

# Silicon Valley Health Institute

Host of the Smart Life Forum

## April/May 2024 Newsletter



**April 22, 2024**

**William Davis**

**9:00 AM California Time**

*"Dieting: How Can We Do It Successfully?"*



**May 16, 2024**

**Antony Haynes**

**11:00 AM California Time**

**7:00 PM London Time**

*"Healthy Pancreas - What You  
Need to Know"*

## 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](mailto:susanrdowns@hotmail.com).  
Thank you.

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If you have questions please email:

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Thank you.

*April 22, 2024*

**William Davis**

**9:00 AM California Time**

*"Dieting: How Can We Do It Successfully?"*



**Meet William Davis**

William Davis, MD is a cardiologist and author of the groundbreaking #1 New York Times bestseller *Wheat Belly*, three other New York Times bestsellers: *Wheat Belly Cookbook*, *Wheat Belly 30-Minutes (or Less!) Cookbook*, and *Wheat Belly Total Health*, and several other books including *Wheat Belly 10-Day Grain Detox* and *Undoctored*. His most recent book is *Super Gut: A Four-Week Plan to Re-program Your Microbiome, Restore Health and Lose Weight* that maps out the damage that has occurred with the modern human microbiome and the specific, actionable steps that can be taken to re-store it to maximum advantage.

Dr. Davis champions programs that empower the individual in health in a world in which the healthcare system has failed to provide unbiased information and services. He is co-founder and Chief Medical Officer of Realize Therapeutics Corp. in Lake Bluff, Illinois, a commercial project to fund research and develop therapeutic products applying the new science of the microbiome. He is active in various online activities, including his *Wheat Belly Blog* (33 million visits) which has now transitioned to his *Dr. Davis Infinite Health website* ([www.DrDavisInfiniteHealth.com](http://www.DrDavisInfiniteHealth.com)). He also broadcasts his message through his *Dr. Davis Infinite Health YouTube channel* (<https://www.youtube.com/c/drDavisinfinitehealth>)

Dr. Davis is a graduate of the St. Louis University School of Medicine, with training in internal medicine and cardiovascular disease, and advanced training in interventional procedures at the Case Western Reserve University Hospitals where he also served as Director of the Cardiovascular Fellowship and Assistant Professor of Medicine. He lives in Milwaukee, Wisconsin.

*(End of Meet William Davis)*

*April 22, 2024*

**William Davis**

**9:00 AM California Time**

*"Dieting: How Can We Do It Successfully?"*

In our strides to be healthy, most of us are dieting. Yet, the conventional dieting approaches make our health worse, not better. Also, the conventional dieting approaches do not work. Have you noticed that most of the participants in The Biggest Loser TV reality show gain their weight back. Why is that? While most of us are overweight, what can we do to become healthier?

Obesity is a major health problem in the Western world. Not only is obesity embarrassing and demoralizing, it is unhealthy. Excess weight is accompanied by inflammation, oxidative stress, metabolic disorders, a path towards insulin resistance and chronic disease. It is life shortening.

Conventional weight loss approaches include reducing caloric intake, GLP 1 agonists, and bariatric surgery. While these conventional weight loss strategies may have short term success, most times, the weight returns after the dieting stops. These conventional weight loss methods impair health and shorten lifespan. They result in muscle loss and a preferential loss of subcutaneous fat over the more harmful visceral fat (fat surrounding organs). Typically 25% of weight loss in these conventional weight loss approaches is from loss of muscle mass. The muscle mass is necessary to keep our metabolic rate and the ability to burn calories at a good rate. The remaining visceral fat adversely affects triglyceride levels, HDL and small LDL levels, fasting glucose and insulin levels, blood pressure, c reactive protein and uric acid levels. The weight typically regained after the use of GLP 1 agonists and is nearly all fat, not muscle.

Hence, our preoccupation with caloric restriction, GLP 1 agonists, and bariatric surgery we are not losing the harmful visceral fat and the weight returns with our muscle mass lessened.

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*April 22, 2024*

**William Davis**

**9:00 AM California Time**

*"Dieting: How Can We Do It Successfully?"*

When visceral fat loss is targeted, glucose regulation, insulin resistance, and inflammation all improve. Lean muscle mass is preserved, there is faster weight loss and no weight regain. In order to target harmful visceral fat loss, Dr. Davis recommends not cutting calories, reduce food that triggers blood glucose and insulin increases. He recommends addressing nutrient that influence insulin resistance – magnesium, vitamin D, iodine/ thyroid and omega 3s. He recommends lactobacillus reuteri and high collagen peptides, hyaluronic acid, carotenoids especially astaxanthin.

However there are some factors, lost in modern people, that gives some control over weight and body composition. These include probiotics, collagen, hyaluronic acid and carotenoids.

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**April 22, 2024**  
**William Davis**  
**9:00 AM California Time**  
*"Dieting: How Can We Do It Successfully?"*

**Join Zoom Meeting**

<https://us02web.zoom.us/j/85041039350?pwd=ekFZMDI4VFdZN1ZjVUx2U2FFeTVPQT09>

**Meeting ID: 850 4103 9350**

**Passcode: 470639**

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**Find your local number: <https://us02web.zoom.us/j/85041039350?pwd=ekFZMDI4VFdZN1ZjVUx2U2FFeTVPQT09>**

*(End of Speaker's Presentation)*

*May 16, 2024*

**Antony Haynes**

**11:00 AM California Time/7:00PM London Time**

*"Healthy Pancreas - What You Need to Know"*



**Meet Antony Haynes**

Antony is passionate about the subject of nutrition and how targeted nutritional therapy can benefit people's lives. He's been this way for nearly 3 decades.

He has been in private practice for over 27 years and is one of the most experienced Registered Nutritional Therapists in the country.

He is one of the first practitioners to implement the principles of Functional Medicine in the UK, since 1992.

Antony has seen over 17,000 clients, with literally thousands of these individuals suffering from a degree of subclinical hypothyroidism. He has presented lectures and webinars on the subject of thyroid health and thyroid hormone imbalances for many years, combining his clinical experience with the review of the scientific literature and meeting and learning from world experts on the subject.

He has been using & recommending nutritional supplements since 1990 and dedicated many hundreds of hours to the subject as well as witnessing their impact and influence in human health over the past 30 years. This is particularly true when it comes to thyroid hormone health, because Antony has first hand experience of how positive certain supplements can be for those who need thyroid hormone support.

*(End of Meet Antony Haynes)*

*May 16, 2024*

**Antony Haynes**

**11:00 AM California Time/7:00PM London Time**

*"Healthy Pancreas - What You Need to Know"*

The pancreas is a small organ located behind the stomach in the abdomen and functions as a digestive organ and an endocrine organ. In the digestive system, the pancreas helps break down food. In the endocrine system which comprises approximately one percent of the pancreas, the pancreas releases key hormones, such as insulin and glucagon. Antony will discuss how to have these components working optimally.

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**May 16, 2024**

**Antony Haynes**

**11:00 AM California Time/7:00PM London Time**

***"Healthy Pancreas - What You Need to Know"***

**Join Zoom Meeting**

<https://us02web.zoom.us/j/88176735048?pwd=ZEhBeDBVTnNaYmN6U0hjaTN3d0FZUT09>

**Meeting ID: 881 7673 5048**

**Passcode: 910204**

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**Find your local number: <https://us02web.zoom.us/j/88176735048>**

*(End of Speaker's 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](http://www.SVHI.com).

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

### **Become a Member!**

Smart Life Forum, Inc. (SLF) is a California qualified 501(C)(3) nonprofit corporation organized under state law for educational and scientific purposes as a public benefit corporation. Please make your check payable to “Smart Life Forum, Inc.” Please provide your email address as well.

**Annual Membership \$60 (per household)**

**\$10 per Meeting**

**Benefits:** Access to a community of experienced scientists and physicians who share information and similar interests.

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**Annual Membership \$60** (per household).

**Benefit:** Access to a community  
of experienced scientists and physicians  
who share information and similar interests and  
FREE admission to all meetings!

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Bill Grant  
1745 Pacific Ave. APT 405  
San Francisco, CA 94109-2401

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**Complete this form & bring to a future meeting with payment:**  
**\$60/year full membership (maximum 4 per household)**  
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