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Entering the later part of the first decade of the 21st century we find ourselves confused, skeptical and under enormous stress. Every system that we were coerced into believing supported us has seemingly crumbled around our feet. For many of us, to trust is almost a leap of faith. There is the illusion that there is no light at the end of the tunnel. This puts all of us into a state of disorder that affects us deep within our core, and often manifests as physical, emotional or spiritual disease. We seem to be swimming in the middle of the ocean without a life preserver.

It is not as hopeless as it seems. We are the same human beings that first inhabited this earth, with the same strengths, instincts, insights and consciousness that elevates us to levels beyond our current circumstance. You must assert your inner wisdom so that the engulfing darkness does not invade your imagination. Vision is not something that requires extraordinary effort. It is something that is inherent to every kind mind. This kindness must be created and established within the inner workings of your own psyche. When you have accomplished this feat, it will be possible for you to gather the confidence and trust that truth affords.

From this place of insight ever-increasing power embraces your totality and permits you to once again think purely from the heart. It is in this place and at this moment that healing commences. Every disorder awaits reestablishment of order. Your ability to bring this about is governed by your core values rather than your accumulated knowledge. These values are literally your personal persona in its most persuasive position. Coming from this you will arrive at the passionate threshold of balance.

For every imbalance there is a counter balance that can be met by establishing and conquering the nemesis of the problem. In plain language, by going to the opposite extreme of the imbalance you will find balance. For example, if one finds oneself with a viral disease they must do everything in their power to make antiseptic their thoughts, diet, movement and connectiveness with God.

Today’s healthcare, be it allopathic, homeopathic, naturopathic, or folk are all limiting since they are based on submitting to somebody else’s belief system. Purification must emerge from your own commitment to creating harmony within your entire person. It is extraordinary that we must have this discussion and that all of us do not fully engage this gift in our daily life. There has been much emphasis placed on civilization’s deceptiveness that consciously encourages ineptness in areas of personal responsibility. The more dependent we become on the systems in control, the more control the systems mandate.

Many years ago we were working with one of our guests who seemed to have an exceptional sense of who she was and a great reserve of wisdom. A number of physicians, both mainstream and natural, had given her a doomsday prognosis. Upon discussing this with her Anna and I gazed into...
her eyes and asked her how she felt she could resolve her current circumstance. With a wide smile she assured us that it would only take a slight change in perception. Yes, she went on to heal herself and now some twenty years later she counsels women with similar diagnoses.

Forgive yourself for all the cruelty you’ve imposed on your life and give yourself credit for finally coming to your senses. You will manifest exactly what your will and not that of the greater whole or so called enlightened professionals. Of course we have the right to make decisions based upon your will and not that of another based on our own current need.

Here at the institute we have established a multifaceted, multi-approach program to walk you through the many aspects of the human experience. From this voyage one can select the necessary tools that will uniquely fulfill his need for balance. The rules are clear: there are four aspects that make us functional human beings - thought, spirit, diet and movement. Each of these powerful agents is a fractional part of the human persona. Each of us suffers a lack at a different level of these individual parts and this is why it is essential to work with the tools that are appropriate for your unique circumstance.

To re-employ the sanity and purity of the past we must begin by renewing our very essence. As we heal the family heals, the community heals, the nation heals, and humanity heals. We no longer have time to wait. We are being challenged by darkness and it is only light that will bring about personal and planetary recovery.

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The rules are clear: there are four aspects that make us functional human beings: thought, spirit, diet and movement.

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We have all been burdened with the idea that it is difficult, if not impossible, to recover from a disease. Multitudes of systems have been created in healthcare that give the impression that illness is monstrously difficult to overcome. Many of the treatments utilized in the correction of illness are vigorously harsh and significantly devastating to one’s overall health.

Language alone is a barrier to healing. People tend to see doctors as omnipotent. I can’t tell you how many times I’ve seen the doctor tell the patient they have four months to live, and sure enough, that person dies almost to the exact day of the diagnosis. It’s more like a form of Voodoo than a healing art.

Additionally, language has not helped since certain words trigger fatal visions. When one has cancer, the mental images start to speed by, providing us with all the bad news we can take. When one hears the word diabetes, for example, they may recall friends and family members who became increasingly ill; or the words AIDS with its terminal label; or mental illness with its jolting stigma. All of this becomes a self-fulfilling prophecy to the partakers.

For those who withstand this extensively common barrier of language, the next layer of obstacles presents itself. When stepping out to ask for help, one finds most health professionals are both trained and conditioned to look at any given prognosis in a negative light. It is almost unanimous in the medical community that disease and prognosis are spoken, written and laced with negativity. This is partially due to the fact that most practitioners rarely authentically help people, so that, at least temporarily, they are psychologically released from the burden by saying, “I told you so.”

On a deeper level it is more deceptive since what is spoken and written is most often libelous. This is why it is much better for them to view things grimly that it is to shine a positive light on the problem. This dimension is troubling since the mass public has been convinced that they do not have enough knowledge and intelligence when it comes to disease so they must depend upon these educated professionals. When this esteemed individual bursts the bubble, it is difficult for the partaker to go beyond the bonds of negativity.

Recently I was working with a man who was fifty pounds overweight, with diabetes, neuropathy and rapidly declining vision. His first words to me were that his disease was incurable and there was nothing that could be done to stop its progression. After listening without a comment, I asked him how soon he would die. He responded by saying it may take several years, and added that he would suffer greatly.

Finally I made a suggestion. “Why don’t you consider spending three months forcing yourself to believe that you can get well? That belief must also be backed up with the use of a superior diet, exercise, psychological therapy and daily prayer/meditation.”

He responded by saying, “I do not think it will do any good but since it’s only ninety days, I will give it a try.”

Like most critically ill people who arrive at Hippocrates, this man struggled, but by the fourteenth day he created a rhythm and comfort level with his improved lifestyle. He continued for the full ninety days. At the end of this time I suggested we do some overall testing. His blood sugar was now normal, his eyesight had improved by
fifty percent, and he no longer had neuropathy.

Although all this was impressive, what struck me the most was that his words were now uplifting and positive. In consultation I asked how he was doing. He replied, “Very well. I no longer have diabetes.”

Shooting back I inquired, “How long will you live?”

He rapidly responded, “I hope for a long time.” At the end of our time together I asked if he remembered our conversation of three months earlier. He laughed and said, “That was another guy, not me.”

We want the inner scrooges to leave us and the giant of happiness to emerge. Healing is not a process that requires great effort. It is more so a definitive release of the old broken self. If we have a machine that no longer functions, we instantly replace it with a shiny new functional unit. Why is it that we find it so difficult to do the same for something as important as our health?

No matter how ill a person finds themselves he/she is never without the possibility of bringing about healing. What separates the healed from the ill is the ability or inability to let go. We only have so much space in our capacity. If it is taken up with the clutter of unresolved dysfunction, we do not have the room to place harmony and function. The laws of physics prevail. Remove disease in an assertive fashion by replacing it with order. Order is the rhythm that all life functions from and with. When this pinnacle aspect is missing, disease fills the disorderly space.

Our challenge is to carve problems down to a manageable level in order to conquer our disease. When we perceive it as too big to handle, it is just that. When it is something we can pick up in our hands, squeeze it, squash it and throw it away there is no doubt that one can meet this menace and resolve its complications.

When working with an eighteen year old boy who had suffered liver cancer since the time he was fourteen, I asked if he saw his life differently from that of his friends who are growing up without the exceptional burden of a “fatal illness.” He responded by saying, “There is much that I have learned and experienced from this mission. I’m sure that there are parts of my life that would be much better if I did not have this cancer, although there are many parts of my life that seem to be enriched.”

No one survives liver cancer for four years unless they have managed to make it a manageable disorder. By viewing our disease as a positive, learning event and growing from it, we are able to transmute our death sentences.

After accomplishing this necessary feat; the next level of healing is to take your disease and turn it into an inconceivable burden, a burden so heavy that the only thing left to do is to drop it. Your mind is the scalpel which can remove any problem. If one has fully considered the multidimensional causes and creation of sickness, they then have the ability to go back to its roots, sever them, and remove the complete obstacle from their life.

Our only reason for being unable to accomplish this goal would be fear. Fear is the foundation of disease. By facing it directly, by stepping up your focused accomplishments in the conquest of disease you will leave fear behind.

Early on in my work at Hippocrates, which began in Boston in the
In the 1970's, I was given an opportunity to speak to a man who had healed from a catastrophic cancer. I gathered enough confidence to ask him how he thought he had recovered and placed his illness in remission for over one year. He looked up at me and said, “I no longer had time in my life to be sick.”

This simple statement has become my central belief in why and how people heal themselves and recover. When our lives are filled with one productive act after another, it is impossible for the seed of disorder to grow within us. Like weeds, illness will take hold if the grounds are not well tended. If we do not provide such an environment, it will not occur.

Our lives are destined for greatness if we only allow them to take the natural course that they so desperately desire. Interjecting unnecessary control via the intellect quite often veers life off course, rendering it impotent and confused. Knowing what to do is not difficult. Allowing it to happen seemingly is. Working with people who have brought about their own recovery and then watching them slowly sabotage themselves, leading to the recurrence of that disease and others has lead me to understand that we must systematically forge a course and maintain a consistent movement forward.

Without employing this method it is virtually impossible to succeed. We wander back into the corridors of familiarity and social acceptance. These divisive fantasies fulfill their mission and drag one back into the fold of the broken humanity that reigns today. When raising yourself well beyond this comfortable, yet fatal level, you become as an extremist. I would like you to know it is okay, in fact advisable today to be extreme - extremely different than the status quo, extremely willing to accept your “fate”, committed to yourself preservation, self respect and fulfillment.

This commitment will bring about your ability to heal and further yourself and at the same time to assist others in accomplishing their own health and happiness. Recovery is easy. Release seems difficult. Release of self imposed conflicts must be resolved by establishing resolution. This resolution need not be a total denial of the past but a total acceptance of the fact that you can always do better than you have in the past.

Recently I worked with a young lady who was a top sales person making big money, but she was burning the candle at both ends. She finally succumbed in a final collapse - with chronic fatigue, fibromyalgia and depression. Here, in the prime of her life, she found herself completely dysfunctional. When I asked her what was the most difficult aspect of her problem she said, “Remembering who I was just a short time ago.”

To help her gain insight into her situation, I rephrased the question, and asked if she constantly attempted to be the aggressive young lady who expels more energy than she is capable of, how could she expect to bring about a recovery from her present circumstance?

She replied, “All I want to be is back to normal and to be capable of what I did then.”

I suggested that this was the wrong aspiration, that in order to heal she must find who she really is so that maybe for the first time she can be complete and without disease. I watched the light go on in her mind as she realized she should never attempt to be the person who brought about illness but rather find deep within herself the only person who can bring about her health. She is now well, but she must constantly remind herself not to pursue the entrapments of success but rather to demand passion and personal fulfillment.

We are all in the process of healing. The formula that I have found works one hundred percent of the time is releasing and discarding your burden and embracing and harboring the power of passion.
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Back in the late nineties I found myself suffering unmanageable fatigue, nausea and constant interrupted sleep brought on by the excruciating pain in my stomach. My physician conducted some investigative blood work which appeared completely normal. Finally, upon my insistence, she suggested an ultrasound. That revealed a ten centimeter mass on the tail of my pancreas.

The doctor explained that if I were older, she would believe that the tumor was benign. However, because I was young she suspected it might be cancer. Just that word instilled so much fear in my heart. My mind started to race, ruminating on all the medical statistics about the increase of cancer and how treatments most often are more harmful than helpful. Of course the doctor advised that my options were surgery, chemotherapy, and radiation.

Knowing that pancreatic cancer had the worst prognosis of all, the only thing I could find solace in was that at least I did not have a flesh eating disease nor was lying paralyzed from a stroke. Added to my massive fatigue, I now began suffering the effects of depression. All I could think about was the cancer. I was reluctant to make plans for the future. Three months away seemed like an eternity. Five years certainly seemed impossible. Should I continue to tend my home? Would I be alive next week?

Finally, my physician suggested that I see a specialist, Dr. Taylor, who supported the pancreatic cancer diagnosis with finality. Thank God my five daughters came and nurtured me. They adjusted their schedules and stayed with me at the onset of this sad period of my life. They described my color as gray green. Every day seemed insurmountable. On top of all of this the doctors finally admitted that although chemotherapy and radiation treatment were suggested, they ultimately would not make any difference in my case, nor would they prolong my life. They told me, “I am sorry, Samantha, get your house in order”.

These crushing words disheartened me and brought me to the realization I had been written off. My children and I continued to search the medical literature and found that a twelve month survival rate would be the most I could hope for. After exploring all the medical options, we finally concluded that there were none.

Thank God we had all practiced meditation for many years. This led us to be somewhat familiar with natural living and methods for healing. Slowly, I pulled my self together by improving my lifestyle, which gave me enough energy to search out a place of healing.

That is when I came upon the Hippocrates Health Institute. It was reassuring to find that they had fifty years of experience. There were innumerable examples of people who had beaten the odds and brought about their own recovery from catastrophic disease. Their belief paralleled mine... we must learn to trust our body in its God-given ability to heal itself.

I packed my bags and boarded a plane from my home in eastern Canada and arrived in sun-drenched Florida. As I stepped onto the institute’s
grounds and met the staff and finally the Clements, I felt at home and completely encouraged for the first time since my diagnosis of death. Reflecting back, I remember thinking about what a different experience it was here versus the medical model that I had suffered at home.

I slowly adopted the program and was so impressed when I microscopically viewed cancer cells thriving on cooked food. This wrenched me into the full adoption of the living food diet. Slowly but surely, my color returned to a more acceptable yellow pallor, and as time passed my normal complexion prevailed.

In addition to the diet I also used far infrared therapy to gently heat my body up to 40 degrees Celsius. I also made sure to include lots of massage and reflexology, as well as continuing my meditation and creative visualization, along with copious amounts of wheat grass.

After two years the tumors had shrunk from 10 centimeters to 4.5 centimeters. Before I knew it, I was in remission. Now I understood fully that cancer can be beaten. What made me realize that I was completely well was my busy schedule: the many days I spent on the golf course or swimming; and all the joyous and fruitful time I enjoyed with my five fantastic daughters.

Coming back to life shook my core and helped me to remove my fears. Realizing I was now a walking, talking example of my body’s own intelligence gave me the vigor to share this experience with my family, friends, and those of you reading this today. Now, almost seven years later, I realize that this lifestyle requires focus, daily commitment and constant follow-through.

Taking total responsibility for my health has not only brought about my own survival over the last seven years, it has also elevated me to the understanding that life begins with me. You are the one with the authority and responsibility to move forward to change anything in your life. Like me, you can squelch any limitation presented to you.

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**LifeGive Chemozin and Enterorinse**

CANCER is a rapidly growing disorder among the general population and therefore is and has been a focal concern here at Hippocrates. Over the last half century we have been continually searching for new and improved ways to assist individuals who are battling cancer. We were fortunate enough to discover a nutraceautical company willing to co-create two living nutrient/herbal complexes to fortify those who choose to face nuclear medicine.

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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**

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LECTURE 3 • SUPPLEMENTS, ALGAE, HERBS AND HOMEOPATHY
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LECTURE 4 • Ancient and Current Self-Help Techniques
Many helpful at home healing techniques. For cuts, burns, impaired vision, infection, pre-mature gray hair and many others.

LECTURE 5 • Fasting on Liquid Nourishment
The benefits of fasting on green juice rather than water. A review of the physical, emotional, mental and spiritual benefits of fasting.

LECTURE 6 • Questions and Answers I
Questions on the science, psychology and food of the Living Foods Lifestyle. The responses provide clear and thoughtful information.

LECTURE 7 • Detox and Elimination
The workings of the elimination systems (Lymph, Liver, Lungs, Kidneys and Skin) and your body’s reaction to a detoxifying program.

LECTURE 8 • Practical Living
How to really live the Hippocrates Lifestyle when you return home. How to have what you need at home, work and in social situations.

LECTURE 9 • Questions and Answers II
Questions of the participants are posed. The responses provide clear and thoughtful information.

LECTURE 10 • Bringing It All Home
The physical, emotional and spiritual healing process. How to achieve your highest goals in life. Applying the Hippocrates Lifestyle at home.

LECTURE 11 • Food Combining
Proper combining of foods for good digestion. Foods that should never be eaten together. Key information for optimal health.

LECTURE 12 • Questions and Answers III
Questions of the participants are posed. The responses provide clear and thoughtful information.

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Hippocrates is a 501(c)(3) non-profit educational organization. Our lifelong mission is to educate people on how to live a healthy lifestyle.
I suffered many health problems in my life. At 53, I was a diabetic, taking very high doses of glucose medication, which made me sluggish and tired all the time. My cholesterol was off the charts, my legs hurt, and my vision and my concentration were both blurry. At six feet tall, I weighed 243 pounds. I also had kidney stones, and over the last thirty-eight years I had passed over 40 kidney stones which caused excruciating pain. Six different times I had to have surgery to remove the larger stones from my kidneys. Because of this I also suffered from a very weak urine flow and I had to wake up from two to three times every night to go to the bathroom.

My doctors told me I should follow the Canadian food pyramid, which I attempted for three years. However I was not feeling any better, and I felt discouraged since traditional medicine could not do anything for me. I decided to take the advice of a friend and attend Hippocrates Health Institute. Little did I know that this would permanently change my life and my future.

I realized that if I were to go back to the traditional way I lived I wouldn’t be here very much longer. Of course it was quite difficult for me to adapt to the program since it was completely different from the way I ate, thought, lived, and exercised in the past, but it did not take long to see the remarkable results that transpired.

After just a few weeks something happened. It was like I had passed through some invisible barrier and had come out on the other side. I felt like my body had been born again, that I had reached a level of health that I had never felt before and did not believe existed. My body tingled all over. My mind became very very clear and I’m aware of much more than I’ve ever been in my life. The only way I can describe it is to say that it is so intense that it’s impossible for a person who has not lived this way to understand. Of course like everyone I get the occasional craving for the old non-foods, but my desire for harmony and health is at such a high level it squelches the desire.

I feel like I am floating on air, walking ten feet above the ground. I spend my time, other than work, running, skiing and training effortlessly from five to six days a week. I’ve accomplished things I have never ever dreamed of in my entire life. I have gone from eating standard Canadian and American food to living on a diet consisting exclusively of raw fresh organic vegetarian cuisine - in large quantities of course. Even though this food was completely new to me I enjoyed it immensely and never had such pleasure in dining.

I went back to visit my physicians including one who has been my attending physician and urologist for over 20 years. He was shocked and surprised when he learned I had absolutely no kidney stones or collection of debris in my kidneys. For the first time my uric acid levels were normal. He was in awe. He wanted to see me the next year and he said if it looked that good he wouldn’t need to see me anymore. My other physician, the one who had put me on all of the diabetic and cholesterol medicines, was also completely surprised by my numbers when he learned that my cholesterol was down to average levels and my diabetes no longer required high doses of medication.

I was on my way to complete recovery. I felt intense pleasure from seeing the faces of these allopathic physicians. They both stated that they had never worked with anyone who took responsibility for their lifestyle, including diet and exercise, and brought about their own complete recovery. I’m glad I was the first with this but I hope they now start to suggest the same path for all their other patients.

The intense pleasure of good health just gets stronger all the time. I am finally enjoying my youth for the first time in my life since I have felt like an old man from the time I was a young boy and now, I’ve emerged as an energetic happy individual.

I feel so thankful to Dr. Brian and Anna Maria Clement and the entire Hippocrates staff for each moment of feeling more and more alive. Doing the Life Change program is clearly one of the best decisions of my entire life.
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Hi... My name is Emilio and I want to tell you about what wheatgrass did for me. About eleven months ago I began to feel rather nauseated and I had no idea why. I could not eat without having the sensation to vomit and I felt extremely fatigued after exercising (this was the least of my symptoms). A couple of weeks later, I got a weird rushing sensation throughout my whole body; I felt like I was chemically out of balance. This really freaked me out so I went to the doctor where I got the expected response, “It looks like a bit of an anxiety problem, but we will get a blood test to be certain.” I had never experienced such anxiety attacks before in my life. Once the blood results were returned, I was diagnosed with Gilbert Syndrome which is a liver condition (my bilirubin levels were high). Doctors labeled this as a benign disorder, yet I was left perplexed at living with such annoying symptoms.

After being hospitalized five times, the doctors sent me home and told me that Gilbert Syndrome was nothing to worry about. This struck me as kind of ironic since I was experiencing severe anxiety attacks and heart palpitations not to mention the accompanying depression, joint pain, muscular discomfort, extreme fatigue, poor memory, nausea (which led to anorexia-type symptoms of being unable to eat), terrible headaches, irritable bowel, low body temperature, and a general toxic feeling. Once I detailed all of this again for the physicians, they thought I had something more serious, perhaps Chronic Fatigue Syndrome. I realized I was becoming a hypochondriac. I was developing into an agoraphobic home-dweller who had reached his retirement at the age of 30! I couldn’t go anywhere without a sensation that I was going to die, and help was not at hand.

The doctors continued giving me prescription after prescription to help me with the multi-faceted discomforts and depression. Since my liver was already malfunctioning, the drugs only served to worsen my condition. My liver was only producing enzymes at thirty percent of the normal rate and my body was riddled with toxins which were wreaking havoc in my body. I learned that my joint pain was due to the toxic build up which was giving me arthritis-like sensations.

In search of relief, I began to change my diet and I noticed a smidgeon of change. I could not consume any fatty food without vomiting (perhaps a blessing in disguise). I tried one product after another from health shops, as I continued to see new physicians in pursuit of something to alleviate the drudgery of living.

Striving to exercise my body daily was a tough pill to swallow, as I would feel knackered from

Continued on page 53
Life is full of pivotal moments in which we, individually, decide how we will react, learn and adapt from both good and bad events that take place. Interestingly enough, I have difficulty recalling the day, month, and even the exact year that one such event took place in my life. Perhaps it was because I was in so much physical pain, anguish, and weakness that it was all that I could do to get through the next few minutes, let alone be conscious of the day of the week. But more likely I can’t recall the “when” because it occurred during the common occurrence of watching the late night news.

In 1998, I had dislocated vertebrae in my spinal cord after lifting a heavy box at work. Within months of the trauma I was diagnosed with fibromyalgia and chronic fatigue. I went on disability leave from my work as a C.P.A., and auditor for an International Public Accounting Firm. Within the first year after the injury, my immune system completely crashed. I constantly battled infections and colds. Yeast rampaged throughout my body. Pain and insomnia were constant companions. My digestive tract had shut down.

Having lost the ability to digest foods and medications, I was ingesting only shakes made from medical foods. I bloated up and gained 90 pounds in one year. Often my night sweats were so bad that my husband Pierre would have to wipe me down and change my drenched pajamas and the sheets. My immunologist diagnosed me with a T-cell defect in my immune system, and explained that I was living like someone with advanced AIDS but without the virus. I started gamma globulin treatments. It’s hard to explain, but I felt “death” in my body, and feared that my body would not have the strength to win the battle I was in.

Sometime in 1999 or 2000 Pierre and I were watching the BBC World News, and an update on the Ebola virus that had been killing hundreds in Africa was being reported. I think I paid particular attention to the report because I felt a great deal of personal empathy for the pain that they were going through. I saw the dilapidated hospitals with Ebola victims lying in crude cots. But what struck me as even more unbearable was that because of the fear of death surrounding this virus, family members were seldom present with their loved ones in hospital. And even if someone was near, the Ebola victim could not be touched because of the extremely contagious nature of the virus.

I could not think of a worse way to die - utterly alone, without even the touch of another human being to comfort you. I felt an onslaught of different emotions. Why those people? Why me? I felt fearful, but I did not want to live in fear and helplessness. I thought about people who showed insurmountable strength in the face of difficulty, and I desperately wanted and needed that strength. I believe that the human spirit inherently possesses the power to overcome, if only one chooses to draw on it. But how?

I looked down at my loving husband, stroking my feet. Within an instant I felt an immense gratitude for an abundance of things: I had enough economic means to seek professional help, and I was definitely not alone. I believe that the strength of the human spirit is fueled by gratitude. Gratitude gives blossom to hope, and hope fuels the determination to keep on. Although regret is a normal human response after experiencing the losses associated with a chronic illness, I believe it is harmful to stay in this state for any length of time. When one is a victim, one feels powerless to take action. The lesson learned from watching the newsreel on the Ebola virus, and my whole purpose in sharing it with you, deals with a momentous...
shift in my outlook. Even in the most difficult of circumstances, I learned that the key is to look at life from a place of “abundance.”

I would love to say that after this momentous experience, my health took a miraculous shift for the better and my healing journey began, but it wasn’t quite that way. My recovery story is not one of a radical turn-around with a short span of time, but rather a slow, continual up-hill journey. After about two years, I no longer needed a wheelchair, but I still needed a cane to get around, and I continued to experience a variety of health challenges.

I tried my best to accept my illness without bitterness or remorse and to remain hopeful and resolved to continue looking for an answer. My husband and I exhausted every avenue that we could think of to help me get better, spending tens of thousands of dollars each year in the process. Some of the alternative therapies helped moderately, but everything fell short of healing my body and giving me my life back.

My journey took me to Hippocrates Health Institute in May of 2006 when I enrolled in the 3-week Life Change program. The program definitely lived up to its name as being “life-changing”. The H-wave therapies helped me to regain some feeling in my lower leg. I opted to take the IV and hyperbaric oxygen treatments, which boosted my body’s ability to begin ridding itself of the systemic yeast. Before my visit to Hippocrates, I had only enough strength to walk around the neighborhood, but I began strength training and heavier cardiovascular exercise. And most importantly, the educational classes and emphasis on live foods helped to encourage me to stay the course.

While I was at Hippocrates I learned about the 9-week Health Educator course, and decided to return to Hippocrates a week after my initial departure. In short, I spent the summer focusing on my continual healing, while at the same time contemplating on who I want to “be” rather than merely what I want to “do” with this next phase in my life. I look at the Health Educator Program as a transfer of knowledge to others, gained from the great minds and even greater hearts of people like Brian Clement and Ann Wigmore, who have given decades of service to the cause. I feel privileged to have been a part of it.

With the education that I have received from both the Life Change and the Health Educator programs, I feel I have the tools necessary to not only walk my own path in finding vibrant health, but to help others in the process. I wholeheartedly agree with the late Fred Rodgers who said about this life: “At the center of the universe is a loving heart that wants the best for every person. Anything we can do to help foster the intellect and spirit and emotional growth of our fellow human beings, that is our job. Those of us who have this particular vision must continue against all odds. Life is for Service!”

Although I don’t know exactly what my next career step will be, I do believe that my life purpose is for the service of others. Educating others about the human body’s ability to heal from disease through raw and living foods will be a part of that service. For the short-term, my main focus continues to be on my own personal healing and growth. I continue to strengthen my body through raw food and exercise.

My husband and I are wholeheartedly enjoying this new life together. No matter what my day involves, whether it is taking a long overdue vacation on the beach with Pierre, or just being at home growing my sprouts and wheatgrass, I still try to make the daily decision to live life with an abundant outlook, counting my blessings daily.
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As a young lady in my twenties I found myself constantly exhausted. I was so tired I could not even brush my hair because I could not lift my arms. When I went to the doctors they found a low-grade fever and put me into the hospital for a liver biopsy. From that I was diagnosed as having hepatitis non A, non B. They told me it was chronic and persistent and of course offered no help, telling me the only thing I could do was rest.

I had to force myself to go to work and the moment I got home I would fall into bed. All I could think about was how I would do it the next day. In the morning I had far more energy than I did at night so I could function a bit better. This continued year after year. Finally I was blessed with my daughter.

I found it almost impossible to function in the motherly way that I instinctually desired, and I finally realized that the medical profession could not offer me any assistance. I began my voyage in and through the natural and alternative fields, going to naturopaths and homeopaths. I took everything from vitamin therapies which would work for a short time to herbal treatments without much success. Finally, after decades, I was authentically diagnosed as having hepatitis C. Of course 25 years ago nobody knew what that was so we could not fault the original physicians.

Concerned friends called me and told me I must make sure that my diet was organic. To me that meant eating organic meat, fish and poultry. On top of all of that approximately two years ago people very close to me began to leave. The most devastating was when my father passed on. After that I think depression set in with the already lethargic physical condition that I had.

The doctors were concerned about my hepatitis C, and suggested that I take interferon, at a yearly cost of $30,000, which was covered by my insurance, but, in their own words, would not be of any permanent help.

I had to do something so I began acupuncture and Chinese medicine. This made me feel slightly better but not as well as I needed. Finally I found an alternative physician, Dr. Anthony Bazzan, from Jeffersonville, PA, and I began to work with him. When he saw my viral load count he was shocked. It was up to double of what it had been just months before. My liver enzymes were always high over the last few decades and they certainly had not improved.

When Dr. Bazzan asked me how I was eating I expected him to congratulate me when I finally realized that the medical profession could not offer me any assistance. I began my voyage in and through the natural and alternative fields, going to naturopaths and homeopaths. I took everything from vitamin therapies which would work for a short time to herbal treatments without much success. Finally, after decades, I was authentically diagnosed as having hepatitis C. Of course 25 years ago nobody knew what that was so we could not fault the original physicians.

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On a cold winter’s day, driving on I-95 between Rhode Island and Connecticut, I was involved in a devastating accident when my car was struck by an oil tanker. The rescue workers believed that I was at death’s door as they wheeled my broken body to the ambulance and rushed me to the hospital.

Thank goodness the doctors in the emergency room possessed great resilience because they spent eighteen hours working on me. Passing through my veins were seventy-eight units of blood that virtually kept me alive during this extraordinary surgery. While they were operating, they discovered that my liver was in an advanced state of cirrhosis. After my surgery, when the doctors went out to see my family they announced that if I ever came out of the coma, I would survive the accident but I would probably be dead within six months from the cirrhosis.

Finally the sky opened and I came out of my deep sleep. I found myself hooked up to a breathing device. I became anxious, but slowly and surely they nursed me back to some semblance of health. I left the hospital exactly twenty-one days after the accident.

On the way out the door the doctors gave me some more discouraging news... they told me that they found hepatitis C in my liver. With that discouraging news I asked if anything could be worse, and they said, “Yes, as a matter of fact it could. You also have adult-onset type 2 diabetes.” It was certainly a depressing time in my life, and I began contemplating what to do next. I had a cousin in South Carolina and I decided to move down to the warmer climate to be with them.

Shortly after I arrived I spent the evening with some friends in a bar, and when I got home I felt quite nauseous, and I proceeded to up-chuck. What surprised me was that it did not look like anything I had eaten recently; in fact it was red, like blood. Thank goodness my cousin and his wife arrived home earlier than expected and they rushed me to the closest first aid station thirty minutes away. From there I was transferred to a hospital in Charleston, South Carolina, with an IV in my arm. There they pumped my stomach to find the cause of the bleeding, and discovered I had literally torn the lining of my stomach, and that I had the beginning of a bleeding ulcer.

At home after being discharged from the hospital, I continued to feel quite nauseous, along with an overall sense of lethargy. I drove myself down to Florida, and once
again I was admitted into the hospital. This time the doctors told me that I had contracted pneumonia, obviously from my weakened immune system, and they said I never should have been released from the last hospital. They also discovered that I had ruptured my esophagus, and they performed surgery to sew it back together. My liver, they told me, was beyond help, and the doctors put me on the waiting list for a liver transplant. So I waited for a new liver.

By this time I felt completely hopeless and I yearned to be in familiar surro...

One day while playing with my little three-year-old niece, she looked up at me and said, “Uncle Jack, I don’t want you to die.”

I was stunned. Little did I know that she even understood how ill I was. This touched me deeply, and restored my will to live.

In spite of all that was going on, I continued in my old ways. I always enjoyed socializing, and one day, at a party, I met Sandra O’Neill. She looked directly at me and said, “You know, you don’t have to die. You don’t have to be sick. All you have to do is to change.”

Somehow I trusted her. She told me that she and her family had been eating healthily for over thirty-five years, and that not one of them had been sick during that entire time.

I started becoming aware of raw foods, and when I added them to my diet I started to see a difference, and I felt renewed. I asked Sandy to tell me more, and she told me about such things as wheatgrass shots and green drinks. She also recommended that I go to the Hippocrates Health Institute.

I called the institute, and the first person I spoke to was Michael Bergonzi, who is a master genius of wheatgrass growing. I told him that I had been taking wheatgrass juice, and that sometimes it was frozen. He explained that the frozen juice had little or no value compared to the fresh juice. It was amazing that Michael took forty-five valuable minutes out of his very busy schedule to help me. This left a lasting impression on me.

Michael told me that there was an upcoming course that he and Ken Blue, Executive chef at Hippocrates, were putting on, where I could learn more. I could not wait. I drove down to West Palm Beach, and took the class. I felt like a whole new world opened up for me.

Back at home I began juicing, and drinking the fresh nectar, and I started feeling better.

On July 14, 2005, I suffered a healing crisis. I believe it was a way for my subconscious to insist that my consciousness begin to grow. Although I had read a lot about such things, I was not prepared when it happened to me. My electrolytes had become depleted, and my friends thought that I had become schizophrenic. During one of these episodes my family took me to the hospital where they did a barrage of tests, along with a complete psychiatric examination. At this point I was not happy to be in the hospital because I knew from experience they could not help me in any significant way.

The next natural step in my healing was to attend Hippocrates Health Institute, which I did one month after being released from the hospital. I was shocked at how much information I was gaining about nutrition and my body. I began to detoxify from a life filled with pharmaceutical and recreational drugs, and eating non-nutritious food.

When I arrived at Hippocrates I weighed 346 pounds. I now weigh 150 pounds, and I feel great. I cannot speak strongly enough about the Hippocrates program, and how important it is to take total responsibility for your life. To anyone reading this article, I would say stop the intake of animal proteins, and don’t eat anything that isn’t healthy. Try the living food diet, and the Life Change program at Hippocrates. It works. People feel a great difference and are happier once they eliminate their addictions to non-nutritious foods and chemicals.

Thank you all for reading this story. I know it is long. Thank you to Sandy O’Neill for being the first light at the end of the tunnel. And thanks to everyone on the staff and all the guests who shared my time at Hippocrates Health Institute, where I learned how, with your help, to heal myself.

I am living proof that this design for human survival is the way we were intended to flourish. I will close now with a gentle smile and lots of love. Peace be with you my brothers and sisters in health.
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www.hippocratesinstitute.org or call us toll free at 1-800-842-2125
Bryan Au, celebrated raw food chef and best-selling author of *Raw in Ten Minutes*, has opened a new restaurant, PA-RAW-DISE, on Union Square in San Francisco. This 100% raw, organic, gourmet vegan cuisine restaurant has received rave reviews, and has been touted as “the best raw restaurant in the world” because of its prices, portions, recipes, flavor, presentation, and more. This comes from people that have eaten in raw restaurants all around the country. Many people new to raw also love it, and they are amazed at how delicious raw food can taste.

What sets Au’s raw cuisine and recipes apart from the crowd is that not only does he eat and live this way, but he is also constantly researching ways to make his raw food the most optimal and the healthiest. His recipes are aligned with Dr. Gabriel Cousen’s extensive medical research on raw diets that shows that people who eat raw feel rejuvenated, look younger, and perform at peak levels.

“There are certain ingredients that I do not use that many other raw foodists, restaurants, and chefs use that are definitely not healthy or good,” says Au. “I only use the best ingredients and avoid those high in mycotoxins, as prescribed by Dr. Cousen in his book *The Rainbow Green Live Food Cuisine*. It shocks me so much that other raw food companies and restaurants totally ignore all the warnings of raw, organic food ingredients that are too high in sugar or mycotoxins, There are many other substitutes that taste better and are better for you as well. I just lovingly follow his advice, and the food turns out amazing, and I am happy knowing that people are truly getting the best food on the planet.”

Au’s book, *Raw in Ten Minutes* shows readers how to make raw, organic cuisine fast, fun and easy. What is considered to be complicated, difficult and time-consuming is now a snap, and all the recipes take under ten minutes to make. There is no dehydrating in Au’s book, which saves a lot of time and trouble. There is also a companion DVD that shows how to make several recipes in the book. You can view samples of this DVD at his website at www.RawinTen.com.

Au will soon launch a nationwide line of raw organic dressings, sauces, salad kit mixes, snacks, and more. He is also planning to open more locations of the restaurant in Hollywood, Chicago, Portland, and possibly even New York and Tokyo.

If you are into raw foods, but have hesitated because you thought that raw food preparation was just too complicated and time-consuming then Au’s book was written for you. It can be ordered directly from the publisher at Trafford.com, or by calling 1-888-232-4444. You will be preparing your own gourmet meals quickly and easily. And if you are in San Francisco, don’t forget to stop by PA-RAW-DISE on Union Square to enjoy raw gourmet delights.
Healthy food never tasted or looked this good. Kiss granola and carrot juice goodbye. New York’s Pure Food and Wine has created a menu of all organic, gourmet raw food that rivals even the best of the mainstream.

As my date and I walked through the door (after asking if we were in the right place) it became evident that raw food had become trendy and we were not dreaming. Before us was a sizeable upscale restaurant with all the bells and whistles and then some: long candlelit tables, an outdoor “garden” area twice as expansive as the interior… and to our surprise, the room was filled with New Yorkers. It was Friday night, eight o’clock, the staff was in a frenzy and everything seemed totally under control. We knew we were in for a treat.

Pure Food and Wine is the brainchild of chef Mathew Kenney and Sarma Melngailis, although the restaurant is now owned and operated by Melngailis alone. Kenney and Melngailis also published a recipe book together entitled Raw Food: Real World: 100 Recipes to Get The Glow. If one thing was obvious the night of our visit, almost everyone there was “glowing.” Although, we wondered if the glow we observed was in any way related to the restaurant’s many signature raw cocktails that adorned the tables around us. Our interest piqued, we opted to try the “choclatini,” a drink made with sake, cacao and coconut, topped off with vanilla coconut crème. Immediately we knew what the excitement was all about. “Let the culinary adventure begin!” we proclaimed, taste buds and spirits primed.

Both of us raw food enthusiasts, we knew this was a rare opportunity to sample the cutting-edge. $59 landed us the chef’s tasting menu, a sampler of the freshest stuff they had to offer.

First came an amuse of butternut squash blended with coconut and saffron. Next was an appetizer called “creamy cauliflower samosas with banana tamarind sauce.”

We felt a little teased both at how good and how petite the appetizer was. But before we could get antsy, the next dish showed up and hit the spot: Macadamia Raviolis. They were plated so beautifully we had to take pictures before digging in. The waitress explained that the shells were made from dehydrated coconut meat and the filling was a pine nut cheese. Topping it off was a decidedly French cashew crème sauce that we had to keep under control.

Ravioli is a cooked dish commonly replicated by raw chefs and we were very impressed with the results. Everything so far had us wide-eyed and smiling.

Next came the Truffled Parsnip Pasta. Thin noodles of parsnip dashed with truffle oil and black truffles and coated with a lemon-sage cream, this dish was perhaps the most satisfying of the night. We couldn’t imagine a more perfect fit closer to our pre-dessert meal.

Dessert time. We were in the mood for something chocolate so we reluctantly decided to order the DARK CHOCOLATE LAYER CAKE WITH CHOCOLATE MOUSE AND CHOCOLATE ICE CREAM. Tough decision. We were blown away. Stomachs happy but a little fatigued from the nuts and sugar, we opted to forego a second dessert and call it a night. We left feeling a blissful saturation of chocolate and cashews that lasted all week.

While some of Pure Food’s cuisine may be a little heavy for the more judicious rawfooder, the experience is nevertheless a rare treat not to be missed. We guessed the majority of the guests were first timers. Everyone was on cloud nine!

Melngailis is setting the standard for the healthy cuisine of the future by making it palatable to even the most discerning food enthusiasts. Replete with vibrant colors, fresh tastes, and a sublime sense of style, Pure Food’s cuisine stands alone in the culinary world, proving that raw really is better than cooked. If you’re in New York, don’t miss it.

( Editorial Note: From our perspective, we would hope that diners would choose not to indulge in either alcohol or chocolates, yet enjoy the splendor of the delicately created living cuisine.)

Ben Hay is a private raw food chef in West Palm Beach, FL. He is a graduate of the Living Light Culinary Arts Institute and a certified Hippocrates Health Educator. He can be reached at benh1304@gmail.com
You’re Invited…

3 ways to get to know us at Hippocrates

Free Tours of Hippocrates

when:
Thursday 12:00 pm
Saturday 12:00 pm

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

Raw Cuisine and Wheatgrass/Sprout Growing Class

when:
Call for the 2007 schedule with special guest chefs.

Learn how to make delicious living and raw food cuisine with Executive Chef Ken Blue and Master Grower Michael Bergonzzi! Grow wheatgrass and sprouts as easily as the pros do it. $49 in advance; $75 at the door. Reservations are recommended. Call 561.471.8876 Ext.112 or 106 or michael@hippocratesinst.org for information and reservations.

Free “Save Your Life” Seminars

when:
Last Thursday of each month
5:30 pm

Hippocrates’ popular FREE monthly open house series. Hear how the living foods program at Hippocrates Health Institute can help you. This informative evening includes a lecture and question-and-answer session by Director Brian Clement, a walking tour of the Hippocrates campus and samples of living food cuisine. Reserve your place by calling 561.471.8876
AARP weighs in on weight loss and knee joint pain stating excess weight contributes to excess joint stress. Every pound overweight people lose subtracts four pounds from the load their knees have to support. Some studies suggest that only a fifteen pound weight loss can subtract as much as 50% of their pain.

Dick Gregory/political activist and comedian told the audience at his recent fund raiser for Hippocrates Health Institute that there are three leading causes of death. They are inadequate sleep, dehydration and lack of exercise. The good news is that these are lifestyle behaviors that you can control. Simple changes can lead to positive benefits.

In a recent study in the *Journal of the American Medical Association* those of the 46 participants who used sleep-inducting strategies spent 42% less time tossing and turning compared to those who used the sleeping pill Imovane to achieve only a 4% improvement. The study used a two week sleep restriction plan as the strategy for the non-medicated group which included waking up about six each morning, eliminating daytime napping, and waiting as long as possible before going to bed each night.

Author Natalie Rose observes in her latest book on raw foods and detoxification that clutter on the inside (our bodies) tends to result in clutter on the outside (our lives and environment). She concludes that cleaning up our bodies often produces a powerful drive to clean up our external lives.

According to the American Society of Nutrition and reported in the *Journal of Nutrition*, January 2006, researchers have found that consuming flax oil provides many of the same benefits previously associated only with fish oil. They discovered that our bodies can convert flax oil’s beneficial alpha-linolenic acid (ALA) into the longer-chain essential fatty acids, such as EPA and DPA, some of the “good fats” found in fish. This is good news for those who avoid fish.

The *Journal of the American Medical Association* reports that a six-year study of 302 people between the ages of 70 and 82 found that any physical activity, even performing daily chores, helps to prolong life. Those seniors who ranked in the highest third of daily energy output experienced a 69% reduction in mortality rate.
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.

Call today for your appointment 561.471.5867
contact the center’s director Dr. David Dyer at drdavid@hippocratesinst.org, or visit www.hippocratesinstitute.org.
Going back to 1985 on the day I learned I had cervical cancer, I remember the doctor told me that my cancer had spread as far as he could see with the scope and that I probably would not have children. He also told me that if the cancer spread much further I could lose my life.

Prior to that day I thought I had all the control. Although my tests had shown an abnormality, the doctors told me not to worry, and to come back in a few months. This had gone on for nearly two years. I was in my early twenties and never even dreamed this could happen to me.

When I got home, all alone, I prayed. I asked for my life, so that I could live to do something that made a difference in the world - something that mattered. I turned it all over to God.

Several days later I had surgery. The doctor told me the cancer was contained to one specific area. My first miracle. I continued my life as if there was nothing more I could do and that what happened to me was completely out of my control. I trusted in God and waited. I continued to work and go to church, but I never changed much about my life.

My second miracle was a baby boy born in 1992. Then in 1995 I gave birth to my third miracle, another baby boy. About six months later during a check-up another doctor told me my cervix looked like “hamburger.” Yes, it was cancer again. And because I did not have insurance, no doctor was required to treat me.

I didn’t know where to turn. I had not seen my original doctor since 1985, when he quit delivering babies. But I had yet another miracle... he called to tell me he would treat me whether I could pay or not. It was then I learned that he had gone on to specialize in oncology.

This time my surgery was more radical, and I received a large dose of radiation. At the same time, I knew I needed to change some things about myself. I read, studied, got healthy, went to church, and believed in myself. For the first time since I became ill, I felt in control of my situation and I knew that I could actually do something for myself with God’s help. I also had a lot of support from friends and family.

Less than three years later, in 1999, I had a bad cough that would not go away. Each doctor that I went to told me that I had allergies or bronchitis, and they would recommend that I get rid of my cats or take antibiotics and check back in a few months. I never imagined the worst. It was lung cancer. Not again.

I thought, with God’s help, I had done everything I could. Inside I knew that I had not been given two miracle children only to leave them now. God gave me complete peace to do what I needed to be well, but I also knew I could not do it on my own. Within a week I was at the Hippocrates Health Institute for the three-week Life Change program. When I arrived I could barely afford the first week, but miraculously the money came through for the next two weeks.

Continued on page 53
The Hippocrates “Living Water System” developed by Environmental Technology synergistically integrates filtration, purification, deionization, sterilization, restructuring and reprogramming to bring you the water that is beyond healthy, beyond safe, it’s ULTRA PURE!
The Hippocrates “Living Water System” combines a number of simple and highly sophisticated technologies, along with precision filters to remove impurities. Some stages remove contaminants more effectively than most conventional filters. Other components of the system energize and re-mineralize the water, using Vitality Enhancing Technology to provide sparkling clear, great-tasting water.

**PHASE I "Ultra-Pure"**

Under counter water filters “polish” or cleanse your water by reducing the amount of rust and sediment, odors and chlorine, lead, bacteria, and volatile organic compounds (VOCs) including pesticides like linden and herbicides like atrazine.

**STAGE 1 & 2 - CARBON BLOCK FILTER**
The most efficient, cost-effective means of eliminating unwanted substances from your water. This stage protects the RO (reverse osmosis) membrane module.

**STAGE 3 & 4 - REVERSE OSMOSIS**
The removal of up to 95-99.9% of undesirable water contaminants by forcing untreated water through a semi-permeable membrane. As the pre-filtered water passes through this reverse osmosis membrane module, pure water molecules are separated, leaving salts, hardness, bacteria, viruses, pyrogens and other impurities isolated and available for flushing from the system. When the water comes off the R.O. membrane, it then passes through an ultra filtration filter and then into an under-the-counter 2.5 gallon pressurized storage tank.

**STAGE 5 & 6 - DEIONIZATION**

**Fundamentals of Deionization by Ion Exchange**
Deionization is a method used most often by laboratories to produce purified water on demand. All naturally-occurring water contains dissolved mineral salts. In solution, salts separate into positively-charged cations and negatively-charged anions. Deionization can reduce the amounts of these ions to very low levels through the process of ion exchange.

Cations are removed by cation exchange resin. It replaces sodium, calcium, magnesium, and other cations with hydrogen ions (H+). This exchange produces acids which must be removed or neutralized by anion exchange resin.

**PHASE II "VitaTech"**

**Vitality Enhancing Technology - From physics, we know that everything is vibration. Every material reacts on certain frequencies more or less strongly. Ideal vibrations create impulses, which, under defined circumstances, start a chain reaction (of vibrations) with increasing force. Water is changeable; it is able to absorb, transfer and release information in its structure. Therefore, even after physical purification, water still often carries unhealthy electromagnetic frequencies from poisonous substances.**

**STAGE 9 & 10 - REPROGRAMMING**

**Erasing Memory Molecule Coherence**
A triangular shape magnets is held in a steel casing. Each side of the triangle is a 12,000 Goss NdFeB (Neodymium) magnet. At the center point of the triangle where the magnetic energy surrounds the water as it flows through this section, there is a 36,000 Goss energy touching the tube where the water comes through.

A magnetic field has a defined effect on the passing water. It influences the ions within the water to enhance ion exchange that will improve the oxygen utilization of the water.

**STAGE 11 - REPROGRAMMING**

When the water flows over the rocks (74 minerals), the previous memory is erased. The 74 minerals then provide new frequencies. The water molecules are shaken by the special field in a way that, for a short time, the clusters and the hydrogen bridges are broken up. At the same time, the water is carried forward in a s-pattern movement, identical to that of water in nature. It is the frequencies of these minerals (that are released into the water) that make the change, and not the minerals themselves.

**STAGE 12 - REPROGRAMMING**

**Adding Natural Earth Properties**
Far-infrared energy is sometimes called ‘the wavelength of life’ which causes the water molecules in the body to vibrate. When the water flow is channeled through natural far-infrared honeycomb shaped ceramic materials, the water is imprinted with the far-infrared frequencies.

**STAGE 13 - REPROGRAMMING**

At the same time, the water is brought in a movement (s-pattern), which is copied from nature. When the water flows moves through the ceramic far-infrared balls (also containing minerals) it creates a “S” shape configuration (pattern) that mimics and energizes the water (like free flow form water). The surface tension is reduced, improving the biological permeability and hydration properties.

The Hippocrates “Living Water System” combines a number of simple and highly sophisticated technologies, along with precision filters to remove impurities. Some stages remove contaminants more effectively than most conventional filters.

**STAGE 14, 15 & 16 - Calcium, Magnesium, and Coral Calcium Re-Mineralization**
Calcium and Magnesium and Coral Calcium are now added to the water stream to add a small amount of minerals to balance the water. The effect of these special minerals is to help balance the pH and energize the water, giving it more electrons.

My fifty-ninth birthday was coming up, and I was feeling my age—forty pounds overweight, with borderline high blood pressure, high cholesterol and questionable blood sugar. Indigestion and reflux often made me dread eating. Worst of all, when I went for a mammogram, I was told I had microcalcification clusters in my breasts which could be precancerous. I promised myself that after the biopsies, I would do a major lifestyle shift—regardless of the outcome.

Happily, the biopsies were benign, but I knew the calcifications were red flags—our bodies give us signals, and if we don’t pay attention, the signals become louder until we do. So I took the plunge and headed for a place where I knew I could do a major cleanse and diet change—the Hippocrates Health Institute in West Palm Beach, Florida.

After three weeks of eating only fresh, delicious, organic, raw and living vegetables and juices, enjoying the many therapies available, and cleansing through colonic, I felt great! Best of all, my blood work showed that my blood pressure, cholesterol and blood sugar were in the healthy range, and my weight had begun to drop. To date, I have lost and kept off thirty pounds! Even more impressive, I saw others with much worse conditions—cancer, diabetes, and heart disease—begin to turn their health. Guests came in looking gray, worn, defeated and in pain. They left standing straight, with bright eyes, clearer skin, and a sense of hope.

While at Hippocrates, I attended lectures every day to gain the knowledge I needed to make permanent life changes. The Directors, Brian and Anna Maria Clement, gave such helpful, dynamic talks, that I was inspired to invite them to Tallahassee. I am happy to say they will be here to share their priceless knowledge and enthusiasm on Friday evening, May 12, and all day Saturday, May 13. Southern Springs has agreed to sponsor them, and a joyful Green Fest and Picnic are planned for the occasion. For more information about the Tallahassee Green Fest, May 12 and 13, email Southern Springs at execdir@southern-springs.org.

Here is an article by Brian Clement that will give you an idea of what we will be exploring at the Green Fest. As you will see, we can employ the wisdom of ancient cultures to be healthy into old age! Enjoy the article, and check out their website at: http://www.hippocratesinst.org.

AN OLD TRUTH
By Brian Clement, N.M.D., Ph.D.
Hippocrates Health Institute

In our work at the Hippocrates Institute, the use of raw and living foods has evolved into a new way of living and eating, seeing a new relationship between food and life. This relationship is not a new or novel concept; rather it is a re-emergence of an ancient truth. Germinating and sprouting of foods, use of grasses and leafy...
green vegetables, the importance of juices, and the careful usage of some dehydrated and fermented foods are the keys to this re-emergence.

Many ancient cultures knew the value of germinating and sprouting grains, seeds, legumes, and nuts. The use of sprouted seeds for food and medicine is more than twice as old as the Great Wall of China and was even noted in Chinese historical records. Today, more and more data is being compiled on the amazing nutritional value of sprouting. The living foods that are germinated and sprouted afford us the most concentrated natural sources of vitamins, chelated minerals, enzymes, and amino acids. These also contain abundant enzymes and bioelectrical energy, a most important reason for their desirability. Pound for pound, lentils and other bean sprouts contain as much protein as red meat, yet in a digestible form without the fat, cholesterol, hormones, and antibiotics that are found in meat.

Germination is the important process, which results when seeds, grains, legumes, and nuts are soaked in water for a period of time. Water removes certain metabolic inhibitors, which are present to protect the seed from bacterial invasion and preserve it during its dormant state. Soaked seeds are more easily digested. During the germination process the seed springs into life and becomes more available nutritionally for human needs. Germination is the process employed to make many of the seed and nut sauces at the Institute and is also the first step in the sprouting process. Sprouting carries this life-beginning process farther, resulting in a variety of living foods, such as sunflower seeds and buckwheat seeds.

In our research at the Institute we have concluded that while there are virtually endless varieties of foods that can be sprouted, the most beneficial sprouts have evolved which provide for different types of utilization by the body. Wheatgrass and tray-grown greens provide chlorophyll, and clean and rebuild the body most efficiently. The next group of efficient greens is alfalfa, clover, radish, cabbage, daikon, chia, and broccoli. The energy givers are the grains wheat, oats, rye, barley, buckwheat, and the legumes pinto, navy, red, and white beans. Mung and adzuki also provide important minerals, and fenugreek should be added for improved digestion and elimination.

It is a fact that today we are re-examining the foods we eat and going back to the ancient truths of proper diet through living foods. The health benefits we get from these inexpensive, abundant, and nutritious foods are the ideal way to combat the modern day problems of dietary deficiency, and the only way to combat world hunger.

Best of all, my blood work showed that my blood pressure, cholesterol and blood sugar were in the healthy range, and my weight had begun to drop.

Depression is so widespread that it is estimated that more than 50 percent of the population in most Western cultures suffer this brain-chemistry problem to some degree.

LifeGive Exhilarate, an aloe, amino acid and herbal formula, was born out of decades of research and clinical application concerning the positive effects GABA protein has on those suffering from depression and anxiety. Research reveals that amino acids play a critical role in the function and maintenance of a healthy brain. When these vital nutrients are replenished to restore proper levels, there is great potential for arresting malaise. Combined with a protein-rich living-food diet, this exceptional, brain-altering nutrient combination ignites changes in both brain-chemistry and the organ’s electrical stimuli.
BUILD YOUR OWN NUTRITIONAL LIBRARY WITH THESE HIPPOCRATES’ CLASSICS.*

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IT'S A GREAT TIME OF THE YEAR TO CATCH UP ON YOUR READING.

HERE ARE SOME BOOKS THAT ARE GOOD FOR THE MIND, BODY AND SOUL!*

**The Wheatgrass Book**
Ann Wigmore
$9.95

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Dr. David S. Dyer
$4.95

**Chart Food Nutrition**
Dr. Edward Howell
$11.95

**Blade of Wheat Grass**
Monica Peloquin and Louise Pomminville
$12.98

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

**DVD EATING**
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**The Unique Chinese Wand Exercise**
America’s Premier Wand Master
John Bolus
$24.95

* Prices do not include shipping and handling.

CALL 561-471-8876, EXT. 124 OR VISIT www.hippocratesinstitute.org TO ORDER TODAY!*
Osteoporosis is a skeletal disease characterized by severe bone loss, disruption of skeletal microarchitecture and bone quality sufficient to predispose to fractures of the vertebral column, upper femur, distal radius, proximal humerus, ribs and pubis. The predominant sex is female. Incidence/Prevalence in the USA are 30-40% cumulatively in women, 5-15% in men. For secondary osteoporosis it is cumulatively 5-10% in both sexes.

Osteoporosis subdivides into:

A) Primary, such as postmenopausal (Type I) which is most common in Caucasian and Asian women. This is due to excessive and prolonged acceleration of bone resorption following menopausal loss of sex hormones secretion ( estrogen, progesterone, testosterone).

Involutional (Type II) which occurs in both sexes above age 75 and is due to prolonged imbalance between bone resorption and formation. A third classification is idiopathic, meaning no known cause. This osteoporosis seldom occurs in premenopausal women and in men below age 75. It is usually not related to secondary causes or risk factors predisposing to bone loss.

B) Secondary: this is due to extrinsic factors such as eating disorders, corticosteroid excess, rheumatoid arthritis, chronic liver/kidney disease, malabsorption syndromes, hyperparathyroidism, hyperthyroidism, overtraining athletes/ballet dancers with hypoestrogenism, a variety of hypo-gonadal states, idiopathic hypercalciuria, chronic anticoagulant use, chronic anti-seizure medication and others.

The DIAGNOSIS of osteoporosis is usually made by patient presentation and physical examination. The most well known test is the bone density test. Usually this is the central DEXA which measures bone density in lumbar spine and upper femur. There is also a peripheral DEXA which measures BMD (Bone Mass Density) of the calcaneus (heel), distal tibia, and distal radius. This test confirms the diagnosis and assesses the severity of bone loss.

TREATMENT options include activity, exercise, various medications and most importantly DIET. Changing diet if overweight, eating raw and fresh vegetable foods, avoiding excess phosphate intake, i.e. avoid phosphoric-acid-containing beverages and excess animal food intake. Also important is intake of 600-1000 IU vitamin D daily from preferably vegetal sources. Also calcium intake 1500 mg/day from vegetal sources as well.

MEDICATIONS

The medications conventionally used for osteoporosis include Alendronate (Fosamax), Risedronate (Actonel), Calcitonin, a hormone that decreases bone calcium loss, Raloxifene (Evista) a selective estrogen receptor modulator (SERM) which binds to estrogen receptors and parathyroid hormone, which when appropriately used can increase bone mass. Unfortunately as with all medications there are precautions and side effects. For example, for alendronate and risedronate, esophageal dysfunction and reflux disease can occur. The recently discovered occurrence of osteonecrosis of the jaw has further complicated the use of these medications.

Both the prescribing of conventional hormone replacement therapy by physicians and its request from patients have dramatically decreased since 2002 when the results of the Women’s Health Initiative study were published.
WHI showed that combined artificial estrogen-progestin treatment increased risk of fatal and nonfatal heart attacks by about 29%. Other important relative risks included a 40% increase in stroke, a 100% increase in venous thromboembolic disease (clots in lungs, legs, pelvis) and a 26% increase in risk of breast cancer. As we can see conventional hormone replacement therapy is associated with increased risk of endometrial cancer, breast cancer, venous thromboembolism, gallbladder disease, endometrial bleeding, breast tenderness, fluid retention. Raloxifene Evista can have problems of thromboembolic disease (deep vein thrombosis). Parathyroid hormone is usually reserved for special situations.

People with osteoporosis are now facing shrinking choices of what treatments are available. We in the field of natural medicine have long been aware that chemical hormones are not advisable and medications have many side effects. Happily many people would like to know that Bioidenti-}

We were interested in the possibility of REVERSING bone loss in osteoporosis and showing improvement in BMD using bioidentical hormones.

We were interested in the possibility of REVERSING bone loss in osteoporosis and showing improvement in BMD using bioidentical hormones. We used estradiol, testosterone administered subcutaneously in pellet form and natural progesterone in extended release oral form.

We studied a group of 56 pts of ours who underwent this program for 2 to 3 years. After the statistical analysis was done, there was an overall improvement in BMD from before to after treatment with a mean positive change of 0.41 which equals a p value of 0.012. This in medicine is called statistically significant and is the basis of scientific validation.

The data obtained in this small patient sample group suggests that bioidentical HRT administered with the subcutaneous and oral routes can be effective in significantly improve BMD in postmenopausal patients. We believe this warrants further studies and it is exciting news for patients who prefer natural ways to treat their bone loss after menopause.

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

Reduces overall body fat and cellulite!

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

InnerActin and ReEssence should be used together for both cellulite and overall body fat reduction. We also recommend using these supplements in conjunction with traditional or far-infrared saunas, as well as the GX-99. Lymphatic drainage massage and aerobic exercise also help to rid the body of unwanted fatty deposits. To order these products you may go to our online store at www.hippocratesinstitute.org or call 561-471-8876 ext. 124.
The turning point of my life and my journey into the Spiritual world began almost twelve years ago when I was diagnosed with colon cancer. I remember being in total shock, never imagining that this could be happening to me. I had other traumatic experiences prior to this, but this seemed so final. I had flashbacks of my life going all the way back to when I was very young, before my father’s death. I relived every experience I ever had up to the present. I even saw into the future; I envisioned my children, who were still quite young, being raised by someone else. I began thinking about what I could do to prepare them for their journey without me.

After surgery to remove the tumor, my doctor informed me that I would need chemotherapy and radiation. Looking back at all of this, I can say that it was the best thing that ever happened to me! It was when Spiritual awakenings began to happen for me. Prior to my surgery, I went to see a friend who was a Born-Again Christian and he did an initiation for me. Another friend of a friend who was also a minister also came to see me. It was then that I knew I would be healed through my faith in God, if I wanted to be.

I began searching for the answers. I remembered having met a woman a year earlier, Willie August, who was juicing wheat grass at a health food store. She spent a great deal of time teaching us about alternative medicine, live foods, detoxing, etc. She also shared her own testimony, as well as her daughter’s, whose full-blown cancer had been in remission for at least ten years.

I needed to make a decision. After being told by the radiologist that I might develop an intestinal perforation, I asked him to explain, and he said, “That is when your intestines break.”

“Then what happens?” I asked.

“Then you die,” he replied.

After some time, and through the Grace of God, I decided to go to the Hippocrates Health Institute and this has been my journey ever since. Upon my return from the Institute I met others who were also involved in holistic healing. I was introduced to the New York Open Center. I began my education with herbs, aromatherapy, homeopathy, etc. It wasn’t until Linda Tilton, the director of the wellness department, inspired me to pursue the polarity training that I was able to bring it all together. Polarity training helped me to focus and to become more aware of my own physical body and how it is related to the mental and emotional body. I was shown and given all the tools that I needed to enhance my knowledge, not only for myself but also for others. The rewards have been tremendous and quiet humbling to say the least.

I thank God for showing me the way and for bringing people into my life who have shared their wisdom, and many others who have been a part of my learning experience, with all of its challenges. I pray that I will always remember my past so that I may give to others what I received, and I hope to continue to receive for the rest of my life.

Love,
Francesca
914. 668. 0807
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.
As I got older my health started to deteriorate. I started to experience a variety of aches and pains. My knees and my joints hurt all the time, and I had respiratory problems. Even more troubling was the constant brain fog that I experienced. My symptoms were particularly heightened in the winter months. I was in an overall state of disrepair.

The doctors would tell me I had allergies or rheumatoid arthritis in addition to the respiratory problems. Every physician I went to see gave me the same exact prognosis - that I would just have to suffer with the pain and the mental fog for the rest of my life. I just couldn’t buy this.

I was so ill and so discouraged that I found solace in food, and before I knew it I tipped the scale at 300 pounds. There was no doubt that I was close to death. If I did not make an immediate turn in the right direction I may not survive. I must admit that at times of great pain that did not seem like a bad proposition.

I checked myself in to the Hippocrates Health Institute for the Life Change program. After my first three weeks, my rheumatoid arthritis had cleared up. I had also lost thirty-five pounds in twenty-one days and found energy I hadn’t felt since I was a young man. Since that first visit I’ve returned three more times. Each time I became a little better. My weight has gone from a high of 300 pounds down to 188 pounds. During my most recent visit I began to release mucus and toxins from my lungs which had been building up for years. I’m finally getting to the root cause of all my problems and my allergies are slowly slipping away. My level of health is indescribable now and when I face an upcoming winter I no longer feel it is doomsday; I actually feel I can withstand it and even enjoy it as I did when I was a boy.

I compare my previous mind fog to an old computer that has trouble processing because its memory is full. Now my mind feels sharp, like a brand new computer that has endless memory.

I want to thank you Hippocrates for all the help that Brian, Anna Marie, and their warm and loving staff afforded me and the thousands and thousands of people they have worked with over the years.
“The future of nutrition is found in the ocean.”
— Jacques Cousteau

Marine Phytoplankton, the ocean’s vegetation, is the basis of all other life forms on planet earth. These single-cell plants provide a unique blend of phytonutrients and a naturally balanced composition of sea minerals that promote proper metabolic functions. Many of these phytonutrients and minerals exhibit potentially promising effects in human physiology:

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First off, congratulations to everyone reading this for achieving the state of awareness it takes to choose to be a healthy person. Through discipline, dedication, and our right use of will, our body, mind and spirit are capable of overcoming so much more than we can conceive.

My name is Dawn and this is a bit of my story, as a testimony to my whole-hearted belief in the Hippocrates Lifestyle. I am one of the fortunate ones who can say that to date I have lived a happy and healthy life. I read Ann Wigmore’s book in the late 1980s and began drinking wheat grass juice. I became a vegetarian in 1985 and was blessed with years of traveling and expanding my knowledge in the field of health. Shortly after attending massage school, I met and married a loving partner and we began forming our beautiful family.

For reasons unknown, whether it was the stresses of motherhood, pregnancy, nursing, or possibly genetics, I became ill five months after birthing my second son. Out of the blue, both my ankles swelled like grapefruits and stayed that way for six weeks. Sores formed in my mouth, my lungs and kidneys became inflamed, and my hair was quickly falling out. I was diagnosed with Systemic Lupus, an auto-immune disease, for which the doctors prescribed hormone therapy. Shortly after, I came down with pneumonia.

Fortunately I was able to tackle my condition and turn it around. Through diet and a positive lifestyle, I have remained in remission for more than seven years now. I was able to have a third child, a girl, who is now old enough to attend school, allowing me to get back to massage.

I am honored to join the team of therapists here at Hippocrates. The Health Institute is truly an oasis. Brian and Anna Maria are an inspiration! Everyone on staff is filled with insight, sincere caring, love and support. I would like to express my heartfelt gratitude to everyone who supported me (and my mom) in my time of need. Stay strong...eat live, and live!
On Thanksgiving Day 2006, we launched a project for peace here at Hippocrates. There couldn’t have been a better time and place to set such a movement in motion! With a few hundred loving and caring souls gathering on this sacred land, surrounding the lake and holding hands, we learned of a simple gesture that would contribute to the healing that is so urgently needed around the globe.

Peace can happen if we bring it down to the simplest of terms; it manifests when it begins in our own hearts and spreads outward. There is no other way. Peace cannot be won or imposed, it must come from within each one of us. It must be felt and nurtured and shared, and a way to share this is through the power of our collective prayer and intent.

We know that the power of prayer is real. The ancient texts of every faith tell us that when two or more are gathered to pray, the power of their united voice can be miraculous. In modern day quantum science, we now have numerous measurable examples that focused thought, feeling and emotion can affect matter.

In these critically troubled times, there is an urgent need to quickly gather peace workers from every culture in the world, to help shift the tide of darkness that seems to be engulfing us. We call upon you for your help. It’s very simple actually. It doesn’t take much to be a peace worker, just a caring heart and a desire to help. Now here’s the plan:

**PEACE IN ACTION**

Knowing the immense power that prayer and positive intention have, we ask that you take a few minutes each evening before retiring to focus on peace. This can be a prayer, a song, or a sacred text that you love and that inspires you. The important thing is that it warms and expands your heart with peaceful energy when you focus on it.

Next, with your eyes closed, your hands over your heart, and your focus on your prayer, imagine for a few moments that feeling growing into a beautiful mass of sparkling, heavenly energy. Breathe, relax and feel that joy and wonder. You’ll know it’s time to send it forward when your heart feels full and warm and you begin to smile to yourself!

When you’re ready, move your hands forward, hold that sparkling energy mass you’ve created, and send it off around the globe as if you were blowing a kiss to someone you love. Send your prayer with the intention of it reaching all the hurting and wounded souls around the globe. See it calming the fighting and hatred that is raging in so many places. Visualize it touching hearts and filling people with hope and healing. Imagine the prayers of others reaching you and warming your heart, as well, in return. Give thanks.

**CALLING ALL PEACE WORKERS!**

On that beautiful Thanksgiving Day, a few hundred people agreed to participate and to practice this simple meditation every night. Now, if we can spread the word of this peace wave among our friends, we’d have thousands and soon millions of people around the globe practicing this simple gesture towards peace. If millions of people did this every evening, there would be a continual wave of peaceful energy circling the Earth 24/7. What a vision!

The warmth of these millions of radiating hearts will slowly melt the unseen barriers of separation and misunderstanding. This living, healing wave will then be fueled by one of the most powerful energy sources freely available to humankind; the focused, shining light of countless, loving hearts.

Will one of those hearts be yours?

**ADD YOUR VOICE**

Our goal is to gather a million voices of peace in this New Year. It can be in the form of your favorite thought, prayer, poem, picture or story that you’d like to add to the healing energy and numbers of hope. We’d love to hear from you!

Watching the number of peace workers grow every day will encourage and create a bond among the millions of people who do not choose war, hatred, cruelty or neglect, but instead choose to actively work towards peace and stability. It will remind us, and the world, that there is good and beauty and kindness here on earth, and that we are committed to embodying it.

On our website, there is a counter that will show you how many people have joined in the peace project and daily meditation. Please check in and add your voice to that count. Also, you can email your thoughts or prayers for peace to www.globalvoiceofpeace.com, or mail to: PO Box 137, Manchester, Vermont, 05254.

Optional information to include is your age, faith and country of origin. We will use this data to demonstrate how peace and unity can surpass boundaries and is common to every culture and belief. Visit the website often to view the growing count of participants and read inspiring stories about peace in action. Thank you for caring!

Linda Frees is a Health Educator and frequent visitor to Hippocrates. Moved by the peace and beauty that flourishes on the lush grounds and in the spirits of everyone at Hippocrates, she was inspired to launch her peace project on Thanksgiving Day. The response was heart warming, with prayers of peace from people of many different faiths and backgrounds. She is currently writing a book about the project and plans to see it materialize in the New Year.
THE PEOPLE’S DECLARATION FOR PEACE

In this time of conflict and chaos,
We, the people of the world, do hereby unite in purpose to redirect our attention and actions.
Instead of focusing on the number of those who choose war, along with the devastating scores of their resulting casualties, we will count those who choose peace and who strive to manifest it here on earth.
We will stand, and be counted, and will watch that healing number grow every minute of every day, encouraging and uniting the millions of people who do not choose war, hatred, cruelty or neglect, but instead choose to actively work towards peace and stability.
While still honoring the innocent ones caught in the cross-fires of war, we will take the focus away from the madness and pain, and instead remind the world that there is good and beauty and kindness here on earth, and that we are here to embody it.
As members of this movement, we hereby declare:
- We wake from our complacency and agree to become part of a wave of peace, in ways big or small, doing what we can, daily growing in kindness and active compassion.
- We grasp the important part we have to play in whether our global community implodes or begins to heal.
- We realize that our responsibility towards peace is urgent and real.
- We will not wait until someone else “fixes it.” We will not isolate ourselves and ignore our part in the play.
- We accept that we can, despite the seeming enormity of the task, affect peace and goodwill daily through our continuing intent, actions and prayers.
- We agree to set aside a moment before retiring each night to calm our hearts and draw peace into them; thus creating a warming light that we then send outward to our brothers and sisters around the world; knowing that if millions of people did this every day, there would be a continual wave of peaceful energy circling the Earth 24/7.
- We will unite through the pure strength of our inner sanctuaries, through the sacredness of a quiet time and place that we create and infuse with our calming prayers and intent for peace.
- We will add our light and prayerful intent to this wave every day.
- We will spread the word.
- We won’t stop.
I personally add my voice and heart and join in this non-political, trans-cultural, all-faith-embracing, globe-surrounding manifestation of peace and compassion.
I proclaim my daily participation in this wave of peace, and in so doing, will watch the numbers of worldwide peace workers grow and unite.

Signed: _______________________________ Date: __________________
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Dr. Michael Papa
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Continued from page 21
just fifteen minutes of walking. This lasted for seven months. I was not only a physical wreck but an emotional one. I would weep unexpectedly as though my body was doing it automatically.
In all of my despair, I stumbled upon good news! I discovered an organic shop in New Zealand where I was advised to take a shot of wheatgrass each day. I was bewildered by this, as I only associated this kind of thing with grazing animals. But I was desperate enough to try almost anything at this point. The first day I took it I felt absolutely horrible; I was bed ridden. Oddly enough, the next day I felt OK. After taking it for three days I perceived a difference when I went for my usual fifteen-minute walk (all I could previously muster) and noticed I wasn’t feeling tired. Two days later I felt like never before. I was rather energetic. I thought some sort of a miracle had happened, but it was actually the wheatgrass, which helped my body to get to the correct nutritional balance as my liver had thrown it out of whack. I couldn’t believe it! I felt like I had been reborn!
I had such zeal that I recommended wheatgrass to a friend who was born with a degenerative condition and only one kidney. Nearing dialysis, he took it habitually and what do you know - his blood pressure normalized, something that had not been achieved with his medication.
I now heartily believe in consuming wheatgrass and I desire to share its wonders with others. Upon learning that the Hippocrates Health Institute utilizes wheatgrass as an integral component in their program, I contacted them with my story so that I could do my part in spreading the word to others who may be suffering as I was.

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described my organic steamed vegetables and fish, but he told me it was all wrong. He told me I needed to be on all raw food and he strongly suggested that I attend the Hippocrates Health Institute.
In spite of the poor advice I had received in the past, I began eating a raw food diet. It was hard to do this on my own. I started to go to a local woman who grew wheatgrass, Loretta of Loretta’s Living Foods. I bought a juicer and began mixing this remarkable elixir shortly after I enrolled in the three-week Life Change program at Hippocrates.
Going to Hippocrates was one of the highlights of my entire life. I was surprised at how much I’ve grown and learned. All of the years of attempts to get well fell short at Hippocrates. I learned how to take responsibility for every aspect of my life, and by doing so I was absolutely healed.
For the first time since I was a young lady my liver enzymes were normal, and my energy level has risen to such a degree that I surprise myself. Before I went to Hippocrates my body was bloated and I was always hungry. I used to have to eat every two hours. As an added bonus I have lost 25 pounds. I cannot suggest strongly enough for those of you suffering with what medicine calls a catastrophic disease, hepatitis, to adapt and enjoy the living foods lifestyle. Of course you must persevere because the only way that we can recover from our disease is by taking personal responsibility to a new level.
I’ve found something I’ve been looking for for so long, and it was so simple, not complicated, and right there all of the time. It is a blessing and I wish all of you the same blessing that I have. Thank you.

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(Thank you from the bottom of my heart, whoever you are!)
While there I really got an idea of what it would take to get well and stay well this time, to change my whole life this time - spiritually, physically and emotionally. I followed the diet, I prayed, I went to counseling, I changed my attitudes about a lot of things, and I learned how to balance all this while raising my two small children. I always knew this was the right way, even when I had moments of fear.
After many months on the program my lung collapsed and I ended up in the hospital. I believe this happened because the cancer was slowly healing. My lung eventually had to be removed, but because of my strong immune system, I was able to heal faster than anyone expected. My disease was now in check.
My husband was a saint, as were my family and friends. I learned to let others help me and God taught me about grace and love, to lift my spirit to God when I was unable. Through all the hard times I became stronger.
I recently went through the Health Educator Program and I have learned so much more. I feel confident in moving to the next phase of my life. I love being able to fulfill my purpose to help and encourage other people. I now know it is an ongoing process, and I will always work to stay healthy and balanced, to live the best every day that I live. Every day is a gift from God.
A BIG Thank You to everyone at Hippocrates Health Institute, who work hard every day to make it possible for people to learn to be well and live well every day.
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