



FEAT

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HIPPOCRATES
E-BOOK SERIES

Excess weight has become a formidable killer in the global community. International organizations and renowned universities warn us that we are currently destined to have over half the world's population overweight, obese, or even morbidly obese if we stay on our destructive path this will come to fruition by mid-21st century. This should come as no surprise to anyone who is paying attention, since three meals a day, with little to no snacking, was the norm 50 years ago.

Today, we have doubled it to the equivalent of six meals a day. Further impacting this pandemic of pounds is the sedentary lifestyle that we live; enslaved to electronics, binge watching, and lack of outdoor activity. Science has revealed that stress is a prime producer of excessive weight since it activates the hormone cortisol, which is meant to provoke the fight or flight response. This chemical reaction produces more weight, bulking you up to assure the win, which is no longer necessary since you are not really being threatened.

Dr. David Kessler, former head of the FDA, has announced to the world that the international food industry is systematically lacing common fare with what is called "Hyper Palatability." Hyper means excessive and palatable means appetizing, pleasing to the taste buds. So a hyperpalatable food is one that is so tempting it can override your ability to control the amount you eat. Hedonic hunger is what most junk-food consumers endure. This is where you eat for pleasure and not for nourishment and sustenance. Chemists employed by these nefarious corporations are formulating synthetic opioids, adulterating products with this chemistry so your children, you and all others will be permanently addicted. This allowed food makers to tap into the brain's reward system that created a feedback loop that stimulated our desire to eat, leaving us wanting more, even when we are full. Although Dr. Kessler isn't convinced that food companies completely understand the neuroscience of the forces they have unleashed, he believes that they do acknowledge human behavior, taste preferences, and desire. He shares descriptions of how restaurants manipulate ingredients to reach the aptly named "bliss point."¹

If you find yourself unable to put down the spoon when eating ice cream, the chip bag when crunching away, or the second or third burger, it is not all character weakness; it is deliberate substance abuse.

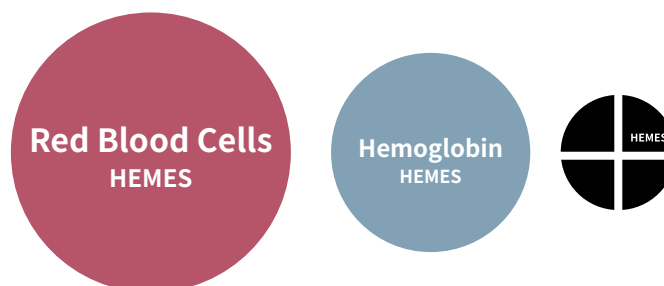
When it comes to stimulating our brains, noted chef Wolfgang Puck states that by combining fats, sugar, and salt in innumerable ways, people indulge in any and all "food".

We are in a time of lethal living due to the disconnection from the natural world and ourselves. Inevitably, your estrangement from this essential rhythm will create an unnatural physique. Every misstep we make in lifestyle mimics a domino that falls one upon another, causing a systemic defect.

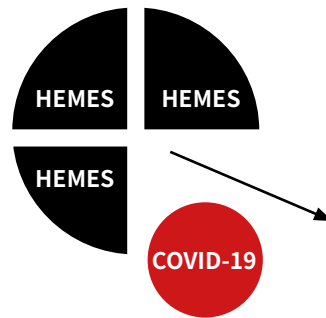
I myself shed 120 lbs. in a year and a half by stopping a negative mindset, animal food consumption, sugar, three packs of cigarettes a day, and smoking grass on a daily basis. We are not genetically predisposed to be chubby. We are just emotionally paralyzed, which provokes a self-sabotaging attitude of defeat. Forty years ago, my colleague and friend the late Dick Gregory, social activist and comedian, worked with morbidly obese individuals, the largest weighing nearly 1000 lbs. After watching their transformations, it was clear to me that anyone is capable of taking control of their life and manifesting a mind and body of strength, health, and integrity.

When carrying extra body fat, you reduce oxygen uptake in tissue. All invading, disease-causing enemies, like viruses, bacteria, mold, yeast, and even cancer, flourish anaerobically (without oxygen). Compounding this state by being infected with a microbe fuels the bug to multiply and spread. This is why at the top of the list, overweight individuals are enduring a much higher rate of mortality from COVID-19.

Scientifically, it has been discovered that ventilators seem to not be effective due to the pathology of this unique virus. A central cell in your body is the red blood cell that contains hemoglobin. The structure of hemoglobin is made up of hemes. The chart below and on the next page will show you how the virus takes away a portion of the heme, spilling the oxygen that is meant to go to the lung sacs into the bloodstream.

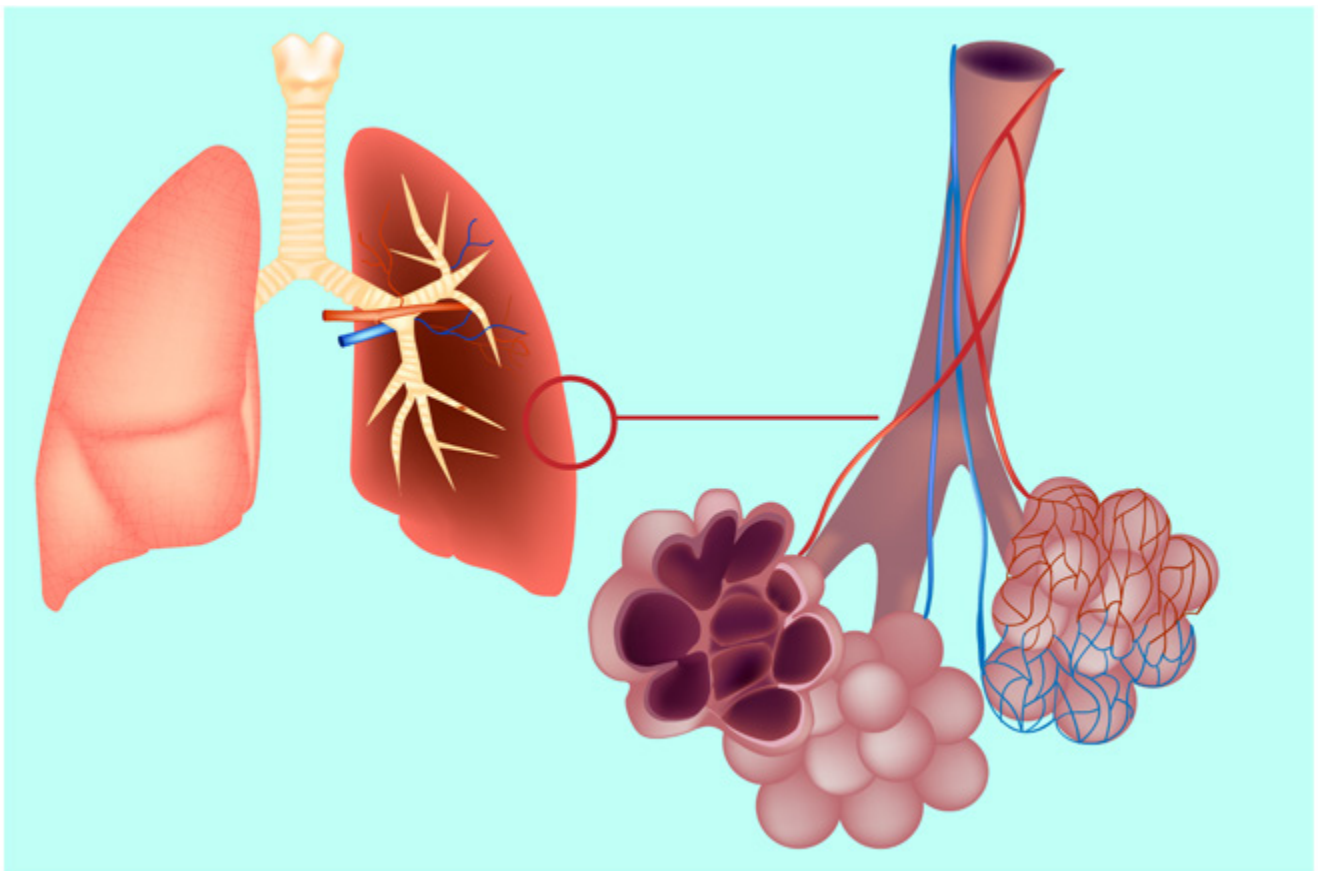


Healthy Cell Structure



Pathology of COVID-19

The COVID-19 attaches itself to $\frac{1}{4}$ and removes it, spilling O_2 through the bloodstream



Lung Oxygen Depletion

The Aveoli sacks are filled with oxygen from the HEMES in hemoglobin. COVID-19 robs this life enriching element so the lungs endure oxygen depletion.

When the ventilator is employed and the hemes are not in the lung sacs to convert it to usable oxygen, the ventilator pours so much oxygen gas into the body it creates oxidative stress, resulting in high levels of mortality. Studies from Italy and New York include observations, whereas up to 80% of people are losing their life from this form of treatment.

Do not lose faith; it is within your reach to transform yourself into a happy, healthy, contributing person. Your fear can be relinquished by knowledge and positive action. There is never a time that nature and the universe will not support you once you are ready and willing to support yourself.



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.²

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 infections³

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.⁴

A woman in a black tank top is running, her hair in a ponytail flying behind her. She is silhouetted against a bright, low sun that creates a lens flare effect. The background shows a cityscape with buildings and hills under a hazy sky. The overall tone is warm and motivational.

Chapter One

| Weight, Life Span,
and Resolutions

1

In the United States, more than one third of the adult population is obese and more than 5% morbidly. In the United Kingdom, more than one fourth of adults are obese and 2% morbidly. Children in both nations are 20% overweight.



Today's farms produce 20% more food than the entire global population requires. Out of the more than 8 billion people alive, 1 ½ billion are underfed and hungry. In the countries with the highest standard of living, like the United States, Germany, Norway, etc., 40% of food is wasted. With all that throwing away, you would expect a lot of thin people running around, but on the contrary, we're bigger, heavier, and sicker than ever.

Currently, the future looks grim, this is caused by the multi-national food companies' greed. There is a plethora of reasons that cause weight-gain. Genetics may play a contributing factor to excess pounds, but by far, consuming non-nutritious foods, high sugar, fat, lack of essential fatty acids, and abandonment of regular fitness, to name just a few, add up to be a killing combination. The British Medical Journal (BMJ) wanted to know why one fifth of their youth were portly. In this large prospective study, the consumption of sugary drinks was positively associated with weight gain. Soda, with its high fructose corn syrup, turned out to be the main culprit.⁵

A century ago, soils were rich, and crops were filled with beneficial omega oils. Today, the absence of these vital micronutrients starves the body and raises the potential for us to eat unhealthy saturated fat. Depression is also associated with lower levels of long-chain omega-3 fatty acids in red blood cells. Some studies have shown that in countries where intake of these fatty acids is higher, depression is less prevalent.⁶ Sprouts (germinated nuts, seeds, grains, and beans) contain healthy Alpha-linoleic acid, which acts as a positive fuel for your body, helping to cut weight gain. Our ancestors were naturally receiving these powerful elements from the food they consumed.

In the 20th century, when our bodies started to cry out for these lost micronutrients, the food industry gave us hydrogenated oils instead, which did not fulfill the dietary requirement, and added to the repertoire of weight-gaining problems.

Marketers began preaching about the benefits of essential fats from sources like fish and their rancid oil. They intentionally did not tell you that all fish have far more saturated (fat promoting) fat than they do the more healthy omegas. In plain language, saturated fat creates fat and healthy omega oils reduce fat.

Kings College of London England published a study, "Here's What Eating McDonalds for 10 Days Does to Your Gut Bacteria".⁷ After this week and a half of torturing your palate, healthy gut bacteria reduced by one third, which increased inflammation potential in the intestines. This reduction in gut bacteria dramatically reduced serotonin, which relaxed the muscle fiber throughout the body, activating depression. Depressed people are generally far more prone to over-consumption than the average person. The loss of the diversity of the microbiome can also raise concerns for other health issues such as obesity and diabetes.

When we were born, our bodies had good, brown fat. Unhealthy amounts of white fat increased as our parents began feeding us mainstream food. This white fat is what you grab on your love handle, belly, or buttocks. It is only the brown fat that uses triglycerides to produce heat, building the needed omega 3, and ultimately producing DHA. This extraordinary lipid is one of the greatest factors in reducing excess weight. By exercising and sleeping well, the white fat can convert into brown. Maintaining a healthy thyroid gland function also helps the anatomy produce pound-busting, healthy, essential fats.



As the Journal of Physiology, Endocrinology, and Metabolism states “The effects of high animal fat diets on the hypothalamic-pituitary-adrenal axis is similar to chronic stress.”⁸ As we know, stress switches on fat-producing metabolic function.

Sadly, chronic weight gain eventually antagonizes the action of insulin, decreasing glucose uptake in tissues and sparking diabetes. Heart disease and cancer potential also elevate since the extra weight lowers interferon, neutering the immune system, your ultimate protection.

Belly fat, the most stubborn of all, as described by Dr. Robert Lustig of the University of California, occurs when we are under constant pressure (does this sound familiar?).

Nagging tension provokes a relentless state, adding fat around the liver to feed the organ as our ancestors needed so they could run long distances or defend themselves. This biochemical process is one of the foremost reasons that non-alcoholic, fatty-liver disease is skyrocketing.

Two of many people’s best friends, coffee and chocolate, are sinister enemies that add pounds to the pot by raising stress-related cortisol. As well, a great number of you reading this reside in dark and cold climates for much of the year, creating a dramatic lack in vitamin D, which is also an agent of resolve in the fight to maintain healthy, body weight.

As a child, many of us heard the insult that we were fat heads. Today, we understand that this is actually a compliment since 60% of your brain is made of healthy fats. These fats are generated from taking essential fatty acids from healthy foods, like nuts, seeds, sea and fresh-water algae, and endless sprouts. These foods provide the brain structure that elevates neurotransmission, which regulates prostaglandins. Your ability to read and understand, as well as see, feel, and touch, is dependent upon this remarkable process.

We strongly advise the consumption of organic, plant-based food that is unprocessed and uncooked as often as possible, and consumed fresh and consistently. Daily movement and activity should be the normal state that you aspire to in your life. Find fulfillment by pursuing passionate work and love relationships so that your stress load is minimal.

Most importantly, work hard to be positive, creating the goal of an achievable future that relinquishes pain and suffering.



Chapter Two

| Eating Your Way to Health



Our grocery stores, restaurants, and gas marts are chock-full of colorful, fat-provoking, and disease-causing “food.” Our insane schedules that have us moving at the speed of light leave little time for the required nutritional norms of life.

Our world has been built around convenience, not necessity. How sad it is when you see one pumping gas and eating their hot dog and potato chip dinner on the go. After they fall to disease, they generally visit a status-quo physician who addresses their symptoms, labels it with a frightening name, and never once considers how malnourishment contributed to the disorder.

You may not be aware that the best medical schools give literally no legitimate training in advanced nutritional science. Over the years, I have addressed more than 150 medical and scientific groups in over 20 countries who thought it was novel that I was speaking about a subject that had little to do with human health. Inversely, to their sentiment, they were shocked to learn how the history of the institute, that I have had the privilege to direct for more than 40 years, provides thousands of testimonies of people reversing every disease under the sun. At best, most of these health professionals challenge the reality by suggesting that there is not enough scientific research to support our diet and/or, that healthy habits have anything to do with the prevention or elimination of maladies. Nobody said the well-educated have common sense. Let's hope for an exception to that rule and understand that the keys to your future well being are completely in your hands.

We have been using optimal nutrition and the highest potency medicinal plant foods to support hundreds of thousands over the last seven decades in their quests to reverse weight problems, premature aging, and disease. Founding what is today called Lifestyle Medicine in 1956, Hippocrates Health Institute discovered the holy grail of foods, some of which are sprouted beans, seeds, grains, and nuts. Sprouting activates the dormant life force and begins the germination process, activating its enzymes. Sprouts, these little plant powerhouses that can be grown 12 months a year in any climate, at anytime of the

day, contain the highest proteins, vitamins, minerals, and essential fats. Additionally, they provide the crucial hormones, oxygen, phytochemicals, and enzymes required by the body to manufacture immunity, balanced weight, and longevity.

As an example, these germinated seeds are, on average, 30 times more nutritious than their adult vegetable counterpart. The body's brilliance provide a reciprocal messaging system between hormones that alert us to the need for sustenance and the off switch when we have had enough. Leptin is the hormone that signals the requirement for food. When you fulfill the request, the brain and body are copasetic by accomplishing their goal. Ghrelin is a counterpart greatly manufactured in the stomach and yet, to some lesser degree, the small intestine and brain. It stimulates hunger by entering the brain and acting on the neurons in the hypothalamus to increase the activity of the hunger-causing nerve cells and reduce the activity of hunger-inhibiting cells. As the stomach empties, the release of ghrelin increases. One can eat several pounds or kilos of food daily and still not satisfy this need. Perpetual overeating is a result of this absence of satiation. Advanced science has concluded that when one fulfills their daily nutritional requirement then they do not overeat. It is not about the amount of food, it is about the nutrient density. Additionally, we have proven that “it is not the food in your life, but the life in your food.”

When you do not mandate sensible rules in choosing food, fitness, and enriching feelings, it is a recipe for adding pounds. There is only one reason that you do not possess a body that you are proud of. This reason stems from your lack of prioritizing choices that are positive versus destructive.

Listed below are core requirements to create balanced weight:

Most people require the following for weight balance

<div>Stress</div> <div>Reduce stress via contemplation, prayer and meditation. Nucalm and other technologies greatly assist these practices.</div>	<div>Diet</div> <div>Eating a minimum of 80% raw and a 100% organic vegan, plant-based food, with its high electric frequency. Food born frequencies help to maintain a healthy MHz, of the cell which is 75MHz when disease takes hold in the body, the cellular energy (MHZ) is always low. Frequency determines the intensity of the psychological responses, including metabolism.</div>	<div>Sleep</div> <div>Sleeping for 8 to 8 ½ hours each night with a 10 minute afternoon nap is ideal.</div>	<div>Aerobics</div> <div>Aerobics for a minimum of 5 days a week for 35 minutes per day.</div>	<div>Circuit Training</div> <div>Aerobics and circuit weight training balances the body's ability to create glutathione which feeds and protects mitochondria (energy source of the cell). This also protects you from premature aging and disease.</div>
		<div>Stretching</div> <div>Stretching 7 days a week for 5-10 minutes per day.</div>	<div>Resistance</div> <div>Resistance training for a minimum of 3 days a week for 1-2 hours, weekly.</div>	

60 years of clinical work and research has given us the ability to make time tested and sound suggestions on weight maintenance.

1. Attitude and stress reduction.

2. Clean nutritious organic plant-based diet.
3. Excersise, stretching, aerobics and resistance.

4. Sleep and rest.


Eating your way to health can be a pleasurable journey if planned with self-empathy and utter commitment. There is no need for you to suffer, be a receptacle of disease, or be ashamed of how you look. Manifest a mental image and relentlessly take your unmanaged lifestyle away by carving a clear, concise, and effective program of health abundance.

A close-up photograph of two hands holding clear glass tumblers filled with vibrant green juice. Each glass is garnished with a fresh lemon wedge. The background is a soft-focus green, suggesting an outdoor setting. The image is partially covered by a large white title and an orange gradient bar at the bottom.

Chapter Three

| Affirmative Movement
for Weight Regulation

3



Two centuries ago, there was no need for gyms, exercise equipment, fitness tapes, or running tracks. Ninety-five percent of the population was engaged in a daily life that required exercise. This agrarian era placed most of our families on farms where they stretched, sweat, were aerobically active, and lifted weight consistently. As the industrial revolution seduced the masses into factories, provoking sedentary assembly line positions, the beginning of a catastrophic trend sparked.

The 19th century rolled into the 20th where a burgeoning middle class of office workers, bankers, and managers affixed their buttock to a seat behind a desk. As bad as this was in reducing strong and healthy physiques to weak and powerless frames, the worst was yet to come. Automobiles replaced walking, electrical conveniences robbed the movement of manual cleaning, and washing clothes on washboards. Many other “modern conveniences” furthered our statue-like existence.

Mid-twentieth century gave birth to the onset of the information age, which amplified and compounded the sedentary lifestyles that we are all comfortable living. When a phone rang, you had to go and pick it up. When the television was turned on or the channels changed, you were required to physically get up and do it. When we typed, it was on machines that developed the muscles in our fingers, and now we have immobilized ourselves to such a state that little effort is needed. Phones in your pocket are instantly retrieved with their radiating waves that stress the cells and nervous system. Clickers have relegated the hand to be a giant thumb and four less important fingers. Needles to say, the word couch potato is appropriate. As a matter of fact, if you are articulate enough in the artificial intelligence on your hand-held computers (cell phones), you no longer have to use your fingers at all. Your voice can type out your thoughts.

All of this adds up to a heaping load of trouble. One may remember WALL-E, the popular movie released in 2008 that portrayed the future of humanity better than I can in the handful of words that I am writing here. Our future world will be a gathering of roly-poly, non-mobile humans that perceive effort as an enemy if we don't embrace a mammoth shift in our current trajectory. What a long, strange trip it's been over the last two centuries. Highly active, healthy people have now fallen to be overweight and a poor representation of what we ought to be. Body weight should be composed of muscle; detoxification should most often come from vigorous, aerobic activity. Stretching will limber your muscles, joints, and cartilage, thus reducing pain, aging effects, and weight. How sad it is that we have fallen to such a level that we are not awake to what encourages life or invites suffering and death. Our forbearers are looking down on us, heartbroken, shaking their heads, and wondering “what has happened to these people?” A weak and bloated body harbors a feeble, controllable mind. There is never an excuse for letting go of the wheel and crashing. Your obligation is to respect your life and show gratitude by living with integrity.



One can say it is difficult to maintain the lifestyle of health and healing, yet, it is far more difficult, costly, and painful not to. Over the last 50 years, I have worked with tens of thousands who have had one clear desire; to live in a body that is user friendly and healthy enough to be attractive. No one suggests that it is an easy task in this deceptive world that is filled with professionals who act like carnies more than they do caring individuals. Weight loss programs, television ads, purchased exercise equipment, or the latest fat-busting supplement, will not render lasting results. Data shows that the overwhelming majority of people who lose pounds/kilos regain the weight in short order. Do not expose yourself to the roller-coaster of failure. There is only one who can permanently change your course, YOU!

Once you are willing and ready to take responsibility, we can guide you back to yourself, either with our Hippocrates Online Learning Program (HOLP), or the in-house Hippocrates Fitness Academy (HFA). You, like millions of others, have been brainwashed by corporate interest and ill-informed health professionals.


Now, it is time to train your brain and self to be the sole captain of your lifestyle.

A photograph of a woman with grey hair, wearing a grey beanie and a black tank top, flexing her biceps. She is smiling and looking at the camera. The background is a blurred indoor setting.

Chapter Four

| Tools for Success

4



Almost everyone experiencing a weight problem can benefit by simply eliminating harmful habits. The first steps include the elimination of addictions to coffee, sugar, smoking, alcohol, and drugs, which are substances that keep the body in a perpetual state of shock. Even a modest weight loss can bestow considerable health benefits.

According to Christie Ballantyne, a cardiologist with the Baylor College of medicine in Houston, who did a study that found that a one-month decrease of just 7 percent of body fat returned blood pressure to near normal, minimized triglycerides by 40 percent, and reduced ventricular inflammation by up to one-third. She said that “When you exercise and diet, you’re improving the function of your adipose tissue, your heart and vascular systems, and even muscle performance.”⁹

At Hippocrates Health Institute, the first step in weight regulation is to stop counting calories and set an intention for positive change; then, start keeping track of the energy levels in your food. It is the energy in raw living plant foods that trigger the body’s metabolism to seek the equilibrium of weight that is right for each of us.

Today, we understand that overweight people do not live as long as lean people and they are susceptible to health issues like developing diabetes, heart disease, hypertension, arteriosclerosis, gall bladder disease, and certain types of cancer. Putting more food into the body than is needed results in stress to the heart and blood vessels.

The Behavioral Risk Factor Surveillance System surveyed approximately 62,000 obese individuals over a period of 6 years and found that only half of them received advice from their healthcare provider to lose weight.¹⁰

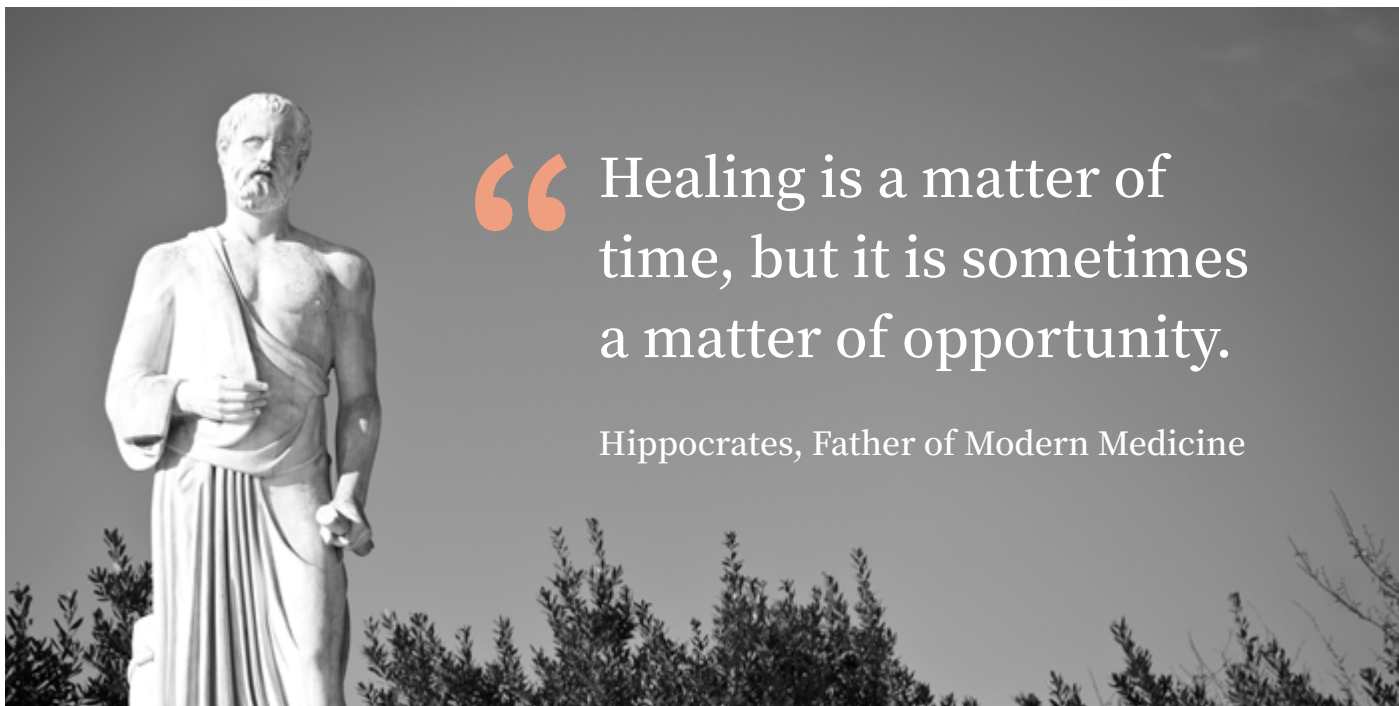
“We are literally in the midst of an obesity epidemic,” says Judith Stern, vice president of the American Obesity Association. Stern has presented research that showed that exercise raises people’s metabolic rate for at least 12 hours after a workout, which can reverse the metabolic decline that some people experience on very strict diets.¹¹

Fat tissue is the body’s largest endocrine organ, and its volume is impressive, even in people who are physically fit. A healthy, trim woman has about 30 percent body fat, whereas a healthy, trim man carries about 15 percent. The main function of these fat cells is to store excess calories. When a person becomes obese, these fat cells can swell to three times their usual size.

As obese people gain even more weight, they actually create more fat cells, which store more calories, and the cycle continues until the cumulative excess becomes deadly. Obviously, harmful food is harmful to the body; too much harmful food is worse, and too much harmful food over an extended period is usually catastrophic for health. This means that the regulation and maintenance of our ideal weight ought to be a top priority.

When people enter the Hippocrates Health Institute Life Transformation Program (LTP), whether it is for weight management, detoxifying the body, or regenerating the immune system, one of the most important steps for these LTP guests is to transform memories that undermine health. Stress management training and psychotherapy are available to every guest on the program. There are also Question and Answer sessions available to provide personal nutritional education because what most people have learned about nutrition from our society is wrong. The mind is an important element in our quest for good health, training it to avoid obsessing with self-indulgent and self-destructive patterns of thought is essential.

Second, we try to make the food user-friendly. We understand the need to make food preparation psychologically acceptable. These incredibly nutritious recipes are prepared into familiar-looking dishes to provide a gentle approach to dietary change, rather than a cold plunge.



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

Hippocrates, Father of Modern Medicine

At Hippocrates, we prepare our recipes by using proper food combining because we have learned that digestion is ideal when we eat appropriate combinations of food. Food combining is based on a knowledge of body chemistry. It includes consuming food in such a way as to make the best of our digestive system with the least effort and challenge to the body. By following proper food combining, and the more pure and clean foods we eat, the more sensitive we become to the effects of poor food combinations.¹²

The Hippocrates Diet is high in healthy carbohydrates, rich in vitamins and minerals and low in fat. A living-foods diet does not mean starvation—it means super-nutrition and slow, steady, healthy weight loss.

The Hippocrates Diet helps you lose weight by working with the body's natural digestive mechanisms to do the following:

1. Eliminate cravings by giving your body all the nutrients and calories it needs.
2. Restore healthy functioning to the digestive system to gain maximum benefit from the foods you eat and eliminate the waste before it turns into fat.
3. Supply the enzymes needed to break up and eliminate fat deposits.

The bottom line is this: The rate of obesity is rising because we eat too much high-calorie food without enzymes or fiber, and not enough uncooked, unprocessed whole fruits, vegetables, sprouts, beans, and grains.¹³ When mixing types of food together they collide rather than digest and nourish. This leads to bloating and weight gain.

Studies have shown that individuals who consume foods lower in energy density and higher in water and fiber experience early satiety and spontaneously decrease food intake. This strategy has produced weight loss in several clinical studies.¹⁴

The third area we focus on is movement and exercise. Diet alone does not provide enough components to build a completely healthy body. Exercise must be performed systematically and consistently. Stretching helps with posture, while aerobic exercise helps to detoxify the body. Resistance exercise breaks excess fat into muscle and is the most expeditious way to shed pounds.

Exercise is a dieter's best friend because it burns calories, and also because physiologically, it is the sure way to improve metabolism, causing a shift in the amount of food that is converted to energy and muscle rather than to fat. Moreover, exercise not only burns energy, but it keeps your metabolic rate high for up to 12 hours after you have finished. A half hour or more of light exercise such as brisk walking also stimulates the secretion of epinephrine, or adrenaline, which helps to suppress the appetite.

The fourth and last component of the fitness program is to address the spiritual health of the guest. This approach is not from a religious, dogmatic, or sectarian standpoint. It emphasizes to the participants that they are part of something bigger and this helps them gain new energy and purpose. There are certain personality and behavioral factors that are characteristic of those who succeed at maintaining weight loss. These factors include developing coping skills that prevent using food for comfort.

Whether spirituality is found in nature, in quiet contemplation, or in joining a like-minded community, approaching life in a more sacred way allows the individual to receive health benefits.¹⁵

In our work with ill people, it has become clear that those who believe they are victims, who also feel they do not have the ability to control their destiny, will inevitably go from one physical problem or disease to another. Oftentimes, this cycle will continue until ultimately, they just give up and/or die. Illness can be a teacher, a lesson, and a guide for us. Now is the time to release and forgive yourself and others of past mistakes and welcome the freedom of positive choice.

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