

Silicon Valley Health Institute

Host of the Smart Life Forum

February 2024 Newsletter



February 28, 2024
Bernd Friedlander, DC

9:00 AM California Time
"Happy Mitochondria, Happy Life"

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

A Membership Chair position is available. Interested persons can contact any board member or email Susan at:
susanrdowns@hotmail.com.
Thank you.

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If you have questions please email:

susanrdowns@hotmail.com

Thank you.

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Meet Bernd Friedlander, DC

Dr. Bernd Friedlander, DC, is a researcher in preventive medicine, light and magnetic therapies, owner and product developer to physicians and elite athletes, as well as sports chiropractor to professional football, basketball, track and field athletes.

(End of Meet Bernd Friedlander, DC)

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Having a high metabolism and healthy mitochondrial function lead to health and longevity. Diet and supplements contribute to a high metabolism. Most serious, chronic diseases, result not from our genes, but through lifestyle choices and environmental exposures. We are exposed to increasing levels of toxins which harm our health and mitochondrial function.

Two key toxins, which few think about are fluoride and blue / artificial light. Blue light and artificial lighting create neurological problems, disruption in brain in function, cancer, as well as disruptions in circadian rhythm and electron flow in the mitochondria. Fluoride robs electrons from the body and causes mitochondrial dysfunction.

Mitochondrial health is essential to maintaining our health and living out our lives with vitality. Highly efficient mitochondria benefit the immune system, stem cells, cardiovascular system, repair, brain function, bone, cartilage and contribute to longevity and health.

Sungazing in the morning is very healthy for the mitochondria. It increases a compound called melanin. Melanin provides protection from oxidative stress, inflammation and chronic and degenerative diseases. It increases dopamine levels in the brain. Melanin, Bernd states, is one of the few substance that can chelate and remove heavy metal and toxins from the body. Sungazing is important for circadian rhythm and for the thalamus (responsible for sleep regulation and relaying sensory signals) which resonates at the earth's 7.83 Hz (cycles per second) Schumann electromagnetic resonance.

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Join Zoom Meeting

<https://us02web.zoom.us/j/86284736593?pwd=Y28xVVljeGV5Z05rbkJsL3ZnZzZxdz09>

Meeting ID: 862 8473 6593

Passcode: 349307

One tap mobile

+16699006833,,86284736593#,,,,*349307# US (San Jose)

+16694449171,,86284736593#,,,,*349307# US

Dial by your location

- **+1 669 900 6833 US (San Jose)**
 - **+1 669 444 9171 US**
 - **+1 719 359 4580 US**
 - **+1 253 205 0468 US**
- **+1 253 215 8782 US (Tacoma)**
- **+1 346 248 7799 US (Houston)**
- **+1 301 715 8592 US (Washington DC)**
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 - **+1 309 205 3325 US**
- **+1 312 626 6799 US (Chicago)**
 - **+1 360 209 5623 US**
 - **+1 386 347 5053 US**
 - **+1 507 473 4847 US**
 - **+1 564 217 2000 US**
 - **+1 646 931 3860 US**
 - **+1 689 278 1000 US**
- **+1 929 436 2866 US (New York)**

Meeting ID: 862 8473 6593

Passcode: 349307

Find your local number: <https://us02web.zoom.us/u/kIJGSjhem>

(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.

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),
Or sign up for an Annual Membership for \$60 per year.

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Benefit: Access to a community
of experienced scientists and physicians
who share information and similar interests and
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Donations are welcome!

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Renew your membership today!

Complete this form & bring to a future meeting with payment:

\$60/year full membership (maximum 4 per household)

Yes, you can renew and pay in person at a meeting.

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