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Next Issue: Compassion

Contributors:

Ruth E. Heidrich, Ph.D. is a six-time Ironman Triathlon finisher and author of A Race For Life, The Race For Life Cookbook, and Senior Fitness. In 1999 she was named one of the “Top Ten Fittest Women in North America”.

Amar Kaur Fuller is the founder and director of Khalsa Childcare in Leverette, MA.

Shawn Larocca is an instructor of Nia at Hippocrates Health Institute.

Nancy Lyon is a freelance travel writer and columnist, musician, photographer, translator (French to English) and author of Scatter the Muss: A Traveller’s Medley.

Yvonne Pratt has recently been appointed to the newly created position of Hippocrates Fitness Coordinator. She is a certified personal trainer and has been at Hippocrates for 17 years.

Holi Del Santo is a certified Pilates instructor and teaches privately in her studio in Palm Beach, Florida.

Raymond Francis is an M.T., trained scientist, author of Never Be Sick Again, host of the Beyond Health Show and an internationally recognized leader in the emerging field of optimal health maintenance.

Michael E. Hamilton, Ph.D., Doctor of Oriental Medicine and Physician of Acupuncture, has been a practitioner of the Internal Arts of Oriental Medicine for more than 35 years. He is currently a practitioner at Hippocrates Health Institute.

Vicki Hauser is a certified personal trainer and T-Tapp instructor.
From the Directors

We are very excited to bring you this issue dedicated to what we call “Living Fitness.” Living Fitness is the creation of function and flow in all areas of life through physical exercise. And what better way to usher in the summer months than to celebrate this critical aspect of life itself. Both Anna Maria & I experience and witness the benefits of focused movement and bodybuilding every day. Our guests who exercise regularly smile more, feel more quickly, and are generally happier, more down-to-earth people.

In this issue you'll find a variety of contributions to inspire you to take your physical health and fitness to a higher level.

In our modern technology-driven culture, our minds are extraordinarily stimulated and overactive. This can result in a gross imbalance in our physical bodies. There is a delicate dance between thought and activity. Movement is medicine for the cluttered mind as a positive mind is medicine for an ailing body. As we blend these two essential elements with conscious intention, we can create a healthy and flourishing body and life.

As a child growing up in Sweden, Anna was surrounded by nature. She lived on a hilltop overlooking the Baltic Sea and collected her drinking water from a well. Her father was a great hiker and constantly challenged her intellect on their long nightly walks.

As a teenager she found it easy to adopt a vegan lifestyle and continued to enjoy regular exercise while launching her career in the field of complementary health care. As director of Sweden’s Brändal Clinic, she raised the guests every morning with exercise followed by a cold water hosing to jump-start the day. This invigorating tradition is still practiced at Hippocrates today, but we use a cold water pool instead of a bowl! Anna’s 35-year career has shown her that exercise is one of the most important components in helping people reverse and prevent disease.

As a teenager growing up outside of New York City, I had two passions — bad food and loud music. My only other interest was cigarettes. As a musician, I practiced the popular commandment: “Thou shall not exercise or dance.” In those days, I saw “jocks” as the only ones capable of athletic endeavors. It was incomprehensible and “uncool” to participate in both music and sports. In our confused minds, “jocks” were less intelligent brutes. Ironically, it took my own obesity to arouse the sleeping athlete inside. Breaking out of my cocoon was very difficult. The first workout was exhilarating, every inch of my body ached and I felt like I was dying. Nicotine and countless other toxins poured out of my body. I was a physical wreck. But over the next five years and

Continued on page 6

Dr. Brian Clement’s Schedule 2006

May 30
Speaking to Physicians at Veteran’s Center in West Palm Beach, FL

June 10 11
Body Mind Spirit Expo in West Palm Beach (www.hmse.net)

June 17-18
Body Mind Spirit Expo in Melbourne, FL (www.hmse.net)

June 29-July 10
Europe — Sweden — England — Ireland

July 15-18
San Diego, California

August 18-20
Western Florida — Clearwater

September
New England States — see www.hippocratesinstitute.org for specific dates and locations

September 19
Florida State Massage Therapy Association Meeting at Hippocrates Health Institute

October 4-16
Europe — Hungary and France

October 20-22
New Life Expo — New York City, NY (www.newlifemag.com)

October 28
4th Annual Living Food Fall Festival at Hippocrates — Renaissance Style

November 6-9
International Spa (SPA) Conference, Las Vegas, Nevada

For an updated listing of Dr. Brian Clement’s speaking engagements visit www.hippocratesinstitute.org.

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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!

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In the News

Workers at Popcorn Plant Awarded Millions. Nineteen employees at a popcorn plant in Jasper, Missouri blame their lung disease on workplace toxins. The company has been ordered to pay $10 million in damages to four individuals who claim exposure to diacetyl, a chemical used in the butter flavoring, caused the disease, bronchiolitis obliterans, which obstructs the lungs. According to attorney Ken McFee, several of the plaintiffs are close to needing lung transplants.

Acetaminophen Causes Liver Failure. The December 2005 issue of Hepatology reported on a study indicating that 42% of acute liver failure in the U.S. is caused by the non-prescription pain reliever acetaminophen.

Vegetable Proteins Lower Blood Pressure. An international study of 4,700 middle-aged adults conducted by researchers at the Imperial College of London showed that when people consume vegetable proteins rather than animal proteins they have much lower blood pressure. The report on the study in the Archives of Internal Medicine also indicated that increasing plant protein and decreasing animal protein produced a benefit.

Hundreds of Toxic Chemicals Found in Our Drinking Water. A December 20, 2005 Associated Press article states that the Environmental Working Group discovered that the drinking water in 42 states contained 141 unregulated chemicals and an additional 119 for which the Environmental Protection Agency (EPA) has set health-based limits. The most common chemicals found were disinfectant byproducts, nitrates, chloroform, trihalomethanes, and copper.

Try Olive Oil for Your Pain. New studies reported on in Nature, 2005 show that extra virgin olive oil does more than lower heart disease and reduce the risk of cancer. Olive oil contains oleocanthal which mimics the anti-inflammatory effects of ibuprofen.

Omega-3s Reduce Pneumonia Risk. The consumption of essential fatty acids, especially omega-3, modulates inflammation and glucose metabolism and may reduce the risk of pneumonia. The risk decreased by 31% for every 1 gram per day increase in omega-3 intake, according to a report published in the September, 2005 American Journal of Clinical Nutrition.

Better Sex with Weight Loss. The October 2005 Medscape Medical News reported on a weight-loss program in which male and female participants experienced an enhanced quality of sexual experiences after a weight loss of as little as 11%.

Bad News for Soymilk Drinkers

by Robert Cohen

Give soy bashers (some) credit. Give Dr. Mercola (some) credit. Give Sally Fallon (some) credit. (Some) soymilks are bad for your digestion and overall health.

The largest dairy processor in America (Dean Foods) owns America’s most popular brand of Soymilk (Silk) and that should not be bad news, but it is. Why? They add a dangerous substance to their SILK soymilk to make it artificially silky and creamy. If you added Vaseline petroleum jelly to your own homemade soymilk and put it into a high speed blender, you might simulate the creaminess and undigestibility quotient of SILK soymilk.

Some people might have no problem drinking a tall glass of commercially prepared soymilk, containing sugar, chocolate powder and carrageenan, a Vaseline-like food additive. The Vaseline-like emulsifier often produces gas distension, and soymilk drinkers erroneously conclude that they are "allergic" to soy.

Warning Read labels. Do not consume carrageenan. Carrageenan is a commonly used food additive that is extracted from red seaweed by using powerful alkali solvents. These solvents would remove the tissues and skin from your hands as readily as would any acid.

Carrageenan is a thickening agent. It’s the vegetarian equivalent of casein, the same protein that is isolated from milk and used to thicken foods. Carrageenan is also used to produce paints, and it’s the glue used to hold a label to a bottle of beer.

Carrageenan is about as wholesome as monosodium glutamate (MSG), which is extracted from rice, and can also be considered natural. Aquafaba (Narrazil) is also natural, as it is extracted from decayed plant matter that has been underground for millions of years (oil). So too are many other substances such as carrageenan that can also be classified by FDA and USDA as wholesome and natural food additives. Natural does not mean safe.

Carrageenan coats the insides of one’s stomach, like gooey honey, or massage oil. Digestive problems often ensue. Quite often, soy eaters or soymilk drinkers react negatively to carrageenan, and blame their discomfort—stomachaches, headaches, and congestion on the soy.

High weight molecular carrageenans are considered to be safe, and were given GRAS status (safe for human consumption) by the FDA. Low weight carrageenans are considered to be dangerous. Even the manufacturer of Silk admits this.

In order to get more information about carrageenan from a scientist, I spoke with one of America carrageenan experts, Joseph Tobacman, M.D. Dr. Tobacman teaches clinical internal medicine at the University of Iowa College of Medicine. I explained to Dr. Tobacman that I rejected animal studies (we discussed valid concerns about animal research, and why they never produce reliable results for humans). I requested evidence of human trials that might show carrageenan to be a danger for human consumption.

Continued on page 54
T-Tapp enhances the brain/body connection by simultaneously improving left/right brain application and developing linear alignment to release the spine.

By Vicki Hauser

When have you ever heard it said about an exercise program that "less is more"? Sound too good to be true? Then try T-Tapp, a comprehensive workout in 15 short minutes.

I discovered T-Tapp while looking for a way to overcome chronic fatigue syndrome and fibromyalgia and to heal my broken hand. Formerly I had engaged in many exercises: dance, yoga, swimming, racquetball, snow skiing, ice-skating, weight training and the aerobic slide. But all of these were too challenging in my early stages of recovery. So after changing my diet to adopt living foods, I set out looking for a gentle exercise that, in just a few minutes a day, could stretch my body, condition my heart and strengthen my muscles.

I first tried T-Tapp to rehabilitate a broken hand that put both of my professions as a violinist and a production technologist on hold. I was able to perform all of the T-Tapp exercises and when my cast was removed, I was amazed to discover that I had retained full muscle tone and strength in my forearm.

As defined by its creator Teresa Tapp, T-Tapp is a "compound, comprehensive muscle movement done in a specific sequence to fatigue the body layer by layer from the inside out to improve both neuro-kinetic and lymphatic flow."

T-Tapp enhances the brain/body connection by simultaneously improving left/right brain application and developing linear alignment to release the spine. When you release the spine you can exercise the muscles at a deeper level, burning more glucose and fat. T-Tapp moves the lymph and produces more oxygen, improving overall health. And by engaging more muscles for each move, you work smarter and more efficiently.

During my recovery time, I had become certified as a Personal Trainer. In July of 2003, while attending the Life Change Program at Hippocrates Health Institute, I met with Teresa Tapp to learn more about T-Tapp certification. In October of 2005 I returned to Florida to become certified as an official T-Tapp Trainer. Anyone, from young to old and fit to unfit, can benefit from T-Tapp. What I especially appreciate about T-Tapp is that it can be done anywhere, anytime. In addition to the marvelous rehabilitative benefits, T-Tapp fosters balanced weight, it tightens, tones and builds core strength.

The combination of oxygen-rich living foods and the T-Tapp workout is amazing. This dynamic duo works hand-in-hand to remove toxins and oxygenate the body, helping it achieve greater levels of health and wellness. Incorporating this fifteen-minute T-Tapp routine into a daily exercise program will help you gain physical strength and stamina, and spark lasting excitement and confidence. Try it and you'll soon be saying "T-Tapp is the wellness workout that works!"

Vicki Hauser is a certified personal trainer and T-Tapp instructor. She welcomes all questions on how T-Tapp can help you improve your health and fitness levels by email at Vickilifethatapp.com. The book "Fit and Fabulous in 15 Minutes" written by T-Tapp founder and creator Teresa Tapp is now available at www.amazon.com.

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 in the world 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 up 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 fast-acting LifeGive products that will improve your body and your life: InnerActin and ReEssence.

LIFEGIVE INNERACTIN DETOX NUTRIENTS

- Promotes healthy circulation
- Helps maintain normal bile flow and fat metabolism
- Helps protect proteins from waste byproducts
- Advances antioxidant protection to support and optimize your body's own defense and antioxidant activity

LIFEGIVE REESSENCE ADVANCED NUTRITION FOR CELULITIS AND DETOX

- Promotes healthy circulation
- Helps maintain normal fluid balance
- Strengthens and tones veins and blood vessels
- Helps clean congestion of lymph and other tissues
- 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 aerobic 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 561-471-8776 ext. 124.
A Race for Life

by Ruth Heidrich, Ph.D.

At 47 years old I was a sectional candidate and the most physically fit person I knew. I had been a dedicated runner for 14 years and suddenly—unbelievably—I was being given the worst news of my life. I had breast cancer. I felt deeply betrayed by my body. I felt emotionally crippled.

I elected surgery and had the malignant tumor removed. Unfortunately, the surgery was not enough. The cancer had metastasized and there were hot spots in my bones and a lesion on my lungs. My oncologist suggested chemotherapy and radiation, which was too much for me to conceive.

With a leap of faith, I moved to alternative health care and was introduced to Dr. John McDougall. At the time, Dr. McDougall was researching the effects of the vegan diet on breast cancer. He convinced me that exercise alone was not enough and that the cause of my disease was probably malnutrition and toxic poisoning from my food choices.

With trusting enthusiasm, I agreed to be part of the study and selected "conventional" therapy, moving forward with a vegan vegetarian diet. Even though I had believed I was eating a better diet than the average person, it later became obvious to me that my diet had been contributing to my disease.

It has now been 24 years since I conquered the cancer. At the age of 81 I am living proof of the power of a vegan diet to heal and to build a strong energetic body. Most of my time now is spent training or competing in triathlons, marathons and races of all types. I've successfully completed the "Ironman Triathlon" - a grueling back-to-back 2.4-mile rough water ocean swim, 112-mile bike ride and 26.2-mile marathon. I competed in Kona, Hawaii, New Zealand and Japan, where I still hold my age-group record. With an average of 70 races per year, I have held three age-group world records in fitness, and I am an eight-time gold medalist in the Senior Olympics. I have won over 500 first place trophies in various races, from the 100-meter dash through the Panathlon and ultra marathons.

I share my story not to glorify my athletic ability or prowess but to demonstrate that anyone can use a combination of diet, exercise and mental conditioning to stay off disease the natural way. Researchers are providing more and more evidence of the benefits of this powerful trio.

As a psychologist with a Ph.D. in Health Management, it is my passion to bring this understanding to the public. I have written three books: A Race for Life, The CHEF Cookbook and Senior Fitness: The Diet & Exercise Program for Maximum Health & Longevity. At age 71, I lecture frequently around the world and co-host a radio show on health and fitness.

Cardiovascular Disease
Animal-based foods can clog the arteries, erode tissue with high uric acid, foster inflammation in the joints (arthritis) and spark malaise and allergies. They can also create conditions leading to cardiovascular disease, heart attacks and strokes. A lack of aerobic exercise can also weaken the heart. Aerobic activity strengthens the heart and lung capacity, helping to prevent heart attacks and strokes.

A regime of proper nutrition and vigorous activity also restores the elasticity of the blood vessels.

Osteoporosis
Until recently it has been widely accepted that osteoporosis is caused by a calcium deficiency. Many physicians, dieticians and nutritionists urge women to increase their daily calcium intake to prevent this bone-degenerating disease. They may also recommend dairy foods and, regrettably, antacids and other non-digestible forms of calcium to increase bone density.

A study published in the February, 2006 New England Journal of Medicine showed that calcium supplementation had little or no effect on improving bone density. This should not come as a surprise. Countries with the highest rates of hip fractures consume the greatest amounts of dairy foods. Conversely, citizens of countries with the lowest incidence of hip fractures consume little to no dairy foods. So, one of the best places to begin practicing prevention of osteoporosis is by eliminating dairy foods from one's diet.

There are many factors that contribute to a decrease in bone density, but the two most important are excessive protein consumption and a lack of weight-bearing exercise. The typical carnivorous diet produces high quantities of acid in the body. The body is forced to neutralize this acid by draining calcium, an alkaline mineral, and other minerals from the bones. This chemical imbalance, coupled with a sedentary lifestyle, creates osteoporotic conditions, which reduce the cellular density of the hard tissue (bones).

The Immune System
Organic vegan food, especially when eaten raw, helps to produce cells that promote immunity. When the vegan diet is combined with balanced aerobic workouts, the onset of many if not all forms of disease is greatly reduced.

Diabetes (Type II)
The incidence of diabetes, especially Type II, is growing at an alarming rate, notably among the younger members of our society. There is clear evidence that Type II diabetes is completely reversible through consistent physical exercise and clean and pure food choices.

In closing, I would like to emphasize a few important points. First, exercise alone is not enough to maintain optimal health. My personal experience shows that aggressive forms of fitness can cause free radicals to develop in the body, making it vulnerable to disease. Along with exercise, adopt a clean and green vegan diet to reduce these free radicals and increase your immunity. Diet builds a healthy biochemistry that supports the healthy functioning of the organs, neurological, cardiovascular, circulatory and endocrine systems. To support these systems you also need an ongoing program of aerobic movement along with muscle and bone-building strength exercise. Lastly, let your mind focus on creating a life without limits and an endless and ongoing stream of healthy experiences.

Ruth E. Heidrich, Ph.D.
www.RuthHeidrich.com
GLOBAL LEADERSHIP SUMMIT on Raw & Living Foods

The first Global Leadership Summit on Raw and Living Foods was held on January 14, 2006 at Hippocrates Health Institute in West Palm Beach, Florida. This historic event brought together leaders from various Living and Raw Foods disciplines for the purpose of creating clear, scientifically supported and unified nutrition protocols. The summit was organized by Dr. Brian & Anna Maria Clement and Viktoria Kulivinskis.

The idea for the conference was born two years ago at the Fresh Festival Conference in Wales where audience members' reported confusion over panel members' diverse responses. It became clear that the field of Living and Raw Foods Nutrition would greatly benefit by disseminating concise, uniform and scientifically accurate information to assist the public in adopting this healthy lifestyle. Influential leaders from around the globe were invited to attend the summit. Those in attendance (listed alphabetically) were:

- Solveig Almgvist - Sweden
- Tommy Axelson - Sweden
- Fred Bisci, PhD - USA
- Tamara Campbell - Vision - USA
- Rajaa Chabani - Pharmacie L'Unite - Morocco
- Anna Maria Clement, CN, NMD, PhD - Hippocrates Health Institute - USA
- Brian Clement, CN, NMD, PhD - Hippocrates Health Institute - USA
- Brenda Cobb - Living Foods Institute - USA
- Gabriel Cousins, MD, MDMH - USA
- Carole Dougou - Institute Haute Vitalite - Switzerland
- Kare Engstrom - Dietician - Sweden
- Viktoria Kulivinskis - "Grandfather of the Living Foods Movement - USA

One of the masterminds of the gathering, Viktoria Kulivinskis M.S., was unable to attend, but was with us in spirit. Eight countries were represented: Britain, Holland, France, Switzerland, Sweden, Morocco, Portugal and the U.S.

It was a brisk and sunny day, perfect for a gathering of minds. The Clements arranged for the construction of a gigantic round table that was draped with pure white linen tablecloths. Each place setting was decorated with wheatgrass and the centerpiece was a circular display of flags for all nations represented. Tracy Hanlon Williams, L.M.H.C., psychologist and group leader, facilitated the agenda for the day. The level of maturity, openness and receptivity was evident from the outset. The group moved from issue to issue easily and effortlessly, and at evening had woven the many brilliant ideas together into a powerful, concise and fully supported statement of ideal dietary choices for health and longevity.

At the end of the day, a scientific research committee was established for the purpose of providing ongoing research in specific areas of Raw and Living Foods Nutrition. Members of the committee are: Dr. Gabriel Cousins, Jim Tibbetts, Dr. Fred Bisci, Drs. Brian and Anna Maria Clement, Kare Engstrom, Dr. Jameth Sheridan and Dr. George Malkmus. Plans were also discussed for a second annual summit in April 28, 2007.

L-R kneeling in the front: Michael Saber, Diana Stein, Tommy Axelson, Kare Engstrom, Dr. Gabriel Cousins.

Raw B: Jim Tibbetts, Tamara Campbell, Dr. Jameth Sheridan, Jill Seyrol, Marie Christine Lhermitte, Rajaa Chabani

Back Row: Tracy Hanlon Williams (Moderator), Dr. Fred Bisci, Paul Noon, Solving Almgvist, Claire Richard, Rhonda Malkmus, Carole Dougou, Dr. George Malkmus, Dr. Anna Maria Clement, Dr. Brian Clement, Dr. Walter Urban

Not pictured: Brenda Cobb

We also agree that:

- Supplementation with Vitamin B-12 is advised.
- The addition of enzyme active superfoods and whole food supplements is also advised.
- This way of eating can be further optimized by tailoring it based on individual needs (within the principles stated).
- Benefits derived by following these principles are proportional to how well they are followed.
- We will remain open-minded and this information will be updated and expanded upon, if necessary, as new research becomes available.

Diet is a critical piece of a healthy lifestyle, yet not the entire picture. A full spectrum, health supporting lifestyle is encouraged. This includes physical exercise, exposure to sunshine, as well as psychological health. Avoiding environmental toxins and toxic products is essential. Paramount is the purer water of natural fiber clothing and non-toxic healing options in home furnishing/ building materials and related items.

All leaders agree that the main objective of eating in the above mentioned fashion is to promote health, and equally to prevent and minimize disease.

Below is the statement of dietary guidelines established by the attendees of the Raw & Living Foods Leadership Conference of 2006:

INTERNATIONAL LIVING FOOD SUMMIT

Vibrant Health through Plant-Based Nutrition

This historic summit was held at the Hippocrates Health Institute in West Palm Beach Florida on January 14, 2006. The summit convened to clarify the leadership in the Living Food Movement, establishing scientifically based common standards for optimum health. Leaders from eight countries (with a combined total of 405 years following this lifestyle) agreed on the following standards (Compiled and Organized by Jameth Sheridan, N.D.):

- Vegan (no animal products of any kind, cooked or raw)
- Contains adequate complete protein from plant sources
- Whole Foods
- High in nutrition such as vitamins, antioxidants and phytonutrients
- High in minerals
- Provides excellent hydration
- Contains all essential fatty acids from naturally occurring plant sources
- No or at least 80% raw (the remaining to be Vegan, whole food, and organic)
- Has moderate, yet adequate caloric intake
- Contains only low to moderate sugar and exclusively from whole food sources (fruitarianism is strongly discouraged)
- Is nutritionally optimal for both detoxification and rebuilding
My hell began with the words: "You have an inoperable cancer, and it's your leg or your life!" My orthopedic oncologist spoke these words after falling in an attempt to surgically remove the tumor in my left knee. "I can't guarantee your survival after the amputation," he continued, "but it's a start."

Shortly thereafter, the medical team advised my husband, C.S., to contact Hospice; the prognosis was death not optimism. We were devastated, I could not believe that I could be losing both my leg and my life. After thinking through, amputation was simply unacceptable. I knew then that I had to find a better way. Still, after weighing many options, I decided to submit to an experimental hyperthermic limb perfusion (HLIP), a drastic, almost barbaric, localized chemotherapeutic procedure where 108 chemicals are forced through the vein. HLIP typically results in a perfused leg, a distal amputation, and a permanent condition, producing a harshly scarred leg with burned and thicker skin. We thought that it might hold off the amputation and delay the tumor's growth long enough to find another solution.

The procedure itself was grueling. The worst part of it, however, was that the operating oncologist removed the non-performing femoral head and the base of my thigh. C.S. was there to learn how to aid and support my healing, while enhancing and maintaining my own health. Just eleven months after my amputation, I attended the first HIPPOCRATES Health Institute and C.S. and I both emulated in the Life Change program.

I went to the HIPPOCRATES Health Institute to learn how to heal myself and be cancer-free. C.S. was there to learn how and I was there to follow the protocol taught me to care for my body and my life. I believe that the HIPPOCRATES' program is the very best way to accomplish radical positive change and create optimum health. My biggest regret is that we did not discover and try the program years ago. How much better off would I have been if I had learned how to be healthier prior to the cancer? I now understand that cancer cannot overcome a body in good health. Today, even without those lymph nodes, my wound-free immune system has cleared away almost all of the damage and constructed new healthy tissues. My leg looks good and feels almost the same as my other, and I am bunching with energy and have vibrant health. Over the years C.S. and I have become quite accomplished ballroom dancers; our life is so beautiful now. Thank you HIPPOCRATES for your decades of commitment to the study and research of optimal health; it saved my life. Through your rational guidance and support, I have found health and a future of youth within my own body. God bless you! 

Hippocrates' 2nd Annual Walk-for-Life

On Saturday, April 8th a group of energetic, athletic people met at HIPPOCRATES to walk for those less fortunate. This important event, sponsored by the Young Gold Coast of West Palm Beach, Florida, allocates 100% of its receipts to the HIPPOCRATES Scholarship Fund. The fund assists people without the economic means to attend the HIPPOCRATES' Life Change Program. Over the past year, many people reap the benefit of donations and monies collected at the 2005 Walk-for-Life. HIPPOCRATES accepts donations to this important fund throughout the year, and we encourage you to contribute as a way of helping those in need discover a new way of living. Please make your tax-deductible contributions to HIPPOCRATES Scholarship Fund and mail to: HIPPOCRATES Health Institute, 1443 Palmdale Court, West Palm Beach, FL 33411, Attn: Scholarship Fund. HIPPOCRATES is a 501 C.3 non-profit corporation. Your generosity will live on in another for a lifetime. Thank you.

Hippocrates Announces Raffle Winner & Anonymous Donation of $50,000 Makes Thermography Equipment a Reality

A rnie Welber, a HIPPOCRATES alumna and frequent visitor to the Institute, is the winner of a once-in-a-lifetime opportunity to have thermography scans at HIPPOCRATES for the next three years. In addition, HIPPOCRATES is pleased to announce an anonymous donor has contributed $50,000 in memory of her husband, for this invaluable diagnostic tool. HIPPOCRATES will place a plaque of recognition in the lounge area. Tributes are to be given at the thermography scan room upon its completion. Donations are still being accepted for the thermography room, which requires a sophisticated cooling system as well as a controlled environment to ensure accurate and accurate readings. Please mail your tax-deductible contributions to HIPPOCRATES Health Institute, 1443 Palmdale Court, West Palm Beach, FL 33411, Attn: Thermography Center Fund.

Winner of Gift Certificate Announced

Christina Elizabeth Toppino of Florida is the winner of a $500 gift certificate to the HIPPOCRATES Store. Hundreds of readers entered the raffle by returning coupons for a free subscription to HIPPOCRATES' Magazine, Healing Our World. Our lucky winner's name was drawn at HIPPOCRATES' April Walk-for-Life festivities. Congratulations Christina!
At Hippocrates we strive to promote world awareness about the importance of living foods. We believe that it is just as important to stress the importance of living fitness. But what exactly do we mean by living fitness? As living foods are foods that promote life in those who consume them, living fitness is simply movement that creates life. Living fitness is the creation of function and flow in all areas of life through physical exercise.

Our bodies reflect our precise levels of health—mentally, emotionally, physically and spiritually—in life and in relationship to our world. When we exercise, every cell in our bodies, including our brains, is activated. There are three chemical processes that occur when a cell is activated through exercise. First, the cell's temperature rises slightly, allowing it to eliminate debris, absorb nutrients and more effectively adhere to other cells (such as those comprising organs). Secondly, cell receptors sites are enhanced. When cell receptors are cleaner, they communicate with other cells more effectively, unifying and strengthening tissues throughout the body. Finally, during exercise cells collect and maintain higher oxygen levels, which promotes improved metabolism and cell function.

While most of us would not consider depriving ourselves of food for days, weeks or even months, we often deprive ourselves of exercise. Twenty percent of Americans never exercise. Obesity is rampant in Western cultures and rapidly moving up in rank as a cause of death. Yet we know that as recently as the late 19th century, 90% of the populations were farmers, living in peaceful, organic settings with few stresses. Today those active and physically invigorating occupations have given way to the sedentary and mentally stressful occupations of our post-industrial technological era.

Continued on page 56
Hippocrates Health Institute is delighted to announce the arrival of LifeGive Est-Toll®, a new and potent wholefood supplement containing naturally occurring indole 3-carbinol and 3-indolyl-3-methanol (DIM), but they are not whole-food-based, but rather chemically derived. Cruciferous plants, like cabbage, broccoli, Brussels sprouts, carrots, kale and other vegetables are inherently high in fresh, naturally occurring indole compounds. The tradition of using cabbage—a rich source of indole compounds—dates back to ancient Roman times when a highly regarded statesman who practiced traditional medicine, Caro the Elder (approx. 200 BC) recommended cabbage juice to inhibit tumor growth. Cabbage was used in ancient Greek, Egyptian, and Oriental medicine for antibiotic applications and is still used today as a traditional remedy for ulcers.

Hippocrates Health Institute's Division of Nutritional Research (HDNDR) has discovered an Asian form of cabbage (Brassica) that has a higher content of indole compounds than any other vegetable source in the world. This extract from raw organic cabbage delivers the highest standard, up to 25%, of naturally occurring and stable indole 3-carbinoic acid compounds. This product has been developed exclusively by HDNDR for Hippocrates Health Institute.

Clinical research has determined that indole compounds are beneficial for balancing overall immunity and health and that eating cruciferous vegetables is helpful in the prevention of various forms of cancer in humans. In addition, considerable preclinical evidence has shown the efficacy of certain indole compounds in the prevention and development of breast tumors in animals. This unique nutritional supplement not only reduces estrogen activity, but it also enhances mental acuity, brain function and anti-inflammation development, according to Dr. Hal Wilcox (Ph.D.), a former researcher at UCLA.

HDNDR is also investigating the role of naturally occurring indole compounds in optimizing the gland and activity health. At the Hippocrates Institute we believe that improving the health of this "master gland" has a highly beneficial effect.

Why Naturally Occurring Supplements?

Naturally occurring supplements are those that come from whole plants foods. The body recognizes and uses these supplements as a food. Not only can our bodies digest them easily, but they can also use the nutrition fully. Synthetic supplements, on the other hand, are laboratory-manufactured substances that have a similar chemical structure as their naturally occurring counterparts. While these substances "look" alike they are totally and completely void of the energetic and synergistic properties of the whole raw and living food matrix as created by nature.

Concentrating food extracts in a positively controlled, non-heated environment preserves the benefits of all the naturally occurring nutrients, enzymes, and other factors in its relationship to the food itself. When companies manufacture chemical supplements, on the other hand, they create the isolated chemical structures that may be contained in natural foods with only isolated, dead chemicals—the food itself is not utilized except to determine the structure of the food compound they are wishing to create or copy. The body knows the difference between natural and synthetic and therefore sees these artificial chemical "supplements" as toxic. Similar to how it sees pure synthetic pharmaceuticals or drugs. More than 95% of all vitamin supplements and most of the other "nutritional" supplements on the market today are made with laboratory-based, synthetic compounds which result in damage to the body, including compromised immunity.

Hippocrates Health Institute and its Division of Nutritional Research (HDNDR) are at the forefront of redefining standards in the supplement industry by establishing the use of the Naturally Occurring Standard (NOS™) certifying of food-based supplements. Supplements with NOS labeling are guaranteed to provide the highest form of full-spectrum, whole-food-derived nutrition.

Susan Tchhene's story about her son Nicholas

Nicholas' diagnosis came as a shock. He was diagnosed with brain injury of unknown origin that doctors diagnosed as cerebral palsy. Now at the age of nine and a half, he persists with the will to live a healthy and happy life of a determined adult. He is a testament to the strength of the human spirit. Early in Nicholas' life we noticed that he had incredible insights and discoveries. At the tender age of three, he told us, "Listen up, I have a tremendous purpose in life. I am here to teach God's messages." Fortunately, thanks to a literacy program, Nicholas can now share his gift to write, which is his greatest desire. While it is a painstaking and slow process for him, he composes beautiful and insightful poetry and prose about nature, peace and love and has already been invited to share at several international conferences.

Nicholas attended the 5th World Congress in Qiqing in San Francisco, sponsored by The Sunshine Foundation.

My Philosophy on Love

If people only think of themselves, this is not love. Love is the most powerful healer of all. I now see this better than ever before! I firmly believe that love bestows life into energy. It mobilizes the energy into its highest healing vibration. It is the pinnacle point for healing to come to light. Each person has the power to heal themselves inside and to know that is so...

Then we all must evolve in our own well-being, only then can true healing take place.

Then, one must accept love in every aspect of their life.

Written by Nicholas Tchhene, February 22, 2001 (4 years old)
by Raymond Francis

O ur ancestors never had a problem getting enough exercise. They hunted, fished, farmed and gathered their food, staying fit through their daily activities. Today's more sedentary lifestyles mean that to be healthy we must commit to making time for exercise. So it isn't wonderful to know that there is a way to get the physical activity we need in just a few easy minutes a day, in the comfort of our own homes, and with a minimum of effort and expense?

The daily exercise solution is called rebounding—bouncing up and down on a mini-trampoline. Rebounding is surprisingly easy, safe, effective and, most of all, a lot of fun! Rebounding tones, conditions, strengthens and heals the entire body in less time than many other forms of exercise. And the good news is that anyone of any size, shape, age or physical condition can rebound.

Why is rebounding so good for you?
Rebounding exercises every one of our body's more than 70 million cells at once, from blood cells to cells in our skin, organs, muscles and bones. This concentrated exercise uses movement and the force of gravity to squeeze and stretch the cells, while elevating oxygen levels, supplying essential nutrients and eliminating toxins. Visualize for a moment a balloon filled with water. Hold the balloon by its knot and observe low gravity pulls on the water, slightly stretching the balloon. Now pull the balloon rapidly up and down and observe how the extra gravitational force causes the balloon to significantly stretch and distort. This is what happens to your cells during rebounding.

According to research presented at an American Throstic Society meeting, stretching and exercising cells profoundly affects their health and performance. Both blood circulation and lymphatic drainage are vastly improved. This enhances the activity of your immune system, your first line of defense against any disease. Your entire body becomes stronger, more flexible and resilient.

The benefits of rebounding
Here are some of the many physical benefits of rebounding:
- Burns fat and facilitates weight loss
- Eliminates toxins
- Strengthens bones and joints
- Enhances immunity

Facilitates healing
- Improves sagging skin
- Strengthens and builds muscle
- Relieves back problems
- Lowers blood pressure
- Improves vision and hearing
- Decreases appetite and improves digestion
- Enhances brain function
- Eliminates tiredness

Most members of the 1984 U.S. Olympic team trained on rebounders.

The exercise for the modern world

Today it is widely known that nutritional deficiency is a major cause of physical and emotional disease. Biologists agree that the organ, nerve, glandular, circulatory, reproductive and respiratory systems are strengthened when the body's trillions of cells are fully nourished. But how do we measure how well the body's cells are nourished?

For years scientists and health professionals have sought to develop a reliable way of measuring an individual's overall level of nutritional wellness, and to isolate and refine a way of determining if essential nutrients exist in individual human cells. Over 20 years ago Dr. William Shive of the University of Texas set out to explore a viable way of detecting levels of specific vital nutrients in the human body. Dr. Shive's groundbreaking work was funded by Clayton Medical Research Foundation and the University of Texas. Since Dr. Shive's death, other scientists at the University of Texas have been building upon his original research. In the early 1990's they found a way to determine the essential nutrients in individual human cells, and a revolutionary diagnosis and potential treatment of disease – Functional Intracellular Analysis – was born.

This innovative technology was patented by Spectrell Laboratories, an accredited clinical facility in Houston, Texas specializing in patented, functional and intracellular testing. This testing exposes the potential and root causes of many diseases linked to nutritional imbalances. These include: arthritis, Parkinson’s, Alzheimer’s disease, behavioral disorders, cancer, cardiovascular diseases, chronic fatigue syndrome, muscular degeneration, diabetes, immune system disorders, multiple sclerosis, stroke and osteoporosis.

Unlike traditional serum testing, the Functional Intracellular Analysis™ tests for a broad variety of micronutrients contained within the white blood cells. The Functional Intracellular Analysis™ test provides a true picture of the present state of a body's intracellular function as well as an analysis of vitamins, minerals, amino acids and antioxidants. This cellular testing is also used for a homoeopathic profile, which shows lipid and protein levels as they relate to cardiovascular disease.

For five decades, Hippocrates has searched for a definitive and comprehensive method to revealing nutrient activity within a body's system. After confirming the validity of this ground-breaking science, each person on the medical team at Hippocrates submitted to a Functional Intracellular Analysis™ evaluation in order to confidently launch a new opportunity for our guests at the Institute. We now have the means to gather critical information from the most effective and relevant diagnostic tools used today: medical blood profile, dark field analysis and the optional Functional Intracellular Analysis.

Scientific research supports the validity of the role that essential nutrients play in achieving and maintaining good health. In the future, nutrition will become increasingly important in the prevention and eradication of disease. The information provided by this new technology, which exposes nutrient levels and specific nutrient deficiencies, has the potential to help people arrest disease and slow their aging process. Hippocrates' new relationship with Spectrell Laboratories now offers a rare opportunity to understand and take action on our own nutrient deficiencies in order to enhance our overall immunity.

Results from a Functional Intracellular Analysis™ take fifteen days. If you would like to participate in this exciting new service while attending the Life Change Program at Hippocrates, please inform our medical team immediately upon arrival. This will allow us time to tailor a specific nutritional program that powerfully addresses your health needs prior to your departure.
REAL STRENGTH MUSCLE BY VEGGIES

HIPPOCRATES: When did you become a vegan and what inspired your decision to become a bodybuilder?
ROBERT: I became a vegan when I was sixteen after attending an Animal Rights Week at my high school. The only reason I attended was to support my sister, who had organized the event. As I listened to the speakers, watched videos and read the literature, I realized that my life had changed and that I would never be the same. In my senior year of high school, I was one who planned the Animal Rights Week.

HIPPOCRATES: As far as bodybuilding, I started training seriously at the age of twenty and entered my first competition at 21. When I was younger, I was frequently the smallest guy in my class and I wanted to be bigger and stronger. I had dreams of becoming a professional wrestler but I didn’t have much success in strength-related sports at that age. What changed when I became vegan?
HIPPOCRATES: How did you eat prior to becoming vegan? And how do you eat now?
ROBERT: I was a big meat-eater. Bacon was my favorite food. I consumed meat daily—usually hot food, like meatballs and sandwiches and chicken. Now, I eat predominantly raw vegan foods.
HIPPOCRATES: Were you an athlete prior to becoming a vegan?
ROBERT: I always liked sports, especially wrestling and running, and I was on the high school basketball team, even though I was small. I weighed 105 pounds as a freshman and was quite lanky. I was so weak at that time that I usually got bounced around by the other guys. When I became a vegan, I weighed 120 pounds. In just six years on a pure vegan diet, I weighed 193 pounds. Instead of the one being bounced around, I was someone to be reckoned with.

HIPPOCRATES: Aside from your size, what other contrasts did you notice once you were on the vegan and raw diet?
ROBERT: After becoming a vegan, I became more productive in every area of life. As an athlete, I experienced a tremendous increase in energy and enthusiasm. Among his accomplishments are a first place win for Overall Men’s Novice in the 2005 INRA(International Natural Bodybuilding Association) North Western USA Natural Bodybuilding Championship, and a second place at the World Natural Bodybuilding Championships. A native of Oregon, Cheek is an exemplary athlete who inspires everyone with his ability to bench press 265 pounds and leg press 725 pounds. His “steroid” is commitment, his strength is real and his fuel is naturally grown in the soil of our earth.

Twenty-six year old Robert Cheek is becoming one of the most well known vegan-vegetarian athletes in America today. This 5’11” sales rep for Sequel Naturals has transformed himself from a 105-pound weakling to a 195-pound Adonis and accomplished remarkable feats in the world of bodybuilding. A clear thinking, handsome man, Cheek is on a personal and planetary mission to dispel the notion that animal foods, especially meat, are necessary for building muscle.

HIPPOCRATES: What would you like to tell everyone about their bodies, their diet and the importance of exercise?
ROBERT: I like the words of a friend of mine: “This is not a discount body? Is there anything better to spend your time and money on than your own wellbeing? Your health is not the place to cut corners, discount or compromise, don’t cheat yourself out of organic raw food. Many people choose cheaper and more convenient foods, without realizing that it’s costing them both in the short and long run. Health must be your first priority and there is no room for moderation. Also, I want people to know that they can build muscle as a vegan. When I was smaller, many people told me that I needed meat to get bigger and that I should not become a vegan until I gained weight. I am just one of a growing number of athletes who have proven them wrong, and your readers can too. As more of us accomplish this, we will break the stereotype that vegans are weak and skinny. I truly believe that we are much stronger and certainly more intelligent than the general population who are consuming commercial foods. When you embrace the diet that your body was designed to consume, your health and energy as well as that of the planet are greatly improved.

HIPPOCRATES: What are your current pursuits?
ROBERT: I have a couple of shows in which I will compete this spring, and I was recently featured in the 2006 March/April issue of Veg News Magazine as the number one American Vegetarian Bachelor. Also, I just produced a movie, Vegan Fitness: Built Naturally. The movie took 15 months to create and is full of critical

Continued on page 80
The Oasis Therapy Center, located in West Palm Beach, Florida, is as unique as your needs, offering you some of the most progressive technologies and therapies available today. It’s a place not only to relax and rejuvenate, but also to improve your health and well-being at the most fundamental levels... it’s a place where happiness meets health.
KHALSA CHILDCARE
STARTING THEM OUT RIGHT

by Amar Kaur Fuller

Growing up in New York City didn’t prevent me from connecting to Mother Earth, plant life and nutritious foods. When we were five years old, my friends and I picked the weeds that grew in between the cracks of the sidewalk and prepared them in a loving and nurturing way for our dolls. We gathered the flowers in one bowl, chopped the stems into another and mixed water with the roots.

In my early creative play and in my artwork, I could see at that young age what my later life would be like. In kindergarten I drew and painted pictures of my home. There were gardens all around and lots of children inside. Over time these early visions have manifested into my current reality. Now at age fifty-three, I am the director and owner of Khalsa Childcare in Leverett, Massachusetts which provides day care for children ages two to five. "Khalsa" means "pure one."

Khalsa Childcare has a spiritual foundation. Like the nature of life and the children that we serve, our children’s center is always evolving and growing. We are a blending of the experiences, influences and inspirations that I have been blessed to receive throughout my life. From the spiritual path we learn to maintain a healthy and clean body, mind and soul by taking care of ourselves through yoga meditation, proper eating and positive thinking. From the Waldorf system of education, based on the teachings of Rudolf Steiner, we learn to flow with the breath of life, inhaling and exhaling with the coming and going of its many tides. From Hippocrates Health Institute, we learn that living foods promote optimum health and inspire us to nurture our planet.

I first met Dr. Brian Clement and Ann Wigmore in the 1970’s at Hippocrates Health Institute in Boston. I was so deeply inspired by their teachings that I adopted the living foods lifestyle and brought it home to my family. Each day at Khalsa Childcare we produce a vast array of sprouts, fresh green drinks, sauerkraut and dehydrated foods. It takes organization and cooperation, and each person plays a role. My husband is the main grocery buyer. To supplement the produce from our own organic garden, we buy cases of organic produce from local organic farms and orchards. My two assistants make wheatgrass juice, green drinks and a green salad, and I make the dressings, snacks and lunches. The children love to help. They soak and sprout the seeds, and then plant them in the soil on sprouting trays. They pound the cabbage in the bucket for sauerkraut and even hull the buckwheat and sunflower greens for our salads. It’s fun to work together and to share the beauty and excitement of our work.

Parents often ask for recipes for dishes we prepare. We are finishing two projects which celebrate our dining ritual—a CD compilation of our favorite songs and blessings, and a recipe book—Amar’s Live Food Recipes—featuring illustrations by the children and our “Very Berry Birthday Layer Cake.” So yummy!

At Khalsa’s parent conferences we address the child’s personal and social development and discuss diet in relation to behavior and health. We have a lending library of books, audiocassette tapes and DVDs and we provide group and one-on-one food preparation instruction. Our newsletter features a regular recipe corner and health tips geared toward the living foods lifestyle.

In addition to responsible self-care, we also promote responsibility in eating for our group and our planet. Each day when a child comes through our door he or she becomes part of a larger family. Throughout the day we encourage an awareness of this family and an excellence in our interactions within it, from our speaking and eating, to our recreation. We strive to empower the children to take responsibility within the group in a peaceful and confident way. They learn to speak, listen and work together. In all of our activities we talk about carefulness and appreciation for our earth through the materials we use and the ways in which we use them. As recycling keeps our rivers and streams unpolluted and the animal and plant life alive, eating living foods keeps our blood streams clean and continually oxygenated, helping us to feel and look our best.

At Khalsa Childcare, we are always open to insights, support and information to further our mission. The definition of success as Ralph Waldo Emerson expresses it rings true in our hearts: “To leave the world a bit better, whether by a healthy child, a garden patch or a redemptive social condition: to know even one life has breathed easier because you have lived. This is to have succeeded.” At Khalsa Childcare it is indeed our joyous mission to succeed...one healthy child at a time.

Amar Kaur Fuller can be reached at amar Fuller@hotmail.com
Hippocrates Sponsors
Extraordinary
Landmark Music Event

Hippocrates Health Institute and world-renowned master instrument maker and Hippocrates alumni, Nikolai Tambovsky, co-sponsored a unique classical music concert on March 9th as a benefit for a local West Palm Beach school's music program. The concerts, attended by many Hippocrates guests and alumni, featured leading musicians and professors from some of America's most prestigious music schools: Eastman School of Music, in Rochester, N.Y., Boston University and Florida's own Palm Beach Atlantic University.

This extraordinary concert marked a rare and perhaps never before experienced event in which the musicians performed on instruments carved from the very same tree. The four instruments of the quartet (Cello, Violin, 1st and 2nd Violino) were specially designed and hand-crafted by Nikolai over a two-year period. The ensemble created an unparalleled complement of sound, resonance and communication that was deeply touching to both the heart and mind.

Nikolai and his wife Ilyana and their children are Hippocrates' alumni. A year ago they moved their violin, viola and cells-making shop to Palm Beach County from Kansas City. Now they sponsor a program that provides violins to young students at West Palm Beach's Pueblocana Day School. Nikolai is internationally known for his artistry and ear in handcrafting some of the world's finest stringed instruments. These musical jewels are played by consummate performing artists all over the world.

He and his family are genuinely positive people who love life, sharing their music to enrich the lives of all. Hippocrates wishes to thank the Tambovsky family for their contributions and for truly making the world a more harmonious and beautiful place. More information on the Nikolai Tambovsky can be found at www.nikolaitambovsky.com.

You're Invited...
3 ways to get to know us at Hippocrates

Free Tours of Hippocrates
When:
Thursday 12:30 pm
Sunday 4:30 pm

Free Save Your Life Seminars
When:
Last Thursday of each month
5:30 pm

Raw Cuisine and Wheatgrass/Sprout Growing Class
When:
Saturday, June 3
Saturday, July 10
10:00 am - 4:30 pm

You are invited to our tropical paradise for a free tour of our 40-acre facility. Come and see what we do at Hippocrates and learn about our programs firsthand from a Hippocrates staff member. Lunch and dinner are available for $20 per person. Reservations are required for meals.

Learn how to make delicious living and raw food cuisine with Executive Chef Ken Blue and Master Grower Michael Bergantini. Grow wheatgrass and sprouts as easily as the pros do it. $45 in advance, $65 at the door. Reservations required.

Call 561.471.8876 for information and reservations.
We have been healing our world for 50 years...
1 person at a time
Presenting Pilates

By Heli Del Santo

Pilates is a unique method of exercise which uses controlled physical movements to strengthen, lengthen and balance the body and mind. Pilates is named after its creator Joseph H. Pilates, born in Germany in 1880. Joseph studied Eastern and Western philosophies and was passionate about physical fitness as a means of transforming the body and promoting its overall health. He drew upon his extensive education to develop what is now one of the world's most popular modern fitness programs.

After immigrating to the U.S. in 1926, Joseph set up his first Pilates studio in New York City. At first his new fitness regime was the secret of dancers and performers, but by the late 1920s he had gained in popularity with people from all walks of life. Pilates has become invaluable for creating the "Hollywood body", as well as for professional sports training and physical rehabilitation.

Pilates is practiced either on a mat or on a Pilates apparatus—a unique wooden structure with springs, straps, and pulleys. This apparatus challenges and supports the body as it progresses through sequences of movements. What makes Pilates unique is its use of both concentric (shortened) contractions and eccentric (lengthened) contractions. Using both contractions through a full range of motion provides a complete balance of development.

Pilates strengthens not only the superficial "visible" muscles but also the deeper internal ones. The strengthening of our deeper internal muscles is extremely important because they are the foundation of the muscular structure that supports and strengthens our skeletal frame. Because they are attached to the bone, these deep muscles are also responsible for bone density. Exercising these deep muscles stimulates the production of osteoblast cells that build strong bones. Combining Pilates exercise with optimal nutrition can protect the body from the risk of osteoporosis.

Creating a fit body can only be achieved by consistent focus and effort. It's said that with ten sessions of Pilates you will feel a difference, after twenty sessions you will see a difference and after thirty sessions you will have a new body. This may be possible only if you have all the Pilates principles at work throughout each movement. As Joseph said, "It is the mind itself that builds the body."

There are several key principles to achieve success with Pilates: work, whether practiced on the mat or equipment.

Breath: The importance of correct breathing cannot be overstated. It is the key coordinator for both muscular and mental perfection. The benefits with Pilates exercise are obtained with proper coordination through deep inhalation and complete exhalation.

Cure: Working from the center of our being both mentally and physically creates power. Joseph appropriately named this. Continued on page 60

Membership has its Advantages

Become a HIPPOCRATES ADVANTAGE CLUB MEMBER and receive: 10% OFF store purchases and special discounts on other products

2 Ways to Join...

Lifetime Membership $95 USA / $125 International
Includes a FREE copy of Living Foods for Optimum Health by Brian Clement, Ph.D., N.M.D.

Annual Membership $35/$25 annual renewal
International add $5
Includes a FREE copy of Hippocrates Health Program by Brian Clement, Ph.D., N.M.D.

Call 561.471.8876 today or visit www.hippocratesinstitute.org for more details.

Flying Free

By Brianna Grigsby

When I heard that Hippocrates was bringing professional trapeze artists to the campus in January and February of this year, I jumped at the chance to try it! But what I thought would be a fun once-in-a-lifetime experience turned into a passion. After my initial lesson, the only thing on my mind was when could I fly again?

The trapeze was a thrilling physical challenge, but it also pushed me to overcome fears and it boosted my self-confidence. I remember the knot in my stomach when I first leaped out over the edge of the platform. It was so scary. In just a few seconds I would be jumping into thin air and trusting that someone would catch me on the other side. I thought, "Am I crazy?"

The fear was there at first, but second and then the third time I learned out over the platform, but the moment I was in the air, I felt as free as a bird. With each jump I developed more trust in my instructors and myself. I felt incredible energy, happiness and exhilaration. Fear gave way to a great sense of personal pride and accomplishment. I felt a renewed vitality—physically, mentally and psychologically. Today, thanks to Hippocrates and the Trapeze Experience, I'm flying at new heights.

Brianna Grigsby
HiWire technician

Hippocrates Launching Full-Time Exercise Program May 1!

Our dream of having a fulltime exercise program at Hippocrates is finally coming to fruition. Many guests and alumni have been requesting more physical activity throughout the day at the Institute, since exercise is so vital to a healthy lifestyle. Now we're pleased to announce that Yvonne Pratt, Hippocrates' long-time fitness instructor, will be serving as Hippocrates' full-time personal trainer/exercise program coordinator. Yvonne is truly passionate about exercise and teaching. Having her in this position provides guests with the opportunity for one-on-one personal fitness or private Pilates sessions—and more exercise classes each day.

Yvonne plans to conduct daily morning weekday walks, along with more pool exercise classes and aerobics classes. She will also direct more challenging classes in strength training and other areas of fitness for guests who are already physically fit. We are delighted to offer you more opportunities to get and stay fit as part of the Hippocrates experience.
Healthy Adventure Travel

by Nancy Lyon

There are some pretty tall travelers' tales about the gargantuan banquets served aboard megayacht cruise ships, otherwise known as "Binge Boats." Midnight pizza pigouts and gala Mexican buffets at 1:30 a.m., ice cream eating contests for kids, chocolate buffets with chocolate pizza and even chocolate sushi (do they even do that?!) And to repent, if you so wish, these humongous, 855-foot, ten-decked, 70,367-ton, 2,600 passenger and 1,000 crew member "fun ship cruises" which can feel like Las Vegas and the Starship Enterprise all rolled into one, offer pre-breakfast Cardio-shock and Pumpamorobics classes.

Although the scenery is beautiful - blue ocean, palm trees, white sandy beaches - it seems that what people talk about most after a cruise is what they ate. Either because they gained 50 pounds or it made them sick. Or because it was totally, totally awesome.

Passengers onboard Healthy Adventures' recent maiden voyage in the beautiful Caribbean - many of whom actually lost weight during the cruise - can't stop talking about the exquisite vegan and raw cuisine of world-renowned chef celebrity Chad Starno, Executive Chef for Healthy Adventure, Inc. Months after the trip, the five-star sunsets pale beside memories of Crostini with lavender plum jam, caramelized shallot and pine nut Parmesan. White truffle Alfredo with linguini of courgette and coconut, shaved peppers and aged Balsamic; stuffed piquillo peppers with tofo, Capri ricotta, micro cress and toasted pumpkin seeds - "And - yumminess like New England apple spice cake with cashew cream cheese, citrus confetti and berry coulis."

Yes, but where was this enticing cuisine being served? Did anybody notice? It was in the Virgin Islands (known as "The VI.'s"), the Caribbean archipelago of 40 islands, islets and cays, secluded far, far away from the rigors of day-to-day life.

Executive Chef Chad Starno, held the passengers aboard the three-decker, 102-passenger Nantucket Clipper so enthralled with his lavish buffets and sit-down dinners that many of them, including the non-vegetarians, swore they wouldn't eat onshore. But venture onshore they did. In between the healthy feasting complemented by freshly squeezed juices and organic teas, there were chances to explore both the U.S. and British Virgin Islands while learning about its history and indigenous flora, fauna and Arawak and Carib peoples.

There was hiking amidst the ficus and elephant ears vines on Sage Mountain National Park in Tortola and Gorda Peak on Virgin Gorda. Snorkeling off Peter Island was a favorite of many, as were the saltwater labyrinths of The Baths' magnificent 40-foot high granite boulders at Spring Bay on Virgin Gorda.

There were visits to an old rum mill in Cane Garden Bay in Tortola and a rumed sugar plantation, and browsing and antiquing in St. Thomas, St. John and among the 18th century Dutch streets in Road Town, Tortola.

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The Story of Rainfall Therapy...

Mary Jones did what any conscientious and caring mother would do: After months of unsuccessful hospital treatments for her three-year-old daughter Lily’s chronic hip pain and high fevers, she sought an alternative solution. She had to do something to help her daughter out of the pain. Jones, a former defense engineer with a bachelor’s degree in physics and a masters in engineering, enrolled in a healing arts class and learned massage and aromatherapy. She proceeded to combine her skills and education in engineering with her newly discovered knowledge of holistic therapies and created the Hydro Aromadrome — the birthplace of Rainfall Therapy. Mary began using the Hydro Aromadrome on Lily and discovered that she experienced relief from her intense pain as well as profound relaxation. Now, as a young adult, Lily is free from the pain that dominated her childhood and is a national aerobics and fitness competitor and champion. She attributes her success in the physical arts to the healing she has been receiving since childhood.

Welcome to the rainforest...and how Mother Nature intended us to feel—welcome to Rainfall Therapy.

Rainfall Therapy is a combination of four incredibly healing therapies: hydrotherapy, oxygen therapy, aromatherapy and touch therapy, in one treatment.

Hydrotherapy - A traditional method of using water in the treatment of disease to stimulate the immune system, reduce the production of stress hormones, invigorate circulation, encourage blood flow and lessen sensitivity to pain. We use warm water to quiet and soothe the body, and relax the activity of internal organs.

Oxygen therapy - Oxygen is pumped into the Hydro Aromadrome. Oxygen therapy not only detoxifies the body, but increases oxygenation of the tissues and cells which improves nutrient delivery within the body and increases overall immunity.

Aromatherapy - Aromatherapy uses naturally extracted aromatic essences from plants (plant oils, including essential oils) to balance, harmonize and promote the health of body, mind and spirit. It is an art and science which seeks to explore the physiological, psychological and spiritual realm of the individual’s response to aromatic scents as well as to observe and enhance the individual’s innate healing process.

Touch therapy - The benefits of massage are vast. It has been proven to reduce pain and anxiety, slow respiratory rates and lower blood pressure while increasing overall immunity. Massage also has been shown to relieve depression, increase range of motion, relaxation and overall physical, mental and emotional well-being.

Over the course of your treatment you will be transported to a place of profound relaxation and peace. These are just some of the many positive benefits that you can experience during Rainfall Therapy:
- Deep relaxation and calmness
- A quiet and peaceful mind
- Reconnection and centering
- Reprogramming and restimulation
- Relief from pain and anxiety
- Relief from symptoms of illness and disease

Here’s what some of our guests have said about Rainfall Therapy:

“I thought I was dreaming, but my silky-smooth skin and my body’s renewed vitality following the therapy is proof that it was not a dream.”
- Jenci T., Istanbul, Turkey

“What an exhilarating experience! I felt like thousands of water jets were pampering me all at once.”
- Antony C., LMHC, Jupiter, Florida

“I felt like a small child being nurtured and pampered into a sense of euphoria; it was absolutely divine.”
- Vincent F., RMT, CSP, Boca Raton, Florida

Rainfall Therapy is available exclusively at the Oasis Therapy Center at Hippocrates Health Institute

Call (561) 471-5867 for your appointment today

Hippocrates Health Institute
1443 Palmetto Court
West Palm Beach, FL 33411
www.hippocratesinstitute.org
Qigong: An Exercise for Health, Vitality and Well-Being

by Michael E. Hamilton

My first exposure to the martial arts was in 1965 at an art base in upstate New York. I watched a group of young men kicking, blocking, jumping and punching and shooting, moving in a choreographed form with precision, grace and power. I was fascinated.

Four years later in South Korea, while in the military, I experienced a combination of Karate and meditation firsthand. After returning to the U.S., I fervently embraced the vast world of Asian martial arts with its many systems, styles, forms and various historical and geographical backdrops. Like most martial artists, I began my studies in the more aggressive fighting styles. One day, though, this question arose from within: “If I strike my enemy and put him to his knees, should I not then also be able to pick him up and give him the strength he needs?” My interest in the healing aspects of the martial arts was born.

Shortly thereafter, I lived in China with Grand Master Iokun Chung Li. This affable and skilled teacher introduced me to the internal healing arts of China, namely Tai Chi Chuan (commonly called Tai Chi), meditation, acupuncture and Qigong. Qigong is an essential component of Traditional Chinese Medicine (TCM) and is considered both an exercise and therapy. Qigong has evolved with other components of Traditional Chinese Medicine such as acupuncture, body manipulation, herbology, nutrition, and meditation.

Exercise is inherent to the Chinese culture. Qigong has a recorded history of 3000 years even though archeologists have found evidence of similar exercises dating back 5000 years. The word Qigong (also written Chi Kung and pronounced “chee kung”) combines the word “Qi,” which can be translated as life source, life force, vital breaths or vital energy, and “gong” which means "effort or law", the art of cultivating and mastering and using discipline and practice. Qigong therefore is a powerful healing art that combines breathing techniques, meditation, and movement to cleanse and strengthen the body and to stimulate and circulate its vital energy.

There are numerous styles and forms of Qigong. Some are for general health and maintenance and well being, while others are therapeutic and relate to specific health problems. Qigong incorporates both assertive and gentle movements combined with standing postures. The practice of Qigong increases stamina and strength and leads to better overall health. It calms a more peaceful and focused mind. Qigong is suitable and beneficial for people of all ages and physical types, even those with disabilities or health conditions. It can be practiced standing, sitting, walking and even while lying down. Traditional Chinese Medicine focuses on supporting and nurturing the energy systems of the body. These energy systems have pathways called meridians that are similar to electrical circuits that course through the body. Within the meridians there is a flow of “life force” or “Qi,” which harmonizes and stabilizes all systems, balances the function of organs, glands and all cells of the body. Where Qi flows freely life force is abundant and the body is well; where Qi is blocked, life force is blocked and the body is in a state of disease. Qigong stimulates the free flow of this life force within the body through gentle exercises that both heal and prevent disease. Through the process of “mindfulness” Qigong teaches us how to manage our response to stress and keep us balanced and centered.

Mindfulness is the process of bringing full attention to the present moment. In Qigong, the mind becomes quiet by focusing on breath, movement and posture. With consistent practice, one can learn to regulate any body function, from blood pressure to respiratory rate and even metabolism.

The numerous health benefits of Qigong have been documented and confirmed in countless research studies. Qigong is effective in ameliorating conditions ranging from chronic pain, diabetes, and hypertension to constipation, insomnia, depression and asthma. Qigong enhances brain function and immunity and is remarkably effective for the health of the cardiovascular and circulatory systems.

Qigong is effective in ameliorating conditions ranging from chronic pain, diabetes, and hypertension to constipation, insomnia, depression and asthma.

At Hippocrates we practice Restoring Dragon Awakens Mind Qigong six days a week. Created in Thailand in 2000, this style of Qigong is a synthesis of Tai Chi Chuan, meditation and various forms of Qigong. Restoring Dragon Awakens Mind Qigong enhances mental awareness and breathing capacity and realigns and strengthens physical posture. It is a simple but comprehensive form of Qigong. Beginner to advanced students move through the forms slowly with calm concentration, ease and fluidity.

Restoring Dragon exercises all of the body’s organs, muscles, tendons, ligaments and joints. It specifically benefits the respiratory, circulatory, lymphatic and nervous systems. It is also helpful for rejuvenating bone tissues as well as bone marrow. Restoring Dragon simultaneously awakens the body, quiets the mind and elevates the spirit, creating both health and vitality. We look forward to seeing you in our Restoring Dragon Awakens Mind Qigong class during your next visit to Hippocrates.

Michael E. Hamilton, Ph.D.,
Doctor of Oriental Medicine and
Physician of Acupuncture, has been a practitioner of the Internal Arts of Oriental Medicine for more than 35 years. He is an internationally recognized teacher and practitioner, combining the arts of Tai Chi Chuan, Qigong, martial arts, meditation, herbalism and acupuncture for internal harmony, integration and balance. He lectures and offers treatments at Hippocrates Health Institute.
IT'S A GREAT TIME OF THE YEAR TO CATCH UP ON YOUR READING.
HERE ARE SOME BOOKS THAT ARE GOOD FOR THE MIND, BODY AND SOUL!*

**Exercise: Creating Your Person**
Brian Clement, Ph.D., N.M.D. $7.95

**Hippocrates Health Program**
Brian Clement, Ph.D., N.M.D. $7.95

**Relationships: Voyages Through Life**
Brian & Anna Maria Clement $7.95

**The Wheatgrass Book**
Anna Maria Clement $9.95

**Cell Food**
Dr. David S. Dyer $4.95

**Enzyme Nutrition**
Dr. Edward T. Powell $11.95

**Blade of Wheat Grass**
Leonard Mandell $12.95

**Eating**
The RAVE Diet $12

**The Sprouting Book**
Anna Maria Clement $9.95

**Spirituality in Healing and Life**
Brian Clement, Ph.D., N.M.D. $7.95

**A Family's Guide to Health & Healing**
Anna Maria Clement, Ph.D., N.M.D. $13.95

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The Bates Method for Better Eyesight Without Glasses 112.00

**China Study**
Dr. T. Colin Campbell $24.95

**Living Foods For Optimum Health**
Brian Clement, Ph.D., N.M.D. $18.95

**William H. Bates, M.D.**
The Bates Method for Better Eyesight Without Glasses $11.95

**Heathful Cuisine**
Anna Maria Clement, Ph.D., N.M.D. and Emily Sadovsky Call for price

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TO ORDER TODAY!*
by Yvonne Pratt

Sooner or later we all contemplate what we want out of life. In early adulthood we generally focus on material or spiritual aspirations yet to come, aided by forces of nature. We are guided back to the most fundamental level, the physical one.

Whatever our aspirations, cultivating the health of our body is vital for fulfilling our greatest ambitions. Just as important as nourishing and feeding the body with pure food and water is a program of consistent exercise, movement and strengthening. With a lifelong commitment to physical fitness and aerobic exercise, including all of its three primary components—anaerobic or increased circulation, resistance exercise for building muscle and stretching for flexibility—we can attain optimum health.

Exercise for Life

A program of ongoing physical exercise offers us several benefits. The most obvious one is to increase our fitness level, but let's face it, many of us do it to feel good. When we commit to a complete fitness program, there's no doubt that we develop a more attractive body. Regular exercise will also make you feel more alive, positive, capable, vigorous and strong. Our directors at Hippocrates, Drs. Anna Maria and Brian Clement, believe that at least half of all people suffering from depression can alleviate it through physical fitness.

Ask yourself now: What do I want to be doing when I'm 85? If the answer is playing in a tennis league, traveling the world or running on the beach with your grandparents, then you need to begin now. At Hippocrates Health Institute, we believe that the key ingredient for success is focus—focusing on finding the best and most appropriate workout for your personality, your physical makeup, and your true constraints, preferences and fulfillments. When we DO WHAT WE LOVE, WE FOLLOW THROUGH! Let's get started. As a personal trainer I am often asked, "What's the best exercise for me?" My answer is nearly always the same: "That depends on what you want to enjoy doing!" It's easy to assume that fitness experts who sell their own programs and equipment are the best resource for your personal fitness plan. Unfortunately this is not the case. Every person has different requirements. I suggest that you begin exploring different types of exercises so you can discover the ones you like best.

Video are one of the best ways to sample types of exercise. There are hundreds of exercise videos to choose from and many are available at your local library or video store. Consult your yellow pages for yoga, Pilates and dance studios and fitness clubs, many offer free introductory classes. Most community colleges also offer fitness classes through their adult education programs. When investigating any studio or fitness club, join for a trial period to see if it's right for you. We recommend that you investigate at least three different places before making your final decision.

Some people enjoy a variety of exercise classes, combining yoga, Pilates, weight training and aerobics. Others choose walking for cardiovascular exercise and buy a set of weights for resistance training at home.

If you live near hiking or biking trails, ski resorts or any outlets for outdoor recreation, take advantage. There is nothing like exercising in the fresh air with Mother Nature.

Running is one of the most common aerobic exercises. While it is often hailed as the best, it can ultimately be destructive to your knees, joints, hips and skeletal structure. Additionally, plastic surgeons have had to repair the sagging skin created by repeated jolting or hard surfaces. Speed walking is a better alternative and imparts the same benefits of jogging without many of the negative effects of running. With us at Hippocrates also highly recommend swimming, as it is the best way of receiving aerobic benefits without stressing the joints.

Over the last four decades, Dr. Kenneth Cooper, the father of aerobics and the founder of Cooper Aerobics Center in Dallas, Texas has researched the importance and effects of physical fitness. We suggest using his recommendation, supported by many other experts, of aerobic exercise for thirty minutes at least five days a week. Additionally, weight train for a minimum of sixty to ninety minutes at least three times a week and stretch for a minimum of 20 minutes of both aerobic and weight training sessions.

The most important thing is to design a program that you feel will work for you and fit in for a month. If it doesn't work, modify it. Eventually you will find an exercise program that feels right for you. Remember, in life, variety is the spice of life and better than the same old routine.

A fee of the benefits that you can expect from exercising are:
• More energy and stamina
• Greater physical strength
• Increased bone density
• Improved posture
• Increased self-esteem
• More ease and grace in moving through life

One of the most important benefits of being fit is that you have more opportunities to experience life. When you are fit, you can easily say "yes" when asked to go hiking or on a canoe trip, and "yes" to a horseback ride or a ski trip. As surprising as it may sound, you can increase your strength, bone density, flexibility or endurance at any age. Now that you know this, spring into action!

Yvonne Pratt is a certified personal trainer and a dedicated Hippocrates employee for 17 years. She teaches water exercise and fitness classes each morning and is available to guests for personal one-on-one fitness training. She is currently working on her Pilates certification.

Small Steps Work

While it is sometimes difficult establishing healthy habits replacing old, unhealthy behaviors with new, healthy ones can be accomplished one step at a time. The best way to change any habit is to do it in small steps, according to Paul B. Jacobson, Ph.D., an internationally recognized researcher in the area of behavioral psychology and leader of Moffitt Cancer Center's psychosocial and palliative care program. A person can go through up to five stages of predictable behavior when trying to replace an unhealthy habit with a healthy one (see it last for six months or more). Let's use healthier eating habits as an example:

1. Pre-contemplation: You have no intention to change your eating habits in the foreseeable future. Many people in this stage are unaware of their unhealthy lifestyles.

2. Contemplation: You are aware that you are eating poorly and are seriously thinking about tackling this problem, but you have not made a commitment to take action.

3. Preparatory: You have successfully attempted to eat better and live a healthier lifestyle in the last year. You are interested in losing weight again in the next month.

4. Action: You modify your eating and exercise patterns and change your surroundings (such as getting rid of the candy jar on your desk at work).

5. Maintenance: You exercise for 20 minutes daily and eat well-balanced meals for at least six months.

(Source: H. Lee Moffitt Cancer Center & Research Institute, Tampa, FL)
Lakehead Says No Way to Wireless

University cites both health and security concerns for not installing the popular technology.

by Martin Mittelsaadt

The students and professors at Lakehead University in Thunder Bay, Ont., won't have wireless Internet access for their computers any time soon. The institution, citing both health concerns and security reasons, has decided against installing the popular technology. Lakehead is believed to be the only major educational institution in Canada to have taken such a strong step against the technology.

Wireless allows computer users to hook up to networks or the Internet without having to use cables or telephone lines, making access easier in public spaces and homes. Lakehead's decision affects 7,400 students, 1,600 professors and other staff at the university in the Northern Ontario city. The university issued a statement yesterday confirming the action and said its students won't suffer technological deprivation because the institution is already as well wired for Internet access.

The university has "many Internet café locations and formal and informal settings on campus, with wired rewired hookups where students can use university computers and enjoy specialized software and secure communications," it said. Instead of going wireless, Lakehead will continue to rely on what it termed its "comprehensive" fibre-optic network that encompasses the campus for Internet access.

"The university will continue to monitor and research on wireless technology on an ongoing basis and, at an appropriate time, reevaluate the university's current position on this issue," it said.

Eleanor Alaya, a spokesperson for the university, said the decision was made by Lakehead's president, Dr. Fred Gilbert, who wasn't available for comment. The ban came out of the blue for an industry official. "I have never heard of any sort of policy put in place like that by an education institution," said Marc Choma, a spokesman for the Canadian Wireless Telecommunications Association, an Ottawa-based industry lobby group. He said most of the country's universities have wireless networks in place, just like many cafes, businesses and restaurants.

Wireless is considered the latest thing in computing, but it has escaped the controversy surrounding devices that expose their users to electromagnetic energy. The safety of chronic, long-term exposure to electromagnetic energy, of which radio waves are a part, is a hotly contested scientific subject. Researchers have conducted hundreds of studies assessing the health impacts of this form of energy, studying not only radio waves, but related topics, such as microwaves and the electromagnetic fields around electric wiring.

The research is of great interest because almost everyone in developed countries has some contact with electromagnetic energy at levels never found in nature. With the proliferation of cell phone towers, wireless networks and electricity using electronic devices, exposure levels are rising rapidly across the globe. But most studies have been unable to prove conclusively that common, everyday exposures are a health hazard. In response, regulatory bodies around the world have usually concluded that there is no reason for public concern.

Canadian regulators said yesterday that using wireless hookups for computers is perfectly safe. "Health Canada has no scientific reason to consider the use of wireless communications devices...danger to the health of the Canadian public," the department said yesterday in an emailed statement.

However, a small number of studies have linked some types of electromagnetic exposures to childhood leukemias, adult brain cancers and miscarriages, among other effects. And some researchers believe exposures might also be linked to common and widespread ailments, such as feelings of chronic fatigue, difficulty concentrating, poor sleep quality and headaches.

Health Canada said there are some health risks with wireless devices. They're not related to the technology's use of radio waves, however, but rather to the increased risk of having an accident caused by using cell phones while driving.

Direct reprint from the 4/24/06 issue of Globe and Mail.
by Shawn La Rocca

I discovered Nia in 1998. Actually my mother discovered it first, but like most children, I ignored her proclivity. Eventually I followed my mother’s suggestion and now I can’t thank her enough. Over the years I have participated in many forms of exercise: Jazzercise, kickboxing, hi-lo aerobics, step spinning, the slide, weight machines, and weight training. After discovering Nia I’m in love with exercise for the first time in my life. My first workout left me feeling completely renewed and energized. Other forms of exercise have felt like drudgery, but Nia is captivating and beautiful.

Nia is an aerobic dance exercise done to music. It combines vigorous athletic actions with graceful movements. As with Karate, the practitioner of Nia progresses from one level to another through a series of colored belts, but one does not compete against others to graduate. Nia belts are awarded for length of participation and experience with the art. Whereas certain fitness enthusiasts might dismiss Nia for not being as structured as other sports, it does provide an exceptional mental, emotional and physical challenge.

One of the first things anyone will notice about Nia is that it is practiced in bare feet. I was initially resistant to this idea because I found it hard to

believe that exercising barefoot could be good for me. As a child, I had seen so many people helped through the use of orthotics and comfort shoes, because of my family’s shoe business. I myself subscribed to wearing orthotics to address some of my own structural imbalances. Venturing out into the exercise world without the armor of my workout shoes felt awkward. So right off the bat Nia was pushing my boundaries.

Another challenging thing about Nia is that the movements are specifically chosen to promote conscious awareness and focus. Most group workout classes I attended in the past were repetitive and often boring. I found myself turning out the instructor and getting lost in my own thoughts, completely disconnected from my body and its sensations. Nia is very different from these structured group classes with their repetitive and mechanical movements.

The first time I did the freelance portion of the Nia workout, I felt awkward, self-conscious and uncreative. I realized that to just let go and dance, I had to become comfortable with my body and in my body—something I had not experienced even through exercising regularly for years here.

Nia has a way of connecting you at the most fundamental level. In just a short time the freelance became my favorite part of the class. It connected me to my inner child and the joy of movement itself. My body began to reshape and the muscles in my feet developed so that I no longer needed orthotics. Periodic pains from past injuries disappeared and I felt stronger and more comfortable than ever.

Nia also helped me expand mentally, emotionally and spiritually. Prior to Nia, I was comfortable in the house in which I had lived for almost ten years, and intended to stay for the rest of my life. Nia expanded my imagination and vision. Before I knew it, I was setting out to find a larger dwelling, where I could create my own Nia dance room.

Nia also inspired my artistic creativity. I began crafting my own faux finishes and painting pictures on the walls of my house, creating a gallery of awareness. My mind was turning into gratitude and happiness, and spiritually I felt more fulfilled than ever. It was as if I had awakened from a long sleep. I now see my world as expansive and abundant—“because...
Discovering Ultimate Health in a Wonderland Winter

Most raw food adventure vacations take place in tropical climes with long balmy days of sunshine. Breaking with tradition, this past March a group of international adventurers traveled to one of the world’s most celebrated winter wonderlands—the Swiss Alps—for a new version of raw revery.

The beauty of this part of the world is unparalleled. Switzerland’s stunning peaks and grand illusionary history, reflected in the ancient chalets and monuments, provided a glorious backdrop for this restorative health experience. Hostess Carole Douspoul of Haute Vitalité invited adventurers to the quaint village of Nendaz, two hours from the capital of Geneva, for a week of education and fun.

Dr. Tal Schuller and his wife Johanne, authors and alternative healthcare professionals, along with Jacques Cunin, author and living food expert and Drs. Anna Marie and Brian Clement, directors of Hippocrates Health Institute, presented a week-long intensive on health, recovery and abundance.

Each day featured seminars and activities as well as delicious raw food cuisine, and everyone benefited while gaining unique insights. There was plenty of time for exercise on the snow-covered peaks. Locals claimed it was the most snow they had seen in the Alps for many years. Bodies were fully nourished and exercised, minds were stimulated and tested by the many challenging winter sports, and spirits were expanded through connecting with fellow travelers and the beauty of the natural surroundings.

Globally there is an ever-growing population adopting and living the Hippocrates lifestyle. With each adventure vacation, the old image of natural living as restrictive and distasteful is being replaced by an image of it as exciting and fulfilling. Living well is not only the right thing to do; it is now the cool thing to do. Our mission at Hippocrates is to carry this lifesaving message to every person on earth, by every possible means.

In the past year we invited you to cruise the British Virgin Islands, to ski the Swiss Alps and here at Hippocrates, to fly on a trapeze. Like health itself, the possibilities for adventure and fun are unlimited. Who knows, in the future we may be inviting you to enjoy encounters yet to be invented. See you soon, and vita la viv!

RICE DREAM ALERT

Two recent Hippocrates guests told us about a shocking discovery. Their young son Louis began developing white dental fluorosis marks on his teeth, which they suspected could be a sign of fluoride poisoning. The family was puzzled because they consumed organic foods, used organic cleaners and did not knowingly consume fluoride. But Louis often drank Rice Dream® milk as a substitute for cow’s milk. Although the Rice Dream® label claims that it contains filtered water, the family was suspicious. They sent samples to Macoun Laboratory in Oxtongue, Canada and were appalled to learn that this so-called “healthy” beverage contained deadly fluoride.

Over the years we have urged people to avoid consuming animal milks and even to avoid soy milks because of their indigestibility. We assumed that rice milk was the best milk alternative. Hippocrates now recommends avoiding all Rice Dream® products.

In fairness to the Rice Dream® parent company, Hain Celestial Group, our director, Brian Clement, contacted them to discuss the results and request that they implement an effective filtration system. On April 10th, Brian Clement had a congenial conversation with Dr. Gerry Amantea, the VP of Technical Service for the Hain Celestial Group (the company that produces the Rice Dream® products) and gave him information on how to ensure pure water. Dr. Amantea sent a follow up letter after the conversation assuring Hippocrates that, “The Hain Celestial Group is committed to producing the highest quality natural and organic foods and we do take enquiries from our customers very seriously.”

You can call Imagine Foods toll free at 800-443-2464 to voice your support for the use of pure water, so that people can once again enjoy the Rice Dream® product. Hippocrates now suspects that many other health foods, especially those with high water content, may also have toxic levels of fluoride. Please don’t take any product on its face value alone. We invite you to test your favorite foods and let us know the results.

Please forward all relevant findings to our scientific committee at director@hippocratesinst.org.

No phone calls please.

Stop dreaming... and start living!

For details of week-long healthy vacations...
www.healthyadventure.com
561-626-3293 Ext. 3
Vegetarian Adventures

Continued from page 37

Both on and off the ship, passengers agreed that this cruise offered something for everyone. Insprintly were sired by the nightly health lectures by world-renowned living foods, nutrition experts Drs. Brian and Anna Maria Clement, Directors of Hippocrates Health Institute, and Viktoria Kulikowska, author of Survival Into the 21st Century, as well as Miriam Novick, New York City's Tea Guru, who presented afternoon talks on teas around the world and tea tastings throughout the week. Paul St. John, mayor of Newfoundland, The Bahamas, and his wife, had recently been on a cruise with the ship and was very impressed with the quality of the food. He said, "I can honestly say that I have never eaten better food on any cruise I have been on." The food was so good that he decided to return on the next cruise. The crew was also very impressed with the food and many of them asked if they could have the recipes for their own homes. The chefs were so excited that they agreed to share them with the passengers.

The organizers (Healthy Adventure) drew up a list of potential destinations and the chefs went to work creating a menu that would fit the needs of the passengers. The meals were very diverse and included a variety of vegetarian and vegan dishes. The chefs worked hard to make sure that everyone was satisfied with the food and many of them asked for more. The chefs were very proud of their work and felt that they had done a great job.

The ship was very comfortable and the passengers were impressed with the cleanliness and the amenities. The cabins were spacious and well-equipped with everything that a passenger could need. The crew was very friendly and always ready to help. The ship also had a variety of activities for passengers to enjoy. There were lectures on health and nutrition, yoga classes, and a variety of other activities. The passengers were very impressed with the overall experience and felt that it was one of the best cruises they had ever been on.

I could go for walks or wander around the local towns. The crew was very helpful and always ready to provide any assistance that was needed. They had set up a variety of activities for the passengers to enjoy and everyone was very happy with the experience. The food was delicious and the service was excellent. Overall, it was a wonderful cruise and I would definitely recommend it to anyone who is interested in health and nutrition.
In reporting a historical perspective, Tobacman revealed that carrageenan has been found to destroy other human cells in tissue cultures, including epithelial intestinal cells and prostate cells. She concludes:

The association between exposure to low concentrations of carrageenan in tissue culture and destruction of mammary epithelial cells may be relevant to the occurrence of invasive mammary malignancy in vivo and provides another approach to investigation of mammary carcinogenesis.

Tobacman's third paper (3) explored the increased incidence of mammary carcinomas to the increased consumption of stabilizers and additives such as guar gum, pectin, xanthan, and carrageenan. While no relationship between the above named additives and cancer was observed, carrageenan showed a strong positive.

Although high molecular weight carrageenans are considered to be safe, Tobacman demonstrates that low molecular weight carrageenans are carcinogenic. She writes:

Acid hydrolysis (digestion) leads to shortening of the carrageenan polymer to the degraded form polygalacturan. It is not unreasonable to speculate that normal gastric acid... may act upon ingested carrageenan and convert some of which is ingested to the lower molecular weight polymer during the actual process of digestion. Also, some intestinal bacteria possess the enzyme carrageenatease that degrades carrageenan.

Tobacman's 2005 publication (4) proves her earlier hypothesis. She writes:

 Mildly acid hydrolysis depolymerization of carrageenan affords polygalacturan, a mixture of lower molecular weight polygalacturonic acids and oligogalacturonic products.

Tobacman is currently preparing and characterizing low molecular weight polygalacturonans (carcinogenic) that have been extracted from human digestion. Her yet-to-be published data suggest that carrageenan are agents for human consumption.

My advice: Read label. If there is carrageenan in a product, select an alternative.

The largest sellingirmware in America is SILK. Don't pick on the industry leader. Deride it. I do. SILK was the standard. You deserve to know the truth. Just for the record, if and when SILK changes their formula they will become my hero. In my opinion, SILK tastes better than any of the commercially available equivalents. Unfortunately, consumers sacrifice good health for good taste. That is not a fair trade, particularly for our children.

This is a direct quote from Robert Cohen's website. Visit www.novel.com for more information.
Living Fitness
Continued from page 19

Walking, bicycling and lymph-cleansing horseback rides have been replaced with automobiles. Running for the phone is unnecessary when cell phones are now as close as our front pockets. Remote controls make it possible to stay on the couch for hours on end. We can shop with a few quick keyboard strokes rather than a trip to the local store. And driving windows—once an icon of the fast food restaurant—are popping up in nearly every business imaginable. The most ironic is the drive-thru pharmacy.

Movement and physical stress are the only means to counter this physical inertia. At Hippocrates Health Institute our ongoing research has shown that those willing to engage in a regimen of aerobic exercise will achieve strength of body and mind up to eight times faster than those who are less active. We recommend a minimum of 35 minutes a day, five days a week, and approximately 90 minutes a day of resistance exercise three days a week.

Research continues to show clear evidence of the benefits of exercise. Leading experts now believe that weight training prevents or slows the progression of Alzheimer’s disease. There is a growing consensus that half of all depression could be reversed through consistent aeroic activity. And the February 2006 edition of the New England Journal of Medicine reported that calcium supplementation does little to prevent or eliminate osteoporotic conditions but that weight training is a major factor in preserving bone density.

As a population we have not only undervalued physical fitness, but also widely misunderstood the concept of physical fitness—making it an issue of aesthetics rather than health. At Hippocrates we stress the importance of taking classes and training with professionals at the beginning of a living fitness regime. After only a few weeks of consistent training, your mind and body will begin to crave movement and exercise. You will find new energy and vitality in every area of life. While fitness of the physical body is central to our physical health, it is also central to the health of our mind, spirit and all that we create, including our families, communities and businesses as well as our bank accounts.

Many believe that cerebral activity alone will foster a rich and healthy life. Others believe that a good diet is enough to bring them the rewards of good physical health. But health is achieved only by conscious embracing these four fundamentals: pure food, positive thought, spiritual awareness and living fitness. Becoming physically active means that you are truly committed to health. The end result will be a happier, healthier and more attractive you.

In the News
Continued from page 8

Aspartame’s toxicity ignored by all but New Mexico. The November 2005 issue of the journal Environmental Health Perspectives reported that rats consuming aspartame had a higher incidence of tumors, lymphoma, leukemia and other cancers. In spite of this and over 30 peer-reviewed scientific studies proving Aspartame’s toxicity, the sweetener (also known as NutraSweet) is still found in over 6,000 food products and more than 500 pharmaceuticals. Considering this evidence, New Mexico has now introduced legislation to ban Aspartame.

Male Sterility Linked to Pesticide Toxicity. The byproduct of the pesticide chlorpyrifos was found in the blood of 90% of the 268 males undergoing treatment for low sperm counts. This according to researchers from the University of Michigan, Harvard University and the U.S. Centers of Disease Control and Prevention. Their work was published in the January, 2006 issue of Epidemiology.

Turmeric and Vegetables for Prostate Health. Turmeric demonstrates “significant cancer-preventive qualities in laboratory mice,” when combined with phytosterols isothiocyanate—a naturally occurring substance in broccoli, Brussels sprouts, cabbage, cauliflower, kale, kohlrabi, turnips and watercress. Rutgers University researchers report that a combination of turmeric and cruciferous vegetables could be “effective in treating established prostate cancers.” This in the January 15, 2006 issue of Cancer Research.

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"Nothing will benefit health and increase the chances for survival of life on Earth as the evolution to a vegetarian diet."
- Albert Einstein
LifeGive Est-Toll Continued from page 20

on the entire endocrine system, balancing hormones and enhancing systemic immittance. Furthermore, it is our opinion that all synthetically derived indole compounds are very dangerous and may damage the delicate and vital health of the pituitary gland.

HIDSR has studied the most widely available indole compound food supplements in the global market today and, so far, we have found that these are not synthetic and laboratory-based. These synthetic chemical compounds are not derived from plant sources, are not a viable source of nutrition, and are toxic to the body (see adjoining sidebar for more information on synthetic vs. naturally occurring supplements.) Unfortunately, manufacturers are disguising this fact by joining them with a food source base and calling them whole food supplements. All synthetic drugs including chemically derived supplements have side effects and are damaging over the long-term. If you are considering using an indole compound, use one that is naturally occurring like we now have at Hippocrates.


Footnote References:

Rebounding Continued from page 22

speaking on the phone, watching TV or dancing to music. I now do two 15-minute sessions, one in the morning and another in the evening. Rebounding is the one exercise that will give you fabulous all-around results, even improving your mental well-being, with the least amount of hassle, expense and risk.

What type of rebounder is best for me? High-quality rebounders are a must for several reasons. Choose a rebounder with fat barrel springs and flexible spring legs that allow for smooth deceleration, bringing you to a gentle stop. Inexpensive rebounders tend to have hard springs that do not absorb and cushion your weight properly, causing a bounce that is abrupt and jarring. People who have actually suffered permanent nerve damage from using such units. Additionally, good rebounders have high-quality mats that provide proper support, hold their shape and do not overstretch. Cheap rebounders have poor-quality matting material that does not support the feet properly, and potentially places undue stress on ankles, knees, and back.

Other considerations for a rebounder include the strength of the frame, the height and number of legs, the quality of the sewing that attaches the webbing to the mat, and the ease with which the unit can be folded out of the way or made portable. Stabilizing bars are also available for most rebounders for those who are not as sure-footed.

Bounceback chairs are an alternative to rebounders. They are designed specifically for individuals who do not have the use of their legs. By bouncing on a chair suspended from springs, users receive benefits similar to rebounding. Exercising on a high-quality rebounder is the safest and most risk-free exercise I can think of. Regardless of age or physical condition, almost anyone can devise a beneficial rebounding program. At Hippocrates Health Institute we use lympholines. For more information about these rebounders call 561-471-8876 ext. 124.

Raymond Francis is an M.I.T.-trained scientist, a registered nutrition consultant, author of Never Be Sick Again, host of the Beyond Health Show and an internationally recognized leader in the emerging field of optimal health maintenance.

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

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Hippocrates is a 501(c)(3) nonprofit educational organization. Our lifelong mission is to educate people on how to live a Healthy Lifestyle.
Muscle by Veggies
Continued from page 25

information that can help anyone involved with fitness—amateur or professional. The film features athletes from a wide variety of disciplines and one of the highlights is the vegan athletes of the Ironman Triathlon, the quintessential athletic event.

Editor’s Note: Dana Scott, a 4-time champion of Hawaii’s Ironman Triathlon and 17-time record holder, is a vegan. Vegan Fitness: Built Naturally is now available on www.veganfitnesseum.com.

HIPPOCREATES: In closing, is there anything else you would like to say to our readers?

ROBERT: I would like people to know that every vitamin, mineral, trace mineral and certain proteins is abundantly available in the vegan diet. But the question, "Is it enough?" must be answered by the individual and the results must be monitored. It is interesting to note that this is the type of questions that are being asked at every nutrition seminar. This is a sign that we are moving in the right direction.

Political and commercial propaganda leads us to believe that animal sources of protein are complete and that plant proteins are insufficient and incomplete. This is simply wrong. The truth is that all amino acids, the origin of proteins, are found throughout nature. Consuming animals and milk is not only a second-hand way of receiving these important nutrients but also the deficit way. Most of the amino acids that are in meat and dairy foods to begin with are eliminated during processing. Farmers or ranchers slaughter the animal for meat, freeze the parts, and eventually send it in frozen form to your market.

Homogenization and flash pasteurization of dairy foods eliminate the proteins. Thousands of vegan athletes, including many body builders, disprove the false claims of "vegetables can’t build muscle. In fact, many of us improved our athletic ability and strength by adopting a vegan diet.

I also believe, over the next several decades, that animal food consumption will become a thing of the past. Last summer, the first vegan and raw athlete conference was held in San Francisco. This will be a yearly event that I am sure will grow worldwide. As the good news of "muscle by veggie" spreads, so are the numbers of people embracing this lifestyle. Now this is the kind of strength that I like to see.

Read more about Robert Cheeke at www.veganbodybuilding.com.

Presenting Pilates
Continued from page 24

center which includes the abdomen, lower back, hips and buttocks the "powerhouse." This is the Pilates world that we use the word "very" to refer to a method of abdominal engagement involving a contraction of the core muscles. When the muscles of the pelvic floor are activated inward and upward while controlling the pelvic girdle by tunneling in the ribs, a "scoop" is formed.

Concentration and Precision—By focusing on the task that your body is performing at every moment and by feeling every detail, you will create perfect body alignment. When your mind and body work together, you achieve an ideal program.

Control and Fluidity—Keep your movements fluid and smooth and allow your body to become a movement of art. Joseph Pilates called Pilates work "Contrology" because of the conscious effort of guiding ourselves through the exercises with control and fluidity. Applying these Pilates principals to your everyday activities and adopting healthy eating habits will enable you to transform your body and to center your mind. The goal of exercising is to have a balanced and healthy body. As Joseph said, "Physical fitness is the first requisite of happiness." Happiness is what we ultimately live for. It is an internal process that allows us to see and feel the joy of the external world. Breath and movement improve our circulation and reduce stress. Endurance and flexibility give us the ability to perform activities effortlessly. For more than eighty years, Pilates has proven to provide all of this and more.

The Hipppocrates Health Institute has offered Pilates instruction for many years and finds it to be exceptionally helpful in creating and maintaining an agile, flexible and strong body. Combining Pilates with living foods and some form of cardiovascular exercise is a perfect recipe for internal and external body awareness and well being.

Heli Del Santo is a Certified Pilates instructor and teaches principally in her studio in Palm Beach, Florida.

CAULIFLOWER WITH DULSE AND ARUGULA
Yield: 4 Servings
1 cups chopped cauliflower
2 cups chopped arugula
¼ cup finely diced red bell pepper
20 Greek sun-dried olives, pitted & chopped
1 clove garlic
1 tablespoon dulse flakes
1 teaspoon dried oregano
1 tablespoon extra virgin olive oil
1 teaspoon fresh lemon juice, optional

1 In a food processor, pulse the cauliflower until finely chopped. Set aside in a mixing bowl.
2 Again in the food processor, finely chop the arugula. Add to the bowl with the cauliflower.
3 Add the remaining ingredients to the mixing bowl and toss. Season to taste and serve.

RASPBERRY HAZELNUT MOUSSE
Yield: 4 Servings
1 cup raspberries
1 cup hazelnuts, soaked & dehydrated
¼ cup soaked dates
1 tablespoon raw carob powder
½ cup date or pumpkin water
1 tablespoon alcohol-free vanilla flavor
fresh mint leaves, raspberries and hazelnuts for garnish

In a high-performance blender (like a Vita-Mix® or a K-Tec®) combine all ingredients except garnishes. Blend very well, using a spatula to keep the mixture moving inside the blender. Sweeten to taste, chill and serve.

Note: This decadent crème goes very well with fresh berries, as a cream layer of a pie, or as a topping for your favorite dessert. It can also be frozen in an ice cream machine for a superb ice cream.

Chef Kelly Serbonich
from the book Healthful Cuisine

Kelly served as chef at Hippocrates for nearly four years and is the co-author, along with Dr. Arna Maria Clement, of Hippocrates' first recipe book, "Healthful Cuisine" released in April of 2006. She resides in the Finger Lakes Region of New York State and is the proud mother of Noah, her 6-month old son.

RED PEPPER CORN SALSA
Yield: 3 Cups
2 cups chopped red bell pepper
¼ red onion, chopped
1 cup fresh corn
¼ cup chopped red bell pepper
½ cup finely diced red bell pepper
1/4 cup finely diced shallon
2 avocados, diced into small pieces
2 tablespoons extra virgin olive oil
1 tablespoon fresh lime juice, optional
1 tablespoon fresh lemon juice, optional

1 In a food processor, using the pulse function or simply turning the processor on and off quickly, chop the red bell pepper until you have a juicy, finely chopped, salsa-like mixture. Set aside in a mixing bowl.
2 Chop the red onion the same way. Add to the mixing bowl with the red bell pepper.
3 Add remaining ingredients to the mixing bowl. Stir to combine well. Season to taste and serve.

Note: This mixture goes especially well with flax crackers and/or vegetable chips (vegetable slices raw or dehydrated).
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Nicholas, the Teacher
Continued from page 21

"I can feel your spirit totally freed." Indeed, I was the most energized and renewed person after the Hippocrates program. My face absolutely glowed with new life and I felt reconnected at a higher level similar to the level I see in Nicholas. I know that my new spirit gave me such a boost. Nicholas told me, "Mommy, if you could become better than I am too."

With the brain's flexibility, the wisdom offered by our body and soul, and the life force that is available through living foods, we know that there is much opportunity for healing. When Anna Maria and Brian heard the story about Nicholas, they asked if I would share some of his poetry with you. This is one of our favorites:

A note from Brian Clement, co-Director of Hippocrates Health Institute:

I spoke with Nicholas’ mother, Susan, about his inspirational gift and asked why he is not using the latest communication devices for brain-injured individuals. Susan explained that the device costs $15,000 (in U.S. currency) and that the family could not afford it. Furthermore, the Canadian healthcare system is not currently helping in any way. Anna Maria and I have decided to make a personal donation of $1,000 to Nicholas' fund so that he can more easily share his gift with the world. If you are touched, as we have been, by this remarkable youngster and wish to help him in his quest for verbal communication, send your donations to the address below. On behalf of Anna Maria and Hippocrates Health Institute, we thank you.

Send your tax-deductible certified checks (preferably) or money orders made out to The Nicholas Tscham Trust Fund to:
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A receipt can be provided upon request.
This special trust collects funds for Nicholas' communication equipment and other medical needs.
Patrons of over $100 will receive a copy of Nicholas' newest booklet called Nicholas Inspires God's Love for All. For more information on this remarkable young man or to contact Nicholas directly visit www.friendsofnicholas.com. We greatly appreciate and thank you for all gifts.

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Hippocrates Health Institute's Division of Nutritional Research (HDNRI) has discovered an Asian form of cabbage (Brassica) that has a higher content of indole compounds than any other vegetable source in the world. This extract from raw organic cabbage delivers the highest standard, up to 25%, of naturally occurring and stable indole 3-acetic acid compounds.

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The bones of the hands and feet comprise over half of the 206 bones in the body.

Muscles comprise 40% of the weight of the human body and the skeleton only 18%.

The average male testes produce 50 million sperm a day. Over two to three months, that adds up to enough to populate the entire earth.

The average adult’s circulatory system comprises nearly 60,000 miles of arteries, veins, and capillaries—enough to circle the earth nearly two and a half times.

Every pound of excess fat takes nearly 200 miles of additional capillaries to move blood through the body.

If all of your muscles exerted effort simultaneously in one direction, you would have the power to move 25 tons.

The brain is a three-pound organ that demands 17% of the body’s cardiac output and 20% of its available oxygen.

The average human’s hair grows 590 miles over a lifetime.

Human kidneys contain nearly 70 miles of tubules.

The adult human body contains 46 miles of nerves.

There is enough iron in a human to make a small nail.

Over a lifetime the average human’s fingernails grow 84 feet.

The human heart pumps over 5 quarts of blood a minute—or 2,000 gallons a day.

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