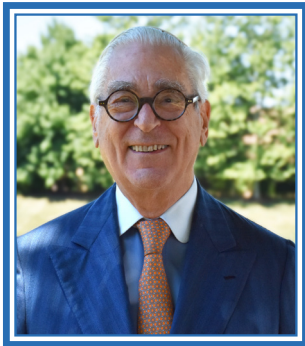


Silicon Valley Health Institute

Host of the Smart Life Forum

August 2023 Newsletter



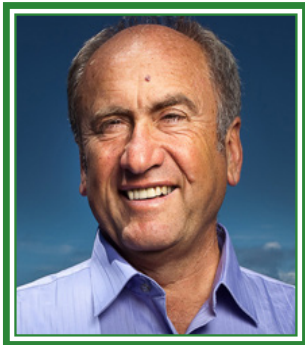
August 1, 2023

Russell Jaffe, M.D., Ph.D., CCN

8:00 AM California Time

4:00 PM London Time

"Thriving in The 21st Century: A Deep Dive into Immune Health"



August 8, 2023

Meir Schneider

11:00 AM PST (USA and Canada)

"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.

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.

August 1, 2023

Russell Jaffe, M.D., P.h.D., CCN

8:00 AM California Time / 4:00 PM London Time

"Thriving in The 21st Century: A Deep Dive into Immune Health"



Meet Russell Jaffe, M.D., P.h.D., CCN

Dr. Russell Jaffe received his BS, MD and Ph.D from the Boston University School of Medicine in 1972. He completed residency training in clinical chemistry at the National Institutes of Health (1973 – 1976), remaining on the permanent senior staff until 1979. He is board certified in Clinical Pathology and in Chemical Pathology.

As a physician and scientist who aspired to be comprehensive, objective, empiric and experiential, Dr. Jaffe started his career searching for deeper understanding, wisdom, evidence and insight in mechanisms of health. Through intense curiosity and learned skepticism, Dr. Jaffe sought to debunk the best-known advocates of a variety of health promotion and healing systems. What started as a journey to disprove holistic forms of care became a rich educational experience that transformed Dr. Jaffe into a student and then researcher in such areas as Traditional Chinese Medicine, acupuncture, active meditation, homeopathy, and manipulative arts.

Motivated by his personal transition, Dr. Jaffe went on to reinvent himself professionally by starting the Health Studies Collegium, a think tank that focuses on sustainable solutions to global health needs, with his fellow colleagues. For the last 30 years, Dr. Jaffe has advocated a system that treats people not diagnoses, cause not consequence, and promotes long term sustainable solutions as an alternative to a system dominated by prescriptive, symptom suppressive solutions. Dr. Jaffe's cumulative experiences enabled him to take his efforts one step further and build PERQUE Integrative Health, a company that offers the world scientifically proven, integrative health solutions that speed the transition from sick care to healthful caring.

(Continued on Next Page)

August 1, 2023

Russell Jaffe, M.D., P.h.D., CCN

8:00 AM California Time / 4:00 PM London Time

"Thriving in The 21st Century: A Deep Dive into Immune Health"

Dr. Jaffe's practical contributions to clinical medicine and to healthcare policy focus on functional, predictive tests and procedures designed to improve the precision of both diagnosis and of treatment outcomes; he has authored nearly 100 articles on the subject. Examples of his contributions to molecular biology and clinical diagnostics include:

- Early colon cancer detection tests
- Predictive tests of cardiovascular health and function based on changes in blood clotting and systemic repair status
- Quantification of the number of concurrent platelet binding sites needed for collagen to activate platelet-induced blood clotting
- Identification of the mechanism that controls collagen activation of platelets
- Antigen ultra-purification for use in high sensitivity immunology assays
- Mechanism of connective tissue cross-link inhibition by d-penicillamine
- Predictive tests of immune function and hypersensitivity / delayed allergy
- Predictive tests of nutritional / metabolic function
- High Sensitivity Predictive Biomarkers

Dr Jaffe has been honored as an International Scientist of 2003 by the IBC, Oxford, England, UK for his lifetime contributions to clinical medicine, biochemistry, immunology, methodology, and integrative health policy. He is also the recipient of the Merck, Sharp & Dohm Excellence in Research Award, the J.D. Lane Award, and the U.S.P.H.S. Meritorious Service Award. Dr Jaffe teaches and lectures widely on nutritional immunology and treatment guidelines for chronic autoimmune and immune dysfunction syndromes and has helped elucidate the causes and consequences of immune defense and repair functions in health and disease. He is also founder and chairman of ELISA/ACT Biotechnologies.

(End of Meet Russell Jaffe, M.D., P.h.D., CCN)

August 1, 2023

Russell Jaffe, M.D., P.h.D., CCN

8:00 AM California Time / 4:00 PM London Time

"Thriving in The 21st Century: A Deep Dive into Immune Health"

The immune system naturally defends and repairs but when there is an immune burden then defense takes a back seat - "repair deficit" or inflammation, acute or chronic sets in. This is a well-recognized cause/amplifier of chronic, degenerative, and autoimmune conditions. When defense takes precedence over repair in the immune system, increased intestinal permeability intensifies the defense work in the immune system. Partially broken-down food remnants get through impaired intestinal walls and set the stage for host hospitality to chronic infection and/or autoimmune, chronic degenerative illness. Delayed or late-phase food and other chemical sensitivities can also contribute to chronic low-grade systemic inflammation. With the world coming out of a COVID stricken few years, we need to devote additional emphasis on the state of the immune system. There is so much information that has been disseminated about this that it is time to make sense of it all. Knowing which cells to look at and which high sensitive tests to look at, is vital and can make a difference. Adequate personalized intake of protective antioxidants and nutrients, guided lifestyle modifications and actions that target improved acid alkaline balance (Nature's Pharmacy) further allows the innate immune system to flourish, fight the inflammatory state and restore repair, providing relief from "repair deficit". Our main focus in helping folks thrive in the 21st Century!

(Continued on Next Page)

August 1, 2023

Russell Jaffe, M.D., P.h.D., CCN

8:00 AM California Time / 4:00 PM London Time

"Thriving in The 21st Century: A Deep Dive into Immune Health"

Join Zoom Meeting

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Meeting ID: 882 1742 6499

Passcode: 249998

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(End of Meeting Presentation)

August 8, 2023

Meir Schneider

11:00 AM PST (US and Canada)

"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.

(End of Meet Meir Schneider)

August 8, 2023

Meir Schneider

11:00 AM PST (US and Canada)

"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.

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.

(Continued on Next Page)

August 8, 2023
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11:00 AM PST (US and Canada)
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Join Zoom Meeting

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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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