HEALTHY ADVICE TO MAKE A DIFFERENCE

CHEMICAL SUGARS THAT HEAL
DAZE ORGANIC COMPOUNDS THAT KILL
SOLUTIONS FOR A CLEANER PLANT
ICE CREAM FOR ICE CREAM!

HIPPOCRATES
healing our world

VOL. 24 ISSUE 3 • 2005
www.hippocratesinstitute.org
from the directors

Every year, we are not only afforded the great opportunity to work one-on-one with guests from all corners of the globe, but we also have the fortune of traveling around the world to experience different cultures, geographies, and ideologies. From these experiences, we have seen that there is far more that connects us as human beings than separates us. Unfortunately, we are now bearing witness to an all too common theme connecting us, which is the proliferation of disease.

In the Institute’s early days, it was common to see a weakened aging population who, through irresponsible living, had naïvely been destroying their immune systems for most of their lives. In such cases, it took many decades before the autoimmune diseases, cancers, and degenerative disorders surfaced. Today, they dominate. Now, significant disorders take only ten to twenty years to pervade the body and destroy immunity, destroying health and life itself in the process. Each week, we observe that some of the most affected members of the global population are the youngest. It is now common to work with children, teens, and young adults in their 20s and 30s with such outlandish maladies as diabetes, cancer, fibromyalgia, Lyme’s disease, and multiple sclerosis to name just a few.

There is no question as to why sickness is rampant, stretching down to touch the youngest members of our society. One of the major culprits is POLLUTION! You will notice that throughout this issue we have chosen to have the image of planet earth supported by the human body. The reason we have done this is because for so long we humans have taken the earth’s resources for granted and now the time has come to replace this irresponsible behavior with a more empowering one and give mother earth the support she now needs and deserves. We have become so complacent that many of us are not only consuming chemically laden food and drink ourselves, but are also giving this to our children. Parents are meant to foster a healthy life for their offspring and this primary institutional process has been superceded by our very additions. Although this widespread dilemma is rooted in our lack of responsibility, it is initiated and then fed by the manufacturers and marketers of dangerous substances. Fast food and beverages loaded with chemicals and sugar, tap water saturated with dangerous fluoride and chlorine, air, and direct smoke, and disastrous alchemical choices are the largest contributors to the physical demise of our family. Recently, researchers have discovered 287 toxic chemicals, more than 75 of which we know are cancer-causing agents, in the umbilical cord blood of newborns! How had we things happen to get for each of us to raise our level of commitment to healthy living and reverse this Summons of disease?

Health will not happen tomorrow, unless we intentionally create it today!

Raw Food Hike-a-thon

In this issue...

- Health Focus
- Ice Cream of I Scream
- Organic Compounds That Kill
- Green House Gas Disaster
- Sugars That Heal
- Ice Age

FEATURED ARTICLE

CHEMICAL DAZE

Common Pesticides
- Greenwatch Today
- Cooling The Planet
- Sunshine On The Horizon
- Hippocrates Star Guest
- Raw Hike-a-thon
- Clean Home Create A Cleaner Planet
- Living Recipes From Around The World

Brian M. Connolly, Publisher
Eric L. Zayas, Associate Publisher
Lyne Komelien, Editor
Yani Balles, Art Director

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2005
DR. BRIAN CLEMENT
Ph.D., N.M.D.

SEPTMBER
September 3 - 8
Maine & Massachusetts
September 9 - 10
New York City
September 24 & 25
Now Life - Ft. Lauderdale

OCTOBER
October 14 - 16
New Life - New York City
October 21 & 22
Montreal, Canada
October 29 - November 2
England

NOVEMBER
November 3-10
France
November 11 -13
Ireland

JANUARY
January 2-7
Healthy Adventure Cruise
Virgin Islands U.S.

FEBRUARY
February
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Blood Sugar affects Sexual Function. High blood sugar in men creates low testosterone and sexual dysfunction in more than 50% of the affected population, as reported by Dr. Schwartz, co-investigator in a national study.

Is Teflon Toxic? Perfluorooctanoic acid, better known as Teflon, is being investigated for its negative impact on developments/activity.

Exercise Proves Healthy Again! Regular exercise can dramatically reduce obesity, insulin resistance, hypertension, cardiovascular disease, type 2 diabetes, and stroke for people ages 53 to 73 as reported by the Johns Hopkins School of Medicine.

287 Pollutants Found in Umbilical Cord Blood. Researchers have found an average of 200 industrial compounds, pollutants, and other chemicals in the umbilical cord blood of newborns, including seven dangerous pesticides some banned in the U.S. more than 30 years ago. Of the pollutants, 76 are known cancer-causing agents, 89 negatively affect the brain and nervous system, and 79 cause birth defects, reported by the Washington D.C.-based Environmental Working Group.

Cholesterol Lowering Drug Linked to Kidney Problems. The Food and Drug Administration has reported that Creatastat, a cholesterol-lowering drug, is being linked to a wide variety of kidney disorders.

Parents Now Outliving Their Children. The Center for Disease Control reported that today's younger generation faces a five-year reduction in lifespan, making this the first time in recorded modern history that life expectancy has fallen for any generation and that parents are now possibly going to outlive their own children.

Cost of Obesity Escalating. Obesity's economic effect has grown ten times in less than twenty years from an estimated $36 billion in 1987 to $360 billion in 2022 reports the Institute of Health.

Fas Food linked to diabetes in children. Frequent fast food consumption by children increases the risk of developing insulin resistance leading to Type 2 Diabetes, according to Children's Hospital in Boston.

Antidepressants Drugs Create Dangerous States of Mind. Harvard Dr. Joseph Glennman reported that antidepressants tamper with the brain's chemistry in ways that we do not fully understand, and at times can create dangerous states in users.

Laugh as good as exercise? Laugh boosts our resistance to disease by lowering blood pressure and reducing stress hormones according to Gerotologists at Stanford University. Children on average are said to laugh around 400 times a day whereas adults laugh on average just 15 times a day.

Regular Exercise Prolongs Life. People in 30s and sixties who exercise regularly are 35% less likely to die over the next decade as reported by the University of Michigan at Ann Arbor.

High Levels of Mercury in Fish. Farm raised fish contain more toxic mercury than their wild counterparts (who already log excessively high amounts), according to the U.S. Federal Department of Agriculture.

Electromagnetic Fields Cause Cancer. Electro-magnetic fields (EMFs) have been directly linked with higher incidences of breast and prostate cancer as reported by the California State Health Department.

ICE CREAM OR...

In today's synthetic era, this "fun" food is, in reality, a poison.

In our present culture, we have deviated from living sensibly, especially where nutrition is concerned. The foundation of many Western diets is fast food, which merely appears to meet our nutritional needs, physically and emotionally. Not only do fast-foods lack nourishment but they also often contain harmful ingredients and go through toxic processes including radiation. Let's take ice cream as an example.

In the past, although far from a health food, ice cream was made of whole eggs, milk and sugar churned out at home as an occasional treat. However, in today's synthetic era, this "fun" food is, in reality, a poison. Appallingly manufactured are not required by law to list the additives used in ice cream and consequently contain many potentially harmful and unhealthy ingredients.

Diethyl Glycol. A cheap chemical used as a emulsifier instead of eggs: the same chemical used in anti-freeze and rust removers.

Piperonal. Used instead of vanilla: it's also a chemical used to kill lice.

Aldehydes C 17 Flavors cherry ice cream and is an inflammable liquid in actin dyes and rubber materials.

Ethyl Acetate. Gives ice cream a pineapple flavor and is also used in leather cleaner: its vapors have been known to cause chronic organ damage.

Butyl Aldehyde. For nut flavoring in ice cream, it is also an ingredient of rubber cement.

Acryl Acetate. For vanilla flavoring, it is also a paint solvent.

Benzyl Acetate. For strawberry flavor, it is also a paint solvent.

As an alternative fun food to heat the summer heat, try sipping fun things like raw coconut, walnuts or fresh fruit to Hippocrepes, frozen banana ice cream.

Excerpted from "Hippocrepes Health Prognosis" by Brian Clement

ORGANIC COMPOUNDS THAT KILL

<table>
<thead>
<tr>
<th>COMPOUND</th>
<th>WHERE FOUND</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trichloroethylene</td>
<td>In building materials, cleaning products, paints &amp; degreasing solvents</td>
</tr>
<tr>
<td>M. P. Xylene</td>
<td>Petroleum stocks, coal tar, natural gas, polyester resins, dyes, insecticides, solvents, aviation fuel</td>
</tr>
<tr>
<td>Benzene</td>
<td>Solvents, gasoline, tobacco smoke, etc.</td>
</tr>
<tr>
<td>Ethylbenzene</td>
<td>Petroleum, coal tar, coke, insecticides carpet glues and paints</td>
</tr>
<tr>
<td>Tetrafluoroethylene</td>
<td>Cleaning solvents, textile processing, and metal cleaning.</td>
</tr>
<tr>
<td>N-Octylacete</td>
<td>Plastics, alkyd resins, glass-enforced polyester, vitamin and pharmaceutical synthoses, insecticides, motor fuels.</td>
</tr>
<tr>
<td>M. P. Dichlorobenzene</td>
<td>Room deodorizers, urinal and toilet bowl blisters, insecticide fumigant for moth control, plastic in electronics, germicide, disinfectant, fumigants, dyes.</td>
</tr>
<tr>
<td>Chlortoform</td>
<td>Refrigerants, solvents, photography, dry cleaning, fire extinguishers, alkaldoids, vitamins, antibiotics lacquers, floor polishes and adhesives, resins, fats, greases, gums, waxes, oils and rubber.</td>
</tr>
<tr>
<td>Trichloroethylene</td>
<td>Degreasers, furniture, fixtures, fabricated metal, electrical &amp; electronic equipment, solvent, adhesives, lubricants, paints, varnishes, etc.</td>
</tr>
<tr>
<td>Carbon Tetrachloride</td>
<td>Refrigerants, solvents, plastic &amp; resin production, aerosol propellants.</td>
</tr>
</tbody>
</table>

EFFECTS & RISKS

Dizziness, loss of coordination, uncoordinated, decreases in blood pressure, damage to the breathing passages. Affects the liver and nervous system.

Dizziness, nausea, vomiting pulmonary edema, liver impairment and coma. Skin irritation and aspiration hazard.

Emphysema, lung disease, lung and brain cancers.

Dizziness, throat and eye irritation, breathing difficulties. Affects on the nervous system, liver, and kidneys.

Hepatocellular adenomas and carcinomas, leukemia, renal tubular cell neoplasms.

Irritation of eyes, nose and throat, breathing difficulties, skin rash.

Hepatocellular carcinomas and adenomas, renal tubular cell adenocarcinomas, leukemia.

Carcinomas, kidney tumors, renal tubular cell adenomas, neoplastic nodules. Cancer of the large intestine, rectum, urinary bladder tract.


Neoplastic nodules of the liver, carcinomas, liver tumors, cirrhosis, respiratory cancers, liver tumors, leukemia.

Mutations, chromosome damage, hepatocytes & human embryonal cell breakdown, lymphocyte damage, DNA strand breaks.
Glaciers that have been destination spots for millions of visitors are melting and some will no longer exist within our lifetime.

greenhouse gas disaster

Since the late 1970s, serious and respected members of the scientific community have been alerting us about massive quantities of green house gases that trap the warming of surface water, that the burning of fossil fuels is affecting the world’s oceans in at least three other significant ways:

1. It changes the pattern of El Niño, which creates chaotic weather patterns all over the world.

2. It increases the acidity of the earth’s oceans, which is direct fallout from our carbon emissions affecting its habitat and the sea life depending on it.

3. It disrupts the normal flow of deep-water currents that determine climate conditions in much of the world. (This effect of global warming, according to researchers, has the largest potential for global catastrophe.)

CNN presented a study in the immediate challenges that we face relating to climate changes and the meltdown of groundwater, which is raising ocean water levels. On our current course, it is estimated that over the next century these water levels may rise as much as one and a half feet, literally displacing the billions of residents that occupy the coastline of the earth. This process has already begun; villagers in remote areas of Alaska have had to move. Here in Florida, the beaches are eroding so rapidly that at times the protective walls on ocean front houses are the only safeguard from the elements. These very beaches reached out 3/4 of a mile just 40 years ago and today they are as small as 30 yards. Additionally, glaciers that have been destination spots for millions of visitors are melting and some will no longer exist within our lifetime. Hurricanes, tornadoes, tornados, earthquakes and a wide array of other climate-related disasters are predicted to continue with increasing fury. The very foundation of life itself is in jeopardy because of our unceasing unwillingness to take responsibility for our own actions, including sitting by and waiting for corporations and government to see it out.

Most major fossil fuel producers have spent millions of dollars, often our own tax dollars, on propaganda to confuse an already deceived public. Rather than taking the money and utilizing it to discover and employ viable alternative energy options (which are at their disposal today), they continue to focus on short-term profits that pillage our planet. Of course, these corporate giants do conduct a few token activities in the name of environmental preservation, but they are largely for the pacification of the media and the more enlightened public.

British Petroleum is one that is serious in the endeavor to curb greenhouse gases and is currently spending millions in solar research. Many of their gasoline (petrol) stations are partially generated with solar energy. For others, it is time to relinquish greed and find a way to generate both profit and a healthy planet simultaneously. Although we are late in the game, there is still much that can be done. As a global community, we must organize and conduct serious round tables and discussions with expert scientists who can assist in answering the opposing forces to create...
Sugars that Harm

Glycormitdents are a special family of biological sugars that are now understood to be one of the keys to helping our immune system fight disease and resist aging.

When taken, an example of one of them is glucoseamine, which is typically used for pain and arthritis conditions. There are only eight of these super sugars, but only two of them can come in the form of supplementation; the other six must be supplied by our body from normal blood sugar. However, medicine has discovered, if our body is unable to synthesize sufficient quantities of one or more of the other six sugars, our immune system will not properly function and numerous diseases can develop. Deficiencies in some of these super sugars has been traced to the development of cancer, heart disease, diabetes, and numerous autoimmune diseases such as MS, arthritis, AIDS, Crohn’s disease, Parkinson’s, fibromyalgia, lupus and irritable bowel syndrome.

With this in mind, recent studies have shown that routine consumption of the glycormitdents (the ones that your body can’t produce) will help the body rebuild its immune system and reverse certain health conditions. This discovery has led Hippocrates to incorporate the leading source of glycormitdents a protein supplement called Ambrotose into our wellness program. We are finding that Ambrotose is the perfect complement to our dietary program.

We recently partnered with the Glycoresearch Group to make Ambrotose available to Hippocrates residents, alumni and their families at large if you live in the U.S., Canada, Australia, New Zealand, Japan, Korea, Taiwan or Great Britain the manufacturer will deliver it directly to your door, for all other countries please call their toll-free number listed below for shipping options. We are also pleased to announce that we are beginning an important research study with them soon, which will track the beneficial health results associated with adding glycormitdents to the Hippocrates diet. We fully endorse Ambrotose as a supplement and encourage you to consider adding it to your daily diet. To get Ambrotose at the wholesale price, you can either log onto www.wellnessrenewed.com or call Glycoresearch’s toll free hotline at (866) 805-2078. Glycoresearch will arrange for you to receive the new vegan, advanced formulation of Ambrotose. If you are dealing with a health challenge at the moment, we would encourage you to participate in the research study, as participants, you would be required to take a specific amount of the Ambrotose for 6 months and then report the results in a standardized questionnaire; there is no additional cost other than the Ambrotose addressed to either the Directors Office or Hippocrates, Scholarship Committee.

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 business and marketing principles.

I'm happy because...

I received practical guidance and useful tools to either start my own practice or find work in a field of personal interest.

new immune system study shows extraordinary results

As you have seen in this issue, the Hippocrates Physician has begun incorporating Ambrotose (a plant blend of glycormitdents) into our standard dietary program. A small study was recently conducted by an independent researcher, to measure T-cell counts in volunteers after several weeks of consuming Ambrotose in bottled water. When T-cell counts dropped too low, as in the case with cancer or AIDS patients, there are serious health consequences which can result in death. Although the study was small, it showed an amazing 900% increase in T-cell count when compared with the subjects, levels prior to using the Ambrotose. What is particularly interesting is that the researcher also compared the T-cell count when the Ambrotose was taken with water from a Wellness Filter (the water that we use at Hippocrates to produce our drinking water). When taken with Wellness Water, the T-cell count increased more than 1,800%. We have been informed that Maitre Caff (the producer of Ambrotose) and Wellness Water plan to conduct a longer controlled clinical study later this year to statistically validate these preliminary findings.

To learn more about Ambrotose and the Wellness Filter, go to www.hippocratesinsit.org and click on Scan.

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Come to the place where summer never ends!
The good news is that a handful of progressive industry leaders are now discussing the real possibility of trapping carbon (one of the essential elements of life) rather than emitting it into our open atmosphere.

There is no doubt that our industrial age has caused many environmental challenges. There is also no question that we have the intelligence to uncover ways to mitigate this damage. Below are a few supporting contributions on this integral subject for those interested in further inquiry.


It is in the 1960s and for most of the 70’s scientists believed we were slowly heading towards a new ice age. By the late 1970s and early 1980s, however, a complete turnaround ensued and authorities were predicting that we were rapidly slipping into a period of massive global warming. Today, there is even stronger data, showing that in recent years we have accelerated the heating of the earth. The atmospheric concentration of methane and CO2 peaked and the Earth’s warming began some 11,000 years ago with the invention of agriculture in Mesopotamia and China. Based on historical glacial activity, scientists expected those gases to wane up to the industrial age. For the past 2000 years and with the exception of short periods, however, they have been steadily rising. The timing of key world-wide agricultural events, namely deforestation, including massive rice irrigation may have something to do with these surprising events.

The advent of machinery two hundred years ago not only accelerated the rate of deforestation, but also increased the output of green-house gases.

The good news is that a handful of progressive industry leaders are now discussing the real possibility of trapping carbon (one of the essential elements of life) rather than emitting it into our open atmosphere. This can be accomplished by functioning industrial emissions underground, where the earth will eventually recycle them into viable, productive soil.

Additionally, these by-products could be helpful in many circumstances. They could fill open cavities from oil drilling, which will arrest the regeneration of coal in those areas. Captured carbon dioxide may also be stored in open gas reservoirs and subterranean brine formations, which will enhance mineral formations that already partially or fully consist of carbon compounds. Carbon dioxide could also be introduced into unexploited coal seams where it would replace methane gas, which has caused many underground explosions and the subsequent death of thousands of coal miners.

While the introduction of CO2 on the land has many proponents, ocean injection remains controversial. Scientists suspect that CO2 would pose directly to the bottom layers of ocean water, lessening the impact of absorbed CO2 at the surface where most marine life lives. Opponents of ocean storage also cite international laws that protect the ocean from certain types of industrial uses and the difficulties of monitoring carbon dioxide transport after injection.

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Chemical Daze

When you can't see really is killing you!

A vital eco-system is paramount to the health of every species on this earth. Without it, this chain reaction will continue to speed up the progression of worldwide ocean stagnation and our eventual death.

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As a member of the organization Concerned Scientists, I was recently informed that the United States government has fraudulently altered environmental documents confirming the existence of global warming. Our organization, along with other renowned and prestigious global scientists, petitioned the White House on this matter. They made no response.

Sadly, the same can be said of most citizens of this world: we continue to consume more than we need, waste our fragile natural resources, and choose unhealthy foods, thoughts and actions on a daily basis, while our future and our world are collapsing. "Reap what you sow" is possibly the most fitting truism of our time.

Regardless of the deluge of propaganda from commercial interest groups and corrupt politicians, know that we are in an extreme condition that is threatening not only our physical and mental health, but our very survival. The result of man-made chemicals is man-made waste. These pollutants are destroying the critical flora and fauna in our world, and minute by minute we are weakening our immune systems and paving the way for a disease-ridden future.

Health cannot be maintained in an environment that is discordant and indifferent to nature. Who said modern medicine, still may be puzzled about the pervasiveness of many disorders affecting us today, can now understand and more importantly take action to expose not only the profound corruption and encourage others to join us in making choices that support the earth and the very gift of life it gives us.

There are several valid and wholesome reasons for the number one killer in the Westernized countries, if not currently at this threshold, will reach within the next few years. When is enough enough?

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Haute Vitalité
Common Pesticides and their Weighty Effects

AFTER THE SECOND WORLD WAR, TWO UNIQUE DEVELOPMENTS OCCURRED: first, many young men arrived home from abroad ready to join the work force, and secondly, the oil industry was ready to launch many new petroleum-based businesses. These two events, combined with a growing desire to rebuild the American economy, spawned the petro-chemical industry. The time of their many 'bright' ideas was the introduction of pesticides. Farmers had long complained about the loss of crops to bug infestation and these large oil-based companies had the answer: create a poison that would kill these insects. But, they didn't stop there. Next came fungicides to protect the plants from fungus and then herbicides to prevent the growth of competing weeds. The chemical business was booming and profits went through the roof.

Amazingly, there were no clear minds to ask the obvious question "if this kills bugs, why wouldn't it kill me?" It's difficult to say whether it was the rigorous and exhausting workloads, the pressure of profits, or just plain ignorance, but people were willing to listen to these so-called 'experts' (scientists in the pockets of industry) who promised these poisons as safe. Today, just as casualties and birth defects continue to rise, there is a legitimate rise in concern and distress. There are, to fact, millions of unnatural and manmade pollutants saturating our environment, and any reasonable biologist or responsible scientist unhappily states that these pollutants are a significant cause of our population's increasing health concerns. (See The News for startling information on the level of chemical pollutants in newborns.)

Below are just a few of these pesticides (only one category of daily chemicals) to show you what to expect when you are dining out of purchasing food from non-organic sources.

<table>
<thead>
<tr>
<th>PESTICIDE</th>
<th>WHERE FOUND</th>
<th>EFFECTS &amp; RISKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chloride</td>
<td>Known groundwater pollutant.</td>
<td>Highly toxic to humans, as well as crustaceans, fish, insects, mollusks, plankton.</td>
</tr>
<tr>
<td>Propoxur</td>
<td>A carbamate insecticide used to control ants, roaches, etc. Also used in ashen paper.</td>
<td>A probable human carcinogen, likely residues in foods, fruits, and vegetable treatments in food establishments and food processing plants.</td>
</tr>
<tr>
<td>Chlorpyrifos</td>
<td>Used on a variety of food and feed crops, golf courses, and as a mosquitoicide.</td>
<td>This can over-stimulate the nervous system causing nausea, dizziness, confusion, respiratory paralysis and death.</td>
</tr>
<tr>
<td>Hetaclor</td>
<td>Water and ecological toxicity.</td>
<td>Hypersensitive to stimulation, prickling or creeping on the skin. Causes headache, dizziness, nausea, vomiting, lack of coordination, tremor, mental confusion, hyper-excitability state, convulsion, seizure, coma and respiratory depression.</td>
</tr>
<tr>
<td>Diazinon</td>
<td>Insecticide both for household and agricultural pest control.</td>
<td>Can over stimulate the nervous system causing nausea, dizziness, confusion, respiratory paralysis and death.</td>
</tr>
<tr>
<td>Dichlorvos</td>
<td>Pest control, food processing, fumigation, spray for crops.</td>
<td>Excessive salivation sweating, muscle twitching, weakness, tremor, headache, dizziness, nausea, vomiting, abdominal cramps, diarrhea, respiratory depression, sweating fluid in lungs.</td>
</tr>
<tr>
<td>O-phenylphenol</td>
<td>Used on a variety of food and feed crops.</td>
<td>Highly corrosive, caustic to eyes, skin &amp; mouth, gastrointestinal distress, nausea, vomiting &amp; diarrhea, hypotension, myocardial failure, pulmonary edema, neurological changes, liver and renal toxicity, methemoglobinemia &amp; hemolysis.</td>
</tr>
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Administration Announces Weak New Mileage Standards

A mid rising oil and gas prices, the Bush Administration yesterday announced its new Corporate Average Fuel Economy (CAFE) standards for light trucks. Environmentalists say the proposed rule changes will do nothing to help American motorists at the pump, nor will they reduce America's dependence on imported oil. The new standards appear to raise the current light truck standard of 22.2 miles per gallon (mpg) in model year 2007 to a fleet-wide standard of 24 mpg by model year 2011. However, the new standards annually exempt vehicles weighing 8,500 to 10,000 pounds—such as the Hummer, Ford Excursion, and some models of the Chevy suburban—all vehicles that achieve very poor vehicle size to their size. [1]

Environmentalists argue that the Bush Administration should make use of the latest in automotive technology and establish a more stringent fleet-wide average standard. Ironically, General Motors is already producing a vehicle in China that achieves 43 miles per gallon. "Instead of harnessing America's technological know-how to require light trucks and autos to meet a 90-mile per gallon (mpg) average standard," said Anna Aurilio, U.S. PIRG legislative director, "the Administration has proposed a pathetically weak increase in light truck miles per gallon standards and has given automakers an opportunity to game the system by increasing the size of their SUVs and other light trucks." According to the Sierra Club, a 40-mpg standard would save the average driver $2,800 in fuel savings over the lifetime of a vehicle. [2] The distribution of light trucks into six size-based categories was supported by the big three U.S. automakers, General Motors, Ford Motor Co., and DaimlerChrysler AG. [3]

Department of Transportation Secretary Norman T. Mineta boasts that, "This is a plan that will save gas and result in less pain at the pump for motorists without sacrificing safety." But Dan Becker, director of the Sierra Club's Global Warming Program, says the new standards will do nothing to help consumers save money at the gas pump, reduce oil dependence or curb global warming. "As a time when Americans are paying record prices for gas, the Bush administration has sided with its cronies in the auto industry and rejected real solutions," said Becker. "Unfortunately, the proposed gains in fuel economy are likely to be eliminated as a result of the radical overhaul of the current structure," the Sierra Club said in a statement released yesterday. [3]

Tracking the administration's environmental misdeeds

Unlike the irresponsible environmental actions of our current administration, there are many committed citizens and worthy organizations that are reversing the negative impact and downward trend that our environment has experienced in the last century. One such organization is coolingtheplanet.com, which was created by two of our Health Educator graduates, and has the potential to revolutionize the publishing industry as well as being a paramount contribution to reversing global warming. Their innovative way of publishing requires that all off their clients regreen more trees than were used to print their magazines, books, brochures and direct mail programs. This is just one of many shining examples of how all of us can participate making a difference in our local and global communities. —Brian R. Clement Ph.D N.M.D.
We need to understand technology with a depth of maturity that humans have never shown before.

Sunshine on the Horizon

Focus on the multifarious concerns that threaten our environment can be more than discouraging. There are some conscious and committed people, however, who are actively focusing on the remedy and say that we can develop new eco-friendly technologies that will begin to breathe life back into our world's collective eco-system. Here is one thinking man's voice on this road to recovery.

Massive technological change has coming and will continue to come. If we handle the huge transition correctly, it will be worth cheering for. To achieve this, we need to understand technology with a depth of maturity that humans have never shown before. We need to think historically and comprehensively, employing technology as a means to preserve the web of life rather than for its own sake.

In the realm of restorative technology, there are only three kinds worthy of our attention:

1. The most sensible technology is one that does its work and then eventually rots and self-destructs, its core materials and processes are biodegradable and therefore self-recycling. We must utilize the same resources that built the natural world to create everything from industries and products to cities. It means using new materials with the study, non-toxic qualities of spider silk, mannose glue, coral, seashell, horn, bone, and timber with room-temperature industrial assembly without toxins, fumigants, pesticides, or mercury. When an object made with these materials is abandoned or worn out, it melds back into the biosphere to be restored.

2. The second kind of technology is monumental, artifacts built to outlast the ages. Monuments reduce the human load on the environment because they are "consumed" only once over many generations. With no planned obsolescence, they're very thrifty and they never go away. Compare the quality and livability (and asking price) of a New York City "Classic Eight" apartment built at the turn of the last century to a postwar pop-up in the suburbs. Look at Union Station in Washington, D.C., still a transit hub nearly a century after being built, or the Louvre and Notre-Dame, in use some 500 and 800 years, respectively, after construction.

3. The third kind of decent technology is industrial cybernetics. Imagine a fully documented, traceable, searchable production system for manufacturing, inventoring, and transport. While many would shrug this hi-tech "Big Brother" managing resources at such a significant level could result in significant economic and environmental efficiencies.

Merely creating new invests will not solve our problems. Breakthroughs are easy to publicize, but genuine environmental victory means growing beyond complacency and developing new and higher-efficiency forms of technology with less impact on the environment. Take the case of electricity and running water.

When people nowadays lack electricity and plumbing, they don't think of it as a normal way of living, they call it crumbling out, or poverty. While these technologies are visible only by their absence, they are at the root of some of the most profound geographic changes our environment has witnessed. Electricity and plumbing aren't evil and wrong in and of themselves, but we've taken their presence too much for granted, so much so that more efficient, renewable sources are going undevolved.

In the era of global warming, catastrophic change caused by humans is no longer limited to one region or even one continent. The atmosphere is tainted with emissions from pole to pole. Grass is growing in Antarctica. Nobody can possibly "conserve" a landscape under the force of full-scale planetary climate changes. The job at hand is aggressive restoration: we must use technology to tear into the artificial environment the way we and our ancestors tore into the natural one. This means rethinking, reinventing, and rebuilding technology at every level of society. We need to imagine the unimaginable to avoid having to live with the unthinkable.

The consequences of bygone technologies are with us now; but our ways of looking at them can change. When we can see our predicament in full scope, we can act in a better way and, as yesterday's short sighted habitats leave us, we'll see the gloom be replaced by a new dawn.
Hippocrates Launches Campaign to Raise Money for Important Thermography Equipment

Thermography is a non-harmful diagnostic tool for detecting tumors and masses in the breasts and in other parts of the body. An excellent replacement for mammography and other diagnostic screenings that use x-ray.

Hippocrates is constantly on the lookout for non-invasive therapies and tools to benefit you in creating optimal health. Thermography is a non-harmful diagnostic tool for detecting tumors and masses in the breasts and in other parts of the body; it shows temperature variations.

The Cost of Raffle Tickets

- $50 for 1
- $100 for 6
- $200 for 14
- $1000 for 75
- $2,000 for 160

$100,000 donation for a Full Endowment - the diagnostic room and equipment will be permanently named after you and a plaque erected in your name.

Anne Singer, a Hippocrates alumna, generously started a fund to acquire this equipment. Since then, others have joined to support our mission to bring you the best and most important technology available today. Thanks to the generous donations of some Hippocrates alumni, we are on our way to affording this valuable piece of technology and would like to invite your participation.

We are embarking upon a spectacular raffle to raise $50,000, the approximate cost of the Thermography equipment with training. Do you remember how fascinating and instructive it was to see your blood cells projected on screen? Imagine benefiting from this powerful technology. If the cost of this equipment is raised completely through our alumni and friends, then a guest who enrols in the three-week Life Change Program (and has areas of concern where Thermography is needed) will receive a complimentary, targeted, Thermographic scan. Think of the many people who arrive at Hippocrates that need this service, possibly your family, friends or yourself. Thermography is for now and the future. Please join me in making a gift that will help bring Thermography to Hippocrates. You may choose to support the Thermography Fund with a gift at any level, from $50 to $50,000.

The Grand Prize is a 3-week Life Change Program. Other prizes include a Chi Machine ($480 value), the complete set of HHU classes on DVD ($300 value), and four gift baskets ($200 value each) - one for each pillar of the Hippocrates program: "Yummy & Nutritious," "Learn, Grow and Glow," "Exercise & Revitalize," and "Relax & Renew."

You can put all your tickets toward one prize or spread them out among several. The winner of the gift baskets will be announced at our Fall Festival being held on September 24, 2005, and the other prizes will be awarded at our 2nd Annual Walk-for-Life on April 9, 2006. All non-winning tickets will go into a special drawing for a mystery Grand Prize, so there are two chances to win for each ticket!

Call the Hippocrates Store at 1-800-842-2125 ext. 1242 to order your raffle tickets or send in your request by mail, or logon to www.hippocratesinstitute.org. Thank you for your wonderful contributions and as Hippocrates Health Institute is a 501c3 Non-profit organization; your generous contributions are fully tax deductible.

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Hippocrates is a 501(c)(3) non-profit educational organization. Our mission is to educate people on how to live a healthy lifestyle.

ANNOUNCING Star Guest

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Lecture 12: QUESTIONS AND ANSWERS III
Questions of the participants are posed. The responses are clear and thought-provoking.
A Clean Home Creates a Cleaner Planet!

There are many ways that we can help to clean up our Mother Earth and prevent diseases from harming ourselves, our families and our communities. Organized political movements are important, and we encourage you to participate, yet personal responsibility is a vital part of our daily lives and equips us with the strength we need to take care of ourselves.

INSECTS ON PLANTS
LAUNDRY DETERGENT
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MOLD REMOVER
MOSQUITO REPELLENT
MULTI-PURPOSE CLEANER
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PAINT BRUSH SOFTENER
PERSPERATION SPOT REMOVER
PET ODOR REMOVER
PORCELAIN CLEANER
REFRIGERATOR DEODORIZER
RUG/CARPET CLEANER
RUST REMOVAL (CLAYING)
RUSTY BOLT/NUT REMOVAL
SCORCH MARK REMOVAL
SCOURING POWDER
SLUG & SNAIL REPELLENT
SPOT REMOVER
WATER MARK REMOVAL
WATER SOFTENER
WOOL POLISH

FOR THIS
AIR FRESHENER
ALUMINUM SPOT REMOVER
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RUG/CARPET CLEANER
RUST REMOVAL (CLAYING)
RUSTY BOLT/NUT REMOVAL
SCORCH MARK REMOVAL
SCOURING POWDER
SLUG & SNAIL REPELLENT
SPOT REMOVER
WATER MARK REMOVAL
WATER SOFTENER
WOOL POLISH

TRY THIS
Smirnoff cinnamon and cloves. Leave open box of baking soda in room or set out a dish of vinegar.
2 tablespoons cream of tartar and 1 quart of hot water
MIX 1/2 cup ammonia 7 cup vinegar, 1/4 cup baking soda in 1 gallon of warm water.
Lemon juice and salt
Baking soda paste
Compost and vermicompost
Baking soda paste
Scatter pine needles, fern, eye or rosemary on pet's bed
Well-mixed pot of basil
1 cup vinegar and 2 gallons water
Use citrus oil or ice cubes
Dose with baking soda
Borax on damp cloth
Cold water and 1 tablespoon cream of tartar and 1 tablespoon lemon juice
Put soy sauce on leaves, then rinse
Basic household soap
1 cup white vinegar and 2 gallons water
Equal parts vinegar and salt
Burn citrus candles
Mix 1/2 cup mustard, 7 cup vinegar and 1/4 cup baking soda in 1 gallon of warm water
Plant margaritas.
White chalk rubbed into stairs before Laundering.
Water-based, non-aerosol paints.
Not vinegar.
Baking soda
Cider vinegar.
Make paste from baking soda and water. Let set, rub clean and rinse.
Open box of baking soda.
Club soda.
Lemon juice and salt plus sunlight.
Carbonated beverage.
Grated onion.
Baking soda.
Onions and marigold plants.
Club soda.
Toothpaste.
1/4 cup vinegar
3 parts olive oil and 1 part white vinegar; almond or olive (interior unmarinated wood only).

MUSHROOM & SQUASH STROGANOFF
Ingredients: 2 cups sliced oyster mushrooms; 1 1/2 cups sliced crimini mushrooms; 1 portobello mushroom, gills removed and sliced 1/2" thick; 1 Vidalia onion, sliced thinly; 2 cloves garlic, peeled and roughly minced; 3 tablespoons olive oil; 2 teaspoons Omega coconut butter; 1 tablespoon apple cider vinegar; 2 teaspoons Nutiva shoyu; 1 teaspoon red macy; pinch Celtic salt and fresh cracked black pepper

Procedure: (1) In a blender: Place sliced and drained mushrooms, soaked bay leaf and water, and pine nuts, garlic, chipped carrots, parsley, cilantro, rosemary, thyme, chilepepper, 2-1/2 cups water, olive oil, coconut butter, apple cider shoyu, macy, and miso. Blend until smooth until smooth. Pour through a strainer. Save the juice to season with salt and pepper. The broth may be warmed in a dehydrator, double boiler, or over a low flame.

Ingredients for Parmesan Medallion Crust:
1/4 cup whole raw cashews, soaked 1 hour and drained; 1/4 cup pine nuts; 1/4 cup lemon juice; 1 teaspoon nutritional yeast; 1/4 cup water, as necessary; pinch Celtic sea salt

Procedure: (1) In a blender or food processor: Blood soaked and drained cashews, pin nuts, lemon juice and nutritional yeast, adding water only as necessary to blend smooth. Season to taste with sea salt. (2) Spoon and spread into 3-1/2 inch rounds on a nonstick surface. Dehydrate at 180° for 8-9 hours until firm enough to transfer to mesh sheet.

Ingredients for Buttery Beetsalmon Broth:
1/4 cup raw whole cashews, soaked 1 hour in water; 1 bay leaf, soaked in 1/4 cup warm water for 1 hour; 1/4 cup pine nuts; 1 clove garlic; 1-1/2 cups chopped carrots; 1 stalk celery; chopped; 1 cup parsley leaves; 1/4 cup cilantro leaves; 2 teaspoons rosemary; 1 teaspoon thyme; 1/2 teaspoon ground chipotle; 2-1/2 to 3 cups water; 1-1/2 tablespoons olive oil; 1 tablespoon Omega Coconut Butter; 1 tablespoon apple cider vinegar; 2 teaspoons Nutiva shoyu; 1 teaspoon red macy; pinch Celtic salt and fresh cracked black pepper

Procedure: (1) In a blender: Place soaked and drained cashews, soaked bay leaf and water, and pine nuts, garlic, chipped carrots, parsley, cilantro, rosemary, thyme, chilepepper, 2-1/2 cups water, olive oil, coconut butter, apple cider shoyu, macy, and miso. Blend until smooth until smooth. Pour through a strainer. Save the juice to season with salt and pepper. The broth may be warmed in a dehydrator, double boiler, or over a low flame.

Ingredients for Savory Onions: 2 Vidalia onions, sliced; 2 red yellow onions; 1 small shallot; 1 tablespoon Nutiva shoyu; 1-1/2 tablespoon olive oil; 2 teaspoons thyme; pinch Celtic sea salt

Procedure: 1. Slice the onions. 2. Mix shoyu, olive oil, and thyme. Fold in sliced onions and pinch of salt. 3. Allow mixture to marinate 12-14 hours (ideally in the dehydrator set at 68°). If not using a dehydrator, allow to soften and warm in a double boiler for 30 minutes.

Ingredients for Buttery Beetsalmon Broth:
1/4 cup raw whole cashews, soaked 1 hour in water; 1 bay leaf, soaked in 1/4 cup warm water for 1 hour; 1/4 cup pine nuts; 1 clove garlic; 1-1/2 cups chopped carrots; 1 stalk celery; chopped; 1 cup parsley leaves; 1/4 cup cilantro leaves; 2 teaspoons rosemary; 1 teaspoon thyme; 1/2 teaspoon ground chipotle; 2-1/2 to 3 cups water; 1-1/2 tablespoons olive oil; 1 tablespoon Omega Coconut Butter; 1 tablespoon apple cider vinegar; 2 teaspoons Nutiva shoyu; 1 teaspoon red macy; pinch Celtic salt and fresh cracked black pepper

Procedure: (1) In a blender: Place soaked and drained cashews, soaked bay leaf and water, and pine nuts, garlic, chipped carrots, parsley, cilantro, rosemary, thyme, chilepepper, 2-1/2 cups water, olive oil, coconut butter, apple cider shoyu, macy, and miso. Blend until smooth until smooth. Pour through a strainer. Save the juice to season with salt and pepper. The broth may be warmed in a dehydrator, double boiler, or over a low flame.

MUSHROOM & SQUASH STROGANOFF
Introducing Life One

Last year a friend told me about a Native American health care professional who was helping many people in need. He suggested that I speak to a medical physician to learn more about this interesting man and results to our first telephone call, I spent two hours hearing about the effective, long-term work that this Indian Chief has introduced from several combined Native American traditions.

Many of you only not know that part of the magnificent heritage of our continent included healing through plants, rocks, environments, seasons, and spirit. It has been said that prior to "civilization" North America had one of the most sophisticated systems of health care that ever existed. For these Native to see God in every aspect of God's creation and utilize those gifts was more sophisticated, it was profoundly accurate. Unfortunately, many of our light-skinned European ancestors, carrying with them the restrictive confines of the intellectual process, actually looked down upon these open spiritual and instinctual people. It is now estimated that 50 million of these first Americans perished at the hands of hatred and the proliferation of white man's diseases.

Earlier this year, I had the opportunity to meet with the healing chief who was selected by his teachers to represent his people. After a formal education and practice in medicine, he continued with several years of apprenticeship with the elders. They taught him about traditional medicines that maintained the health and happiness of the great nations of the past. When we spoke, there was an instant and palpable truth that filled the room. As I explained our work at Hippocrates, he openly offered me one of his formulas. In the months since, we have shaped this powerful herbal food complex into what is now called Life One. We believe that this magnificent supplement, rooted in the history of our countries, traditional medicine, will assist the immune system to expeditiously fulfill its ultimate role. Purely and simply, Life One gives you access to both the wisdom and strength of the healing powers of our ancient people and lands. For more information on this product or to order, call the Hippocrates Store at 861741-8876 or visit our website at www.hippocratesinstitute.org.

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“Knowing something, and not applying it to your life, is like not knowing it at all.”

-Chinese Proverb