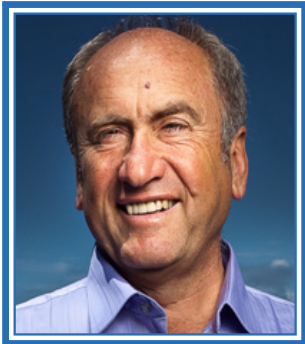


# Silicon Valley Health Institute

Host of the Smart Life Forum

## January 2024 Newsletter



**January 4, 2024**

**Meir Schneider**

**10:00 AM California Time**

**6:00 PM London Time**

*"How To Be Healthy This Coming Year -  
Helping Your Resolutions"*



**January 12, 2024**

**Teri Cochrane**

**10:00 AM California Time**

**6:00 PM London Time**

*"Malabsorption Issues and the  
Wildatarian Diet"*

## 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](http://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.

*January 4, 2024*

**Meir Schneider**

**10:00 AM California Time & 6:00 PM London Time**

*"How To Be Healthy This Coming Year - Helping Your Resolutions"*



**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)*

*January 4, 2024*

**Meir Schneider**

**10:00 AM California Time & 6:00 PM London Time**

*"How To Be Healthy This Coming Year - Helping Your Resolutions"*

Meir Schneider will continue to share his approaches for improving vision, balance and improving other health conditions. 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.

Through his methods, you can learn how you can improve your eyesight and how you can move better, prevent most illnesses with simple exercises. This can be done with simple exercises which can be entertaining and pleasurable. You will also learn how flexible your brain is and find new ways to bring out your body's resources in daily life. Other advantages of his methods include:

- Reducing computer eyestrain
- Overcoming the dependency on glasses
- Improving joint mobility
- Preventing all back problems
- Getting rid of the nagging back pain
- Overcoming headaches

*(Continued on Next Page)*

*January 4, 2024*

**Meir Schneider**

**10:00 AM California Time & 6:00 PM London Time**

*"How To Be Healthy This Coming Year - Helping Your Resolutions"*

**Join Zoom Meeting**

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**Meeting ID: 875 4357 4255**

**Passcode: 487627**

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*(End of Speaker's Presentation)*

*January 12, 2024*

**Teri Cochrane**

*10:00 AM California Time / 6:00 PM London Time*

*"Malabsorption Issues and the Wildatarian Diet"*



**Meet Teri Cochrane**

Teri Cochrane is a pioneer in epigenetics and precision wellness. Decoder of the human body. Entrepreneur, speaker, and advisor. Through decades of clinical work and unprecedented client results, Teri developed a novel approach to integrative health that focuses on the ever-shifting needs of the individual. The Cochrane Method®, examines the intersection of genetic tendencies, and the individuals' current state of health to untangle even the most complex health conditions. She serves A-list Hollywood actors, world's leading rock bands and their lead singers and professional athletes. She also serves those seeking hope in the face of health tribulations, providing expertise in a number of areas, including autoimmunity, fertility, and mystery conditions. Her motto: whatever your condition, we will figure you out -simply and elegant.

*(End of Meet Teri Cochrane)*

*January 12, 2024*

**Teri Cochrane**

*10:00 AM California Time / 6:00 PM London Time*

*"Malabsorption Issues and the Wildatarian Diet"*

Most believe that curcumin, broccoli, onions and garlic are healthy. While that is true for some, it is not true for everyone. Teri has developed a system, based on many years of resolving complicated medical problems, based on three categories of poor absorption/assimilation. She finds that the malabsorption of protein, fat and sulfur has become one of the biggest contributors to America's collective current state of imbalance. With the help of genetics and patient symptoms, she tailors specific diets for people who fall into each (or a combination) of these categories. These patterns of malabsorption impact genetic expression, alter detoxification pathways and increase pathogenicity in our bodies. Learn about these patterns, how to identify them and about diets that will help each category.

*(Continued on Next Page)*

**January 12, 2024**

**Teri Cochrane**

**10:00 AM California Time / 6:00 PM London Time**

***"Malabsorption Issues and the Wildatarian Diet"***

**Join Zoom Meeting**

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*(End of Speaker's Presentation)*



## *Extra Article Written by Susan R. Downs*

### *"How Not to Age"*

The annual A4 M meeting held in Las Vegas is fascinating for those of us focused on improving health. There are many lectures from leading functional medicine experts, and there is an exhibit with hundreds of booths featuring the latest technology and supplement approaches for “anti-aging.” People are looking for interventions to extend life spans. They look to drugs to decrease mTOR, supplements, and diet interventions such as caloric restriction and protein restriction. However, the greatest risk for mortality is age. The rate of death increases exponentially as we age.

One inspiring speaker, Michael Greger, MD discusses eleven pathways to aging and what steps prolong lifespan on each of these pathways. These pathways to aging include; AMPK, autophagy, cellular senescence, epigenetics, glycation, IGF 1, inflammation, mTOR, oxidation, sirtuins, and telomers. Problems in any of these pathways can cause a decrease in lifespan.

#### **AMPK (AMP-activated protein kinase)**

AMPK is a energy conservation fuel-sensing enzyme that is present in all mammalian cells. During exercise, it is activated in human skeletal muscle, also in adipose tissue, liver and perhaps other organs by events that increase the AMP/ATP ratio. When activated by a deficit in nutrient status, AMPK stimulates glucose uptake and lipid oxidation to produce energy, while turning off energy-consuming processes including glucose and lipid production to restore energy balance.

In his book *How Not to Age*, Dr. Greger describes AMPK as a sensor switch that can switch the metabolism from fat storage to fat burning. It is activated when one eats less or moves more. It also induces autophagy (consumption of destroyed cells which cause inflammation and oxidative stress). AMPK drops with age which results in hastening aging. Caloric restriction can increase AMPK where palmitic acid (found in palm oil, meat and dairy fat) can decrease AMPK.

Foods that boost AMPK include nicotine, berberine, black cumin, hibiscus tea, alcohol, vinegar, and fiber. He recommends not drink vinegar straight but to sprinkle it on food.

*(Continued on Next Page)*

## *Extra Article Written by Susan R. Downs*

### *"How Not to Age"*

#### **Autophagy**

Autophagy is the process to get rid of damaged cells which can cause inflammation and oxidative stress. Autophagy decreases with age. Fasting and exercise can increase autophagy, but this effect does not kick in until 24 to 48 hours of fasting. Exercise may take up to one hour of vigorous or moderate exercise to ramp up autophagy. Acrylamide which can increase crp (c reactive protein) by 50 %, is found in French fries and potato chips may suppress autophagy.

Approaches to increase autophagy (includes methods to increase AMPK). He reported that coffee activated autophagy and could extend life. Three cups of coffee daily can lower the death rate by 13 %. (I question whether this is true for the slow metabolizers as I believe the research shows that their risk of adverse events is greater for slow metabolizers vs the fast metabolizers.) His book adds that coffee can lower the risk of kidney disease, gout, diabetes 2 , skin cancer and Parkinson's Disease. Decaffeinated and instant coffee work as well. Filtered coffee works the best. Starbucks coffee has the least antioxidant ability.

Dr. Greger suggests that it is not the caffeine in coffee that provides these benefits but coffee's polyphenol chlorogenic acid. Adding milk weakens this effect as it binds to chlorogenic acid. Rice, oat, almond and coconut milk do not have enough protein to cause serious binding to the chlorogenic acid in coffee. He adds in his book that coffee is not advised for persons with glaucoma, urinary incontinence, and pregnancy. He also advises against coffee enemas as it can cause electrolyte imbalance, rectal burns, and bowel perforation.

#### **Spermidine**

Spermidine is seen as a longevity elixir. It regulates cell growth and activates autophagy. Some of the benefits of spermidine is that it reduces hair shedding, helps heart health, reduces blood pressure, and lowers heart attacks, stroke and cardiovascular disease death. Its mechanism may be that with its positive charge, spermidine binds to negatively charged molecules like DNA and fits into major and minor grooves of the DNA helix. Spermidine activates AMPK and suppresses mTOR.

*(Continued on Next Page)*

## *Extra Article Written by Susan R. Downs*

### *"How Not to Age"*

Interestingly the naked mole rat (sand puppies) do not age and have high levels of spermidine. Studies show that persons who consume more than 12 g spermidine daily are 5.7 years biologic years younger than those taking less than 9 g daily.

Spermidine drops with age resulting in a decrease in autophagy and a decline in the function of immune cells. When in our fifties, spermidine levels have decreased by 50 %, and at age 70, we have 1/3 of the levels we had in middle age.

One can get spermidine from the diet. Sources of spermidine include whole wheat, apples, pears, salad, tempeh, mushrooms, natto, mango, edamame, cheddar, lentil soup, soybeans, lettuce, polenta, soy milk, mussels, broccoli, cow intestine, chickpeas, cauliflower, celeriac, yellow peas, wheat germ, oysters, lentils, adzuki beans, eel livers, salad, popcorn, kidney beans. Wheat germ helps lower cholesterol, triglycerides, blood sugar, pain, fatigue, and helps with headaches, mood swings, and painful periods. Increasing bifidobacterial can also increase spermidine.

#### **Senescent Cells**

Senescent cells consist of old cells which can be seen as debris that leads to inflammation and oxidating stress. Excess senescent cells can damage DNA and have been connected to osteoarthritis, osteoporosis, muscle loss, poor kidney function, spinal curvature, Alzheimer's Disease and Parkinson's Disease. Senescent cells increase with age. Some approaches to reducing senescent cells include quercetin, onions, kale, capers, strawberries and apples. One small apple weekly is sufficient to add support in the ridding of senescent cells.

#### **Epigenetics**

Epigenetics is the study of how behaviors and environment can cause changes that affect the way genes work. Unlike genetic changes, epigenetic changes are reversible and do not change your DNA sequence, but they can change how the body reads a DNA sequence.

*(Continued on Next Page)*

## *Extra Article Written by Susan R. Downs*

### *"How Not to Age"*

Some say that genes load the gun, and lifestyle pulls the trigger. In twins, genetics account for about 25 % of the variance in life span. The rest is due to lifestyle choices such as diets. Dr. Gregor discusses Blue Zones - areas with a high percentage of centenarians (folks over 100 years old). The diets in these regions are 95 to 100 % plant based with daily consumption of beans, with no processed foods. They drink mostly water, snack on nuts, and have diets low in meat, dairy and sugars. One approach is caloric restriction. Studies show that a 12 % reduction in calories causes one to age only one month while others age one year. Increasing methylation with folate, lentils, edamame, broccoli can help as well.

#### **Glycation**

Glycation is the most general term describing the addition of a carbohydrate to another molecule such as a protein, lipid or DNA. Advanced glycation end products (AGEs) are non-enzymatic modifications of proteins or lipids after exposure to sugars. The inhibition of AGE formation and accumulation in tissues can lead to an increase in lifespan.

Glycation occurs when glycation proteins cross links causing AGE (advanced glycation products)

This results in increased inflammation and free radicals and increases the risks of hypertension, peripheral artery disease, heart disease, and contributes too osteoporosis arthritis, muscle weakness, cataracts, chronic kidney disease, Alzheimer's disease, and erectile dysfunction. It is corelated with frailty, premature death, accelerated brain shrinkage.

The accumulation of AGE can outweigh the benefits of caloric restriction. Because glycation can occur with proteins heated with sugar, he recommends cooking methods to include boiling, poaching, steaming vs baking to reduce glycation. For example, boiled chicken results in five times fewer AGE than baked chicken. Marinating meat with an acidic substance such as lemon or vinegar.

*(Continued on Next Page)*

## *Extra Article Written by Susan R. Downs*

### *"How Not to Age"*

AGE can also be caused by insulin spikes. Hence, a lower glycemic load diet would help minimize these sugar spikes. Vinegar after a meal can blunt the post meal blood pressure spike by 20 %. Berries can slow the absorption of sugar. Other approaches are onions, curry, ginger, cinnamon, greens, and chamomile tea. Walking before or after meals can lower AGE as well.

#### **IGF 1**

IGF 1 is insulin like growth factor which can increase the risk of cancer. Ways to reduce IGF 1 is to avoid meat, fish, but particularly to avoid consumption of the amino acid, methionine.

#### **Inflammation**

Inflammation is part of the body's defense mechanism. It is the process by which the immune system recognizes and removes harmful and foreign stimuli and begins the healing process. Inflammation can be either acute or chronic

Inflammation which can be assessed through the blood tests for CRP or for the cytokine, IL6.. As crp rises, the risk for all inflammation connected diseases such as coronary vascular disease, diabetes, chronic kidney disease, Alzheimer's Disease, Parkinson's Disease increases. Higher inflammatory markers (crp, IL-6) predict physical and cognitive performance and lifespan, and higher levels are associated with poorer survival, physical, cognitive, dec feelings vitality.

#### **Methods to Reduce Inflammation**

As AGE and senescent cells are sources of inflammation, recommendations include reducing AGE, reducing senescent cells, boosting skin lotion. He recommends a diet that avoids proinflammatory food components as found in ultra-processed food and recommends choosing Anti Anti-inflammatory foods such as legumes, berries, turmeric, ginger, cinnamon, cocoa powder, dill, green and chamomile teas and other fiber, anthocyanin and salicylic acid rich foods He also believes that minimizing meat, dairy, tropical oils and salt and using emollient skin lotion can help reduce inflammation.

*(Continued on Next Page)*

## *Extra Article Written by Susan R. Downs*

### *"How Not to Age"*

#### **mTOR (Mammalian Target of Rapamycin)**

mTOR regulates cell proliferation, autophagy, and apoptosis by participating in multiple signaling pathways in the body. mTOR is a major driving of aging and is a master determinant of lifespan and aging as it regulates growth in animals. Reducing mTOR disrupts the progression towards degenerative diseases. When a person is young, mTOR is a life preserver as it promotes development. When older, it suppresses autophagy which countermands cellular cleansing and rejuvenation. Studies have shown that the mTOR signaling pathway is also associated with cancer, arthritis, insulin resistance, osteoporosis, and other diseases.

Dr. Greger points out that calories don't drive mTOR, but amino acids drive mTOR activity. He recommends restricting intake of the amino acids methionine, isoleucine, leucine and valine. To further reduce mTOR, he recommends caloric restriction and the consumption of tomatoes, DIM and sulforaphane (formed cruciferous vegetables), coffee, green tea (EGCG).

#### **Oxidation**

Oxidation occurs when there are free radicals which rip electrons off other molecules. When fat is attacked, cell membranes can be disrupted. When enzymes are targeted, they are inactivated. When protein is damaged, new structures are created which may appear foreign and activate an autoimmune response. Also, when electrons are ripped from DNA, the DNA may mutate. Oxidative stress can result in hair graying, muscle loss, arthritis, frailty, cataracts, age related macular degeneration, cardiovascular, lung and kidney disease, cognitive decline and neurodegenerative disease.

His recommendations include restricting methionine intake to increase longevity. Restricting all amino acids except methionine, shows no effect on longevity. Methionine is found in meat, fish and dairy products. He also advises to avoid proinflammatory foods and recommends adding legumes, beans, split peas, chickpeas, and lentils to the diet.

*(Continued on Next Page)*

## *Extra Article Written by Susan R. Downs*

### *"How Not to Age"*

#### **Sirtuins**

Sirtuins are a family of signaling proteins involved in metabolic regulation. Sirtuins play a vital role in sustaining genome integrity. They take part in maintaining normal DNA damage response and repair, modulate oxidative stress and energy metabolism. They activate and deactivate proteins: preserve DNA integrity, improve DNA repair, down regulates inflammation, contributes to telomere maintenance. They boost life span and protect against a variety of age-related diseases. Approaches to increase sirtuins include increasing NAD, AMPK and to snack on apples, add cardamon to meals, avoid smoking and foods high in AGE.

#### **Telomeres**

Telomeres are proteins found at the ends of chromosomes. They cap and protect the end of a chromosome like the end of a shoelace. In almost all animals, from the simplest to the most complex, telomeres are required for cell division. Telomeres shorten with age as DNA replicates. Shortened telomeres affect health and reduces lifespan of an individual. To minimize telomere shortening, Dr. Greger recommends reducing inflammation and oxidative stress. He suggests a high fiber diet centered around whole plant foods, Cruciferous vegetables, minimizing meat and sugar consumption and 800 to 2000 iu of vitamin D daily. drinking tea or coffee vs. soda or milk.

The following are other suggestions from his lecture and his book.

#### **Balding**

Rosemary oil ¼ teaspoon twice a day helps.

#### **Bladder**

¼ dried cranberry powder better than pills with bladder issues.

#### **Hormones**

Japanese have no word for hot flashes. Fennel seeds and fenugreek can help with menopause symptoms.

*(Continued on Next Page)*

*Extra Article Written by Susan R. Downs*  
*"How Not to Age"*

**Muscle Mass**

Muscle mass decreases with age. Greens, cocoa, alkaline diet help. Blending greens triples the bioavailability of its ingredients. There is no evidence that protein will increase muscle mass.

**Osteoarthritis**

Tylenol generally does not work. Rubbing less than ¼ teaspoon of ginger topically can help with joint pain.

**Prostate**

Studies show saw palmetto provides no clinical benefit. Pumpkin seeds 1/8 t dried cranberries help.

**Skin Health**

He recommends avoiding sun. Topical niacinamide helps to avoid skin damage. Topical vitamin C helps but is not stable in cream formulations.

**Specific Foods**

Black sesame oil

¼ teaspoon black sesame oil can decrease the risk for strokes.

**Blueberries**

Blueberries are antioxidants, but their effects are impaired by some medications.

**Fish**

Fish are marred by pollution such as with DDT and PCB. Salmon are the worst followed by canned tuna despite the healthy omega three beneficial effects.

**Meat**

Cutting meat, Dr. Greger states, increases longevity. He states that a burger cuts life the same amount as two cigarettes.

*(Continued on Next Page)*



*Extra Article Written by Susan R. Downs*  
*"How Not to Age"*

**Milk**

Adding milk blunts effects of tea when comes to improving artery function  
Blueberries. Drinking tea with milk may be worse than not drinking any tea at all.

**Salt**

He believes that excess sodium is a risk factor for death. He reports that replacing half of salt with potassium salt can make a person ten years younger and decrease cardiovascular related deaths by 40 %. He also suggests that with aging, taste declines resulting in the oversalting of food. He states to counteract this loss in taste, folks can scrape the whitish grey coating from their tongues.

**Spinach**

Spinach improves blood flow. If one had one to two servings of greens daily they can have a biological age of 11 years younger. Blending greens increases their bioavailability by 300%.

**Strawberries**

Strawberries cut inflammation.

More can be learned in his new book, *How Not to Age*.

*(End of Extra Article)*

### **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](http://www.SVHI.com).

For questions, please contact Susan Downs at [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com).

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