TOUR SCHEDULE
2005
BRIAN CLEMENT

MARCH
Geneva, Switzerland

APRIL
- Toronto Total Health Expo Canada Saturday April 2 & Sunday April 3
- Reno Nevada
- San Francisco, Marin County
- Santa Cruz, California
- Santa Barbara, California
- Huntington Beach, California
- Laguna Beach, California
- San Diego, California
- Palm Springs, California

JUNE
- Toronto, Canada

JULY
- Växbo, Sweden, Ireland

SEPTEMBER
- New England

OCTOBER
- Montreal, Canada
- Ireland
- England

from the directors

This issue addresses two of our most intriguing and often puzzling questions here at the Institute: personal choice and individual potential for longevity. As we move through life, we have the option to explore new endeavors and either absorb or reject these experiences. This is the process of learning, the essence of which requires an open mind and the ability to choose; when we are closed to options and experiences we are afraid to choose, and our learning is greatly diminished. At Hippocrates, we see learning as an expansion of oneself that provides a vast and potentially endless number of productive selections from which to choose. Ongoing education and the application of knowledge from various therapies, applied nutrition and psychological exploration consistently offer deep insights into the remarkable potential that we possess to create unlimited clarity.

What we have learned from applying and analyzing the principles of life-changing activity is that there is no one way to reach the ultimate desired outcome. In pursuing your life's goals there are many rewarding and enriching events that cumulatively may be more important than the end result itself. It is desirable and necessary to keep our eyes and heart open as we collect our years of experience, while being grateful for all of our encounters. Mankind's curse, all too often, is to disregard the subtle nuances that make up the sum of who we are, when these simple moments may indeed be the very pinnacle of our existence.

Recently we spoke to a middle-aged guest who has always feared close relationships and intimacy. She reflected on her upbringing with two stern and estranged, yet loving, parents who appeared to have corrupted her sense of normal communication. She is now married to her third husband who remarkably has the same problems as her preceding husbands. She felt like her life was always an instant replay...receiving the same negative words and disrespect over and over. When we asked if she felt these repeated situations had anything to do with her, she abruptly exclaimed “No!” When we explained that this was a classic example of denial, faced by many, she defended herself further by claiming that the deficiencies were in the people she chose rather than in her own ability to choose wisely.

As we spoke with our guest, she slowly began to understand that every day of our lives is purely created by each of us...

...every day of our lives is purely created by each of us...

a family's journey

IN THIS ISSUE...

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Healthful News
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New Certification Program
Brain/Body Nutrients

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A Living Glow
Living Recipes
Researchers Condemn Pharmaceutical Norms
Testimonials
Aromatherapy

www.hippocratesinstitute.org • (561) 471-8876
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Anna Maria & Brian Clement
safe and effective anti-aging

We have finally discovered a health-promoting, human growth hormone stimulator which provides the natural chemistry to stimulate pituitary function and restore natural levels of these life-enhancing hormones.

Over the past two decades, a very nontechnical industry has been emerging in the area of nutrition. As a result of changes in longevity fears over declining broth and aesthetics, is comprised of health care professionals, full supplement lines and even moderate to full-scale facilities. As such, many questionable products, services and claims have been fed to a largely uneducated public. Many of us would like to live longer and stay young, but none of us should have to sacrifice our health, our finances or, in some cases, our very life to do so.

Human Growth Hormones, which at the beginning were extracted from bovine and injected into the ultra-wealthy, have a long and debatable journey. The process of harvesting was so difficult that the industry quietly progressed to using genetic modifications to create a stabilized, injectable substance that they claimed would restore youth. Even now, the average price of a series of these injections is between ten to twenty thousand dollars per year. Beyond the inherent risks of genetically modified organisms (GMO), participants are potentially subjecting themselves to many additional toxic effects. Hippocrates Health Institute has taken a strong stand against the use of any genetically altered compounds; there is so little long-term, practical research on these new products that, at best, their long-range effects are speculative. We have worked with many people who are using these concoctions without results, yet are noticing a decrease in some of their critical immune system markers. On a related note, a local Florida couple from West Palm Beach, Dr. Eric Kaplan and his wife Bonnie, recently spent more than three weeks recovering at a catastrophic care hospital in Atlanta after receiving an unknown dose of raw botulinum toxin at a Florida clinic instead of the popular box treatment they sought to remove wrinkles. Authorities confirmed that had the Kaplans not been astute enough to recognize their symptoms and get appropriate medical care, they would not have survived.

Before going further, let's look at what Human Growth Hormone is and why it is so significant in preventing premature aging. Human Growth Hormones (HGH), also called somatotropin, are created in the anterior pituitary gland, which resides in the center of the brain and are responsible for growth, development and regeneration. It is a single chain polypeptide comprised of 191 amino acids and is one of five pituitary hormones. Hormones work in a cascading fashion, beginning with the hypothalamus, where the release of hormones originates. The hypothalumus sends chemical messages to the pituitary, which then releases hormones (including HGH) that stimulate other glands such as the thyroid and adrenals.

All participants had ingested sublingual HGH stimulators for a minimum of three months:

- 81% showed weight reduction
- 86% lost abdominal fat
- 71% increased their stamina
- 88% developed muscle mass
- 77% reduced colds and flu
- 81% increased athletic endurance
- 84% increased memory
- 91% increased sleep regularity
- 76% improved sexual vitality

Further on down the line, these hormones activate the testosterone and ovaries, which then release hormones of their own. The Pituitary acts as a traffic cop telling when to release hormones and how much of the hormone to produce. The final results are seen in physical characteristics such as facial and body hair. The entire body, all of its systems as well as the regeneration of both are dependent upon growth hormones, which is why it is critical to maintain adequate numbers. Beyond age 30 there is a dramatic reduction in these hormones, which is now confirmed and supported by research from Stanford University's Medical School, which confirms this to be the central cause of aging.

There has been an explosion of interest in preventing the natural process of aging, spurred wholeheartedly by maturing baby-boomers. This has kept no engine of interest in the search for effective ways, beyond lifestyle, to assist in this noble cause. Hippocrates has never supported, nor will ever support the use of animal-based, chemically manufactured, genetically modified products. We strongly believe and have observed in our more than 30 years of work, that unnatural methodologies inevitably produce negative side effects. We have finally discovered a health-promoting, human growth hormone stimulator called O-tropine, which provides the natural chemistry to stimulate pituitary function and restore natural levels of these life-enhancing hormones. We conducted a six-month experiment before continuing O-tropine as a safe and effective youth enhancer. Our findings at Hippocrates Health Institute support that O-tropine does indeed boost pituitary function and HGH levels.

There are several studies worldwide that support our findings. Our study, conducted by Dr. Paul Rodman, demonstrates that a minimal use of HGH for six months restored as much as 10 to 20 years of lost muscle and physical health. The Kots Institute in Japan revealed that women significantly decreased osteoporosis and abdominal fat through the use of HGH. Dr. Bengtson at Sahlgrensa University Hospital in Sweden reported that people with higher amounts of HGH increase their life spans and those with lower amounts of HGH, in every age group and gender, showed earlier deterioration and death. Hippocrates Health Institute's research on HGH stimulators was compiled and averaged on the effects of growth hormones. The gathering of these studies is located in the people diagram located in the center page of this article.

For years, we have taught at Hippocrates that the true fountain of youth is our indigenous use of cat pure, life-giving food, exercise regularly and properly, and connect spiritually with the greater whole. This minimizes the depletion of O-HGH. However, to further stimulate pituitary function, we strongly suggest the use of O-tropine sublingual spray, a safe and effective life-extension product.

CALL (800) 842-2125
To place your order today!
A child's mental and physical activities can change dramatically from two minutes to cell phone use.

**RUSSELL'S LANDMARK STUDY**

If a world perceived as more constrained, like Russia, is often times, more freedom of speech than in a corporate and media-controlled nation like America. Russia's top public health official, Gennady Onishchenko, recently reported comprehensive, definitive research results showing that cell phones are harmful to adults and even more harmful for children. He cites evidence that a child-like two minutes of use by a child would change that child's bio-electric activities, creating body mental and physical instability, for a minimum of two hours. This is a similar finding to the well-known Hungarian study establishing that cell phone use by children greatly increases their risk of developing brain tumors at later ages, specifically between 20 and 29 years. Onishchenko also dismissed the false claims by phone manufacturers that these devices were not harmful by saying, "mobile phones cause insomnia, memory failure and high blood pressure."

Over 2 decades we have been searching for reliable information on the dangers of cell phones, electromagnetic fields, chemical pollutants, and other hazards. Our greatest concern has been the proliferation of mobile phone use throughout the world. We estimate that Europe and India use 10 years ahead of North America to be in a dangerous technology and usage of these dangerous devices. Many falsely believe that using earphones reduces the risk of cancer. An Italian study showed instead that earphones, in fact, nullified the electromagnetic frequency, thereby focusing and depleting the tumor forming position. Others believe that calling them on your cell or in your pocket is safer, yet, simply broaden the electromagnetic disruption from the body's system.

There are ways to protect yourself when using cell phones. On the Internet, you can find earphones with (EMF) electromagnetic field interceptors or Faraday cases for a fraction of the cost of magnetic cases on your phones that reduce their output of dangerous frequencies. Custom use is the best way to prevent the risk of potential illness. Carrying your phone in either a purse or attaché case with an electromagnetic protection, improved circulation and the reduction of ulcers. When juiced, the large, numerous, and far from pheno-chemicals are received in adequate quantities to assist in the above-mentioned areas.

**Endive** This blood builder and liver detoxifier contains a high quantity of minerals and cholesterol, making it similar to nettles and dandelion which are commonly used in the battle to reduce aging and increase vitality.

**Fenugreek (spp.)** This pungent and aromatic garden green is used in all gastro-intestinal and eliminative conditions. They have a direct impact on the pancreatic blood sugar levels for both low and high blood sugar sufficiently increase sexual desire. It is often used as an aphrodisiac in its juiced form, providing far larger benefits than eating large amounts of the leaves themselves.

**Onion** This root vegetable contains a multitude of phytochemicals that help to protect the cells from marrages, as well as viral, bacterial and fungal concern. It has also been helpful with Lyme's disease.

**Nutmeg** This spice contains a wide array of phytochemicals that help to directly link to improving urinary flow and to the reduction of bladder inflammation. Many health organizations like the Nutsmeg has been helpful for regulating frequent urination.

**Pea Green sprouts** These are a complete protein, serving to build the muscles and fibres of the cells. Their high beta-carotene contents promotes vision and creates and anti-oxidant effect against many forms of cancer. This powerful, germicidal food has inherent blood-building properties.

**Quinoa** is a high-protein and high-mineral grain that can alkalize the body. It also provides an abundant amount of energy for mental and physical activity.

**Red Sweet Peppers** These succulent fruit/vegetables are rich in Vitamin C, which acts as an anti-oxidant to reduce free radical damage—the major cause of all premature aging and disease. When drying the seeds and germinating them, its sulphur attaches itself to the reduction of ulcers and other gastrointestinal disorders.

**Mustard Seeds** As sprouts, they are significant mucous membrane cleansers that also play a role in rolling the veins of débris. When consumed in abundant amounts, they also help respiratory disorders, including asthma, emphysema, bronchitis, and chest colds.

**Lettuces** The leafy green varieties contain a close cousin to onions, which help the body's ability to absorb at a more rapid pace.
brain/body nutrients

a new and exciting body of evidence surfaced on the positive effects of fatty acids and specific berries on brain function.

In spite of these degenerative activities, there have been positive, concurrent findings in the fields of brain research, nutrition, and biochemistry that need to be acknowledged and integrated into treatment protocols. Over the last 20 years, we have offered, at best, partial answers for replacing harmful substances with healthy fat-based supplements. Recently, though, a new and exciting body of evidence surfaced on the positive effects of fatty acids and specific berries on brain function. In these findings, we were faced with two dilemmas: one—the wrong kinds of fats and oils reduce oxygen levels in the blood stream, which leads to disease; and, two—berries have a high sugar content and are excluded from the Hippocrates Living Foods program, since all forms of sugar feed every type of disease. Approximately three years ago, however, we discovered that companies were harvesting and extracting the seeds from berries and hemp because of their high protein content. We were elated to discover that phytochemical effects of the berry seeds were far greater than that of the berry itself. Using this knowledge, we formulated a protein/food powder that is complete, providing exceptional amounts of essential fatty acids and phytonutrients. This powder and oil provides the highest amount of brain and body building protein available.

This formulation is a powdered called BrainBody Powder that can be used in drinks or on a salad. Contents are 40% hemp, 25% flax, 25% cranberry, 10% black raspberry and Stevia, a natural herbal sweetener that has no affect on blood sugar levels. This powerful formula will provide all the necessary fatty acids, vitamins, minerals, proteins and phyto-nutrients, to enhance brain power and body function.

...because I love what I do! The 9-week Health Educator Program at Hippocrates Health Institute gave me the confidence, the experience and the education that we needed to establish a successful career as a health educator.

continued from page 3

20. Tomato: When organic and vine ripened, this fruit contains phyto-nutrients that have been directly linked to the prevention of breast and prostate cancer. They also are heart-healthy, helping to build the tissue of this muscle.

21. Yucca and its sprouted greens: these are commonly used as a stomach and small intestine cleanser, a gastrointestinal and elimination canal lubricant, and, most important, as a reservoir of energy for physical activity and stamina.

22. Watermelon and its sprouted seeds: these are often used as a diuretic and to flush the kidneys and bladder. Watermelon provides high chlorophyll and minerals when the outer skin is juiced and high protein and minerals when the seeds are sprouted into greens. This delicious fruit has been used as a morning drink by living food connoisseurs over many decades.

23. Ugli fruit: this variation of the grapefruit contains the citrus acids, nutrients and phyto-chemicals that help to dissolve waste in the gall bladder and liver, create an anticoagulant effect in the blood stream, break up excess mucous, and reduce excess uric acid. All of this effectively helps to alkalize the body.

24. Zucchini: this summer squash contains a unique variety of phyto-chemicals that have been noted as protectors of hearing & eyesight. It also reduces female disorders such as PMS. The zucchini flowers also provide an extraordinary amount of beta-carotene one of the most important antioxidants for protecting the body from cancer and other invasive diseases.

continued on page 16
The four cornerstones of a truly happy existence and potentially long life are life-giving thoughts, emotionally satisfying connections, life-giving food and exercise and spiritual fulfillment.

For the last several years now, we have been contemplating two specific issues that have been paramount in many of our guests' minds: 1) the ability to implement healthy change, in particular how to transfer knowledge into action, and 2) the science of longevity, specifically how to extend one's life. In addition to our daily clinical research, we continue to witness the remarkable ability that people have to bring themselves back from the brink of emotional and physical disease to a fulfilling and satisfying life. And though this has been happening for decades at Hippocrates, we are continually inspired by each and every recovery—they serve as a constant, daily motivation for us to explore the ever-changing landscape of effective complimentary therapies.

Our first objective has always been to place the most productive and effective tools for self-healing in the hands of conscious individuals. And, once people move away from their own discretionary tactics and embrace responsibility for their healing process these tools are almost always successful.

For many years now, our guests have approached us asking why we haven't focused on weight loss and longevity. We have always answered that these are two of the most positive side effects of living responsibly, they occur naturally when one embraces the Hippocrates Living Foods Program. We were curious as to the origin of the question: what aspect of human nature are these inquirers pointing to? We challenged our own thinking and, after long contemplation, began to understand that people feel more comfortable focusing on one area at a time. Putting this new understanding to work, we began to research and accumulate progressive information on two areas of great interest: the incredible force of change that the Hippocrates Life-Change Program has been to so many, and the longevity is created. Hundreds of thousands of people have renewed, revolutionized and even saved their own lives at Hippocrates through their discovery of LifeForce, which is our essence and the source of all creation. You will be able to read more about LifeForce and our findings in the new Hippocrates' book of the same title later this year. In this offering, we comprehensively present each and every aspect of health and the most effective ways of maintaining and increasing LifeForce and, therefore, personal longevity. Not surprisingly, a positive mood is as critical to our health and in many cases even more so than the foods we consume. In LifeForce, we will spell a great deal of time on this essential component of health.

Longevity, or life-extension, was the second exploration that intrigued us. It was surprising to find so much science and practical information supporting the connection of living well to increasing the years of one's life. Scientists from Europe, America, and Asia have woven together this foundational understanding that we have personally witnessed in our many years of work at showing the unnatural progression of aging. A new Hippocrates book entitled Longevity, which will be published in French, and available this summer in Switzerland.

Knowing how the Living Foods Program flows the aging process, we realized that longevity comes down to a very basic formula: all physical and mental functioning operates on and through electrical frequency. To extend our lives then, we must work to create constant and unbroken wave of positive electrical activity in our thoughts and our anatomical bodies. In simple terms, find and embrace those activities, thoughts, and foods that charge you, rather than drain you. This is LifeForce! When we create and maintain richness in all areas, our lives flourish. Likewise, when we lack these powerful frequencies, deficiencies surface in our body and spirit. Fortunately, we have established a program at Hippocrates that enables you to live with heightened integrity and superior vitality. The four cornerstones of a truly happy existence and potentially long life are life-giving thoughts, emotionally satisfying connections, life-giving food and exercise and spiritual fulfillment.

Throughout history, many of us have been told what to “take” to help us live longer. It will shock you to know, as scientifically supported in our new book Longevity and Life-Extension, that the key to extending one's life is "taking" less. Is it any wonder that so many of us age disgracefully in our western, consumer-driven culture—a culture that is trained to take more and more...draining the world's resources for our own "creature comforts" and participating indirectly in abuses of populations worldwide. At we are not reinventing what we have seen, then, in the form of epidemic disease and illness affecting people of all ages, including our young? The Center for Disease Control (CDC), a government agency that records and studies health trends, has reported that for the first time in our history a generation of adults would outlive their offspring. This is a sobering and frightening reality that, for anyone desiring better health or longevity, requires honest and personal examination. Where in your personal quest to extend your own life can you "take" less?

The very nemeses of long and healthy living are the entrapments we often believe that we "need," or that are helping us. There are many on this list; however, the simple arts of recycling, using recycled products, or buying hybrid automobiles versus SUVs are examples of ways to escape these entrapments. Taking shortcuts rather than working to achieve fulfillment that preserves rather than destroys life is one of the most powerful enemies in the attainment of a long and healthy life. It is the lack of belief in ourselves as well as our fear of rejection by others that causes us to be less than productive and active in the most crucial areas of our lives.

The good news, however, is that the answer to every question exists within you. Tap into your LifeForce, with a positive and committed attitude and you can create longevity and peace. At Hippocrates, we believe that every person has the possibility to achieve personal peace, a peace that sustains ones confidence and contribution to real life rather than relinquish it. When we harmonize with nature and follow the patterns that are so abundantly evident, we strengthen our very spirits and achieve a greater ability to love. This love fuels the very faith required to continue in spite of all odds and prevailing forces. This is not a learned faith, but a blind one that is based on self-confidence and action. You have the wisdom and capability to paint a passionate portrait of an ever promising tomorrow...today for yourself, your friends and family, for the global community.

I'm smiling because...

The Health Educator Program gave me an extensive introduction to a diverse number of modalities in the natural health field as well as foundational skills in basic business and marketing principles.

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**Light-Field Preparation**
**Living Counselling**
**The Science of Living Foods**

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LIVING RECIPES AROUND THE WORLD

KALE AVOCADO SALAD

This is a great way to prepare kale, as it's difficult to eat raw for most people. Preparing it this way is an excellent way to retain the nutrients in the kale. Wash the kale, remove the stem, and dice into small pieces. In a large bowl, mix the diced kale with the other ingredients. Top with your favorite dressing. Enjoy as a salad or as a side dish.

SPRING CONSOMMÉ WITH PICKLED VEGETABLES AND BABY DILL

1 cup cucumber water (6 cucumbers)
1 tsp. pickled red pepper (1 red pepper)
1/2 cup high-quality salt or crystal salt
1/2 cup coconut water
1/2 cup clove garlic
1/2 tsp. lemon juice
1/2 tsp. flax oil
1/2 tsp. dill
1/2 tsp. avocado dill
1/4 tsp. dill pickled vegetable (optional)

COCONUT TAHIAN FROSTING

FOR APPLE MESQUITE FROSTING

2 cups shredded, fresh apple
1/2 cup pecans soaked, dehydrated and ground into flour
1/2 cup vanilla extract
1/2 tsp. almond powder
1/2 tsp. nutmeg
1/4 tsp. high-quality sea or crystal salt

APPLE MESQUITE FROSTING

1/4 cup coconut meat
1/4 cup coconut water
1/4 cup cashews soaked 10-12 hours
1/4 cup agave
1/4 cup coconut butter
1/4 cup fresh vanilla bean (diced if you have a high-speed blender and zipped if using average home blender)
1/4 cup high-quality sea or crystal salt

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APP
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Healthy Adventure is a division of the U.S. Health Foundation which provides much needed funding to natural health centers, like Hippocrates, for projects, education and health care. Proceeds from this cruise will fund the Hippocrates Scholarship Program.

Anna Maria, Viktoras and I hope you will join us at sea—Brian

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...enjoys life-changing seminars by best selling authors and world renowned speakers Brian and Anna Maria Clement, Viktoras Kulvinskas and Donna Gates

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**Principles of Health**

A brief history of how Hippocrates came into being. A comprehensive explanation of the food groups in the Living Foods diet.

**Internal Awareness**

The basics of the digestive elimination system and how to detoxify instruction on the proper way to use enemas and enemas.

**Supplements, Algae, Herbs, and Homeopathy**

A guide to supplements and their benefits. Also alternative options to complete the needed consumption that our human body requires.

**Ancient and Current Self-Help Techniques**

Many helpful at home healing techniques. For cuts, burns, impaled vision, infection, pre-mature gray hair, and many others.

**Fasting on Liquid Nourishment**

The benefits of fasting on green juice rather than water. A review of the physical, emotional, mental, and spiritual benefits of fasting.

**Questions and Answers**

Questions on the science, psychology, and food of the Living Foods Lifestyle. The responses provide clear and thoughtful information.

**Detox & Elimination**

The workings of the body’s systems (Liver, Lungs, Kidneys, Skin, and Mind) and what your body reactions to a detoxifying program.

**Practical Living**

How to really live the Hippocrates Lifestyle when you return home. How to what you need at home, work, and in social situations.

**Questions and Answers**

Questions are posed. The responses provide clear and thoughtful information.

**Bringing It All Home**

The physical, emotional and spiritual healing process. How to achieve your highest goals in life. Applying the Hippocrates lifestyle at home.

**Questions and Answers**

Questions of the participants are posed. The responses provide clear and thoughtful information.

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**Researchers Condemn Pharmaceutical Norms for Prostate Care and Other Diseases**

The risk of cancer (an unalleviated strain of abnormal cells) is dramatically increased with the use of drugs like Proscar, according to Jon-Ake Gustafsson, M.D., and professor of medicine at Karolinska Institute in Stockholm, Sweden. Dr. Gustafsson concluded his extensive study on the effects of common prostate medications on the body, reporting his initial growth findings in 2001. Recent, more comprehensive studies proved that certain pharmaceuticals dramatically increased the risk of cancer by inhibiting the release of testosterone in the prostate and thereby limiting its essential-by-product beta-receptors, which carry out the body’s role of controlling the aging growth of the prostate cells. These findings, once again, expose the hazardous nature of some pharmaceuticals in their purposed quest to heal disease. In other news, the arthritis drugs Vioxx, Celebrex, and others, were recently recalled after a new clinical trial supported previous studies suggesting an increased risk of heart attack and stroke; but, now, they have been reintroduced. It is clear that government agencies such as the FDA often view through formal hearings on the effectiveness and/or hazards of medications. Ten out of fifteen board members who forge the pharmaceutical companies and allowed these questionable drugs back on the market have direct ties to the manufacturers of them.

In other heart news, Bexta was banned by Kaiser Permanente “until the FDA and/or Pfizer prove beyond a doubt that this drug can support its cardiovascular safety.” In another category, Serzone was withdrawn from the antidepressant market following numerous reports linking it to increased risk of suicide, thereby increasing the drug’s life-threatening properties. And, we have all heard of the billion-dollar mega-selling success of Prozac recently revealed this drug may be driving Parkinson’s disease symptoms in some of its users. It is now commonly reported that over-the-counter ibuprofen, cold, flu and decongestant medicines have caused headaches, skin eruptions and even death in some users and specifically in children ingesting them at higher amounts. The New York lawsuit forced the FDA to respond. They are now, albeit reluctantly, demanding that pharmaceutical companies conduct thorough research on how their medicines affect the young.

North Americans use double the amount of prescription drugs as the next largest consumer group, Germany. In our opinion, which is one shared by many, the situation is out of hand. For example, the outrageous Attorney General of New York, Elliot Spitzer, who seems unimpressed by corporate interest, has actually sued Glaxo Smith Kline for “operating a fraud and continuing to breach the contract” and efficacy with the companies block-box drug Paxil. As a side note, we at Hippocrates have become increasingly concerned that Paxil and similar medicines may cause sympathetic nervous system (SNS) and cognitive symptoms in some individuals. It is now commonly reported that over-the-counter ibuprofen, cold, flu and decongestant medicines have caused headaches, skin eruptions and even death in some users and specifically in children ingesting them at higher amounts. The New York lawsuit forced the FDA to respond. They are now, albeit reluctantly, demanding that pharmaceutical companies conduct thorough research on how their medicines affect the young.

North Americans use double the amount of prescription drugs as the next largest consumer group, Germany. Most disease conditions have not been altered through the consumption of man-made chemistry, they, ironically, are increasing. In Europe, pharmaceutical companies have been successful in launching the take-over of the natural health industry, while other world governments have made legal determinations that pharmaceutical drugs are the only substances that can be used to heal a disease.

In our country, the United States Institute of Medicine is also challenging complimentary and alternative medicine, and would like to use the allopathic medical model to determine which are safe and the non-phonatical science. They are also attacking the nutrition supplement industry by suggesting that all supplements should be multi-million dollar research initiatives with billion dollar promises. In this fashion, the majority of honest and well-intentioned companies who could not absorb this extraordinary level of pressure are being forced out of business. It is from this, that given the opportunity, the Institute of Medicine would surely make mankind’s medicine the be-all and end-all of health care, significantly increasing the already burgeoning profits of their cohorts while ensuring additional, unnecessary surgeries, suffering and even death.

It is those that the public demand legitimacy from their governments health care regulatory departments of them. These agencies are fanning the pockets of the pharmaceutical industry, clearly disregarding the health of the individual. It is bad enough that allopathic physicians are primarily trained to dispense pharmaceuticals to copious and unparalleled amounts and combinations but we must also guard against the unregulated advertising practices and outright corruption of this segment of our corporate system. There is a legitimate place for pharmaceuticals however, it is blatantly evident that the government and the pharmaceutical industries are conspiring not only to grow profits, but also to increase their sphere of influence and control in the global market.
THREE SIMPLE STEPS...

STEP 1  Sign the petition at: http://www.kalaya.co.uk/petitions/english/stirowth.html

STEP 2  Action Alert - Write to the Government http://www.abp.co.uk/nfa/home/

STEP 3  SEND DONATIONS to the British Alliance for Natural Health: www.natural-health.net. They succeeded in challenging the CODEX directives in World Court and need help financially to continue the cause for everyone.

MORE STEPS TO TAKE...

1. OPPOSE bills S.572 and H.R.337. These support the CODEX restrictions with U.S. laws, changing the DSHEA law.
2. SUPPORT S. 115, which would restore the sovereignty of the U.S. Constitution over CODEX, etc.
3. EXPRESS YOURSELF to the President, Senators and representatives.
4. CONTACT PEOPLE - Colleges, Natural Health Educators, Health food stores, Communities, Health businesses, MLM Companies, and Practitioners.
5. FORWARD emails to your friends and family!

MORE INFORMATION CONTACT:

International Advocate for Health Freedom (IAHF) PO Box 625, Floyd VA 24087 USA: phone 330-333-2333 overseas 540-763-3031 fax 743-763-3052 If you have internet access, please see www.iahf.org and www.kalaya.co.uk

Many other links and resources here: www.hallowshealth.co.uk/commitfreedom.htm

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strength by creating additional neurons (brain cells) and at the same time build muscle fiber. The Hippocrates blend is unique to the world and is a high-ly beneficial option for those who are lacking in either brain function or muscle mass.

Most health seekers consume oil, which continues to be controversial. While the use of oil should be monitored, we realize its importance in the blend that attended to both brain function as well as the proper function of the entire body. Unfortunately, there is no oil that addresses both needs. So, we created a new blend, called BrainBody Oil that is comprised of 30% hemp, 40% flax, 20% cranberry and 10% raspberry that serves both of these purposes. Use this oil sparingly, it will help to place it in a mucosal-urized oil spray such as the Misto® from Italy which is inexpensive and available at kitchen shops globally.

Hemp - All essential amino acids and the best form of Omega Oils. (3, 6, 9)
Flax - All essential amino acids, excellent source of Omega 3
 Cranberry - All essential amino acids, anti-oxidants, phenolics, anthocyanin, all anti-inflammatory phyto-nutrients which assist the brain, Omega 3,6,9
 Black Raspberry - All essential amino acids, 85% essential fatty acids, 31% Omega 3, 55% Omega 6, Phyto-stenol, Sisgantherin, Campesterol, Beta-sitosterol and all phyto-nutrients.
 Stevia - An herbal extract from a unique form of complex carbohydrates that assists pancreatic blood sugar levels and actually, gram for gram is 300 times sweeter than white sugar.

Also, the berry seeds contain ellagic acid that has been shown to be anti-carcinogentic, anti-inflammatory, antitumor, and anti-bacterial. Additionally they add healthy fiber. Both the BrainBody Powder and the BrainBody Oil are available at the Hippocrates bookstore and gift shop and will greatly enhance your overall health when used daily. Call 517-187-1870 or email us at shop@hippocrates.org

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Become a Hippocrates Advantage Club Member
Today and Stay Informed on the Latest Discoveries in Natural Health and Special Discounts.

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plus FREE copy of Hippocrates Health Program
by Brian Clement
annual membership $35
($25 annual renewal)
International add $5

10% OFF
with Lifetime Membership only $95
(国际 $125)

DR
FREE

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Aromatherapy is a medical specialty that uses, for therapeutic purposes, the natural extracts of some special aromatic plants; these extracts are called essential oils. Aromatherapy's tradition, supported by recent scientific research, is a natural tool of great value for maintaining human health. It is applied productively in many areas from cosmetics to sports, and even personal hygiene. Aromatherapy's success in the healing process is due, in part, to its compatibility with human nature.

Each essential oil has a specific personality or 'signature' based on the action of the various molecules comprising it. When applied to the body, our molecules react to those in the essential oils, causing a response. Aromatherapy affects all the dimensions of a human, not only physical, but also psychological and spiritual. In spite of their warm, mild or flowery scents, essential oils are extremely powerful medicinal substances and should therefore be used with caution. "Natural" or "organic," in this case, does not necessarily mean harmless. It is also important to use pure essential oils to prevent side effects and to consult with an experienced Aromatherapy practitioner to ensure the best results.

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How Essential oils are created

Essential oils are the products obtained from aromatic plants using a process called steam distillation. The only exception to this process is for the fruits of Citrus, which require a special methodology to extract the essence of their peel called expression-centrifugation. In practice, the terms 'Essence' and 'Essential oil' are often mistakenly interchanged. Technically, an essential oil is the essence of the plant, once it is extracted by distillation. Only some aromatic plants secrete enough essential oil to qualify for extraction; there are 250 different essential oils recognized by the Aroma-therapeutic pharmacopoeia, less than 100 of which are commonly used in the practice of Aromatherapy.

Quality Essential oils are very rare

Like most products in the market place, not all of the essential oils available in the market are of optimal quality; they may be adulterated, cut with other chemical components, grown, produced, stocked and transported in undesirable conditions or in some cases, synthetic. Furthermore, most are marketed without their full botanical names, conveying insufficient information for wise, therapeutic use.

How do we control quality?

The essential oils used in Aromatherapy must be of the highest quality: well distilled, and neither adulterated or compromised in any way. The Western commercial assertion of "100% pure and natural Essential oil" is inadequate offering no guarantee of genuineness and quality. The only reliable label, defined and stipulated by more than 15 years of application, is the E.O.B.B.P certification (Essential Oils Botanically and Biochemically Defined). In the absence of this certification, it is crucial to learn more about essential oils so that you can ask informed questions about their quality.

Aromatherapy and self-medication: it is possible, but be cautious!

There are a variety of light health challenges that you can address yourself, with adequate knowledge of essential oils. But remember that Aromatherapy, like other healing methods, is a medical specialty; only a certified Aromatherapist is qualified to establish treatments for serious diseases and illnesses.

Also, remember that essential oils can participate in your overall well being, as ingredients of food supplements, body and beauty care, natural cleaners and air purifiers. Enjoy them in your life responsibly and healthfully!

Phillippe Malehebaut is one of the world's leading aromatherapists and formulators. He is the author of numerous books, and a member of the team of researchers establishing the E.O.B.B.P. criteria in 1988 in France. Note: as a guide for basic self-application Hippocrates recommends: The Aromatherapy Workbook by Marcel Lavalle. Call us today at 561.471.8876 to order—all for Yerone or Vicki.
“Being beautiful when you’re young is a gift, being beautiful when you have matured is a work of art.” - Hippocrates