

Silicon Valley Health Institute

Host of the Smart Life Forum

February 2026 Newsletter



February 26, 2026

Jin-Xiong She, PhD

1:00 PM California Time

"Beyond Guesswork: Using Biomarkers to Rewrite the Rules of Aging"

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

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If you have questions please email:

susanrdowns@hotmail.com

Thank you.

February 26, 2026

Jin-Xiong She, PhD

1:00 PM California Time

"Beyond Guesswork: Using Biomarkers to Rewrite the Rules of Aging"



Meet Jin-Xiong She, PhD

Dr. Jin-Xiong She received his college education in China and his PhD degree in Molecular Genetics from the University of Montpellier in France. After completing his doctorate, Dr. She moved to the United States for postdoctoral training. He focused on immunogenetics at the University of Florida, studying the genetic basis of autoimmune disorders.

After a short postdoctoral training at the University of Florida (UF), he was quickly promoted to Assistant Professor, Associate Professor, Full and Endowed Professor. He served as Division Chief of Experimental Pathology and Director of Research of the UF's world-class Diabetes Center. Dr. She was recruited in 2002 to be the Georgia Research Alliance Eminent Scholar in Genomic Medicine at the Medical College of Georgia. He was the founding Director of the Center for Biotechnology and Genomic Medicine, Professor of the Departments of Obstetrics and Gynecology and Department of Health Technologies as well as the director of two core research facilities for Augusta University (Genomics, Proteomics & Mass Spectrometry).

In his long academic career, he has authored over 400-peer reviewed papers. Dr. She is one of the 20 "Georgia Top Medical Researchers". He served as President of the Chinese Geneticists in America and President of the American Diabetes Association's council on Immunology, transplantation and Immunogenetics among other honors. Dr. She is a serial entrepreneur and has founded or co-founded multiple companies in the US and China. He is the founder and CEO of Jinfiniti.

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"Beyond Guesswork: Using Biomarkers to Rewrite the Rules of Aging"

According to the National Council on Aging, 95% of adults aged 60 and older have at least one chronic condition, and nearly 80% are dealing with two or more. Many complain of fatigue, brain fog and sleep problems. These are all symptoms of having low NAD levels. NAD is the critical molecule that powers every cell in your body and fuels everything from energy levels to brain function.

Dr. She's research shows that the majority of people have suboptimal NAD levels. By age 60, most people have lost a staggering 80% of their natural NAD supply.

Symptoms when NAD levels fall too low are:

- Persistent fatigue that coffee can't fix
- Mental fog that makes simple tasks difficult
- Inflammation that won't respond to normal treatments
- Sleep problems despite your best efforts.

These aren't just random symptoms or "normal aging." These are your cells literally crying out for more NAD+. Dr. She will discuss NAD, how to assess our NAD levels and how to correct for low NAD levels.

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*"Beyond Guesswork: Using Biomarkers to Rewrite
the Rules of Aging"*

Join Zoom Meeting

<https://us02web.zoom.us/j/86908606457?pwd=adY6XyB3zXXwwObcsXkO93QqVfaOKh.1>

Meeting ID: 869 0860 6457

Passcode: 824014

One tap mobile

+16699006833,,86908606457#,,,,*824014# US (San Jose)

+16694449171,,86908606457#,,,,*824014# US

(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.

For questions, please contact Susan Downs at 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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