

Silicon Valley Health Institute

Host of the Smart Life Forum

October 2024 Newsletter



October 30, 2024
Olivier Sanchez, ND

11:00 AM California Time
6:00 PM London Time

"Men's 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.

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.

October 30, 2024

Olivier Sanchez

11:00 AM California Time/6:00 PM London Time

"Men's Health"



Meet Olivier Sanchez

Olivier Sanchez is a registered Naturopath, Nutritional Therapist and Iridologist. He is the founder of Nutrunity, a Naturopathic Nutrition clinic in London, UK. He is an expert in stress and stress-related conditions (certified in Mental Health Awareness), including the many multifactorial inflammatory and autoimmune disorders. He provides online consultations to clients worldwide via live video

feed.

His timely discovery of Naturopathic Nutrition has finally provided the tools he needed to pursue his calling: helping people.

He also designed The 30-Day Reset, a proven plan to help people take control of their health and naturally lose weight. To date, 100% of participants have reported a weight loss of around 3 kilos (for the duration of the first phase of the plan). The biggest weight loss was 25 kilos over a period of 3 months.

The author of *Energise - 30 Days to Vitality*, he is using his experience and clinical evidence to provide much detailed information about the body, the interconnectivity of systems and organs and all that can interfere with their good functioning, including certain foods, sleep and stress. He provides a multitude of actionable tips that can be easily assimilated in your daily self-care routine. His upcoming book, *Detox before Energise*, will complete the series and expose the major toxicants that reap our bodies and minds from vital energy, and solution to reduce your exposure.

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Olivier is also a Michelin-trained Chef with over 25 years of experience in restaurants and private employment for the rich and famous around the world. An Ambassador of Naturopathic Cuisine, he has designed, tried and tested many original recipes for international magazines and blogs.

Website: www.nutrunity.com

Youtube: <https://www.youtube.com/@nutrunity>

Instagram: <https://www.instagram.com/nutrunity/>

Twitter: <https://x.com/NutrunityUK/>

Tik tok: <https://www.tiktok.com/@nutrunity.uk>

Link to his book Energize: https://www.amazon.co.uk/Energise-Vitality-Inflammation-Clarity-resilience/dp/B0B5Y5ZQ4J/ref=sr_1_5?crid=2M45PDPUT1HPE&keywords=energise&qid=1667928475&s=books&sprefix=energis%2Cstripbooks%2C204&sr=1-5

(End of Meet Olivier Sanchez)

October 30, 2024

Olivier Sanchez

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"Men's Health"

This talk is for women, too. We want to keep our men healthy.

The talk will begin by exploring the alarming health trends affecting the global population, supported by current statistics and data. We will specifically review those relating to men. On average, men have a shorter life expectancy compared to women and are less likely to visit a healthcare professional. According to the World Health Organization (WHO), men are 40% more likely to die from noncommunicable diseases, such as heart disease, cancer, and respiratory illnesses, largely due to preventable lifestyle factors.

We will look at the common health problems men face, particularly those exacerbated by poor lifestyle choices, including unhealthy diets, lack of exercise, excessive alcohol consumption, and neglect of mental health. These habits increase the risk of obesity, hypertension, diabetes, and heart disease — conditions that are often preventable with better nutrition and regular physical activity.

Additionally, we'll explore how mental health is a critical but often overlooked aspect of men's well-being. Many men struggle silently with stress, anxiety, and depression, often using unhealthy coping mechanisms. The stigma surrounding mental health and societal pressure to appear strong or unemotional can prevent men from seeking help, leading to severe mental health crises.

Throughout the talk, we'll discuss practical steps men can take to improve their health. Emphasizing the importance of balanced nutrition, regular exercise, and increasing resilience by developing healthy coping mechanisms and mindful mental health practices. The aim is to provide a holistic approach to healthier living for men. By addressing their physical and mental health, men can improve their quality of life, living healthier, longer and happier.

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Join Zoom Meeting

<https://us02web.zoom.us/j/87962256554?pwd=IYLT6Zag7vJQdJFa7wwFrGkDdvL6jj.1>

Meeting ID: 879 6225 6554

Passcode: 654001

One tap mobile

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 - **+1 305 224 1968 US**
 - **+1 309 205 3325 US**
- **+1 312 626 6799 US (Chicago)**

Meeting ID: 879 6225 6554

Passcode: 654001

Find your local number: <https://us02web.zoom.us/j/kdp7FtwYZr>

(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.

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\$10 per Meeting

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of experienced scientists and physicians
who share information and similar interests and
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