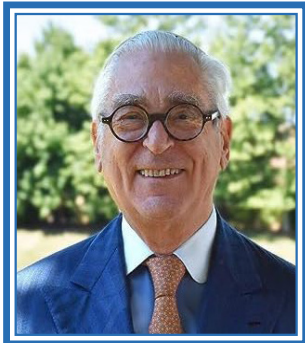


# Silicon Valley Health Institute

Host of the Smart Life Forum

## January 2025 Newsletter



**January 10, 2025**  
**Russell Jaffe, MD, PhD, CCN**

**10:00 AM California Time**  
**6:00 PM London Time**

*"Thriving in the 21<sup>st</sup> Century"*

**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***

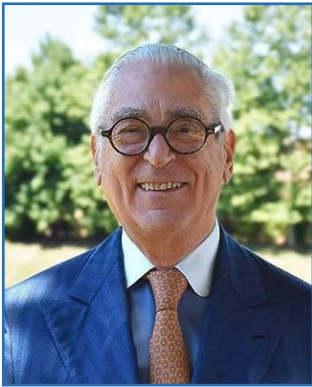
Thank you.

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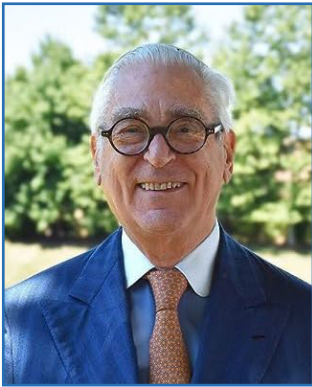
**Meet Russell Jaffe, MD, PhD, CCN**

Dr. Russell Jaffe received his BS, MD and PhD from the Boston University School of Medicine in 1972. He completed residency training in clinical chemistry at the National Institutes of Health (1973 – 1976), remaining on the permanent senior staff until 1979. He is board certified in Clinical Pathology and in Chemical Pathology. As a physician and scientist who aspired to be comprehensive, objective, empiric and experiential, Dr. Jaffe started his career searching for deeper understanding, wisdom, evidence and insight in mechanisms of health. Through intense curiosity and learned skepticism, Dr. Jaffe sought to debunk the best-known advocates of a variety of health promotion and healing systems. What started as a journey to disprove holistic forms of care became a rich educational experience that transformed Dr. Jaffe into a student and then researcher in such areas as Traditional Chinese Medicine, acupuncture, active meditation, homeopathy, and manipulative arts.

Motivated by his personal transition, Dr. Jaffe went on to reinvent himself professionally by starting the Health Studies Collegium, a think tank that focuses on sustainable solutions to global health needs, with his fellow colleagues. For the last 30 years, Dr. Jaffe has advocated a system that treats people not diagnoses, cause not consequence, and promotes long term sustainable solutions as an alternative to a system dominated by prescriptive, symptom suppressive solutions. Dr. Jaffe's cumulative experiences enabled him to take his efforts one step further and build PERQUE Integrative Health, a company that offers the world scientifically proven, integrative health solutions that speed the transition from sick care to healthful caring.

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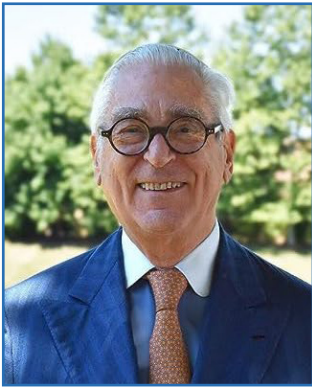
Dr. Jaffe's practical contributions to clinical medicine and to healthcare policy focus on functional, predictive tests and procedures designed to improve the precision of both diagnosis and of treatment outcomes; he has authored nearly 100 articles on the subject. Examples of his contributions to molecular biology and clinical diagnostics include:

- Early colon cancer detection tests
- Predictive tests of cardiovascular health and function based on changes in blood clotting and systemic repair status
- Quantification of the number of concurrent platelet binding sites needed for collagen to activate platelet-induced blood clotting
- Identification of the mechanism that controls collagen activation of platelets
- Antigen ultra-purification for use in high sensitivity immunology assays
- Mechanism of connective tissue cross-link inhibition by d-penicillamine
- Predictive tests of immune function and hypersensitivity / delayed allergy
- Predictive tests of nutritional / metabolic function
- High Sensitivity Predictive Biomarkers

Dr Jaffe has been honored as an International Scientist of 2003 by the IBC, Oxford, England, UK for his lifetime contributions to clinical medicine, biochemistry, immunology, methodology, and integrative health policy. He is also the recipient of the Merck, Sharp & Dohm Excellence in Research Award, the J.D. Lane Award, and the U.S.P.H.S. Meritorious Service Award.

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Dr. Jaffe teaches and lectures widely on nutritional immunology and treatment guidelines for chronic autoimmune and immune dysfunction syndromes and has helped elucidate the causes and consequences of immune defense and repair functions in health and disease. He is also founder and chairman of ELISA/ACT Biotechnologies.

Links to Dr. Jaffe's youtube channel, recipes and blog:

- Recipe: <https://www.drrusselljaffe.com/category/blog/recipe/>
- Blog: <https://www.drrusselljaffe.com/category/blog/>
- YouTube: <https://www.youtube.com/@DrRussellJaffe>

*(End of Meet Russell Jaffe)*

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Nature, nurture, and wholeness provide guidance to thrive today. Our health and environment have worsened drastically over time. Most adults and children now have chronic diseases, a marked increase from decades ago. Yet, there are steps we can take to avoid or lessen the impact of such diseases. Lifestyle choices are 92 % of lifetime health. We have control over our life style choices so a personalized risk assessment assessing our health status and epigenetic can help guide us where we need to focus and what steps we can take to improve our health.

You can thrive even in this perilous time. After half a century in clinical medicine and research, we have a step-by-step guide to reducing harmful exposures and enhancing biodetoxification systems. There are four self-assessments and eight predictive biomarkers, interpreted to best outcome goal values. Add decades of quality life starting today, we will explore what these tests are and how to understand their meaning. Personalized, proactive, primary predictive practices and protocols will be explained with examples of how this paradigm shift can save your life. Our books may also be of interest. Joy in Living the Alkaline Way, Health Bones, joints, and muscles for life, as well as Thriving in the 21st century are available for you to take a deeper dive into healthier habits today and tomorrow.

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**Join Zoom Meeting**

<https://us02web.zoom.us/j/81774287522?pwd=6v303PxSnI7bZT1ancGHqm4kg3jX57.1>

**Meeting ID: 817 7428 7522**

**Passcode: 196341**

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**Meeting ID: 817 7428 7522**

**Passcode: 196341**

**Find your local number: <https://us02web.zoom.us/j/81774287522?pwd=6v303PxSnI7bZT1ancGHqm4kg3jX57.1>**

*(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).

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**Benefits:** Access to a community of experienced scientists and physicians who share information and similar interests.



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