

Silicon Valley Health Institute

Host of the Smart Life Forum

September 2023 Newsletter

September 13, 2023 Zoom Meeting Speaker



Akil Palanisamy, MD
September 13, 2023
11:00 AM PST

*"Addressing Autoimmune Diseases:
The Tiger Protocol"*

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.

Speaker: Akil Palanisamy, MD
September 13, 2023 @ 11:00 AM PST
"Addressing Autoimmune Diseases: The Tiger Protocol"



Meet Akil Palanisamy, MD

Akil Palanisamy, MD, is a Harvard-trained physician who practices integrative medicine, blending his conventional medical expertise with holistic approaches including functional medicine and Ayurveda. “Dr. Akil” attended Harvard University and graduated magna cum laude with a Bachelor of Arts in biochemical sciences. He earned an MD from the University of California, San Francisco (UCSF) and completed family medicine residency training at Stanford University. He then graduated from a fellowship in integrative medicine with Dr. Andrew Weil at the University of Arizona, and received certification in mind-body medicine from the Georgetown University Center. Dr. Akil is the Department Chair for Integrative Medicine at the Sutter Health Institute for Health and Healing (IHH). He also serves as IHH Physician Director for Community Education and leads their educational initiatives and programs. Dr. Akil has been a consultant with the Medical Board of California for many years. A widely known speaker and educator, he is the author of “The Tiger Protocol” (his latest book) and “The Paleovedic Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease”. As he has done for two-plus decades, Dr. Akil sees patients and conducts clinical research studies in the San Francisco Bay Area. In his free time, he enjoys playing tennis, traveling, and spending time with his wife and daughter.

(End of Meet Akil Palanisamy, MD)

Speaker: Akil Palanisamy, MD

September 13, 2023 @ 11:00 AM PST

"Addressing Autoimmune Diseases: The Tiger Protocol"



Autoimmune diseases are becoming increasingly prevalent affecting approximately ten percent of the population. In the US autoimmune diseases affect an estimated twenty-five million people. It is the fastest-growing category of disease. It can take decades between the start of this process and the time of an accurate diagnosis. Autoimmune diseases include: Hashimoto's Disease, type 1 diabetes, celiac disease, lupus and allergies. Dr. Akil Palanisamy describes his TIGER protocol, which is an integrative treatment approach combining his work as a functional medicine practitioner with his training in Ayurveda (the traditional medicine of India). His five-step protocol includes -removing toxins -healing infections -improving gut health -Eating right -Consciously resting and rebalancing. His holistic approach is a guide for building up health, reducing the occurrence of flare-ups, and attaining remission with a minimum of medications. With his approach you can feel better so you can live life to the fullest. The tiger Protocol gives you the tools you need to start on the path toward healing and freedom.

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"Addressing Autoimmune Diseases: The Tiger Protocol"

Join Zoom Meeting

<https://us02web.zoom.us/j/86393363365?pwd=Z2REb1dXYy91MWx3MUd4KzBPUWo4Zz09>

Meeting ID: 863 9336 3365

Passcode: 263682

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Passcode: 263682

Find your local number: <https://us02web.zoom.us/j/86393363365?pwd=Z2REb1dXYy91MWx3MUd4KzBPUWo4Zz09>

(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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