

Silicon Valley Health Institute

Host of the Smart Life Forum

June 2023 Newsletter

June 13, 2023 Zoom Meeting Speaker

Joshua Helman, MD

June 13, 2023

3:00 PM PST



"Making Aging Optional: How to Reverse Aging, Reverse the Biological Clock and Promote Longevity Using Lifestyle Changes and Smart Supplementation"

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:

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Thank you.

Speaker: Joshua Helman, MD

June 13, 2023 @ 3:00 PM PST

"Making Aging Optional: How to Reverse Aging, Reverse the Biological Clock and Promote Longevity Using Lifestyle Changes and Smart Supplementation"



Meet Joshua Helman, MD

Dr. Joshua Helman is a Harvard-trained board-certified physician licensed in fourteen states. He embraces an integrative approach to health, wellness, medicine, and life. He has two degrees in biochemistry (undergraduate from Harvard and master's from University of Cambridge [UK]). His medical degree is from Harvard Medical School and MIT. He is passionate about applying his biochemical knowledge to real-world challenges. He is board-certified in emergency medicine and lifestyle medicine. Dr. Helman has served as an attending physician throughout his career and ultimately as the Medical Director for Hippocrates Health Institute in Palm Beach, Florida.

His clinical and research focus is on these areas:

1. Regenerative medicine
2. Wellness
3. Environmental medicine
4. Mold toxicity
5. Lyme disease

Dr. Helman has always had a keen interest in fitness and living a healthy lifestyle. He naturally became self-educated regarding the medicinal benefits of nutritional wellness and the longevity benefits of exercise and various herbal medications inspiring him to begin studying functional medicine and regenerative medicine with a desire to provide more holistic care for his patients.

(Meet Joshua Helman, MD, Continued on Next Page)

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As an integrative MD, Dr. Helman has found he gets better patient results when he combines his expertise in critical care medicine with ongoing learning and training in the principles of naturopathic medicine and the new frontier of regenerative medicine. Upon joining the medical staff at Sponaugle Wellness Institute, Dr. Helman quickly revealed his passion for healing complex patients, many of which, have failed to regain their health after seeing an average of 30 physicians.

Working at Sponaugle Wellness Institute, Dr. Helman treats many chronic Lyme and neurological Lyme patients who are referred to our clinic for more intensive care than can be provided in a typical physician's office setting. He has been a part of the clinic's team for five years. After multiple physicians, it is clear Dr. Helman is the right fit for Sponaugle Wellness Institute.

(End of Meet Joshua Helman, MD)

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"Making Aging Optional: How to Reverse Aging, Reverse the Biological Clock and Promote Longevity Using Lifestyle Changes and Smart Supplementation"



Make Aging Optional

Over half of the population including children have at least one chronic disease. The general health in Western countries is getting worse over time. Most expect that health further deteriorates with age. This is not necessarily so. Aging does not mean that health gets worse. Through proper supplementation and wise lifestyle choices, we can aspire to optimal health. Optimal health is not measured by average blood levels as these levels are determined by the health of 95 % of the population, most of whom are in poor health. Learn how in this discussion. Participants will be able to ask health questions.

(Continued on Next Page)

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Join Zoom Meeting

<https://us02web.zoom.us/j/89441199348?pwd=MmFzc2ttQmpYZVhDcGJlVYjFBZU8rUT09>

Meeting ID: 894 4119 9348

Passcode: 207633

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(End of Speaker 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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\$10 per Meeting

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