HAPPINESS & HEALTH
SOUPS TO WARM YOUR SOUL
PRAYER POWER
FEAR, MEDICINE & THE AVIAN FLU PANDEMIC
THE ART OF HAPPINESS RESOLVE TO RADICAL CHANGE

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from the directors

Happiness and the importance of cultivating it in your life is our focus in this New Year's edition. Not for one minute should we question the importance of this topic, as there appears to be so little left in the world. But, is the absence of happiness real, or is it an illusion? At Hippocrates we teach that our perceptions define our reality. So, of course, it is simply our illusion of the absence of happiness that in fact causes our unhappiness. Happiness is everywhere in and around us; we just have to choose it.

Remarkably, we tend to search for morsels of pleasure in all the wrong places. Wouldn't it be tremendous if we all came to the realization that the most pleasurable aspect of life is to be filled with productive conviction and pure values? Week after week, as people arrive here at Hippocrates, we provide an opportunity for them to better know themselves. While you would think that this process of self-discovery would be a joyous and celebrated event, carrying with it the satisfaction of intimacy and closeness, most regard it as a gruesome process better to be avoided. What is it about us that we find so difficult to acknowledge? After years of pondering this question, we believe that its cause is shame—a shame that we bear for having placed little to no importance on or effort in accomplishing our greatest goals. Day after day, most of us speak about our dreams, but live our disasters. This accumulating pile of debris burdens us and depletes us of our zeal for life.

Paul Bragg, one of the greatest teachers of natural living, not only had a physically healthy life, but also created something emotionally and spiritually satisfying existence as well. During one of his dynamic talks an audience member asked him why he was always smiling. He shook back, "I have nothing to be concerned about." Only a person so deeply connected to their life's purpose, and who lived that purpose day in and day out, would be able to say this and

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healing our world

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As we finally see that honest expression is the way to build genuine respect for both self and others, our lives transform and our world becomes a better place in which to live.

People-pleasing is problematic for everyone involved. When there is an absence of carnal discussion, embarrassment takes the lead and everybody loses. The so-called “way of the world” today is to avoid pure dialogue that expresses sincerity. Additionally, broken promises, made to yourself and others, allow you to be less than honorable, which erodes the very spirit that is the source of a productive and happy life. Over time, our minds are forced to find creative yet aberrant ways to justify the unacceptable and suppress the pain of a squandered existence. Denial and delusion become the norm, and survival the only option. As we finally see that honest expression is the way to build genuine respect for both self and others, our lives transform and our world becomes a better place in which to live. We then have the opportunity to thrive.

While on tour in California, we met a former guest who had attended Hippocrates in Boston in 1983. We thought we remembered her, since her

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Fear, Medicine and the Avian Flu Pandemic

FEAR IS SPREADING throughout the world and into the smallest crevices of our minds about the recent announcement of an “imminent Bird Flu pandemic.” Judging by the number of calls we have received at Hippocrates over the past few weeks it is alarmingly evident that the majority of citizens continue to fall prey to these often widespread and contrived campaigns—campaigns that are cooked up by the pharmaceutical industry in collusion with governments and the media to spark a frenzy of drug purchases, among other covert aims. Is there a better way to distract citizens from more long-standing and deleterious global concerns, such as war, famines and environmental degradation, than to assure that millions of us are in danger of dying? Is it not in response to “news” of purported mass deaths, our minds are still demanding that their governments stockpile billions of dollars worth of vaccines—that could, ironically, become the proverbial “straws that broke the camel’s back.” The health of billions of people on this planet is already extensively compromised, and could easily become even more seriously jeopardized through vaccination.

Bird flu viruses do not usually infect humans, but a handful of cases have occurred since 1997.

The Bird Flu is an infection caused by avian influenza (H5N1). These influenza viruses occur naturally among birds. Wild birds worldwide carry the virus in their intestines; and, it rarely affects their health. However, bird flu is a very dangerous among birds, so much so that domesticated birds such as chickens, ducks and turkeys can fall quite ill, often to a point of mortality. Bird flu viruses do not usually infect humans, but a handful of cases of human infection with bird flu have occurred since 1997.

There are many different subtypes of type A influenza virus. These subtypes differ because of certain proteins on the surface of the influenza A Virus (Hemagglutinin (HA) and Neuraminidase (NA) protein) and it is likely that some genetic parts of the current influenza A virus come from birds. Influenza A viruses are constantly changing and they may adapt over time to spread among and affect humans. However, at this juncture, these credible sources are reporting that the bird flu, influenza H5N1, has not yet evolved to a point that would support the level of panic being created by the aforementioned parter's.

Currently, the treatment protocols being studied for humans in laboratories involved with bird flu suggest that it might be prevented through vaccination, rather than consider treating those after contraction. This, of course, plays right into the hands of the pharmaceutical industry that likely funded the research to begin with.
If prayer can change the physical state of the body, surely it also affects our emotions and spirit.

Worry and stress we encounter when we think we are being excluded and undervalued.

Confession is good for the soul, says this old and wise adage. A burden is lifted from us when we confess that we are not perfect and realize that it is OK. Confession itself has two aspects: one involves confessing our own faults and wrongdoings, and another when we confess our need for continuous divine strength to live a life worthy of our profession.
Ida Robinson
Compromised Immune System

AT THE AGE OF 13, I had a mild case of pleurisy and was hospitalized. A young intern, who decided to drain the fluid punctured my lung. Infection set in and I needed surgery, since there were no antibiotics at that time. As you can imagine, my immune system had been severely compromised after a month-long hospital stay, followed by a year of recuperation. Life was never the same; I was plagued by sleepless nights, fatigue and constant constipation. The doctors continued to tell me that there was nothing wrong with me—sadly, I thought that this would be my life.

Many years later, I met a natural health practitioner who introduced me to natural medicine. Testing revealed that I had severe food allergies to milk, protein, meat, cheese, butter, even gelatin capsules. I subsequently dramatically changed my lifestyle, yet my health problems did not try just one recipe. I was amazed to see how well I digested it. Soon, I was completely raw and organic! Now, I say that my designer clothes are on the inside.

Living Foods have given me boundless energy, and a digestive system that works properly. In fact, they have completely eliminated my constipation. At 65, I joined the Yoga Centre of Toronto, and immediately knew I belonged. And, at 76, thanks to my outstanding teacher Marlene Machinney, I became a yoga instructor. Today, I teach Iyengar Yoga for seniors and live a high-quality life at the age of 80. The Hippocrates program has completely transformed my life!

Last year, I lost the love of my life, my husband of 51 years. I thought I could never carry on without him at my side. Nearly a year has gone by, and I am absolutely amazed at my own inner strength. Reflecting on myself, I wonder, “Who is this person?” I owe this personal growth to my lifestyle of raw food, yoga, and the influence of a strong woman who experienced an unspoken tragedy during WWII. She had to migrate from Russia to Canada alone after a nine-year separation from her husband. While crossing a frozen lake, guards shot at her and killed her infant son. Mother sat on the frozen lake throughout the night with her dead baby in her arms; her toes had frozen off. She did not want to live. Thankfully, people in a nearby village rescued her and nursed her back to health so that she could continue her journey to Canada to join her father.

Mother said, “You never forget, but you must live for the living.” I am blessed to have been raised by a woman of such strong and kind character—who truly honored life. Now, when I care for my body, I know I am honoring my life as well as hers. Thank you, Iyengar Wolf and Hippocrates Health Institute!”

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Happiness & HEALTH

Become consumed by your own true passions, and you will find that everything you need will come to you, resulting in unimaginable joy and happiness.

EACH DAY at Hippocrates Health Institute, we address the health concerns of our guests in the 3-week Life Change Program. The first question we often ask them is: “What is your objective in attending the Program?”

Overwhelmingly, the answers are predictable: “I am here to get over a disease” or “I am here to improve my overall health.” You can imagine their shock when we respond by telling them that these concerns are not the real reasons they are here.

Puzzled, they stumble and often state once again, “but that is my reason!” Finally, we ask them to consider that the real reason they have come to Hippocrates is to find HAPPINESS. Typically, there is a pause. Then, after a moment or two of reflection, an enormous sigh of relief.

There is no greater objective than for us to look for and practice happiness in every area of life. Instinctually, our desire is to be completely at ease and fulfilled with all of our impasse pursuits. There is only one obstacle preventing this way of living. Of course, it is our doubtful minds.

Over a lifetime, most of us have expended vast amounts of energy creating a self-imposed maze of limitation. Reflecting back, most beliefs of limitation could have stemmed from unwise or unkind words uttered by a person we admired or relied on in our most tender years. Rather than blame these naysayers, who were often our care providers, for their ignorance, it is, instead, our clear responsibility and necessity to change our perspective and perception about our own capabilities. This, indeed, is the quickest path to joy.

Our modern world has been built on luck rather than abundance—an abundance that is present in nature and so obviously whole and inclusive. Therefore, straying from the path of universal fulfillment to a path of limited pursuit is dangerously unbalanced. Not only is it contrary to nature, but it is also contrary to the idea of abundance itself, which, in its very definition, assumes completeness and fullness. A one-sided, narrow focus estranges us from those essential instincts that guide us to joy and happiness within a balanced framework.

Nowhere in our culture is this more evident than in the pursuit of material wealth or prosperity— which many of us have unwittingly confused as synonymous with abundance. A life constructed around a goal of massing possessions or power through money, as we see in corporate circles, can lead to shocking despair and profound unhappiness. Advertisers have us believing that creature comforts guarantee our safety and ensure us the highest levels of happiness. Yet, many who have chosen this path have done so at the expense of others (including their families), the environment, and their own souls, and, ironically, at the exclusion of anything that could have possibly brought true happiness. Economic enrichment is fine when understood to be only a tiny part of your life.

This also occurs in relationships. Romantic pursuits are fed by a long history of folklore, fairytales and now the modern film industry. Courting is commonly undertaken in the quest to find that special person who will make you feel good. Not only is this unrealistic, but it places the responsibility of happiness outside of oneself, where it can never be completely realized. Not only will this result in your own unhappiness, but also in that of...
LIFEGIVE
PHYTO-TURMERIC+
immune System Booster

WITH EACH PASSING DAY, there is more scientific data supporting the protective and stimulating effects of turmeric's main active known as "curcuminoids." Here at Hippocrates, we are conducting clinical research, observing changes in brain acuity and cancer-recovery profiles. Our early data matches the latest scientific findings of the benefit of curcuminoids as a nutritional supplement. Accordingly, we are now regularly recommending curcuminoid supplementation to guests challenged by arthritis, cancer, Alzheimer's, digestive disorders and infectious diseases, to name a few.

To date, supplements containing curcuminoids were mostly synthetically produced and only available through mass-market providers, many of whom claim a potency rate of ninety-five percent curcuminoids. If you are taking a turmeric supplement that claims this, please stop. Most people are unaware that a product containing a botanical active concentrate of anywhere near fifty percent or more is out of balance, even if it is not synthetically produced. When a supplement is out of balance chemically, it creates a toxic response in the body, rather than the beneficial response you are aiming for.

Hippocrates stands by our philosophy that it is firmly rooted in consuming organic and whole foods. As such, we are committed to providing whole food-and-herb-based supplements that include the full spectrum of properties contained in the original plant. All effective supplements are formulated based on the understanding that a plant or food contains a specific and precise matrix of disease inhibiting elements such as the vitamins, minerals, enzymes and yes, even nutrients we have yet to discover. These nutrients (correctly called Naturally Occurring Supplements) work optimally for the body when they remain together as they existed in nature. When they are isolated and extracted, as in the case of synthetically produced supplements—which are the majority of supplements available on the market today—they are found lacking. So, to access the full benefits of curcuminoids, it is essential to have a balanced formula containing the full spectrum of nutrients contained in the Turmeric plant. To this end, Hippocrates is pleased to announce Lifegive Phyto-Turmeric+. LIFEGIVE PHYTO-TURMERIC+ compacts the whole food of turmeric into caplets, each containing a balanced formula of 400 milligrams of pure Naturally Occurring Standard (NOS) curcuminoids.

Beyond its brain enhancement and anti-cancer affects, turmeric is also known as a powerful digestive and anti-inflammatory agent. Globally, it is widely used to ameliorate infections, arthritis, and Alzheimer's and to enhance wound healing. Because of turmeric's obvious and vast disease eradicating properties, we, at Hippocrates, are convinced that daily supplementation with PHYTO-TURMERIC+ can be of great assistance for a major segment of the population. For more information on PHYTO-TURMERIC+ visit www.hippocratesinstitute.org or contact our store's order line at 561-471-8876 ext. 124.

Enter to Win a 3 week Stay at Hippocrates Health Institute

Join Anne Singer, originator of the Thermography Fitness Fun-Raiser, and hundreds of other alumni to raise our final $40,000. Thermography is a non-invasive and non-harmful diagnostic tool for detecting tumors and masses in the breasts and in other parts of the body. Help us keep tumor detection safe and non-invasive!

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Prizes will be awarded at our 2nd annual Walk for Life on Saturday, April 8, 2006. All non-winning tickets will go into a special drawing for a mystery Grand Prizes... enter once for two chances at our Grand Prize!
Resolving the past and move on. We can either choose to dwell on yesterday or learn from it and forge ahead to create a bright and exhilarating future. When we dwell on negative issues from days gone by, we become bitter, angry, unforgiving, and resentful. People caught up in negative thoughts and emotions can’t possibly realize joy. Rather than solving their problems, they are destroying themselves and others.

At Hippocrates, we often see such examples. Reclaiming your grip on the past does not mean that you bury it. Just as burying poisonous chemicals contaminates the earth in which they are placed, concealing your grief does not stop its festering and polluting effects. Take the disturbing circumstances from your past, forgive yourself and those involved, and seek to learn from these situations. Step up to the plate and stop blaming others, whether parents, a spouse, employers, friends or even God, for what has occurred in your life. It is only as we let go of our pain and forgive others that we can finally realize freedom and inner peace. Adversity can make us strong when we don’t allow it to cripple us. Life is too short to dwell on the past. So, look for the good in hardships and choose to be an overcomer rather than being overcome.

ACCEPt AND LOVE YOURSELF

Those who compare themselves to others are not wise, is another piece of sage advice from my mother. Trying to fit yourself into everyone else’s mold leads to a life of pretense and frustration. We watch as teenagers strive to “fit in” by adopting the styles, actions and speech that they perceive will make them acceptable to their peers. As adults, we play the same game, just in a more disguised and refined fashion. When we attempt to be like others or who we think others want us to be, we become envious and self-critical, and ultimately dissatisfied. Happiness requires us to quit wishing to be different than we are in appearance, personality or abilities. We can experience freedom only when we embrace ourselves and realize that we have a great contribution to make on earth. Each of us is truly unique and, as such, we must discover and appreciate our own talents and gifts. If you wish to be happy, learn to be the person you were created to be.

Integral to this self-acceptance, which is so vital to happiness, is learning to love yourself. We can never love others or meet their needs until we love ourselves. Bernie Siegel, M.D., realized this as an issue for so many that he treated when he stated: “The fundamental problem most patients face is the inability to love themselves. The ability to love oneself, combined with the ability to love life, fully accepting that it isn’t last forever, enables one to improve the quality of life.”

DEVELOP AN ATTITUDE OF EXPECTANCY

As you look forward to the year ahead, do so with a positive and expectant disposition. This can be the year that you realize your dreams, so embrace your vision and expect each day to be one of blessing, achievement, health and fulfillment. Don’t settle for mediocrity. Expect great things ahead and work toward them. When you awaken each morning, set the tone for the day by choosing a positive attitude, regardless of your circumstances. Living with a defeatist outlook never brings success, victory and joy. If you spend your life dwelling on each day and its responsibilities, you cannot find happiness.

“Ah, but you don’t know my circumstances,” may be your thought. Let me assure you that you can live with expectancy in spite of your circumstances. There are two responses to any situation. You can focus on all of the negative things about your circumstances and pity yourself, which leads to misery, or you can choose to find the good in the circumstance, refusing to allow it to ruin your life. The bottle is always won or lost in the way you view the situation - you can emphasize what is wrong or focus on what is right.

INITIATE POSITIVE THOUGHTS FROM AN OPTIMISTIC MIND

In order to live with expectancy, you must understand that high quality thoughts (i.e. what you allow yourself to think and focus on) lead to a high quality life. To be happy in the year ahead we must be happy in the day ahead. Because our thoughts determine our destiny, we must train our minds to propel us in a positive direction.

The mind is more powerful than we imagine. So, be righteous with what you allow yourself to think. Negative thoughts produce negative emotions, words and actions, and ultimately poor health. So, when negative thoughts come, practice dismissing them and replacing them with positive ones. Guard your mind against worry, doubt, and fear through will-power and positive belief. Create positive affirmations at the beginning of each day and live it to the fullest by energetically approaching all that you do with a smile on your face. Practice being a positive and encouraging person.

CHOOSE TO SPEAK CHEERFUL AND OPTIMISTIC WORDS

Words are powerful; they can build us up or tear us down; create success or failure; and infect us or empower us. Your tongue is small, but it has the power to demonize or encourage you and others. Uplifting words flow from the positive mindset we just considered.

If you really listen to yourself, you will be amazed at the negativity you think and speak. Let go of speaking about your problems and inadequacies, lamenting your illnesses, or complaining with criticism and complaints. These words contaminate you and the person to whom you are speaking. And, when negative or worrisome thoughts occur, don’t just think: the reverse, speak it. There is great power in the spoken word. Say things like “I can,” I am happy to be alive, I am having a beautiful day, I have a purpose here, I will find a solution to this problem, I am healthy and productive. I am smart and have a discerning and clear mind.” When you decide to speak positive words, you are deciding to be happy. So, go for it.

ALTER YOUR ENVIRONMENT

Joel Osteen, in his recent best-seller, Your Best Life Now, had it right when he said, “You can’t soar with eagles as long as you’re pecking around with the chickens.” The environment in which we exist is of great importance. Surround yourself with positive and uplifting people as much as possible rather than naysayers and those with a defeatist attitude. People that believe in us, spur us on as we seek to believe in ourselves.

In the past few years, I have dreamed big dreams and gained a vision for my life. Each time I told my husband what I was dreaming of, he told me that I could do it and ought to pursue it. That is why I am both co-authoring a book and working at Hippocrates Institute today. I continue on page 44
Finally, an educational program that teaches me what I want to know...

For years I've researched nutrition programs and schools that would teach me the fundamentals of a successful and healthy vegetarian lifestyle. But, they just didn't teach the type of nutrition that made sense to me. In the Hippocrates Health Educator Course, I not only learned about the Living Foods Lifestyle, I now have the knowledge, the tools and the confidence to help others make important lifestyle changes. Thank you Hippocrates!

The Health Educator Program provides an extensive introduction to diverse modalities in the natural health field, as well as a foundation for leading a successful Living Foods Lifestyle:

- Enzymatic Nutrition
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- Natural Therapies
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- The Science of Living Foods

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Tune in for happiness

by John Bolus

AS A MUSICIAN who plays keyboard and bass for the love of it, as well as professionally, I often recall the powerful, yet graceful, words of the late Duke Ellington, "I love you moody." He would say to adoring audiences, both before and after each concert, in his stunningly sophisticated and deep baritone voice. He, like any fine musician, writes, performs and records to fulfills a passion—one that inspires joyful notes and melodies to uplift and minister to the souls of the masses.

I often start my days by listening to or playing light classical music; it inspires a sense of repose...and quietness of heart. Music is a marvelous antidote for stress or boredom, a lively companion for traveling, and a magnificent pacifier in even the most frustrating traffic-jams! My keen interest in a natural lifestyle and musical background have given me insights into how music helps to boost the immune system and ward off and reduce disease. Music has always been at the heart of all historic traditions of healing. Research conducted in hospitals has proven that stays are reduced when patients are surrounded by gentle, yet inspiring, classical arrangements.

Even though I am in my seventies, I am continually inspired by the music of the twenties and thirties and find it terrific for exercise. While everyone is musical, those who believe they are not can take up humming or whistling, which always improves their mood as well as the moods of everyone nearby. Even rock music can play a vital role in inspiring movement, circulation and stress release. People have danced to music from the beginning of time. Even though music and dance have changed shape and expression over the years, they still have the same healing benefits for those who enjoy them. Guests continue on page 46.
LIFEGIVE INNERACTIN & REESSENCE

WOMEN HAVE BECOME INCREASINGLY CONCERNED about cellulite. We have also observed in the last decade, that even young girls are affected by this plight. Cellulite occurs when fibrous tissue isolates fat cells, causing them to divide into separate pockets for a dimpling effect. Women develop this problem for a combination of reasons including lack of exercise, nutritional voids and sluggish organ performance. They are also more prone to cellulite since their bodies are constructed to carry children during pregnancy. Although healthy and active women encounter cellulite, its occurrence is fractional compared to sedentary women who bear excess weight.

Reduces overall bodyfat and cellulite!

Our interest in helping women overcome this unsightly, and often emotionally challenging, problem led us to discover the most effective technology available today. Nearly two years ago, Hippocrates began utilizing the GX-99 unit and has conducted extensive research and testing of its ability to eliminate cellulite. The GX-99 gently heats the fatty deposits so that they can be properly redistributed throughout fibrous tissue. We also searched for powerful supplement formulas to address the body’s nutritional and functional deficiencies, and are proud to present two fat-busting LifeGive products that will improve your body and your life: InnerActin and ReEssence.

LifeGive InnerActin
Promotes normal healthy liver function
Helps maintain normal bile flow and fat metabolism
Helps protect cells from waste by-products
Advances antioxidant protection to support and optimize your body’s own defense and antioxidant activity

LifeGive ReEssence
Promotes healthy circulation
Helps maintain normal fluid balance
Strengthens and tones veins and blood vessels
Helps clean congestion of lymph and other tissue
Protects and supports healthy and thorough whole-body detoxification

InnerActin and ReEssence should be used together for both cellulite and overall body fat reduction. We also recommend using these supplements in conjunction with traditional or far-infrared saunas, as well as the GX-99. Lymphatic drainage massage and aerobics exercise also help to rid the body of unwanted fatty deposits. To order these products you may go to our online store at www.hippocratesinstitute.org or call 561-471-8876 ext. 124.

Happiness is an achievable goal
by Antony Chatham

HAPPINESS IS OUR GOAL in life. All of our efforts are for achieving this state of well being characterized by emotions ranging from contentment to intense joy. We all strive to be happy, for many of us it is still an elusive ideal. Is it possible to experience true joy or happiness? It is possible, with the right attitude.

Maggie is a 57-year-old, beautiful, wealthy, married woman with an 8-year-old son and a 10-year-old daughter. She is suffering from Chronic Fatigue Syndrome and Fibromyalgia. Her relationship with her husband is declining, as she is in constant pain and unable to focus.

Worse, she feels guilty about it. Although both she and her husband love to travel, they have not been able to do so in the past 10 years. She never had to work, since her husband, and wealthy parents, now long divorced and bedridden, always provided her with whatever she needed. From Maggie’s perspective, her only sibling, a sister, is healthier, wealthier, and luckier. Maggie was brought up Catholic and currently does not find her faith particularly helpful. She feels like a victim—tortured by her illness and burdened with the responsibility of caring for her husband and children. Needless to say, she has not found happiness in or around her life, and is very much of any hope that the situation could improve. Maggie thinks it is nearly impossible to experience any joy in life.

Jenni, on the other hand, is a 45-year-old, beautiful, real estate broker, and happily married to an 18-year-old son and a 15-year-old daughter. She was diagnosed with breast cancer two years ago. Her husband works for a state agency and has only a moderate income. So, after her mastectomy and follow up treatments, she decided to continue to work. Her 18-year-old son, who attends the local Community College, is working part time to ease the financial burden on his parents. And, together, they attend a local church on occasion. Jenni says that she has strong faith in God and that her illness is an eye-opener to lead her to a healthier lifestyle. Although financially challenged, they choose to eat healthy foods, schedule regular family time together, and enjoy the occasional family trip. It is a pleasure for her to go to work every day, she says, because she meets wonderful people and is able to place them in beautiful homes. She greets everyone with a natural and spontaneous smile, and finds time to talk to other people with courage to encourage them to take the challenge in a positive way.

Jenni says that her life is great and exciting!

Our happiness or unhappiness depends more on our temperaments than on our luck.
A flurry of happiness from our furry friends

by Michele Villareale

ANIMALS BRING IMMEASURABLE HAPPINESS to people’s lives. What joy do you experience when you love a pet, and receive unconditional love in return? How much awe and excitement is inspired when we see animals in the wild, realizing their beauty and power? Whether we live with animals, or see them on television or at a wildlife habitat, they can arouse a profound sense of admiration, connection and respect that is beneficial to us in many ways.

Studies prove that petting a furry creature, even if it is not your own personal pet, can lower blood pressure and give you a sense of well-being. This interaction is emotionally positive for the person and the animal, both of which derive nurturing affection and healing attention. There are other ways that people interact with animals in symbiotic relationships: consider animals used in healthcare and law enforcement. Most people already know how Seeing Eye Dogs bring security and a renewed sense of freedom to their human companions. Other dogs have such a profound sensitivity that they can detect cancer cells in humans; some are even so perceptive and accurate, that they can detect early cancers, in some cases two years earlier than the most sophisticated medical equipment.

There are yet other dogs that sense the onset of epileptic seizures in humans, which was shown in an episode of Miracle Pets, hosted by Richard Thomas. These dogs can alert their epileptic human companion in advance, so that the person can find a safe place to lie down in order to prevent injury. In some cases, the presence of the dog has shortened the length and severity of the seizure. Dogs are also invaluable in law enforcement: police dogs have unique abilities of sense, smell and abilities, along with remarkable courage and loyalty. Police officers, who are paired with these furry partners, trust and rely on them as much as they do their two legged partners.

Dogs are not the only furry inhabitants of the planet to be helpful companions. For quadriplegics (paralyzed from the neck down), small monkeys, called Capuchins, are trained to understand over 200 voice commands, and literally become the arms and hands of their human friend. Helping Hands, started in 1979, is a non-profit organization that trains and places these monkeys. The first pair, Robert and his monkey Helen, was featured in a 60 Minutes episode. These adorable little monkeys do everything from grooming their humans and preparing meals, to feeding them.

There are equally compelling stories about cats, birds, dolphins, horses, and wild animals. In each instance, the humans who benefited from these wonderful animals, as well as the animals themselves, found great joy in their relationships. An emotional bond forms between the person and animal, which is absolutely remarkable. The love and loyalty that is shared is inspirational—an exceptional lesson.

For those among us who do care, we know that our lives are more enriched and rewarding because we allow the love of an animal to affect us.
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Happiness

by Gurunam Kaur Khoalsa

Thou might not know it from my name, I was born in the Bronx in New York; so I am an American gal. My name was given to me in 1979 by Yogi Bhajan—a yoga master and spiritual teacher from India—and it means from darkness to light by remembering God's name. In the yogic tradition, a spiritual name is essentially a conscious theme for one's spiritual path, and, in my case, it worked. Any time my thoughts were anxious, confused, or scattered—if I had the presence of mind to turn my thoughts to the Infinite One (the Creator of all)—a wave of peace and happiness would wash over my mind and body.

I came to understand and experience myself as a divine spark of God—Literally. God lives in me and breathes through me, and inspires me to take actions based on love and divine connection. Quite amazingly, once I can see God in myself, I can also see God in others. Some have this spark shining brightly, while others have it buried under fear, anger, confusion, guilt, shame, and hatred, to name a few—but it's still there, waiting to be re-discovered. For me, to be part of the re-discovery process for another human being is one of the most satisfying experiences of all, and brings me great joy and happiness.

Living and working in a place of transformation, like Hippocrates Health Institute, gives me the opportunity to have happiness quite frequently! People who come here are ripe for growth and change. They want their health, their energy, and their LIFE back on track. When I teach a yoga class, or lead circle dancing, or participate in the healing circle, which is Hippocrates' support group, I see people re-connecting with their innocent and true spiritual essence. For some, this is unfamiliar territory, as they were not taught that they are beloved, holy beings with a birthright to health and happiness. I wasn't given that message in my early years either, but by God's grace, my soul awakened from that long, long nap!

When it did, I felt connected to the whole of creation, and started writing poetry and waking up in the early hours of the morning with insights and answers to whatever was on my mind. Two of the poems that came through at that time have stuck with me through the years and I'd like to share them with you.

This spiritual awakening gave me new levels of energy, as well as new insights into the human experience, the most important of which was an understanding that our purpose is to love one another. It is also to steward and uphold the well being of our home, planet Earth, to remember Who we are and that each of us has unique gifts that we are meant to share. Undoubtedly, we must also and ultimately pursue our soul's purpose.

If you were to ask me for a recipe for happiness, I would offer this: Live simply, be of service in a way that brings you joy, sing, dance, take time to be around nature and beauty...listen to great music...read great books...remember the Infinite, the Source of everything...be grateful for every part of life...send love out and let love in!

Love, Happiness and Blessings to you all, Gurunam Kaur Khoalsa

Utopia

You think there is no Utopia?
My dear, you're suffering Myopia!
For in this Real World can live
The option to take or to give.

If you give all your money, your fortune might wane,
But in giving your love, you can only gain.
For the Source of Love remains so vast
You can give it all, yet the wealth will last.

When Love is returned, joy has no limit
Only your holding back can dim it.
You may not hear me, but I must tell
You create your own Heaven or Hell.

The distance is short, a mere foot apart
The greatest journey from the head to the heart.
The secret key to happiness

by Andy Bernay-Roman

ONE SPRING AFTERNOON in Atlanta, when my daughter was three years old, she invited one of her daycare friends over to spend the night. We were holding hands and walking to the neighborhood playground when suddenly our houseguest broke away and dashed ahead towards the shade of a huge pine tree. She squatted down, turned her excited eyes to us, and said, “Come here, quick!” My daughter and I ran over and squatted next to her to see what was so urgent. A little crocus blossom, still a bud, but clearly new and purple, peaked out of the ground. My daughter’s friend turned to us and said in a breathless tone: “We’re alive!” And we looked at that flower and then at each other, and knew it was true. Then the two little girls broke into giggles.

OK...so there is no secret key to happiness, but if there were one, it would be that happiness is inside, not outside. And that’s not a secret, just a well-ignored fact. We pursue happiness as if it were the result of certain events, the consequence of certain behaviors, or the sum of certain acquisitions. Happiness eludes those kinds of equations like a butterfly flies a net, or water passes through a sieve. House + car + job + family = happiness. Happiness is a state of being, and not one that we can achieve by reason alone. It has more to do with the wonder of a child. So do we jaded adults have a chance? What do kids have that we adults don’t possess? Well, actually, they have less: less handle, less worry, less responsibility, and less conceptualization. Behold our little gurus of happiness...behold the lesson of “keep it simple.”

Adults came up with the phrase “the pursuit of happiness,” and maybe we’ve gotten it wrong. Maybe we’ve supposedly to let happiness find us. Maybe achieving happiness has more to do with inviting it, making room for it, and removing disturbances and distractions, than it does with chasing it down. I believe that happiness is like a delicate wild bird that will only come to me when I’m still, when I stop chasing it. It comes when I demonstrate that I can pay attention, appreciate, and be present without scaring it away. Perhaps happiness is something to be with rather than possess, much like the beautiful scent of a rose, or the trickle of a raindrop down your face, or the sound of wind rustling through autumn leaves. Maybe happiness is already yours, but is ignorance you live like a poor farmer scratching the surface of the soil yet missing the treasure box buried on his own property. Perhaps you are like the musk deer that wanders the forest in search of the beautiful scent that he’s already carrying within.

Maybe we’re supposed to let happiness find us.

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healing our world
LIFEGIVE
BIOTIC
GUARD

A superior and powerful soil-based source of probiotics

NUTRITIONAL SCIENTISTS are currently and rightfully so, conducting extensive medical research on probiotics. These life-supporting bacteria (healthy bacterium) which populate the digestive tract, in particular the small and large intestines, are integral to the function of digestion, elimination, cell development and, most importantly, immune function. Hippocrates is always quoted as exploring nutritional science with a keen focus on finding the best sources of all living elements—including probiotics. Although there are good soil-based bacterial products available, we felt that the strength and integrity of their derivative sources did not meet Hippocrates’ standards. As a result, we, together with a team of scientists, have now developed a soil-based source of probiotics meeting the highest standards called LIFEGIVE PHARMAGUARD.

This superior and powerful probiotic is a soil-based organism formula comprised of a matrix of pure, food-derived probiotics and healthy bacteria from organic soil cultures. LIFEGIVE PHARMAGUARD provides enzymes that promote digestion and the optimal functioning of the digestive tract, including the large intestine. All ingredients provide nutrients that are vital to your health, and normally absent from the majority of foods available today. BIOTIC GUARD reestablishes intestinal flora at the highest levels, helping to revitalize your digestive and eliminative function, thereby creating greater immune cell development. We have combined the primary ingredients with minerals, amino acids, FOS (derived from chicory), as well as chlorella and its naturally occurring antioxidants. This product has universal applications, addressing virtually any ailment or condition, contributing to new levels of vitality and well-being. It is a safeguard supplement for all of us living in a modern, stressful and toxic world.

The Avian Flu Pandemic

Many governments worldwide prefer to keep their citizens in perpetual state of fear, thus diverting their attention from the real serious issues at hand. Together, drug manufacturers and government officials are puppets of both their citizenries and of the hard earned tax dollars paid by them for the funding these so-called "scientific studies." The U.S. Centers for Disease Control has received funding by the federal government to take part in pandemic prevention and preparations. Of course, there has been no serious effort to consider the most obvious, viable option for preventing and defeating the disease. The solution is to stop consuming Avian Flu infected poultry. The problem is that the U.S. government is in the middle of a campaign to promote the consumption of poultry, and they have been successful in convincing many people to continue consuming poultry.

Prayer Power

continuing from page 99

The process of supplication involves asking God for intervention and help. It is certainly appropriate to bring our own needs and those of our family and friends to him; yet, it is essential to remember others who are hurting all around this globe. We have all been guilty of self-contemplations, especially those involving our own weaknesses—it’s part of being human. Such times, however, fall so far short of what is possible in the process of supplication. As we call on God to help others, we widen our view, greatly minimizing attention to our weakened personality or ego Praying for our leaders, for those who are less fortunate, for those in war-torn nations and for all who suffer provides an opportunity to do good for others. Ask God to show us how we can help others beginning today and every day.

Prayer Power

continuing from page 59

In the past, I was often told by my spiritual leaders that prayer is a way to connect with God and receive guidance. However, I don’t believe that is the case. Prayer should be a way to express our gratitude and seek help from God. I believe that God is always listening to our prayers, but it is up to us to interpret the answers we receive.

Happiness & Health

continuing from page 65

Many governments worldwide prefer to keep their citizens in perpetual state of fear, thus diverting their attention from the real serious issues at hand. Together, drug manufacturers and government officials are puppets of both their citizenries and of the hard earned tax dollars paid by them for the funding these so-called "scientific studies." The U.S. Centers for Disease Control has received funding by the federal government to take part in pandemic prevention and preparations. Of course, there has been no serious effort to consider the most obvious, viable option for preventing and defeating the disease. The solution is to stop consuming Avian Flu infected poultry. The problem is that the U.S. government is in the middle of a campaign to promote the consumption of poultry, and they have been successful in convincing many people to continue consuming poultry.
Professor Xeno Knows Best!

XENO, A CHINESE CRESTED HAIRLESS, has become accustomed to a healthy life: he walks three miles a day and eats a raw food diet. Xavier Micheaux, his raw-food “father” made it the habit to use raw vegetables as treats rather than traditional dog “treats.” He happily devours any organic vegetable, but broccoli and carrots are two of his favorites. Recently, however, Xeno revealed a wisdom beyond that of most humans and even far greater than anyone would expect from his tiny size and a half year old canine. Xeno, nicknamed by Hippocrates as “the professor,” was staying with his Grandma and Grandpa, who were instructed by their son to treat him with vegetables. While Xavier’s parents thought they were preparing for dog sitting, Xeno adamantly refused any of their vegetables. Upon returning, Xavier learned of this oddity. Puzzled, he reached into his bag and offered the pup some of the treats. Professor Xeno readily gulped them down. How perplexing! After giving it a couple days of thought, Xavier wondered if his pup could possibly distinguish between conventional and organic crucifers, preferring the organic. This thought launched the experiment. He purchased both organic carrots and broccoli along with their conventional counterparts, and Xeno was given his choice. To everyone’s amazement, Professor Xeno would eat only the organic vegetables. Naturally, Grandma and Grandpa now purchase organic vegetables so that they are better prepared when their astoundingly discerning grand dog comes for a visit.

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A flurry of happiness from our furry friends continued from page 19

most based diet, is extremely exploitive and harmful by depleting water resources, ruining topsoil, and causing great suffering to both animals and workers as well. Furthermore, because these animals are ridden with antibiotics, growth hormones and pesticides, so is each person who consumes them and our society on the whole. I have been an animal lover my entire life, but not a vegetarian until recently. Although my love for animals has not changed, I have observed, since embracing organic veganism, that my views about the animals and environment are very different from what they used to be. I now see the connection between my lifestyle choices and their impact on the world around me. A vegetarian diet does not necessitate the violence and suffering associated with factory farming. A vegan lifestyle goes even further by not including animal products, such as meat, leather or feathers for clothing. A vegan also avoids dairy and eggs. Since I changed my lifestyle, I have noticed a dramatic difference in myself, including a sense of peace and connectedness with nature that I had not previously known. I can see the impact of my actions and then sit down to a meal knowing that my love is extended to all animals. Through this action, I am standing for my health and well being, as well as for that of the planet. This is incredibly comforting, but it brings me great happiness. When we live in harmony with the world around us, as we, as a people, and the planet we inhabit will thrive.

Although many of us are already animal lovers, some are not concerned about the plight of exploited and abused animals. Yet, as we continue to embrace the many benefits of having animals in our lives, more of us will be moved to preserve these wonderful relationships, and individuals, communities, societies and nations will come to know far greater happiness and joy than ever imagined.

For those among us who do care, we know that our lives are more enriched and rewarding because we allow the love of animals to affect us. Most of us have experienced a myriad of emotions in response to animals—laughter at seeing the silly playfulness of a puppy or kitten, or the feeling of warmth when looking into the face of a cherished companion animal and seeing the unconditional love in their eyes. We are awe and have respect for the majesty of a soaring lion, or the beauty of a horse at full gallop—nourished and moving in the wind. There can be exhilaration when watching an eagle soar high above us; we can almost lift off and join them in flight. We are astounded by the size and power of a bellowing elephant, soaring out of the ocean and crushing back into the waves, and delighted by the song of a small bird outside our window or the comical chatter of two lively squirrels. All these experiences can evoke strong emotional reactions.

Animals touch us and envelope us in ways that humans cannot; they love us in moments when we are challenged to love ourselves. They impart a depth and meaning to our lives that is so rich that it is impossible to imagine life without them. And, if nothing else, they will surely bring out a smile on even the most difficult days, making them, in my opinion, some of the greatest teachers of happiness of all.

Michele Villareale started working at Hippocrates Health Institute in the fall of 2002, already a vegetarian since 1998. She is the Accounting and Purchasing Manager, and handles a variety of administrative functions, including accounting, payroll, purchasing, negotiations, and legal agreements. Because she is a vegetarian, and an avid activist, Michele feels that she finds working for Hippocrates an amazing and fulfilling experience, and is thankful everyday to be able to work among her “family.”
The Art of Happiness: A Handbook for Living
His Holiness the Dalai Lama and Howard C. Cutler, M.D.

IT WAS ONCE SAID: "you never find a book, the book always finds you."

Needless to say, I was very intrigued by this powerful, yet philosophical, approach to reading. So intrigued, I decided to put this timeless advice to the test and find out if it held water in my own life before adopting this belief and sharing it with others. Well sure enough, it did! I took a long look back at the hundreds, possibly thousands, of books that have come into my life; new or used, fact or fiction, personally purchased or given as a gift. Regardless of the situation, one factor remained constant...they are still collecting dust, unless, of course, a true lesson to be learned within—lessons that undoubtedly contribute to the overall growth and spiritual well-being of myself and those around me.

In honor of this newfound belief and a great appreciation that you have taken your valuable time to read this far is a simple acknowledgement that the book, "The Art of Happiness: A Handbook for Living," by His Holiness the Dalai Lama and Howard C. Cutler, M.D. has finally found you. Whether it is collecting dust in your house or on the shelves of a local bookstore, it's time to pick up this magnificent read and start applying the lessons within. Regardless of your race, religion, age or social status, one thing is certain.The Art of Happiness inspires a new love for yourself and the world around you. After all, happiness is a rite of passage and in the Dalai Lama's own words, "the very purpose of our existence."

The Art of Happiness is a dynamic, yet simple, conversation between a western psychiatrist, Howard C. Cutler and our beloved Nobel Peace Prize winner, the Dalai Lama. Within their intimate yet playful dialogue, the reader is able to easily understand the central message that absolute happiness is achievable. By applying over 2,500 years of Buddhist belief and everyday common sense, the reader walks away with simple exercises and meditations to overcome and replace depression, anxiety, anger, jealousy, resentment and all other negative emotions with much more uplifting reality. For those who are skeptical of Buddhist philosophy, you'll be pleased to know that the Dalai Lama is not urging the adoption of Buddhist practice. He is however, encouraging us to embrace what we can from this tradition and apply the lessons learned in our lives when appropriate. He communicates that, for many, one practice does not work all the time and it is our responsibility to explore all possibilities and adopt those which resonate with our innermost calling. Hmm...I think we would all agree that these are words spoken only from a great man of honor, integrity, wisdom and compassion—the kind of integrity-rich character that makes the world a much happier and joyful place.

Happy reading, it's quite a gem!

Eric L. Zayas, Philanthropist, Humanitarian and President of Healthful Communications, Inc., June Beach, Florida
You don’t find happiness, you make happiness.
David Leon Harris

You will never be happier than you expect.
Bety Devi

Remember, there is no true happiness in having or in getting, but only in giving.
OG Mandino

Happiness is when what you think, what you say, and what you do are in harmony.
Mahatma Gandhi

The happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.
Hugh Downs

Shared joy is a double joy, shared sorrow is half sorrow.
Swedish proverb

There is no cosmetic for beauty like happiness.
Countess of Blessington

Happy thoughts

Happiness is a thing to be practiced, like the violin.
John Lubbock

Happiness for me is to know that my life has meaning and purpose, and that every day my life touches others in a positive way—whether to make them laugh or learn or both at once.
Drama Mascle

Whoever is happy will make others happy, too.
Mark Twain

WHO WOULD LIKE TO HAVE SIX-PACK ABS rather than love handles? All of us would, but the process of acquiring six-pack can be arduous and even harmful to one’s back and neck. Does the possibility of comfortable abdominal exercise seem like an oxymoron? Recently, Palm Beach trainer, Chris Zambelli, introduced Hippocrates Health Institute to a product, which we now utilize to make those abdominal workouts safer and as comfortable as possible. This product is called “Comfortable Abs.”

While training clients, Chris became concerned about the strain they put on their necks while doing crunches and wanted a solution. The normal crunch position (with hands behind the neck) causes a constant tension from shoulder contraction. He also realized how difficult abdominal exercises were for individuals with discomfort due to arthritis, osteoporosis, or hernia. As he researched other abdominal exercise equipment, he noted that many of the devices were bulky and cumbersome. This is what led him to design “Comfortable Abs.”

Comfortable Abs is a small pillow with accompanying handle straps. Its size makes it easy to slip into a suitcase for travel. This pillow has a zipper in the back so that the exerciser can add or remove filling to personalize it for his or her workout. Comfortable Abs provides neck support, and when the arms are placed beside the torso, shoulder contraction and strain to the shoulders overall is limited, while neck tension is completely avoided. The full support position allows for total ab isolation.

You can visit Chris’ website at www.comfortableabs.com. Comfortable Abs is available at the Hippocrates Store, which can be accessed at www.hippocratesinstitute.org or by calling 561-471-8876 ext. 124.

eyes were blue and wise, and her smile contagious. She told us about her impression of our roles at the Institute in those days. First, looking directly at Anna, she said, “You always brought joy to those you touched and all of the guests were sure of your sincerity and convinced that you were there to help.” Anna asked, “How did you know this?” The woman told us that she and others were ready to receive her help, so they were able to see how much she cared. Looking at Brian, she said, “We always know that you were not content with your current accomplishments and that you were always striving for more, in order to touch many others with this knowledge.” Before we could respond, she smiled and said, “Yes, the others and I were ready to receive your offerings.” It is our openness, humility and honesty, like that of a child, which brings us the ability to live in the moment. This mindset continually helps us make changes for the better.

Relentless discomfort and self-doubt spread contagiously through our minds, hearts, and souls when we rush haphazardly from one thing to another and from place to place. Drained by our own inability to proceed through our lives peacefully and thoughtfully, we are constantly relinquishing our own happiness. There is always a way, however, to grow beyond our destructive habits. A number of years ago a young mother, crippled by arthritis, arrived at Hippocrates in a wheelchair. At graduation, she stood tall and with sheer exuberance said, “I have found a way to live again.” These words remind us that every day we must renew our commitment to life. Upon waking, begin your day by writing down your top three goals and as you walk out the door, place them in a prominent spot where they can be seen when you arrive home. This practice allows you to launch the important process of follow-through. As time passes and as we continually extend our ethics and accomplishments, our horizons expand. It is at this time that you are able to see and believe in your essential goodness. Things that you previously saw as problems will shrink in significance, your authentic greatness will take center stage and doubt will dissolve into a humble acceptance of self. It is at this point, that you can begin to build an everlasting happiness founded on sincerity and service. This is at the heart of all the great spiritual teachings from past to present. Allow yourself the pleasure of knowing the pure truth that is in your heart and let it lead you to eternal happiness.
Only love makes you rich, and there is no happiness without love. That means happiness is more a quality of the heart than of the mind. Pseudo-happiness is of the mind, which says having or doing should make me happy. Yet, when it doesn’t, do you try to convince yourself that it is enough? Or, do you go back and consult your heart? The heart knows when it’s had enough, and also when it hasn’t. The mind cannot and should not do the job of the heart, nor should we ever allow it to play substitute for the heart’s simple wisdom. Love comes first, and happiness follows. Love is the basis that holds the pure water of happiness.

I believe that feeling good helps happiness find a home in the body. The newborn colt that is eager to run does so out of his sheer exuberance for life and feeling good. Happiness is one of those “just because” experiences not attached to anything but feeling good inside. And when we attach to it—something—anything—we spoil it, and become dependent on whatever we’ve focused on. This sort of “happiness” comes and goes with the tides of changing circumstance, the pursuit of which makes us reactive, and therefore often unstable, people. Proactive people are happier than reactive people simply because they predispose themselves to being happy—just because.

Reactive people tend to trip over all the reasons for being unhappy; proactive people are happy because they choose to be happy, and for no reason at all. Not that reason doesn’t have its place on the happiness path. Counting one’s blessings, for example, is a reasonable focus, and cultivating gratefulness is a good way to keep problems in the background. Mental exercises can help us along the happiness trail, but ultimately I believe it takes a leap of faith. The mind can take us all the way up the ladder to the very edge of the diving board, but then we have to jump in order to experience the freedom and exhilaration.

Happiness is really like that delicate wild bird, then I pray for the wonder of a child and the ability to go deep inside to make the ongoing choice of keeping it simple. I also desire to have the grace and courage to nurture the love in my life. When we finally and fully accept feeling good—just because, we have reached our heart’s happiness. In the words of the young sage, “We’re alive!”

Andy Bernoy-Roman is a Florida Licensed Mental Health Counselor who has been providing his unique mind/body psychotherapy services for Hippocrates guests since 1990. You may order his book Deep Feeling, Deep Healing: The Heart, Mind, and Soul of Getting Well from the HHS store by visiting www.hippocratesinstitute.org or calling 561-471-8876, ext. 124.

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Tune in for happiness continued from page 13 at Hippocrates can take classes in dance and gyrate to the rousing tunes of Hippocrates own live Wheatgrass Band—after all, you’ve got to have a live band to complement the living foods lifestyle!

Musicians are usually lighthearted with good senses of humor. It’s difficult to be negative when you’re surrounded by music. In my career, I have personally had the great privilege to know powerfully engaging performers like Tony Bennett, who for decades after decades spent 250 days or more on the road singing his heart out. Or, I’ve spent hours listening to my orchestra, after which he handed me a little card that said, “Nice going!” This was certainly one of the highlights of my life. Perhaps, my favorite and most enjoyable time to share music, however, is each Thanksgiving at Hippocrates. It brings me great pleasure to perform for the hundreds of guests who come to share in the feasting and celebration. When these healthy and happy people begin swaying to the music, it really takes everything to a new level.

Map out a collection of your favorite tunes, concertos, symphonies, band arrangements, singers, traditional music, rock, alternative, etc. and strategically place it in your life throughout the days, weeks, months and years to come. Music makes us happy. What would Christmas be without Christmas music? What would life be like without inspiring music? NOT AS MUCH FUN! It tickles me to think that Mozart, who wrote and played hundreds of years ago, still inspires us at such deep and effective levels well into the 21st century. John Lennon, who has now gone been for a quarter of a century still has us all including. And, the Dave Matthews Band inspires new generations and those of us moving toward maturity alike. Allow music into your life each day, and you will begin to know the happiness it inspired!© 2006 HIPPOCRATES
Happiness & Health

The first step towards happiness is to decide to be happy. This means changing your mindset, replacing negative thoughts with positive ones, and focusing on the good things in life.

The key to happiness is to find things that make you feel good and do more of those things. This could be anything from spending time with friends and family, to engaging in hobbies and interests.

There are also certain habits and practices that can help boost your happiness levels. These include getting enough exercise, eating a healthy diet, getting enough sleep, and managing stress.

In short, happiness is a choice. You can choose to be happy by focusing on the positive aspects of your life and taking steps to improve your overall well-being. So why wait? Start choosing happiness today!
Study: Two Million Adolescents Have Pre-Diabetes
by Lindsey Tanner, AP Medical Writer

ROUGHLY 2 MILLION U.S. CHILDREN ages 12 to 19 have a pre-diabetic condition linked to obesity and inactivity that puts them at risk for full-blown diabetes and cardiovascular problems, government data suggest. Researchers from the federal Centers for Disease Control and Prevention and the National Institutes of Health examined the prevalence of abnormally high blood sugar levels after several hours without eating, a condition called impaired fasting glucose, or IFG, that is measured in a blood test.

One in 14 boys and girls in a nationally representative sample had the condition. Among the overweight adolescents, it was one in six. Affected adolescents were more likely than those with normal fasting glucose measurements to have other symptoms suggesting they might be on the road to heart problems: Average levels of bad cholesterol and blood fats called triglycerides were higher in youngsters who had the pre-diabetic condition. "The numbers are definitely concerning," said co-author Dr. Venkat Narayan, a CDC diabetes researcher.

The study appears in the November 2006 issue of Pediatrics. It is based on data involving 915 youngsters who participated in a 1999-2000 national health survey. Narayan said the researchers will examine whether rates of pre-diabetes have increased since then. About 20 million Americans have diabetes, most of them adults with type 2 diabetes, which impairs the body's ability to properly use the blood sugar-regulating hormone insulin. This form of the disease is strongly linked to being overweight and inactive.

Of the roughly 177,000 Americans under age 20 with diabetes, most have type 1, or juvenile onset diabetes, in which the body produces little or no insulin. But type 2 diabetes among youngsters has increased. Dr. Franzine Kaufman, head of the diabetes center at Children's Hospital in Los Angeles, said about 25 percent of the diabetic children treated there have type 2 diabetes, compared with just 4 percent a decade ago. Both types involve abnormally high blood sugar levels that can damage blood vessels, the heart and other organs.

For the study, the researchers used American Diabetes Association criteria that defines impaired fasting glucose as blood sugar levels of at least 100 milligrams per deciliter; above 125 is considered diabetes. The average level was 99.7, within the normal range, but 7 percent of the children in the study were in the pre-diabetic range, translating to about 2 million U.S. children. Roughly 16 percent of the youngsters studied were obese, about the same as recent national estimates.

Elevated fasting glucose "has no symptoms but it signifies an advanced metabolic problem, which will in most cases progress to type 2 diabetes over time," said Dr. David Ludwig, director of the obesity program at Children's Hospital in Boston, who was not involved in the study. "Intensive lifestyle interventions" including physical activity and improving diet can help prevent pre-diabetes from progressing in adults and it's likely the same can happen in children, the researchers said. Ludwig said systematic societal changes are needed, too, including more healthful school lunches. "It's just not enough to tell people to exercise and eat right," he said.

Hippocrates Announces the Trapeze-Experience™...Are you ready to fly?

In keeping with our commitment to offering the most progressive therapies and learning experiences, Hippocrates Health Institute, is pleased to announce that we are now offering the Trapeze-Experience™ to our guests and the local community. Are you ready to experience the physical exhilaration of flying and catching, the joy of progressive mastery of a unique skill, and the satisfaction of acquiring technical knowledge of trapeze while exploring the deeper nature of how we create our own realities?

These progressive one-on-one classes are personally-assisted by a Trapeze-Experience™ facilitator, and apply to all levels of participants, especially the beginner. First-time participants are attached to a double-belay safety-belt, and guided through a sequential learning-process at their own pace. The process begins with a ground-leason, a warm-up, and then an opportunity to fly on the trapeze and learn basic maneuvers, such as the "knee-hang"...where one "transfers in mid-air" over to the hands of the catcher, just like in the circus! Other participants, with more experience, can pick up their training from wherever they are.

The Trapeze Experience™ is an accelerated process of learning and transformation in a fun and supportive environment, which leads to deep realizations about one's self and one's relationship with life. It's a magnificently powerful tool for anyone interested in enriching the quality of their moment-to-moment experiences, and in becoming more present and aware.

Call Hippocrates' Oasis Therapy Center at 561.471.5867 for reservations or information, or visit www.trapeze-experience.com.
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