

# Silicon Valley Health Institute

Host of the Smart Life Forum

## August 2024 Newsletter



**August 22, 2024**

**Craig Lane**

**9:30 AM California Time**

**5:30 PM London Time**

*"Healthy Cell Membranes and Immunity"*

**NOTE: During censorship challenges, SVHI videos are temporarily parked on Rumble at:**

**<https://rumble.com/user/susanrdowns>**

## 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.

## SLF Members

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If you have questions please email:

*susanrdowns@hotmail.com*

Thank you.

*August 22, 2024*

**Craig Lane**

**9:30 AM California Time/5:30 PM London Time**

*"Healthy Cell Membranes and Immunity"*



**Meet Craig Lane**

He introduces himself as a man who has spent his life studying the link between health, spirituality, and nature. Craig has applied the Living Laws of Nature and Consciousness and is revealing the message which anyone can grasp. He lectures, leads discussions, does one on one and group classes, and offers health education. His office offers hand grown herbs, raw whole food supplements, and health assessments and health plans.

He has BS degrees in Nutrition and Business and Certifications in Shiatsu bodywork as well as Herbal Medicine. Mysterious health cases are his expertise as well as simple tune ups.

*(End of Meet Craig Lane)*

*August 22, 2024*

**Craig Lane**

**9:30 AM California Time/5:30 PM London Time**

*"Healthy Cell Membranes and Immunity"*

**What Do Our Cell Membranes and Our Immune System Have in Common?**

Craig will explore the importance of having smart cells that can discern between friend and foe. What are our cell membranes made out of? What do they do? Where has science limited our understanding of these "mini-me's?" Listeners will leave with a greater sense of proper hydration, sunlight, nutrients and respiration needs for maximum cell health. And how cell intelligence is vital for thriving health.

*(Continued on Next Page)*

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*"Healthy Cell Membranes and Immunity"*

**Join Zoom Meeting**

<https://us02web.zoom.us/j/82303119745?pwd=0bEhBsqf61BMaSMl3alFPbVaNR0idU.1>

**Meeting ID: 823 0311 9745**

**Passcode: 234585**

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**One tap mobile**

**+12532050468,,82303119745#,,,,\*234585# US**

**+12532158782,,82303119745#,,,,\*234585# US (Tacoma)**

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  - **+1 386 347 5053 US**
  - **+1 507 473 4847 US**
  - **+1 564 217 2000 US**
  - **+1 646 931 3860 US**
  - **+1 669 444 9171 US**
- **+1 669 900 6833 US (San Jose)**
  - **+1 689 278 1000 US**
  - **+1 719 359 4580 US**
- **+1 929 436 2866 US (New York)**

**Meeting ID: 823 0311 9745**

**Passcode: 234585**

**Find your local number: <https://us02web.zoom.us/j/82303119745?pwd=0bEhBsqf61BMaSMl3alFPbVaNR0idU.1>**

*(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.

**Join Us!** First time Visitors and Non-Members \$10 per meeting (at door),  
Or sign up for an Annual Membership for \$60 per year.

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

**Donations are welcome!**

Please send your donations to:  
Bill Grant  
1745 Pacific Ave. APT 405  
San Francisco, CA 94109-2401

**Renew your membership today!**

**Complete this form & bring to a future meeting with payment:**

**\$60/year full membership (maximum 4 per household)**

Yes, you can renew and pay in person at a meeting.

NAME: \_\_\_\_\_

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Total amount authorized or enclosed: \$ \_\_\_\_\_, (check applicable boxes):

\$60/yr Family membership (4 max in household)

Donation: \$ \_\_\_\_\_

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