

# Silicon Valley Health Institute

Host of the Smart Life Forum

## September 2024 Newsletter



**September 30, 2024**  
**Phil Hawes**

**8:00 AM California Time**  
**4:00 PM London Time**

*"The Structure of Water and Its Health Effects"*

**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.

*September 30, 2024*

**Phil Hawes**

**8:00 AM California Time/4:00 PM London Time**

*"The Structure of Water and Its Health Effects"*



**Meet Phil Hawes**

Phil is 76 years young and comes from a telecom background where he was a managing director for Uniden a Japanese company, one of the world's largest telecoms manufactures at that time. Phil obtained the first ever approval for a cordless phone after 4 years of liaising with regulatory issues and engineering challenges.

At one point, his health deteriorated at a rapid speed. Both his liver and kidney had issues, but his health changed when a friend sent him a copy of "Your body's Many Cries for Water" By Dr F Batmanglij PhD.

Within days of starting to drink water, he felt a new energy which motivated him to focus on health. He started a company "Freshly Squeezed Water" and with Dr Robert Verkerk (The Alliance for Natural Health) and travelled up and down the UK giving talks about the importance of drinking clean water.

Phil has been passionate about water and is now wishes to impart information, which, he believes is life changing. He also wants to BE the "living proof" shown by his own results. He wrote the ebook, The Fifth Degree of Water.

In the past, he focused on "Arterial Compliance" (the flexibility or non flexibility of arteries - a risk factor for heart attack or stroke). He then launched the "Cardio- check" a non invasive system for checking "Aortic Pulse Wave Velocity "and together with Dr Dorian Dugmore proceeded to test many thousands of individuals, in fact over 30,000 over a period of 20 years or more. For the last five years he focused on the health problems associated with EMF and techniques to mitigate its deleterious effects.

*(End of Meet Phil Hawes)*

*September 30, 2024*

**Phil Hawes**

**8:00 AM California Time/4:00 PM London Time**

*"The Structure of Water and Its Health Effects"*

Living water has existed on Earth for millions of years. It is one of Nature's finest creations, and is the foundation for all life. Yet, the degree to which water can support life depends on the degree of life force in the water. Water can be vibrantly alive or it can be barely alive like many of the inhabitants of the Earth. Unfortunately, much of the water on the Earth today has been mistreated to the point that its life hangs on a drop. It is no longer able to support the Earth's life forms at optimal levels. Yet, understanding a few simple concepts can restore life to water.

The health effects of water depends on the level of hydration which improves with the structure of water. For example, before pollution, spring water was effective in hydration. Phil will discuss new technology on how to harness Bio Photons in order to create crystalline structures in drinking water. He will discuss his research into structured water. the health effects and how to mitigate the health risks from EMF.

If the audience wishes, he can give a remote demonstration on the effects of structured water on strength, balance and stability. He can energize the water over the zoom call, and if another person is present, that person can test partner, that partner can test to show these results.

*(Continued on Next Page)*

*September 30, 2024*

**Phil Hawes**

**8:00 AM California Time/4:00 PM London Time**

*"The Structure of Water and Its Health Effects"*

**Join Zoom Meeting**

<https://us02web.zoom.us/j/85050544092?pwd=Aqirxu9y5HUx3iebYoEx49yoB408lq.1>

**Meeting ID: 850 5054 4092**

**Passcode: 918789**

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**Passcode: 918789**

**Find your local number: <https://us02web.zoom.us/j/85050544092?pwd=Aqirxu9y5HUx3iebYoEx49yoB408lq.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).

### **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.

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