

# Silicon Valley Health Institute

Host of the Smart Life Forum

## February/March 2025 Newsletter



**Christine Horner, MD**

**February 13, 2025**

**10:00 AM PST**

*"The Preventative Power of Medical Thermal Imaging"*



**Christine Rosche, MPH, CNS, CBT**

**February 13, 2025**

**10:00 AM PST**

*"Medical Thermal Imaging and the Oral Microbiome/Gut Connection"*



**Jerry Gin, PhD**

**March 5, 2025**

**1:00 PM PST**

*"Birth of a New Humanity and Increasing Vibrational Energies"*

**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)

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If you have questions please email:

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

Thank you.

*February 13, 2025*

**Christine Horner, MD**

**10:00 AM California Time**

*"The Preventative Power of Medical Thermal Imaging"*



**Meet Christine Horner, MD**

She is a board certified and nationally recognized surgeon, author, expert in natural medicine, and a relentless champion for women's health. She spearheaded legislation in the 1990s that made it mandatory that insurance companies pay for breast reconstruction following mastectomy. She is the author of *Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against and*

*Fight Breast Cancer*, winner of the Independent Book Publishers Award 2006 for "Best Book in Health, Medicine, and Nutrition" and the author of "Radiant Health Ageless Beauty: Dr. Horner's 30-Day Program to Extraordinary Health and Longevity, which won the eLit Award in 2017 for "Best Book in Health, Medicine, and Nutrition."

Dr. Horner has become an expert in thermography, working as an interpreter of thermal imaging since 2017, and in 2022, she opened her own mobile thermal imaging business, "Dr. Christine Horner's Medical Thermography Group of Southern California."

For more information go to [www.MedThermSC.com](http://www.MedThermSC.com).

*(End of Meet Christine Horner, MD)*

*February 13, 2025*

**Christine Horner, MD**

**10:00 AM California Time**

*"The Preventative Power of Medical Thermal Imaging"*

What if you had a magical way to see imbalances in your body years before they developed into a real issue or life-threatening problem? What if you were able to always keep tabs on your health, and when an early imbalance was detected, you could easily reverse it with simple diet and lifestyle techniques, therefore preventing the development of anything serious? And what if that technology was affordable, non-invasive, noncontact, pain-free, FDA-approved, and completely safe?

You are in luck! We have that amazing device. It is called "Medical Thermal Imaging". Using a harmless infrared camera, a picture of your overall state of health can be taken. It allows us to detect physiological changes in your body at a stage so early, they are easily and quickly reversible with simple diet and lifestyle techniques--years before actual structural damage and diseases may occur.

Western medical tests can only pick up issues in your body after structural changes have occurred and at a stage that is difficult to reverse or treat. Because Western Medicine is a disease care system, you have little control over your health decisions and therefore understandably, lots of fear. Thermography, is the opposite. It is all about prevention and empowers you to have control over your health. It is ideal for healthy people, providing assurance and safety by allowing you to monitor your health, pick up imbalances at very early stages, and then observe how small improvements in your diet and lifestyle can easily restore you to balance.

Give yourself the ultimate preventative power with regular thermal imaging. Dr. Christine Horner's Medical Thermography Group is here to serve you. To learn more, and to schedule an appointment, go to [www.medthermsc.com](http://www.medthermsc.com). We so look forward to helping you achieve and maintain extraordinary health!

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*February 13, 2025*

**Christine Rosche, MPH, CNS, CBT**

**10:00 AM California Time**

*"Medical Thermal Imaging and the Oral Microbiome/Gut Connection"*



**Meet Christine Rosche, MPH, CNS, CBT**

Christine Rosche, M.P.H, C.N.S., Board Certified Nutrition Specialist and Digestive Health Expert developed an integrative approach to digestive health and stress management, based on 25 years experience in the healthcare field.

Christine Rosche developed and taught courses at Stanford University Medical Center and is the author of two books, the latest "Light Living, An Integrated Approach to Stress Management and Weight" with companion audio CD program. She has studied and worked with the leading functional and preventive medicine physicians in the United States and Europe. Christine has maintained a private practice in health counseling since 1983 and specializes in customized stress management/nutrition consulting for all types of stress and digestive issues including constipation, diarrhea, IBS, IBD, Inflammatory Bowel Diseases, SIBO, heartburn, absorption issues, gut permeability. As a Licensed Heartmath (TM) Trainer she is pioneering the work of heart rate variability/biofeedback training for Stress Burnout and Gut Health.

[www.digestivehealth.center](http://www.digestivehealth.center) 650-856-3151

*(End of Meet Christine Rosche, MPH, CNS, CBT)*

*February 13, 2025*

**Christine Horner, MD & Christine Rosche, MPH, CNS, CBT**

**10:00 AM California Time**

*"The Preventative Power of Medical Thermal Imaging"*

**Join Zoom Meeting**

<https://us02web.zoom.us/j/83579868811?pwd=lvQ6wUWwX6eIbM2Hx4UYkWAeixE71w.1>

**Meeting ID: 835 7986 8811**

**Passcode: 066833**

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*(End of Speaker's Presentations)*

*March 5, 2025*

**Jerry Gin, PhD**

**1:00 PM California Time**

*"Birth of a New Humanity and Increasing Vibrational Energies"*



**Meet Jerry Gin, PhD**

Jerry Gin, Ph.D. is Chairman, CEO of the Foundation for Mind-Being Research (<https://FMBR.org>). He is an entrepreneur and scientist, but his main interest is understanding the nature of the universe which translates to understanding consciousness, the nature of creation, and who we are. His research has led him to a deeper understanding of our essence, which is I AM. We can connect to our I AM essence through Affirmations, taught by Joachim Whippich, which raises our vibrational level- something that can be measured. His latest investigations are into subtle vibrational energies. In studying those energies with Meg Lund, it was discovered that humanity is currently undergoing an energetic shift which we are calling “Birth of a New medicine, and biotechnology industries (founded ChemTrak, Oculex Pharmaceuticals, Livionex, Nuvora, and Visionex). His passionate interests have been in the areas of mind-being, consciousness, and the nature of reality. He is author of *The Seeker* and *The Teacher of Light and Science*, *Subtle Energies*, and *Spirituality: A Path to I AM*. See <https://jerrygin.com> . His new book with Meg Lund, planned for 2025, is *Birth of a New Humanity and New Earth*.

YouTube channel: [https://www.youtube.com/channel/UCDiQwOod4ikT6n0Av\\_HCxYQ/](https://www.youtube.com/channel/UCDiQwOod4ikT6n0Av_HCxYQ/)

featured Education: Ph.D. in Biochemistry — UC Berkeley, MBA from Loyola, BS in Chemistry from University of Arizona

Sunnyvale CA, [jerry@jerrygin.com](mailto:jerry@jerrygin.com)

*(End of Meet Jerry Gin, PhD)*

***March 5, 2025***

***Jerry Gin, PhD***

***1:00 PM California Time***

***"Birth of a New Humanity and Increasing Vibrational Energies"***

In mid-2023 humanity started experiencing significant shifts in their subtle vibrational energies, affecting both body and biofield. From an external physical basis, there were no obvious changes. But within our bodies and biofields, activations were making changes. The changes may last from days to months and are permanent and may last until another change replaces the previous one. These changes have been continuous since mid-2023. The subtle vibrational levels have been increasing throughout the last 1 ½ years, but the increase grew exponentially, especially during the last 6 months with huge increases in December. The nature of the activations and the tremendous increase in vibrational energy leaves no doubt that we are in the midst of the birth of a new humanity. Significant Earth changes and changes in other life forms, e.g., animals and plants, are also simultaneously occurring. Much of this research was carried out by Meg Lund and aided by Jerry Gin.

The talk will give a synopsis of the shift in humanity and in the Earth. The shift is linked to the nature of who we are since our vibrational levels are linked to the vibrational levels of the structures responsible for the increases. As a result of our high vibrational levels and the changes in subtle energies on Earth, we have changed in meaningful ways. We have become more resilient to toxic energies (e.g., EMF) and the energies we needed in the past are no longer needed. From an energetic perspective, we will explore how we are now more connected. Our abilities also have been enhanced. As an example, there will be discussion on our enhanced abilities to copying energies and placing those energies wherever we want to place it by thought and intention. This can be used as a way of structuring water to extremely high levels.

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***March 5, 2025***

***Jerry Gin, PhD***

***1:00 PM California Time***

***"Birth of a New Humanity and Increasing Vibrational Energies"***

We will discuss how to detect the energetic changes we are experiencing. Learning these techniques, we will learn how to know what things are good or not good for us (i.e., in resonance or not in resonance with our energies). This would include drugs, supplements, foods, essential oils, minerals, etc. We will talk about the possibility of increasing qi, the energy that goes to zero at the end of life.

Sometimes extensive meditation is needed to reach that center of stillness (harmony/peace). We will discuss how to reach the center of stillness within minutes. As we approach the center of stillness, which is linked to our I AM essence, our vibrational level goes up significantly. That increase in vibrational level can be observed and will be demonstrated.

*(Continued on Next Page)*

**March 5, 2025**

**Jerry Gin, PhD**

**1:00 PM California Time**

***"Birth of a New Humanity and Increasing Vibrational Energies"***

**Join Zoom Meeting**

<https://us02web.zoom.us/j/84671758696?pwd=0mHbunW9YIPspCLmMzzE1VnOvFDXc4.1>

**Meeting ID: 846 7175 8696**

**Passcode: 896421**

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**Find your local number: <https://us02web.zoom.us/j/84671758696?pwd=0mHbunW9YIPspCLmMzzE1VnOvFDXc4.1>**

*(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).

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