RECOVERY 6—People Who Beat The Odds
Fluoride RISK COVER-UP EXPOSED!
Dr. Colin Campbell Visits HHI DEADLY FRENCH FRIES

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MARCH 17-24, 2006

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from the directors

Healing is the process that arises after you have deviated from life’s natural balance. All life, from the tiniest proton to our vast planet, is continuously in the process of recovery. As humans, we have a need to renew on many levels. Physically, renewal occurs daily with the death and birth of cells, and repair takes place. On the mental level, renewal occurs as we process our daily experiences and learn from them.

Physical disease, which is often created by a lack of adequate exercise and fundamental nutrition, presents a great need for recovery. To remain healthy, we must also resolve past emotional issues that are causing unmanageable situations in our life. Whether conscious or unconscious, these deep-seated issues can accumulate and cause storms daily. Psychological remedies sometimes involve rehearsing unpleasant events. Yet, we have discovered that this is essential in order to expand one’s life and achieve fulfillment and happiness.

Mental healing requires mental toughness, and an outright refusal to remain trapped in negative thought patterns. Our thoughts do indeed create our reality, yet most of us waste valuable time and energy on negative and hostile thoughts. To free the mind, you must first take full responsibility for your thoughts. Spiritual healing is often approached by way of religious dogma that asserts we must plead for forgiveness of our sins. Yet, choosing to believe that we are ‘bad’, regardless of the source of this early programming, is not only inadequate, but also detrimental to resolving both personal and larger universal spiritual issues. Spiritual recovery is rooted in a greater acceptance of all existence and is committed to ‘goodness’. With an awareness of our relationship with all that surrounds us, we heal spiritually. We must continue to acknowledge our choice in every moment and be sensitive to our every action and thought.

When we do this, we are creating positive outcomes rather than negative outcomes caused in part by those ‘wounded’ aspects of our self.

By assuming full responsibility for our physical, emotional, mental and spiritual well-being, we will never feel truly helpless, because we understand that we possess the power to heal ourselves at any moment. How many of us are allowing others to determine our fate? There is no greater distance from hopelessness than believing that part of your well-being comes from outside of you. Independently we will acquire the tools necessary to build a life that is full of joy, health, and personal fulfillment.

When will you take responsibility for yourself and every aspect of your life? How far down are you willing to spiral until you choose to recover? Over the 50-year history of Hippocrates, we have seen hundreds of thousands of people who have retrenched the manipulation, and who genuinely speak, act, and think from their heart. It is from this pure and special place that we are able to evoke the spirit and energy that we call healing. Doug Walsh, who recently completed his 3,000-mile, 5-month hike of the Continental Divide, hiked in nature, is one great example of a person committed to health on all levels. Hippocrates, a sponsor of this great feat, had the pleasure of speaking with Doug on his incredible journey and the clarity that it brought him. See page 26 for the full interview.

On a similar note, we were recently lecturing in Scandinavia when a young woman told us a heart-warming story about her endless doctor visits, each more depressing than the previous. The first doctor told her that she might have two years to live. The second doctor...

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told her nine months to one year, while the third said six months. Her inoperable tumors were surely the gateway to her demise as far as these three professionals were concerned. Some three years ago, she resigned herself to death when a close friend asked her if she was afraid, she said, "wouldn't you be?" Her friend responded by saying, "no," and she asked why. As the friend smiled, she said, "I live a full and fruitful life and for years I have done exactly what I have dreamed of. Why don't you try this?" The young lady was inspired by these words and began the slow and difficult process of changing her diet and diligently working to improve her thoughts. For the first time in her life, she experienced true faith, acknowledged that she was part of a larger system and asked for help. As she stood before the group and spoke of her recovery, she praised with exuberance: her final comment was, "I never knew how much fun I would be having a killer disease." This is a reservoir of abundant energy that invites you to live, the people, who share their stories with you here in this RECOVERY 6 issue, have tapped into this reservoir, which is not a faraway place, or an exotic setting. It is in your heart. You can often visit this spot on a momentous occasion: as a child, on the day you first fell in love, or possibly at the birth of your children. It is our heart that we should trust and our mind that we should refine. This combination will open the way to recovery on every level. The strength to go on to higher accomplishments, unless, as you acknowledge your greatness by observing your achievements. We should never gloss in our successes, rather, use them to move forward. We now understand the importance of healing. While working with a child suffering from cancer in Denmark some thirty years ago our eyes were opened. We asked him if he had any wish on earth, what he would be. He shook us by saying, "I wish everyone had the chance to see what sickness can teach." It took us many years to comprehend this eight-year-old’s profound thoughts and now we believe we understand them. Each texture, nuances and challenges that presents itself brings us the opportunity to better know ourselves. When an uneventful obstacle exists, will we crucify in front of it, or navigate it and

HIPPOCRATES
healing our world

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P.S. While healing can be a serious, undisturbing, play and celebration are equally important. This is why we, at HIPPOCRATES, partner with other like-minded individuals to create fun-filled events and experiences. This time, we have teamed up with our friends in Switzerland to create a spectacular living foods ski-week in the breathtaking Swiss Alps. Join us for a week of fresh living foods, education and camaraderie in one of the most pristine places on earth—Tennisp, Switzerland. This event is for skiers and non-skiers alike as there are many enjoyable activities in this very special town. Visit www.healthynature.com for more information and reservations.

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By Anna Maria Clement, Ph.D., N.M.D.
& Kelly Serbanich
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Some Grapefruit Seed Extracts Hazardous. Swiss Toxicology Information Center reported that some grapefruit seed extracts contain hexenethiurom chloride, a diquat and cationic detergent, which makes them a health hazard.

Sunscreen Increases Risk of Skin Cancer...sunscreens that are made from synthetic chemicals, which are foreign to the human body, increase the risk of skin cancer as reported by the Scientific Committee of Cosmetic Products, U.K.

Cancer Deaths in Vegetarians Lower. The U.S. Disease Control Center reported that studies of vegetarians showed that their death rates from cancer are approximately half of those in the general population.

Cholesterol RNA Debunked. U.S. Agricultural Department reports an ultrasound RNA (recommended Daily Allowance) of cholesteral of 300 grams. Partially, there is no daily need for cholesteral, as our body manufactures all the cholesteral it needs. As a side note, our egg contains approximately 230 grams of cholesterol.

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

Teflon Causes Cancer. Teflon's PFOA (Perfluorochemical Acid—a macrocyclic chemical) found in 90% of American's blood profile, causes cancer as reported by the E.P.A. Additionally, PFOA is found in many microwaveable containers, paper bags as well as in packaging for such non-foods as chicken, French fries, baked goods, pizza, soda, drinks and candy.

Cancer Caused by Toxic Environment and Lifestyles. The British Medical Journal reported that up to 75% of cancer is caused by toxic environments and unhealthy lifestyle habits.

On a Similar Note...Columbia University's School of Public Health estimates that up to 80% of cancer is caused by improper diet and environmental hazards.

Impotence is on the Rise. Blood sugar and low testosterone levels have created an epidemic of impotence among Western European and North American men as reported by the American Diabetic Association.

Toxic Sardines. The heavily tainted and organically polluted contain toxic levels of Dominc Acid, a nerve toxin produced by Harmful Algae Blooms (HAB) as reported by the California Department of Health. Dominic Acid is not destroyed by cooking or freezing and can contaminate shellfish, which leads to the death of marine mammals that consume them.

Children at Risk for Cancer. A British study reported that children living within 500 miles from busy road and train stations are twelve times more likely to die of cancer than other children.

Rare Strain of HIV Found. The Center for Disease Control reported that a rare strain of HIV, which looks quickly to full-blown AIDS is increasingly more pervasive worldwide.

Brain Cancer Care Deficient. Dr. Susan Chang, brain cancer specialist at UCSF (University of California, San Francisco), reports that brain cancer runs is non-specific and trouble-free leading to unwarranted suffering and stigma. This determination was made by reviewing cases from numerous cases which exposed little to no consistency in diagnosis, treatment and procedural protocol.

Hippocrates Announces
2nd Annual Walk-for-Life

Hippocrates is proud to announce our Second Annual Walk-for-Life on APRIL 8, 2006. Gele McIlvaine, founder of the Young Care Foundation, is returning as the sponsor of Hippocrates Walk-for-Life, which was launched earlier this year to raise money for the Hippocrates Health Institute Scholarship Fund. As a result of last year's donations, two students facing serious illnesses and disease were granted scholarships to attend our Life Change Program. For 2006, our goal is to raise enough money in donations to sponsor 100 people who do not have the financial wherewithal to attend our program on their own. Your participation allows more people the opportunity to gain the knowledge, stamina, and determination required to live in a healthy way. This helps to spread the critical and important messages of living food nutrition. With your help, this goal is attainable. 100% of all donations will be applied to the scholarship fund! We invite each of you to walk with us; bring your friends, family and co-workers, or support our staff and other participants. If you are interested in becoming a team leader and assisting us by enrolling others in acquiring walk sponsors, then email us at walkforlife@hippocratesinst.org. Your tax-deductible donations can be sent to the address below (please see insert in this magazine) and a pledge form can be downloaded from our website at www.hippocratesinst.org. There is no doubt that together we can make the world a better place for all of us.

Hippocrates Scholarship Fund
1443 Palmdale Court • West Palm Beach, Florida 33411

Thank you from the bottom of our hearts,
Dr. Bolen and Anna Maria Clement

This issue of Hippocrates healing our world is dedicated to people who have emerged from the dark by making a decision to take responsibility for their health and that of the world in which they live. The people you will read about in the following pages have tapped into a determination that has allowed them to recreate their lives.

RECOVERY 6
WE LIVE IN A GARDEN OF ABUNDANCE AND EVERY DAY HAVE EVERY OPPORTUNITY AND POSSIBILITY TO SATISFY OUR NEEDS AND LEAD FULFILLING LIVES....

Yet, as I've said time and again, we have recklessly disregarded these rich and precious offerings and squandered our planet's many resources, slowly destroying our lives and the life of the planet itself. While some of you may be thinking that I am beginning to sound like the proverbial broken record, I ask you to consider why I would feel continually compelled to have this dialogue with you.

Well, as many of you know, at Hippocrates, it is our foremost commitment to provide you with all the tools that you need to create optimum health. One of those tools is, in addition to the pure, nourishing foods, the education, and our state-of-the-art therapies, is the truth. And the truth is that many of you are not hearing what we are saying! Every day, without exception, we see firsthand, through the many wounded and diseased people who walk through the Institute’s doors, the sad and disillusioning truth of the pain and destruction that we, as a population, are creating.

It is time for all of us to stand for what we know is true in spite of what we see happening in our world. Many of those in power are the pinnacle of deceit, focusing on short-term material gains and their own job security instead of developing appropriate and sustainable models that include the proper distribution of resources, wealth and abundance. This practice stretches back over the millennia and has decisively placed a wedge between the “haves” and the “have-nots.”

Recently, we have all been jolted by nature’s wrath. In the wake of these tragic examples, we can no longer hide behind our veil of self-righteousness. We are a global community claiming that humans are living longer than we have in the past. This unbridled optimism, however, also obscures the reality that the public believes that they are healthier than they really are. Antibiotics allowed us to reduce and often stop the onslaught of these devastating diseases. Additionally, modern diagnostic technologies have allowed us to misinterpret mortality, as compared to a century ago. If a large percentage of children were still dying at birth and those not in the hospital, and the percentage of diseases lived to the age of one hundred, the average life expectancy would still be around fifty years. It was the dramatic reduction in infant mortality that our life expectancy was increased to its mid-seventies.

So, saying that we are living longer is a false interpretation that only feeds our denial.

Recently, the United States Health Services reported that the rate of skin cancer and disease has increased in people below fifty-five is now cancer. By 2015, should we remain on our present course, we will see a fifteen percent higher incidence of cancer among this group—and the shocking new 2005 development will be a distant memory. In this decade, between 2000 and 2010, diagnostic-screened increase by 75%. Following the decade, the statistic of a 450 percent increase. Unfortunately, for every three people who develop this disorder, two are children. Autism, which we have previously categorized as a disease of a child’s mind, we have now learned to be a disease of adults as well. Alzheimer’s and Parkinson’s disease, once seen as two distinct, separate disorders, are now seen as part of a spectrum of diseases.

To achieve this, we need to look inside ourselves and realize that it is up to us to transform our lifestyle and the way we live a balanced life. From our thoughts to our choices of food, we can have an enormous impact on ourselves and everyone around us. We are not only a part of the earth’s air and water, but we are also the air and water of the earth. We cannot live without air and water, and although we have diligently destroyed our natural beauty, there is still time for us to recover. Rebuilding our relationship with nature will not only improve our health, but it will also bring us closer to our natural environment and its cycles.

How much longer will we, as a species, choose to suffer, holding our breath and waiting for more changes in our lives? We are all so slow learners; for many of us, it takes an incredible amount of pain to cause us to shift our ways of being. Or if we are more fortunate and exposed to a tremendous amount of love and support, similar to what is offered at Hippocrates, we can make positive change. At Hippocrates, we are not only hopeful about the future, but also pioneering a bridge to assist you in creating your new reality. Just know that eventually, many of you, after hearing this message over and over again, will finally exhale. And, when you do, you will not only be free to breathe, but free to experience and recover that which is necessary for a thriving existence.

Thou shalt not whine.

Humans who are inter-connected and inter-related in our communities are our best chance at improving our species. When we live in harmony with each other and with the planet, we can create a society that is sustainable and equitable for everyone. By understanding the interconnectedness of all things, we can work together to create a better future for ourselves and future generations.
YOU MUST ACT NOW TO PREVENT AN ORGANIC NIGHTMARE!

The Organic Consumers Association (OCA) needs your help to stop Congress and the Bush administration from seriously degrading organic standards. After 35 years of hard work and overcoming significant political and corporate obstacles, the U.S. organic community has built up a multi-billion dollar alternative to industrial agriculture, based upon the development and preservation of strict organic standards and sustainable business ethics.

Now, large corporations such as Kraft, Wal-Mart, & Dean Foods—aided by the U.S. Department of Agriculture (USDA) are moving closer to lowering our hard-won organic standards by allowing a Bush appointee to create a list of synthetic ingredients that would be allowed in organic products. Even more disastrous, these proposed regulatory changes would reduce public discussion and input about organic standards, and take away the National Organic Standards Board's (NOSB) traditional means. What this means, in blunt terms: that USDA bureaucrats and industry lobbyists, not consumers, will now have the control over what products can be used in the production of organic foods and products. (To send an email letter visit www.organicconsumers.org/sos.cfm.)

The U.S. Senate is now due to vote on a "Rider" to the 2004 Agriculture Appropriations Bill. The OCA has been urging members of the Senate to reject and re-open the federal statute that governs U.S. organic standards (the Organic Food Production Act—OFPA), but it seems as if most Senators are listening to industry lobbyists more closely than us—their constituents and U.S. citizens, the ones who elected them! WE NEED TO RAISE OUR VOICES. Send a quick letter to your congressional representative online at: www.organicconsumers.org/sos.cfm, or call them immediately—you can get their phone numbers by visiting either www.visi.com or www.senate.gov. Communicate to them that you demand that they let the organic community and the National Organic Standards Board resolve any differences over these issues like synethetics and animal feed internally, and then to absolutely allow a open, public comment period.

The vote on this outrageous legislation has been postponed by a few weeks due to the overwhelming opposition voiced by American citizens thus far. KEEP THE PRESSURE ON by calling your lawmakers NOW so that our current organic standards are upheld.

The prior two threats to weaken organic standards happened through USDA proposals: one in 1997-98 that would permit genetic engineering, toxic sludge, and food irradiation in organic food; and another in 2004 that would lift the ban on pesticides, hormones, tainted foods, and other animal drugs. These were stopped, but we're in jeopardy again now. This is not right, and we all need to act. In the past, grassroots mobilization and mass pressure by organic consumers have been able to stop the USDA and Congress from degrading organic standards. This time Washington insiders feel that the "fix is already in." So we must take decisive action now.

We need you to call your U.S. Senator today. We need you to sign our petition, and send it to everyone you know. We also desperately need funds to head off this attack in the weeks and months to come. Thank you for your support. Together we will take back citizen control over organic standards and preserve organic integrity.

Lourdes Pita
WEIGHT LOSS

In February, I arrived at Hippocrates Health Institute for a three-week stay. I knew that I would learn a lot about nutrition, lose some weight, and come home feeling rejuvenated. Little did I know at the time that my life would dramatically change forever... and for the better.

The green juice and the wheatgrass served daily at Hippocrates gave me incredible amounts of energy. These drinks were so satisfying that often THREE WEEKS THAT CHANGED MY LIFE FOREVER

of lunch and dinner times I was not hungry. I adapted to raw food was tough until the last week when my body finally began to appreciate their enormous benefits.

In three weeks I lost 17 pounds. When I returned home to Boston, I started growing my own wheatgrass and sunflower sprouts and continued to eat mostly raw organic foods. After 5 months, I lost a total of 50 pounds and felt better than I have since I was in my 20's.

Paul Klein
DIVERTICULITIS, CYST, WEIGHT LOSS & PAIN

My life began prematurely, and for all of my life, doctors blamed nearly every health challenge I encountered on that. As time passed, it seemed I became sicker with everything from sore throats, to ear infections, to influenza and even boils. Each summer I sat and just watched my friends swim: I was not permitted because of my history of illness and ear problems. For so long, I began consuming more meat, dairy, bakery goods, and extreme amounts of sugar. My deterioration continued until I reached the age of sixty. I was hit by a car moving at 100 mph. The jolt to my knee and back was incredible, and from that point on I was riddled with constant pain.

The pain took its toll. I was only able to sleep four and a half to five hours a night. I believe this lack of sleep lead to a further deterioration of my immune system, and as a young adult I developed allergies, diverticulitis and arthritis. Sitting became almost impossible as I had a large cyst on my back. I longed for relief. Around that time, I married. Shyly, hereafter, we were shocked to find out that my wife was also a large tumor on her ovaries. Her options were the conventional route, but thank God she had the courage to try to heal herself.

Together we began to systematically abandon our horrid food choices and adopted a macrobiotic diet. My wife's grapefruit seed cystic ovaries began to shrink. Eventually, we eliminated all meats, but still consumed dairy products. Six months later and without surgery, however the doctor was amazed to find that my problems began to increase, though, as we departed from the diet that healed my wife and...
INTRODUCING
2 PURE H2O VITA TECH SYSTEM

The world’s water supply, which is the same as it was at the beginning of our planet’s existence, is so contaminated that we must all be greatly concerned and make educated choices as to the type of water we consume.

We at Hippocrates, consistently search for the highest quality technology available. For many years, we have successfully utilized molecularly organized water here at the center. Recently, we were introduced to Dr. Dennis Higgins. Under his direction, he conducted two decades of research in energetic medicine and water’s impact on one’s overall health. From this exploration, Dr. Higgins created the most sophisticated water technology system in history. Combining purification, molecular organization, and sub-atomic restructuring, he has developed a system that restores water to distilled levels, yet maintains the imprint of minerals and frequencies that provide extraordinary vitality.

There is a direct correlation between free radical damage to the red blood cells and the protective effect of high frequency H2O. In seventy-five cases researched with dark-field microscopy, we found that this form of water engages cellular movement, independence and energetic enhancement. As you know, it is free radical damage that precipitates premature aging and disease. This enhanced form of water increases the electromagnetic frequency of cells creating a protective shield that resists the scourge of free radicals. Furthermore, there is an abundance of understanding that this low-tension water hydrates the body’s cells at a much higher level than other choices.

There are three significant advantages in consuming this high-tech H2O:

- This water is pH balanced, with a pH between seven and ten. Variation is due to the pretitration water source.
- This system eliminates chemicals, including their imprints, so that no further contamination will occur in the structure of H2O.
- The sixteen stage purification re-mineralizes, restructure, magnetizes, sterilizes, filters, and purifies.

Although our water sources are awash with noxious pollutants, the one that’s known to threaten human life to the greatest extent is M.T.B.E. This deadly ethyl is dispensed by the petrochemical industry as an additive in gasoline. At first it was thought to be a pollution-reducing product that would help lessen airborne contaminants. By the mid-1990’s, however, government scientists shocked all of us when they revealed that this chemical was carcinogenic. It was reducing pollution but reintroducing a bone marrow transplant. My first question to her was, “in the meantime, what should I eat?...what can I do?” She advised me to continue to consume a “normal” diet—without defining what “normal” meant—and to take a multivitamin. I told her that I was going to fight for my life by researching alternatives; I refused to wait passively for my condition to worsen so that I could receive mega doses of chemotherapy followed by a bone marrow transplant. At that moment, I took my fate into my own hands.

Juanita Gonzales
MULTIPLE MYELOMA, CANCER OF THE PLASMA CELLS

In 1998 at the age of 42, I was diagnosed with the beginning stages of multiple myeloma, a cancer of the plasma cells. Plasma cells are a vital part of the immune system since they produce antibodies to fight infections. Therefore, anyone with multiple myeloma has a compromised immune system.

A FORTUNATE CAR ACCIDENT PAVES THE ROAD TO HEALTH

Multiple myeloma was traditionally a disease that affected the elderly; however, like many other types of cancer that usually strike older people, it is increasingly being diagnosed in younger adults.

The causes of multiple myeloma are not certain. Researchers speculate that genetics, as well as exposure to heavy metals, pesticides, insecticides, petroleum products, and asbestos may be factors which increase the risk.

There is no known medical cure for multiple myeloma. In the beginning stages doctors typically monitor the condition with a battery of blood tests. It is only after the disease is more advanced that aggressive treatment is considered. That regime usually consists of heavy doses of chemotherapy, radiation, and eventually a bone marrow transplant.

Naturally, I had no idea what multiple myeloma was when I received the diagnosis. My doctor advised that we continue tracking my condition every three months and told me that eventually I would need to undergo surgery but radiating a bone marrow transplant. My first question to her was, “in the meantime, what should I eat?...what can I do?” She advised me to continue to consume a “normal” diet—without defining what “normal” meant—and to take a multivitamin. I told her that I was going to fight for my life by researching alternatives; I refused to wait passively for my condition to worsen so that I could receive mega doses of chemotherapy followed by a bone marrow transplant. At that moment, I took my fate into my own hands.

It helped that I had never heard of this disease because it motivated me to pursue intense research. I never understood the logic behind chemotherapy since I could not comprehend how killing good cells along with the cancerous cells could possibly lead to real and long-term healing. I learned that my suspicions about chemotherapy were right and actually just common sense. I kept an open mind and considered all that I heard and read.

One day, while at the health food store, a lady backed into my car in the parking lot. The first thing she said to me was that she was sure we met for a reason. When she gave me her business card, I turned out that she worked at Hippocrates Health Institute, that was my introduction to Hippocrates.

Soon, I attended a “Save Your Life” meeting at the Institute and was amazed when I met a wonderful lady whose story profoundly impacted me. At the time, she was taking dancing lessons, yet two years prior the doctors were going to amputate her leg due to an advanced stage of cancer. She credited Hippocrates for her recovery. I said to myself, “I...
Hippocrates Launches Campaign to Raise Money for Important Thermography Equipment

Thermography is a non-invasive 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 constantly on the lookout for non-invasive therapies and tools to benefit you in creating optimal health. Thermography is a non-invasive diagnostic tool for detecting tumors and masses in the breasts and in other parts of the body; it shows temperature variations in the body that a well-trained diagnostician can identify as potential problem areas. It is an excellent screening tool that can replace mammography and other diagnostic screenings that use X-ray.

THE COST OF RAFFLE TICKETS

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

$50,000 donation for a Full Endowment – the diagnostic room and equipment will be permanently named after you and a plaque erected in your name.

Rose Voisk Detoxification & Cleansing

As I reflect on the past year, I feel very fortunate to have participated in the 3-Week Life Change Program at Hippocrates Health Institute. Having been both a competitive and recreational athlete, I have always been conscious about my body and my overall health. In the pursuit of optimal wellness over the last twenty years, I have often chosen to spend my vacations at health spas. Every health spa is somewhat different, and I enjoyed and benefited from each one. However, the Hippocrates Health Institute is much more than a health spa. My experience at this unique healing institute surpassed all my expectations.

Former Olympic Gymnast RENews at Hippocrates

Many participants who met at the Institute had serious illnesses, and were at Hippocrates to recover from disease through learning and practicing the Hippocrates Lifestyle. I remember meeting a lady, Alice, who had diabetes and was in a wheelchair because of a severe circulation problem in her leg. Alice chose to come to Hippocrates because her doctor at home told her that she required an amputation. Well, over the course of three weeks, her circulation problem cleared up so much that she was able to walk again and lead a normal life. Had I not witnessed Alice’s healing and recovery, I would not have believed that this was possible.
Do you want to know why we are smiling...

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

CHANGE YOUR LIFE, AND THE LIVES OF OTHERS

Become a Certified Hippocrates Health Educator

The Health Educator Program provides 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:

- Enzymatic Nutrition
- Yoga
- Live-Food Preparation
- Live-Cell Microscopy
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- Anatomy & Physiology
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Nadia Brydon
BURNT OUT

I was thrilled when Brian asked me to write a short piece about my experience in the 9-Week Health Educator Course and why I chose to enroll in that program. First, being at Hippocrates for the nine-week training completely transformed my life. I would urge anyone to take that extra step. It is a giant leap from the Life Change Program. The course is open, not just to practitioners, but to anyone with a passion to go the extra mile with the living foods lifestyle and the desire to lead others. The bonus is that in the process of learning how to reach out to others you find amazing benefits and treasures for your own life. That is what it is all about: inspiring others to revolutionize their lives just by sharing and living what you believe in.

I honestly thought I had cracked life and the secrets of health after nearly twenty years of studying and practicing complementary health as my profession. My only problem, so I thought, in the late summer of 2003 was I had burnout and the desire for a change of scenery! That was until I discovered, and quite by chance, the benefits of raw living food by having to eat it exclusively for 48 hours on Lisa Jeans' Complete Retreat in Spain. I couldn't believe that in two days time I felt twenty years younger and had a new vitality to replace the "burn out" feeling. I was hooked! I wanted to learn more and wanted to consume a greater percentage of living food. So, I gave up my Natural Health Clinic in Devon, England as well as my volunteer work at Breast Cancer Haven (a charity in the UK offering complementary therapies to women with breast cancer). I resigned my post as an Instructress for the College of Naturopathic Medicine in Dublin and London and headed to Florida totally sure of my decision to become a Hippocrates Health Educator as Lisa Jeans had done.

Initially, my interest in health and the holistic way was fueled when I was diagnosed with carcinoma on my cervix. I took this diagnosis very seriously as five immediate family members have succumbed to it. Shortly after the cancer diagnosis, I experienced a rare and incurable skin disease called, Pityriasis Rubra Pilaris, which threatened to leave me bedridden.

FROM SICKNESS TO LIFE AS A HEALTH EDUCATOR

I smoked 30-40 cigarettes a day, took a few drugs and not many days went by without me downing a bottle of wine and a few gin and tonics.

I lived on Coca-Cola, peanuts, milk, and toasted bran cereal, constantly battling weight gain. Seeking to be thin, I would binge eat and then abuse laxatives. I was thirty-five years old, miserable and sure that I was dying. While it is hardly surprising that my life and health were in tatters, all of this was just the tip of the iceberg.

Through the shock of the diagnosis of cancer I was motivated to change my life by detoxifying and trying complimentary and alternative medicines. I stopped drugs, drinking, and smoking and adopted a vegetarian diet. I learned of and applied the benefits of juicing and cleansing with enemas. These healthy lifestyle changes took me to a level of health that I could only dream of previously. Little did I know then that there was even MORE to discover about the secrets of LIVING food. The extent to which I went to learn more about this lifestyle became legendary to my friends!

In 1987 I lived on a deserted island in the Maldives for four months while being treated by a medicine man. I learned and applied the Gerson Therapy in Mexico, and I meditated alone in a croft in the Scottish Hills for seven months. My recovery from the skin disease and cancer, using only alternative medicines motivated me to study virtually every natural therapy I could find. I was willing to travel the world in my quest for knowledge. I went on to qualify in Chinese and Western Herbal Medicine, Acupuncture, Homeopathy, Aromatherapy, Reflexology, Iridology, Ayurvedic Message Therapy, Bowen Therapy and Manual lymph Drainage.
CALIFORNIA WANTS TO SERVE A WARNING WITH FRIES

AmERICANS may have plenty of reasons to fear French fries. While they are one of the country’s favorite fast foods, they are also high in sodium and oil from of full of simple carbs, the bad kind. And, it turns out, they are also full of a chemical called acrylamide, which is known to cause cancer in laboratory rats and mice.

Bill Locke, California’s attorney general, says the warning labels about acrylamide in fries and chips are intended to benefit everyone. That discovery a few years ago raised questions about the safety of fries, as well as potato chips, which are also backed with a new warning on the nutrition label.

"It ultimately led to a showdown over whether such foods should bear health warning labels and whether companies should be required to reduce acrylamide levels in their food. The battle pits the attorney general of California against the food industry and the Food and Drug Administration. What happens over the next few years could have a serious bearing on the eating habits of Americans, and may make a dent in the bottom lines of restaurants and food companies, French fries are on the lists of consumed food, according to the NPD Group, a research firm.

California’s attorney general, Bill Locke, filed suit in August against McDonald’s, Burger King, and French Fries by popular Co. and another food company, saying that they should be forced to put labels on their fries and potato chips sold in California, the proposed warning might say something to the effect, “This product contains a chemical known to the state of California to cause cancer. The food industry, which has been backed by an organization to fight against the proposal to put labels on their products, has questioned whether the labels are accurate. The California attorney general and several activist groups say that consumers should be given information about these chemicals and should know that they can make informed food choices. Proposition 65 requires companies to tell us when they are exposed to potential dangers in our food, the law benefits all, said Mr. Locke. In a statement, Edward G. Wells, California’s deputy attorney general, said he was not trying to ban French fries, but that he needed to take action in the absence of regulatory decisions by either the F.D.A. or the California E.P.A. The attorney general’s office cites a dozen acrylamide animal studies showing both cancer and birth defects, as well as the National Environmental Protection Agency and the food industry. The food industry, and the F.D.A., meanwhile, are calling for more studies. The agency says that it has been “very active” in acrylamide research, and will do further research if requested, once a large-scale experiment is completed in 2007.

The controversy started when Swedish scientists accidentally discovered acrylamide in food in 2002. The chemical has long been known in the manufacture of things like glue and adhesives and to perform tasks like separating solid waste from water. Its discovery in food sent the scientific community into a tailspin and raised a debate over how chemicals in food should be regulated. The Dallaray Cause, which amended the federal Food, Drug and Cosmetic Act in 1958, no substance that causes cancer in one animal or animal can be added to food. Food that is normally applied to substances introduced to food, like dyes and preservatives, not those, like acrylamide, are regulated by the country’s Food and Drug Administration. The country’s Food and Drug Administration, for example, is not required to regulate chemicals that are known to cause cancer or reproductive harm and to food manufacturers to label their products or otherwise warn consumers. Acrylamide, a chemical that has a variety of industrial uses, has been on the Proposition 65 list since September. In California, warning labels are currently found on products like paint solvents and fertilizers.

Contd. on page 42
Taking Hydration and Healing to the Next Level

Professor Inyushin has licensed a U.S. based company, Revitalized Technologies, Inc., who further developed the technology to concentrate the process and maximize the zeta potential, which multiplies the water’s subtle frequencies, in an effort to make it affordable and effective. The company has a number of scientific verification methods for this proven technology, including changes in surface tension, boiling point, and nuclear magnetic resonance, which show smaller organized clusters known as structured water. Over the years, we, at Hippocrates Health Institute have been acutely interested in finding more effective methods of enhancing the hydration of the human cell. Adequate hydration significantly accomplishes a primary objective of creating greater electrical frequency among all tissues within the human body. By activating organ, neurological, and brain organ systems, one’s immunity is heightened and balanced.

APPROXIMATELY ONE YEAR AGO WE BEGAN EXPERIMENTING WITH THE RESULTING WATER FROM THIS RUSSIAN TECHNOLOGY. THERE ARE THREE CLEAR ADVANTAGES THAT WE UNVEILED AT HIPPOCRATES WHEN THE WATER IS CONSUMED ON A DAILY BASIS:

1. **Higher Levels of Nutrient Absorption from Both Food and Whole Food Supplementation.**

2. **Greater Oxygenation of the Respiratory System (Tested with an Oximeter).**

3. **Dehydration is Minimized in Cases of Heightened Exertion, Nausea and Fever.**

Each of these attributes is significant in and of themselves, yet in combination, they assist in everyone’s healthcare from athletes to people suffering with chronic disease.

Currently, we offer Revitalized Water to add to all of your drinking and therapeutic water. At the time of this writing we are beginning to develop an enriched Revitalized H₂O which will include amino acids and silica. This low cost, high-tech method of enhancing your body’s frequency is one of the primary steps for ensuring a vibrant life. For more on Revitalized water visit www.hippocratesinst.org or call the Hippocrates Store at 617-471-8876, ext. 124.

Bonnie Lovett
AGGRESSIVE BRAIN TUMOR

As I was heading out to church that Sunday, I kissed my husband, Stuart, goodbye and told him I would see him later. When he asked me to borrow my cell phone, I agreed, thinking to myself that I was going to be with God in prayer for the next couple of hours and wouldn’t need it.

I drove on the Florida Turnpike and headed north to Palm Beach. About 10 minutes later, my vision blurred and all the cars were disappearing in front of me, melting into a mirrored abyss. I pulled over immediately and something was terribly wrong. Since I did not have my phone, I put my flashers on and waited for a police officer or someone to stop. No one stopped. I was forced to help me drive safely to the nearest hospital. I started the car and began driving with my hazard lights on, my left hand on the wheel and my right hand over my left eye.

A DAY OF SUNSHINE

They ran several tests when I got to the hospital. The first one for diabetes; it came back normal. Then they tested for glaucoma which also came back normal. The next test was a CAT scan, which showed a very large mass on the right side of my brain. I had a brain tumor! I could not believe it…to make matters worse they told me that I needed immediate surgery and because there was not a neurosurgeon on staff they wanted to transfer me to another hospital. I soon found out that in Palm Beach County the malpractice insurance for neurosurgeons is $250,000 per year, so the top surgeons were not practicing at this time. The nurses congregated around me and we held hands and prayed that everything would turn out all right. Meanwhile, I waited for my husband to arrive at the hospital and when they told him he had both by ambulance to the next emergency room. My husband took charge and promised me that he would do whatever it took to make sure that I would be okay and better than ever. We waited two days...
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Raw Foodist Doug Walsh Completes 3000-mile, 5-month Hike from Mexico to Canada on Raw Foods!

On Earth Day, April 22, 2005, Doug Walsh began his 3000-mile, Smoother Hike from Mexico to Canada through the West, U.S. on the Continental Divide trail—the most difficult hike in North America. His goal: average a marathon a day. Walsh, a former Colorado Outward Bound Instructor with years of backpacking experience, determined that he needs to show the world that the human body thrives on a raw food diet and be healthy with the utmost physical and mental challenges. On the trail, he was inspired. He wanted to go right there on the trail and encouraged him to make improvements in his diet, but he persisted. It was a long way from the end of the trail due to the delusional treatment he would surely endure.

HHR: Did you ever consider quitting at any point along the way?

WALSH: Absolutely; there were moments of suffering due to being cold and wet for days on end. It would start hailling and raining again and again, and then it came to mind—how rice would it be to go into town and get a hotel where it was warm. I thought about talking to Doug, but after a few days of completing the trail, he decided to accept you to spread the word about Doug, how affectionately called the Lance Armstrong of raw food, 3000 miles through the country, the tremendous benefits of raw and living foods.

HHR: Doug, how long have you been eating raw foods and how did you get started?

WALSH: I became a vegan in 1988 after reading "The New Role of a New America" by John Robbins; it was a natural progression for me. I have always been involved in health because I love the outdoors, and I believe that health is a way to be able to do what I love, which is to play outside. Over the years, you may be eating a vegan diet and I became healthier and healthier. Two essentials: one is that you need to eat foods that are pure and nutritious, and the other is that you need to eat foods that are pure and nutritious.

HHR: You were told you were very rich, due to a major forest fire; is this true?

WALSH: We encountered two forest fires on the trip. Both in the same area, which was northern New Mexico. During the first one, in May, they closed the trail, but we were already in the midst of it when they did, so not only were we not stranded, we were in fact not even aware that the trail had been closed! We continued walking and when we came out of the closed area, the forest ranger wondered what in the world we were doing on a closed trail.

HHR: Tell us about the other hikes that you took with you, were they also eating the same foods?

WALSH: I hiked with a friend of mine, Eric. Basically, I was really hungry. He is not a raw foods person; he is not even a vegetarian. However, after hiking with him, I decided to become a raw foodist because he saw the obvious advantages of my lifestyle. Eric is fourteen years younger than I am, but he suffered much more than I did; he also had much less stamina than I had.

HHR: What did he do to you, being a young man eager and watching your stamina and strength versus his own?

WALSH: He basically just said that he "got" it— ran today. I could only out-distance him in terms of the number of miles, but he was in a much better shape. I was much older, though I am a decade older, and I also needed more food and my body didn't perform as well as his. After testing this for many months, he was impressed. He wanted to go right there on the trail and encouraged him to make improvements in his diet, but he persisted. It was a long way from the end of the trail due to the delusional treatment he would surely endure.

WALSH: Absolutely, there were moments of suffering due to being cold and wet for days on end. It would start hailling and raining again and again, and then it came to mind—how rice would it be to go into town and get a hotel where it was warm. I thought about talking to Doug, but after a few days of completing the trail, he decided to accept you to spread the word about Doug, how affectionately called the Lance Armstrong of raw food, 3000 miles through the country, the tremendous benefits of raw and living foods.

HHR: What is the most significant change you have noticed in yourself since accomplishing this feat?

WALSH: I feel much more empowered. I understand that by putting one’s intention on intent, and keeping faith anything is possible.

HHR: What advice would you give to athletes and people who want to undertake physical challenges such as this one?

WALSH: My experience has been that when I became a vegan, my stamina improved incredibly and when I went to do all living foods, they were still there, although the roof. I feel like those doing triathlons or marathons should know that this is the ideal way to eat; there is just no competition. At age 24 I did a three-day, eighteen-mile backpack and I was exhausted and not into it. A few years later, at age 41, I hiked 3000 miles, averaging over 25 miles a day. I can hike circles around my peers at age 24 and that is very encouraging.

HHR: What are your future plans? It looks like you are on track to become the Lance Armstrong of the living foods movement!

WALSH: Well, my hiking career is far from over. In fact, I have been thinking about doing another challenge in the next few weeks.
living recipes from around the world

Peter Cervoni graduated from the world-renowned Culinary Institute of America in 1993, and apprenticed at the prestige Breakers Resort in Palm Beach, Florida. Subsequently, he worked at some of New York City’s finest restaurants, including The River Cafe and Le Cirque. Eight years ago, Peter had an epiphany that led him to Vegetarian and Raw Foods, and for several years applied his culinary theories at two of New York’s finest vegetarian restaurants.

Three years ago, Peter moved to South Florida where he worked at Hippocrates Health Institute. Since then, he had a number of private clients, and has taught numerous cooking classes and seminars. A picture of abundant and healthy living. Peter remains ever passionate about sharing the gift of truly healthy and tasty food. Contact him at peter@veganmeneemari.com or visit his site at hippocat.com


STUFFED SQUASH WITH CREAMY HERB DRESSING

INGREDIENTS FOR STUFFED SQUASH:
3 Each Zucchini or Yellow Squash (seed - cut in eighths)
1/2 Cup Raw Walnuts, 1 Cup Raw Pine Nuts
1 Cup Raw Macadamia Nuts
1 Cup Dried Leaves (Chives packed)
1/4 Cup Nano Shoyu (optional)
1 Teaspoon Poll Powder
1/2 Tablespoons Penned Seeds
2 Tablespoons Arborio Rice
1 Cup Fresh Basil, Leaves Only (patted)
2 Tablespoons Fresh Rosemary, Minced

STUFFED SQUASH PROCEDURE:
Place Deliciously in enough filtered water to wilt. Saturate excess liquid from leaves. Reserve the liquid. (It may be used to make a sauce)
2 Split Zucchini or Yellow Squash in half lengthwise and scoop out seeds with a spoon making sure to make a shell shaped container: (This space will be for the stuffing)
3 Ina food processor fitted with an “S” blade, place all ingredients, except squash, and process until well chopped and smooth
4 Divide mixture into 6 equal portions and place stuffing into the cavity of each squash
5 Place stuffed squash in a dehydrator at 110 degrees and dehydrate until stuffing is done (about 6 hours)
6 Serve on a bed of greens, such as arugula, and top with Creamy Herb Sauce

INGREDIENTS FOR HERB SAUCE:
1/2 Cup Almond Butter
1/2 Cup Creme
1/4 Cup Dried Onion Flakes
3 Teaspoons Dried Dill
3 Teaspoons Dried Dill
1 Teaspoon Dried Thyme
1/2 Teaspoon Ground Coriander
1 Tablespoons Extra Virgin Olive Oil
1 Clove Garlic Fresh Garlic
2 Tablespoons Nano Shoyu
5 Drops Liquid Stevia
1/2 Cup Pure Water

CREAMY HERB SAUCE PROCEDURE:
1 Place all ingredients except the water in a high speed blender and process until smooth
2 Add the pure water and continue to process until an emulsified form
YIELDS: 3 CUPS

CARROT CAKE SQUARES

INGREDIENTS FOR CAKE:
Sift and Dehydrate: 1 Cup Raw Hazelnuts, 1 1/2 Cups Raw Almonds, 1 Cup Raw Peas
16 Date Pieces
1/2 Cup Raisins
1 Fresh Vanilla Bean
2 Cups Mixed Dried Fruits

1/4 Teaspoon Ground Cinnamon Seed
7/8 Teaspoon Ground Cinnamon
3 Teaspoons Cinnamon Powder
1/2 Teaspoon Ginger Powder

CAKE PROCEDURE:
1 Pit the dates and slice, scrape and thinly slice the vanilla bean.
2 Place all ingredients, except 1/4 Cup of raisins and 1/2 Cup of the almonds, into a bowl and toss together, so ingredients are evenly distributed.
3 Place the ingredients to a food processor fitted with an “S” blade. Depending upon the power of your processor, you may have to process this recipe in two stages.
4 Use the pulse feature, begin to grind ingredients. When you begin to see flour, stop and down, use the continuous feature until you are left with a medium grain “meat.
5 Top with the rest of the almonds and lettuce, back into a bowl and work the “dough” with your hands until a firm ball forms and is somewhat pliable and begins to get sticky. These are the nuts exuded from the nuts.
6 Fold in the reserved raisins and shredded carrots.
7 Firmly press the dough into a 9-inch pie dish. These should be at least 1/4 to 1/2 inch of space to the top edge for the frosting.
8 Top with Creamy Lemon Frosting and allow to set 30 minutes for at least 1 hour.

INGREDIENTS FOR CREAMY LEMON FROSTING:
1 1/12 Teaspoons Fresh Squeezed Lemon Juice
2 Teaspoons Fresh Lemon Zest
8 Drops Liquid Stevia
1/2 Fresh Vanilla Bean
1 Cup Filtered Water

CREAM LEMON FROSTING PROCEDURE:
1 Slice vanilla bean into small pieces.
2 Place all ingredients into a high speed blender and process until high until you have a smooth and creamy product
YIELDS: APPROX. (16) 6” x 6” FRESH BAKING DISH

All recipes copyright by Peter Cervoni, Ausmara, LLC 2004

Lourdes Prío-Boston, MA

lots of excess weight is just one of many health benefits received from my time at Hippocrates. I had been flying every possible method to lose weight. Nothing ever worked. Because I always craved bad food. Wheatgrass shots are too much for my craving for a sweet tooth and instead I craved only raw healthy food. It’s a miracle food with amazing health benefits.

I was surprised to see so many people at Hippocrates with problems far worse than mine. I feel very fortunate that I did not wait until I felt it to learn about The Lifestyle. Now, I understand the importance of being educated and taking responsibility for your life so that you can avoid disease. My advice to all young and/or mature healthy people is that the Life Change Program is for you, if you want to change your eating habits and live a healthy and fulfilling life.

Chef Eddie Grauman - Florida

Chef Eddie Grauman - Florida

solving. He offered only 3 options; radiation, surgery, and surgery. The surgeon entirely, lose bladder control, and most often the cancer would return. I found myself lost and emotionally shattered.

As soon as I was able to think clearly, I called Hippocrates Health Institute to be a victim. My first visit was with Anna Maria who assured me that I could heal myself. She guided me back to the proven programs: wheatgrass, green alfalfa and sprout salads. Fruit, and other raw rich foods were out, but I made the best of it and delighted in using my dehydrator to prepare delicious, fresh, crackers and entrees. Upon Anna’s advice, I also consumed Ambrosol, Samento, and a Native American herb complex along with aggos to boost my immune system in the quest to conquer cancer. When I was admitted from an international lecture tour, I arranged for a consultation in our conversation. He suggested that I do everything possible to boost my immune system and reminded me that I decided to physically activate my life engendered the internal conviction that was necessary for me to believe enough in myself to embrace complete health. Hippocrates was a safe haven for me, I felt nurtured, and any time I needed this positive energy I came for the day and spent time at baptism, which was a must. Healing became my mission and I drew from every part of God’s universe. My focus was physical as well as spiritual and emotional. I diagnosed in late March and started my patients early in April. I became a faithful in my healing, I had spent all these years falling apart, and now I was given the opportunity to gain a deeper knowing. I grew to understand that this was a wake up call from God and a gift. I had seen work before. I had seen people on death’s door enter Hippocrates and walk 10 days later on the road to recovery. During this transformative time, I remembered my dear father’s tragic demise. I was subjected to modern therapies for his lymphoma and I stood by watching helplessly as his body wastes down and his frailty emerged. Remembering this gave me the strength to carry on with my path to heal the cancer.

Recreation Recovery

h e a l i n g  o u r  w o r l d

Lourdes Prío - Boston, MA

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A recent scientific exploration has revealed one of the most significant discoveries supporting the power of Ayurvedic medicine. This food-based medicine is turmeric, botanically called Curcuma longa L. At first, volumes of evidence exposed the anti-cancer effects of its curcuminoids, especially the phytochemical curcuminoids. As Dr. Russell Boyロック, M.D., states, “There is a multi-level anti-cancer process that affects the growth of cells from the use of this eastern delicacy. Additionally, it strengthens the immune system, lowers blood sugar, and acts as a powerful anti-inflammatory due to its potent COX-2 enzyme inhibitor effect.” Many researchers advocate that we need between 1000 and 3000 milligrams daily of this fragrant yellow spice. Since it would be difficult to consume this level in the condiment form, it is generally suggested that we consume it as a supplement. It is also known to be helpful to take this supplement with other rich foods such as sprouts, almonds, and/or condiment oils such as Hipocrates’ PHYS-NEUR oil. Many researchers believe that turmeric’s interaction with magnesium aids its effectiveness. Consuming foods such as magnesium or taking a bio-available liquid magnesium supplement such as EnviroCare can multiply its benefit.

Neuroscience has studied the Indian culture for evidence of turmeric’s health benefits and has discovered that there is very little Alzheimer’s among their aging population (Indians have traditionally used turmeric in much of their food.) Since becoming aware of this connection, scientists have conducted significant studies on the effects that curcuminoids have on the brain. University of California reported that curcumin is most effective in inhibiting the formation of the protein fragments that directly produce Alzheimer’s. All other drugs being tested for Alzheimer’s were less effective than this food. In a further study, they found that the low molecular weight and polar structure of curcumin allowed it to penetrate the blood-brain barrier and bind to the beta amyloid (which form the disease causing plaques). In an earlier study, the same team found that the curcuminoids contain powerful antioxidant and anti-inflammatory properties, which are believed to slow the brain’s aging process and other diseases.

Ayurvedic medicine, some five thousand years ago, began using this food/spice for anti-inflammatory purposes. Traditionally, there are some people who should avoid the excessive use of turmeric by pregnant women (as it can activate uterine contractions); people on anti-coagulant medications including aspirin; since curcumin naturally acts as an anti-coagulant, people who have had strokes or heart attacks; people who have other health problems are resolved; turmeric can be and should be utilized. Hipocrates’ LifeGiver One Immune Boosting liquid contains turmeric because of its Phytonutrient benefits. We strongly suggest that those people concerned with mental clarity and memory loss consume a minimum of 1000 milligrams of Vibrant Health’s Maximized Curcuminoids. If one is engulfed in memory loss problems we would suggest the use of up to 3,000 milligrams daily. Either of the above-mentioned counter-indications, there are no known side effects from excessive consumption.

In our quest to bring you the latest findings on natural living, we advise anyone with a lung, asthma, rheumatoid, or memory concern to add this food and its supplement counterpart to your daily dietary routines. For more information on this product, please call the Hipocrates’ store of 561.741.8876 ext. 124, or visit www.HipocratesList.org.
We learned about the science of living nutrition, how to grow wheatgrass and sprouts, run a raw and living foods kitchen, perform iridology, reflexology, and much more. We had classes in yoga and all sorts of physical exercise, spent time in the four pools, and savored the wonderful sprouted and living delicacies. Our group became so close-knit that it was sad when the nine weeks came to an end and we parted ways.

Where did all of this take me? Last November, with the help of four other health educators, I organized a seminar in London for eighty people to learn from Brian Clement. I returned to my beloved job at the Breast Cancer Haven and have utilized the teachings of Hippocrates Health Institute with our visitors and staff, and I will soon be teaching a workshop there. I conduct seminars and evening tutorials on raw and living food, and also privately instruct patients on how to create REAL health with sprouts, wheatgrass and juicing. The training has created so many business opportunities for me as well as healthier patients.

At the moment, I am in the process of preparing for a seminar with Brian in London for 250 people to be conducted in early November. There are so many projects that I am developing as a result of the Hippocrates Health Educator course. New, breath-taking developments will be unveiled at the seminar in November. I am beginning a Ph.D. program at Westminster University. This fall researching the benefits of raw and living food and detoxification in people with breast and prostate cancer.

What happened to the burn out? It’s gone, and now I have a sense of being in control of my life, rather than my life controlling me. I realize that I can attain my dreams.

Anything truly is possible. What a gift! What a life! Thank you Hippocrates! Thank you Brian and Anna Marie!

—Nadia Brydon

London, England

My primary goal in attending the program was to learn how to thoroughly detoxify my body, purify my mind and transform the quality of my life, all in a peaceful and sub-tropical environment. At first, I found it overwhelming and the lifestyle changes challenging. But, as I immersed myself fully in nearly everything that the Institute offers including wheatgrass and juice therapies, delicious organic living foods with an emphasis on sprouts, colon cleanse, electromagnetic therapies, a wide range of very informative, empowering lectures, and exercise classes if became much easier. I also enjoyed Nia classes, jumping on the lymphine, meditating on yoga, and used the ozonated pools and the far infrared sauna frequently. Every day was packed with new discoveries accompanied by experiencing cutting-edge modalities for healing the mind and body naturally. At the end of three weeks, I felt energized, empowered and transformed into a new person.

Since then, my eyesight has improved and I find that it is much easier to maintain my ideal weight. My participation in the Life Change Program was one of the most rewarding experiences, equivalent to another highlight of my life, participating as a gymnast in the Xth Olympiad in London in 1948. Just like an athlete does, whatever it takes to be the best in the pursuit to become an Olympian and compete in the Olympic arena, the Directors of the Hippocrates Health Institute and their staff do whatever it takes to be the world’s best in helping people to regain wholeness and the joy of living. I believe that everyone who chooses to live will find a genuine experience at the Hippocrates Health Institute.
to the neurosurgeon. The doctor wanted to take sections of my tumor to biopsy. Dr. Stuart told me that there was no way he would allow that to be done. The next thing we knew, we were diseminated from the hospital, and I was having difficulty speaking, keeping my balance, my vision was blurred, all my motor skills were affected, and I kept falling off, I lost bladder and bowel control. I was virtually bedridden.

My husband and I discussed alternative ways to deal with a brain tumor. Dr. Stuart had known Brian and Anna Maria for years, called to speak to Brian. He was very helpful, sensitive and caring and requested that we come in the next day. Dr. Stuart had to physically carry me to Brian's office. We all knew that I was going to need surgery as soon as we could find a suitable doctor, in the meantime, Brian recommended the Life Give supplements for my brain, magnet therapy (the magnets were the size of a quarter and I wore them under my clothes) and desensitize electro-magnetic therapy that did once a day. I changed my eating habits immediately! No more coffee with hazelnut cream, no sugar, Sweet-N-Low, fruit juice, fruit juice, no meat or meat products, wheat grain juice, green drink, lots of sprouts and water and lemon. I had to make a major dietary change in order to save myself. My husband said he would support me in this life change by doing it with me. We bought a juicer and learned to enjoy making wheat grain juice and green drinks, which included sprouts.

Several months later I had my surgery at the National Institute of Health Bethesda, Maryland. My surgery lasted seven hours and I lost seven pints of blood. The weight of my brain and the surrounding brain and one pound, and that size was the size of a grapefruit. It was the largest tumor, my neurosurgeon had ever removed. The good news was that the next morning I woke up in intensive care and was able to function. I felt like a new person. My recovery time was five days in the hospital and I had one professional haircut since my surgery. I have been chosen for the surgery story of a major insurance magazine as a brain tumor survivor. I have also become a brain tumor advocate and was a member of the National Institute of Health Patient Advocacy Panel. My husband and I have started a non-profit organization called “A Day of Sunshine” to help brain tumor patients, cancer patients and individuals who are going or have gone through radiation and chemotherapy. Our goal is to support a positive, joyful experience in dealing with the illness, and assist them in getting back to living their lives again...believe me you must do this for your own health. So, I am healing, and I will do the work I am doing while making a difference in this world by serving others. The journey from that Sunday morning drive to church to where I am today has been incredible. I would never have imagined such changes would take place in my life and my personal mission.

I thank God, my husband, my family, and friends at Hippocrates, especially Brian and Anna Maria for their love and support.

For more information about “A Day of Sunshine,” to volunteer or to make a donation, please call 215.585.3531 or contact us through the Website at: www.dayofsunshine.org.

Bonnie Lovett — Florida
The article discusses the impact of animal-based diets on health. It mentions a study by Dr. Campbell that found risks in animal-based diets, and how government reports downplay the relationship between diet and heart disease. The author points out that while some studies show smaller risk factors for heart disease, the general consensus is that reducing fat intake in diets that are high in saturated fats and cholesterol is beneficial.

The article also mentions the importance of protein in a healthy diet. It highlights the need for a balanced diet that includes both plant-based and animal-based foods, and how it is essential to individualize dietary recommendations based on individual health needs and preferences.

The article concludes with a reminder that while some studies show potential benefits in certain populations, more research is needed to fully understand the impact of different dietary patterns on health outcomes. It encourages people to make informed choices based on their own health goals and to consult with a healthcare provider to develop a personalized diet plan.
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Dr. David Dyer — Florida

Dr. David Dyer — Florida

Eventually in 1997, I took the plunge and became a vegan (no animal products). Over time, I significantly increased the amount of raw foods in my diet, until it was a steady 85% raw. During that transition, I opened a raw food store, earned my degree in nutrition, and began teaching cooking classes. I have since helped others make the transition to a whole food diet, and I have helped many people achieve the health and vitality that I have experienced personally.

Dr. David Dyer — Florida

Hippocrates is a 501(c)(3) non-profit educational organization. Our mission is to educate people on how to live a healthy lifestyle.
Dear God, I think the stop is one of your greatest in ventic
Ruth M.

Dear God, I bet it is very hard for you to love all of us in every body in the whole world. There are only 4 people in my family and I can never do it.
Nan

Dear God, please put someone away between Christmas and Easter. There is nothing good in there now.
Ghay

We read Thos. Edison made light. In a sun school they said you did it. So be that I stole your idea. Sincerely,
Dr. Nana

Dear God, maybe Cain and Abel would not kill each other if they had their own room. It works with my broth.
Larry

A ny life crisis or transition comes with the opportunity to fail or to excel. Understanding the three stages of crisis can make the difference between a successful transition and a less than desirable outcome. This 2005 hurricane season has been the worst recorded U.S. history. Many Americans have been left in a wake of injury, confusion, and burn-out; while, most of us are questioning how we might deal with a crisis of this magnitude.

As a ‘Stress Doctor’, I have worked through these disasters with organizations such as FEMA and the Red Cross, as well as through the 9/11 and the Asian tsunami disasters to introduce training protocols for Crisis Navigation. In order to successfully navigate any of life’s storms, it is important to understand the evolution of crisis. Any change or crisis comes with three specific evolutionary stages (discussed below) that, when properly considered and understood, will lead you to the successful navigation of any personal life storms and the opportunities that they bring.

Stage 1: The Preparation
This stage, while often underestimated, could very well be the most important one, because it comes at a time of peace, when we are more in control of our time, and have the luxury to plan. Peaceful times are the best times to prepare for crisis, mentally, emotionally, spiritually, and physically, and to train ourselves to expect the best possible results in life. Then, when a personal life crisis occurs, we are able to take what we have been practicing and use it to our advantage. With proper preparation, we eliminate many of the unnecessary obstacles that people with neither the wisdom, the training, or a level of personal responsibility face. Elite athletes know the power of preparing: they train the same way during practice sessions that they expect to play on game day. Lazy or half-hearted training efforts will yield limited performance, low motivation, and energy levels, and even fatigue or injury. A consistent routine of quiet time, frequent rest and recovery periods, regular movement, exercise, and related activities, are the basic building blocks of crisis readiness. Crisis does not discriminate; all of us must practice mental, emotional, spiritual, and physical preparedness in order to be in the most controllable and predictable place when life’s storms arise... as they most assuredly will.

Stage 2: The Crisis
Most life storms come without warnings and usually pack a heavy punch, leaving even the strongest person gasping for air and feeling as if the carpet has been pulled out from under them. The first stage of a crisis is typically one of survival. This stage requires patience and commitment as difficult as it may be at the time, to manage the unwanted and undesirable gravity of the situation, until a sure resolution of normalcy can be ascertained. Because crisis usually hits harder than expected, training and preparedness is the one thing that can provide a sense of control in the eye of your personal storm, and that will produce the most comfort and hope in the middle of uncertainty.

One hundred plus mph winds can penetrate some of the toughest people I know, and there is no question that life storms like hurricanes, or a diagnosis of a life-threatening illness like cancer, can bring uncertainty, fear, confusion, and despair. However, navigating a life storm, like any storm, requires preparation and training that has allowed me to think clearly in the midst of the same chaos that cripples many. What is the key factor to remember in the middle of a life crisis? That mental, emotional, spiritual, and physical training yield confidence and strength to not only survive your personal crises, but to thrive in spite of them. This resilience is what Dr. Brian Clement, and the staff at Hippocrates, rely on day in and day out when working with those who are under the threat of a surgeon’s knife, or in the midst of converting a major health crisis into a successful recovery. With proper preparation, we can stay calm and centered in the darkest of life’s storms.

Stage 3: The Recovery
The recovery process can be the most difficult of all, especially if we were not prepared. Recovery is the transition between the former reality of life and the new reality that requires some TLC to shape and develop something we feel comfortable with. (continued on page 43)
Warning with Frisk continued from page 5

life change program in France

from January 1 - 21, 2006

hippocrates health institute's 3-week life change program will be translated for french speaking guests. if you would like to take advantage of this exceptional opportunity to attend the life change program dedicated for individuals who speak french, please contact:

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(33) 14 44 79 30 or
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the f.d.a. is not convinced that such consumption is necessarily bad. the agency has said that warning labels on food could "counteract the claims of nutritionists" and create "unnecessary public alarm." in an interview with the associated press in january, f.d.a. commissioner beth ferdon said that any labeling effort might "mean that a food company might have to do something."

recovery from a crisis continued from page 4

recovery after a personal crisis can be very challenging and extremely exhausting to individuals, families, and communities. the extra work, energy, patience, and money can drain even the best of resources. so how, then, do we best facilitate recovery?

first, we must understand that the rate at which we recover is determined by two critical factors, which are the quality of recovery and speed of adaptation. quality recovery happens when we understand the elements that can personally recharge us: mental, emotional, spiritual, and physical. the speed at which we recover is determined by an attitude of flexibility marked by letting go of how we think things should be and accepting "what is." therefore, we must avoid toxins and drugs that hinder our progress and instead focus on self-care and the healthy and speed recovery process. this will help us create an effective plan that includes good preparation, crisis awareness, and a patient approach to finding a new and improved reality.

our team has created a stress recovery manual specifically designed to address those who have been touched by the recent hurricanes. however, you will find it incredibly useful for crisis of any kind. this free 36-page manual will take you through the step-by-step process to create a mind-body healing experience that has worked for professionals. the air force's aerobatic flying team, and corporate america throughout the year. for your free copy visit our website: www.hippocrateslist.org

mineral deficiencies are very common today as the soils in which our foods are grown are severely under-mineralized. calcium, one of the most important minerals, is a requirement for bones and teeth. studies demonstrate a direct link between the lack of calcium to the loss of bone density as well as to certain forms of cancer. to further exacerbate these deficiency problems, calcium supplementations are generally unabsorbed or ineffective, making people feel worse rather than benefiting their nutrition. additionally, synthetic calcium supplements are typically made from oyster shells, coral, dolomite, bone, and other non-digestible, non-digestible ingredients. many foods such as fish, chicken, and pork are also not absorbed, oxidized, and accumulated in recognition that they offer little to no benefit in their original form.

in our quest to provide the purest food-based forms of nutrition, hippocrates is now offering a plant-based calcium supplement made from tandem dairy and organic minerals to enhance and protect cardiovascular health, has a unique trace mineral profile including magnesium, zinc, manganese and other important elements that are necessary to the chemical and biological reactions in the body. each vegetable capsule contains 150 milligrams of vegetable calcium, hundreds of times more bio-available and easy to assimilate than non-food based supplements.

the body anticipates that it will derive a full spectrum of mineral and other minerals from food by consuming LIVING VEG-CAL. by consuming LIVING VEG-CAL, you are assured of providing your body with the best source of this critical mineral. LIVING VEG-CAL will assist you in warding off deficiencies that can lead to osteoporosis, arthritis, rheumatism, heart disease, cancer, and other deficiency diseases. it's safe to consume this organic mineral daily without the concerns which accompany the use of synthetic calcium supplementations. for more information about LIVING VEG-CAL you may access our website at www.hippocrateslist.org or call 1 or a toll-free ordering line at 541-477-8665 ext. 124.
that were fed diets low in animal protein not only avoided cancer, but also had lower cholesterol, noticeably more energy and even voluntarily exercised twice as much as the rats on a higher animal protein diet. Campbell has noted the same results with people over the years. Good nutrition and increased physical activity go hand in hand and create enormous benefits, much more than either could provide alone. He wants to see how physical fitness then affects various bio-chemicals in our bodies, impacting our mood as well as our ability to concentrate.

Dr. Campbell's 40 years of research results are in complete union with Hippocrates Health Institute's 50 years of clinical research—both undoubtedly proving that the eradication of meat and dairy products from one's diet leads to profound and substantial changes in disease conditions. Every week at Hippocrates, we continue to witness the truth of Dr. Campbell's significant findings: terminally ill people bring about astonishing recoveries; gain weight and emotional and mental discloses liberate themselves; and individuals who have battled weight problems for years without success lose fifteen to twenty pounds during their stay with us. As the Campbell's point out in their publication, including animal fats, proteins, and their accompanying poisons, we become magnets for an ever-widening onslaught of parasites, in Dr. Campbell's words, "The idea that whole foods, plant-based diets can protect against and even treat a wide variety of chronic diseases can no longer be denied."

A DVD recording of the Tuesday, August 28, 2006 session with Dr. Campbell will be available for purchase by writing: the workshop fee of $51, 3-715, Ext. 124 or viewing our website at www.hippocratesinst.org. Information about Dr. Campbell and his work is available at www.nutritionaladvocates.com or www.thechinastud.com.
CoolingthePlanet.org, based in Juno Beach, Florida, was created with a simple, yet empowering vision to reverse global warming by revolutionizing the publishing industry. Our innovative way of publishing requires our clients, small or large, to replenish the earth with more trees than were needed to print their books, magazines, newsletters, brochures, direct mail pieces and any other related paper products.

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