

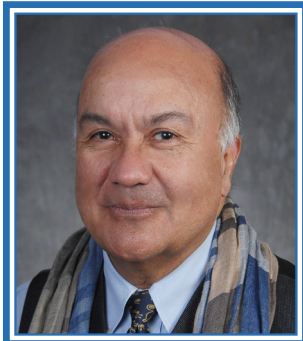
Silicon Valley Health Institute

Host of the Smart Life Forum

July 2023 Newsletter

July 10, 2023

Zoom Meeting Speakers



**Jose G. Montoya, M.D. and
Christine Rosche, M.P.H., C.N.S.,
C.B.T.**

July 10, 2023

12:00-2:00 PM PST



*"How Reducing Inflammation and
Understanding the Gut Microbiome
Can Impact and Reverse Chronic
Unexplained Illnesses"*

Future August Speakers

August 1, 2023 - Russell Jaffe, M.D. (tentatively),

August 8, 2023, 11:00AM - Meir Schneider

Future September Speakers

Felice Gersh, author of PCOS SOS on Hormones

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.

Note:

The discount code from the last meeting for AquaCure is:
drtim24

The discount code for TITAN IR is:
drtim23vip15

You get 15% of Titan-iR™ from medifypbm.com

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.

**Speakers: Jose G. Montoya, M.D. and
Christine Rosche, M.P.H, C.N.S.**

July 10, 2023 @ 12:00-2:00 PM PST

***"How Reducing Inflammation and Understanding the Gut Microbiome
Can Impact and Reverse Chronic Unexplained Illnesses"***

The world just witnessed the devastation brought by a significant virus pandemic. A hyper-belligerent immune system is the primary reason the serious virus we all know about has taken more than 7 million lives as of 2023 and is affecting millions more whose lives are being shattered by the effects of longer term illness from a virus. Over the past 75 years, as humans are living longer, they have been selected to live with more overactive immune systems leading to unfolding epidemics of inflammatory illnesses such as multiple sclerosis, asthma, autism, and depression. Unlocking the signals driving inflammation can lead to the use of effective treatments including existing FDA-approved drugs and gut microbiome modulating agents. Learn how this approach has helped patients with the long term effects of with a serious viral infection, myalgic encephalomyelitis (ME), and chronic fatigue syndrome (CFS).

*Learn how the Gut Microbiome is a significant contributor to how the challenging virus we all know about and chronic disease manifests.

* Understand the 7 keys to optimal digestive and microbiome health

* Identify how microbial diversity and abundance relates to lower inflammation

*Hear a summary of the latest research on the microbiome

*Discover how to identify your unique microbial fingerprint

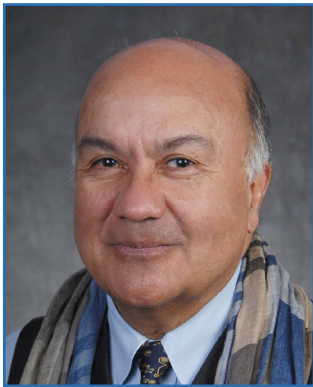
*Which nutrition/supplements enhance your microbial health

(Continued on Next Page)

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***"How Reducing Inflammation and Understanding the Gut Microbiome
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Meet Jose G. Montoya, M.D.

Dr. José G. Montoya is originally from Barranquilla, Colombia. He completed his medical school with honors at Universidad del Valle in Cali, Colombia. He finished his residency in Internal Medicine at Tulane University in New Orleans, LA, USA. He began his post-doctoral training at Stanford University (Palo Alto, CA, USA) in 1990, where he completed a four-year intense fellowship in Infectious Diseases under the mentorship of Drs. Jack S. Remington and Thomas C. Merigan. Dr. Montoya had the unique opportunity of having been chosen by Dr. Jack S. Remington for an additional seven years of extended fellowship/training on Toxoplasmosis and Immune Responses against intracellular pathogens at the Department of Immunology and Infectious Diseases, Palo Alto Medical Foundation, Palo Alto.

Dr. Montoya is considered an international authority in Toxoplasmosis and is currently the Director of the National Reference Laboratory for the Diagnosis and Treatment of Toxoplasmosis, the “Dr. Jack S. Remington Laboratory for Specialty Diagnostics (Remington Lab).” The Remington Lab is CLIA certified and is the Toxoplasmosis national reference laboratory for the FDA, NIH, CDC, and clinicians throughout North America and the world over.

Dr. Montoya joined Summit Therapeutics as a Medical Advisor in December 2021 and founded the “Art and Science” boutique private medical practice in June of 2022. “Art and Science of Medicine” (<https://artandsciencemd.com/>) focuses on ailments who do not have a home in the silos of conventional medicine including chronic unexplained illnesses such as CFS, ME, Long COVID, menopause.

(Meet Jose G. Montoya, M.D., Continued on Next Page)

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He has published more than 200 articles and book chapters in peer review journals and books. During his residency at Tulane and tenure at Stanford University, Dr. Montoya received 14 school-wide teaching awards. During his 29 years at Stanford, he initiated, participated in, executed, and led more than 30 clinical trials and founded the Infectious Diseases Immunocompromised Host service and the ME/CFS program. Dr. Montoya is considered a "clinician extraordinaire" for his outstanding medical and diagnostician skills. In 2003 he was selected as one of the 100 Colombians who excelled abroad, and in 2019 was given the "Ilustre Egresado" (Distinguished Alumni) by Universidad del Valle Medical School for his international recognitions and teaching awards.

He was elected Fellow of the American College of Physicians (FACP) in recognition of his commitment to the internal medicine community and a Fellow of the Infectious Diseases Society of America" (FIDSA) for having achieved professional excellence in the field of Infectious Diseases.

Dr. Montoya enjoys family life, California hiking trails, cinema, music, literature, art museums, and good grapes and wines from the regions of Napa, Argentina, Chile, Spain, and France.

Abbreviations:

CLIA: Clinical Laboratory Improvement Amendments

CDC: The Centers for Disease Control and Prevention

FACP: Fellow of the American College of Physicians

FIDSA: Fellow of the Infectious Diseases Society of America

FDA: The United States Food and Drug Administration

NIH: The National Institutes of Health

USA: United States of America

(End of Meet Jose G. Montoya, M.D.)

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Meet Christine Rosche, M.P.H., C.N.S., C.B.T.

Christine Rosche, M.P.H, C.N.S., Board Certified Nutrition Specialist and Microbiome Health Expert developed an integrative approach to digestive health based on 25 years experience in the healthcare field.

She developed and taught courses to Stanford University Medical Center and is the author of 2 books, the latest “Light Living, An Integrated Approach to Stress Management and Weight” with companion audio CD program. She has studied and worked with the leading functional and preventive medicine physicians in the United States and Europe. Christine has maintained a private practice in medical nutrition therapy/health counseling since 1983 and specializes in customized digestive health/nutrition consulting for all types of stress and digestive issues including constipation, diarrhea, IBS, IBD, Inflammatory Bowel Diseases, SIBO, heartburn, absorption issues, gut permeability. As a Licensed Heartmath (TM) Trainer she is pioneering the work of heart rate variability/biofeedback training for Stress Burnout and Gut Health.

www.digestivehealth.center - 650-856-3151

(End of Meet Christine Rosche, M.P.H, C.N.S., C.B.T.)

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Join Zoom Meeting

<https://us02web.zoom.us/j/83708432081?pwd=cDVMdXBaNnlOWWErVIBUUXpJQ3dmZz09>

Meeting ID: 837 0843 2081

Passcode: 532385

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Passcode: 532385

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(End of Speakers 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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