

Silicon Valley Health Institute

Host of the Smart Life Forum

March & April 2026 Newsletter



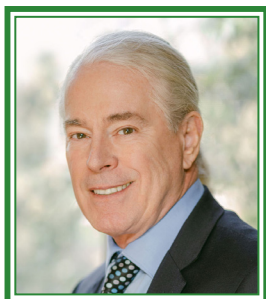
Dr. Michael Gaeta

March 25, 2026

12:00 PM - 2:00 PM PST

3:00 PM - 5:00 PM EST

*“Microvascular Health and its Relationship
to Everything”*



Dr. Robert Thompson, MD

April 1, 2026

4:30 PM PST

“What We Need to Know about Minerals”

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.

March 25, 2026

Dr. Michael Gaeta

12:00 PM - 2:00 PM PST/ 3:00 PM - 5:00 PM EST

“Microvascular Health and its Relationship to Everything”



Meet Dr. Michael Gaeta

Dr. Michael Gaeta’s purpose is to co-create a world of vital, resilient people who choose a lifestyle of “nature first, drugs last.” To accomplish this, he treats patients with Chinese and functional medicine, and helps natural health professionals upgrade their patient care and practice success. His teaching is informed by 36 years of successful clinical practice.

Michael holds licenses in acupuncture, dietetics-nutrition, and massage therapy. He is also an herbalist, and a doctor of acupuncture in Rhode Island. He earned his Master of Science degree in acupuncture from the New York College of Health Professions, where he was a faculty member for ten years. He holds additional degrees in massage therapy, Asian bodywork therapy, and health sciences. Dr. Gaeta is Board-Certified in Natural Functional Medicine by the American Association of Natural Wellness Practitioners.

Over his 33 years of teaching, Dr. Gaeta has trained over 20,000 practitioners. Over 14 years, he was a faculty member at Tri-State College of Acupuncture, New York College of Traditional Chinese Medicine, New York Chiropractic College, Eastern School of Acupuncture and Traditional Medicine, and Southwest Acupuncture College. He has taught hundreds of professional continuing education seminars, and spoken at dozens of natural healthcare colleges and conferences internationally.

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March 25, 2026

Dr. Michael Gaeta

12:00 PM - 2:00 PM PST/ 3:00 PM - 5:00 PM EST

“Microvascular Health and its Relationship to Everything”

Michael co-founded Acupuncture for Veterans, which provided free treatments in New York City. He is past president of the Acupuncture Society of New York, earning awards for State Association and State Association President of the Year. Dr. Gaeta appeared on the CBS Early Show and NBC News, and his wellness radio show (2009-2013) attracted over 100,000 subscribers. Michael is also a pianist and composer, which was his first career.

Through the accredited Gaeta Institute for Wholistic Health Education, Dr. Gaeta gives live and online trainings in wholistic health, and clinical and business success for practitioners. These include the Clinician’s Mastermind Circle, a one-year Board certification program in natural functional medicine, the Autoimmune Mastery Program; Cancer Support & Prevention; the Cardiovascular Mastery Program, and the Herbal Schools. Since 2020, he has hosted the Mondays with Michael weekly podcast on natural health and health freedom. Dr. Gaeta is also active nationally in promoting health choice and informed consent. Courses, patient health consultations and treatment, writings and other resources at michaelgaeta.com.

(End of Meet Dr. Gaeta)

March 25, 2026

Dr. Michael Gaeta

12:00 PM - 2:00 PM PST/ 3:00 PM - 5:00 PM EST

“Microvascular Health and its Relationship to Everything”

Dr. Gaeta will discuss respiratory health and other issues such as microvascular health and how COVID complicates our health issues.

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

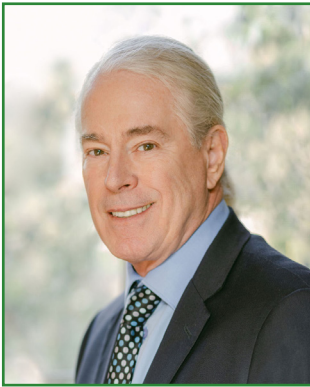
(End of March 2026 Presentation)

April 1, 2026

Dr. Robert Thompson, MD

4:30 PM PST

"What We Need to Know about Minerals"



Meet Dr. Robert Thompson, MD

Robert Thompson, M.D. was a board-certified obstetrician/gynecologist (1984–2025) and integrative medicine specialist known for his work on mineral physiology, thyroid disorders, and chronic disease prevention. He earned his M.D. from the University of Kentucky in 1977, completed pediatric and obstetrics residencies at the University of California, Irvine (1977–1980), and Pennsylvania

State University (1980–1982), where he served as Chief Resident and Clinical Instructor.

Dr. Thompson practiced OB/GYN for over 30 years in Anchorage and Soldotna, Alaska, and served as a U.S. Army Reserve Lieutenant Colonel from 2002–2011 (Operation Enduring Freedom, 2006), receiving the highest honors.

He is coauthor of *The Calcium Lie 2* and author of *Iodine: What Your Doctor Didn't Tell You About Iodine and Your Thyroid*, and *Mineral Medicine, the Missing Elements that Change Everything*, 2026. He has expertise in, Aurora Health and Nutrition (Soldotna, Alaska), focuses on integrative medicine, oncology support, advanced clinical nutrition, ozone and oxidative therapies, chelation, IV nutrient therapy, and hormone balancing.

Dr. Thompson discovered and described the Thompson Dobereiner Principle, explaining how trace minerals substitute and interact in predictable physiology affecting chemical patterns. His work also identifies six types of hypothyroidism, the "Calcium Lie," the "Vitamin C Lie," and the metabolic role of intracellular potassium in disease and aging.

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April 1, 2026

Dr. Robert Thompson, MD

4:30 PM PST

"What We Need to Know about Minerals"

An accomplished performer, he is a concert violinist and first violinist with the Kenai Peninsula Orchestra and Redoubt Chamber Orchestra. He has also served on nonprofit boards, including Love INC and the Kenai Peninsula Orchestra.

His book link <https://www.amazon.com/dp/1629673277>.

(End of Meet Dr. Robert Thompson)

April 1, 2026
Dr. Robert Thompson, MD
4:30 PM PST

"What We Need to Know about Minerals"

Are you tired despite "normal" lab test results? Do you suspect that something is missing from conventional medicine? Do you want to know what is really happening inside your body? Your body is not the problem: your minerals are.

Dr. Robert Thompson spent 25 years discovering what conventional medicine overlooked: the mineral imbalances inside your cells that blood tests can't detect. Minerals are essential for every body function. An excess or deficiency affects all systems in the body. When used properly, minerals can bring about true healing for many who had been failures of mainstream medicine. Ninety four percent of minerals inside our cells that determine whether we thrive or decline into chronic illness.

After 25 years analyzing over 5000 hair tissue mineral analysis results across the 3 countries. He discovered what conventional medicine consistently misses. His work provides new insights into chronic inflammation by revealing its mineral foundation. Under conventional treatment, patients can develop treatment resistant inflammation due to their imbalanced minerals perpetuating inflammatory signaling regardless of pharmaceutical intervention.

His groundbreaking Thompson-Dobereiner Principle reveals why "normal" results mean almost nothing when you feel terrible—and why simple corrections changed everything. Thousands discovered their bodies weren't broken, just mineral-depleted.

Join Zoom Meeting

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

Meeting ID: 869 0860 6457

Passcode: 824014

(End of April 2026 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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