

# Silicon Valley Health Institute

Host of the Smart Life Forum

## September 2025 Newsletter



**September 16, 2025**  
**Robert Menkemeller, RNC, CPT**

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

*"Unlock Your Longevity Potential: A  
Science-Based, Practical and Simple  
Approach to Optimal Health!"*

**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.

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If you have questions please email:

***[susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com)***

Thank you.

*September 16, 2025*

**Robert Menkemeller, RNC, CPT**

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

*"Unlock Your Longevity Potential: A Science-Based, Practical and Simple Approach to Optimal Health!"*



**Robert Menkemeller, RNC, CPT**

Robert Menkemeller, RNC, CPT Registered Nutritional Consultant & Certified Personal Trainer

Robert Menkemeller brings over three decades of dedicated expertise in nutritional consulting, personal training, and longevity optimization. His journey into health and wellness began in 1984 while living in the Seychelles Islands, where he developed a deep appreciation for the connection between environment, lifestyle, and vitality.

Professional Background & Education - Robert graduated from nutrition school in February 1992, where he was mentored by Dr. Kenneth Johnson, a triple Ph.D. in Sports Medicine, Sports Nutrition, and Oriental Medicine. His education continued under the guidance of renowned chemist Raymond Francis in 1996, who provided advanced training in supplement chemistry and bioavailability—critical knowledge rarely taught in traditional nutrition programs.

In 1994, Robert earned his Personal Training Certification from Hayward State University and gained practical experience at 24 Hour Fitness, developing expertise in exercise physiology with a focus on bilateral function and optimal body mechanics.

In 2015, Robert expanded his expertise into biohacking, studying the science of optimizing human performance through measurable lifestyle interventions and self-experimentation. This knowledge enhanced his ability to help clients make precise, data-driven improvements to their health and longevity.

Specialized Expertise - With over 20 years of experience with PERQUE products and deep knowledge of Dr. Russell Jaffe's eight biometrics blueprint, Robert specializes in personalized health optimization through advanced biomarker analysis. His approach addresses inflammation control, nutritional optimization, and metabolic balance to unlock each individual's longevity potential.

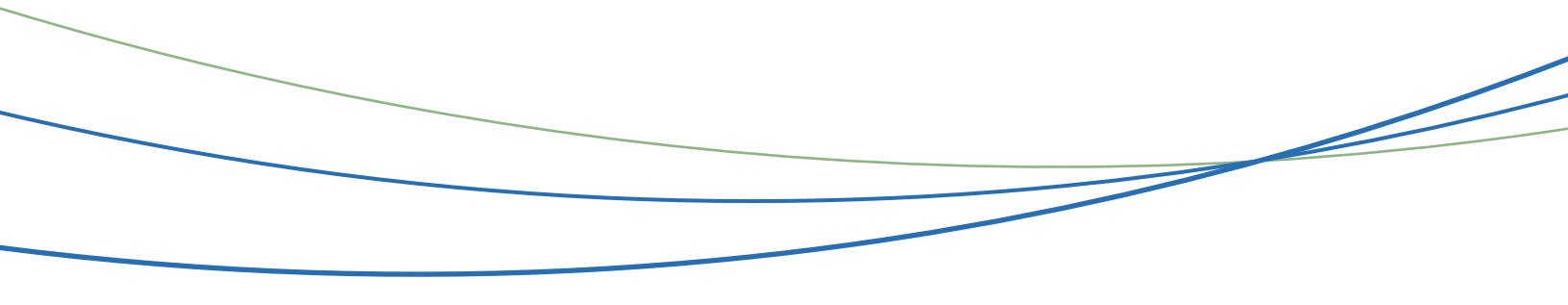
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Robert's personal health journey includes overcoming seven years of chronic hip pain through natural methods, achieving complete pain relief since 2007. This experience reinforced his belief that symptoms are signals requiring root-cause solutions, not merely symptom suppression.

Philosophy & Approach - Guided by his mantra "Optimum Health is Your Greatest Wealth," Robert combines scientific precision with practical application. His methodology integrates nutritional biochemistry, supplement quality assessment, and lifestyle optimization to create personalized wellness strategies.

Robert's holistic approach incorporates mind-body wellness principles, including NLP and positive psychology, recognizing that mental health is fundamental to physical vitality.

*(End of Meet Robert Menkemeller)*

The bottom of the page features several decorative, overlapping wavy lines in shades of blue and green, creating a modern, flowing aesthetic.

*September 16, 2025*

**Robert Menkemeller, RNC, CPT**

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

*"Unlock Your Longevity Potential: A Science-Based, Practical and Simple Approach to Optimal Health!"*

**Unlock Your Longevity Potential: A Science-Based, Practical and Simple Approach to Optimal Health!**

In a world where healthcare costs continue to skyrocket and chronic diseases plague millions, one truth remains constant: *\*Optimum Health is Your Greatest Wealth.\** This September, join Robert Menkemeller, R.N.C., C.P.T., for an eye-opening lecture that will transform how you think about your health and longevity.

**Why Prevention is Worth More Than Ever**

"These days, an ounce of prevention is worth a TON of cure," Robert emphasizes. With decades of experience in nutritional consulting and biohacking, he's witnessed firsthand how proactive health strategies can prevent the devastating cycle of illness and expensive treatments. The question isn't whether prevention is possible — it's whether you're ready to take control of your health destiny.

**The Power of Measurement and Feedback**

Robert's approach centers on a fundamental principle: *\*The best way to know if you're improving is to measure.* During this lecture, you'll discover cutting-edge biohacking tools that provide real-time feedback on your health status:

- **Predictive Biomarkers Panel:** Learn about the eight crucial biomarkers that can predict your health trajectory years in advance.
- **Continuous Glucose Monitoring (CGM):** Understand how this powerful tool serves not just as a weight loss aid, but as a comprehensive health optimization device.
- **Sleep Optimization Technology:** Discover how devices like the Oura Ring can revolutionize your recovery and overall wellness.

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- Metabolic Health Monitoring: Explore breath acetone analysis for nutritional ketosis and mitochondrial repair.

### **Beyond Symptom Management: Addressing Root Causes**

Robert will introduce you to Raymond's Beyond Health Model, a revolutionary framework that identifies the true sources of cellular malfunction. Instead of merely treating symptoms, this approach addresses the fundamental imbalances that lead to disease:

- Nutritional Deficiencies: Understanding what your body truly needs to thrive
- Toxicity Overload: Identifying and eliminating harmful substances that compromise cellular function
- Mental and Physical Stress: Recognizing how these factors impact your biological systems
- Genetic Predispositions: Working with, not against, your genetic blueprint

### **The Science of Longevity**

This isn't another wellness seminar filled with generic advice. Robert's presentation is grounded in decades of research and practical application. You'll learn about critical health markers like Vitamin D3 optimization—not just for bone health, but for immune function, muscle and nerve health, and overall longevity.

Discover why most people remain deficient in this crucial "sunshine vitamin" and how proper testing and supplementation can dramatically improve your health outcomes.

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**Your Personal Health Revolution Starts Here**

This lecture represents more than information—it's your invitation to join a health revolution. Robert's philosophy of continuous learning and adaptation means you'll leave with practical tools you can implement immediately. Whether you're dealing with chronic health issues or simply want to optimize your current wellness, this presentation will provide the roadmap you need.

**Take Action Today, Choose Health**

Don't wait for a health crisis to prioritize your wellness. Join Robert Menkemeller this September and discover how measuring, monitoring, and optimizing your health can unlock your longevity potential. Your future self will thank you for taking this crucial step toward optimal health.

“Because when you lose your health, you'll spend your wealth trying to get it back.”

About the Speaker: Robert Menkemeller brings over 30 years of expertise in nutritional consulting, personal training, and biohacking to help individuals achieve their highest health potential through science-based, personalized approaches that you can choose every day.

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**Join Zoom Meeting**

<https://us02web.zoom.us/j/88499278884?pwd=gUqxmZBpffN3Kf8vIV0BCjf8884RC7.1>

**Meeting ID: 884 9927 8884**

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*(End of Robert Menkemeller'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 are \$10 per meeting.  
Or sign up for an Annual Membership for \$60 per year.

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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!

**Donations are welcome!**

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