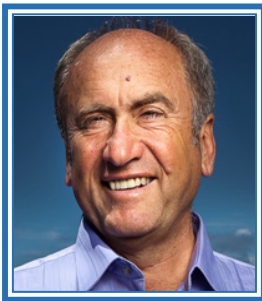


Silicon Valley Health Institute

Host of the Smart Life Forum

November/December 2022 Newsletter

October 2022 Zoom Meeting Speaker



Meir Schneider
October 12, 2022
2:00 PM PST

"Steps for Natural Vision Improvement"

November 2022 Zoom Meeting Speaker



Pete Williams
November 10, 2022
9:00 PM PST / 5:00 PM London Time

"Bad Mouth - Bad Brain"

December 2022 Zoom Meeting Speaker



Julia Ross
December 5, 2022
1:00 PM PST

"The Craving Cure"

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.

Speaker: Meir Schneider***October 12, 2022 @ 2:00 PM PST California Time******"Steps for Natural Vision Improvement"***

The Meir Schneider Self-Healing Method combines breathing, unique bodywork, movement and visualization techniques that can help anyone to become more aware of their own body and be empowered to take charge of their own healing. His method is effective to help people to see well (with or without glasses), get rid of computer stress syndrome, help overcome nearsightedness (myopia), teach to not need readers, prevent macular degeneration, glaucoma, cataracts, retinal detachment and others. Meir applied his Method of Self-Healing to help others who suffered from a wide range of degenerative conditions such as polio, muscular dystrophy and multiple sclerosis, in a natural way.

Through his methods, you can learn how you can improve your eyesight and how you can move better, prevent most illnesses with simple exercises. This can be done with simple exercises which can be entertaining and pleasurable. You will also learn how flexible your brain is and find new ways to bring out your body's resources in daily life. Other advantages of his methods include:

- Reducing computer eyestrain
- Overcoming the dependency on glasses
- Improving joint mobility
- Preventing all back problems
- Getting rid of the nagging back pain
- Overcoming headaches

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Speaker: Meir Schneider
October 12, 2022 @ 2:00 PM PST California Time
"Steps for Natural Vision Improvement"

Meet Meir Schneider

Meir Schneider is a world scholar in the field of natural vision improvement and self-healing through movement. Meir was born with congenital cataracts to deaf parents. He underwent five unsuccessful surgeries that left him with massive scar tissue. He was raised reading Braille until he discovered eye exercises at the age of 16. That helped him to develop vision, from 1% to 70%. Now he can read, write and drive.

He teaches worldwide, and people come from all over the world to his School and Center in Ocean Beach, in San Francisco. He is the author of *Yoga for your Eyes*, *the Kit for Natural Vision Improvement*, *Movement for Self-Healing*, *Awakening your Power of Self-Healing*, and *Vision for Life*. His books and programs have been translated into twenty different languages. He believes strongly in self-healing without limit.

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Speaker: Meir Schneider
October 12, 2022 @ 2:00 PM PST California Time
"Steps for Natural Vision Improvement"

Join Zoom Meeting

<https://us02web.zoom.us/j/88450982881?pwd=c244MDY2UURJR2JQTU45eFRDZ013UT09>

Meeting ID: 884 5098 2881

Passcode: 956604

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Meeting ID: 884 5098 2881

Passcode: 956604

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(End of October Speaker)

**Speaker: Pete Williams, M. Med. Sci, CSCS, IFMCP,
Bredesen trained practitioner**

November 10, 2022

9:00 AM Pacific Time / 5:00 PM London Time

"Bad Mouth - Bad Brain:

The Oral Systemic Link and the Risk of Alzheimer's"



Gum disease exists in 40% of the adult population. The link between poor oral health and many chronic diseases, including Alzheimer's is becoming more established.

This lecture explores:

- All diseases are underpinned by similar mechanisms.
- How a local disease (gum disease) can have whole body consequences.
- How gum disease exaggerates all other chronic disease processes.
- How oral bacteria can exaggerate the development of Alzheimer's disease.
- Bacterial translocation and compromised barrier function at the mouth, gut and brain that can increase Alzheimer's risk.
- Alzheimer's is an infectious disease.
- Oral genomics, the host and invader relationship.

Alzheimer's disease develops due to inflammation of the brain. Neuro-inflammation is created by the brain trying to defend itself against invaders. Using a systems approach based on the Bredesen protocol, It highlights how oral bacteria, oral gene variants and lifestyle combine to amplify risk. Filled with practical case study examples of these concepts and their application to patients.

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"Bad Mouth - Bad Brain:

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Meet Pete Williams, M. Med. Sci, CSCS, IFMCP, Bredesen trained practitioner

Pete is the founder of Functional Medicine Associates London UK a leading team of IFM certified practitioners and has over 20 years of experience applying Functional Medicine in clinical practice.

Pete is increasingly interested in brain health, cognitive decline and neuroinflammation, with an interest in border control, genetics, microbiome and the “exposome”. He recently developed a genetics panel and training for practitioners DNA Smile for periodontal disease risk and to better understand genes, bacteria and bacterial translocation on local and systemic health.

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Join Zoom Meeting

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(End of November Speaker)

Speaker: Julia Ross

December 5, 2022

1:00 PM PST California Time

"The Craving Cure"



Bestselling author and nutritional therapy expert, Julie Ross shares her strategy that has successfully helped thousands of overeaters at her clinics. She uses nutrients called amino acids to quickly restore natural appetite control and eradicate cravings for sugar, chips and pasta. With more than thirty years' experience in the eating disorders and addiction fields, she understands why most of us can't stick to a healthy diet. Our favourite treats are engineered to be addictive. Julia presents the truth on how we have been hooked to consume addictive foods and tells how we can eliminate our compulsions where they start - in the brain. She uses amino acids to combat cravings and presents methods for determining which amino acids would be effective. She provides step by step instructions and provides customized plans with tracking tools and recipes.

(Continued on Next Page)

Speaker: Julia Ross
December 5, 2022
1:00 PM PST California Time
"The Craving Cure"

Meet Julia Ross, MA, NNTS

Julia Ross has combined 35 years of experience as a licensed psychotherapist with 30 years of pioneering work in the use of brain-targeted nutrient therapies to create a revolutionary approach to mood problems, eating disorders, and addictions. She is the author of the best-selling books *The Mood Cure*, *The Diet Cure*, and now *The Craving Cure*, all based on her work as founder and director of several integrative treatment programs in the San Francisco Bay Area since 1980. She currently directs The Julia Ross Virtual Clinic in association with The Neuro-Nutrient Therapy Institute (NNTI) her intensive training program for health professionals. Her work has been featured in publications from *Vogue* to *The Journal of Molecular Psychiatry*, as well as online, on radio, and on television. See [Julia Ross cures.com](http://JuliaRossCures.com) and her YouTube channel.

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Speaker: Julia Ross
December 5, 2022
1:00 PM PST California Time
"The Craving Cure"

Join Zoom Meeting

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(End of December Speaker)

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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who share information and similar interests and
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