

Silicon Valley Health Institute

Host of the Smart Life Forum

May 2023 Newsletter

May 16, 2023 Zoom Meeting Speaker



Tim Jackson, DPT, CNS(c)

May 16, 2023

11:00 AM PST

*"Mitochondria: The Key to Health
and Energy"*

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: Tim Jackson, DPT, CNS(c)***May 16, 2023 @ 11:00 AM PST******"Mitochondria: The Key to Health and Energy"*****Meet Tim Jackson, DPT, CNS(c)**

Dr. Tim Jackson is a Doctor of Physical Therapy and Orthopedic Rehabilitation, and a Functional Medicine provider. He holds a B.S. Degree in Health Science and Chemistry from Wake Forest University. He serves clients in over 15 countries through his telehealth practice at www.healyourbody.org and has helped thousands over the last 8 years.

Dr. Jackson is the creator of the “The Heal Your Hormones” bootcamp for neurosurgeon Dr. Jack Kruse’s membership community and has contributed to the book “Diagnostic Testing and Functional Medicine” by Ameer Rosic. He has been featured in The Huffington Post, the “Bulletproof Executive” and “Ben Greenfield Fitness” podcasts, on multiple health and medical summits, and in two health documentaries. Dr. Tim hosts The Boss Body Podcast. He also serves on the medical advisory board for Wellness Mama, a site with several million annual visitors. Dr. Jackson is available to comment on various functional medicine and wellness-related topics such as digestive health, energy and fatigue, autoimmune disorders, and mold toxicity.

(End of Meet Tim Jackson)

Speaker: Tim Jackson, DPT, CNS(c)

May 16, 2023 @ 11:00 AM PST

"Mitochondria: The Key to Health and Energy"



Dr. Tim Jackson, DPT, CNS(c), discusses the significance of mitochondrial health in every aspect of one's life, from cognition to physical strength. He will discuss why most approaches to improving energy are misguided and how a multi-pronged approach leads to better outcomes and quality of life. In this episode, you will learn how to care for the batteries of your cells and experience improved strength, energy, and sleep. Dr. Tim will focus on timely, actionable

strategies that you can implement immediately.

Background on Mitochondria

Each and every one of our cells contains mitochondria. Mitochondria are known as the “power plants” of cells because they convert oxygen to energy. Since they are the source of all cellular energy, optimal mitochondrial function is essential for good health. Every cell in your body is affected by how well you make energy. As you age, your mitochondria become less efficient in producing energy. Age-associated mitochondrial decline leads to a progressive decline in our metabolism, our overall energy levels, our resiliency and our muscle function. Anti-aging experts believe that maintaining mitochondrial health is important for cellular energy production which is important to maintain overall health and vitality as we age. Supporting the mitochondria is the first step in healing according to Dr. Henry Ealy.

The number of mitochondria per cell varies widely. The most mitochondria are in the brain, then the ovary, then the heart. There are two million mitochondria in each brain cell as the brain uses twenty percent of energy. The second highest concentration of mitochondria are found in ovary cells where there are 700,000 mitochondrial cells.

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The third highest density for mitochondria are in heart cells which have approximately 7000 mitochondria per cell. Muscle cells have approximately 5000 mitochondria per cell and other cells have approximately a couple of hundred mitochondria per cell. Red Blood Cells do not contain mitochondria.

Roles of mitochondria include regulation of membrane potential, and is involved in apoptosis programmed cell death, calcium signaling, regulation of cellular metabolism. They are constantly renewed to produce energy and fulfill the vast energy needs of muscles and other tissues.

Microtoxins heavily affect mitochondria as they share the same DNA. There is cross talk between the mitochondria and nuclear dNA. If the mitochondria are corrupted, nuclear dNA will not function. Contents of recent “viruses” have been described as wrecking ball” to our mitochondria due to the damage components inflict on the mitochondria. Mitochondria produce reactive electron species in their production of energy.

Hence, it is important to keep mitochondria and give them all the nutrients needed for healthy functioning. Mitochondria rely on various vitamins and minerals such as vitamin B, copper, selenium, zinc, and iron. Mitochondria are the only cells in the body with a second membrane. Sleep is necessary for mitochondrial function and repair. Light energy can optimize mitochondrial function. Algae can get into mitochondria and provide some protection.

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"Mitochondria: The Key to Health and Energy"

Join Zoom Meeting

<https://us02web.zoom.us/j/81793984643?pwd=VzJmV0FhVjY95RlYwampJN3ArMlo5Zz09>

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(End of Tim Jackson's 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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