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Saturday, December 9
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Next Issue False Foods
From the Directors

Drs. Brian & Anna Maria Clement

Growing up in compassionate families enhanced our ability to garner the power of such greatness. Each of us was shown that giving is better than receiving, not to say that we did not receive all the love, support and nurturing that a growing child requires. Of course, Anna Maria received this gift much more gracefully than I. At times, when I did not respect and honor this offering, I was punished. I recall my parents telling me that my punishment hurt them more than it hurt me: what an example for a child to experience. As our lives developed and we forged our paths, continents and thousands of miles apart, we both held that eureka moment when we discovered that it turned us on to give fully and wholly from our hearts. Each of us suffered from humanity’s perception that hard work was painful and draining, so we adhered to the rules and would fall into bed each night after a fruitful day of work. Independently,

"It is therapeutic to help others."

we eventually concluded that we did not have to suffer from our contribution but, rather, could be invigorated by it. With a magic switch of focused ideology we went from empty to full, and the more we gave the more we got. At times it scares us to look at our own schedule, yet nature and God, if you will, have never let us down. As the years passed, we seemed to develop an expanding capacity to disseminate love. There is no doubt that people looking on say that it is hard to help, but they do not see that the end result of helping dismisses any depletion that may have occurred. Results speak louder than words and the broken person becomes a pinnacle of purpose. We each have the purpose of acquiring complete health, complete understanding and complete contentment. When this is pursued, the frailty of insufficiency fades, permitting us to return compassion. The endless gathering of people in our guest program serves as a constant reminder that we all truly want to help. Time and again we see those who are less mobile, less healthy and a little lost assisted by fellow guests. At times we suggest that they are here for themselves and that they should spend more time attending their own needs. Consistently the same answer is given: It actually is therapeutic to assist others. How often have you made the effort to make another’s life easier? Are you doing this purely altruistically or is there some unseen gain from your action? As you may know, the latter is true. St. Francis was once asked why he relinquished all comforts and money to help less fortunate creatures and suffering people. He said that he was humbled by the gift of giving and that he gained much more by letting go of his possessions than he did by giving of himself. Our lives expand when we are willing to increase compassion. At no time will you lose as long as you are willing to consciously and purely help others. Near the institute there is an animal rescue that is filled with unwanted and lost creatures. There was a period of time when we would make weekly visits collecting all of the bunny rabbits that were destined for death. Upon returning to the property, we would release them. One bunny became two and two became four until Hippocrates was a bunny haven. This simple act of compassion brought our guests so much pleasure and healing that

continued on page 8

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it is impossible to articulate it in words. We have an enormous potential to be givers and a minute capacity to be takers. Sadly, the takers reign even though they have a limited ability to hoard their unneeded bounty. Ironically, in our youth we tend to collect and as we mature we tend to give away, although this is not a statement reflecting one's ability to share

**At no time will you lose as long as you are willing to consciously and purely help others.**

since that can be accomplished at any age. The best example of this is a newborn child's loving and innocent eyes, which will always create joyfulness in those who experience such wonder. Once, on horseback, we both experienced a connection with the extraordinary, stunning creatures that carried us. In that second these beauties looked up at each of us with wide, round eyes and almost smiled. We commented that it must be because they knew we don't eat animals or that we also enjoy grass! Quite possibly the two horses were compassionately sharing themselves with us. There is not a second that goes by that

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**HIPPOCRATES**

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**September 8-18**
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**October 4-16**
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**October 20-22**
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**October 28**
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Comedy Night at Cutillo Theater

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Philadelphia

Finally, an educational program that teaches me what I want to know...

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

- Woman's Health Initiative spotlighted the fact that pharmaceutical companies cannot patent hormones that exactly replicate what the body makes naturally - so they manipulate them, creating synthetics.
- According to a study published in the Journal of Natural Products in February, 2006, compounds extracted from licorice root may actually help prevent cavities. Researchers from UCLA found that licorice root contains at least two compounds that appear as potent inhibitors of streptococcus mutants, a major cause of cavities.
- When you replace animal protein in your diet with plant protein, you automatically reduce your intake of hormone-disrupting chemicals. Animals store environmental and industrial pollutants such as dioxin and PCB's and pass them along to consumers.
- A study recently released by George Washington University, the University of Toronto and the University of North Carolina, in conjunction with the Physician's Committee for Responsible Medicine, revealed that people who are a low-fat vegan diet, cutting our all meat and dairy, lowered their blood sugar more and lost more weight than people on a standard American Diabetes Association diet.
- Recent studies have found high concentrations of parabens in breast cancer tissues. Researchers are not positive, but it is logical to assume they are coming from health and beauty products, most of which contain parabens in some form: propylparaben, ethylparaben, methylparaben or butylparaben. It is prudent to be a label reader and use paraben-free products, which are available.
- Researchers analyzed data from four cross-sectional national surveys completed between 2000-2002 and found that underage drinkers are more likely to become alcohol dependent. Youths who start drinking before the age of 15 have the highest likelihood of developing alcohol addiction.
- The pace at which older adults walk has been found to be a predictor of cardiovascular disease. Using a baseline study and then a five year follow-up, it was found that subjects whose walk time in a test was longer than six minutes had an adjusted mortality rate roughly three times that of those who completed the walk in less than five minutes. None of the subjects had active CVD or mobility limitations at the time of the baseline test. This study was reported in the May 3, 2006 Journal of the American Medical Association.
- A research team at Ben Gurion University of the Negev discovered in 2005 that the lemon area in its herbs like lemon grass kills cancer cells in vitro, while leaving healthy cells unharmed. Citral is the key component that gives the lemon aroma and taste in several herbal plants such as lemon grass, Melissa and verbena.
- Controlled studies of acupuncture for fibromyalgia showed that acupuncture was superior to a procedure used with a "control" group in which the skin was pricked but needles were not inserted. This trial was done with fifty patients at the Mayo Clinic.
- According to a study at the Mayo Clinic, reported in the Journal of the National Cancer Institute's June 7, 2006 issue, over-diagnosis is a concern in lung cancer screening. Screening can detect lesions that are not destined to become symptomatic, leading patients to undergo unnecessary and potentially harmful interventions.
- Yoga participation is beneficial for obesity prevention, hypertension control and positive quality of life according to a study reported in Clinical Nutrition, Vol. 21, #2.
- A study reported by the Cleveland Clinic Foundation found that Appalachian children were most affected by body image, diet and body type. Incidence of obesity was higher in this youth population than in other children in this region due to their cultural upbringing.
The Power and Self-Compassion of Journaling

By Gurumian K. Khala

If you want to do something really kind and loving for yourself, buy a beautiful journal and a comfortable writing pen, then set yourself down and write about the only person you truly control.

For years I attended weekend-long retreats in journal writing. A group of 12-16 folks would meet on Friday night as strangers and by the end of the weekend we were intimate companions – witnesses to the soul journeys of one another. Journaling can be a totally private activity or shared with a group of safe, supportive people. I love journaling in groups and (optional) sharing what we have written. There’s power in having your words witnessed without judgment, advice, or inquiry – true listening. When you hear the stories of others, it often elicits feelings of compassion and the knowledge that you’re not alone in your human challenges.

In the weekend retreat, our first writing was often prompted by a question such as, “How am I feeling right now?” We’d write for about 10 minutes and then (optional) share what we had written. This was a technique to get us “swept” at the workshop and the beginning of getting in touch with what was really going on inside us. We were often so busy dealing with all the external details of life that, unless we are very deliberate about it, we may not take time to check in with ourselves.

HOW ARE YOU FEELING RIGHT NOW?

You might be surprised at what would emerge if you took 10 minutes (right now) to discover the answer to this question. The process of writing brings you to consider your own emotions more effectively than just thinking or talking.

Journaling is a process of self-discovery and your journal can be your closest, most intimate friend. You can pour out your heart and soul – your greatest joys, your deepest fears, expressing your anger or frustration with no negative consequences. What am I thinking and feeling? How is my energy flowing? Is my life on a intentional course or am I being tossed by the wind? Is my work aligned with my values? Are my relationships what I want them to be? Do I have any unfinished business that I really would like to address? Who am I... REALLY? The process of journaling will bring you clarity and wisdom that you might not realize is within you. Even a simple prompt such as, “If I were a flower (or a color or animal), what would I be?” can be a stimulating exercise. See what qualities emerge. See if the writing is humorous, analytical, entertaining, or deeply profound. Wouldn’t it be great to have a trusted friend beside you, a mirror into yourself?

Another person fit an urge to journal but kept putting it off because she thought she needed at least an hour and a half to devote to it. When she realized how much she could actually commit to paper in a short time, she knew she could fit it into her life much easier.

A young man in the class who was going through a life-challenging illness, broke wide open. The prompt was to write a letter to your current self from yourself 10 years in the future. From this perspective he could envision the path that would get him through this current challenges. It’s not just wishful thinking – it’s gaining clarity about what you are creating for your life. How do I know that? I recently picked up one of my old journals and read an entry that spoke to all the warnings in my heart and how I wanted to live. I didn’t know then how to bring it about, but writing it down and feeling the energy of it, set the stage for attracting those opportunities to me. That was once a dream is now my life.

Have you ever been in love? Have you had the experience of wanting to know another person’s heart and soul level, of wanting the very best for them. Have you considered having that kind of love affair with yourself?

Here’s an exercise that will start you on that path. It’s one of my favorites and I’ve done it many times. It was always on the agenda for Sunday at the journaling retreat. Write a letter to God. And then…now wait. The best is yet to come...

Write a letter back from God.

Love, wisdom and clarity emerge from these writings that will inspire you and bring insight. Whenever you need some self-compassion, or a view of “The Big Picture”, you’ll find that this exercise is powerful medicine for the soul.

With the permission of the writer, I’d like to share a brief overview of what one Hippocrates guest wrote. Writing to God, the core question was how God was allowing us to destroy the very earth that we inhabit to such a point that we are now widely contracting disease. The response back from God was quite surprising when he suggested that this moment in time was a tiny part of the larger eternity. The writer was informed that God is a spirit and has not a body like us, so fear was unwarranted since there is no structured limitation to his presence. These profound realizations, brought about by journaling helped the writer to relax and accept life’s abundance.

People ask me if it’s important to journal everyday, or is it more beneficial if you do it all in one go. I know this also gets a lot of benefit from making it a disciplined practice but it does not have to be regimented. Reach for your journal especially in these moments:

• Something special and remarkable has happened – capture the details and feeling while they are fresh.

• You can re-invent yourself by reading it again in the future.

• You’re having a throaty conflict and don’t know what to do. Write “unsent letters” or journal a dialogue between you and the other party, or even between different aspects of yourself, until clarity emerges.

• You notice your mind is playing the same loop over and over about a situation. Do a brain dump on paper – you’ll feel so much better.

If you have any questions, or would like to share anything about your experience with journal writing, please feel free to contact me at Hippocrates or by email (Gurumian@hippocratesint.org).

Many blessings and happy journaling.

Gurumian K. Khala

Gurumian K. Khala wears many hats at Hippocrates Health Institute, including that of night manager, and has a history with the Institute that reaches back to the early days in Boston.
CULTIVATING COMPASSION

When psychologist Carl Jung, on one of his perennial quests, visited Chief Mountain Lake of the Taos Pueblo, the tribal elder told him he judged the whites to be quite mad. "Why is that?" Jung asked. "They say they think with their heads," the chief replied. "Of course" said Jung, "What do you think with?" Mountain Lake pointed to his heart. "We think here." (See reference at end of article)

Most of us believe that wisdom of the heart is learned by experience and employed with charm, but cultures the world over have forever thought and spoken from a place of compassion rather than calculated intellect. The "civilized" have often diminished the importance of the so-called "uncultured" by placing a wedge between them. In common thought, they are looked down upon as naïve and ignorant. When people express themselves clearly and openly, they are often perceived as childish, which should be a compliment but unfortunately is seen as a detriment.

All of humanity’s self-imposed problems bubble up from our addiction to and admiration of cerebral activity. All greatness and resolution from the heart of time has poured out of the heart. When you consciously peruse the past, our most beloved figures have employed their hearts in the utmost way to raise humanity. In the Eastern Orthodox tradition, "the heart is not only the core of a human being, but is identified with the mind itself." In biblical terms, "As a man thinks in his heart, so is he." (Proverbs 23:7) Similarly, the Japanese have two words for heart: shinzu, the physical organ and kokoro, the mind of the heart. More Ian Baracush in his landmark book Field Notes on the Compassionate Life poses the question, "Does the heart have a mind of its own?" He goes on to describe how neuroscience has long known: that the two hemispheres of the brain think somewhat independently – the right side being, in a sense, more heartfelt, specializing in emotional-intuitive functions; the left learning more toward rationality and logic. The idea of heartfulness as an independent form, a cognition, was illustrated, in a widely reported 1966 experiment. A test group of college students was first shown a documentary about Mother Teresa. Immediately afterward, their saliva revealed increased levels of S-IgA, an immune system boosting hormone. The conclusion reached in the popular press was, "Compassion makes you feel good and it’s good for you." But the media reports overlooked an intriguing fact: Most of the students said they’d found the film depressing. After seeing it, they reported a decrease in feelings of love and contentment and an increase in "overall negative mood." They found the plight of the poorest of the poor, the sick and the dying of Calcutta’s slums, deeply dispiriting. Mother Teresa’s rigid religious

As you can see, when one’s heart is engaged, whether by sympathy or concern, it positively affects overall health.

In the rolling hills of Northern California sits the Institute of HeartMath. Its mission statement: "to illuminate the mind with the heart’s knowing." The organization’s emingent founder, Dr. Childre, often says that love is not enough — it is the care that makes it real. The Institute’s teachings are backed by some hard research reported in such periodicals as the American Journal of Cardiology. Cardiologists have for years been studying subtle beat-to-beat irregularities in heart rhythms called heart-rate variability (HRV), mostly as a diagnostic tool to measure nervous system aging and emotional stress. Dr. Childre added a key insight to this already well-established methodology: Different HRV patterns seem to correlate with specific emotional states, in particular those that psychologists call the qualia, such as compassion, love, and forgiveness. Measuring inner states with instrumentation is nothing new. EEGs have shown that alpha and theta rhythms in the brain are associated with the calming effects of meditation, yoga and prayer, commonly known as the "relaxation response" named by Harvard Medical School’s, Herbert Benson, M.D. HeartMath’s research added a new dimension. Measures of HRV show that the patterns generated by altruism and compassion are distinctly different from relaxed meditative states. Researchers claim that states of mind (or better yet, states of heart) have more to do with caring about others than with seeking inner peace. These feelings also generate greater health-promoting effects on the immune system and autonomic nervous system. Rollin McCratty, one of HeartMath’s researchers, states “love and caring drive the entire bodily system to oscillate at its resonant frequency, a purported state of harmony between brain and body that can be scientifically measured.” He further asserts that emotion is faster than thought. This rings with truth, since there are many examples in daily life that display this reality. Primate researcher Frans de Waal’s "perception-action model" suggests that it is both apes’ and humans’ emotions, including empathy, that trigger a physical response before any conscious decision has been reached. Psychologist Jonathan Haidt also reflects on this by calling it a "heart-over-head hypothesis." He describes this as a social intentional model, and believes that we first have an emotionally colored intuition followed by intellectual justification. In effect, the heart has already decided what feeling, course or action is to be taken. The heart apparently is the viewing side of the binoculars which leads us to intellectually paint the picture and consciously manifest the already concluded reaction.

As stated in Compassion: A Reflection on the Christian Life by Nouwen, McNell, and Morrison, "Patience is the discipline of compassion." Christian patriarch St. Markius of Egypt stated that the
heart's greatest potentials lie dormant. For the uncultivated, he wrote in The Philokalia, "The heart is a tomb and there our thought and intellect are buried." One Buddhist analogy states: Your beliefs become your thoughts Your thoughts become your words Your words become your actions Your actions become your habits Your habits become your character Your character becomes your destiny

Character was never more emphatically dispelled than at Calvary.

One of the most overlooked events that occurred at Christ's oblation on the cross was when he offered his flesh as love's ransom. This keenly portrays the body as a vessel that carries the spirit which houses positive emotion. Positive emotion is that which is manufactured in the heart and compassionately distributed to self and others. Prayer, meditation, contemplation and random acts of kindness will all open the heart and resolve the mental emotional disparity. We should not be a slave to habitual mindset, but a friend of flowing compassion.

The biblical Moses serves as an ageless example of compassionate action. With his story, we can observe a 40-year struggle between his mind and his heart. God himself spoke to him and asked him to lead his people, his cerebral nature gnawed at him continually surfaced doubt, skepticism and fear. As we know, the heart superseded the mind and the end result was a nirvanic experience. Patience, being the representation of compassion, should be Moses' middle name.

Compasion goes well beyond moral decision-making. It is an irresistible force that breaks down the thickest fortress which separates us from ourselves and others. Psychologist PumhGoobo-Madzikela, a member of the South African Truth and Reconciliation Commission, took it upon herself to interview the jailed former secretary chief of the apartheid regime, Eugene de Kock, chief planner and sometimes trigger man in the government's brutal shadow war. De Kock masterminded the infamous Violetus "death farm" where most brutal murders and tortures took place. With his own hands he had killed and maimed many. For the horror he had visited on so many, he had become known to the public as a representative of "Prime Evil." Madzikela's prison interviews began as a detached study of inhumane decrees through a psychological microscope. After being convicted as a common criminal, de Kock surprised everyone when he asked to meet the widows of three black policemen whom he killed by planting a bomb. One of the wives told Madzikela shortly after her meeting with de Kock, "I could not control my tears. I could hear him, but I was overwhelmed by emotion and I was just nodding as a way of saying, 'Yes, I forgive you.' I hope that when he saw our tears he knew that they are not only tears for our husbands, but tears for him."

The widow's response went beyond empathy; she had offered de Kock a priceless gift, a re-entry into the human community. "I would like to hold him by the hand, and show him that there is a future and that he can change," she said.

In the effort to heal, your foremost friend is a compassionate heart. It acts as an endless reserve contributing to the continual cycle we call life. It is for us to create the very existence in which we flourish, at all times contributing our most sincere heartfulness. There is seldom a time when we can so succinctly spotlight the central ingredient that displaces the fabricated burdens of the mind, replacing them with the godliness and persistence of the heart.

Foundational information for this article is from:

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What should one expect when taking on a cleanse or detox program?

First, detoxing has now become mainstream and is widely touted for achieving glory and glamour. From a more down-to-earth perspective, let us describe what you should really expect. We must be happy that nature/God gave us a way to purge our bodies and minds of accumulated negative patterns. As a matter of fact, if we did not detoxify naturally, this accumulated waste would be enough to kill all of us. Even those who live commutable lives still acquire significant debris with all the pollutants, toxic thoughts and experiences and the overall chemical environment in which we reside. We strongly suggest that all people who are not emaciated, having blood sugar disorders or emotional difficulties, pursue a once-a-week liquid nourishment day, consuming only green juice, wheat grass juice and water (at most times with small amounts of lime or lemon). This should be conducted on the same day each week.

After the first three months of living appropriately and weekly fasting, one should be looking forward to this day, rather than dreading it. Longer fasts are generally not necessary when one is eating properly, exercising and avoiding noxious clothing and environments. When proceeding with a longer fast, make sure that you are strong and seek advice from an experienced healthcare professional. Headaches, rashes, rashes, seeming hot flashes and cold periods can be symptoms of any detox or fast. Bad breath is consistent with poisonous releases along with red eyes, and at times a ringing in the ears or a feeling of pins and needles may surface. We cannot disregard persistent and more severe concerns, and if any surface a doctor should be consulted immediately. Most formal physicians are ill-equipped to understand detoxification and cleansing, yet they are well-versed in diagnosis and may be the bridge to helping you discover the cause of your persistent discomfort. Individuals tending toward food-based disorders, anorexia, bulimia, etc. should not pursue such processes. The end result of detoxification and cleansing should always be better health.

I am losing too much weight on the Hippocrates Program. What should I do?

Healthy and nutritious living food will never put excess weight on the body. Advertisers and commercial interests have gotten us all to believe that our weight regulation is dependent upon calories acquired from food sources. This is both naive and only part of the story. The human anatomy and physiology requires nutrients to keep the cells healthy and strong. It is equally important to acquire muscle weight by consistently conducting weight-bearing exercise. For most readers, this is accomplished either with traditional free weights or the more user-friendly weight lifting equipment. Hatha Yoga, Pilates, Iyengar Yoga, water exercises with weight-bearing equipment as well as non-competitive and competitive sports play a role in the process.

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Compassion may be one of the most misunderstood emotions experienced by humans. When perusing dictionaries and literature, the general definition of this powerful term is unfortunately a negative portrayal rather than the enriching act that it is. The general trend in defining compassion is to speak about the sharing of suffering, mercy or condescension, and even charity and clemency. Webster's may be close when it says that it is a combination of sympathy and concern for another together with the inclination to give aid or support or to show mercy. Each of these descriptions falls short, since they do not explain that compassion emanates from our own heart and soul. These descriptions merely point to an exemplary effort that one puts forth to help another. Compassion does not first and foremost help another but fulfills one's own deep need to share.

If there were one feeling to be selected as the most absent in modern societies, it would be compassion. Ambition, drive, lack of consciousness and a general sense of egocentrism have all but washed away this central theme for a whole and happy life. An ability to enlarge one's capacity of communion and community is a perfect measuring point of one's life values. Although it has been said that no man is an island unto himself, an island is part of the larger global landscape. By raising your capacity to offer kindness you are displaying your noblest character. When such an offering is fully accepted, your capacity to give grows by leaps and bounds. Biblical ly it has been said that you reap what you sow. This is a perfect portrayal of compassion in its finest light.

"From what we get, we can make a living; what we give, however, makes a life."

For example, one's capacity of communion and community is a perfect measuring point of one's life values. Although it has been said that no man is an island unto himself, an island is part of the larger global landscape. By raising your capacity to offer kindness you are displaying your noblest character. When such an offering is fully accepted, your capacity to give grows by leaps and bounds. Biblical ly it has been said that you reap what you sow. This is a perfect portrayal of compassion in its finest light.

"From what we get, we can make a living; what we give, however, makes a life."

Exploring the important ways that we can develop a greater sense of contribution begins with self-acceptance. The acceptance of self does not relegate you to a position that requires you to accept your shortcomings as permanent. Instead, it gives you license to acknowledge your current position, fully anticipating that you will refine and expand your capabilities. You can speculate on your future development by recalling all your achievements and enriching experiences from the past. It is much like collecting flowers in a basket that may eventually become a bouquet. Once you have assembled a beautiful bouquet, your heart yearns to share its beauty. When each of us embraces compassion as a central attribute, those we touch will be rewarded by acts of charity. This charity will expand our greatness, allowing us to continually connect, reconnect, interconnect and interconnect with others. This developing web that goes from great to godly endlessly reduces the scourge of independent neurosis. Our world is literally generated from our hearts, and it is up to us to nurture and develop that magnificent muscle with its sunbeam effect. Embroiling, expanding and enlightening our existence by connectedness will reward us with more that we have given. At no point should we constrive such action for personal gain, but we should always know that the inherent natural pattern of human development begins and ends with compassionate living.

Great leaders in history generally shared a common strength - union with others. The great African-American tennis player Arthur Ashe eloquently said, "From what we get we can make a living; what we give, however, makes a life." Theologian Martin Luther emphasized this when he stated, "Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree." The continuum of time, space and life is fueled by contribution, but to contribute you must have the required reserve. It's a form of energy that is quantitative and qualitative in nature, measurable by its ability to provoke benevolence. When one is introspective and caught up in an endless cycle of negativity, this vital essence is not supplied, which leads to impotence in the development of compassion. The majority of people on earth today are losing this energy and reducing their potential, but the need to share has never been greater because we all now live in close proximity via communication and ever-growing technological advances. Village Earth demands a civil community and there is only one remedy to abolish the present discord that exists: compassion. Kindle this spark so that the spark can create a fire that burns brightly over the path back to sanity. Many fear that as they give they will be hurt, because their concept of giving is for the purpose of receiving. When we are fully conscious, we know that sharing expands our reserves as well as that of others.

At a recent classical vocal performance, the opening spotlight shone upon a remarkable soloist whose voice soared and filled the hall with such enchanting tones that we soon felt we were being touched by angelic wings. Then, surprisingly, several more spots were abruptly lit and there stood more than fifty accompanying vocalists who together rose to new heights of spiritual divinity, permeating every cell in each of the onlookers. Our lives could and should be as rewarding and fulfilling as that evening's concert. The unnecessary stresses and disorder that so generally prevail come from the lack of sharing. Don't question your power to transform but, rather, transform and question the voice of fear.

Helping one to help himself helps you to help yourself. Helping two to help themselves further helps you to help yourself. It is a mathematical equation that is simple to understand but difficult to achieve because most of us lack inspiration due to the absence of the energy we have previously discussed. Instead, find a way to charge and continually recharge your soul so that it acts as a basin of goodness that is always available for the sacred act of sharing.

Come and join the human race not to gain but to give and your rewards will be great. Do what it takes to free up your offerings and relinquish restraint. Everything that seemingly creates substance generally reduces greatness. It is for you to be the screen filtering the air rather than the wall preventing the flow. Every time we misallocate our energies and block progress, we accumulate negativity that manifests in many forms. When fluidity is one's hallmark, there is endless and limitless potential to destroy those glowing, nasty mindsets that erode the human spirit. Make room for a compassionate self and you will make room for a greater humanity.
THE HUNDRED-YEAR LIE – How Food And Medicine Are Destroying Your Health

It all started in 1962 when Rachel Carson’s groundbreaking book, The Silent Spring, warned us of the dangers of synthetic chemical insecticides. It — and she — effectively created the modern environmental movement. Now, forty-four years later, the results are in: the pervasive use of synthetic chemicals in our foods and medications is destroying our health and threatening the very survival of many species on the planet ... including our own. In his profoundly documented new book, investigative journalist and author Randall Fitzgerald traces the constantly expanding use of synthetic chemicals in our foods and medicines over the last 100 years, and correlates it with the increase in various diseases, the weakening of our immune systems, the proliferation of mutations in many species, and the breakdown of various species’ reproductive systems. His 18-page bibliography leads the reader to scores of studies that validate his theses, even though our blind reliance on science — and acceptance of the synthetics belief system — are parts of the problem itself. The problem is global, the threat is real, and endangering us every day. However, the situation is not hopeless. Fitzgerald also offers insights into and support for the "naturally occurring health paradigm," a great variety of healthy alternatives. He offers a process by which each of us can detoxify our systems and get back on a road to natural health. This book is like the Surgeon General’s report in 1964 that pointed out the dangers of smoking. It’s a wake-up call of the utmost urgency, and each of us must respond responsibly in order to save our own health. We’ve painted ourselves into a corner, now we must find our way out. In future years this book will become a bellwether, much like The Silent Spring is now. A must-read.

THE VIEW FROM SPACE - A Message Of Peace By Dr. Edgar Mitchell

This dynamic documentary raises one’s awareness and inspires the soul. Astronaut Edgar Mitchell’s account of his trip to the moon is so revealing and insightful that it sparks deep thought and abundant resolution. In quantum science, we think of the sub-cultures and sub-structures as being more important than actual visible matter itself. Mitchell’s van-tage point from space places Earth in the sub-culture or sub-particulate category. Exploring the planet’s true position as one small part of the greater whole, Beyond this, perception and consciousness is highlighted as both the cause of humanity’s ills and the potential resolution. The film gives us the opportunity to observe “spaceship Earth” and consider our responsibility to change our current circumstances. Seldom is there a film that within minutes stretches both your mind and your heart to such a degree. We know that reaching this limitless plateau was an objective of producers, Sheliah and Adam Mitchell, along with Dr. Mitchell. We commend them on this brilliant creation and strongly suggest that every thinking person view this voyage to space.

By Vicky Anthony, South Carolina

Over the last two and a half years I lost 70 pounds by combining what I thought was healthy eating, exercise and meditation. Even with those changes in my lifestyle, my health started to decline. I began to realize I could not exercise as I had in the past, because it inflamed my joints from neck to ankles. I had high blood pressure (for which I was taking medication), high cholesterol, and had been on asthma medicine – steroids, inhaled prednisone and inhalers – since my diagnosis in 1990. However, the asthma symptoms had been there for about 10 years before I was diagnosed. The coughing associated with asthma has always been very embarrassing for me, but my biggest fear was that someday my asthma would get so bad I would have to be on oxygen like my mother. That was not the quality of life I was looking forward to, not to mention how confining it can be.

In the last few years I had visited more than 10 doctors (including a psychologist) all over the country. My persistent complaint was “my neck, my shoulders, my hips, my knees and my feet hurt.” I had chronic joint pain and it seemed that every doctor came up with a different diagnosis. I went from getting orthopedic inserts in my shoes to wearing an AFO (ankle foot orthotic) brace on my leg. One group of doctors wanted to do surgery on my knee. Another doctor diagnosed me with a degenerative disc in my neck and every doctor suggested some sort of surgery. I heard so many different opinions that I was confused, overwhelmed and became depressed. I tried to tolerate the pain but, it became almost impossible to walk my dogs, much less exercise, and I was using my inhaled four or five times a day. I always believed that I ate healthy, with plenty of fruits and vegetables. But it was apparent that my life had become an enormous chore. I just wanted my days and nights to be pain-free.

I started researching and searching for my own answers to my chronic joint pain. Someone had given my husband The China Study by Dr. Colin Campbell and he insisted that I read it. The book piqued my interest, and at this point I was willing to try almost anything. For about three months, I tried following The China Study eating plan on my own, I did see and feel a slight degree of difference in my chronic pain, but the eating plan had no affect on my asthma. It was at this time that I was introduced to some literature from Hippocrates Health Institute. My husband was impressed with what he read and strongly encouraged me to investigate – after all, what could it hurt? Thus began my journey. I did not want to leave my family and home for three weeks, but with chronic joint pain constantly interfering with my life I felt I had no other choice.

The day before I left for Hippocrates I said to a friend, “I don’t want to go – but since I have to, I have decided that I am going to do everything they ask me to do, even if I hate it.” I was ready for some much-needed relief and praying for a miracle.

When I arrived at Hippocrates I was surprised at how willingly I embraced the program. I knew immediately I was where I needed to be. After my three weeks, I had lost another 19 pounds, my blood pressure (without medication) was normal, and my cholesterol went from 256 to 99! I was and continue to be completely off all my asthma medication and all prescription drugs. It is now seven months later and I continue to thrive on Hippocrates living foods with wheatsgrass juice and green vegetables. I now enjoy spending one or two hours a day working out and walking my dogs. I am happy, my energy level is high, and my days and nights are free of pain.

Thank you Hippocrates – life is good!
We have been healing our world for 50 years...
1 person at a time

- Delicious Organic Living Foods
- Wheatgrass & Juice Therapies
- Medical & Dark Field Analysis
- Ozonated Pools, Sauna & Spas
- Electro-magnetic & Vibrosaum Treatments
- Yoga, Meditation & Qigong
- Exercise Classes
- Skilled Body Work Professionals
- Psychological Counseling and Mind Mastery
- Diapulse & Hyperbaric Therapies
- Medical & Nutritional Counseling
- Store and Gift Shop

HIPPOCRATES HEALTH INSTITUTE

The Complete Mind Body Spirit Experience

For a free brochure and DVD, visit our website www.hippocratesinstitute.org or call us toll free at 1-800-842-2125
Hippocrates Assembles the World’s First Complementary Active Aging Team

With baby boomers booming, we were inundated with sad stories about unwarranted mishaps that occurred in attempts to “stop the clock.” It was not hard to understand how this happened since the fastest growing segment in healthcare today is “anti-aging medicine” and greed often outweighs the need for gentle, compassionate and pure techniques. In our quest to alleviate this dangerous trend we have consciously chosen not to think of it as “anti-aging” since all of us age. We have chosen to nurture active aging. “Active aging” is the conscious activity pursued to maintain youth and vitality throughout our golden years. This requires submission to mental, physical, and emotional change. Our mission is to support the perpetual fulfillment in, and the passionate enjoyment of, a long and fruitful life free from the limitations of pain and premature aging.

We are offering people what they desire – the most effective, least invasive treatments, protocols and therapies to halt and reverse premature aging. All of this advanced art and science is offered within the Hippocrates Retreat and Recovery Center, where one is not judged, but supported by a caring staff and fellow guests who attend from every corner of the globe. Over the past five decades Hippocrates’ core program of positive attitude, constructive movement and pure food consumption has proven to be at the heart of minimizing the deterioration of the aging process. When one utilizes advanced, non-invasive science to refine appearance and cultivate youth, the result is always emotionally and spiritually elevating. Upon assembling all of the intricate and powerful pieces for re-creating an anatomical, psychological and spiritually rich existence, the desired plateau can be reached.

Today there is no reason why our appearance and our heightened, improved optimistic attitude cannot be congruent. In the not so distant past, many energetic and inspired people fell victim to public prejudice over exterior form. One research study after another has shown that individual person is the most fundamental means of human interaction. We should aspire to create total harmony between who we are, what we believe, how we project, how we articulate, how we communicate and how we present ourselves. Many in the public eye have known this for millennia and, of course, have become mentors for the masses. It is time that we learn independence and create our own reality based upon what we do and how we project ourselves. There must be effort put forth in filling our inner vessels with strengthened self-respect, dedication, honor and integrity. As this pours from us, we can affect others by sharing our enthusiasm and passion. In this way, external bodily improvements will be met with equal character so that there is no hint of egotism, only a confident foundation for interaction.

We enthusiastically present our Active Aging Team, those who enable us to comprehensively address needs providing for healthful aging. Starting with the brain, Dr. Joseph Spazianti (M.D.) offers oxygen and IV whole food nutrient therapies that have proven to be two extraordinary tools for enhancing brain/body function. Foremost is their capacity to reduce free radical damage in all organs of the body including the brain. On to facial appearance, headed by specialist Ammarie Nye (L.A.)., which can now non-invasively be revitalized with gentle lasers that stimulate tissue redevelopment and reduce years in minutes. Into the mouth, with Dr. Vincent Dolce (MSc in nutrition, D.M.D.), who conducts health-promoting biologic dentistry that enhances the oral health that affects overall health. He is also a master in cosmetic dentistry that heightens and brightens appearance and self-confidence.

Next is hormonal balance, offered by Dr. Blossom Kunnal (D.O.) who assists in optimizing the internal bio-chemical support for all youthful brain and body functions. Onto the platform of our body, our legs with Dr. Z. Catherine Navarro (M.D.), a renowned pioneer in the field of cosmetic and therapeutic vein procedures. The only thing left to enhance is the heart with an avalanche of happiness and fulfillment. This can be achieved when you are willing to release the shackles of limited thought and existence.

Here at Hippocrates, our unwavering stance of body, heart, head, and soul is relevant not only in the conquest of disease, but in the eradication of hasty aging. When all was said and done at Europe’s most significant “anti-aging” conference in Monte Carlo, the final words that rang from the podium to all the physicians and experts gathered there were that living/raw food is the sole, most important ingredient in reducing and limiting untimely aging.
As an aesthetician, I am devoted to improving and maintaining the health and beauty of the skin. It is an exciting time to be an aesthetician... During the past decade the art and science of aesthetics has gone from being a minor service to becoming an integral part of specialized services at health centers, spas, and medical facilities.

The skin is the window to the whole person. MINDBODYSOUL. The skin is a reflection of everything that we do and use; the health and the beauty of the skin is directly related to every aspect of our lives – diet, relationships, emotional stability, physical activity, rest and spirituality.

I am happy to be part of the Hippocrates Active Aging Team. Before I came to Hippocrates, more than half of my time with clients was devoted to counseling them about proper diet, exercise and healthy daily activity. Now I can devote all my time to skin improvement because the Institute provides the superior nutritional and lifestyle counseling that teaches people to live eating foods, exercise and avoid toxins, affording them vitality and increasing health.

The tradition of aesthetics began with ancient medicine. The Greeks, Romans and Egyptians used aesthetics in order to prevent and promote the healing of illnesses and the use of massages and baths. Ayurveda, Asian and Middle Eastern practitioners utilized the skin’s property of absorption by treating abnormal conditions with essential oils and polishes. Although various ancient modes of practice had their own theories of treatment and application, their unifying and underlying philosophy was one of health, mind, body and spirit which is essential for layer of the skin. Its function is to eliminate toxins from all of the body’s tissues. One of the primary means of removing toxins from the lymphatic system is through the skin. We call this the excretionary function of the skin.

Unfortunately, after the age of 18, many of us develop a thickened epidermis due to sun damage, lethargy, poor diet and disease. A thickened epidermis hinders the excretory process by inhibiting skin function: This forces toxins back into the body, where the lymph must pump them either into the vascular blood supply or the urinary system.

Exfoliation is the key to reducing the epidermis and stimulating the lymphatic system. The skin therapy known as the Salt Glow is performed and enhances detoxification by the exfoliation and stimulation of the skin. Healthsthetics at Hippocrates Health Institute is a vital part of the Active Aging Team. We offer various hydrotherapies, wraps and facials for detoxification and beautification. These procedures include the entire body – except for the face. They have the residual effect of providing you with soft, healthy, glowing skin.

Our guests are encouraged to ask questions during their stay with us. One of the most frequently-asked questions is “How do you feel about Borox, fillers, facelifts, etc.” Of course, I do not advocate any of them. I am, however, extremely aware of the importance of the facial rejuvenation. The pressure in our society to look younger is immense. It became surprisingly obvious to me that many people leave us feeling as though they have undergone invasive procedures or use local anesthetics in an attempt to regain a youthful appearance. After significant research, Healthsthetics at Hippocrates is proud to offer a full facial rejuvenation program. We are able to do this without invasive procedures and toxins by using cutting-edge techniques and procedures.

Thermae is the cornerstone of this program. It employs radio-frequency technology that raises the skin and lifts the skin, smoothing wrinkles and renewing facial contours. The procedure is simple, requires no change of normal activities, and can be used on all skin types.

Thermae causes immediate tightening of collagen. During the six months following Thermae, you continue to produce collagen at an accelerated pace. Only one treatment is necessary. Treatment results last three years or longer, based on each individual’s aging process. The combination of Thermae and Fraxel can be the equivalent of a facelift without side effects, especially that artificial plastic look.

We are also pleased to offer Essensa, a completely natural skin-care product line. Its uniqueness is based on the fact that it is pure and is also one of the two most effective products we have found in the market. Essensa is an aromatherapy that uses blends of extremely high quality essential oils to generate changes in the skin. This product allows me, as an aesthetician, to treat patients at a professional level and to lighten and smooth the skin without toxins.

Essensa also offers a simple, practical, reasonably priced home-care line that allows you to continue to provide your skin’s health after your treatments at Hippocrates.

We now have in place a complete cellulite reduction program that is extremely effective. Using infrared, sub-dermal massage, supplements and proper diet, we can reduce cellulite effectively.

We accomplish much more for you than mere visual appeal, because through the reduction of cellulite removes numerous toxins from the body and generates better overall health. Cellulite exams are complementary; skin rejuvenation was made at The Institute’s Osmic Therapy Center.

In addition to these programs, we offer many modalities involving spa therapies such as various facials, wraps and hydrotherapies.

Healthsthetics is located in the Osmic Therapy Center. Everyone is invited to visit and ask any questions related to the health and care of the skin.

As a full-time therapist at Hippocrates, I am honored to work with an unprecedented team of health-care professionals. Healthsthetics is a central part of our offerings at the Institute. When Drs. Anna Maria and Brian Clement established the Active Aging Medical Team and asked me to be at the epicenter, I immediately accepted because I realized that with the inception of this team, the Institute is pioneering the future of healthy aging in an unhealthy world. The all-inclusive Healthsthetics approach is the health and rejuvenation of you and bringing natural, comprehensive skincare into and beyond the twenty-first century. You can have it all.

Annemarie has been a skin care specialist for over a decade. About eighteen years ago she became discouraged with traditional methods and began to incorporate holistic techniques into her practice, realizing her true passion. This resulted in her creation of an effective, multidimensional approach to aesthetics, addressing mind, body and soul, which made her a perfect fit for Hippocrates where she now practices advanced skin therapy and reconstructive work.
EATING, CHEWING, DIGESTING, TALKING, KISSING, SINGING, HAPPINESS, SADNESS, AND OVERALL HEALTH HAVE ONE THING IN COMMON: TEETH!

Without healthy gums and strong teeth, the best that life has to offer is not possible. Think for a moment about what life would be like without your teeth. Ask someone who has lost them and wears dentures, and you will quickly learn how miserable it is. Many foods can no longer be eaten, nothing tastes the same, and chewing can be a chore. Self-esteem drops, too: Think about trying to feel good about yourself when you have unattractive teeth or need to remove your teeth before going to bed.

Even when you have your own teeth, they may contain metals that are literally poisoning your entire body. This can affect everything from digestion to mental function to anesthetic symptoms and can even provoke cancer.

We also have to be concerned with our gums. Gum disease has been linked to low birth weight babies, diabetes and even heart disease. Understanding that the mouth is the gateway to health and well-being is essential for good health. For more than 23 years, I have treated everything from gum disease to amalgam removal to implants while creating radiant, natural-looking smiles.

Born in Brooklyn, New York, I attended Boston University School of Graduate Dentistry and received a Doctorate degree in Dentistry and a Masters Degree in Nutrition. My research centered on the role of bioflavonoids in the treatment of periodontal disease. Nutrition and complementary medicine have always been at the center of my dental practice. As an advocate of amalgam removal since long before it became a general health concern, I have never placed a single amalgam filling in anyone’s mouth since my practice opened in 1986. Our practice, located near Hippocrates Health Institute, offers state-of-the-art facility with an at-home atmosphere. I was the first to develop what we call a VIP suite housing a private consulting room, photography studio and a no-drill dental chair. In this relaxed and inviting environment, we get to know our patients and determine their dental concerns and expectations. Once you understand what’s happening in your mouth and what the safest and healthiest options are, the rest is easy!

Combining non-toxic dentistry with highly effective and natural cosmetic dentistry helps to improve our health and extend and expand our physical and emotional life. We have all heard the statistics on smiling; it uses far fewer muscles than frowning and raises the body’s endorphin levels, resulting in a happier, more content individual. When we are ashamed of our teeth and unwilling to smile, it weakens the immune system because we are not using all of our biochemistry in the best possible way. Sometimes starting over begins with a smile. We are the only natural dental office to offer a new smile preview. Called “Trial Smile,” this photorealistic wax can be done in just a photo or graphic — it is an actual smile that we place in your mouth so you can decide if it’s right for you. Self-esteem, confidence, and the ability to laugh without being self-conscious can do wonders for your overall well-being. We invite you to try it for yourself. I am pleased to be a part of Hippocrates Health Institute’s Active Aging Medical Team. In the past, many of my mentors have shown that oral health affects overall health. I have also observed how increased confidence and elevated self-image enhance the ability to conquer the necessities of health — extending life.

Dr. Vincent Dolce attended Wagner College on Staten Island earning a B.S. in Biology after which he went to Boston University School of Graduate Dentistry where he received a M.S. in Nutrition his DMD, Dr. Dolce also trained with Dr. Larry Rosenthal in Aesthetic-Advantage—a course on Cosmetic Dentistry. He has been practicing dentistry since 1985.

If you are suffering from premature aging, bad or sagging skin, a lack of energy, excess weight, joint problems, poor muscular definition, low sex drive, depression, anxiety, migraines, weak immunity, difficulties sleeping/insomnia, erectile dysfunction or vaginal dryness, you are likely to be suffering from hormonal imbalance. Many men and women are reading and hearing a lot about natural hormones these days. Increasingly, women ask their physicians for guidance, but most physicians do not have the answers. Replenishing and balancing hormones re-infuses health and youthfulness. Hormones primarily help to repair damage from the past, alleviate present symptoms, and replenish the body so that one experiences heightened vitality. Modern medicine consistently attempts to help people extend their lifespan, yet they have not solved the problem of chronic disease. The U.S. government has reported that babies born this year statistically will live five years less than their parents’ generation. Many of the people that I counsel were previously prescribed chemical hormones. It finally became apparent to researchers, as a world expert on such drugs was being conducted, that they have major side effects including increasing one’s risk of certain cancers, predominantly breast cancer. Cancer is a complicated issue without simple answers or magic bullets. Prevention is the name of the game. Competent physicians immediately remove those noxious chemical hormones from their patients and often left them feeling helpless. There is also a major emotional impact stemming from the issue after patients believed such drugs were safe and effective. Today there are many who suspect that any hormones spell trouble. This is why it is critical that hormones be addressed first through saliva diagnosis, which reveals the exact deficiencies that can be restored with the perfect extracts. It is safety and life enhancement that should be our first priority, rather than theory and profit.

By the time the average person reaches the age of 50, there is typically a 30% drop in estrogen. Between the ages of 35 to 50, there is a 75% loss of progesterone, which continually declines. Between the ages of 25 and 50 most people lose half of their DHEA and testosterone, followed by a 50% loss of the remaining DHEA and testosterone by the age of 75. Each of these depletions can wreak havoc on one’s strength, stamina, mental acuity and appearance. As a matter of fact, the fountain of youth is filled with abundant hormones. It is not only youth we are seeking, but ongoing capabilities, energy and, ultimately, vitality in our unfolding years. I feel privileged to offer my counsel and tailor programs for interested Hippocrates guests and those living in South Florida. I am a part of the Active Aging Team because there is no doubt that hormones are the fuel for...
ENHANCING BEAUTY AND HEALTH BY TAMING VEINS

By Dr. Z. Catherine Navarro

I launched my professional career in internal medicine. However, more than 25 years ago, instinctively recognized the growing need to assist aging and overweight people with invisibility and sometimes painful vein disorders. As a pioneer in this emerging field, which is just now being fully validated by science, I have a keen and thorough passion to understand and resolve these problems. I have sought to distinguish myself among specialists by my practice’s results, maintaining an unwavering dedication to bringing cutting-edge methodologies to my patients. Believing that whole-body health is more important than merely external results, I seek to incorporate only the most natural and least invasive techniques and to counsel patients concerning the importance of diet and exercise for vein health. Listed below are several solutions I employ as I help clients in their quest to conquer vein disorders:

1. Lasers for small veins on the body and face.
2. Injections with all-natural, preservative-free concentrated salt solution for larger varicosities.
3. Ultrasound guided laser fiber destruction of large varicose veins.
4. Microsurgery under local anesthesia for medium- and large-sized veins.
5. Multiple laser modalities for removal of vein causing scarring and dermatitis of the skin.

When I was invited by Drs. Anna Maria and Brian Clemont to be a part of the Hippocrates Ac-tive Aging team, they told me of their decades-long sense of im-pace concerning the issue of vein care. Guests and participants at The Institute have requested viable, more natural methods of addressing the discomfort and embarrassment caused by these internal culprits. I am delighted to partner with Hippocrates by offering my years of experience and services.

Dr. Catherine Navarro grew up in New York City. She attended Massachusetts Institute of Technology, Boston University School of Medicine and University of Miami, Jackson Memorial Hospital. Dr. Navarro holds Board Certifications in Internal Medicine (1984) and an Internal Medicine Recertification (2005).

LIFEGIVE INNERACTIN & REESSENCE

WOMEN HAVE BECOME INCREASINGLY CONCERNED about cellulite. We have also observed in the '90s 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 extra children during pregnancy. Although healthy and active women encounter cellulite, its occurrence is fractional compared to sedentary women who bear extra weight.

Reduces overall body fat and cellulite!

Our interest in helping women overcome this unsightly, and often emotionally challenging, problem led us to discover the most effective technology in use 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 lifts the fatty deposits so that they can be properly redistributed throughout the body tissues. We also searched for powerful supplement formulas to address the body's nutritional and functional deficiencies, and are proud to present two fat-busting LifeGive products that will improve your body and your life.

InnerActin and ReEssence 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 561-471-8876 ext. 124.
This Winter at Hippocrates...the Trapeze Experience™

Are you ready to fly? We will be ready to help you do so on Thanksgiving, November 23, 2006. The Trapeze Experience will be available through February, 2007. Don't miss this opportunity!

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

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

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

We hope you will join us.

Call Hippocrates’ Oasis Therapy Center at 561.471.8867 for reservations or information. or visit www.trapezeexperience.com.

YOUTH MEDICINE

By Dr. Joseph Spaziani

As a full time practitioner, counselor and medical physician in the Hippocrates Life Change Program, I am afforded a daily opportunity to see how proper attitude, diet and fitness are the foundation of a long and disease-free life. My interest in active aging began to evolve after embarking in the field of alternative medicine and joining the Hippocrates team. With the introduction of hyperbaric oxygen, inhalated oxygen therapies, and whole food IV and internally implanted nutritional supplementation widely used in the conquest of disease, I began to note extraordinary effects in preserving youth. Time and again, guests and patients who participate in these therapies tell me that they have not felt so well since childhood. Remarkably, the beneficial effects of these oxygen treatments last for weeks. It is no wonder the rich and famous often choose to spend much time doing oxygen therapies. The IV & nutritional supplementation therapies help detect and detox processes and also build one’s immune system.

With the advent of Hippocrates' "Active Aging Team" I am proud to act as one of the important spokes in this wheel of a longer, healthier life. When proper oxygen, nutrients, vitamins and minerals are supplied to the mitochondria (power plants of our cells) it allows for maximum productivity from the cellular to the organ level. This therapeutic process will not only reinvigorate anatomical systems, but will assist in restoration of youthfulness in body, mind and spirit.

Doctor Joseph T. Spaziani received his M.D. at the State University of New York and subsequently became Board Certified in Oncology from Johns Hopkins University. He practiced clinical oncology in the Northeastern U.S., was on the staff of six large community hospitals, and served as chairman of the Depar-
by Ginger Southall, D.C.

If one of the chemicals used to make Teflon (PFOA, also known as C-8) "does not harm human health or the environment," as its maker DuPont claims, then why has 63-year-old Joan Gintner of Vincent, Ohio been denied health insurance coverage?

The denial, issued by Fortis Insurance Company of Milwaukee, Wisconsin — now known as Assurant Health — dated April 30, 2005 reads, "We regret that we are unable to offer the coverage you requested, based on HISTORY OF TOXIC CHEMICALS/ENVIRONMENT as reported by HEALTH HISTORY INTERVIEW." A second letter dated June 18, 2005 reads, "we are unable to further consider coverage on any basis because: CONFIDENTIAL INFORMATION."

"I went to my doctor and he said I was fine and there were no problems in my medical records" states Gintner. "We are hoping the insurance commissioner for the state of Ohio will address this," says R. Edison Hill of Hill, Peterson, Carpea, Bee & Deitzler, p.l.l.c., one of three law firms representing the thousands of people who recently sued DuPont for polluting their tap water.

In 2001, residents living and working around a Teflon-producing plant and landfill at the Ohio-West Virginia border filed a class-action lawsuit against DuPont for withholding information about the contamination of their water, air, and bodies by a controversial chemical produced by the chemical maker, C-8 or PFOA, according to DuPont, is "an essential processing aid used to make fluoropolymer(s)," including Teflon — the non-stick coating found in much of the world’s cookware, but also found in fabrics, rugs, stain repellants, cosmetics and food packaging. It has been the subject of health concerns for years in the communities around DuPont’s Washington Works Plant in Parkersburg, West Virginia.

C-8 was originally manufactured by the 3M Company, but in 2002 3M voluntarily stopped all production of C-8 because of concerns about its toxicity. DuPont has since manufactured its own C-8. It is considered "persistent" in the body and the environment — it accumulates over time and never breaks down. With the exception of secret tests conducted by DuPont itself, so far no official direct correlation between C-8 and human health has been studied, but recently the Environmental Protection Agency’s Science Advisory Board issued a draft risk assessment report that ruled the compound is a "likely human carcinogen" and poses a "risk of developmental and other adverse effects." Other research in lab animals shows cancer of the liver, pancreas, breasts, intestines and testicles, as well as various types of developmental deformities that may occur with C-8 exposure.

Plaintiffs in the suit claim C-8 has spread across the atmosphere through air emissions coming from the DuPont plant and it has contaminated water sources — called a "froth covered creek" by one resident whose 260 cattle mysteriously died — including private wells and public water districts.

Little Hocking Water Association, has told its 12,000 water customers to "drink at your own risk."

The class-action case was settled in 2004, and DuPont is expected to pay out in excess of $300 million when all is said and done — an amount some residents call "just a slap on the wrist."

As part of the settlement, as many as 80,000 residents will take part in what Hill refers to as "one of the most grandiose epidemiological studies in history." The C-8 Health Project, as it is being called, will cost DuPont $70 million and in the end will determine how many people have been contaminated, to what extent, and if there is a definitive link between cancer, birth defects, or any other human health threats.

Only residents who have been drinking the contaminated water for at least one year before December 2004 qualify. Residents are being paid $400 each to fill out a full medical history questionnaire and give blood to be tested for C-8 contamination.

Local residents, extremely concerned and very angry, are demanding answers. Melissa McDowell, of Vincent, Ohio, raised her two sons on contaminated water, has a "deficiency in the water," a bone "broken and stretched." McDowell says it is an extremely painful procedure for her son, now 12, who needs to have it stretched again as he grows.

As for the study, she says: "I have a problem with the name C-8 Health Project. It should be called the C-8 Toxicity Study. DuPont pretends to be our friend but they’re still deny ing what they’ve done. They’ve never volunteered any information. They’ve lied to the population and their own people that work there, and they’re making lots of money from Teflon."

She claims bifurcation complaints, cancer rates and birth defects are "high here" and says, "I think that will show up in the study."

Assurant Health did not perform any bloodwork on Gintner — she simply volunteered the fact that she was part of the C-8 Health Project when applying for insurance back in the spring of last year. When asked if she had been exposed to any toxic chemicals, she answered yes to what Hill characterizes as "a confusing and ambiguous insurance questionnaire." He adds, "It is not a fair question, as we’ve all been exposed to toxic chemicals, even second-hand smoke." "With loaded questions such as that," he wonders, "where in the United States would you qualify for insurance?"

He is concerned that this denial of health insurance "may be construed wrongly as to dissuade people from participating in the C-8 study."

Gintner, a 30-year resident of Vincent, Ohio and a recent divorcée whose Cobra insurance was about to lapse, set out to get a new health insurance policy with Assurant Health. Instead, she received an insurance coverage denial letter in April of 2005. She received her C-8 blood results from the study three months later. While studies suggest most people’s bodies have an acceptable C-8 safe level — if there is such a level — of about 5 parts per billion (that’s billion), Gintner’s C-8 levels were a daunting 915. She has never worked at the DuPont plant. She...
The class-action case was settled in 2004 and DuPont is expected to pay out in excess of $300 million when all is said and done.

Additionally, the EPA has utilized much of the information from the EWG to bring criminal charges against DuPont for multiple failures to report violations and illegally misrepresenting and withholding information concerning the magnitude of human threat of its product in an attempt to continue to sell Teflon and make a profit. The EPA alleges DuPont has been withholding this information for more than 20 years.

"This development gives some hope that DuPont will be held accountable for its contamination of virtually every American's bloodstream with this toxic Teflon chemical," said EWG President Ken Cook. "A federal criminal probe should not be required to find out what a company knew and when it knew it regarding a product's contamination of people and the environment. It's a dramatic example of why we need a complete overhaul of the regulatory system for this industry.

Many residents agree and hope DuPont will clean up its act, stop manufacturing C-8 altogether, and comply with the company's "commitment to environmental stewardship" to "operate under the highest standards of ethical behavior and environmental responsibility," as they state in their press releases. It's a commitment one Ohio resident calls "a bunch of baloney."
Living Recipes
from Chef Ken’s Kitchen

Creamed Spinach
Yield: 4-6 servings

1 lb Spinach chopped in food processor with "S" blade

Sauce:
1 1/2 oz. Lemon Juice
2 oz. Water
1 1/4 C. Pine nuts (Soaked and Rinsed)
1 1/2 Cloves Garlic
1 T. Kelp Powder
1 Pinch Cayenne
1 Tsp. Oregano

1. Blend ingredients in sauce thoroughly until creamy.
2. Mix sauce in with spinach to desired texture.
3. Put in bowl and top with shredded yellow squash.
4. Sprinkle top with dehydrated almond meal.

Kenneth Blue- Executive Chef
Hippocrates Health Institute

Ken grew up working in the family restaurant. Later he went on his own as chef/owner of two vegetarian restaurants in Baltimore, Maryland. One of Ken’s restaurants, Sin Carne, a meatless Mexican restaurant, won best new vegetarian restaurant in Baltimore in 1998. When Ken attended the Hippocrates Health Educator Program in 2003, it changed the course of his life. After graduation, Ken became the assistant chef at Hippocrates for a short time and was soon promoted to executive chef. He has now been preparing some of the most delicious raw food on the planet for Hippocrates’ guests for more than two years. In addition to his many tasks in the kitchen, he loves teaching food preparation classes at The Institute since it is his passion to inspire others to live the Hippocrates’ Lifestyle.

Marinated Veggie Kabobs
Yield: 4 servings

Vegetables for Kabobs:
16 Crenini Mushrooms w/stem removed
1 Large Zucchini
1 Large Red Onion
2 Red Peppers
1 Large Yellow Squash

1. In a blender, mix all marinade ingredients.
2. Place vegetables on a skewer to your liking or as follows: a mushroom, a sliced zucchini, a sliced red onion, a square red pepper, a sliced yellow squash, a sliced zucchini, a.
3. Roll in marinade.
4. Put in dehydrator on Teflex sheets or parchment paper.
5. Dehydrate for 3-8 hours.

Marinade:
4 oz. Lemon Juice
4 Cloves Garlic
1 T. Kelp Powder
2 Tsp. Paprika
3 T. Chopped Fresh Parsley
4 T. Pizza Seasoning
1 Tsp. Garlic Powder
7 oz. Organic Cold Pressed Extra Virgin Olive Oil

RICE DREAM’S GOOD NEWS

On August 11, 2006, Dr. Gerry Amanette, vice-president of technical services with Hain Celestial Group, reported that the company had scrutinized and clarified to our satisfaction any fluoride issues in relation to their Rice Dream products. “This water has consistently shown levels of fluoride below detectable limits,” he says. “Additionally, seven lots throughout the last year of production were sent to an independent lab for fluoride analysis, and results for the seven analyses were all reported as below detection limits of the test (0.1ppm).” We want to express our personal thanks to The Hain Celestial Group and Dr. Amanette for their assertive attention to this important matter. We also thank all of our readers worldwide who called The Hain Celestial Group to voice their concern.

Membership has its Advantages

Become an 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.

INSPRATIONS
FROM OUR GRADUATES

Each Friday at Hippocrates is special. It is the day when we graduate another group of guests from every corner of the earth. For the staff, this is a precious time to hear from those who have participated in the Life Change Program. We often marvel at the creativity, ingenuity and humor of the graduates and are incredibly inspired by their offerings. We realized that it would be a good idea to, with their permission, share some of their gems of encouragement and humor. Many of you are Hippocrates alumni and we are sure you will enjoy this new feature.

Here is some creativity from Scott Meyers who got us all chuckling when he recited this at his graduation in May, 2006:

YOU JUST MIGHT BE A HIPPOCRATES’ GRADUATE IF...

... you think of a hot tub and cold plunge pool when somebody orders a 7 & 7 at dinner.
... you would rather have an enema than an M&M.
... you spend more on your kitchen appliances than you do on your car.
... you get a little confused or panic when your dentist offers you an implant.
Mail Order Guide to Products available at our store.

LIFEGIVE ENTEROBOSS: An enteric-coated enteric-coated form of probiotics that aids in the normalization of intestinal flora. **$25.00 $22.50 (20 Veg. Caps)

LIFEGIVE PHOTOPHYTIC: Powerfully feeds insecticidal oil derived from photophytic acid. **$25.00 $22.50 (20 Veg. Caps)

LIFEGIVE VEG CAL: Provides all the essential nutrients, vitamins, minerals and enzymes that the body naturally needs. **$36.00 $32.40 (20 Veg. Caps)

LIFEGIVE VEG-O-FORCE: A blend of vitamins, minerals, amino acids and enzymes to enhance the body's natural resistance to disease. **$30.00 $27.00 (60 Veg. Caps)

LIFEGIVE CHEMOZIN: A blend of selected herbs and minerals to support the body's own natural healing process. **$35.00 $31.25 (40 Veg. Caps)

LIFEGIVE POWER STRONG: A blend of selected herbs and minerals to support the body's own natural healing process. **$35.00 $31.25 (40 Veg. Caps)

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To order any of the above or request a full store product list, call (561) 471-8876 Ext. 102 or 103
“Doc” might catch your eye at the gym because of his well-toned, physically fit physique or because of his unique method of working out. He caught our eye and we stopped to ask him a few questions. This brief conversation led us to want to get to know Doc Darville better. This man’s life, his passion and his optimism are so infectious that we know this feature will inspire many.

Doc is almost 64 years young and getting stronger and better with every year that passes. “If you think old, you will get old,” he believes and this is part and parcel of the philosophy that drives his life. At 63 he works out at the gym regularly, runs wind sprints, walks his dogs daily, practices in the mixed Martial Arts and trains in Jiu Jitsu making him more agile and fit than most people of any age. He also stays vital as a police officer working the streets in Florida. He was employed as a firefighter for 27 years and retired in 1991 at the age of 48. It was then that he decided to go to the police academy and has been an officer for the past fifteen years.

Off the streets, one of Doc’s passions is to be an example and an instrument of encouragement to other seniors. His message is simple, “Stay active rather than passively expecting and accepting a sedentary lifestyle and the aches and pains that accompany it.” Whether it is choosing the stairs over the elevator or laying aside the extension bars used for assistance in reaching, muscles must be worked regularly. When muscles are not used they atrophy and no matter what your age or condition, you don’t have to submit to this process. You can turn things around. When you give in and stop using your muscles with a full range of motion, you set up a vicious cycle. The more you avoid using your strength, the weaker you become allowing more and more disability to set in. This process can be avoided or reversed and Doc, not only shows this by his life, but he is also teaching other seniors how to stay young.

Doc has learned much about body language from his years on the street as an officer. He says that posture and mental attitude go hand in hand. Many senior walk around with their head down demonstrating a defeated attitude. He personally has known the disheartening discrimination that many seniors face and that is one thing that angers this kind and compassionate man. When he enrolled in Jui Jitsu seven years ago, he experienced such discrimination and he adamantly opposed it. Jui Jitsu means “the gentle way,” and involves training in tactics for bringing others into submission without hurting them. The instructor in this art was obviously “taking it easy” on Doc due to his age and the physical nature of this practice. Doc spoke up for himself right away and said he would have none of being treated differently than the other students due to his age. He is thrilled on experiencing the physically challenging lessons just like the rest of the students. Just because you are advancing in years does not mean that you have to think, act and live like many older individuals do. Lift your head up high, put your shoulders back and walk and live with confidence.

Doc believes that working out using one’s own body weight is by far the best method. From push ups and squats to crunches and the less traditional exercise routines he has created, he advocates a training style which focuses on circular motions rather than linear and targets using the shoulders to keep them fully functioning. He has not done a bench press in years, yet his shoulders, arms and chest are toned and muscular. He has designed many exercises which emphasize pulling by gripping ropes rather than bars since he discovered that this type of gripping is very effective, utilizing nearly every muscle in the hand and forearm. Though you may pull less weight this way, the results are impressive. Doc is so impressed at helping seniors that he trains with them individually and has recently filmed an instruction DVD called “Sixty Going On Twenty.”

targeting the “senior” audience. Most exercise videos are made for the younger crowd and this indirectly sends a message to seniors to go stand in a corner or sit in a chair. Doc’s DVD tells them that they need to stay active and keep using their muscles or resume using them once again. Doc says the most important thing is to stop worrying about what people will think of you. When it comes to working out, lay aside your own ego since one of the biggest obstacles most individuals face when they begin exercising is their own pride.

Doc shares his active lifestyle and positive disposition with his wife of 43 years, Rosemary. They have been blessed with many years of fulfilling life together and two children who are now adults. Doc attributes their successful marriage to the fact that they are best friends and hold one another in great respect. Doc and Rosemary enjoy going to the gym together since lifestyle changes have given Rosemary a new lease on life along with Doc. Rosemary used to use a wheel chair when they went anywhere that required any amount of walking due to her debilitating arthritis. Since she could not do many of the exercises that Doc does due to joint pain, she created her own 90 minute exercise workout and began doing it regularly. Along with their dietary changes, these workouts have transformed her existence. She is now mobile and walked all own Oklahoma City during a recent trip. Wheel chairs are a thing of the past for Rosemary. Her life demonstrates the message Doc is eager to give, “You do not have to sit idly and accept immobility.”

When Doc faced his own health challenges, suffering three heart attacks and two pulmonary emboli, he knew it was time for change in his life. That is when he and Rosemary changed their diet, picked up the workout and learned to say, “No thank you,” to unhealthy fare. Doc and Rosemary have, for the most part, cut out processed food and eat a diet focusing on vegetables and fruits with a large percentage of them raw. Their lifestyle changes have resulted in weight loss and health improvements for both Rosemary and Doc.

Aside from their two children, they enjoy sharing their lives with animals. Currently Doc and Rosemary have four rescued dogs and Doc heartily recommends animals as wonderful therapy for anyone, especially seniors. Loving and caring for an animal adds an important dimension and quality to life, not to mention the fact that walking your dog gets you out daily and keeps you moving.

We wish all of our readers, no matter what age, could meet Doc and be motivated to stay active. For more information on his DVD for seniors, you can visit www.NatureCast.com.
CANCER is a rapidly growing disorder among the general population and therefore is and has been a focal concern here at Hippocrates. Over the last half-century we have been continually searching for new and improved ways to assist individuals who are battling cancer. We were fortunate enough to discover a medical company willing to co-create two living nutrient/herbal complexes to fatally those who choose to face nuclear medicine.

Lifegive Chemozin
Chemozin is a unique nutrient and herbal supplement that supports the cellular system during and after the use of chemotherapy. This is achieved without interfering with the desired effect of nuclear medicine, yet helps to preserve the multitude of healthy cells while potentiating some forms of chemotherapy, making them more effective in their process of destroying malignant cells. Chemozin contains living aloe vera which is historically used as an immune stimulant, anti-inflammatory, anti-angiogenic and most important, a cellular hydronator and nutrient absorption enhancer. This is combined with red root which is known to strengthen the lymphatic system and increase phialer counts. It is an hepatic aphatic stimulant. This works together with celtica alba herb, often used as a hepato protective for chemo drugs and it also aids in liver regeneration by resoring enzymatic pathways that can be inhibited by chemotherapists agents. Other essential elements are ginger root powder, an anti-nausea agent and Alpha Lipoc acid, a powerful antioxidant which inhibits the transduction of growth signals decreasing chemo induced neurophyt and liver toxicity. All of this is combined with ashwagandha which helps to prevent the loss of white blood cells and additionally helps to protect the bone marrow and may also aid in maintaining red blood cells. Lastly, rubidium is added to empower many forms of chemotherapists including those related with breast and epiblphoreal cancer. This is a muscle relaxant and anti-inflammatory and has an analgesic effect.

We are committed to helping those who choose to utilize conventional medicine for cancer to maximize their gain and reduce their risk. Chemozin is of great assistance when facing nuclear medicine.

Lifegive Enterorine
Enterorine acts as an overall cellular system repairman, often employed in the conquest of cancer. This unique nutrient and herbal complex induces cell differentiation, non-invasive cell signals, helps to inhibit cancer cell proliferation, induces apoptosis in cancer cells, inhibits angiogenesis and up-regulates natural immune response. This is a combination of whole food vitamin C, known for its ability to increase glutathione levels in the cell, inhibit metastasis and foster greater circulation. Enterorine also contains bee propolis which has proven to inhibit the formation of tumors induce apoptosis, increase gap junction, cellular communication and most important, improve the immune system's function and protect with its strong antioxidant effect. Instead, a general immune stimulator which is known to induce cellular differentiation, is another ingredient. Additionally, Quercetin is a component which has proven to dramatically decrease carcinoma cells and induce apoptosis. Finally, turmeric, an extraordinary herb known to inhibit a variety of cancer cells is added, which may increase the life spans of those contracting cancer. Enterorine is either used in combination with Chemozin or solo when one is undertaking radiation treatments.
Finally, a vacation that fits your lifestyle...

"The trip was paradise, a feast for my eyes, body and soul. I felt absolutely energized by the food, the yoga, the clean air, the blue water and the lushness. It was an incredible experience that will stay with me forever."

- A. Caufferty, Hastings on the Hudson, NY

"I'm 58 but I felt like a kid again. It was a life-changing trip, motivating me to continue to eat right and have a better quality of life."

- J. Romeo, Bridgeport, WV

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Our Speakers and Presenters

Brian Clement, PhD, N.D. 
Presenter, author, lecturer, researcher and co-Director for over 25 years at the Hippocrates Health Institute.

Paul St. John
Presenter, author, teacher and creator of the St. John Method of Neuromuscular Therapy.

Anna Maria Clement, PhD, N.D. 
Presenter, author, lecturer and co-Director at the Hippocrates Health Institute in West Palm Beach, FL.

Viktoras Kulvinskas
Presenter & Honorary Guest, celebrated author, teacher and co-founder of the original Hippocrates Health Institute with Dr. Ann Wigmore 50 years ago in Boston, MA.

Gabriel Cousens, M.D., M.D. (H.), D.D.
Yoga and Ayurveda.

Chad Sarno
Chef, world-renowned raw food and vegan chef, consultant, and director and founder of Vital Creations, LLC.

Eric Tucker, Global Chef
Executive Chef and co-founder of award-winning Millennium restaurant in San Francisco, CA.

Shanti Cousens
Yoga 
Senior teacher of Kali Nayo Travis Yoga and director of Yoga and Guest Services at the Tree of Life Rejuvenation Center in Patagonia, Arizona.

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

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Call 561.626.3293, ext. 3 today or visit www.healthyadventure.com
The Missing Link that Optimizes Health Restoraton and Youthful Aging

Turbo Sonic Whole Body Vibration Therapy

As a result of collaboration between Hippocrates Health Institute, Sonic Health Systems, Inc., the master distributor of TurboSonic in North America and Take Charge of Your Health (TCH), Inc., working together with well-known consulting research scientist, Dr. Jacob Swilling, the TurboSonic whole-body vibration technology is now an added healing system in the Hippocrates Health Restoration Program.

Dr. Swilling is the first researcher to explore the potential of the TurboSonic Vibration Machine in physiotherapy when applied to biological and biochemical function to maximize the repair and healing of many health problems as well as the potential of youthful aging.

His research demonstrates how Turbo Sonic Vibration Therapy provides the first safe, effective way to excite human cells, accelerate the body’s natural healing response, increase cellular oxygen uptake, therefore it stimulates cellular fluid movement and facilitates cellular waste removal. As a result, cells are more resilient, more vibrant, and function together as a healthier, longer lasting body.

Dr. Swilling reports that the results of increasing experience emphasize the fact that the TurboSonic greatly enhances the body’s response to other healing modalities, nutrition and supplements. Those undergoing medical treatment report fewer side effects from those treatments, effective response with lower potencies and earlier phase off from medications.

Synergistic Approach

In their search for the most successful healing model, Hippocrates and Dr. Swilling are working together to combine TurboSonic technology with the proven success of the Hippocrates Health Restoration Program to further potentiate results.

Clinical Applications

Dr. Swilling is applying the experience reported by other researchers working with TurboSonic vibration therapy in the training field, to enhance the treatment and prevention of a variety of injuries and adverse health conditions.

This research includes the following:

Emphysema: Ordinarily, patients with emphysema find it nearly impossible to undertake any kind of physical exercise. TurboSonic Vibration Therapy enables these individuals to achieve most of the benefits of a regular workout and helps them to do cardio-fitness training such as walking or even running.

MS / ALS: Patients with advancing multiple sclerosis and amyotrophic lateral sclerosis are unable to train because their nerves are not longer capable of controlling the muscles properly. TurboSonic Vibration activates the muscles directly without relying on the nervous system. Patients tend to feel better, have more energy to cope with everyday activities, experience less pain and are less dependent on others.

Osteoporosis: Millions of people, especially women, are at risk of developing this disease, which results from the decalcification of the bones due to hormonal imbalances and the lack of resistance exercise. The bones become fragile with a tendency to break easily. TurboSonic Vibration Therapy increases bone density, usually reversing the effects of osteoporosis.

Arthritis and Rheumatism: TurboSonic Vibration Therapy can reduce the pain and discomfort of these conditions. It has been proven to increase blood circulation in the joints and dramatically improve flexibility and range of motion.

Lower Back Pain: TurboSonic Vibration Therapy can help to alleviate the pain associated with low back pain. (Patients with an acute back hernia should not use Vibration Therapy.)

Pelvic Instability: This condition usually results from a series of the connective tissue during pregnancy. TurboSonic Vibration Therapy quickly brings the hormonal system into balance, enabling connective tissue to recover its strength and firmness.

Excess Body Fat: TurboSonic Vibration Therapy works by several ways to dissolve excess body fat; it increases metabolism which burns calories more rapidly and increases blood circulation and lymphatic drainage, thereby removing toxins faster. Human Growth Hormone secretion increases dramatically (40%). Excess body fat melts away effortlessly. Therefore, many reports about people who used the TurboSonic Vibration Trainer for 10 minutes, three times a week, losing significantly more fat than those who engage in aerobic activity for one hour three times a week.

Cellnate: Those lumpy fat deposits that form an unattractive dimpling effect around the thighs and other parts simply melt away under TurboSonic Vibration Therapy.

Stress: Modern life is stressful, causing the release of toox hormones such as cortisol and epinephrine, which throw the immune system out of balance and destroy brain cells by the millions. Sonic Vibration Therapy increases human growth hormone (hGH), lowers cortisol and epinephrine secretion 31%, and reduces circulation, all of which counteract the effects of stress on the body and spirit.

Technology

TurboSonic is a sophisticated exercise and therapeutic wellness machine that uses patented sonic vibration technology based on decades of Russian research and development.

During the first extended periods of time that Russian cosmonauts spent in space, researchers observed bone and muscle tissue loss due to a lack of gravity. In an effort to stop or reverse these degenerative conditions, researchers were led to the whole body vibration (WVB) technology.

Since that first research decade ago, it has been well documented that vibration technology can help repair the bone and muscle tissue loss experienced by the cosmonauts. Of course, this discovery is leading the way for the whole body vibration concept to be applied to other fields such as athletics, fitness and physical therapy.

The TurboSonic is the latest state of the art vibration technology machine designed for the pain free, around physical performance enhancement. It was designed and developed by TS Korea in collaboration with Qigong (Chi Kung) masters in Korea who were instrumental in bringing TurboSonic's 10 minute pre—programmed training sessions. TurboSonic is used widely throughout Korea and Japan, especially by Qigong masters, acupuncturists, physical therapists, chiropractors, orthopedic specialists, athletic trainers and senior centers, as well as by Olympic and top sports athletes and entertainers.

Whole body vibration therapy was originated from the concept of human body movement under earth's gravity. The movement of individual organs of the human body is always influenced by earth's gravity. Gravity works in a vertical direction and is natural and more effective for the human body to exercise in a vertical direction. Running vertically causes all the body organs such as brain, chest, abdomen and muscles to contract and relax repeatedly.

Up and downward movements stimulate the growth plates, improve blood vessel circulation, activate lymph systems and help eliminate cellulite. Vertical movements also cause the muscle fibers to contract and relax repeatedly, enhancing muscular strength.

Wide application:

The TurboSonic can be used by anyone regardless of age or sex. In particular, athletes, overweight people who experience difficulty exercising for extended periods of time, office workers with moderate levels of physical activity, people who cannot find the time to exercise, and patients requiring rehabilitative therapy, stand to benefit most from this break-through comprehensive exercise system.

What started out in the Russian space training programs to combat the effects of the gravity-free environment encountered by astronauts in outer space has evolved into a very effective human growth hormone (HGH) releasing machine.

Sonic whole body vibration training encourages the release of key wellness recovery and rehabilitation hormones such as serotonin, human growth hormone and testosterone.

Sonic vibrations (3 to 50 per second) trigger a neural reflective response, or full-body muscle contraction, for each of the vibrations. These muscle contractions stimulate a dramatic increase in critical blood flow to joints and their connective tissue throughout the body. The result is reduced muscle, tendon, and joint—related pain with an increase in bone/muscle mass, strength and flexibility.

TurboSonic is now an integral part of the Institute's therapy program. All guests with appropriate concerns are enrolled in a protocol using this cutting-edge technology.

Disclaimer: TurboSonic facts are for information only and are not intended to diagnose, treat or cure any disease. All statements listed here in this article are based on independent studies which reference years of research into (WVB) whole body vibration therapy. These studies are independently conducted and are independent of the TurboSonic technology and have not been evaluated by the FDA. Discuss all ailments and/or medical problems with your physician or healthcare professional.

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Dr. Brian R. Clement, Director, Hippocrates Health Institute

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