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Our Next Issue • Relationships

From the Editor’s Desk

It is our pleasure to dedicate this issue to spirituality. We try to provide information that you can apply to your life for optimal health and healing. As you know, spirituality plays an important part in our well-being.

In this issue we have a fascinating interview with Dr. Bernard Haisch, world-renowned astrophysicists, NASA researcher, and best-selling author of _The God Theory: Universes, Zero-point Fields, And What’s Behind It All_. As science moves closer and closer towards the discovery of the one undisputable truth, Dr. Haisch offers scientific evidence of the existence of God.

Along this same theme are articles by Dr. Brian Clement, Marilyn Diamond, internationally known author of _Fit for Life and Frontronics_, noted philosopher George Kovacs, Ph.D., consumer health advocate, investigative journalist, and Hippocrates instructor Dr. Ginger Southall, and psychotherapist Andy Bernay-Roman, LMHC.

You will see some changes in this issue. The “Ask The Experts” which has been so popular, returns as a regular column. Also by popular request, we will provide some of the favorite recipes from the restaurants we review.

The theme for our next issue is Relationships. This can mean many things… the relationship between man and our planet, the relationship between man and God, one’s relationship with food, or with each other. If you have a relationship story you would like to share, send it to editor@hippocratesinst.org.

We are particularly interested in sharing your secrets to a long lasting and fulfilling relationship or marriage.

In health and peace,
Frances Kermeen

Several of you have inquired about the photograph on the cover of our January issue. Its technical name is Euphorbia Milli (Crown of Thorns), but simply put, it’s an extreme close-up of a beautiful flowering cactus that blooms year-round and can be found on the grounds here at Hippocrates.

To see a world in a grain of sand,
And heaven in a wild flower,
Hold infinity in the palm of your hand,
And eternity in an hour.

…William Blake

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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.

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 Ext.112 or 106 or michael@hippocratesinst.org for information and reservations.

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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 Bergonzi! 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.

From the Directors

In this world of double messages, spirituality for many has become either a sacred vessel or a red flag. The cloak of spiritual purity has so often been lifted to reveal those hiding behind its golden veil. People have become suspicious of anything that has to do with this subject beyond their own personal convictions.

What we have observed over our decades of work with hundreds of thousands of people has been a clear picture: that spirituality is at the heart of all healing. Of course when people think of Hippocrates they picture diet, wheatgrass juice, etc. These viable tools help us to recapture our health and vitality. Yet in and of itself that is not all that is required for recovery and healing. Spirit, the drive to reach our goals, is the fuel that fulfills our very need to release and improve. Every healing is first and foremost a spiritual event.

There is no need for ornate architecture, choirs, or rambunctious spiritual leaders to stun the masses. Your own heart is the birthplace and inspirational mentor for your spiritual quest. Connecting yourself through nature with all sources of healthful energy is the way that you tap into the theme of your life’s symphony. When this masterpiece is played out the end result will be a person—you, free of disorder.

There are many ways to harness the fuel for recovery. Each of these endeavors must be inspired by a passionate pursuit that renders the ultimate fulfillment that brings healing to fruition. We recently worked with a three-year-old boy suffering from tumors in his brain and spine. His parents were understandably distraught, confused and emotionally and physically spent. Their immediate families did not understand the deep need this couple felt to participate in the healing of their child, instead thinking it was a futile attempt that would end badly.

Although they were drained this couple summoned...
It is time that each of us relinquish our current notions about spiritual life and begin to adopt a true and all-encompassing spiritual existence. There is nothing that we have ever done or will do in the future that does not cry out for such nobility. Falling short of this will leave us impotent to fully engage in life. By accepting and honoring yourself as a person filled with spirit you will navigate to a greater place of harmony, serenity, and ultimately healing. Enjoy each day, as it is a gift for you to share with others.

With love and respect.

Every healing is first and foremost, a spiritual event.

Hippocrates

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Dear Editor,

I’m writing to let you know that I have thoroughly enjoyed the Hippocrates Magazine over the past 4+ years. The fact that it has morphed into an eye-catching full color magazine is impressive. I read it cover to cover absorbing all the suggested lifestyle changes that Hippocrates offers to integrate them into my own life. I always look forward to the recovery issue. I read with great interest the testimonies of attendees who are pleased with their successes in their health issues.

I remember meeting Brian in Reno, NV, at a seminar several years ago, when I shared my own recovery from a diabetic acidosis coma for nine days and my complete reversal of Diabetes four years later. I was especially receptive to his goal for people to “go raw,” which is part of my food concerns daily. People need to become aware that they are responsible for their own personal health because the “establishment” has other plans for the masses. I look forward to my time to treat myself to the Hippocrates campus.

Peace, love, and health to all,

H. Lloyd Alexander (MD, Retired),
who has seen the light, Reno NV

Dear Editor,

I attended Hippocrates four years ago, and ever since then I have looked forward to receiving my copy of the news-letter, and now the magazine, so that I could “reconnect” with Hippocrates and keep up with the latest health information.

I have always prided myself in living a holistic lifestyle and eating the most nutritious, organic and raw foods, and in staying away from biological toxins, bad fats, and genetically modified foods. One of my favorite snacks is popcorn, made only with organic corn of course, seasoning each morsel with healthy raw-pressed oils infused with garlic. For this purpose, I primarily use an air popper, but occasionally, if I was in a hurry, I popped a bag in the microwave.

The article on the chemicals produced from the inner coating of the popcorn bags from the microwave oven was eye opening. I had been inadvertently poisoning my family and myself. I immediately threw out all the microwave popcorn in my cupboards, and informed my family and friends about the hazard, urging them to do the same. Thanks for such a great article. I look forward to my next issue.

RW,
San Diego, CA

Dear Hippocrates,

I would like to find out more about breast cancer. Are you planning any future articles on the subject in the magazine?

Thank you,
Terry G
Burlington, VT

We run stories from time to time about all aspects of healing, particularly in our annual recovery issue, which comes out in January. In our past issue there was a story written by a woman who had recovered from fibrocystic tumors in her breast. Also of interest may be the story in this issue about Natural Hormone Replacement Therapy that talks about how bio-identical estriol may be protective against hormone-induced cancer. - Ed.

Send your comments and questions to: editor@hippocratesinst.org

Letters to the Editor
Over the last several decades at Hippocrates Health Institute, we have discovered a consistent and evident pattern to human life and healing: There is no true life or health that does not include spirituality. The working of anatomy and physiology and the effects that emotions have on you are quite blatant, and for the most part well understood. Elusiveness prevails when we reach the spiritual ingredient due to the abstract and disconnected way that we perceive it. It has been my observation that this lack of stability within the spiritual process comes from our inability to accept anything that is not based on atoms, molecules, and structure.

Intelect, with all of its rationalistic and systematic trappings is generally the first approach to a spiritual life. But only an open consciousness, not intellectual formulas, has the potential to permit the freedom of spirit. This knowledge has come to me through working with thousands of people who are embracing enormous change and reaching out for grand accomplishments. Their spirit is the pinnacle ingredient in their evolving life. From those who have healed themselves from catastrophic disease to those who have taken an ordinary acceptable life and molded it into a happy life— the enormity of spirit is a constant in the process. Too often the unseen is easy to forget.

Spirituality and religion have become synonymous thoughts within humanity today. Religion has given a format and a goal for people to comprehend and apply the principles and practices of religious teachings. However, we often find ourselves caught in a mechanical response to the principles and rituals, which prevents a spiritual experience. Religion can offer good assistance in elevating individual and universal understanding, yet sadly, throughout history we have watched people manipulate great teachings and eradicate any spirit that dwelled within them.

We must put theology into the action of real life. Our spirit needs continual usage to empower us with the profound potential of human experience. Within each of our souls we have the ability to sensitize ourselves to all that exists. By doing so, we will vigorously raise our integrity so that from the heart to the environment we are creating a spiritual experience. Our environment may then return this favor to us as long as we are willing to allow this level of freedom into our hearts.

We are given endless opportunities for enjoying the spirit through every thought and action that we permit. The understanding that all involvement is as spiritual as it is physical and emotional can bring a feeling of relief, or a burden beyond comprehension. Relief prevails when you truly see how the wisdom of your heart gives you complete reign over all that occurs. It is perceived as a burden when the mind believes that it alone has responsibility for creating a good life.

I remember years ago a lady with a serious illness who came to Hippocrates. During a conversation with her I discussed the forty-nine years of her life. Her eyes sparkled; her words elevated both of our spirits as she talked about how privileged and secure she felt that her parents, her husband, and her children were all her best friends. Together they had created the many successes that she knew as security. At the end of this eulogy of happiness, she took a deep breath, and then began to sob as the next words blurted out… “And then six months ago the doctor gave me six months to live.”

For the first time in my decades of work I saw with clarity how most of use view our problems. I asked her, “Is who you are the forty-nine years of success or the six months of disease.” Today, years later, this lady has not only fully recovered, she is flourishing beyond her highest goals.

Our acceptance of problems as “reality” and success as “lack of” is the greatest preventer of true spirituality. When people have elevated themselves to a place of fulfilled contentment, they will not permit the strife of non-awareness to eat them alive. Within each of our worlds there is a constant higher place. Our only deterrent from living with this is our own inability to accept unconditional love. We can get stuck in a merry-go-round of history. With the world moving more rapidly each day, individual security is melting like ice in August. This expeditious phenomenon is our starting point to move forward into an existence without pain and suffering, further, without disease and disorder, and ultimate, with happiness every minute of life. Is this not the essence that each of us truly desires? Only the most avid intellectual would have difficulty accepting this deep within themselves.

There are countless ways to reach this state of happiness. Reaching it is not difficult. But one must muster the courage to leave behind all preconceived ideas which encourage limitation and boundaries. Can we go beyond a set of rules, and allow the living force of spirituality to govern our very existence? Granted our largest excuse is that worldly practices and daily routines call us back from this place of consciousness to a less aware level. Challenge yourself to the possibility that these everyday activities also contain a higher purpose. When people see their jobs, obligations and matter-of-fact acts as important as a time in prayer, they will capture the full warmth of living spiritually.

In spite of the physical and emotional things that may be occurring, we know from the heart of consciousness that we can capture happiness and gain from embracing the spirit. Transforming your life is not about safety. It is surely about courage. Each thought that we transform into action will give us an opportunity to find joy in our pursuits. When asking yourself why you’re doing something, question further if your true desire is to gain happiness from it.
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Young children are the best representatives of human possibility.

There are many dimensions within a single thought. This is a matter of perception. Two people can be involved in the same occurrence and evaluate the experience in different ways. For instance, when one is playing a sport, they conclude that this act is a physical enhancement, whereas the person sitting in the bleachers may feel it to be inspirational. How often are you aware of which areas or dimensions you are now pursuing? Limited perception can limit your life.

There is a spiritual healing gathering at a large Catholic cathedral. People came from all corners of the globe to meet the frail young Father with the quiet voice. There was none of the inspirational singing or fiery demonstrations from this soulful spirit, but as people came to see him there was often one who left their wheelchair or dropped their cane. Outwardly, it appeared that the priest was physically healing people, but in terms of spirit, what was occurring was that some of the recipients were letting go of the physical and emotional anchors and embracing an expanded awareness. Yet today, I see too many people still searching for the healer rather than utilizing the wisdom of their hearts.

People close to me have devoted their entire lives to spiritual practice. Without hesitation I will say that they are contributing to a heightening of life. But I have conjectured that they would be assisting this process even more if they joined society and supported all the faithful, rather than trying to persuade others to participate in their own perception.

Years ago, while lecturing in Jerusalem, I had spent time with one of the high Rabbis, who explained that there was nothing mystical in life, there was only the inability for us to see something as possible. In spite of all the difficulties, which pervade the holy part of life, we are individually capable of fulfilling our own dreams. When truly searching for your place, do not wander beyond the room that houses fulfillment.

As Gandhi and Martin Luther King demonstrated, personal elevation engages global change. Each drop of goodness that you create will bring your spirit to a more usable level. Using the spirit is the essence of our existence. We come from the invisible as a spark of life, and we leave to the invisible once again. Through understanding the enormity of this very thought, we may gather enough faith to let go of who we think we are and BE who we really are.

This is difficult in a world of illusion, which is based on what we see, touch, feel, smell, and taste. Our significance on a physical level is no more than a gathering of endless electrons. How dare we make ourselves into concrete? An endless stream of invisible forces flow like the greatest waterfall for us to bathe in, and we still stand on the shore, dry as a bone. Be kind to yourself so that all your encounters will be enriched by your own possibility. Do not wait for mighty acts and far-away saviors to participate in who you are. There are no walls you cannot walk through or worlds that you cannot reach.

Are you feeling the profound importance of self-elevation at this moment? If you are still experiencing just words on paper, go get a recording of Bach’s baroque music. Turn it up as loud as is comfortable. Close all the doors. Shut your eyes. Slowly and freely move around, letting the music quiet your mind and fill your heart. Or take yourself to a beach at dawn and in the quiet, walk alone until the full sun warms your skin. Find a place in the center of a forest and sit in peace, observing feeling and allowing all to occur. These are but a few ways of capturing where you should be all of the time. In the middle of a day of busy work, your heart should feel that it is bathing in the light of God. These feelings are often so foreign to us that we find ways to de-nounce them. Individually hundreds of millions of us have created negative personas through our own pain, and cannot validate the pleasure of the spirit as anything more than illusion.

In modern times the quest for spiritual life is often misguided. We search for structure and once again become entrapped in the practice of theology. For each and every one of the billions of people that reside on this incredible planet, our spirituality is personal. It can be reached through the better-known ways as long as you perceive them as just a springboard, not as a foundation. God has endless ability, and most of us are still struggling with a fraction of 1% of the 100% that is possible.

Our own arrogance permits us to believe that we know enough to put words in the mouth of God when, in all earnestness, there are no words necessary. Reaching into your soul will do more for you than searching outside of your awareness.

Without hesitation you should strive for blind faith. This is the only true faith that does not demand proof on physically based occurrences. We practice blind faith many times in our life without acknowledging it. For instance, if you have ever fully loved someone, you trusted your feelings completely, and although you have physically never seen love, did you not absolutely believe in it, and want more of it?

As we move forward, it is our obligation to expand our limited faith and to gather true strength from the very act of surrender. Spirituality is not only achievable; it is your birthright. Be humble enough, brave enough and secure enough to utilize it with every breath.
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You and your family deserve the best...
Your thoughts have consequences. I learned this at a young age as I watched my father die from cancer. From the moment he was diagnosed as “terminal” and told, “there is nothing we can do, get your affairs in order;” my dad in an instant transformed from a strong, proud man to a weak, broken defeatist who spent most of his time crying. Given nine months to live, his health deteriorated practically overnight and he barely made it through three months before I heard his very last heartbeat as my head lay on his chest. I knew back then, almost 20 years ago, that it was his mind that killed him way before the cancer even touched his body, was not a difficult concept for me to grasp, for I had experienced it firsthand with my father. I find it a fascinating field and an absolutely essential element to healing. But for many this idea that your thoughts are in essence energy particles that talk to your body’s cells is intangible, hard to believe, not considered “mainstream” or “popular,” and “out there” realm and don’t utilize this incredible powerful tool for healing themselves. But when you really look at the mind/body connection, there is nothing “out there” about it at all. It’s simply how we are wired, and most of us are just unaware of it.

Everything physical is made of energy. Way back in the early 1900’s, Nobel Prize winner Albert Einstein said “…mass and energy are…different manifestations of the same thing – a somewhat unfamiliar concept for the average mind. Furthermore, the equation E=mc^2 is equal to M times C squared, in which energy is put equal to mass, multiplied by the square of the velocity of light, demonstrating that very small amounts of mass may be converted into a very large amount of energy and visa versa. The mass and energy were in fact equivalent…”. What does this mean? Everything is energy. All physical things in our world emit a vibration and everything around us is moving energy. Everything we hear, see, taste, touch, and smell is in fact energy. If we were to look at our desk, our food, our bottle of water, our dog - under the appropriate microscope, we would see they are all operating at various states of energy, frequencies, or degrees of vibration. We are energy. We may look down at our hands, for example, and see no movement, but the electrons that compose our hands and our entire body, for that matter, are in a constant state of motion, vibrating, oscillating, and quivering at various rates. Our body in its smallest form is simply just energy: our body/organs/cells-atoms-electro-energy. You are already familiar with this concept from so many sources whether you realize it or not.

Everything we hear is transmitted to the eardrum (tympanic membrane) to three tiny bones in the ear called ossicles that vibrate fast or slow depending on the level and pitch of the sound we hear. A very high-pitched note from an opera singer, for example, travels into our ear and vibrates the ossicles very fast. A low note creates a slow vibration of these tiny bones. There is a little more to hearing sound than described above, but the basic idea is sound is an energy wave - a wave we cannot see. Think of the homemade chocolate chip cookies your mother made you as a child or that apple pie baking at grandma’s house. You could smell them because the aroma was actually a wave traveling through the air to your olfactory nerve in your nose.

We know from high school physics that light is a form of energy, as is color. We see the different colors because we are able to view the various wavelengths or frequencies in which these colors, are found in the electromagnetic spectrum. These colors are wavelengths of light measured in nanometers in the spectrum of what the human eye can see, called the visible spectrum; a wavelength of 400-700nm. Other wavelengths were eventually discovered outside of the visible spectrum; UV waves, x-ray waves, radio waves, infrared waves, and gamma rays - they are all there, but we cannot see them.

Heat is another form of vibrational energy referred to as thermal dynamics. If you recall from high school physics, heat can be transferred through conduction, convection, and radiation.

Some wavelengths of energy are completely out of touch with even our basic senses, but are present regardless of whether we sense them or not. Modern day technology has found a way to sense many of them. For example: Ultrasound - A diagnostic technique which uses high-frequency sound waves (above the range we hear) to create an image of the internal organs by making echoes that bounce off of our internal organs creating a picture (a sonogram) of our internal body tissues and organs. The fact that we ourselves could have any control over our bodies, our minds, our disease processes, or even our healing is incomprehensible under this standard. As Terry Lynes, PhD, author of Good Stress: Living Younger Longer puts it, “we are wired for success, but programmed for failure.”

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Amit Goswami, Ph.D. and au-
thor of Quantum Doctor: A Physicists Guide to health brings “the message of the quantum physician of today and the future - "The Quantum Doctor". The message is simple - quantum physics to practice to medicine - and promotes conscious medicine designed for people not machines.

So what is this quantum physics? It’s the study of energy waves, wavelengths, quanta, or frequencies, and this evolving “new physics” reveals that our thoughts are energy. Our brains are not just organs encased in our skulls, but rather the most powerful complex electromagnetic energy instruments ever known to man.

Through the stimulation of various brain centers our organs, glands, heart, voluntary and involuntary movements are all controlled. That’s a concept we all can understand. But our brain is also the place where frequency transformation of energy takes place. What most people are not familiar with is the connection between our body’s thought vibrations and the rest of our life-world, including our health. Quantum physics, cell biology, and neuropsychology are showing us that all is connected down to the quantum level. Your thoughts and emotions help you to create your life and your health.

“Quantum physics’ effect on biology and medicine is enormous,” says quantum physicist Fred Alan Wolf, Ph.D., in his book, Doctor Quantum’s Little Guide to Health and Healing. Wolf and other quantum physicists have been studying the effects of our thoughts and emotions on our health.

Your thoughts, words, and emotions have a power you never consciously imagined. And if not controlled properly, subconsciously, they can make or break you and your health.

Your thoughts literally talk to your cells. Professor of Neurobiology, Candace Pert, Ph.D., author of Molecules of Emotion: The Science behind Body-Mind Medicine says our body’s brain, immune, and endocrine systems are literally informed by all of our thought-emotional activity in the area of biofeedback show “a placebo effect.” Even the former head of the FDA’s Office of Drug Evaluation, Robert DeLap, M.D. concedes, “Expectation is a powerful thing. The more you believe you’re going to benefit from a treatment, the more likely it is that you will experience a benefit.”

Scientists today also know negative thoughts and negative energy attract more of the same, just as positive thoughts and positive energy bring more positive physics. In this context is called ‘resonance’.

Here’s an example you may be familiar with. Think of that champagne glass that can vibrate with a certain musical note and no other. When two objects are of the same energy, even if they are made from different materials, their electrons move together; they resonate with each other. How much magnetic fields are of the same frequency. The same is true for your thoughts.

Bob Proctor, philosopher, author, and one of the most influential transformational speakers of the 21st century, says, “As soon as you choose one set of thoughts, your body cells are affected. These cells vibrate and send off electromagnetic waves. When you concentrate on those thoughts, you increase the amplitude of vibration of those cells, and the electric waves, in turn, become much more potent. Your whole being is put into that particular vibration.”

In The Attractor Factor author, Joe Vitale, Ph.D., describes it this way: “If you don’t consciously select where you want to go, you go where your unconscious mind dictates you go and most of us are on autopilot. We simply haven’t realized we can take the controls. Your energy sends out signals that attract more of what you are thinking and feeling. Change your signals and you will change your results. Change your energy and you will change what you attract.”

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In the study of quantum physics, every particle of everything, every cell, every organ, and even the human body is made up of energy. It is through the stimulation of the brain by external events such as music, light, and other sensory input that the energy waves generated in the brain are translated into action. The human body is a complex system of interacting parts, and it is through the stimulation of the brain by external events that the energy waves generated in the brain are translated into action.

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Interview with Bernard Haisch

By Ben Hay

As scientific discoveries inch closer and closer to the one undisputable truth... that our Universe is not a random “accident” and that there is indeed an Intelligence behind it, exciting evidence is being presented by some of the world’s top scientists. One of these scientists, Dr. Bernard Haisch, has recently written a book called The God Theory: Universes, Zero Point Fields, and What’s Behind It All, which has received critical acclaim and quickly reached best-seller status. Dr. Haish, a noted astrophysicist who has worked on top NASA programs and with governments around the world, presents his theory, based on his scientific research into Zero Point Fields and other cutting-edge quantum mechanics.

Ben Hay had the pleasure of speaking with Dr. Haisch about his theory. This fascinating interview is presented below.

What is The God Theory?

The idea goes back to one of the founders of modern astrophysics, Sir James Jeans, who wrote that the universe seemed to him to be more like a great thought than like a great machine. Well, whose great thought might that be? So I start with the concept of a transcendent Intelligence that has to be completely consistent with the Big Bang, evolution and other scientific knowledge. The God Theory then includes a very logical and compelling reason for why such an intelligence would create universes in the first place: to transform infinite potential into experience. The experiences of the life forms (such as human beings) possible in the many different universes become the experience of the intelligence. We are all sparks of God, experiencing his/her creativity. This has nothing to do with intelligent design: God does not need to micro-engineer or micromanage the evolution of life forms. The ideas of God are the basic laws of physics and the associated physical constants.

So the God you are proposing isn’t necessarily at odds with science?

Not at all. Whether our universe originated by some random process or out of the ideas of a transcendent intelligence cannot be determined by present day science. Since both lead to the same “Big Bang” origin of our universe, it does not affect science one way or the other. Science very accurately describes the Universe as it is. But science has no special claim on the ultimate origin of our universe and the myriad of others that may exist in the current view of astrophysics and its multiverse inflation theories. Science has no way of knowing the ultimate origin of our universe and whatever others may exist. I suggest however that spiritual human experiences do open a door to knowing.

Many people still believe that spirituality and religion are inextricably linked. How should spirituality be viewed?

I propose that spirituality should be viewed as a branch of knowledge alongside biology, astronomy, chemistry, etc. It is a branch of knowledge containing an essence of our being and our consciousness that transcends physical matter. Many scientists would simply deny that there is such a thing, but that is opinion and dogma masquerading as fact. Since present day science does not study anything other than the physical, it has nothing valid to say about whatever non-physical realities may exist which can be called spiritual.

One can study spirituality without religion, and indeed I propose that ultimately one will not need the “middleman” of religion to study the laws of spirituality (whatever they may be) any more than one needs a religion of physics to study physics. Both the historical legacy and the present day practice of religion have a mixed record. Religion has often been used to exploit, conquer and slaughter, which of course is grossly contradictory to genuine spirituality.

What are the biggest problems with organized religion?

There are several major problems that affect, or have affected, most religions to some degree or other. The worst is intolerance, denying the legitimacy of beliefs not in accord with a given religion, claiming sole authority and in the worst cases outright persecution and suppression of dissident. Just consider the Inquisition. Intolerance is unfortunately still a major problem in some branches of religion. The fairy tale nature of some of the beliefs is also a problem, teaching notions of heaven and hell that rational people cannot accept. If you actually try to imagine a never ending state of anything, that can become pretty horrifying. Something that truly never, ever ends, no matter how good it looks at the outset, would become a nightmare eventually. Remember, Woody Allen said, “Eternity is very long, especially toward the end.” Heaven cannot be what most religions teach. Then there is the depiction of a God who is capable of hate and anger, as if he were a petty tyrant out to judge and punish. This is a dreadfully limiting view of a benevolent transcendent consciousness. Lastly there is the frequent misuse of religion for political and economic ends. None of these things make any sense, and that is why many intelligent people have turned away from religion.

Why do most scientists reject the idea of a supreme intelligence?

Much of the hostility in science toward God is a reaction against religious dogmatism and outright persecution of rational thinkers in centuries past, such as Galileo and Giordano Bruno. But there is also a sense in science that understanding the ways the world and the Universe work has been one of steady progress, systematically replacing mythology with genuine knowledge. It becomes tempting to extrapolate these successes to an ultimate understanding of everything using the tools and methods of science. Next time you read a science-oriented book for the general public, note how frequently “triumph” or “triumphantly” is used to describe a discovery. There is a degree of arrogance and hubris at work: we, the sophisticated scientists, are smarter than the less educated masses who cannot appreciate the complexity of science and we have no need for the superstitions of the hoi polloi. Indeed, a mind set can arise in which it becomes virtually impossible to conceive of any reality other than the reductionistic, materialist perspective. The community one is immersed in does determine and reinforce a consensus view, and that is true of the scientific community. One can easily find the view expressed that since science has found no evidence of God, there cannot be a God. This overlooks the fact that science has neither the tools nor even the concepts to actually search for evidence of a transcendent intelligence. If you lose your keys in the dark, doesn’t look for them under the lampost because that’s where the light is, you won’t find any evidence of your keys.

Does consciousness arise out of matter?

I don’t believe it does. I think that ultimately it is the other way around: that the origin of this universe and all others that may exist lies in the will of an infinite consciousness, a consciousness that we all possess, in varying degrees. Somehow that consciousness created a physical universe. I think we will discover in this century that we shape our reality via consciousness to a much greater degree than is presently acknowledged. The study of consciousness will, I believe, take center stage in science in the decades ahead, and I do not mean simply neurobiology explaining, and thereby in effect explaining away, consciousness.

Is there a purpose for my life?

Definitely. Our purpose in life is to create God’s experience of his own infinite potential. We are, each one of us, tiny mortal flames of an infinite benevolent immortal consciousness seeking experience. God comes into this world through each of us. Some people do bad things. How can they still be manifestations of God? The answer is that unlike some infinite perfect realm of bliss, a real world comprised of matter and living beings capable of novel experience requires polarity. You can’t experience light without the contrast of darkness. Heat is only hot in comparison to cold. So there has to be the possibility of “not good” to allow good to... Continued on page 25

Spiritual Healing
Dr. Brian Clement appointed Director of Medical Advisory Board of NOSG

Naturally Occurring Standards Group (NOSG) has recently appointed Dr. Brian R. Clement of Hippocrates Health Institute as Director of its Medical Advisory Board. NOSG, a non-profit organization based in North America, is committed to improving the health of humans worldwide while protecting the health of the planet.

Toxic materials, including synthetic chemicals, are added to our foods, medicines and vitamin supplements, as well as to the vast majority of personal and home care products with little to no regard for the negative effects to our health to the health of our planet. Even our water, air and soil – the foundation of sustenance – are now polluted.

“Finally, there is an organization doing something about the fact that our world is awash in a vast ocean of toxic substances,” said Dr. Brian Clement, Director of Hippocrates Health Institute. “NOSG has the highest standards and ideals. Hippocrates is proud to support an organization whose values are in alignment with those that we teach here at the Institute.”

NOSG has recently been endorsed by the Organic Consumers Association, a leader in the preservation of organic standards in North America, and the Alliance for Natural Health in the United Kingdom, an organization working to protect and promote natural health care through “good science and good law.”

NOSG is committed to...

- Research and Development in support of independent consumer standards such as the Natural Daily Intake (NDI) as related to nutrient values.
- Consumer safety through labeling standards that require full and complete disclosure of the origin of product ingredients.
- Enhance consumer and industry understanding of naturally occurring health through education tools and resources.

Our vision is of a world that is free from synthetics and toxic chemicals – a world that is safe and healthy as well as productive.

Our mission at the Naturally Occurring Standards Group (NOSG) is to improve the health of humans worldwide while protecting the health of our environment by promoting the benefits of using only naturally occurring (100% organic, whole, non-Genetically Modified (GM)) raw materials, ingredients and products.

Our goal is to increase the number of consumers and manufacturers desiring to participate in a naturally occurring lifestyle, one that is free from toxic chemicals and synthetics.

NOSG Stamp of Approval Means...

- Certified 100% Organic Full spectrum and Naturally Occurring
- No synthetics
- No Generic Modification
- Definitive product quality through systematic testing
- Value-added certification and consumer satisfaction
- Sustainable sourcing
- Fair Trade
- Seed to shelf quality control

The spirituality of healing is a key component in the overall process of balancing mind, body and spirit. Our HHI store supports this endeavor with various products from books to supplements and everything in between.

Learn how you can help make the world a safer, healthier place, go to www.nosg.org

Click here to learn about our catalog, then call Sarah 561-471-8876 ext 124 to order!

Help Us Heal The World...

...One Product At A Time

If you have a special health or healing product or service and would be interested in having over 300,000 like-minded people read about it, we can help. We are planning a Resource Section for the next issue of this magazine. A business card size ad can be placed here for only $175. We will offer special rates for 1/6 page business card size ad can be placed here for only $175. We will offer special rates for 1/6 page ads. Full and 1/2 page ad space is also available. Please contact Sam Sheppard at 561-616-6155 for more information.
The Hippocrates Family celebrated a joyous union of two beautiful, like minds, as our chef Ken Blue and therapist Pam Fisher officially joined their love and hearts together on February 17th, 2007. They met at Hippocrates while Ken was working as Executive Chef, and Pam worked as a therapist offering services such as Swedish massage, craniosacral therapy, rainfall therapy and ear candling.

They made a conscious decision to be with one another, to practice the living-foods lifestyle, and to help others to contribute money to the couple to use to help purchase an organic bed. The tree sat next to the beautiful raw wedding cake made by Chef Renate Wallner, who also parses food at Hippocrates. Renate made the cake using almond butter, coconut and carob, using dried fruit as a sweetener. The dinner served that evening was also a special treat both for the wedding party and the Hippocrates guests.

Specialty mixed salads lined the buffet, and “pasta” was served that evening was also a special treat both for the wedding party and the Hippocrates guests. Served that evening was also a special treat both for the wedding party and the Hippocrates guests.

A highlight of the reception was when the couple performed an exquisite Tai Chi exercise in unison. The performance was peaceful and full of emotion. It brought tears to many as they witnessed the beautiful flow of grace both Ken and Pam demonstrated.

As the couple exited the hut, guests formed greeting lines outside on the veranda so the bride and groom, along with their families, could meet and thank the guests for attending. Delicious raw appetizers awaited the guests inside the main Hacienda Room, which included stuffed mushrooms, and nori rolls. Guests mingled, danced, and sipped sparkling cider as they exchanged vows.

The ceremony took place in the Hippocrates hut overlooking the pond, which allowed the extended Hippocrates Family to join the festivities. The luscious greenery of the campus provided the perfect backdrop for the wedding photos. The couple welcomed their friends, family, Hippocrates staff, and guests (former and present) to attend. The wedding guests crowded into the hut, with some onlookers peering in through the windows trying to catch a glimpse of the couple as they exchanged vows.

former guest and musician John Carey welcomed the guests with music from his flute. Flowers and candles created a romantic ambiance inside the hut. The wedding party included both Ken’s and Pam’s immediate families, including Pam’s son Tyler and daughter Sydney. Drs. Brian and Anna Maria Clement, along with their son Blake, also attended the ceremony.

Both Chef Ken and Pam agreed that they wanted to show General Manager Rennie Brewer their appreciation by having her perform the ceremony, which she did with elegance. The couple jointly lit a unity candle, exchanged red roses as a symbol of their physical oneness and white roses to represent their spiritual bond. Beginning their new life together as they completed their vows inside the hut.

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Prior to the wedding, a few members of the staff organized a money tree to be given as a gift to Pam and Ken. Friends, staff, and guests contributed money for the couple to use to help purchase an organic bed. The tree sat next to the beautiful raw wedding cake made by Chef Renate Wallner, who also parses food at Hippocrates. Renate made the cake using almond butter, coconut and carob, using dried fruit as a sweetener. The dinner served that evening was also a special treat both for the wedding party and the Hippocrates guests.

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

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

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- Presentation Skills
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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 nutraceutical company willing to co-create two living nutrient/herbal complexes to fortify those who choose to face nuclear medicine.

Lifegive Chemozin
Chemozin is a unique nutrient and herbal supplement that supports the cellular system during and after the use of chemotherapy. This is achieved without interfering with the desired effect of nuclear medicine, yet it helps to preserve the multitude of healthy cells while potentiating some forms of chemotherapy, making them more effective in their process of destroying mutagenic cells. We are committed to helping those who choose to utilize conventional medicine for cancer to maximize their gain and reduce their risk. Chemozin is of great assistance when facing nuclear medicine.

Lifegive Enterorinse
Enterorinse acts as an overall cellular system repairman, often employed in the conquest of cancer. This unique nutrient and herbal complex induces cell differentiation, normalizes cell signals, helps to inhibit cancer cell proliferation, induces apoptosis in cancer cells, inhibits angiogenesis and up-regulates natural immune response. This is a combination of whole food vitamin C, known for its ability to increase glutathione levels in the cell, inhibit metastasis and foster greater circulation.

Enterorinse is either used in combination with Chemozin or solo when one is undertaking radiation treatments.

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Here is some good news about aging. Many people believe that aches and pains, lethargy, weight gain, thinning hair and skin, and a loss of interest in sex are all part of normal aging. This couldn’t be further from the truth. All of these symptoms may be alleviated with bio-identical hormone replacement therapy (HRT).

As a person ages, their levels of estrogen, progesterone, testosterone, and DHEA decline. By replacing these hormones naturally one can regain all of the functions lost through hormone decline, and actually look much younger, with renewed vitality, glowing skin and hair, and a fresh outlook on life.

Sometimes referred to as “natural” hormones, bio-identical hormones are molecularly identical to the hormones that are produced in the body. They are taken from plants, altered to a state of identical molecular structure, then put into a form that can be best utilized by the patient: transdermal, oral, suppository or injections.

The transdermal delivery method, or applying a compounded cream, is considered one of the safest. That’s because hormones taken orally must pass through the liver, which can impair liver function and raise triglycerides. Transdermal estrogen does not affect triglycerides, so it may be a better choice in women with elevated triglyceride levels. Avoiding the liver also prevents the increased risk of blood clots and gallbladder problems associated with oral estrogens.

Transdermal estrogen and oral estrogen have differing effects on testosterone levels in the body. Oral estrogen lowers free testosterone and can lead to androgen deficiency (affecting libido among other things), while transdermal estrogen has little effect on testosterone levels.

Bio-identical hormones have been used for decades around the world with great success. One reason they are not widely used in America is because they are made from natural ingredients that cannot be patented by the drug companies.

Bio-identical Estrogens Fight Cancer. Bio-identical estrogens are made from the natural, environmental phytoestrogens, which are found in foods such as legumes, apples, carrots, and garlic. Phytoestrogens are not stored in the body so they do not cause permanent damage to the body.

On the other hand synthetic estrogens, called xenosterogens, are

PREMARIN
A Prescription for Cruelty

The most widely prescribed HRT drugs in America, Premarin and Prempro, are made from animal waste. Mares are artificially inseminated and forced to live in deplorable conditions – tiny stalls with no room to exercise or move, while their urine is collected to make the hormones. Their foals are then slaughtered.

This form of HRT has proved to be dangerous to humans, and has been the source of recent controversy. In 2002 the Women’s Health Initiative (WHI) conducted a study of more than 16,000 women taking Prempro, which was abruptly halted by the federal government when it found that this type of HRT raises a woman’s risk of stroke by 41 percent, heart attack by 29 percent, and breast cancer by 26 percent.

That is not the case with bio-identical estrogens, which have been shown not only to safely alleviate a variety of perimenopausal symptoms, but also to enhance mental acuity and memory, elevate mood by increasing serotonin and endorphin levels, support the thyroid, normalize blood sugar levels, restore libido, build bones, and protect against osteoporosis, heart disease and even Alzheimer’s.
man-made substances that can only mimic the chemical structure of natural estrogen. Xeno means foreign, so xenoestrogens mean foreign estrogens.

Many women opt not to take HRT because of fears that the hormones may increase their chances of getting certain cancers, mainly breast, ovarian and uterine cancer. That is not the case with bio-identical therapy. In fact, inclusion of estriol may be protective against hormone-induced cancer. Estrogen molecules bind, or attach, to estrogen receptors much like a key fits into a lock. Estriol, one of the natural estrogens, actually binds preferentially to the second estrogen receptor, preventing synthetic estrogens found abundantly in our environment, from attaching to the cells.

Synthetic estrogens found in pesticides, plastics, detergents, lacquers, body care products and even in polyester clothing, have been leaching into our water, air and food supply, causing disastrous health problems for both humans and the animal kingdom. These hazardous chemicals enter into the body and attach to the estrogen receptors if there is a space.

Male Menopause
While women have typically been the brunt of jokes about the common ailments of menopause, typically about their propensity to use fans and air conditioners one minute then wrapping up in blankets and turning up the heat the next, men also go through hormonal changes, called "andropause," that can cause everything from thinning hair, pot bellies, less physical endurance, irritability, anxiety, depression, and loss of sexual interest and/or performance.

Men's symptoms can also be alleviated by biologically identical hormone replacement therapy. Testosterone, the male hormone, has great anti-aging properties. It can build muscle and restore muscle tone for a more youthful physique, strengthen bones, and increase libido.

While men don't get hot flashes, they do experience hormonal, physiological and chemical shifts that can affect many aspects of their lives. Beginning typically around age 30, men start to lose about one percent of testosterone every year. Every man is affected differently, but those who do have significantly low levels of testosterone may start to notice a decrease in sex drive, a tendency to be grumpy or sad, or tiredness. Worse, they may feel depressed or anxious, which may lead doctors to prescribe anti-depressants rather than level is only fifteen percent of what it was when we were twenty-five. This drop levels correlates dramatically with the symptoms associated with aging in both men and women. DHEA levels peak at around age twenty-five to thirty. From that point on it declines at a rate of about 2% a year, and we begin to feel the result of this decline in our mid-forties. By eighty our DHEA level is only fifteen percent of what it was when we were twenty-five. This drop levels correlates dramatically with the symptoms associated with aging in both men and women. DHEA is currently the focus of some of the most exciting medical research of this century. Medical research facilities all over the country are studying the properties and promise of DHEA. It protects against cancer, heart disease, blood clots, and high cholesterol. Studies also demonstrate that DHEA improves memory, strengthens the immune system, prevents bone loss, and may even protect us from diabetes and autoimmune disease. It has been shown to fight fatigue and depression, and reduces body fat.

Hippocrates

There has been lots of publicity recently about the miraculous anti-aging properties of DHEA, including weight loss and the disappearance of wrinkles. DHEA is a precursor to both estrogen and testosterone. It has been proposed as a treatment for heart disease, diabetes, high cholesterol, obesity, Alzheimer's disease, memory loss, fatigue, osteoporosis, and even HIV.

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“The Miracle Drug”

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HRT
Bio-identical Hormone Replacement Therapy
Continued from page 31

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– G. Davis, Rochester, MN

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was discovered more than sixty years ago, only very recently have we begun to fully understand and appreciate the power of testosterone. Oprah hosted a physician on her show several years ago who talked about how the addition of small amounts of testosterone can greatly improve a woman’s sexual desire and response. The dose in women is generally one-tenth that used in men.

Bio-identical hormone therapy is available at Hippocrates Health Institute from Dr. Blossom Kunnel. Contact Hippocrates for more information. If you are attending Hippocrates, don’t miss Dr. Blossom’s lectures on anti-aging.

administering medically approved testosterone replacement.

The most common problem associated with male menopause is impotence and problems with male sexuality. Approximately 40% of men in their 40s, 50s and 60s will experience some degree of difficulty in attaining and sustaining erections. Men don’t have to suffer these consequences, and a simple saliva test can radically alter their lives. However, because men are usually less willing to go for routine medical checkups than women, this solution is often overlooked. Ideally men should have their hormone levels tested annually, just like they get a PSA test [for prostate cancer].

Women also need testosterone, although in much smaller amounts, for their bodies to function optimally. Testosterone works differently in the bodies of men and women, but it plays a very important role in the overall health and well-being of both sexes.

The Hormone of Desire

Often called the “hormone of desire” because of its powerful effect on libido, testosterone also plays a role in women’s sexuality and desire. Although testosterone was discovered more than sixty years ago, only very recently have we begun to fully understand and appreciate the power of testosterone. Oprah hosted a physician on her show several years ago who talked about how the addition of small amounts of testosterone can greatly improve a woman’s sexual desire and response. The dose in women is generally one-tenth that used in men.

Saliva Test for Hormones

Maintaining adequate levels and an appropriate balance of hormones (estriol, progesterone, testosterone, and DHEA) is imperative for maintaining optimal health and well-being in both females and males. The way that these hormones are tested is through saliva testing. The saliva test not only measures the levels of hormones that are produced in the body, it also measures hormones ingested in foods, dietary supplements or medication.

Saliva tests measure the free hormone level, and it is comparable to blood testing. Basically you are given a kit with four colored vials. At different intervals throughout the day you collect your saliva using the provided straw into these vials. The kit is then sent to the lab, and results are available in several days.

Based on the results, the doctor will prescribe a precise dosage of bio-identical estrogen, progesterone, testosterone and DHEA that your body needs. Unlike generalized pills and capsules in set dosages, your prescription is made to your exact specifications at a compounding pharmacy. After three to six months on HRT the patient is retested to insure they are receiving optimal benefits from the therapy. Once balance is restored, an annual test is all that is needed.

On the following pages you will find stories from patients of Dr. Blossom who have benefited greatly from natural HRT.
I had heard about Hormone Replacement Therapy (HRT) before coming to Hippocrates, but I had never taken the opportunity to learn about it, mostly because I felt reasonably well and I attributed my symptoms, such as a loss of energy, dry skin, Osteopenia (pre-osteooporosis) and (much to my surprise) a decrease in sexual energy, to natural aging.

It was during my first stay at Hippocrates, when I attended Dr. Blossom’s talk on Health and Aging, that I learned that there was help for my symptoms. I made an appointment with Dr. Blossom, took the saliva test, and decided to give HRT a try. The improvements were gradual but noticeable almost immediately. Not only did I not have an afternoon slump at the office but I was raring to go to the next meeting. I even started running in the mornings before work. My overall energy level has been heightened. My dry skin, which seemed hopeless, came back to life and I realized that the problem had been systemic. When my estotician commented on how healthy my skin looked I was thrilled and I have given up searching for ever-more-expensive wonder creams.

I had had a bone density test and was told I had Osteopenia, not much but something to watch. The next year I went back for another test and not only had the bone loss stopped but my bone density had actually improved. The doctors were amazed, as am I.

My partner of many years and I have always enjoyed each other immensely, but gradually sex seemed to be less important—I shall not go into great detail but suffice it to say we are back on track. (He also started HRT.)

Hippocrates offers so many opportunities for learning and healing, all of which have made a difference in my life. One of the biggest differences is HRT. Thank you Dr. Blossom.

Signed,
Carol Parks

I have been using the HRT cream for about six months. The main benefit for me was the consistent energy level I had all through the day, with no mid-afternoon “crash.” I have always had fairly good skin but now it is unbelievable and I do not have to use any lotions.

I did not really realize the benefits of the cream until I ran out of it and went without it for two weeks. In that time I found that my new energy was waning and that I was tired. With the cream I could run 3 – 5 miles a day; without the HRT I do not feel the enthusiasm to even go running.

Signed,
Keith Leighton

I first heard Dr. Blossom’s lecture about a year ago. She explained about hormones and how, just like our fingerprints, our individual hormones are equally unique. I felt bio-identical hormones were important for me to look into. I am an advocate for prevention, so with turning 50 years old and going through the stressors of care-giving, then losing my husband to cancer, I had concerns about how my body was dealing. I wanted to gain back my energy.

One of my biggest concerns at that time was a recent Thermascan test I had. The results came back at a 4 on a scale of 1 to 5, with 5 being the worst. The 4 rating was a big surprise and scare for me. I had also had a digital mammogram that showed three calcifications so I knew I wanted to improve my health quickly.

When I did the first saliva test a year ago, Dr. Blossom was very concerned that my progesterone level was extremely low, which made me estrogen dominant. She put me on a progesterone cream. Four months later at my next testing, my progesterone came back at a much higher level.

Dr. Blossom explained that I would be better protected now against developing breast cancer. At this point I breathed a sigh of relief. I also realized that with my improved hormone levels I was sleeping better, I was not experiencing facial inflammatory break-outs, my monthly cycles were spaced more ideally, and I had an increased libido. At my next testing all my hormone levels were in the optimal balance and my next Thermascan results improved to a 3.

I feel blessed that I met Dr. Blossom and am able to be back in control of my health.

Signed,
Kathy Gray
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For Real

Spiritual Healing

By Andy Bernay-Roman, LMHC, MS, RN

Thanks to recent hurricanes Wilma and Frances two big trees in my yard toppled over, and within days their leaves, bark, and branches showed signs of decline. Without their connection to the earth trees get sick and die. The same is true for us people.

Spiritual wellness means being connected to the source. All things can look good on the surface - our appearance, our status, our relationships - but when we drift too far from our inner feeling core, we get ill. Then all else erodes around us. To live from feelings and shroud ourselves in sophisticated “adult” pursuits we easily get lost, and end up making bad choices that serve our limited concepts of reality, losing sight of the big picture. Uprooted from the ground of our being we forget our origins, ignore our mortality, and unwittingly find ourselves living an inauthentic life, making huge mistakes with our lifestyle, our morals, or our pursuits.

Healing our inner lives, or spiritual healing, is important because the body follows that which is in the heart and mind. Why wait for the tree to collapse to discover the importance of being connected? Heed the warning signs before it’s too late.

At the core we humans are peaceful, happy, and artful, like a free spirited child full of natural curiosity and jae de vivre. As long as we remain aligned with our nature, everything about us shines from that inner light. But when we disconnect from feelings and shroud ourselves in sophisticated “adult” pursuits we easily get lost, and end up making bad choices that serve our limited concepts of reality, losing sight of the big picture. Uprooted from the ground of our being we forget our origins, ignore our mortality, and unwittingly find ourselves living an inauthentic life, making huge mistakes with our lifestyle, our morals, or our pursuits.

Unconsciousness leads to error and illness, and that’s why consciousness is the cure; it points to the good and to healing. The truth shall set you free. Anchor that tree before the wind wrecks everything.

Spiritual healing is a reality that can be brought about and even quickened, and the process starts by telling the truth. There are three levels of truth: first the facts, then how I feel about the facts, and thirdly where I stand in relation to the facts. Expressing the truth, especially at the feeling and relational levels brings us closer to a reality aligned with wellness.

I’m convinced that being real lies central to healing and getting well. Being true to our real nature means letting go of all the tensions, blocks, and false mindsets that hinder the natural state. Telling the truth at the deepest levels means confessing, reconciling, expressing remorse, and also forgiving. At Hippocrates we see this sort of transformation in our guests over and over again as they heal their lives. And as “staff” we know it in our own lives too.

As a spiritual community we become intimately involved in each other’s healing - as witnesses, helpers, sympathizers, and friends. We create an atmosphere where being authentic is the norm and is valued. People exhale at Hippocrates. And then of course, we inhale. After the initial discomfort, being real at deep levels feels good - the kind of good that does a body good. It’s not milk; it’s love and being real that do a body good.

A young female Hippocrates guest dealing with cancer changed her self-ingratiating, accommodating style of never complaining or standing up for herself by speaking up to her husband and family about her real needs; after an especially emotional therapy session, she reported an instant 50 percent reduction in her physical pain! Now that’s the mind-body connection! The corporate magnate guest with prostate cancer who had ignored his children and spouse to make his fortune finally showed them his remorse, wept his regret, and genuinely reached out to forge new loving connections. He reported a deep sense of relief and renewal. “I feel right in my skin now,” he said. The supermodel who showed up at Hippocrates’ door with eating disorders and a deep-seated sense of isolation realized that although she lived a life of bounty and ease because of her beautiful external appearance, she had actually spent most of her years being haughty and distant to people in general, and downright mean to her boyfriends and family. With a little help from the mirroring of others she came face to face with the inner emptiness of a life devoid of kindness and charity. “I’m really ugly” she wailed in one therapy session, and her healing then began in earnest. (Hey, the truth shall set you free, but it might just make you uncomfortable for a while.)

I have a wart right here on my finger,” I proclaimed theatrically, holding up my digit for all to see. But instead of feeling like fools, they didn’t skip a beat and barraged me with “Thank you, Jesus! Heal this man’s ailment. Thank you, Jesus!” It was over the top. I was embarrassed... for myself, for them.

Later, after the show, I reflected that even though their presentation seemed hokey to me, I couldn’t deny their sincerity, and I felt bad about my arrogance and sarcastic tone. I went to bed feeling like an idiot. The next morning I woke up to find no wart. That’s real, the wart was gone. I believe in the power of prayer and loving intent. It’s way bigger than our ideas. Andy’s ego: zero; Andy’s humility: one.

Spiritual healing means waking up to the big picture, and being gracious about it. Lord knows, we could beat ourselves up forever for all the mistakes we’ve made and pain we’ve caused, and maybe on
Continued from page 41

some level, our unconscious-ness deserves that. But isn’t it
time for us to recognize that spiritual
healing means reconnecting our
roots to the source within and fi-
nally, finally receiving the goods.
For real!

Andy Bernay-Roman, a
Florida Licensed Mental Health
Counselor and National Cer-
tified Counselor, has served as
a mind-body psychotherapist at
Hippocrates for the last seven-
teen years. If you’re interested
in learning more about his deep
feeling approach to wellness, or
want to read more Hippocrates
transformation stories, get his
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Emerson said, “Nothing can bring you peace except yourself.” But how can one achieve inner peace when the decidedly discordant outer world insistently impinges upon the self? The answer to this most critical question is supplied by Goethe: “Every man ought to begin with himself to make his own happiness first, from which the happiness of the whole world will at last unquestionably follow.”

But what if the happiness of a given individual disregards that of others? This problem too is solved by another profound philosopher, John Stuart Mill: “The only freedom that deserves the name is that of pursuing our own good in our own way, so long as we do not attempt to deprive others of theirs or impede their efforts to obtain it.” And, of course, the “others” cited by Mill are not merely humans but all manner of flora and fauna.

It is in Mill’s statement that self-interest, respect for all others, inner peace, outer peace and universal good conformed to form the ideal basis for all human thought and action. Let us serve ourselves, but only by serving others; let us serve others, but only by serving ourselves.

Ultimately the apparent dichotomy between the “self” and “others” will be cosmically resolved by the infinite melding of that “self” and every “other” into eternal unity. Let us never fail to recall the revered words of John Donne (written in 1624): “No man is an island, entire of itself; every man is a piece of the continent, a part of the main; . . . therefore ask not for whom the bell tolls; it tolls for thee.”

Donne was expounding the universal concept of the interdependent interlinking of everything; it is embodied in the Elizabethan expression, “The Great Chain of Being,” and it is known in Eastern spiritual philosophy as “Dependent Origination” and “The Universal Field.”

“The Universal Field” is the unending canvas of the sky as it absorbs and internalizes and reflects all earthly and otherworldly activity, human and otherwise.

“The Universal Field” is that ultimate computer chip upon which is registered every motion of every butterfly wing and every leaning of every blade of grass ever stirred by the wind. “The Universal Field” is the ultimate, unyielding cosmic courtroom the defendants in which can neither accept nor presume to offer any excuse or extenuation.

Clearly, then, whatever one does -- no matter how apparently minuscule and/or inconsequential -- cosmically, comprehensively and cyclically affects and forms everything else that one is and does, as well as influencing every other iota of existence, of history -- past (because of the time-space continuum, which scientifically validates the ultimate unity of everything), present and future -- and of eternity. Consequently, every act, every action, every activity -- even one as deceptively mundane as one beat of one heart -- affects everything else to which it is inevitably linked in and by “The Great Chain of Being.”

So, obviously and naturally, both inner and outer peace must begin with and revert to the self. Therefore, to quote myself: “Make sure that the stepping-stones of your life are not the stumbling blocks of someone else’s.”
Café la Vie

By Frances Kermeen

California is known for being on the cutting edge of healthy trends, and the raw food revolution is no exception. Host to over a dozen raw eateries in Southern California, Cafe La Vie has taken the laid-back California beach town of Santa Cruz by storm. It seemed like the perfect venue to check out theRaw Revolution, and to check out the Raw Revolution, it was the perfect venue to check out the Raw Revolution, it was

Having grown up in the area, I was quite familiar with the restaurant's previous life as the Pontic Grill, a 1950's style diner that dished up artery-clogging burgers and fries in a Happy Days-style mat shop. It's current incarnation offers a healthier fare embodied into a wide selection of appetizers, organic salads, petite tapas-style plates, hearty main fare and burgers and fries in a Happy Days-style

The first thing that I noticed upon entering was the formerly brash 50's chrome furnishings had been replaced by a tropical island-themed oasis complete with palm trees, a grass roof, rattan furniture, and brightly colored tables. There is also outdoor seating in the quaint garden, and a raised tatami room for groups.

Since I had recently spent nine weeks in paradise at Hippocrates in the Health Educators program, and not taking the time to be very creative in the kitchen, my body was craving the raw delights created by Hippocrates Chef Ken Blue and his staff, as well as the occasional tantalizing culinary treats cooked up by classmates Ben Hay and Isabella, both graduates of the Living Light Culinary Arts Institute. I could not wait to dig in.

For starters I ordered the curried pumpkin and coconut soup, a cool, velvety concoction brimming with fall flavors and a touch of Thai, while Izy ordered the creamy spinach dip served with crunchy house-made (raw) crackers. The entrees were bountiful, and we both ended with large portions home with us. Of course half the fun is sampling everything at the table, so Izy and I shared. I enjoyed the pad Thai, with "noodles" made from paper-thin zucchini slices tossed in a tangy almond "peanut" sauce topped with cabbage, cilantro and crunchy dehydrated and seasoned almond. It was hard to believe this delicious food was "raw!"

I also enjoyed sampling the Fettuccine Alfredo that Izy ordered. Its "noodles" are made from raw cucumber and zucchini, tossed in a cashew Alfredo sauce, topped with a delicate "cheese" made from chopped macadamia nuts and a probiotic culture that creates the consistency of rich ricotta cheese, garnished with Roma tomatoes and basil. Izy had been at the cafe in sole of feeling quite full, we each ordered a dessert, with the pretense of "research." The Coconut Cream Pie, made from coconut, dandelion, dates, vanilla, and agave nectar, set upon a Brazil nut crust, and dusted with swirls of chocolate and strawberry sauces was amazing. Our unanimous favorite, however, was the Chocolate Mousse, a rich chocolate crème enveloping thinly sliced bananas also served in a Brazil nut crust.

Cafe La Vie is the creation of owner Yeyen Gunawan, originally of Indonesia, and now a Santa Cruz resident. Her goal is to try to affect positive change in people's health. "I want to inform people, especially those with health problems such as diabetes, cancer, and high blood pressure that raw, organic foods can have the same results as medicine."

She brings a new type of vegan cuisine to Santa Cruz in a casual and fun way, with an emphasis on raw, organic ingredients. The restaurant supports local farms, using seasonal fruits and vegetables to ensure the healthiest quality foods.

"You won't find any genetically altered produce served here," says Ilona Anderle, Cafe La Vie's manager. "Fruits and vegetables were designed to have seeds. There is a reason God made it that way, and we need to look at that. I cured myself from cancer of the cervix and lymph cancer through healthy eating. I ate my way back to health before my doctors could operate. We have to stop thinking of cancer as a terminal disease. Doctors did the same thing to me. Cancer is an industry, a huge industry. People need to know that they have the power to heal themselves."

“Of course we are very conscious about proper food combining. People who have eaten junk food most of their lives can become very gasy when they first switch to healthy food. With proper food combining, they won’t leave feeling bloated,” Ilona laughs.

Cafe La Vie is changing the world, one stomach at a time!

---

**Cashew Alfredo Sauce**

"A perfect way to spice up your life!

- 1 cup dried cashews
- Juice of one lemon
- 1 clove of garlic
- 1/2 cup fresh basil leaves
- 1/2 cup nutritional yeast
- Salt and pepper

In a blender, combine all ingredients. Blend until smooth. Serve over pasta or as a sauce."

---

**Coconut Cream Pie**

"Our chefs are amazing," Ilona continues. Head chef Chris Howe worked his way up apprenticing across Europe, as did Ilona. Her daughter Cheyton Wood is the pastry chef. "Women chefs are more focused on how can I create good food and still stay in good shape." It's totally satisfying, and no one can tell that the food is raw."

"I serve amazing raw appetizers... a cashew cheese plate where we formulated a "cheese" made of nuts to taste like a Roquefort. We have raw hummus and tabouli. We make this amazing tempura from dehydrated onion skin that one of the favorites here is our Venice pizza. Our crusts are infused with onion or walnut, drizzled with a mixed lemon and blood orange infused olive oil. We also do an amazing dreamboat, made from sprouted bulgar wheat, almond pulp, and veggies. We also make our own kim chi, which is how you know we are digestion."

The restaurant challenges diners to "go raw" for thirty days, offering a 10% discount to all who accept. Cafe La Vie is changing the world, one stomach at a time!

---

**Coconut Cream Pie**

"Hello, my name is Cheyton Wood, and this is the dessert at Cafe La Vie.

A classic raw dessert here at Cafe La Vie is the Coconut Cream Pie, which is made as follows:

**Ingredients**

Crust:
- 2 cups sunflower, soaked and dehydrated almonds
- 2/3 cup soaked coconut
- 1 pound dates
- 1/4 pound dulse

Combine soaked and dehydrated almonds, soaked date paste, and dulse in a food processor. Than press mixture into a tart pan with a removable bottom.

Filling:
- 1 cup coconut cream
- 6 frozen bananas

Make a butter by blending the dried coconut and combining it with the banana and spices. The filling is then poured into the crust and the whole thing sets up in the freezer. It takes about 8 hours and then it’s taken out and cut at room temperature.

Thank you, and enjoy!"
Perhaps You’re Not Sick At All, Maybe Your Body’s Thirsty

Is the answer to our current health care crisis as simple as drinking a sufficient quantity of water per day? (See formula below on how much to drink.) It sounds too easy doesn’t it? Think about it for a moment. Trillions of dollars are being made annually worldwide when it comes to health care. Pharmaceutical companies have billions of people literally hooked on drugs that do absolutely nothing to cure their health problems; at best they alleviate symptoms. The pharmaceutical industry leaders have made statements that indicate what their industry really wants is that all diseases be long term, controllable and manageable (using drugs), not cured!

Scientists, doctors and researchers are all in search of a magic bullet cure that they think will be found in some synthetic concoction they come up with in their laboratory. Might they all be looking in the wrong places?

Everyone knows that water is the source of all life on earth. NASA scientists send space probes around the universe in search of water because they know that if they can find water, life on other planets is possible. Why is it that something as simple as consuming more water is not considered when it comes to treating or preventing dis-ease?

Every single cell of our body runs on water. Cells are the bricks and mortar of our chemical makeup. Our respiratory and circulatory systems require water to function. The simple fact is without adequate hydration we would be dead. Could it be that the manifestation of disease symptoms is really your body’s cry for water? Of course, other aspects of health care also have to be considered if we are going to achieve optimal health?

The Water Solution

According to the World Health Organization for each pound of body weight you should drink half an ounce of water daily. Example: 180 lb = 90 oz. of water daily. Divide that by 8 or 10 oz. glasses and that’s how many glasses you will need to drink daily. Avoid caffeinated or alcoholic drinks; these act as diuretics and will dehydrate you. Every 6 oz. of caffeine or alcohol requires an additional 10 to 12 oz. of water to re-hydrate your body.

Monitor your pH, checking both urine and saliva with test strips after fully detoxing. The ideal internal fluid pH is 7.365. The lower the reading, the more acid your body is and the more difficult it is for it to repair itself because it is in a degenerative state. You will find that in most cases, people with cancer and other terrible health challenges are very acidic. But, of course, there are foods you need to select for proper pH. That’s why the thrust at Hippocrates Health Institute is organic 100% raw food, which is perfect for alkalinizing the body. You will be amazed at how acid soda, coffee, tea and beer are when you check them with litmus paper. Likewise check the worst and best foods with litmus paper so you understand how important it is to eat properly.

Exercise must also be practiced regularly as nothing works without proper exercise. If you don’t get your car’s ball joints greased, you have metal on metal and the joints will wear out. If you don’t get enough cartilage lubrication, your cartilage will degenerate and bone rubs on bone causing your joints to wear out and degenerate causing arthritis. According to Dr. Batmanghelidj, most so-called incurable diseases are nothing more than disease labels given to various stages of dehydration. Staying with the car analogy, don’t we change the oil in our cars on a regular basis — then why don’t we change the fluid in our bodies on a regular basis? Have you seen oil in a car that hasn’t been changed for a long time? Well, just imagine the fluids in your body... blood, lymph, and the all-important cells. Don’t you believe we owe it to ourselves to keep cleaning up those fluids and start relieving some of the pressure we put on our kidneys and liver? You can do this by drinking more water.

What is the best water to drink?

According to over 60 years of research that has been carried out by the Japanese it is ionized water. They have shown that drinking water with a pH of 9.1 to 9.3 is the best therapy you can give your body. This pH means that the water is alkaline and can be used by our bodies to relieve some of the stress created by an acidic situation. The ionized water also has additional hydroxyl (OH-) molecules that function in the body as a liquid anti-oxidant. It has been proven in recent years that anti-oxidants are very beneficial for our health as they neutralize free radicals.

One of the most effective ways of ensuring you drink alkaline water is by using a water ionizer, as used at the Hippocrates Health Institute in the Oasis Therapy Center. A water ionizer produces a high pH water to assist the body in balancing the pH of the fluids within the body. It is a natural way to detox on a daily basis. In fact a water ionizer produces two types of water at the same time — alkaline water, known as antioxidant water and acidic water, known as cleansing water. Yes, as mentioned above, the alkaline water becomes a very powerful antioxidant to fight the excess free radicals causing many of the problems in degenerative disease. The antioxidant water produces more oxygen for the body to use effectively. Oxygenation cannot be emphasized enough; that’s why oxygen therapy plays a major role in the therapies at the Hippocrates Health Institute.

The second water produced by the machine, the cleansing water, is used to clean everything; the body, surfaces in the kitchen and bathroom plus floors. The cleansing water has become a powerful antibacterial and it’s great for burns and all types of wounds. Research has shown that bacteria are destroyed on contact, even Staphylococcus Aureus (MRSA) and the most virulent strains of E. coli. Tap water is initially filtered through the machine’s 1 micron fibrous carbon filter. The filter provides a defense against the barrage of toxins added to our water by industry and our population, which ends up in our water supply.

Alkaline Water Helps Improve Many Health Challenges!

Many choose to add the Ionizer as the last stage, after their existing water cleaning system. Can you believe there can be up to 350 separate chemicals and adverse substances found in tap water?

Conditions the antioxidant alkaline water can assist:

- Over-acidity within the body (acidosis) • High blood pressure and poor blood circulation • Digestion problems such as IBS • Recurring indigestion • Osteoporosis • Arthritis and aching joints • Migraines, headaches and nausea • Indigestion • Diarrhea and constipation • Recurring cystitis

Allergies including hay fever • Treat fungal disease on the body such as athlete’s foot

Potential treatments for the cleansing acidic water:

- Blotchy, rough, cracked and dry skin • Acne • Rash
- Eczema • Psoriasis • Burns • Wounds including open wounds • Mouth sores and ulcers • Blisters • Insect bites • Alternative to soaps and wash creams • It’s a natural astrigent so use it to cleanse the skin instead of or in combination with your favorite soaps (especially on the face).

The Water Ionizer is now available to rent with an option to buy, only from Hippocrates - See Advertisement on page 21.
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10% off store purchases and special discounts on other products

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Lifetime Membership
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Includes a FREE copy of living foods for optimum Health by Brian Clement, Ph.D., N.M.D.

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Includes a FREE copy of Hippocrates Health program by Brian Clement, Ph.D., N.M.D.

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Clinical research has determined that indole compounds help to balance hormones, regulate sleep, enhance mental acuity and brain function and address various forms of cancer. Naturally occurring indole compounds—found in fresh cruciferous vegetables such as cabbage, broccoli, Brussels sprouts, carrots and kale—have been used for centuries to build immunity and fight disease. Now this powerful immune-building supplement is available to you in a vegetarian capsule.

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People who consume a diet high in vegetables had significantly higher bone mass than those whose diets were lower in vegetables and higher in sugar. That is particularly important information for people who are prone to developing osteoporosis later in life, claims the Framingham Osteoporosis Study.

Good news about prostate cancer… Researchers have found that peppers cause the cancer cells to literally kill themselves. “Capsaicin, the substance that makes peppers hot, had a profound anti-proliferative effect on human prostate cancer cells in culture,” reports Dr Soren Lehmann, of the Cedars-Sinai Medical Center and the University of California Los Angeles School of Medicine. “It also dramatically slowed the development of prostate tumors.” Consuming three to eight fresh habanero peppers daily, depending on how hot the peppers are, reduces cancer cells substantially Worldwide, 221,000 men die every year from prostate cancer.

The use of wheat grass juice (triticum aestivum) for treatment of various gastrointestinal and other conditions had been suggested by its proponents for more than 30 years, but was never clinically assessed in a controlled trial. A study of the efficacy of wheat grass juice in the treatment of ulcerative colitis (UC) found significant reductions in the overall disease activity and in the severity of rectal bleeding. Scandinavian Journal of Gastroenterology, April 2002.

A new study reports that dogs can detect lung and breast cancer in humans way before it becomes symptomatic, as reported by Integrative Cancer Therapies in their March 2006 issue. They actually smell the chemical differences in breath. Researchers believe that because of this ability, dogs will become an important part of cancer screening in the future.

Your choice of cell phone will determine how much radiation you absorb. Cell phone radiation is measured by Specific Absorbed Radiation (SAR), which measures the quantity of radio frequency (RF) energy that is absorbed by the body. You can potentially reduce your radiation exposure by over 80% simply by choosing the correct cellular phone. To see how your phone measures up, go to http://www.earthpulse.com/src/subcategory.asp?catid=4&subcatid=4.

According to the National Sleep Foundation the majority of Americans are not getting enough sleep. As a matter of fact, their recent survey reports that 60% claim to have driven while drowsy. Getting enough sleep will not only boost your energy and attention levels, it will also protect against hypertension, depression, and even obesity. The foundation suggests avoiding caffeine, nicotine, and alcohol to promote a good night’s rest.

A Harris Poll conducted in September 2006 found that 94% of Americans believe in God, 89% believe in Heaven, 86% believe in the survival of the soul after death, and 85% believe in miracles.

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

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Digestive and systemic enzymes?

Q. Will I get enough protein on a raw, vegan diet?
A. Absolutely, unequivocally yes. The WHO (World Health Organization) says that to maintain optimal health, humans need about 5% of their daily caloric intake to come from protein. The USDA puts that figure at 6.5%. Sprouted seeds, beans, and grains contain about 10-25% protein, far surpassing minimum daily requirements.

Q. Will dehydrated or frozen algae work as well?
A. While wheatgrass loses 99% of its benefit when it is dehydrated, with algae you lose only about 10%. If it is frozen it loses even less, so any form will help.

Q. How many calories are in a Green Drink?
A. We get that question a lot. If you knew how many calories are in a green drink you would be surprised. There are hundreds of calories. Where does sunflower oil come from? Sunflower sprouts. But if you are overweight you won’t put on weight because it is already broken down into amino acids. As a matter of fact, because it’s packed with so many nutrients it will build your body while at the same time it provides so much nourishment you will not experience cravings.

Q. How can I get all the required minerals without taking supplements?
A. First, you will get little benefit from taking most mineral supplements. Wheatgrass has 99% of the essential elements. Barley has 50%. That’s why we recommend wheatgrass.

Q. How can I get all the required enzymes without taking supplements?
A. Digestive enzymes are important because they assist in the digestion and absorption of food. This causes toxicity in the body. Systemic enzymes create a better electro-magnetic frequency in the body.

Q. Do we need to take both digestive and systemic enzymes?
A. They have two totally different functions. Digestive enzymes are important because they assist in the digestion and absorption of food. If you eat food that is enzyme-less, your body will not get maximum utilization of the food. This causes toxicity in the body. Systemic enzymes create a better electro-magnetic frequency in the body.

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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!

* Build your own nutritional library with these Hippocrates' classics.

- **Exercise: Creating Your Perfect Health** by Brian Clement, Ph.D., N.M.D. - $7.95
- **Hippocrates Health Program** by Easter Kay Johnson - $7.95
- **Relationships: Voyages Through Life** by Easter Kay Johnson - $7.95
- **The Wheatgrass Book** by Ann Wigmore - $9.95
- **Cell Food** by Dr. David S. Dyer - $4.95
- **Enzyme Nutrition** by Howard Holdwell - $11.95
- **Blade of Wheat Grass** by America and Louise Pomminville - $12.98
- **The RAVE Diet** - $13
- **Eating** - $13
- **The Unique Chinese Wand Exercise** - $24.95
- **Cell Food DVD**
- **The China Study** by T. Colin Campbell - $24.95
- **Spirituality in Healing and Life** by Brian Clement, Ph.D., N.M.D. - $7.95
- **Living Foods for Optimum Health** by Brian Clement, Ph.D., N.M.D. - $16.95
- **Healthful Cuisine** by Anna Maria Clement, Ph.D., N.M.D. and Kelly Serbonich - $19.95
- **A Family's Guide to Health and Healing** by Anna Maria Clement, Ph.D., N.M.D. - $13.95
- **The Sprouting Book** by Ann Wigmore - $9.95
- **Blade of Wheat Grass** by America and Louise Pomminville - $12.98
- **Cell Food DVD**
- **The China Study** by T. Colin Campbell - $24.95
- **Spirituality in Healing and Life** by Brian Clement, Ph.D., N.M.D. - $7.95

* Prices do not include shipping and handling.

Call 561-471-8876, ext. 124 or visit www.hippocratesinstitute.org to order today!
The Oasis Therapy Center, located in West Palm Beach, Florida, is as unique as your needs, offering you some of the most progressive technologies and therapies available today. It’s a place not only to relax and rejuvenate, but also to improve your health and wellbeing at the most fundamental levels... it’s a place where happiness meets health.

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contact the center’s director Dr. David Dyer at drdavid@hippocratesinst.org, or visit www.hippocratesinstitute.org.