

Silicon Valley Health Institute

Host of the Smart Life Forum

March 2023 Newsletter

March 24, 2023 Zoom Meeting Speaker



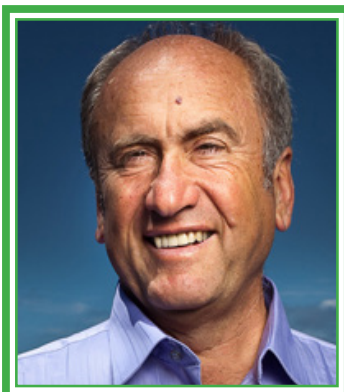
Craig Lane

March 24, 2023

11:00 AM - 1:00 PM PST

*"Healthy Choices Equals Healthy Life
Healthy Mind Healthy Body"*

March 28, 2023 Zoom Meeting Speaker



Meir Schneider

March 28, 2023

4:00 PM PST

*"Steps for Natural Vision
Improvement"*

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: Craig Lane

March 24, 2023 @ 11:00 AM - 1:00 PM PST

"Healthy Choices Equals Healthy Life, Healthy Mind, Healthy Body"



In this meeting you will walk away with health tips that cost less and take far less time to work. These approaches have been proven to work. Subjects covered include:

- What is our Chooser?
- How does our Mind, Nerves and Blood Sugar come together?
- How do our choices affect digestion?
- How do they affect detoxification and decongestion?
- How does our choices affect our bowel movements, breathing, urine, skin, and more?

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Speaker: Craig Lane

March 24, 2023 @ 11:00 AM - 1:00 PM PST

"Healthy Choices Equals Healthy Life, Healthy Mind, Healthy Body"



Meet Craig Lane

Craig Lane, the founder of Health Alkemy and inventor of the title “Holistologist,” Certified Nutritionist (B.S. in Nutrition) and Herbalist, has experience and education in Western medicine, Chinese medicine, and Ayurveda.

With 25+ years of experience, he has created an integrated assessment system with medical exam/lab work, iris, sclera, and tongue analysis.

His skill set is bridging the gap between modern medicine and proven Ancient Health Traditions.

Through Medical Advocacy, lifestyle changes, and proper facilitation, people have an experience they cannot deny. He is also a graduate from the Kushi Institute of Macrobiotics, a Shiatsu massage and acupressure therapist, and a whole-food therapeutic chef with expertise in alchemy and food preparation.

<https://healthalkemy.com/team/craig-lane/>

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Speaker: Craig Lane

March 24, 2023 @ 11:00 AM - 1:00 PM PST

"Healthy Choices Equals Healthy Life, Healthy Mind, Healthy Body"

Join Zoom Meeting

<https://us02web.zoom.us/j/86539370171?pwd=bm55eVRJeUR0YXdISHpjUE9WWDdydz09>

Meeting ID: 865 3937 0171

Passcode: 159915

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Meeting ID: 865 3937 0171

Passcode: 159915

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(End of Craig Lane Presentation)

Speaker: Meir Schneider
March 28, 2023 @ 4:00 PM PST
"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
March 28, 2023 @ 4:00 PM PST
"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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<https://us02web.zoom.us/j/81453647268?pwd=TkRvdHZPT21FVm91WUVES2ZpRWRGdz09>

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(End of Meir Schneider 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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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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Benefit: Access to a community
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who share information and similar interests and
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