



Frederick Douglas Davis

February 1, 1948 - May 11, 2024

West Jordan, UT – Our beloved partner, father, grandfather, brother, and dear friend passed away after a three-year battle with cancer. He was born in Detroit, Michigan and grew up in Cleveland, Ohio.

Fred graduated from Hawken School in Northeast Ohio in 1966. In 1967 he began pursuing an engineering degree at Worcester Polytechnical Institute and then changed course and attended Hiram College in Hiram, Ohio from 1968 where he studied psychology.

Fred loved telling stories about his adventures in Maine where his family had a cabin on Lake Megunticook and where he went fishing nearly every day. Maine was his haven. As a teenager, he loved the summer camp where he excelled at archery and canoeing, and eventually became camp counselor. As a young adult, he joined the ski patrol on Maine's Sugarloaf Mountain. Maine was always special.

After that, Fred spent many summers in the mountains of Colorado at Mountain Air Ranch, another place he loved, creating a new summer place of adventure and perhaps attempting to recreate his beloved summers in Maine.

Throughout his life, he followed his passion as a skilled photographer and an excellent skier. In 1973, he moved with his then-wife Leslie to Salt Lake City

where they lived the adventures of true ski bums! He and Leslie stayed in SLC, raising three children.

Fred was a master of analysis, first working with his father in managed healthcare, and then creating computer systems within the industry and systems for tracking fraud in the insurance industry.

In 2000 Fred was diagnosed with Congestive Heart Failure. In his typical fashion, Fred began fervent research to find answers. In 2003, he had his first breakthrough in the form of B12 Methylcobalamin. He continued to research and study how best to handle his unusual metabolism.

With his increasing insights into metabolic processes, Fred helped many people through medical challenges. Fred (known online as Freddd) posted thousands of information-rich messages on various forums including Quora and phoenixrising.me. Many people credit him with saving their health and even their lives.

He was generous with his time and knowledge, passionate about sharing what he had figured out from his study and trials. He had remarkable attention to detail and the ability to remain unbiased in his research. He knew how to listen without judgment and speak without agenda.

To those of us who lived with and worked with him, he was a force for good, a caring mentor, and a wise friend. He changed our lives with kindness, caring, and grace. He is missed!

Fred believed in love as a powerful force, that it was a channel like a river, to be embraced. His parting advice, as he so often said, was:

BE in LOVE

Fred was preceded in death by his father Maxwell Henry Davis of Cleveland, Ohio, mother Elinor Simon, also of Cleveland, and daughter Cynthia. Survived by partner Nancy Emms, daughter Jennifer (Anya), son Nathan (Falisha), grandchildren Serina, Elizabeth, and Maxwell. Also survived by three sisters, Barbara Davis, MD of Cleveland, Ohio and Dorri (Dave) Penny of Granby, Colorado, and E. Maxwell Davis (Lesley) of Cleveland, Ohio, and Kevin (Molly) Reeves of Olmstead, Ohio.

A celebration of life will be held on July 14, 2024. Further details will be posted on the Serenity website, <https://www.serenityfhs.com/obituaries/>

Previous Events

Celebration of Life

JUL 14.

To Be Determined

Tribute Wall

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“ *This man ruined my life. After being diagnosed with a B12 deficiency, I foolishly followed "Freddd's protocol", which I have never recovered from. He was an unqualified quack who did so much damage to others' lives with his false sense of authority. Shame on him forever.*

Freddd - September 29, 2024 at 11:35 PM

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“ *1 file added to the tribute wall*



Nancy Webb Emms - May 23, 2024 at 02:30 PM