

A photograph of a woman with short, white hair, smiling warmly at the camera. She is wearing a light blue t-shirt and has her hands positioned in front of her chest, forming a heart shape. The background is a soft-focus outdoor scene, possibly a waterfront at dusk or dawn, with some lights visible in the distance. The image is framed by a teal border.

HEART'S LIFESTYLE NEMESIS

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Heart pulsation initiates blood flow throughout your body that carries essential cells, rebuilding your skeleton, organs, and all else. At the same time, this river of life extracts the worn out and used tissue so that the body's ever-changing anatomy continues anew. Your heart is the epicenter of life, consciousness, and connectivity. In China, there are two words for the mind: the mind where the brain resides, and the mind where the heart is. The latter is what Chinese culture aspires to. Sadly, this magnificent vessel of personal renewal has become a receptacle of disease, due to our contorted thoughts and sloppy living.

For generations, heart attacks and strokes have been the most formidable killer of endless millions. Seemingly, allopathic medicine and their pharmaceutical partners, feel that it is a lack of drugs causing these fatal maladies. There is an ever-growing course of legitimate physicians and healthcare professionals that are pointing to stress, noxious non-nutritive “foods”, and lethargic lives as the real culprits.

This style of hazardous living is relatively new since historically the demands of life governed clean living and constant movement. As technology expands, so do our bellies, buttocks, and brain dysfunction. One's heart is burdened by pumping butter, whipped cream, animal fats, pesticides, fungicides, herbicides, and even plastics through it. This literally clogs the ventricle highway with plaque, reducing the supply of blood necessary for a balanced system to function. Slowly, the biological erosion taxes the heart at such a level it is unable to do its job and shuts down.

Heart attacks, strokes, and phlebitis are all caused from bad lifestyle choices. This trio of adversaries is possibly the clearest evidence we have linking cardiovascular disease to messy habits. This perpetual

merry-go-round of bad food, lack of exercise, and stress must be broken or the inevitable will occur. Only two generations ago, heart attacks were virtually non-existent for the young population. Now, it is not uncommon for those in their 20s and 30s to die from these disorders.

One of my closest friends was an ER nurse for a quarter of a century. To me, nurses and doctors on the front line in the ER are heroes. Every day, they are faced with crises and people in critical states that require immediate attention. Recently, she told me she was leaving her job because she could not take it anymore. When I expressed to her that she had always told me how much she loved it, her response was “I still do. But I can't take one more day of seeing a young body on a gurney due to fast food and the sodas they washed it down with.”

We must stop the insanity and take back our future by standing strong and respecting our gift of life. Each and every one of us holds the power to carve out a destiny of enormous joy that spawns health and vitality. Gratitude needs to be part of your mindset, whereas the appreciation for all that you have supersedes the temporary fix of taking comfort foods and the “easy” way out.





Dimensions of a Disease:

How to Get Out of the Danger Category for COVID-19

During the winter of 2019, a disease from the family of coronaviruses, also known as coronavirus disease 2019 (COVID-19), caused a disease outbreak that originated in China. This disease rapidly spread throughout the world, leading the World Health Organization (WHO) to declare this outbreak a pandemic, causing a global plague with symptoms ranging from mild to severe. People who are elderly, particularly over the age of 65, or who have existing chronic medical conditions, such as heart disease, lung disease, diabetes, severe obesity, chronic kidney or liver disease, or those who have compromised immune systems may be at higher risk of this serious illness. This is similar to what is seen with other respiratory illnesses, such as influenza.

According to the WHO, the common signs and symptoms of COVID-19 can vary from person to person and may appear in as little as two days after exposure.¹

A few common symptoms of the disease include:

- Fever
- Cough
- Shortness of breath or difficulty breathing

Other symptoms can include:

- Tiredness
- Aches
- Chills
- Sore throat
- Loss of smell
- Loss of taste
- Headache
- Diarrhea
- Severe vomiting

The symptoms of COVID-19 are similar to other respiratory illnesses and many people experience shortness of breath and even pneumonia, which can cause severe medical complications, sometimes resulting in death for those with severe medical complications.

According to the Mayo Clinic, severe complications that can develop from symptoms of COVID-19 include:

- Pneumonia in both lungs
- Organ failure in several organs
- Respiratory failure
- Heart problems, such as rhythm problems and a disease of the heart muscle that makes it hard for your heart to pump blood to the body (cardiomyopathy)
- Acute kidney injury
- Additional viral and bacterial infections²

While anyone can be at risk for contracting COVID-19, especially those who are older than 65 and those who have compromised immune systems, some doctors are saying that some of their sickest patients are less than 60 years old who are also considered obese. The Centers for Disease Control and Prevention define obesity as people with a body mass index, or BMI, over 40.

The BMI measures your weight in relation to your height and is categorized by these categories:

- Normal weight: BMI of 18.5 to 24.9
- Overweight: BMI of 25 to 29.9
- Obesity: BMI of 30 or higher

Currently, there is no treatment that has been specifically approved for COVID-19 and there is no cure for an infection. Treatment focuses on managing symptoms as the virus runs its course and trying to help keep the person infected as comfortable as possible.

The best way to prevent the spread and infection of this disease is to avoid or limit contact with people who are showing symptoms of COVID-19 or any respiratory infection. Also, practicing good hygiene and physical distancing are safe and practical measures to help prevent bacteria and viruses from spreading.³



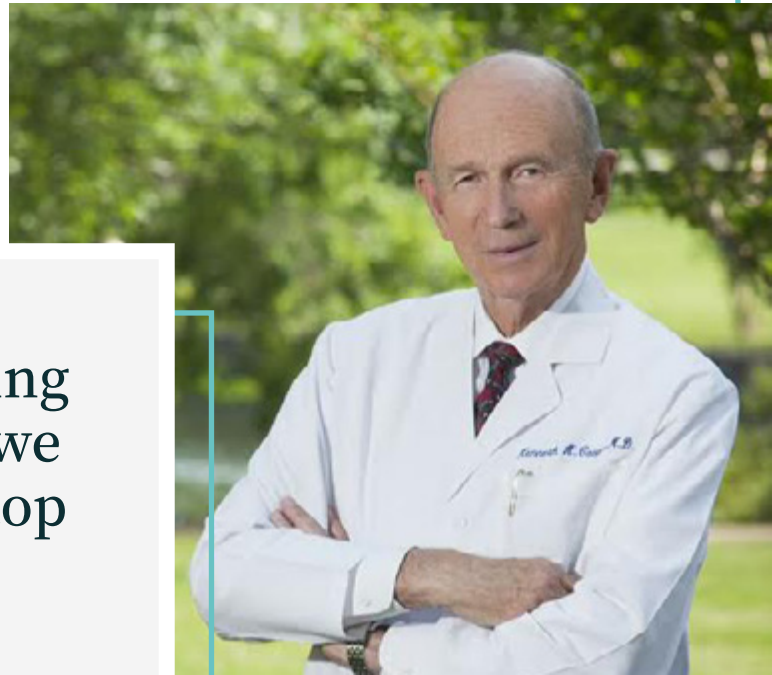
Chapter One

| Heart Health

1

“ We do not stop exercising because we grow old - we grow old because we stop exercising.

Kenneth H. Cooper, MD, MPH



One's heart may pump 20 gallons (76 liters) per minute. Heartbeats are autonomic, meaning they function by combining chemistry and electricity, surging blood through 50 miles of vessels and capillaries, beating around 100,000 times each day. This river of life flows through vessels and capillaries at any given time more so in one area than the other. The heart, which works together with nerves and functions as a muscle, is an electrical phenomenon. Chemical ions such as sodium, potassium, magnesium, and calcium contain their own electrical frequencies. These electrolytes move across membranes, propagating further electrical stimuli. Hearts are conductive and different than other muscles. One percent of its structure acts more like nerves, which produce ionic, electrical stimulation. This results in pulses similar to nerves. Myocardium activity manifests this way.

Our remarkable anatomy rhythmically works in constant symbiosis. The first sign of life at birth is the heartbeat, and demise is the absence of it. When observing our multiple cells (stem, red, immunity), navigating through our body, it is remarkable and beyond scientific comprehension. All of this can be disturbed by taxing the heart and its limitless network of highways that reach from the top of your head to the bottom of your feet.

If ever having a cut, you can see how readily the fountain of life is available. We must not clutter the pathways that procure health, well-

being, and longevity. Sedentary lifestyles, every morsel of “food” from other creatures, and unresolved emotions, dramatically impair this vital system.

It has always been and will always be, movement and exercise that are the core of how the heart and its adjoining blood, function. Aerobic exercise not only pushes blood flow, but it increases the speed and amounts of oxygen the stream carries. Why we are able to lose weight when vigorously moving is due to the detoxification, energy burning, and cellular building properties it excites.

This is nature's method to prevent and reverse cardio disorders. Dr. Kenneth Cooper, the foremost researcher on exercise states “You don't have to run a marathon. Just get off your rear, do 30 minutes of walking on most days. It can be broken up, but ideally 30 minutes straight. From this sensible fitness imperative, you will add years to your life.”

At the Cooper Center in Dallas, Texas, his team of physicians/ researchers have helped tens of thousands of people reverse their coronary artery disease simply via exercise. Dr. Cooper also states “We do not stop exercising because we grow old, we grow old because we stop exercising.”⁴



Dr. John Ratey, MD, Associate Clinical Professor of Psychology, has been a leading proponent of taming the mind as a viable source to reversing cardiovascular disease. This internationally recognized expert in neuropsychiatry effectively discovered how stress cross-circuits the neurological system. This leads to impairment of the heart muscle and related ventricles. Dr. Ratey summarizes the biological rhythm stating: “Regular aerobic activity calms the body, so that it can handle more stress before the serious response of involving heart rate and stress hormones kicks in. It raises the trigger point of the physical reaction. In the brain, the mild stress of exercise fortifies the infrastructure of our nerve cells by activating genes to produce certain proteins that the cells utilize against damage and disease.”⁵

Here at the Hippocrates Health Institute (HHI), we have guided endless participants in renewing their lifestyle that has consistently resulted in the abolishment of cardiovascular disorders.

For example, at 42 years old, Michael Miller suffered a major heart attack followed by five more and then a triple bypass. After researching alternatives to a heart transplant, Miller discovered HHI, and within five days, checked into the West Palm Beach campus.

“At HHI, you have your blood work checked on arrival and again prior to departure. My numbers all went in the right direction.” Miller lost a total of 27 lbs. and continues to live the Hippocrates Lifestyle at home. “I am a Hippocrates believer and I strongly suggest you check this place out. It could not only change your life, but give you a longer and better quality of life.”⁶ Before arriving, he was on a heart transplant list due to his 5 previous attacks and 2 by-pass surgeries. The experts told him he needed a replacement since there was no more tissue to repair. After several months on this health regulating system, the transplant physicians announced that he would be removed from the list and no longer needed such a risky procedure.



Chapter Two

| Heart-Mind Connection

Mindfulness contemplation, focused and calming attention are powerful tools in the elimination of stress-related heart problems. Harvard's Herbert Benson, decades ago, published his research on what he called "The Relaxation Response." After deeply delving into what ingredients balanced the body/brain, he concluded that the calming effect of a meditative/prayer state was formidable in its positive effect. ⁷

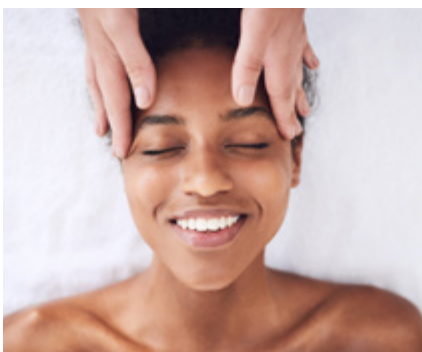
Sweden's Kasper Andersen, MD, PhD, Uppsala University, states that physical activity lowers many heart disease risk factors, which in turn, lowers the risk of developing heart failure. Heart disease is common as a disabling disorder that accounts for about 2% of total health care costs in industrialized countries. Although a small population endures it, within five years of diagnoses, it raises the chance of demise to between 30 and 50 percent. Combining activity that includes constant movement and calming relaxation is an effective remedy to improve and prevent this disease. ⁸

Researchers, once again at Uppsala University, studied nearly 30 thousand people between the ages of 20 and 90 who did not have any heart concerns. This research began as far back as 1997. Evaluating the participants' leisure time activity, and following them to see how this is related to the chances of developing heart failure, provided stunning data. The more active a person was, the lower their risk of heart failure and its pathway to demise. According to the study, participants completed questionnaires that included information about lifestyle, physical activity, medication use, and smoking and alcohol habits. The researchers found that the group with more than one hour of moderate or half hour of vigorous physical activity had a 46 percent lower risk of developing heart failure. ⁹

Dr. Dean Ornish, MD, is a noted, progressive physician/researcher, and founder of the Preventative Medicine Research Institute in Sausalito, California. Dr. Ornish utilized contemplation, plant-based food, and moderate exercise, and his methods provided such affirmative results that many large insurance companies support their participants in employing the Ornish Method. Dr. Ornish states: "If you are willing

and interested in making bigger changes in your lifestyle...we found that most people can reduce their cholesterol levels an average of almost 40 percent rapidly. In comparing cholesterol lowering meds with their inherent side effects, plant-based diets combined with sensible relaxation techniques are far more effective in removing cardio concerns." ¹⁰

One of the pioneers in alternative medicine's approach to heart disease was the brilliant Nathan Pritikin. As a young man, he was told that he had an inoperable cardiovascular disorder that would most likely kill him. Personally adopting plant-based food and companioning that with daily exercise, he healed himself. In the 1970s, he was unable to convince physicians to join him in the quest of helping others, even though his simple approach to a healthy lifestyle eradicated the number one killer. Opening the Pritikin Center, first in Santa Barbara, California, and later moving to Santa Monica, his results were so outstanding that he could not be ignored. Not being a medical physician, he was constantly challenged because that profession was then and even now falling short in authentically helping their patients. One of the common questions asked about the folks who he had helped was "How do vegetarians get enough protein?" He would laugh and say to them that it would be impossible for nutritional experts to design a diet of healthy, plant-based foods that would not contain adequate protein. He was right and single-handedly, without support, moved a conscious segment of medicine in the direction of diet and exercise as a functional tool. Hippocrates Health Institute worked with Pritikin over the years and he gained deep and effective insight from the work that we had conducted over the decades before he had established his program.



Your gut, heart, and brain are triplets. Each consistently communicates and passes essential information back and forth. When we become highly stressed, we may develop a stomach ache and we are often unable to eat. Frequently this leads to a headache, demonstrating how the chemistry of organs is inseparable. Not surprisingly a calm mind and clean diet are inevitable gateways to heart health.

Coffee, energy drinks, and sleep remedies activate the nervous system and heart, promoting gastric acid secretions. When this becomes chronic, it can lead to insomnia, tachycardia, and arrhythmia. Below is a chart showing you common beverages that destroy your heart, intestinal, and brain health:

Heart Destroying Beverages

The most notorious coffee, tea, energy drinks and energy supplements include:

Beverage	Size (fl oz)	Caffeine Content (mg)	mg/fl oz
5-hour ENERGY	2	200	100.0
Espresso	1.5	77	51.3
Coffee (brewed)	8	163	20.4
Full Throttle Energy Drink	16	160	10.0
Monster Energy Drink	16	160	10.0
Rockstar	16	160	10.0
Red Bull	8.46	80	9.5
AMP Energy Drink	16	142	8.9
Black Tea	8	42	5.2
Mountain Dew	12	54	4.5
Diet Coke	12	45	3.8
Pepsi	12	38	3.2
Diet Pepsi	12	35	2.9
Coca-Cola Classic	12	34	2.8

Source: [Caffeineinformer.com](#)

One’s attitude and ability to minimize and process stress is a critical tool in battling against heart attacks and strokes. How many times have you heard someone say: “You are going to give me a heart attack!” All too often this is a literal statement.

An abrupt shock that we cannot process is a lethal weapon against ourselves. Exercising your rational brain and using brain calming exercises like positive visualization, inspiring music and enriching relationships, will all render necessary tools so that abrupt shock will not end up hurting your vital pump and its pipes.


Some of the greatest medicines to prevent and reverse cardio concerns is laughter, open communication, and comradery with your family and friends. According to a study by cardiologists at the University of Maryland Medical Center in Baltimore, laughter, along with an active sense of humor, may help protect you against a heart attack.¹¹ By including laughter in our daily activities and focusing on something humorous or watching a funny video, stress is reduced, alleviating anger and hostility.



Chapter Three

I Love Everything

3



Love has its own holiday called Valentine's Day. As we know, we symbolically celebrate this day with hearts. This did not happen by chance. Our ancestors, who may not have had academic science to support their feelings, instinctually understood the importance of this vital organ. They saw it more as a place that fostered empathy, compassion, kindness, caring, and healing. The more mundane approach of looking at it as an organ is not as authentic, or accurate.

Heart Math Institute in California has conducted extraordinary research on the real attributes of this pulsating, muscular tissue. They have proven that every cell contained in its tissue exemplifying the totality of the organ. Connecting thought to the heart has become their forte, and they have demolished the walls that previously darkened our understanding of its inherent purpose. This institute focuses on providing tools and resources to help you increase coherent cooperation between your heart, mind, and emotions.

Your diet gives the body a message as to how much you respect it. Britain's University of Oxford discovered that eating even a "not-so healthy," vegetarian diet, lowered your risk by one-third of being hospitalized for heart disease. The pure, vegan diet potentially expands that two-fold. In the United Kingdom, more than 70 thousand deaths a year are attributed to this catastrophic disorder. I ask, "Is it the diet alone that helps prevent heart attacks and strokes, or in part is it the gratitude message that healthy food choices display?"

Dr. Francesca Crowe, Epidemiologist and lead author of the study stated that there is an important role of diet in the prevention of cardio concerns. Dr. Crowe concluded in her study that a vegetarian diet was associated with lower ischemic heart disease.¹²

Hippocrates Health Institute, which I have directed for 40 years, has clinically observed a universal, positive effect on the reversal of cardiac maladies when embracing a lifestyle renovation. Focusing on the positive, pivoting to a pollution-free, living, plant-based diet, and pumping the blood through vigorous exercise, empowers your body to abolish disease.

One of the main culprits, and formidable to a healthy cardio system, is sodium chloride (SALT). In 2200 BC, China began to produce salt. According to a 2010 Global Burden of Disease study, the average Chinese, European, and/or North American consumes nine to twelve grams of sodium each day. This most often results in hypertension, dynamically and dramatically raising the incidence of strokes. Although organic sodium from sources like celery, seaweeds, etc. are some of the greatest sources of vital nutrients that your body requires; table salt, sea salt, Himalayan salt, Celtic salt, black salt, etc., are non-organic sources that should be avoided or minimally consumed.



Recently, the Finnish government recognized and acted on the exceptionally high number of their citizens who were sickened and died from heart disease. They conducted thorough and extensive studies inciting the population to reduce sodium and increase the consumption of health-building vegetables and fruits. There were instant results in diminishing this category of killers. It is rare that such governmental mandates are pursued to improve citizens' lifestyle that make moral and economic sense. Can you imagine a world where all people were guided and inspired to calm more, eat less, eat clean, and move freely? Billions would be saved, millions would not perish, and humanity would rise. We are all enduring oxidative stress, whereas the acidity of our daily dining and beverage consumption inflames our bodily systems, leading to the proliferation of aortic disarray. Our Hippocrates' raw, vegan diet relieves the body-burden and instigates smooth muscle cells by stimulating homocysteine, which is known to mediate cardiovascular problems. This harmonious partnership sparks leukocyte attachment migration as well as adhesion-molecule expression on arterial and endothelial cells, a fundamental positive in preventing atherosclerosis

far more than a cooked, organic, plant-based diet can. The raw diet's anti-inflammatory properties release cytokines, resulting in smooth tissue that regulate the immune system by protecting cardiomyocytes with their compound ROS (reactive oxygen species). This provokes the blood stream's scavenging abilities, ultimately resulting in a healthy heart and anatomy. The Hippocrates' Diet lowers vascular fibrillation rates, increases cellular LDH, and reduces lipid peroxides, strengthening cardiac tissue.

Colleague and friend, Dr. Norm Shealy, MD, PhD, sees eye-to-eye with me when he states "Energy medicine is the future of our health." The body is first and foremost electromagnetic energy and frequencies. When we treat it as such, the natural occurring harmonization of all of our trillions of cells that make up each and every part of our body, resonate well-being.

Here at Hippocrates, we have 17 treatments and therapies in our Energy Medicine Department, each of which assist to improve and balance cardiovascular health. Some of these therapies include Viofor, CoMra, Turbosonic, Cyperscan, H-wave, QRS, NuCalm, Theragem and Ondamed. These solutions activate a healing response by stimulating cells, reducing inflammation, increasing lymph drainage, reducing pain, and strengthening the immune system.



One of my friends from decades ago, Dr. Bernie Siegel, MD, had an awakening as a young physician, observing patients in a hospital setting who had experienced sharing and love with their family and friends during their recovery. They had significantly better outcomes and faster healing. Dr. Siegel is a prominent medical doctor and spiritual teacher and he built his renowned program around nurturing the heart via affirmative support. He once stated “The dominant message is we lose our lives in pleasing others; if you are the good child who pleases Mommy and Daddy, but internalizes anger, you are setting yourself up for disease.”¹³

“Mind-body medicine should not be an alternative; nor should complimentary and integrative medicine be something doctors are not exposed to during their training,” stated Dr. Siegel. He had the clarity and strength to express an absolute truth that disease is more so a gathering of unresolved issues, malnourishment, and lethargic living. Workplace stress, financial stress, marital stress, etc., were all studied at the Harvard Medical School. Looking at nearly 11,600 people who were tested for heart disease over a three-year period, it revealed stress paralleled an increase in heart attacks.¹⁴

After stock market crashes as well as every Monday morning there is a notable increase in cardio events. A recent study analyzed the psychosocial factors like hostility, anger, and depression and the role they play in heart disease. The higher the number, the more likely the person was to have a heart attack. The research suggested that chronically elevated cortisol levels were implicated in the cause of cardiovascular disease.¹⁵

Pollution cannot be overlooked because it corrupts the cleanliness of your blood stream. Air, water, dwelling, clothes, and electromagnetic pollution, all play havoc on the anatomy. Rational people would never drink poison, yet all of us are taking bits of it in each and every day by living in the 21st century. When thinking of the plasma flowing through your veins, as a pristine waterway, and then dropping barrels of chemicals and heavy metals into it, we can visualize the erosive effect it will have on all of your organs. Geographic studies have shown a higher incidence of strokes and heart attacks, as well as phlebitis, their close cousin, in areas of the world that suffer the highest rates of pollution. With bad lifestyle choices, partnering with noxious pollutants, it is a recipe for cardio concerns.


Needless to say, we can go on for years pointing out all of the hazardous ways we individually navigate life. Our objective in writing this book is not to reveal only the problems, but more so, to offer the resolution. As founders and leading authorities in the progressive health movement, we can assure you that the guidance we offer comes from a legacy of clinical work that began in 1956 when the doors of Hippocrates Health Institute first opened. Since those early days, we have had the privilege to work with thousands and thousands of people searching for the remedy that mainstream medicine seemingly could not provide. Without fail, if one continues on the same path that caused their disease, it is impossible to remedy it in spite of the fact that they are encouraged to pop pills daily. It is how you think, how you eat, how you exercise, how you love, who you choose to be with and how passionate you are about your work, that ultimately brings either healing or demise.



Chapter Four

| Preventing and Reversing
Heart Disease

4



According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death for men and women and people of most ethnic groups in the United States, killing one person every 37 seconds from cardiovascular disease alone and about 647,000 Americans die each year. ¹⁶

There are many factors that may contribute to heart disease, and understanding the risks and warning signs can be helpful in preventing and reversing this disease. A few of these warning signs include:

- Diabetes
- Diet high in saturated fats and cholesterol
- Alcohol and tobacco use
- Obesity
- Physical inactivity

While it's important to understand the risks and causes of heart disease, learning the necessary tools and making appropriate lifestyle changes is key to reducing and preventing this disease.

At Hippocrates, we have created the Life Transformation Program (LTP) to enable all guests to achieve their health goals and eliminate disease and chronic conditions from their lives. The LTP is all encompassing and teaches participants the tools necessary to continue this program at home, further enhancing their health and longevity.

One of the main components of the LTP is changing the diet by eliminating harmful foods and incorporating fresh, raw, organic and enzyme-filled foods that nourish and sustain the body. When a future guest first contacts Hippocrates and reserves their 3-week stay, they are advised to begin eliminating harmful habits and addictions to substances like caffeine, sugar, nicotine, alcohol and/or drugs. Removing animal foods, like meat, dairy and eggs, is also recommended to ease the transition and help start detoxification. These harmful pollutants destroy nutrients and raise the impurity level of the blood.

Upon arriving at Hippocrates, guests begin consuming nutrient-dense, organic foods like sprouted nuts, seeds and grains, vegetables, juicing wheatgrass, and drinking green juice two times a day. These high-

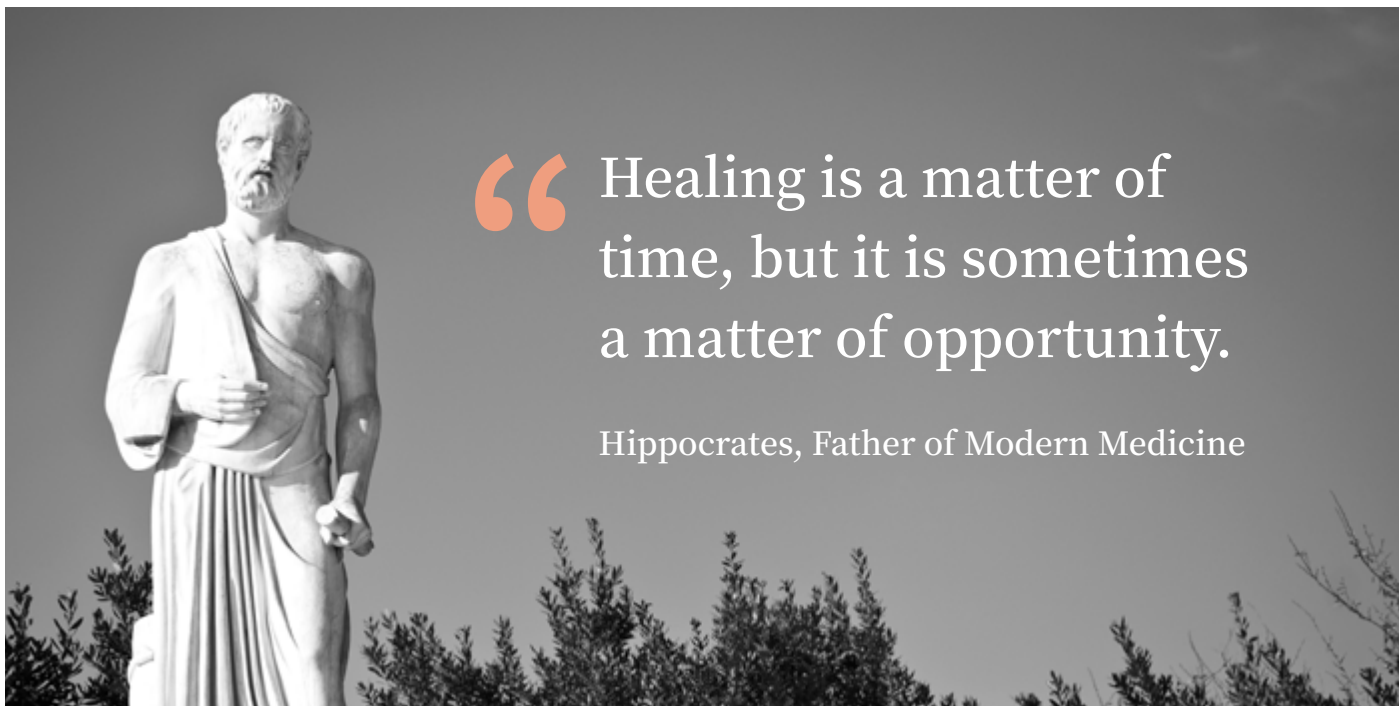
nutrient foods and juices provide the body with enzymes and oxygen, which allows for proper digestion and detoxification. While on the LTP program, guests attend lectures that teach proper food combining, hands-on raw foods classes, and sprouting classes, as well as numerous other lectures that provide education and inspiration to adopt the raw, living foods lifestyle.

Fasting is another major component of the LTP. Fasting one day a week on vegetable juices is recommended over water fasting. Juice fasting causes less trauma and discomfort. On a juice fast, you are nourished and strengthened instead of being depleted and weakened. Fasting can unlock the physical energy and allow it to penetrate and strengthen the emotional, mental, and spiritual areas.

A clean and healthy colon is essential to assimilate nutrients and dispose of waste. Enemas, implants, and colon hydrotherapy are used at the institute to help the colon regain normal muscle tone and strength. These colon-cleansing therapies are especially helpful during the first few weeks of your change in diet when waste matter is sent to the colon from all parts of the body for elimination. Enemas and implants are recommended twice daily while on the program, and at least one colon hydrotherapy per stay. After receiving your first colon hydrotherapy treatment, more may be recommended, depending on your condition.

A daily exercise program is another key factor when adopting the living foods lifestyle. Incorporating three kinds of exercise into your program is recommended:

- Aerobic Training
- Stretching
- Resistance Work



“Healing is a matter of time, but it is sometimes a matter of opportunity.

Hippocrates, Father of Modern Medicine

Schedule resistance or strength-training workouts three to four times each week. You can accomplish a great deal in 30 minutes. Exercise also protects against heart disease primarily by normalizing insulin and leptin levels.

Adopting a meditation and relaxation practice is also extremely beneficial and many exercise classes at the institute incorporate these techniques. As stated earlier, research shows that stress increases the risk of heart disease. Learning helpful tools for you to calm, relax, release tension and provide relief from emotional upsets like worry and fear, reduces that risk. In a study of 1,200 people at high risk of poor health, those who learned to alter unhealthy mental and emotional attitudes through self-regulation training were more than four times more likely to be alive 13 years later compared to an equal-sized control group.¹⁷

Massage is a therapy that not only reduces emotional and mental stress, but also benefits the body's muscular, lymphatic, nervous, and skeletal systems. Through massage, immune cells stimulate the nervous system to produce endorphins that can lower blood pressure and regulate a rapid heartbeat. Guests on the LTP receive one massage per week while on the program and these massages include different techniques like neuromuscular, Swedish, Thai, and numerous other modalities that guests can choose.

Another aspect of the LTP is cleaning your environment from electromagnetic frequencies (EMFs). These EMFs are rampant in our society and bombard your body from the use of cell-phones, Wi-Fi,

proximity to cell-phone towers and satellites, smart meters, and numerous others technology that radiates these harmful frequencies. Grounding is helpful in relieving the stress from these EMFs and there is also technology, such as Molecular Resonance Effect Technology (MRET) that helps reduce the burden on the body. The Hippocrates Store carries numerous devices to help alleviate and disperse these EMFs and there are also educational classes throughout the LTP to help you learn how to protect yourself.

Saunas, steam baths, and whirlpools are both therapeutic and relaxing, and are located throughout the campus so they are easily accessible. These healing therapies stimulate detoxification by eliminating heavy metals and toxic chemicals that are released through the skin. The use of these therapies also aid in relaxation and regulate the level of cortisol in the blood. Thirty minutes a day in a sauna, steam bath, or whirlpool will induce a deeper sleep, relieve stress and help fight illness.

Achieving life-long health and longevity is the goal of the Hippocrates Life Transformation Program and by adopting these lifestyle changes, eliminating unhealthy habits, ceasing the consumption of harmful foods, and learning ways to cope with stress and emotional issues, will help to improve health conditions and diseases can be reversed and eliminated. Optimal health is accessible to anyone who is willing to make the sacrifices necessary to reach their health goals. Here at Hippocrates Health Institute, we are here to support and guide you along your health and healing journey.

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