

# Silicon Valley Health Institute

Host of the Smart Life Forum

## April/May 2025 Newsletter



**Dr. Sonya Kim, MD, MBA**  
**April 3, 2025**  
**1:00 PM PST**

*"Unlock the Power of Testosterone: Science,  
Benefits and Optimization"*



**Chris Downey**  
**May 1, 2025**  
**4:00 PM PST**

*"Consumer Vaccine Decision Making"*

**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***

Thank you.

*April 3, 2025*  
**Sonya Kim, MD, MBA**  
**1:00 PM California Time**

*"Unlock the Power of Testosterone: Science, Benefits and Optimization"*



**Meet Sonya Kim, MD, MBA**

Dr. Sonya Kim, MD, MBA is a Chief Medical Officer at Best MD House calls, based in San Carlos, CA. Dr. Kim is a pioneering leader in personalized and functional medicine, with over two decades of experience as a Board-Certified Emergency Medicine physician who has cared for more than 40,000 patients. She has completed comprehensive training at The Institute for Functional Medicine (IFM) and advanced Bioidentical Hormone Replacement Therapy (BHRT) training at WorldLink Medical, specializing in Men's and Women's health, including Top 1% Peak Performance and age-related hormonal imbalances. Passionate about innovative healthy aging, her work has been featured by The Washington Post, NPR, and KQED, and she was invited by The Economist to speak at their Business of Longevity conference in San Francisco. Dr. Kim is dedicated to restoring health and vitality through evidence-based, personalized care that integrates functional medicine, nutrition optimization, and sustainable wellness strategies. An influential relationship builder, she enjoys swimming daily, kiteboarding and windsurfing in the San Francisco Bay, and performing 18th-century Italian and French arias as a former opera singer.

She is a graduate of the UC Berkeley-Columbia Executive MBA, SUNY Stony Brook School of Medicine, Drexel University (Emergency Medicine Residency), and Oberlin College.

*(End of Meet Sonya Kim, MD, MBA)*

*April 3, 2025*  
**Sonya Kim, MD, MBA**  
**1:00 PM California Time**

*"Unlock the Power of Testosterone: Science, Benefits and Optimization"*

Join us for an eye-opening discussion on Testosterone Replacement Therapy (TRT) at the Silicon Valley Health Institute! This cutting-edge talk will dive into the science, benefits, and controversies of TRT, empowering you with the latest research and practical insights. Whether you're curious about boosting energy, cognitive function, and longevity—or separating fact from fiction in the TRT debate—this session is for you.

What you'll learn:

- How testosterone impacts energy, mood, metabolism, and longevity
- Signs of low testosterone and when to consider TRT
- The latest research on TRT benefits, risks, and delivery methods
- How to optimize TRT for maximum results while minimizing side effects
- The role of lifestyle, nutrition, and adjunct therapies in hormonal health

Don't miss this deep dive into one of the most talked-about topics in health and longevity!

*(Continued on Next Page)*

**April 3, 2025**

**Sonya Kim, MD, MBA**

**1:00 PM California Time**

*"Unlock the Power of Testosterone: Science, Benefits and Optimization"*

**Join Zoom Meeting**

<https://us02web.zoom.us/j/81671221634?pwd=McRhMh5OGkFkrdXtGjoK04LQNX6fms.1>

**Meeting ID: 816 7122 1634**

**Passcode: 300884**

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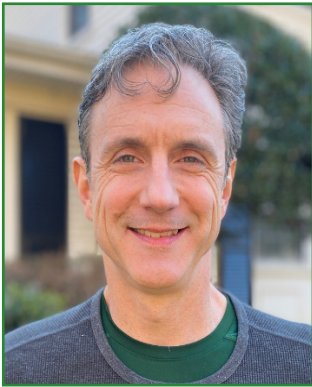
**Meeting ID: 816 7122 1634**

**Passcode: 300884**

**Find your local number:** <https://us02web.zoom.us/j/81671221634?pwd=McRhMh5OGkFkrdXtGjoK04LQNX6fms.1>

*(End of Sonya Kim's Presentations)*

*May 1, 2025*  
**Chris Downey**  
**4:00 PM California Time**  
*"Consumer Vaccine Decision Making"*



**Meet Chris Downey**

Chris is the founder and Director of VaxCalc Labs, the informed consent technology company. VaxCalc's purpose is to create a happier, healthier, more scientific and resilient world by empowering each individual to make their own vaccination decisions - with the tools, technology, planning capability, research and community they need to do it.

VaxCalc is the first business that celebrates vaccine hesitancy, providing a structured process, compassionate support, and a global online community for informed vaccination decision-making. VaxCalc expresses Chris's dream of creating a powerful force for good in the world by overcoming censorship, strengthening and spreading freedom, and creating community. Chris has a strong background in databases and software development, having worked and trained at IBM's International Systems Center in Gaithersburg MD, built bank regulation software at the Federal Reserve Board, and consulted on Wall Street at DLJ. He founded and ran an early dot-com company that made use of customized machine learning tools to identify important trends in online discussion such as discovering the first mentions of natural dog food at a time when the manufacturers were extending the shelf-life and still pushing the idea that dogs should eat corn.

*(End of Meet Chris Downey)*

*May 1, 2025*  
**Chris Downey**  
**4:00 PM California Time**  
*"Consumer Vaccine Decision Making"*

How do we decide which vaccines we should take? This is a polarized issue making it hard to get good information. Chris Downey has formed an organization vaxcalc which compiles massive data which can guide us in making these decisions.

He states common mistakes parents make when. Making such decisions include:

- Falling for media scare stories,
- Not knowing contents of interventions
- Giving into societal pressures
- Not thinking of oneself as an empowered consumer
- Ignoring “gut “ feelings
- Not belonging to a lifestyle community

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**May 1, 2025**  
**Chris Downey**  
**4:00 PM California Time**  
**"Consumer Vaccine Decision Making"**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/89467640209?pwd=InOdyd8ygmmywp0eTe0mLRbcD6qe.1>

**Meeting ID: 894 6764 0209**

**Passcode: 406519**

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**Meeting ID: 894 6764 0209**

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**Find your local number: <https://us02web.zoom.us/j/89467640209?pwd=InOdyd8ygmmywp0eTe0mLRbcD6qe.1>**

*(End of Chris Downey'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 \$10 per meeting (at door),  
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