

Silicon Valley Health Institute

Host of the Smart Life Forum

June 2024 Newsletter



June 28, 2024
Armin Schwarzbach, MD, PhD

9:00 AM California Time
5:00 PM London Time

*"Treating the Triad: Infections,
Inflammation and Immune Suppression"*

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

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.

June 28, 2024

Armin Schwarzbach, MD, PhD

9:00 AM California Time/5:00 PM London Time

"Treating the Triad: Infections, Inflammation and Immune Suppression"



Meet Armin Schwarzbach, MD, PhD

Armin is a specialist for laboratory medicine and infectious diseases from Augsburg, Germany. He has been working in the field of diagnostic tests for *Borrelia burgdorferi* and coinfections for more than 20 years. Armin has tested more than 50,000 patients for different tick-borne diseases and multiple infections.

ArminLabs is a diagnostic testing laboratory specializing in infectious diseases. It was established in 2015 by Dr. Armin Schwarzbach, who has been working in the field of diagnostic testing and treatment options for *Borrelia burgdorferi* and coinfections for more than 20 years. His expertise in diagnosing and treating infectious diseases is second to none, having tested over 20,000 patients.

Dr. Schwarzbach is a former Board Member of the International Lyme and Associated Diseases Society (ILADS) and current Board Member of the International Lyme and Associated Diseases Educational Foundation (ILADEF) and has served as an expert on advisory committees on Lyme Disease in Canada, Australia, Ireland, France, Sweden and Germany, as well as an Advisory Board member of AONM. Previously, he was the co-founder, therapist and CEO of the BCA clinic Augsburg, and laboratory manager of former Infectolab, Germany.

Being acutely aware of the insufficient sensitivity and standardization of *Borrelia* antibody ELISA and Western blot tests, Dr. Schwarzbach offers tests with high sensitivity and specificity.

(End of Meet Armin Schwarzbach, MD, PhD)

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"Treating the Triad: Infections, Inflammation and Immune Suppression"

Some propose that infections are associated with almost every western disease. These diseases are present because the immune system is not functioning optimally.

Stealth infections may be a significant underlying factor in many chronic medical conditions including ME (myalgic encephalomyelitis), chronic fatigue syndrome, fibromyalgia, and rheumatoid arthritis. Some propose that infections are associated with almost every western disease. These diseases are present because the immune system is not functioning optimally. Hence it is important to insure that the immune system is functioning optimally. Immune system functioning can be improved through diet, micronutrient supplements, good sleep, improving energy delivery mechanisms, and through gut health.

Covid has complicated these issues as covid tends to reactivate dormant viruses in an individual. One study of COVID-19 patients who were followed for up to 9 months after illness found that approximately 30% reported persistent symptoms.(i). These patients are being given the diagnosis Long-COVID, post-acute COVID-19 syndrome (PACS), or post-acute sequelae of COVID-19 (PAS). Numerous studies have now been done and found COVID-19-associated reactivation of Epstein Barr Virus (EBV) and other viruses. A study in "Pathogens" in June 2021 reported: "These findings suggest that many Long-COVID symptoms may not be a direct result of the SARS-CoV-2 virus but may be the result of COVID-19 inflammation-induced EBV reactivation."(ii) The findings of the study "Positive Epstein-Barr virus detection in coronavirus disease 2019 (COVID-19) patients" were similar. (iii) Researchers in the United States and Turkey found that two-thirds of patients with Long-COVID had a reactivated Epstein-Barr virus infection, compared, to only 10% of controls.(iv).

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References:

- i. <https://pubmed.ncbi.nlm.nih.gov/33606031/>
- ii. <https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC8233978/>
- iii. <https://www.nature.com/articles/s41598-021-90351-y>
- iv. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC823397>

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"Treating the Triad: Infections, Inflammation and Immune Suppression"

Join Zoom Meeting

<https://us02web.zoom.us/j/88200076994?pwd=GbitZXWcrQzfpWjhGBpf2h664DvfVE.1>

Meeting ID: 882 0007 6994

Passcode: 355256

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(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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