FALSE FOODS AND HARMFUL SUBSTANCES

Flowers Not Flour Chocolate: Superfood or Poison From Hopelessness To Healing Raw Restaurants Caffeine Boost Scary Sweets Alcohol: Friend or Foe Milk’s Deception The Truth About Soy Dump The Salt

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The universal addiction appears to most parts of the world, but since advertising is no longer legal in advertised, but the most vital need, transportation, recreation, pharmaceuticals and myriad activities appear unhealthy for unsuspecting purchasers. This is not necessarily a conspiracy; it has much more to do with corporate greed. Some of the many items dangled before us are necessary, suspect only because we neither need so much so often nor in the method proposed. Clothing, housing, transportation, recreation, pharmaceuticals and myriad niceties are in the hierarchy of necessities advertised, but the most vital need, food, tops the list. Subliminal advertising is no longer legal in most parts of the world, but since the universal addiction appears to be FOOD, food itself seems to be an exception to that rule. Cookies, cakes, ice cream, candies, pizzas, fatty foods, highly seasoned chips and other snacks seduce us into zombie-like consumption. How often have you found yourself peering into the refrigerator or driving to a restaurant when you may not even be hungry? This is most often provoked by ongoing programming from promoters combined with the prevalent blood-sugar concerns most of us experience. Obesity is the blatant evidence of our overindulgence.

From the beginning of the health food industry there has been a history of adapting misfits and labeling them health foods. Look at some of the names in the hall of fame that are simply industrial byproducts that have become profitmakers instead of expensive discards - cod-liver oil, wheat-germ oil, brewer's yeast, whey protein, wheat bran, oat bran, etc. To top this off, many "health manufacturers" have learned that if they slap the word "organic" or "natural" on the side of a package, the same word "organic" or "natural" on the side of a package, the same non-nutritive items will sell since this label relieves the buyer's guilt. Notably, such "false foods" as sugar, flour products, dairy products, coffee, so-called healthy fats, sodium, alcoholic beverages, and chocolate - yes, even raw cacao - all play a role in reducing health and promoting disease. Endless effort and expense have been expended by advertising agencies to find ways to make the unhealthy appear healthy. Spin doctors are notorious for fulfilling the old adage, "If you tell a lie long enough, people are apt to believe it." There is no product easier to sell than one to which people are addicted. Large health food chains have learned to manipulate the public by offering the "same old, same old" dressed up in a new package with not only a gourmet sticker but a gourmet price. We both knew at an early age that not everyone in the health-food manufacturing sector was canonized. We were shocked, as were many of you, the first time we saw health-food cookies and potato chips on the "sacred" shelves that we believed were devoted to ethics and puritanism. At a young age we found ourselves falling into the same former patterns of fat and sugar consumption that many of you suffer today. There is literally no difference between white sugar and fruit sugar or table salt and Celtic Sea Salt. The results of consuming too much of these items are less health and more disease. Additionally, as we replace one stimulus with another, we are not truly arresting an addiction but prolonging its agony. Resolution requires a concrete determination to eradicate the addictive "food stuff." Of course, when consuming such unhealthy fare the justification most often used is that it has beneficial properties. In fact, if you scientifically analyzed recreational drugs you would probably find aspects of their structure that can also be beneficial, but few of you reading this would be willing to indulge in that illicit activity. We do not speak as judges, but as friends who previously indulged in the same type of consumption and coverage. Alcoholics are told that they are "lifers" and that even one sip can lead to an avalanche of mass consumption. This is also mirrored in false foods that seem irresistible: You must consider yourself a "lifer" as well.

This magazine is dedicated to all those who want truth and are now ready to grow beyond the rituals of the past. We are given a unique opportunity in our daily work to observe many of these destructive foods in terrifying action. As scientists - and more importantly, as concerned individuals - we are committed to exposing injustice when it comes to health. Diehard addicts will read our concrete findings and dismiss them as speculation and opinion; self-respecting consumers hopefully will rise above the fray and begin to focus on fortified fuels rather than fake fare. Comfort foods do not really comfort; rather, they sedate so that we fail to proceed positively. With foods like this, a little is never enough. It is best to "Just Say No."
In this ever-changing world where information has become a precious commodity, choice can be confusing. It was recently reported that if a young person dedicated his/her life to studying a single subject there is approximately 125 times the amount of information available than he/she could possibly absorb in a lifetime. Most people receive their knowledge in sound bites and develop opinions based upon hearsay rather than history. Sensuality also confuses the issue, since external facts and concern. There is abundant evidence to support the natural health field’s fall from grace.

In the early days of Hippocrates, the field of natural health always had a preface attached to it: “No profit.” Today, this field is very profitable and is laced with hype and innuendo more than facts and concern. There is abundant evidence to support the natural health field’s fall from grace. Most supplements, considered the next trillion-dollar industry, harm more than help. Many health-store foods are processed and filled with dangerous ingredients. It is of serious concern when people who purportedly claim to be experts misguide the public with spectacular foods that supposedly contain benefits in spite of their long-term negative history.

Living and raw foods have become a mainstay for cutting-edge, conscious consumers and they must be aware that even in this arena there are both preferable selections and undesirable choices. We cannot thoughtlessly pick cuisine just because it is labeled “organic” and “uncooked.” There are three additional questions that should be considered before indulging:

A. How much total nutrition am I receiving from the consumption of this food?
B. Does it contain any counter-productive elements or ingredients?
C. Will this fare provide long-lasting benefits with lifelong consumption?

Let us take one food out of the multitude that are being touted as beneficial – raw coconut meat and its oil – and apply this three-question standard to it. First we would like to point out that the coconut water from raw green coconut is of great benefit and does not display any counter-indication for health. Actually, it is an extremely healthful beverage and assists in building strong cells and strengthening immunity. Coconut meat and the oil extracted from it (saturated fat) have recently been rescued from a reputation as a dangerous palm oil and elevated to the status of a fat superstar. The reigning controversy over short-chain and long-chain fatty acids has led many into believing that this long-chain palm oil assists in preventing cardiovascular disease, elevates brain function and even burns away fat. Without long-term clinical and laboratory research, much of this is being written and taught about this “usual suspect” is new-born revelation based upon short-term thinking. Over the last decade at Hippocrates Health Institute we have been questioning the validity of mass consumption of saturated oils, whether they are organic and vegan or not. Through hundreds of clinical observations, it has been revealed that small amounts of raw coconut oil and meat produce no detrimental signs. On the other hand, when individuals consume larger amounts of this tasty treat on a regular basis, their livers and gall bladders work overtime and begin to produce unnecessary and unwanted cholesterol. Unanimously, we have confirmed that this high level of consumption dramatically and negatively affects cholesterol and low and high density lipid levels in the body as well in the blood serum. Applying our questions:

A. There is very little nutrition in the form of vitamins and minerals contained in coconut meat/oil. They provide high-quality proteins and notable fats required by the body for energy. This protein and fat could be obtained from highly nutritious and healthy sources such as hemp, flax, sunflower sprouts, etc.
B. No matter how you view it, coconut oil is saturated fat and as such is not optimal. The mainstream jury is still out on coconut oil, although Hippocrates Institute has concluded the trial. At best, minute amounts of this food source can be healthfully consumed. Anything beyond a tablespoon, at most, of coconut oil several times a week and no more than the meat of two

Those who have reached normality with their palate use food to energize a happy existence and do not permit it to become an obstacle that so often fog reality.

In communities where little to no animal foods are consumed yet coconut and its oil is available, small amounts may be utilized, whereas more is harmful.

We have just ventured into one of many false food fads prevalent today. Among others, the consumption of so-called natural sugars via carrot juice, beet juice and fresh fruit are finally surfacing as trouble-makers. When an individual is healthy and not in the conquest of disease, small amounts of organic and ripe dilated juices and fruits can healthfully be consumed. Otherwise, you are adding fuel to the fire when supplying your body with these sugarsaturated choices that feed everything from deadly microbes to invasive mutagens. Propponents of high fruit and sweet juice consumption will mislead you by saying that these are natural foods. The critical part of the story that is omitted is that most individuals have a dysfunctional pancreas (the organ that regulates all sugars) and further, that fruits and root vegetables such as carrots and beets have been hybridized for millennia to achieve greater sweetness. Needless to say, with fruit there is the additional complication that all raw, green coconuts per week can be safely consumed by most individuals.

C. Since, other than imported varieties, fresh, raw coconut is geographically available only in tropical parts of world, it is obviously not an essential food for the masses. Irreproachable research has shown that saturated fat consumption via animal sources is detrimental in every case. This allows the understanding that most people who do not have access to any other saturated fats, other than animal-based varieties, would be better served by not consuming them. The same holds true in communities where little to no animal foods are consumed yet coconut and its oil is available, small amounts may be utilized, whereas more is harmful.
fruit, including organic, is intentionally harvested prematurely to sustain the fruit and dramatically reduce perishability. This added dimension plunges the unripe fruit into a new category as a nutrient scavenger in your body.

Your relationship with food must be based upon rational thinking and nutritional responsibility. Sadly, we consider food to be a vehicle for socialization, sensuality and sexuality, rather than a gathering of positive chemicals that fulfills our body’s need for fuel. When we reduce the romanticism surrounding food choices, clarity begins to shine on our own disturbing patterns. It is at this time that we can alter our course and establish the high ground of eating to supply nutrient requirements. Many of us focus on food as the main theme of our existence since we have unhappy and unfulfilling lives. The question most asked is, “How can I forego this pleasurable aspect of life?” The answer is clear: Once you have a life worth living, you do not require food to take the place of fulfillment. Those who have reached normality with their palates use food to energize a happy existence and do not permit it to become an obstacle that so often fogs reality. We must live to the fullest without the burden of addiction. Never should half measures be taken and allowed to veil landmark nutrition that builds not only body, but character. There are many ways to achieve strong and productive lives, and choosing and consuming health-building foods is one of the most viable and essential ways to expedite your progress to this powerful plateau.

When you commit to the best, your integrity is called out and flourishes in the light of truth. Do not pretend to be self-respecting while allowing unsuitable selections to contaminate your being. Instead, move forward with the courage to go beyond the norm and venture into new realms of conscious living. False foods produce false life. Make it your priority to rise above them and excel.

We cannot thoughtlessly pick cuisine just because it is labeled “organic” and “uncooked.”

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FROM HOPELESSNESS TO HEALING
by Paul Nison

At age 20, I was diagnosed with inflammatory bowel disease (IBD, also known as Crohn’s disease and ulcerative colitis), a deadly affliction.

The pain and suffering that comes with inflammatory bowel disease is intolerable. But of even more concern is the urgent need to have a bowel movement many times throughout the day without warning. To make matters worse, at times there is no indication that one’s bowels need to evacuate until it is time to do so. Healthy individuals receive a signal from their body alerting them to find a restroom.

Upon receiving the IBD diagnosis, I was told that I was at high risk for colon cancer and to anticipate a lifelong relationship with this incurable malady. Their remedy was endless prescription medications. These drugs helped control my illness, but rendered horrific side effects. Feeling trapped, I searched endlessly for a way out, to no avail. This caused mental, emotional and physical stresses that sparked increasing bowel problems. I was a mess, and getting worse and worse.

After exhausting every so-called treatment to overcome my pain and suffering (other than cutting out my colon, which doctors told me was the only true cure), I concluded that stress might be part of the cause and 13 years ago left Wall Street for the greener pastures of South Florida. After settling in, there was a notable improvement when I accompanied the geographic change with a vegan diet. The vegan diet was of great assistance, yet deep inside, I knew it was not the precise nutrition I needed. Since my condition wasn’t alleviated as rapidly as I had hoped, I started to think that maybe food didn’t have anything to do with it despite what my doctors had told me. Then one day, as I was walking out of a health store about to give up my crazy vegan diet, things got even crazier. I saw a fellow giving a lecture to a group of people near the produce section. I walked over and listened to what he had to say. Everything that he said made sense to me. In my inquisitive excitement, I asked him who he was. He told me he was Bryan Clement, the director of Hip- pocrates Health Institute.

That was the fastest time I had ever heard of a living foods diet.

I researched and studied all the material that HHI had to offer. Then I participated in the 3-week program. I was amazed that these foods that were healing me so rapidly were the ones at the top of the list of foods I was advised to avoid by every doctor. In fact, the doctors had warned me that a diet of raw fruits and vegetables would be harmful to anyone with inflammatory bowel disease.

I will never forget when I first arrived at Hippocrates and saw a lady walking very slowly with crutches, yet smiling. I asked him what he was doing. I was going to find a better way of reaching people with this message. I left my office job in the financial industry and began to write books on health and the Hippocrates Health Program. Before you know it, I found myself traveling worldwide and speaking about this lifesaving program. The more I taught, the more I learned.

I didn’t know it at the time, but my return to health and a simpler life was just the beginning of a path that would bring me to question the connection between today’s fast-paced urban lifestyle and the sadly diseased state in which so many people find themselves. The more I realized what was really going on, the more I saw people moving around like zombies, barely surviving while I was thriving.

This led me to continue to search for an answer. Realizing that people are being controlled by special interests upset me, and my passion to spread the message of sane living was ignited. The more truth I told, the more I realized that I received from a brainwashed, skeptical public. They continued to badger me asking for proof. As I continued state, science fully supports this dietary choice, but my own experience of transformation from hopelessness to healing is far more convincing. Reading Genesis 1:29 enlightened me:

“See, I have given you every plant that yields seed which is on the face of all the earth, in which there is life, every green plant is for food.”

Even our creator tells us to eat this way. What more does someone need?

After a lot of prayer and patience, I feel I have found a motivating way to get my message across, and I am helping people all over the world learn from the Hippocrates Health Program. I am convinced that our Creator laid the path for me to embrace Hippocrates Health Institute. I am also convinced of my calling to teach and to enlist my help. You can reach me at 561-337-9299 or www.rawlife.com, or visit my website www.paulnison.com.

Thank you Brian and Hippocrates, and may you be blessed for all you do.

Paul Nison

Paul is a raw-food chef and educator and has been featured on The Food Network and in several magazines and newspapers around the world. He travels the world giving lectures on raw-food nutrition and raw-food preparation classes that demonstrate how easy and fun the raw life can be. Paul is also the author of the raw food: Healing Inflammatory Bowel Disease; The Cause and Cure of Crohn’s Disease and Ulcerative Colitis.
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Chocolate - Superfood or Poison?

Everybody is talking about chocolate: dark chocolate, milk chocolate, raw chocolate. Chocolate has long been seen as delicious, erotic and sensual. In fact, the excitement over raw chocolate makes one believe that people cannot live without it and must indulge to become super healthy and happy.

Chocolate has been labelled as nature’s Viagra, a superfood, the number-one weight loss and high-energy food, a craving alleviator, non-addictive mood elevator, nature’s Prozac, and, in addictive, a mood elevator, nature’s Viagra, an aphrodisiac, a super healthy and happy.

Caffeine is a noxious chemical that destroys nutrients and raises the impurity level of the blood.

To be fair to the bean, it is packed with antioxidants, sulphur (beauty mineral), magnesium (brain mineral), mononemal oxidase enzyme inhibitors (magnesium – neurotransmitters), phenylerythritol (PEA – mood elevator), anandamide (the brain chemical), antinflammatory tannin (tannin), tryptophan (anti-depressant amino acid), polyphenols and catechin (antioxidants), dopamine and serotonin (neurotransmitters), flavonoid antioxidants, B vitamins and histamine. Yet there are many foods or substances that offer benefits and at the same time enhance health. One of the multiple concerns with chocolate consumption is that chocolate is always combined with sweetening agents, and even raw agave syrup will affect one’s blood sugar levels just as other sugars do. According to a study published in the New England Journal of Medicine, soda pop and chocolate are the two substances most commonly named pleasures in which diabetes indulge.

Caffeine is a noxious chemical that destroys nutrients and raises the impurity level of the blood.

It has come to my attention that a very poisonous deadly chemical that should never be ingested is also present in this innocent looking cacao bean - caffeine. Caffeine is a noxious chemical that destroys nutrients and raises the impurity level of the blood. (See “A Boost with a Big Price” for the devastating effects of caffeine.) It also harbours theophylline, which has similar destructive effects. This alone should immediately ring alarm bells and put people off from eating chocolate, whether raw or cooked, but their addiction to this narcotic called chocolate prevents them from doing so. Many will announce that if caffeine is raw, it is OK to eat. But let me warn you, it is not. I speak from professional and personal experience.

As a former sugar addict, I decided that I was missing out on the raw chocolate phenomenon that has been sweeping the health community. Trying to conquer my addiction, I decided to make my own sugarless concoction. I omitted the agave syrup that is so often used and set about making an unadulterated raw chocolate. I proudly made my first batch and put the thick, sensual substance into moulds. It tasted great before I chilled it, and more so once chilled. So far, so good. It had no effect on my blood sugar levels, or so I thought. My energy spiked and I decided that one piece of raw chocolate every day was just what I needed. However, after day three I noticed that I wanted to increase the small portion of chocolate that I allowed myself. Then I realised I was thinking about eating it throughout the day. I became very agitated and was unable to sleep at night. My sugar levels began to rise and fall and I realised that if I did not get this seductive treat out of my life, the caffeine would recapture my addictive tendencies. Even though I knew that this food was bad for my health, I still craved it. It took drastic measures, threw away the chocolate and fasted. It took three to four days of consuming exclusively green juice before I felt my p.m. energy lift. I perceived that I had become aggressive yet withdrawn and very hyperactive whilst ingesting raw caffeine. Please take heed and learn from my experience - it is not worth risking your health for the sake of a quick high. If you believe that you are not affected in the same way, perhaps you are fooling yourself, since every analytical person who partakes of this enticing nectar inevitably begins to “fall in love” with it.

Well-known raw foodist Fredric Patenaude describes cacao as another stimulant disguised as a healthy food. This is very true. He suggests cacao as an alterna- tive to coffee. Carob powder is made from a fruit and is a mineral-rich food, as opposed to the cacao bean, which has a stimulating effect. Cacao beans are not really a food. If you come upon this plant in nature, you would consume the fruit and most likely discard the seeds. When consumed, they do not even vaguely taste like raw cacao, let alone the sugary candy we grew up loving. In the process of making them more palatable, the cacao beans are fermented and then, of course, a multitude of other ingredients, (topping the list is some form of sugar) are added to this substance. Those living food advocates promoting cacao are misleading the public by suggesting that such sweeteners as agave syrup are lower glycemic and not as harmful as commonly known culprits such as honey and maple syrup. All sugars have the inherent propensity to promote blood-sugar levels and promote disease.

Dr. Dietz, Foods, Fruits and Natural Foods offers insight into chocolate and cocoa by exposing some of its ingredients. All chocolate chemicals are chemicals within chocolate. Cocoa is known as methylxanthines which can be further classified as theobromine, caffeine and theophylline, all of which have deleterious effects on the body. These substances cause a host of symptoms including abnormal gandular growth, nervousness, depression, anxiety, high blood pressure, destruction of central nervous elements that chocolate is said to provide. This is your body and your life: Look after it, since it is the only you have. Be assured that a positive outlook, eating a healthy living-food diet and enjoying life with passion will make you sparkle with vitality.

As soon as the cacao beans are processed into powder and chocolate, sanitation is at risk. Chocolate and cocoa powder are particularly likely to be laced with animal feces and insects, including rodents and insects, are attracted to chocolate to feed their addictions and it has been long understood that as a host of symptoms including abnormal gandular growth, nervousness, depression, anxiety, high blood pressure, destruction of central nervous elements that chocolate is said to provide. It is assumed that those of you reading this manifesto against chocolate are serious health-seekers who probably desire to live a longer life and must not ingest the 75 insect fragments in three tablespoons of powder. Additionally, “4% of cocoa beans may be infested by insects. Animal excreta must not be eating raw chocolate, and insect parts and still be approved” as an edible food... and for chocolate pow- der, cakes and cream products must not ingest the 75 insect fragments in three tablespoons of powder. Additionally, “4% of cocoa beans may be infested by insects. Animal excreta must not be eating raw chocolate, and insect parts.

Wishing you health and happiness,
Alicia Hall

Hippocrates Health Educator

Alicia Hall is a Certified Hippocrates Health Educator operating her own consul- ting business, Ailcias Hall of Health, 2217A Silver Street, South Florida. As mentioned, she can be contacted by e-mail at aliciahall@hotmail.com.
When I first became interested in health foods, I believed that the soy bean was a “miracle food.” Its health benefits were said to help everything from breast cancer and high cholesterol to heart disease. Those who consumed vegetarian diets were told that it was the most desirable protein source and could be used as a meat substitute. But after meeting Dr. Brian Clement at Hippocrates Health Institute, I was surprised to learn that the beliefs I had about soybeans were myths.

In 2002, the booming U.S. soybean crop netted almost 18 billion dollars and was grown on a record 75 million acres. Domestically, soybeans provided 80 percent of the edible consumption of fats and oils in the United States alone, and the U.S. exports soybean products to more than 100 countries worldwide. For economic savings, a wide cross-section of the food industry uses soy in salad dressings, cookeing oils, emulsifiers (lecithin), breads, crackers and cereals, prepared foods, non-dairy creamers and, commonly, as a primary protein feed for livestock, poultry and farm-raised fish. Generally our first exposure to soy comes by means of infant formula, followed by protein bars and drinks, milk substitutes, tofu, etc.

This so-call food giant has finally succumbed to scrutiny. Recent research discoveries now provide adequate research on longterm dietary consumption. Once considered a beneficial effect, soy’s high estrogen content is now understood to be, for the most part, a detriment to health. Adding insult to injury, there is no food more subjected to the dangerous onslaught of biotechnology than the soy bean – 97 percent of North America’s crop has been genetically modified.

Although the soy bean, when analyzed in a laboratory, has a plethora of nutritional components, including the essential amino acids, it is virtually impossible to absorb these nutrients. This mishap is due to the millennia of hybridization of this legume. Mixing one bean with another time and time again has radically changed the soy bean’s molecular structure, making it almost impermeable for the digestive system. This is why there is growing evidence that most people suffer digestive problems associated with the ingestion of soy products. Even the isoflavonoids that are part of this bean cannot be captured by the human body, causing them to mutate into daidzein and genistein. These elements bind with zinc and interfere with the protein digestive enzyme trypsin and antagonize estrogen. It has also been found that soy harbors phytic acid, which interferes with the assimilation of calcium, magnesium, copper, iron and zinc. Processed soy foods contain high levels of MSG, flouride and aluminium, all of which are...
...97% of North America’s soy bean crop has been genetically modified.

tract. Bacteria in the gut can take up genes and genetically modified plasmids, which can open up the spread of antibiotic resistance. Insertion of the genes can be unpredictable and lead to the development of unknown toxic allergenic effects. Current testing techniques are needed to screen for consequences on human health. Labelling is not required on products that have been genetically modified, so people are unaware that they are consuming genetically modified foods. In 1966, scientists discovered that soybeans engineered to include protein-rich genes from Brazil nuts also contained its allergenic properties. Pharmaceutical producing antibiotics use markers in almost every genetically modified organism to show that the organism has been successfully engineered. This contributes to the decreasing effectiveness of antibiotics against disease.

Many of the genetically engineered soybeans, such as "Roundup Ready," were designed to allow farmers to spray heavier doses of pesticides on their land without endangering their soy crop. One of Britain’s leading safety experts, Malcolm Kean, revealed that the pesticide residue on soy has increased 200-fold and could appear in a wide variety of food sources.

Millions of acres of genetically altered soybeans are planted each year and are on our grocery shelves without labeling. Scientists are still behind in studying the safety of these new foods. Both the Food and Drug Administration and the Environmental Protection Agency have said for the past five years that they have intended to write rules to minimize the chances of gene-altered food having negative effects on the consumer. Wisely, the EU has been steadfastly against the purchase of genetically modified food. It is requiring long-term definitive studies before it will consider the purchase of such fabricated fare.

Worldwide, millions of babies receive infant formula from processed soy beans that most likely include genetically altered varieties. One shocking study pointed to soy formulas as a direct cause of male genital abnormality. Additionally, it has been discovered that soy formula lacks many factors that are necessary for normal brain development, including essential fatty acids, DHA and cholesterol.

There is a great deal of scientific evidence that soy formulas can be damaging to newborns because of the high levels of phytic acid, enzyme inhibitors, manganese and phytoestrogens. High levels of manganese are toxic to infants because they impair the blood/brain barrier that greatly develops later in life. Dr. W.C. Douglass reported his findings exposing the fact that early onset puberty in girls (as young as age seven) and delayed puberty with confused sexual identity in boys is becoming more prevalent due to less breast-feeding and more soy formula. Douglass claims that babies on soy milk receive the equivalent of five birth-control pills per day as far as estrogen is concerned. The British, French, Israeli and New Zealand governments all discourage the consumption of soy milk. The Federation of American Societies for Experimental Biology evaluated potential usage of soy products in foods and concluded that the only safe use was "as a cardboard package sealer." In ancient China, soybeans were grown as a cover crop and plowed under between food crops to fertilize the soil. Initially the Chinese ate small quantities of fermented soy foods, but not the bean itself. All of theills that have surfaced concerning soy consumption are greatly reduced when soy is fermented, rendering it digestible and changing the dense compounds to usable sub-nutrients. In most cases, occasional use of fermented soy can be part of a healthy diet.

In my practice, I discourage my patients from the use of soy and encourage all to scrutinize any such processed Long-held belief is often difficult to conquer, although knowledge is the greatest gift that God affords.


Dr. Monahan, B.S., D.C., N.M.D., graduated from Logan College of Chiropractic in 1973 with a Bachelors of Science and a Doctor of Chiropractic. He has been in practice in St. Augustine for 30 years and is the clinic director and owner of five clinics in northeast Florida. A wide array of diagnostics and treatments are available at these centers since they are multidisciplinary, offering natural holistic medical care by an M.D. internist along with natural mercury-free dentistry and more in addition to chiropractic services.

Dr. Monahan is a nationally known speaker on topics ranging from chiropractic to environmental poisons, heavy metal detoxification, nutrition, natural hormone replacement for men and women, and anti-aging breakthroughs. He received an additional doctorate in Naturopathic Medicine in March, 2005.
The obesity epidemic is caused, of course, by eating more and moving less; however, a study led by David B. Allison, Ph.D., from the University of Alabama identified the top three additional potential contributors. They are, in order, sleep restriction, air conditioning and endocrine disruptors. Living in an air-conditioned home prevents the body from expending additional energy to maintain a cool temperature in hot weather and prevents the natural appetite-suppressant effect of warm weather.

We have all seen claims that dairy products help with weight loss. Studies do not bear this out. The September 2006 issue of Nutrition and the M.D. reports several studies, some conducted with men and women and some with adolescents. Some research was performed with full-fat dairy products and others with one percent or skim milk. The conclusions were all similar. Those with higher milk intake experienced slightly to significantly more weight gain than those who drank smaller amounts.

• In a breakthrough study, the American Cancer Society estimates that fully one-half of all cancer deaths in the U.S. are preventable, and identifies regular exercise as one of three key ways to minimize risk. In its annual report, Cancer Prevention and Early Detection, Facts and Figures 2006, the American Cancer Society suggests that about one-third (that is 188,277) of this year’s 564,830 cancer deaths will be the result of smoking, poor nutrition, lack of exercise and excess weight.

Governor Mike Huckabee of Arkansas has changed Arkansas’ health culture and now would like to do the same for the rest of the United States. The Governor transformed his lifestyle and lost 120 pounds after being diagnosed with type 2 diabetes. He says he was “scared straight.”

MORE ENEMA USE

“BIG APPLIANCES”

• The biggest energy hogs are water heaters, refrigerators and washing machines.

• A little laughter can go a long way. A first-of-its kind study using clown therapy in Israel to relieve stress in women undergoing in-vitro fertilization revealed that not only were the patients more relaxed, but women struggling with infertility who were entertained by the clowns had almost double the birth rate of those who underwent in-vitro treatment under normal conditions.

• People with “body dysmorphic disorder” (self-inflicted physical and emotional issues) are 45 times more likely to commit suicide than people in the general population, a new study shows. Dr. Katherine A. Phillips, the study’s co-author, told Reuters that this is the reason it is so important to recognize and treat this often secretive psychiatric disorder. Phillips has worked with BDD patients for 15 years and reports that estimates are that 2.4 percent of the general population suffers with it. While most people have some concerns about their appearance, those with BDD are virtually crippled by them.

In a recent study published in the Journal of the American Medical Association, researchers believe that these essential nutrients positively impact heart health.

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.

**“HIPPOCRATES GIVES HOPE”**
Written by Sylvia Kerman
Sung to the tune of “I’d Like to Teach the World to Sing” at graduation,
by the Casa Grande Crew: Dina Hanel, Genevieve Pahos, Nadica Sjolin
We’d like to teach the world to live in perfect harmony-
With sprouted greens and herbal teas-
Like at Hippocrates!
When Brian says to focus first. Commit and follow through
We know that means We eat more greens-
And don’t forget to chew!

CHORUS:
It’s the raw food thing!
Anna Maria will say
Keeps diseases away-
It’s the raw food thing!
We have to do our enemas
And implants every day.
Drink all that juice and then let loose
And chase those blues away!

CHORUS:
It’s the raw food thing!
Stick to the manual please;
Say good-bye to disease-
At Hippocrates!

**“ENIVA® products everyday and I recommend them without hesitation.”**
Dr. Brian R. Clement
Director, Hippocrates Health Institute

-Eden K. Michigan

From nature, we know our bodies desire natural minerals in an ionic and water-soluble form. The extraordinary discovery of the SOLUTOMIC™ mineral process marks an unprecedented event in the world of health and nutrition. Pure minerals are now available to the human body in nature’s water-soluble, ionic, and cell-ready design. Through the synergy of science and nature, ENIVA® has pioneered a quantum leap in the quest for enhanced mineral nutrition.

whether you enjoy the health benefits of these fine products for yourself, or you choose to become a distributor, you will benefit from this fine line of quality health products!
When my husband and I returned home to the Tampa Bay area from our life-changing experience at Hippocrates Health Institute, we became very active incorporating this new lifestyle. We were starting to get ‘cabin fever’ when a computer search found Grass Root Organic Restaurant. We couldn’t believe there was an organic, vegan, raw, and living food restaurant right in our own backyard! We called to get directions and were in the car heading to Tampa before you could say, “sprout.”

Spencer Sterling and Sabrina Aird, owners of the restaurant and followers of Ann Wigmore’s philosophy, greeted us with open arms and open minds. The menu was amazing – lots of variety and very reasonable. We decided to order several different selections to share. The delicious Raw Sushi Rolls complete with sprouts, avocado, cucumber and carrots came wrapped in Nori seaweed and served with guacamole and wrapped in lettuce...yummy... Or for something really delicious, try the hummus.

Another favorite, the Raw Burrito, carrots came wrapped in Nori seaweed, sprouts, avocado, cucumber and carrots. Sushi Rolls complete with “Rawfried” beans or sprouted sunflower seeds served is made with “Rawfried” beans or sprouted sunflower seeds served.
Fortunately for all of us, there have been volumes of good science that have spotlighted and confirmed that we were all meant to consume a plant-based diet. In this article, I will name a few exceptionally credible sources of revealing information.

**Diet for a New America**, by John Robbins (of Baskin-Robbins fame), and its sequel were brilliantly researched and unquestionably documented. His work effectively informs and surprises even the most inquisitive minds. Robbins forged a new dimension in the meat debate when he revealed the catastrophic environmental effects the industry has on the global environment. He states that meat cultivation is the single biggest contributor to the devastation and depletion of our water systems, and air pollution largely created by livestock. The erosion of our topsoil, the poisoning and depletion of our water systems, and air pollution largely created by livestock greatly affects the health of all consumers. This false food contributes deadly bacteria, viruses, parasites, amoebas and spirochetes, even after cooking. These are the least problematic assets of meat. The animal fat/cholesterol is directly linked with every major disease known to man: cancer, heart disease, diabetes, etc. All are partly or greatly manifested in this inedible "food." In a stunning expose, the DVD *Eating* scientifically establishes that the diseases plaguing mankind are inadvertently animals’ revenge. We eventually reap what we sow and the consequence to all consumers. This false food contributes deadly bacteria, viruses, parasites, amoebas and spirochetes, even after cooking. These are the least problematic assets of meat. The animal fat/cholesterol is directly linked with every major disease known to man: cancer, heart disease, diabetes, etc. All are partly or greatly manifested in this inedible "food."

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By J. Michele Villareale

**A Killer**

*Meet Meat: A Killer*

By J. Michele Villareale

**FALSE FOODS 2006**

**The China Study**

As professor emeritus, Cornell University, Dr. Campbell’s renown gave him the opportunity of gathering an international team to conduct this decades-long exploration. Together with Oxford University and the Chinese Academy of Preventive Medicine, they forged an understanding of diet that both surprised and confirmed that vegan diets are unequivocally the choice for humans. This diligent work very thoroughly and effectively addresses the protein “myth.” The China Study explains that there has been a 100-year confusion that has set the stage for the current and common belief that meat is the best and only source of protein, when in reality it is not an appropriate or digestible food and has devastating effects on our health. We should abstain from it completely. Comprehensive graphs corroborate the consumption of meat with the rise in obesity, heart disease, autoimmune diseases, bone, kidney, eye and brain degeneration and, of course, cancer, heart disease and diabetes.

The negative impact of animal foods on the human condition is overwhelming, but it goes even deeper than diseases and environmental destruction. The steroids and growth hormones that have been injected into these animals greatly affect the sexual maturity of our youth. Children today are experiencing early-onset puberty and a wide array of anatomical changes prior to emotional maturity. A 1997 study revealed that 17,000 girls in the U.S. was reported in Pediatrics. Alarmingly, the findings were that one percent of Caucasian and three percent of African-American girls begin developing breasts and/or pubic hair by the age of eight! Age eight! Age eight! Age eight! African-American girls and fifteen percent of Caucasian girls show clear signs of sexual development. The same trend was found with boys, although data is sparse since early sexual maturation is more difficult to track with males. This premature development fuels sexual promiscuity and violence among children. The central cause of this is, of course, a lack of secure parenting. All of this unfathomable reality is directly caused by following misguided dietary advice from mainstream proponents. The chemicals injected into animals are ultimately consumed by humans and propel such enigmas as menstruation at critically young ages, puberty and hair growth in boys and girls with breast and penis development far beyond what is expected, and even breast and prostate cancer in young teenagers. In our adult population, 50 percent of 40-year-old men cannot perform sexually and the median age for menopause has dropped by 10 years in the last 30 years. Additionally, one-third of couples are unable to conceive children. Eating meat products does not enhance our sexuality, but, in fact, causes a vast number of negative sexual side effects. It is common for women and men who live a vegan/vegetarian lifestyle to be prolific well into their golden years without the need for pharmaceutics. It is shocking to realize the far-reaching devastation resulting from animal consumption. If you find it difficult to value your own life enough to make wise and forceful choices, at least consider the catastrophic effect those poor choices have on our planetary environment.

Future generations should not be plagued with the same ignorance that we have been bred to believe. For them, we must establish concrete parameters of saine living in this insane and lost world. Every day there is further evidence substantiating the need to adapt a plant-based diet. When you have released yourself from the shackles of "normality" and aspired to embrace truth, you will elevate your well-being to the status it deserves.
Would you give your life for your supplements?

Over 95% of the supplements sold on the market today are synthetic supplements, produced with chemicals that are most likely creating unhealthy stresses in your body rather than helping you. That’s why Hippocrates Health Institute created its line of LifeGive™ products. Hippocrates LifeGive™ supplements are NOS (Naturally Occurring Standards) certified and produced from 100% natural, organic whole raw foods and plants.

Because LifeGive™ supplements are made from pure plants and foods as they occur in nature, they are easily absorbed and assimilated by the body without the harmful effects of synthetic or chemically derived supplements. You can count on LifeGive™ supplements to provide you and your family with the highest levels of cellular health as well as physical energy. Rest assured that every dollar you spend on LifeGive™ supplements is a wise one, not only for you, but for the planet too.

Hippocrates LifeGive Supplements... yours for life.

Hippocrates Health Institute and its Division of Nutritional Research (HIDNR) are at the forefront of redefining standards in the supplement industry by establishing the use of the Naturally Occurring Standard (NOS) credentialing of food supplements. Supplements with NOS labeling are guaranteed to contain 100% pure organic plant and food ingredients as they occur in nature, providing the highest form of full-spectrum, whole-food-derived nutrition.

You and your family deserve the best...
“Got milk?” We see it all the time, on T-shirts, television commercials and advertisements. “Milk...it does a body good,” we are told by the media and the dairy industry. If you don’t drink milk, where are you going to get your calcium? Will you end up with osteoporosis! What about vitamin D? These are the kinds of questions that immediately pop into most people’s minds when it is suggested that they or somebody else stop consuming milk. I remember being angry and confused when I first discovered information that seemed to prove that milk and dairy products were not the healthy foods I believed them to be. As a child and young teenager, I religiously drank my milk, thinking that I was doing my body a favor.

Perhaps you feel angry that I even suggest that milk is not the great health food it is touted to be. Consider the facts: All cow’s milk, including “organic” milk, contains more than 50 hormones, scores of allergens, and loads of fat and cholesterol. The recommended three glasses of milk per day contains the same amount of cholesterol found in 53 slices of bacon! Other ingredients in most cows’ milk include measurable quantities of pesticides, herbicides, antibiotics, blood, pus, feces, bacteria, viruses, and up to 200 times the levels of dioxins that are considered “safe.” One cubic centimeter of cow’s milk is allowed to contain up to 750,000 pus cells and up to 20,000 live bacteria!

Another noteworthy constituent of cow’s milk is a growth hormone called Insulin-like Growth Factor One (IGF-1). IGF-1 is the hormone responsible for causing a 60-pound calf to rapidly grow into a 600-pound cow. No wonder that 50 percent of Americans are obese! Contrary to what the dairy industry tells us, milk does not promote weight loss; instead, it promotes weight gain. In one study funded by a grant from the International Dairy Foods Association, 204 healthy men and women were asked to increase their intake of skim or 1 percent milk by three cups per day for 12 weeks. At the end of the 12 weeks, those consuming the extra milk had gained an average of 1.32 pounds.

Not only does IGF-1 cause us to gain weight, it also causes the rapid growth and proliferation of breast, prostate, and colon cancers. Dr. Walter Willett, M.D., chief investigator for the ongoing Harvard University Health Professionals Follow-up Study, has found that consumption of two or more glasses of milk per day is associated with nearly twice the risk of advanced and metastatic prostate cancer. Data from Dr. T. Colin Campbell’s landmark scientific study, the China-Oxford-Cornell Study, indicates that women who derive their protein from animal products, including milk, are five times more likely to die of breast cancer than women who follow a plant-based diet. Research out of Sweden’s Karolinska revealed that women who drink two glasses of milk a day double their risk of ovarian cancer.

Along with IGF-1, another cancer-causing substance in milk is a protein called casein. Casein represents 80 percent of the protein in milk. This protein is a powerful binder and is used as a glue to make sturdy furniture and to hold beer-bottle labels in place. Casein is also a polymer used to make plastics. In his book The China Study, Dr. Campbell tells about one of his studies, funded by a research grant from the National Institutes of Health. In the study, he administered aflatoxin, a known carcinogen, to rats. One group he fed with a diet of 20 percent casein and the other group he fed with a diet of 5 percent casein. After 100 weeks, all of the animals fed 20 percent casein were dead or near death from liver tumors. The group that was fed 5 percent casein was alive, active and healthy. The same results were found when mice were dosed with HBV, another known carcinogen. These implications in rodents apply to humans because of the almost identical protein requirements in rats and humans and because protein operates in humans almost the same way it does in rats.

Another protein present in milk is whey protein. Whey is made up of bovine blood protein. The
Told it prevents. It causes the very disease that we are dietary acids. So milk not only offers minerals necessary to neutralize these bones dissolve in order to release the tralize these acids. The average diet is extremely acid-forming in the body. The one loses. Milk contains a high cow’s milk rarely get MS. populations that consume no industry’s scare tactics regarding osteoporosis. We are told that the calcium present in dairy products will keep our bones strong. It is interesting to note that most of the calcium present in cow’s milk is useless to the body. In order for calcium to be absorbed, magnesium must be present in equal quantities. Since one cup of milk contains 291 milligrams of calcium and 33 milligrams of magnesium, only around 11 percent of the calcium can be absorbed.

The more pertinent issue related to osteoporosis is how much calcium one loses. Milk contains a high level of protein, and like meat is extremely acid-forming in the body. The body must have the resources to neutralize these acids. The average diet is so low in alkaline minerals that the bones dissolve in order to release the minerals necessary to neutralize these dietary acids. So milk not only offers no protection against osteoporosis, it causes the very disease that we are told it prevents.

As proof, the highest rates of hip fractures worldwide occur among populations that consume the most dairy products. The lowest rates of fractures are found among people who eat little or no dairy products. The United States consumes more dairy products than almost any other country, and in turn, has one of the highest rates of osteoporosis. One study of postmenopausal women tested the effects of milk on bone health and found that those who received extra milk for a year lost more bone than those who didn’t.

Where do cows get their calcium? Not from milk. They, like every other species on the planet (other than one segment of the human popula- tion), consume no milk after wean- ing. The cows get their calcium from the green plants they consume. Since magnesium is the center atom of the chlorophyll molecule, making these the richest sources of this mineral needed for calcium absorption, the calcium in green plants is available needed for calcium absorption, and in addition perform weight-bearing exercises, you need not worry about osteoporosis.

What about raw dairy products? Some proponents of a raw food diet will tell you that all the dangers of dairy products only apply when dairy products are cooked and processed. When dairy products are raw, they say that they still contain the enzymes needed to digest the milk. Actually raw dairy products contain dangerous bacteria and are always indigestible. Scientists at South Dakota State University tested raw milk from 131 dairy herds and discovered the presence of salmonella, listeria, campylobacter, yersinia, E. coli, and staphylococcus. A recent deadly outbreak of deadly E. coli on spinach was traced to bovine fecal runoff from an adjoining farm. According to the Los Angeles County report, some of the diseases associated with pathogens in raw dairy products can lead to death, especially among vulnerable persons. In 1985, a listeria outbreak was linked with cheese made from raw milk produced in Los Angeles. One hundred forty-two cases were reported and among them were 48 deaths. Three hundred ninety-four cases of salmonella have been reported in Los Angeles County alone since 1973, in 101 of which raw milk had been consumed. Through molecular fingerprinting, these were linked to the same strain of bacteria found in raw milk samples.

The fact that raw milk contains enzymes does not negate its high fat and cholesterol counts, or the truth that it contains dangerous hormones and proteins that are foreign to our bodies. Nature did not intend for us to drink milk after weaning – and certainly not the milk of another species. Whether it is raw or pasteurized, if you’ve got milk or any of its offspring – cheese, butter, yogurt, ice cream, etc. – you’ve also got illness. Milk is not “nature’s perfect food.” Milk is a false food and does a body harm.

Brianna, 19 years old, has been studying nutrition for the past five years and discovered and embraced the raw food lifestyle three years ago. Upon high school graduation in 2004 she began taking nutrition courses. In July, 2005, she moved from Ohio to Florida to work at Hipocrates Health Institute, where she is an H-wave and Diapulse technician.
The alcohol debate is a sensitive topic for many. Some people claim that drinking a few alcoholic beverages can be beneficial to one’s health, possibly even reducing the risks of coronary heart disease. Others claim that consuming moderate amounts of alcohol might help lower cholesterol and increase longevity. Many people try to justify their habit of alcohol by drinking organic beers and wines, believing that consuming unprocessed alcoholic beverages and certified beer decreases the negative health effects. The deluge of targeted research on the benefits of alcohol consumption alone should not be taken seriously by any thinking person. Alcohol is a poisonous substance and the most lethal drug consumed in the United States.

More money is spent every year promoting the use of alcohol than on any other product on the market. The alcohol industry generates more than $65 billion annually and spends more than $1 billion on advertising. Advertising campaigns target our children, hoping to gain product loyalty by turning these children into future addicts. Alcohol use is so widespread that it is seen as a suitable drink with which to celebrate any occasion. Many find it difficult to communicate without partial or total intoxication. The goal of alcohol advertising is to portray alcohol as hip, youthful, fun, sporty, intoxication. The amount of oxygen supplied to the brain decreases the negative health effects. This deadly drug also acts as a coagulant that enhances the coagulogenic effects of other chemicals by promoting clot formation. The liver cleans the blood thousands of times each day. When that blood is saturated with alcohol, the liver begins to swell and may become filled with fat. Eventually, the liver begins to weaken, and fatty liver degeneration begins, developing scarring on the liver, which leads to cirrhosis. Even small amounts of alcohol consumption begin to threaten the liver’s integrity. At this point, blood is no longer capable of passing through the liver properly. Cirrhosis is characterized by the hardening of the liver because of the unnatural development of connective tissue leading to further decline of healthy and useful liver cells.

After repeated consumption of alcohol, the liver’s enzyme production is inhibited. This impedes the liver’s ability to absorb and most vitamins (A, B, D, E and K). After this denaturation, the body struggles to effectively burn stored fat. Alcohol’s caloric content is 70 calories per ounce and it aluminizes the body’s natural craving for food and generally renders the habitual consumer malnourished.

Consumer of alcohol consumes approximately the same amount of alcohol as a content of a shot of whiskey. Most wines, volumes to volume, have higher amounts of alcohol than beer. There are those who go directly to the hard stuff and claim to drink only one small shot a day. Ask the billions of alcoholics who consume only small amounts, but need it daily, if the amount makes any difference in their dependences.

Don’t be fooled by ad campaigns that direct you to participate in what should be an illegal practice. The direct, negative effects from the consumption of alcohol outweigh any perceived positive benefits they can state. Most of the so-called benefits of alcohol are easily achieved by adopting a lifestyle of pure foods, exercise and positive attitude. It is the negative mind with low self-esteem that is fertile ground for cultivating the disease of alcoholism. Staying active and well-nourished is a significant deterrent against the degenerative act of drug consumption.

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Addiction is the scourge of humanity and there is no more greatly abused substance than sugar. I am sure that wars have been fought and lives have been lost over it, but most important, it is a viable fuel to ignite and hasten disease. A courtroom defense even claimed that Twinkies propelled a crime, and although this may sound absurd there are granules of truth in it. Medical guide books tag sugar as the most lethal, almost illicit, substance. Health-food advocates fogged the issue by claiming that white sugar/sucrose is the "bad guy" and that other forms of sugar are health-building. This is far from the truth, as decades of research at the Hippocrates Health Institute and other reputable centers have proven time and again. Sugar in any form, be it from honey, agave nectar, maple syrup, corn syrup, xylitol, yacon syrup, evaporated cane juice or crystals, fructose, dried fruit, fresh fruit or its juices, etc., fulfills sugar addictions and fertilizes both physical and emotional disorders. Low glycemic and high glycemic is further propaganda that misleads the public into believing that there are less harmful sugars, but every form of sugar feeds and multiplies viruses, bacteria, yeast, spirochete, parasites, amoebas and cancer.

In addition to these usual suspects, there are the more elusive methods of acquiring a sugar fix. Closet cases consume breads, pastas, potatoes, etc., under the mistaken impression that they are safe and healthy. In traditional form, this nutrient-empty fare rapidly breaks down into sugar, achieving the same unwanted effects as straight sugars. When the totality of humanity has embraced the consumption of sugars and their by-products for millennia, it is virtually impossible for most people to comprehend that it is not natural to consume them. More than ever, with our stressful and exhausting lifestyles, this substance is used as a stimulant to keep us awake and moving. Breaking this pattern of self-destruction requires a full understanding so that you can conquer this nemesis on both an emotional and a physiological level. Abstaining from all forms of sugar and increasing digestible protein (sprouts, algae, pollen, deep greens, nuts and seeds) is the only viable way to heal this obsession. Removing sweets will satisfy your physical need and release you from the burden of shallow satisfaction.

There is abundant evidence that clearly reveals the destructive nature of sugar. Tooth decay may be at the top of the list. Hard tissue (teeth and bones) is literally eaten away by this mineral-robbing substance. Biochemistry requires magnesium, manganese, chromium, cobalt, copper and zinc to neutralize sugar and release it from the system. Every and even one of these essential minerals is required to build every cell of the body, especially the skeletal structure. Sugar also increases calcium loss in urine, sparking further osteoporotic concerns. Research at Karolinska, Sweden’s renowned medical research facility, has equated sugar consumption with arthritic, osteoporotic and dental degeneration and has proven that the higher the level of sugar intake, the more severe the level of hard tissue degeneration.
Here at the Hippocrates Institute we have exposed the correlation between premature aging and sugar intake. Our metabolism is directly affected when consuming this deadly substance in exceptional quantities. When we alter metabolic rates by manipulation of chromium (reduction), our organ systems begin to malfunction. The organ of greatest concern is the brain. Neurons which allow this vital tissue to be fully operative begin to misfire and engage in haphazard activity. This action often creates a scatterbrain effect.

There are many resulting symptoms to metabolic brain dysfunction, most notably attention deficit disorder and its related ailments. It is my belief that a secondary deeper addiction, namely an alkaloid effect, gives the user an approximate 90-minute high that ends with a dramatic drop in brain functionality. Further indulgence is sparked by this altered brain chemistry. Yo-yoing from high to low and back puts stress on the entire nervous system and dilutes hormone function. Hormones and nerves are vital for determining either youthful or premature aging.

White hair, wrinkles, lack of energy, brain fog, memory loss, nutritional deficiency and loss of sexual vitality are just a few of the horrendous outcomes of sugar intake. As the overall body erodes from this consumption, the central effect is, sadly, on one’s immunity. Because the pancreas (sugar regulator) and spleen (cell developer) work hand in hand, fewer and weaker cells are developed when any form of sugar saturates the bloodstream. Over the years I have spent hundreds of hours viewing microbes and mutagens on Petri dishes. Whenever I added any form of sugar, be it fructose, sucrose, dextrose, etc., every disease was stimulated and grew. Almost three decades of diabetes in children was obesity and that it was compounded by the consumption of sugar laden food. As reported in Prescription Alternatives by Earl Mindell, RPh, Ph.D., by 2010, in both Britain and the United States, 40 percent of the population over 65 will have adult onset diabetes. In the book Alternatives to Drugs by Bill Gottlieb, it is reported that in North America 50 percent of lower-body amputations are directly caused by diabetic complications. Dr. Barnett Melzer points out that refined sugars exhaust your liver, unbalance the adrenal glands, overtax nerves and deplete B vitamins. This all contributes to allergies, arthritis, PMS, abnormal hormonal functions, hypoglycemia and diabetes. Dr. John Yudkin, considered one of the world’s leading authorities on sugar in the diet, points out that sugar causes irregularities in the insulin response causing diabetic-like damage to the kidneys, retina, blood platelets and cardiovascular system. Julian Whitaker, M.D., points out that fructose is a highly reactive molecule that readily attracts to proteins, changing their structure and interfering with their normal activity.

Many studies show that fructose accelerates glycosylation, damaging proteins to an even greater degree than even sucrose and glucose. Study after study and doctor after doctor stand shoulder to shoulder with us in our conviction that sugar causes a plethora of both physical and emotional disorders.

Recent studies show that fructose, a highly reactive molecule, readily attracts to proteins, changing their structure and interfering with their normal activity.
Because it kills life, salt is considered by many to be a great food preservative, as it prevents spoilage for months to years on end. Salt is hidden in almost every food in the average diet, from ice cream to butter, cheese, peanut butter, bread, crackers, cereal, ketchup, bacon, ham, sausage and soy sauce, to soups, soft drinks, barbecue, baking mixes, smoked meats, fish, and even health-food fare. It is also hidden in seasonings such as meat tenderizer, lemon pepper, Thai seasoning, fajita seasoning, and herb chicken seasoning. Sodium is an ingredient in many over-the-counter medications as well, such as cough medicines, antacids, aspirin, and laxatives. Salt is used most, in many commonly prescribed prescription drugs.

All processed, take-out, frozen, canned food and restaurant fare is overloaded with salt. Many say it’s a great way to make cheap food taste good, so salt is also found in almost every single so-called “food” picked up at the drive-through. More than 90 percent of the money people spend on food is spent on this type of so-called convenient processed food, so, as you can imagine, most people are consuming outrageous amounts of salt.

Salt is disguised in ominous ways on labels: MSG (monosodium glutamate), sodium citrate, sodium alginat, sodium sulfite, sodium caseinate, sodium bicarbonate (baking soda and powder), sodium hydroxide, and disodium phosphate. Salt is smoked, spiced, and flavored. You can sprinkle onion, celery, or garlic salt onto your food, too. Lately the rage is to toss out your regular salt shaker and instead, reach for something else: sea salt or crystal salt.

Like the old Morton's jingle said, "when it rains, it pours," and gourmet sea-salt companies are appearing even faster than those pesky internet pop-up ads, using alluring names such as "Sicilian," "Mediterranean," "Hawaiian," and "Celtic," successfully enticing unwary consumers into using their products. Romantic stories of their rare, delicate salts being drawn from the exotic crystal-blue seas of glamorous foreign lands insinuate their "traditional methods of harvesting," "sun-drying," "flavors of the ocean," and their "roots firmly entrenched in the past" in order to make their particular brand of sea salt an indispensable ingredient and the only healthy choice. Take that advice with a big grain of salt. Many health experts are now concerned that these alluring illusions of grandeur and the concurrent epidemic of sea-salt use may be doing us more harm than good and could actually be a recipe for disaster.

"I've heard so many great things about sea salt! How can this be?" you ask. Let's take a little trip back to school to a cellular chemistry lesson. Let's go inside the cell . . .

Our trillions of tiny cells are constantly pushing out waste and pulling in nutrients. This is accomplished with the sodium/potassium pump; remember that? Now don't worry, I'm not going to get too deep into the nuance of this process, it will just be a preview of what's to come. You see, sodium is an electrical force within the cell; the inside is negative and the outside is positive. Why is this? Because it's "polarized" so that the waste moves out and stays out and the nutrients move in and stay in; this is what is needed for our cells to survive and thrive. The opposite polarization or "opposite charges of those potassium and sodium ions naturally attract you, like magnets - so the cell has to protect itself from this and does so in two ways. First, the cell's membrane is very strong and holds most of the sodium ions out. Then there is also a pump - a protein pump

From Julia Child to Martha Stewart, salt has always been a staple in the modern recipe and all celebrity chefs seemingly worth their salt can be seen using it. Emeril often buries his food in salt sometimes throwin' down half a cupo-salt in a single recipe), Hell's Kitchen contestants are seen pouring salt into their dishes as well as their wounds when Chef Gordon Ramsey turns up the heat in his reality kitchen shows, and you can always count on Rachael Ray to give some "salt-peppa action" to make her dishes "delish."

Below is a list of foods eaten by many on a daily basis - including some foods touted as "health foods" - with the amount of sodium contained in each. These sodium statistics are based on the amount of sodium per 100g of product. Perhaps this will convince you to shake your salt habit.

**The Salt Assault List: How Do Your Foods Rank?**

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**Source: Salt Assault: Brand Name Comparisons of Processed Foods by The Center for Science in Public Interest**

**Hippocrates** does not endorse the use of any of these non-nutritive, disease-causing substances.
- that pushes out any sodium ions that do find their way inside. There is a delicate homeostasis and a constant interplay between potassium and sodium and several other important electrolytes on an ongoing basis, affecting your blood pressure, pH, heart rhythm, digestion, nerve impulses and muscle contraction. Failure to maintain this balance, including your diet, can disturb this balance.

In general, a diet higher in potassium and lower in sodium keeps our cells happy, but that is hard to find with today’s unconscionable food choices.

When we talk about diet, we need to differentiate between the words salt and sodium, for most think they are one and the same. Salt consists of 60% sodium chloride (Na+ Cl-), consisting as all those gourmet sea-salts, is actually not the traditional “salt.”

One of the challenges with salt is that regular table salt found in processed and prepared foods, as well as all those gourmet sea-salts, are sodium chloride and not sodium. In excess, sodium chloride is toxic to our body, so in defense our body boards water to offload, neutralize, and dilute it. In fact, for every gram of sodium chloride ingested, 23 times the normal amount of cell water is needed to neutralize it. Water retention, weight gain, puffiness, the bloat – whatever you want to call it – the body’s fluid balance is off-kilter and the cellular transport of wastes and nutrients discussed above is impaired, sometimes failing completely.

High blood pressure, congestive heart failure, heart disease, gout, migraines, osteoporosis, asthma, arthritis, cancer, colitis, diverticulitis, diabetes, stroke, kidney and gallbladder stones, and kidney failure are just a few of the health challenges caused and/or complicated by salt (sodium chloride). Even unsightly cellulite is exacerbated by sodium chloride.

Our bodies require some sodium since our blood, sweat, tears, urine, cells, and even amniotic fluid all require this element. Adult bodies need only about 500mg of sodium per day and slightly more if we are active. 500mg is the amount of sodium found in only 1/4 teaspoon of salt, but most consume that and then some, and then some more – sometimes in excess of 6,000mg on a daily basis – about 1/2 teaspoons, more than 10 times the amount of sodium we can handle. A salt shaker is not required to acquire the necessary sodium, since a wide cross-section of whole foods provides this essential element.

Because it kills life, salt is considered by many to be a great food preservative, as it prevents spoilage for months to years on end.

One of the challenges with salt is that government agencies worldwide have placed it on the GRAS List (‘generally recognized as safe’), fostering the constant excess use of this potentially harmful grain. This notorious seasing sits on the same list as a distinguished group of health saboteurs: high-fructose corn syrup, nitrates, sulfites, canola oil, caffeine, saccharin and other questionable ingredients that are also “safe” for our health.

A personal challenge is that the food industry purposely puts salt into your food along with other addictive ingredients to make you crave even more of their products and encourage you to unleash an unquenchable thirst for their unhealthy beverages.

Groups such as the American Heart Association still claim it’s perfectly fine to have up to 2,300mg of sodium – about a teaspoon – per day, and according to the American Medical Association, 95 percent of men in North America alone and about 75 percent of women consume well over this amount of sodium on a daily basis.

Honest health authorities think the government is not doing enough and that salt should be taken off the GRAS list and be considered a food additive for purposes of regulation. Frankly, the FDA and its worldwide counterparts cannot continue supporting expensive new drug therapies for the high blood pressure caused by rampant salt consumption. The companies that they protect would not be pleased if a few of those drugs were sold via lower salt consumption.

Michael F. Jacobson, executive director of The Center for Science in Public Interest (a Washington D.C.-based health watchdog group) has said that “Improving the food supply by gradually reducing the sodium content of processed foods would send a lot fewer Americans to the doctor for expensive medical care. You’d think an administration ostensibly in favor of weighing costs and benefits of government action would see that.”

When a meat-lover’s breakfast of two eggs, bacon, two sausages, hash browns and toast contains 3,460mg of sodium, it’s not hard for the average consumer to exceed the already inflated limits for sodium. When sodium is present in the span of one meal, much less in one day.

The many gullible and delusory health-seekers using sea salt aren’t off the hook either. A teaspoon of regular table salt contains almost 2,400mg of sodium, but a teaspoon of “healthy” sea salt contains around 1,900mg, a negligible difference in the sodium scheme of things. Although sea salt may not be bleached, heated, stripped of minerals or fortified with iodine or fluoride, as is regular table salt, there’s no dodging the fact that it is still de-structured sodium chloride.

Of course, since the United States is the world’s largest salt producer, selling 1.6 million tons valued at $242 million last year alone, salt won’t be going anywhere anytime soon. If you value your health, it won’t be going on your plate, either. Instead, opt for some of the truly natural sources of sodium. Replace your salt shaker with a real salt substitute – a shaker of sea vegetables such as dulse or kelp (found at your local health food store), or your own homemade dehydrated celery salt. “Try fresh herbs such as basil, dill, sage, cilantro, oregano, parsley, chives, thyme, bay leaves, cayenne pepper, curry, cumin, and use raw onions, garlic, ginger, cranberries, cinnamon, or citrus juices such as lemon and lime for a savory kick without the added chemical salt.

In addition, consume other whole foods found in nature that contain organic sodium. These foods also contain living enzymes, phytonutrients, vitamins and other important electrolytes, as well as trace minerals such as calcium, magnesium, and potassium, all vital for cellular health. A varied diet of fresh, raw, ripe, organic vegetables, salads, freshly made vegetable juices, nuts, seeds, sea vegetables, sprouts, sprouted grains, wheat grass, blue-green algae, chlorella, and properly filtered water will give you the sodium, additional electrolytes, and nutrients needed for optimum health. Refined salt and its many manifestations are damaging, no matter how you shake it.

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 it helps to preserve the multitude of healthy cells while potentiating some forms of chemotherapy, making them more effective in their process of destroying mutagenic cells. 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 Enterorinse
Enterorinse is either used in combination with Chemozin or solo when one is undertaking radiation treatments.

Now available from the Hippocrates Store or by phone 561-471-8876 Ext.124.
Your last issue contained an article on teflon. If it is so dangerous, how is it that we are told to use teflex sheets in the dehydrator in the same issue?

The toxic dangers for the user of Teflon only become apparent when the Teflon is heated as it is on a stove top or in a conventional or microwave oven. Teflex dehydrator sheets do not pose the same threat since vitamin K contained in the green vegetables is held intact by the other co-nutrients and co-factors. Over the decades, we have never found anti-coagulant consumption to be a counter-indication when pursuing the program.

Coumadin is one of many anti-coagulants; the second most notable is Liptor. The medical objective in having patients consume these pharmaceuticals is to dilute the blood so that it can better flow through the veins, which generally have restricted flow due to plaque. At Hippocrates, in every group there are people who are on these medications. By monitoring their blood pressure and suggesting that they slowly and securely reduce the medication and continue to do so upon leaving under the care of their physician, the majority are able to wean themselves from such pharmaceuticals.

Is it true that a predominantly raw vegan diet will reverse the graying of my hair? I have heard people claim that they got their natural color back when they changed their diet.

If the diet change helps it is probably because minerals that were lacking have been supplied. The very best source of minerals is whole plant foods. If one is prematurely gray, the two minerals that have the ability to bring back one’s natural color are zinc and copper. To know whether this would work in your case, it is wise to take two capsfuls of Eniva zinc in the morning and one cap of Eniva copper in the evening while consuming large amounts of pumpkin and mung bean sprouts. If after 90 days there is no noticeable change, then it is a natural graying rather than premature graying.

I have known many people who believe in the theory recommending that you eat differently depending upon your blood type. Do you believe this has any validity?

Although Dr. Peter D’Adamos and his son have diligently researched their hypothesis for decades with good intent, it has been Hippocrates’ 50 years of clinical research while observing tens of thousands of every blood type placed on a similar diet with unanimously positive effects that squelches this ideology. The D’Adamos have offered an approach that has aided many who are willing to relinquish their hazardous diets and adopt a more natural approach, yet it affords only partial improvement versus the all-encompassing rewards received by embracing the living foods lifestyle. Additionally, according the blood type diet, Drs. Anna Maria and Brian fall in the category advised to eat plenty of meat for optimum health. They may be the best examples, after decades as vegans, showing why this ideology is not supported by adequate investigation.

I take an anti-coagulating medication and my doctor told me I should not eat greens because of the danger of vitamin K further thinning my blood. How could I eat the Hippocrates’ diet with its emphasis on greens?

Vitamin K as an isolated nutrient should not be consumed along with anti-coagulants. On the other hand, the living food diet does not manifest the same concerns since vitamin K contained in the...
Red Bull, espresso, cappuccino, green tea, black tea, chocolate, coffee, Moun-
tain Dew, cola, Excedrin and other pain relievers, diet pills, many cold remedies . . . what do they have in com-
mon? They all contain the most widely used mind-altering drug in the world – CAFFEINE. Caffeine is a big, booming business with 80-90 percent of adults reporting regular use. Consumers cur-
rently spend 30 million dollars a year on caffeine tablets and an additional 50 billion dollars each year on caffeinated soda in the United States alone – and for only two of the many forms of ca-
feine. This does not include chocolate, or the profitable coffee, latte and Star-
bucks sales (with the current growth rate on this planet of four new stores a day). Caffeine is such a widely accepted psychoactive drug that it is even fed to young children in the forms of choco-
late and soda pop.

Many current news articles tell us that coffee and chocolate, despite their caffeine content, are healthy in-
dulgences because of their rich antioxi-
dants. They are told that they curb in-
flammation and decrease heart disease. I recently read reports of a 15-year study out of Norway’s University of Oslo showing that post-menopausal women who drink at least a cup of coffee a day are less likely to get heart disease. Such reports cause many to believe they can coddle their addiction without guilt. Can these findings be true?

Let’s consider some facts about caffeine. Caffeine acts as a powerful vasoconstrictor in the brain. What occurs is the widespread constriction of this vital organ’s blood vessels, thereby decreasing circulation and oxygen sup-
ply by up to 30 percent. As a stimulant, caffeine increases heart rate and raises blood pressure. We all know that these are not health-creating conditions. Coffe-
e is acid-forming in the body rather than alkalizing, and decaf coffee is even more acidic than regular. The most important thing to remember about caffeine is that it is a mind-altering drug.

Coffee is acid-forming in the body, rather than alkalizing, and decaf coffee is even more acidic than regular.

...of information from a study and skew it to prove almost anything. Are there an-
tioxidants in coffee and chocolate? Of course, but they also exist in heroin and cocaine. Does that make you any more prone to consume these substances? You can acquire even greater benefits by consuming real foods chock-full of nutrients and beneficial antioxidants and phytochemicals. The group of antioxidants touted in coffee is poly-
phenols, plant compounds that act as antioxidants and protect against heart disease and cancer. Coffee contains polyphenols, but so do many other plant foods. Grape skin practically over-
flows with polyphenols, and the deeper their color, the richer the source of polyphenols. Those avoiding fructose can acquire similar benefits from green vegetables such as bok choy or mustard greens. These whole foods also provide fiber, high amounts of quality vitamins, minerals, phytochemicals, and other nutrients. Consider the perceived benefits of energy and the positive antioxidant effect from caffeine. Then contemplate the fact that wheatgrass juice contains a much wider array of antioxidants and also provides the body with a surge of cumulative energy. Rather than depriving the brain of oxygen as caffeine is apt to, wheatgrass juice oxygenates all body cells and provides life-giving enzymes. Rather than stimulating the body to produce stress hormones, it actually supplies the health-inducing hormones.

Carefully consider the worth-
ing when reading studies. One study re-
ported that Americans get more antioxi-
dants from coffee than any other food. I stopped and thought about the fact that, because Americans are consuming such a nutrient-poor diet with little to no fresh vegetables or fruit, it is not surprising that they are getting more antioxidants from coffee than other foods. The sec-
ond greatest source is tea, then bananas, beans and corn. This is not to say that these foods contain the highest amount of antioxidants, but rather that these are the foods Americans as well as most Westerners eat that happen to contain limited antioxidants. Observe for your-
self the way the facts were manipulated. Living a healthy life in the 21st century requires us to be intensely dis-
criminating. Believing and acting upon twisted studies promoted in the media and by greedy corporations and entire industries will lead us to consume “false foods” like caffeine and compromise our health in the process. Your health de-
pends upon your resolve to take personal responsibility and make the best choices. If you employ good common sense, you do not have to search for scientific ap-
proval before consuming any food or substance. For decades, coffee and other caffeinated drinks have been targeted as health destroyers. This fact remains in spite of the bogus claims made by corrupt researchers.

Michelle King, B.A. is employed as the assis-
tant to Dr. Brian Clement at the Institute.

If you employ good common sense, you do not have to search for scientific appro-
val before consuming any food or substance.
Cooked and processed grain products, be they organic whole grain or denatured, contribute to poor health. It was once said that the difference between white flour products and whole grain flour products were the dead brown particles amongst the non-nutritious powder. The health industry has convinced the populace that there is great gain in consuming whole grain products, when, in fact, any cooked food carries with it many dimensions of concern. Over the last decade, studies have exposed the carcinogenic effect of high heat applied to grain products. A chemical reaction is created in which the carbohydrate literally mutates into acrylamide. In addition to this disastrous outcome, all flour products (breads, pretzels, bakery goods, crackers, pasta, couscous, etc.) break down into sugar, saturating the bloodstream with disease-causing chemistry. Our universal addiction to sugar makes it difficult to squelch the desire for and consumption of these familiar and tasty treats. In the encyclopedia, next to comfort foods, there should be a picture of flour products. As a child, it is likely that your first intimacy with powdered grain was in the process of making plaster of Paris. After drying, the rock-hard sculptures that you molded stood in place and probably remained so unless they ended up in the garbage. Your intestines do not welcome such problematic ingestibles. It is your sick sense of need for emotional pacification that leads you to literally “eat glue.” Diseases that are multiplying like rabbits, such as Celiac disease and wheat allergies, are yet another good reason to avoid these catastrophic culprits. When wise, one determines that it is best to soak grains, renewing their life and converting them back to the highly nutritive, excessively digestible and energy-filled plants from which they were spawned. Sprouted grains are in direct opposition to cooked and floured grains and should be a part of every serious health-seeker’s menu. When germinating these delicacies, allergy concerns and their accompanying symptoms are most often eradicated. From this time on, consider live grains to be a filling friend that favors health and fulfills the comfort zone.
The Trapeze Experience gives participants the opportunity to literally fly through life’s challenges.

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-belt, 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-hang” where one “transfers in mid-air” over to the hands of the catcher, just like in the circus! Other participants, with more experience, can pick up their training from 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 561.471.5867 for reservations or information, or visit www.trapeze-experience.com.

At Hippocrates we teach you to avoid toxins in cleaning and personal care products. This leads many to wonder what they can use for household and hygiene tasks. Natural substitutes do not always have to be expensive. Simple substances like hydrogen peroxide (H2O2) have a multitude of uses. We did a little internet research and discovered many reasons for keeping hydrogen peroxide at hand, including some we had not thought of. Consider these:

• Take one capful (the little cap that comes on the bottle) and hold in your mouth for 10 minutes daily, avoiding swallowing, then spit it out. This will help to keep you free of germs and canker sores. Your teeth will be whiter without expensive and toxic whitening products. Use it instead of mouthwash.

• Soak toothbrushes in peroxide to keep them free of germs.

• Clean kitchen counters, table tops and bathrooms with peroxide to kill germs and leave a fresh smell. Simply mix it 50/50 with pure water and spray it on surfaces.

• Some have used a 50/50 mixture of peroxide and water in a spray bottle to treat feet with fungus and leave a fresh smell. Simply spray it on every night and let it dry.

• Use peroxide for first aid. Soak any infections or cuts in 3 percent peroxide for five to 10 minutes several times a day.

• If you have a toothache and cannot get to a dentist right away, put a capful of 3 percent hydrogen peroxide into your mouth and hold it for 10 minutes several times a day until you see your dentist. The pain will lessen greatly.

• Put half a bottle of peroxide in your bath to help get rid of boils, fungus or other skin infections.

• You can add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub it in and rinse with cold water. Repeat if necessary.

• Use peroxide to clean mirrors without streaking.

• Use as a vegetable wash or soak to kill bacteria and neutralize chemicals. Rinse them well afterward.

• Disinfect your dishwasher (1/4 cup per load) or refrigerator (spray and wipe).

• Use it on trees and plants as a natural fungicide, insecticide, and as a weed killer.

• To make a good hand wash, use 1 ounce per 1 pint (2 cups) of 35 percent H2O2 (available at health stores). You also may add hand soap to this solution and put it in a pump bottle. Now you not only are washing your hands, you also are using a powerful antiseptic.

• Plants like H2O2, and it benefits them in two ways. First, it oxygenates the soil. Second, it kills microorganisms, fungus and bacteria harmful to plants. It will not harm worms. House plants and gardens thrive with H2O2 supplementation, and increasing numbers of commercial farmers have added H2O2 to their crop inventories for this reason. Dilution ratios: Use 1/2 ounce of 35 percent food-grade peroxide (from a health store) per 1 gallon of water for plant watering and to soak seeds for sprouting.

DO NOT use drugstore 2-3 percent hydrogen peroxide (H2O2) for any purposes related to food or any potential internal consumption. Choose the food grade type from the health food store. Hippocrates does not recommend hydrogen peroxide for internal use since there may be counterindications when it is taken internally.
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. Cafferty, Hastings on the Hudson, NY

Finally, a vacation that fits your lifestyle...

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“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

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.

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

Gabriel Cousens, M.D., M.D.(H), D.D. Yoga and Presenter
Author, lecturer, researcher and founder and director of the Tree of Life Rejuvenation Center in Patagonia, Arizona.

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

Viktoras Kuivinskas 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.

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

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

Shanti Cousens Yoga
Senior teacher of Kali Ray Tri 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.

Our Speakers and Presenters

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The Oasis Therapy Center, located in West Palm Beach, Florida, is as unique as your needs, offering you some of the most progressive technologies and therapies available today. It’s a place not only to relax and rejuvenate, but also to improve your health and wellbeing at the most fundamental levels… it’s a place where happiness meets health.

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at drdavid@hippocratesinst.org,
or visit www.hippocratesinstitute.org.