to defend yourself from diabetes. See how a successful 10-step program resulted in a reversal of diabetes for many participants. For too long, we have been looking only at how sugar gets into the blood. You will learn how to lower blood sugar and which foods to avoid to lower saturated fats. These concepts are a breakthrough in understanding type 2 diabetes.

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Presentation Speaker:

Steve Blake, ScD

June 30, 2022 @ 4:00 PM PST (US and Canada)

"Diabetes Breakthrough: The Key to Insulin Resistance"

The Silicon Valley Health Institute is inviting you to a scheduled Zoom meeting.

Topic: Diabetes Breakthrough: The Key to Insulin Resistance

Time: Jun 30, 2022 04:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84414386187?pwd=dU00bjArVkdxK0V5SGhVTlZ0eTJIUT09>

Meeting ID: 844 1438 6187

Passcode: 700682

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Passcode: 700682

Find your local number: <https://us02web.zoom.us/j/84414386187?pwd=dU00bjArVkdxK0V5SGhVTlZ0eTJIUT09>

(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.

Annual Membership \$60 (per household)

\$10 per Meeting

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