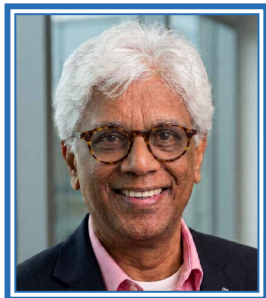


Silicon Valley Health Institute

Host of the Smart Life Forum

August/September 2026 Newsletter



Sundeep Dugar, PhD

August 24, 2026

9:30 AM PST

“Centrality of Mitochondria in Human Health and Healthspan”



Claire Snowdon-Darling

September 16, 2026

8:00 AM PST

(4:00 PM London Time)

“Hormones and Menopause”

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.

August 24, 2026
Sundeep Dugar, PhD
9:30 PM PST

“Centrality of Mitochondria in Human Health and Healthspan”



Meet Sundeep Dugar, PhD

Sundeep Dugar, PhD, is a pharmaceutical chemist, inventor, and co-founder of BlueOakNX, a public benefit corporation developing nutraceuticals grounded in pharmaceutical-grade science and bioenergetics research.

With nearly 40 years of experience in small-molecule drug discovery spanning metabolic disorders, cardiovascular disease, oncology, and the central nervous system, Dr. Dugar brings uncommon scientific rigor to the dietary supplement space. He is co-inventor of Zetia (ezetimibe) and Vytorin (ezetimibe/simvastatin), two of the most widely prescribed cholesterol[1]lowering agents in the world, and is the recipient of the American Chemical Society's 2004 Heroes of Chemistry Award and the 2005 National Inventor of the Year Award. He holds a PhD in Chemistry from UC Davis, completed postdoctoral research at ETH Zurich and Cornell University, and has contributed to 70-plus peer-reviewed publications and 100-plus issued patents.

At BlueOakNX, Dr. Dugar leads the science behind Mitokatlyst, a plant-derived compound backed by more than 15 years of bioenergetics research and published in peer-reviewed journals. The research program centers on mitochondrial biogenesis, the cellular process by which new mitochondria are generated, and Mitokatlyst's role as a proposed natural mimic of a novel mitochondrial hormone pathway. Published studies have examined its effects on muscle strength and endurance, cardiovascular markers, metabolic function, and inflammatory response. The product is manufactured to precise dose and purity specifications in a US FDA[1]registered cGMP facility.

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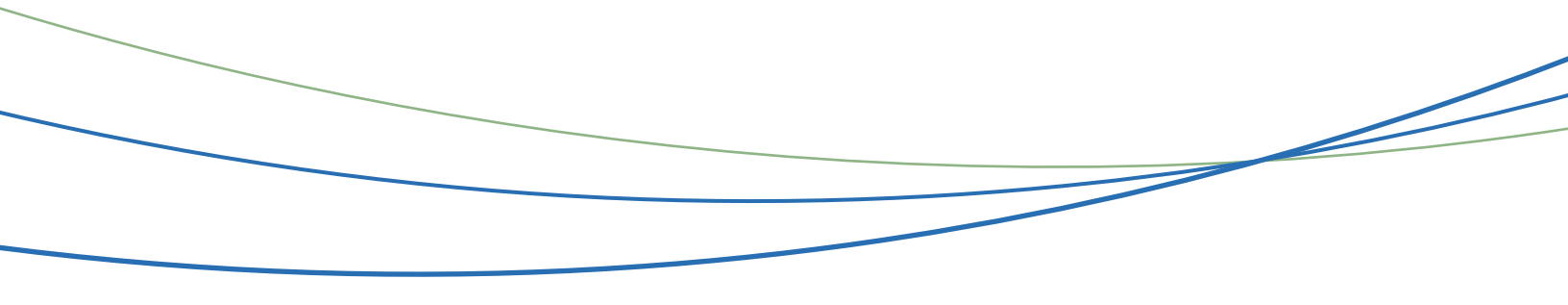
August 24, 2026
Sundeep Dugar, PhD
9:30 PM PST

“Centrality of Mitochondria in Human Health and Healthspan”

Dr. Dugar also leads A New Dimension, a team recognized as a Top 40 Milestone Award winner and semifinalist in the \$101 Million XPRIZE Healthspan competition, one of the most competitive scientific challenges in longevity and healthy aging research.

His work spans both the pharmaceutical and nutraceutical sectors and is of growing interest to clinicians across integrative, functional, rare disease, and conventional medicine who are exploring the role of mitochondrial health in patient outcomes

(End of Meet Sundeep Dugar, PhD)

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

August 24, 2026
Sundeep Dugar, PhD
9:30 PM PST

“Centrality of Mitochondria in Human Health and Healthspan”

Most approaches addressing health and healthspan are based on reductionist approaches with a focus on genes, proteins and biomarkers, while largely ignoring energy, one of the most essential contributors of health and healthspan. The primary energy source is the mitochondria. Mitochondria also play a critical role as sentinels that sense and respond to cellular stress and need thereby helping maintain cellular health. Thereby making mitochondria level and function central to health and, hence, without improving mitochondria level and function, achieving health and healthspan will be elusive.

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)

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(End of August Presentation)

September 16, 2026
Claire Snowdon-Darling
8:00 AM PST/ 4:00 PM London Time
"Hormones and Menopause"



Meet Claire Snowdon-Darling

Claire Snowdon-Darling is a leading women's health pioneer with over eighteen years clinical experience.

She is the Clinical Director of Hormone Wellness – an award-winning online hormone and menopause clinic, and the Head of The College of Functional Wellness – an international training college.

Her 5-star Amazon rated book "Improving the Menopause Experience Through Nutrition and Lifestyle: The Triangle of Hormonal Health" was published in 2025.

Her mission is to provide women with the knowledge and tools to end their hormone chaos.

(End of Meet Claire Snowdon-Darling)

September 16, 2026
Claire Snowden-Darling
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"Hormones and Menopause"

Historically, women have been under represented in all clinical research. As recently as 1992, US legislation was passed to ensure that women are represented in all clinical research. This had assumed that women respond to medications, and that there was no difference across their menstrual cycles.

The medical profession also divides treatment according to parts of the body. For example, a stomach she would be referred to a gastroenterologist, joint pain to a rheumatologists. Yet both of these symptoms might be explained by underlying inflammation. Takes 8 years to receive a diagnosis of endometriosis.

In the UK,. US and Australia, perimenopause years were listed as times for high suicide rates among women.

This is the first generation where women were told they could have it all and were encouraged to actively seek it all. Stay beautiful, stay skinny, give the perfect dinner party. With this amount of stress, are we prepared for the years of menopause? She puts it all together, the gut, the hormones, metabolic issues, immune system, and sex hormones.

- Many symptoms of menopause can be caused by blood sugar irregularities
- Stress hormones intimately affect sex hormones. Too much stress can rob our body of making sex hormones to make cortisol. (Known as the cortisol steal)
- Resulting low progesterone is associated with insulin resistance
- The immune system is intimately connected\
 - testosterone ant inflammation, immune protective
 - estrogen proinflammatory (immune conditions) and anti inflammatory pregnancy
- dec progesterone slowed gut function inc but permeability results in poor estrogen detox
- chronic inflammation high LDL
- hist intolerance
- someone help us please to put this altogether

(Continued on Next Page)

September 16, 2026
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Join Zoom Meeting

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Meeting ID: 869 0860 6457

Passcode: 824014

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

(End of September Presentation)

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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