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From the Editor's Desk

Greetings to you. Our theme for this issue is "Relationships." You, like many, might think about personal relationships with family and friends, which play an important part, not only in our lives, but also in our health and our community. But our theme encompasses an even broader theme of relationships. Our cover story is about the very special, almost mystical bond between a man and his chosen family: a lioness, a leopard, and two tiger cubs. Heidi Rocke reports the story and Sam Sheppard personally shot the close-up photographs of the animals during their recent visit to the ranch.

Also in this issue, Hippocrates' Dr. Antony Chatham, with his special wisdom brought from the meeting of East and West, addresses our relationship to the universe. Tracy Hanlon writes an informative relationship article based on her years as a minister, a psychotherapist, and as a woman balancing her own personal relationships. Laurie Anne Prince shares her poignant story about her "relationship" with breast cancer. Elaine Biskupic contributes her story about her relationship to the raw food diet. And Dr. Ginger entertains us with her article about our relationship with non-food when she reports on non-dairy creamer. Each article in this issue is about a relationship in one form or another.

Because our next issue will be the last issue of 2007, we will be featuring a "Best Of" issue. We'd love to hear from you about the things that you enjoyed the most, or are the most important to you.

I hope you enjoy reading this issue as much as we have enjoyed putting it together, and please let us know what you'd like to read about in the future.

In health and peace,
Frances Kermeen

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From the Directors

All relationships begin and end with you. Today people have confused this central involvement to such a point that it is not recognizable. We market romantic relationships, we mock other forms, and mostly we completely change their meaning.

When “civilization” came and our instinct lost ground to the ever increasing intellect, we began to believe that others (external forces) control our destiny. Original people acted in a personal way when reacting (endocrine system, nervous system) since everything was based upon immediate action. There was little contemplation, scheming or philosophy in play. Deep down each person perceived that everything stemmed from their precise and immediate response. When we began to establish culture, which led to etiquette, manners, etc., we lost our core understanding that we create our own reality.

Layer upon layer of nonsensical mental patterns began to fill our minds as the data bank proliferated. It did not take long (a few thousand years) to falsely establish that our environment literally impacted either good or bad relationships. Even the concept of right or wrong is fabricated out of our higherarchical mindset. This newly established presence of intellectual superiority allowed us to blame others for our circumstances. The most vile representation of this mutated idea is hatred, prejudice. We as “modern” people have literally created a world of ill perceptions that allow us to forgive ourselves for our own shortcomings by blaming others for them.

In psychology one example is the concept of interdependency, which gives us the idea that somehow we must rely on others and have them rely on us. Religion has also incorrectly misguided us to believe that we have to look up and ask God to guide every step in our life. The

continued on page 8

Romance and love are the most confusing since they inherently harbor the strongest of all emotions (love and hate).
We as "modern" people have literally created a world of ill perceptions that allow us to forgive ourselves for our own shortcomings by blaming others for them.

Think of the freedom that self-governance brings. A world where there is no other time or energy to look beyond Self. This place would instantly clarify every initiative, activity, action and thought. So much more life would occur relieving you of the relentlessly confused mind that unnecessary contemplation brings. President Truman summed it up beautifully when he said, "the buck stops here." The only addition is that the buck also starts here.

Self perpetuating reality is the only true variety; all else is an illusion created out of non-committal reaction. It is for us to determine who we are, and what values we have that come from the place that is purest at all times. This place is the heart, which works in coordination with every cell, unifying their independent minds and capabilities. All that comes from us has a direct effect on our whole being as the whole of life.

Life is not limited exclusively to humans; it is in every piece of matter, even those particles that are not seen by the naked eyes. Harnessing the endless power of clear and focused thought will enable you to transcend every perceived limitation. You must allow relationships to be so fulfilling, enriching and enhancing that they leave a permanent positive result in your ever expanding life.
No man is an island, and there is no question that we need others in our lives to maintain vitality.

In fact studies show that interaction with others is a major factor in longevity. The simple act of reaching out lowers our blood pressure and releases endorphins. It is a fact that those who have the largest support systems also live the longest.

We are all power plants with enough life force to fulfill our own energetic needs and still have enough for relationships with others. In a perfect world, each of us would be a cup that flows over, spreading and mixing our lives with others. Unfortunately, most of us tend to be nearly empty vessels that relentlessly search for power sources outside ourselves, particularly our partners and our children. This reality has created a great disparity in the area of family and other relationships.

When we have a deficit of vitality, it often seems as if we try to mine it from others. I come to count how many of those I have counseled who have said, "When I went into the relationship, I thought that this person would make my life better."

The reason that these relationships do not work is because when one requires constant maintenance, an inanity surfaces and the desired harmonious balance disappears. This is compounded when both partners are lacking. Clearly, if people are entering a relationship they have developed their own strength and health independently and are not looking for the other to "complete" them.

This not only occurs with families and friends, but also in work relationships. All too often, employees complain about how much they dislike their job. They do not recognize that it is up to them to make the situation better, or if not, to find an enriching occupation.

Participation in our accumulation of happiness is one of our central reasons to live. This is not an abstract idea without merit, but a rational and practical reality. As we develop our own inner security and trust, our confidence levels rise and our potential increases. When we advance ourselves to a place of courageous action, our existence is nourished due to our burgeoning acknowledgments. Self-esteem can bloom into charisma, which gives us the energy that can be shared with our intimate and less intimate circles.

When one is distressed due to disharmonious interaction, a physical impact can be felt. This drains our energy and is counterproductive to the individual and those involved with him/her. It is best that we develop a strong core belief from our gathered experiences and remain open to constant change. Rigidity surely whittles down one’s vitality.

Recently, in the aftermath of a hurricane, I noticed that the largest foliage and highest buildings were toppled over. The structures that allowed the raging winds to move through or around them stood tall after the storm subsided. Conflicts are like hurricanes. They can bring down the best of us due to our own inflexibility, which is caused by deep insecurity.

Family is of foremost importance, since there is often no one who will stand with and support you in your most troubled times except family. Ironically, most abuse, disharmony, and even criminal activity occur within families.

This does not reflect the average household, but highlights the disconnection that some people have to the essential understanding that family is the most important connection in your life. No other area in our lives can cause so much emotional satisfaction or emotional stress. Relationships can be challenging, and no relationship is more challenging than family. Eckhart Tolle once said, "If you think you are enlightened spend a week with your family." It is amazing how the most "together" people suddenly revert to childish patterns when they are around their family.

Families in Crisis

In our culture, marriage is at a critical crossroad, and the vast majority of couples separate. Staying together, however, does not necessarily demonstrate success. Recent polls show that less than ten percent of married couples are happy in their relationship.

As researchers direct more attention towards psychosocial variables that affect physical health, the way they study relationships is shifting. Previously, researchers examined relationship status (i.e., the presence of relationships versus a lack of relationships) in relation to physical health. More recently, research investigations are focusing on specific qualities of relationships that might be associated with physical health.

Understanding how social support affects health and, in particular, which characteristics of social support affect health, is currently receiving a lot of attention. Being married, for example, does not guarantee happiness nor the superior health benefits and longevity previously associated with simply being married.

Our Neglected Youth Statistics show that unhappy parents beget unhappy children. Children and young adults today are more obese, more addicted, and more confused than any generation before. Most parents spend all of their time pursuing economic success, ignoring their families in the process. In North America alone, there are over two million grandparents raising their grandchildren due to the incompetence of their own children as parents.

Television and teachers have seemingly taken the place of overworked parents. Our educational systems, however, leave a lot to be desired. Overcrowded classrooms and violence among students are issues of great concern, and the situation seems to be growing worse, not better.

We are now drugging our active children as a treatment for so-called "emotional disorders." Rather than deal with the emotionally disturbed children that come from our disharmonious, broken homes, we use prescription drugs at a quick fix.

Sexual abuse is rampant in today's society, whether it is in fact more prevalent or simply more reported, and impacts people of all classes. Some experts estimate that one in four children are sexually assaulted, and others think that number is even higher. The most common perpetrator is someone who knows the child, often a relative. This kind of betrayal by a family member, whom the child trusts, causes lifelong issues with trust and sexual dysfunction.

All of these problems stem back to our own inability to do what is best for ourselves and our children. When our core character is unshakable we are contributors to the human race. When we waver or wander, or change like the wind, we drain not only ourselves, but the humanity.
HEALTH BYTES

- Positive Pumpkin Prostate Protection
  New studies indicate a possible role for pumpkin seed oil in helping men avoid benign prostate enlargement. Researchers induced excess gland growth in rats and then fed oil to some of the animals. The treated rats showed lower prostate volume. – *Urology International, Journal of Medicinal Foods.* Worldwide, 221,000 men die every year from prostate cancer.

- Overweight = Underweight
  Overweight people now outnumber one billion worldwide, which actually matches the number of folks who are underweight, according to the World Health Organization. A rapidly growing number of these will be forced to take a closer look at the foods they eat or continue to suffer from overweight related diseases. The WHO recommends that people avoid saturated, animal based fats, while consuming low-fat, high-fiber, plant-based foods. They go on to say that animal products are high in cholesterol, compared with plant foods, increasing the risk for diabetes, heart disease and cancer.

- Loneliness and Alzheimer's
  A strong link between loneliness and alzheimer's disease has been established, according to a study reported in *General Psychiatry* issue 2007;64:234-240. In a five-year study of 823 senior citizens in Chicago, participants rated their level of loneliness each year. The higher the loneliness rating, the more likely the person would develop cognitive problems during the study. The loneliness 10% more were more than twice as likely to develop Alzheimer's disease. The conclusion: loneliness is associated with an increased risk of late-life dementia.

- Garlic and Cancer Prevention
  Epidemiological studies reveal an inverse relationship between garlic consumption and death rate for gastric cancer, as reported in *Nutritional Research*. These reports suggest a role for garlic in the prevention of human gastric cancer. Garlic has been shown to inhibit the growth of transplantable tumors, to reduce the incidence of certain spontaneously-occurring tumors, and even provide anti-tumor immunity.

- Non-scents
  To help prevent opportunistic bladder and yeast infections, steer clear of scented products, reports CNN. The chemicals that produce the "sweet smell" in products like body washes, bubble baths, and paint thinners acidify the body and irritate the tissues. This kills the beneficial micro-organisms that maintain a healthy environment and allows infection-causing bacteria to enter the body. The same goes for harsh or scented laundry detergents.

- The New Weight Loss Wonder Drug
  A study in the journal *Diabetes Care* scientists found that cinnamon activates insulin receptors on cells, significantly increasing their ability to absorb and use glucose. In fact, just 1 teaspoon daily lowered blood sugar levels by 20% or more. This is good news for weight watchers as well, as this delightful spice enables the body to burn excess calories for energy instead of storing them for fat. Use it in your herbal teas, sprinkle on veggies, or add to one of Hippocrates' raw "ice cream" treats.

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Behind an electronic gate that warns “Trespassers will be Eaten,” Sipek lives in a carefully orchestrated warren of cage systems, runs, and gates. Even his living room is tiger-proofed for the times he lets “his boys” in the house with him. Intimidating and off-putting to the outsider, Sipek calls it home and wouldn’t trade it for the world. “When I’m sleeping with my boys, there is a tranquility that surrounds me that I can’t describe,” says Sipek.

After a lifetime around the big cats Sipek says he and “his boys” communicate silently, almost telepathically. “They think I’m their daddy. I know what they are thinking and they know what I’m thinking.”

Sipek’s relationship with the big cats began nearly forty years ago on a 1969 trip to Africa, when he was twenty-seven years old. Following the sound of a desperate scream, he discovered a boa constrictor squeezing the life out of a lion cub. Acting on instinct, he grabbed the nearest branch and began hitting the snake to make it let go. The snake was unwilling to give up its meal and Sipek was forced to grab hold of the cub’s back feet and haul him free. “He was so grateful,” Sipek remembers, “I smuggled him back to Miami on a cargo plane in my bag.”

A few years later, Sipek was making movies playing Tarzan when Samson, the erstwhile cub, had the chance to return the favor. In a movie stunt gone wrong, Sipek was trapped—staked down to the ground—when a gas can exploded, blowing up the set. Literally burning alive, the only rescue for Sipek came from Samson, who ripped him free of his bindings and pulled him to safety.

His life changed in that moment. He knew then that a higher power had given him a path—that he was on this earth for the animals.

In close to forty years he has spent more than $7 million on the welfare of the big cats and other animals. His love and devotion have cost him money, jobs, relationships, and other vestiges that we attribute to “normal” life. “I have given up much, but I have no regrets,” says Sipek. “I can’t change, I function by feelings, not by choice, and I love the animals more.”

“He is a writer, yoga instructor, and acupuncturist living and working in South Florida. Whether she is conducting group or private lessons, or treating patients with traditional Chinese medicine, her knowledge and careful attention to individual needs has earned acclaim and respect from clients throughout the area. For more information visit www.DancingDragonYoga.com.”

Despite everything he has given up, Sipek says the rewards far outweigh the sacrifices. He considers his time with the cats “a gift that God himself couldn’t give. The love they give me is more powerful than the mighty sun. It can make a man greater than himself. They can look into a human heart and forgive…”
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RELATIONSHIP WITH THE UNIVERSE

By Antony Chatham, LSW, M.B.S., MPhil, MSW, NBCCH

Relationships: are they blessings or curses? For some, the very reason for them to be alive is the experience of a positive relationship with someone; for others the reason for ending their lives is the experience of a negative relationship with someone.

As a psychotherapist and a wellness coach, I often hear people interpret the success or failure of their lives in terms of their experiences in relationships. Those who can establish a positive relationship with the world around them and their lives to be successful and blissful - a sign of wellness. Those who fail to do so find their lives meaningless and miserable - a sign of illness.

Is it possible to change one's experience of relationships with the world around them? Absolutely, by basic optimism towards life, founded in deep spiritual awareness can positively influence the results.

Namaste!

In most parts of India people connect with each other using the greeting, Namaste or Namaskar, in place of the English-speaking world’s greeting of Good Morning, Good Afternoon or Good Evening. Sometimes it also stands for Good Bye or Good Night. Taken literally, Namaste means “I bow to you”. The word is derived from Sanskrit, namely to bow, obeisance, reverential salutation, and to “to you.” Usually this greeting is accompanied by a slight bow made with hands pressed together at heart level, palm facing one another, and fingers pointed upwards, in front of the chest. This gesture is also performed without words and still conveys the same meaning - that I wish to relate to you with respect and reverence.

If we were to interpret this gesture spiritually, one hand represents the higher, spiritual nature, while the other represents the worldly self. By combining the two, the person making the gesture is attempting to rise above his/her differences with others and to connect oneself with the person they bow to. In this context the gesture is a symbolic bow of love and respect proclaiming the belief. Ultimately you and I are one, and the world around you and I is one. Another interpretation of the greeting is “I honor the Spirit in you which is also in me.”

The basic of all relationships is the above understanding, continued on page 20.
One of the ways to recreate the world around us is to believe that there is some goodness in everyone and then acknowledge that goodness. Whenever we start a conversation with someone we could silently tell ourselves, "I love you" (if we are uncomfortable with that we could modify it by saying, "I like the goodness in you") and then express that optimism through a smile. This smile and silent praise will create a friendly and supportive world around us.

Optimism can heal the tragic loneliness

Very often people express their concern that family and other relationships are major sources of stress in their lives. Tensions in the relationships with one's spouse, parents, children, siblings, and close friends create stress. Stress management involves easing the tension by experiencing the other as an "extension of oneself." Sometimes people complain about a vicious circle: "I feel nobody cares about me, so I do not trust that anybody who is showing some care really means it. Someone may be showing some care to get something out of me. So I turn them off. I then start feeling even more miserable." We can break this vicious circle by beginning to believe, "people do care because it is their essential nature to care." Yes, an optimistic outlook that people are essentially good, can cut through this vicious circle.

Family and relationships are assets

This optimism would mean that everyone around us is an asset. If we consider our family, certainly, our spouses or partners are assets. I am fortunate that I have you as my spouse," a statement we would want to repeat to our spouse or companion as often as we can. We will be able to express this through our words and actions. Even if there might have been differences in the past, they melt away in the warmth of our love. "I am lucky to have you as my lover" could also be coupled with a smile and a hug. Couples may condition themselves by having an understanding that every time they smile to each other and hug each other they mean to say, "I am lucky to have you." This gesture could be repeated often in all interactions with each other. This could bring about amazing positive changes in relationships.

Our children are our assets. Many of us experience unconditional love towards our children. When we experience it we also could express it in words and actions, sometimes even by ignoring their negative behaviors. This unconditional love will save us from the experience, "I feel alone." Our parents are our assets, whether they are alive or dead today. The love we experienced lives forever. By acknowledging the goodness continued on page 22
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What's in it?

Non-Dairy Creamer by Ginger Southall, D.C.

I've often wondered, "What exactly is non-dairy creamer?" I've never been a coffee drinker - can't stand the smell and I know it's not good for you, but I have noticed others pouring this "dairy substitute" into their mocha or café au lait. It's called "non-dairy creamer" and a reasonable person might conclude there is no dairy in it. This delineation is important for people who are lactose intolerant, have other sensitivities to milk products such as sinus and mucus congestion or asthma, or for those who simply avoid dairy altogether. It also says on the label there are zero trans fats - you know these artificial, man-made fats being banned (finally), it seems, in every city across this nation. These are two things thankfully lacking in this product that make it appear to be the cream (in a way) of the crop - moving in a somewhat healthy direction. But let's take a closer look.

Now, even though it is called "non-dairy creamer," I've keenly observed the liquid type certainly looks like milk to me and the powdered looks like powdered milk, but if it's "non-dairy," as it clearly states on the front label, there couldn't possibly be any milk in it, right?

Well, I took a look at the ingredient label on the back of the container and was zigzag first, because I could hardly pronounce any of the ingredients, second, because there wasn't a REAL food ingredient listed in this product at all and third, because there is milk in it, among many other hazardous chemical ingredients!

On a nutrition label, ingredients are listed in order from the greatest amount contained in the product to the least. The first ingredient on this canister of powdered non-dairy creamer reads, "corn syrup solids." Mmmm, this would be dired corn syrup - the same stuff found in soft drinks and processed foods causing children (and adults) to become obese and diabetic. It accumulates in the human liver and it also has a direct effect on our triglycerides - that is, it shoots them straight through the roof! Nothing like a triglyceride boost first thing in the morning.

The next ingredient on the list, the second most prevalent ingredient, is "partially hydrogenated soybean oil." What? Hydrogenated oil? "Hydrogenated means it is a trans fat! How can this be? This note says "DANGEROUS TRANS FATS" in THE PRODUCT! If food manufacturers simply make their serving size small enough, they can claim "zero grams" of trans fats, just like this non-dairy creamer does. It appears the U.S. labeling laws are put in place to benefit the food industry, NOT you and your health. So, in addition to that nice triglyceride boost, we're increasing our chances of cancer, heart disease, high cholesterol (LDL - the bad kind) and even liver disease, from all oils - hydrogenated soybean oil - one of the most highly processed and genetically modified oils on the market. Could it get any worse?

Here's another soup spoonful to swallow: the third ingredient on the list had me shaking my head at how it alarmed - sodium caseinate! This is a MILK protein. Yes, MILK is in this NON-DAIRY (meaning NO dairy, NO milk) product. It even says on the label in parentheses in very small print English: "a milk derivative" and further down the label it states: "contains: milk, soy." They TELL us it contains milk! Digest that! What kind of IQ do these so-called food makers think we have?

Not only is sodium caseinate a protein extracted from milk, according to the website owned by www.nontmilk.com, "it's actually a glue used to put a label on a bottle of beer. It's the glue used to hold together the wood in your furniture. When you eat this, this glue from milk, your body is seeing this foreign protein, and you're producing these histamines which create a mucous. And that's why it's mucous-forming."

According to the website of a popular brand of non-dairy creamer: "When sodium caseinate is processed, it is so materially altered that both dairy scientists and government regulators no longer regard it as a true dairy substance. This is why sodium caseinate can be an ingredient in non-dairy products, according to FDA regulation 21 CFR 161.4 (b). Sodium caseinate is also not a source of lactose."

So, let's see; they process the heck out of milk so they can say it's not milk anymore and then they turn it around and sell us till the cows come home for all we're worth. Incredible (legal, unfortunately) logic. And we think the GOMS have gone mad? When you go FDA, thanks for looking out for us, once again.

The rest of the list reads like mono-tant hyperglycemics going in one ear and out the other, with barely a recognizable syllable: dipotassium phosphate, mono and diglycerides, silicon dioxide, sodium stearoyl lactylate, and soy lecithin - a genetically modified soy waste product of soy processing. Oh, and non-dairy creamers have a 2 year sell-by life. Holy cow! Can you stomach this?

Of course, we are going to play biological roulette with our bodies and treat our digestive tract like a garbage disposal, we certainly couldn't look out artificial colors and artificial flavors. And sure enough, they are listed here on the label of our non-dairy creamer. "Few of these," points out Randell Fitzgerald in his mind-boggling book, The Hundred Year Lie. "Have been researched or tested to deter-
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Quite Possibly The Best Organic Produce On The Planet.

By Sam Sheppard

It is not uncommon to come upon some strangely shaped or colored fruits that you have to ask "what is it" and "what do I do with it?"

The phenomenal growth from one overworked desk (himself) to six very busy cashiers is a testimony to the quality of the products as well as the commitment to try to keep everyone smiling, which seems to be working, as this is one pleasant crowd of shoppers - an unusual sight in South Florida.

There seems to be no end to the stream of people coming into the market and walking out joyfully carrying boxes overflowing with spectacular looking, marvelous smelling, and exquisite tasting veggies. The tendency for the newcomer is to buy way too much on the first couple of visits, because it all looks so good. Then when you get home and start to unpack the bags and boxes you wonder who's going to eat all of this. The good news is that because it is so fresh it will last much longer than anything you buy at other markets. It has been my pleasure to get to know Josh as a friend. Having heard small bits and pieces of his wisdom during my Sunday visits, I became certain that we could all learn from hearing more of his story. Josh is so full of love and positive energy that I feel that an article about him could not do him justice. But he is also so full of knowledge that we would never be able to fit it all in if we just let him write it himself. So I simply talked to Josh about the most important elements of growing, buying, juicing and eating organic produce.
How did you become so knowledgeable about soil and the replenishing process of the earth?

This is an area that we are all fairly new to and I will gladly share more technical data at a later date. I have had the opportunity to see, use and test the soil in many regions and I can tell you this with much certainty; the health, frequency, vibrancy and even the color of a plant is most definitely dictated by the condition of the soil it is grown in. The richer the ground, the healthier the plant. This is why the produce here looks the way you described it earlier. A healthier plant is also less likely to become contaminated by disease or insects, as they are both drawn to weaker plants.

I have spent a lot of time and money learning how to replenish the soil, which sometimes requires that a perfectly good crop be turned back into the earth, to give back, rather than continually take – take – take. As a result, the plants themselves become more vibrant and powerful and are able to survive without the use of any chemical supplementation.

Why is it that produce from your market lasts twice as long in my fridge as the produce from others?

We’ve already covered part of this answer in the previous questions. The other part is that the network of growers that I have established over the last 17 years allows me to not only pick, transport and clean the produce, but also deliver it to the end user, sometimes within hours of the harvest. So you really are seeing “fresh off the farm” produce here. Of course, seasonally, I do have to go outside of my network in some blank regions, but even in the summer months, when very little is grown in Florida, we are able to get close to 50% from our network.

Can you give us some tips on how to visually check for freshness of vegetables?

This is very difficult due to the level of technology now available to keep produce looking fresh longer. Again, the key is to know the person you are buying from, whether that be the farmer or the produce manager of your local market. Ask them where they got their deliveries or how long something has been on the shelf because you really cannot tell simply by looking. You must be able to trust the person who is providing you with your food.

How about some input on proper storage to increase longevity of the produce?

This is also a tough one to answer because I am not a big proponent of storing produce. Although my market is open only on Sunday, I would still recommend that you buy your produce as close to daily as possible. It is a fact that the longer a vegetable has been away from its source (harvested) the less nutrition and hydration it has to provide to your body. If you must store these foods, it is wise to consider it’s natural environment. If a vegetable is grown in a cool, wet climate store it that way. The same is true with tropical foods etc. Potatoes and onions, for example, grow well in cool, dark, dry places and therefore store well in the same.

Greens absolutely must be kept cool and moist, but for the most part, just do not store well. Also remember that hydration is the key to all living things and as vegetables dehydrate, they all begin to decompose and lose their nutrients.

What is the secret of the “Thank God Green Drink” and the success of your juicery?

Every single ingredient is fresh pressed and certified organic. Our smoothies are all made from recently picked, vine ripened fruit. We never add ice or water. We use only juicing that we make ourselves, for a base. The only exception being the Thai coconuts which are used for a couple of our drinks. Again, fresh, pure and organic equals a better tasting, more nutritious end product. So the success, I think, comes from my philosophy that I will not sell anything that I would not put in my own body, and believe me, I drink a lot of “Thank God Green Drinks” on Sundays.

The “Thak God” is made on a stainless steel press from an ever changing variety of ingredients. It is generally made up of 6 or 7 green vegetables. The determining factor being what is the freshest and most nutritious on that particular day. This is why this is the best of the best. I have watched a person’s frequency change as they drink this special blend, they always seem to glow. The name is of course a matter of giving credit where it is due.

Could you tell us a little bit about your plans for the next few years?

I don’t expect Josh’s Organic Garden to change too much. If it grows, it grows, as it has, but I will leave that up to the Creator. I also feel obliged to remain as a consultant for the company that bought my eastern distribution, which keeps me feeling very connected to my roots. We have many children that come to the market and I would love to continue providing them with high frequency foods, for they are the future.

When I do what I do best, I feel inspired and timeless. So I intend to continue on with my mission of fulfilling the role of “The Missing Link”.

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Hippocrates

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MONTREAL QUEBEC 2007

Congress sur le style de vie HIPPOCRATE

Dr. Brian Clement
Directeur de l’Institut Conferences
29 octobre Ateliers
27/28 octobre 2007 Congres du style de vie HIPPOCRATE

Dr. Brian Clement

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If you have a special health or healing product on your shelf and would like it considered for having over 300,000 like-minded people read about it, we can help. We are planning a Resource Section for this issue of this magazine. A business card size ad can be placed here for only $175. We will offer special rates for 1/6 and 1/4 page ads in this section. Full and 1/2 page ads are also available.

Please contact Sam Sheppard at 567-616-6155 for more information.
Q. I am very thin. Will I lose weight on the Hippocrates raw food diet?

A. When one is thin, while it may be partially due to metabolism, it is always due to the lack of resistant weightlifting exercise. Hippocrates enthusiasts know that food, exercise (both weight lifting and aerobics), positive attitude and spiritual involvement all contribute to healthy person. When eating a living food diet, it will not put excess weight on the body when followed properly. At the same time, you will still be able to maintain and nourish your body more effectively than the conventional, unhealthy diet. The only weight that we want is muscle, since it does not contribute to disease as fat does. Weight lifting is imperative at all ages for all people. Of course, receiving professional guidance when you begin your program is highly advisable.

Q. What do you think about Omega 3s and where do you get them on this diet?

A. Omega 3, 6 and 9 all play a central role in body and brain health. Unfortunately, the public has been misled in which to choose, since fish, the most advertised source of Omega 3, is not the best because it is mostly a rancid carcinogen. Sprouts and juices made from them, as well as blue-green algae, hemp seeds, flax seeds and a wide array of nuts, provide excellent Omegas. Metabolism, the cardiovascular system and the brain are the top beneficiaries of these essential nutrients.

Q. Does a healthy person need to take probiotics every day?

A. Probiotics are a natural part of the digestive and intestinal system and account for about three pounds in a healthy person. These healthy bacteria help to manufacture and direct the immune system in its critical role as a protector. Each person must be looked at individually when considering probiotics usage. The most important thing is to tailor the type to the need. Next, quantity is established when considering this concern. When one is healthy, it's our general rule to suggest Probiotics every other day. You must be cautious in determining whether you are healthy. This does not mean the absence of a diagnosis. It means a fully functional body, including a healthy digestive system and a full range of healthy bacteria.

Q. What do you recommend I take that will remove the toxins out of my body from chemotherapy?

A. As most of you know, Hippocrates has worked with people who have cancer since our inception. We have always utilized whole food supplementa-
tion such as algae, polyns and targeted nutrients. In recent years, we are fortunate to work with a professional whole food nutrition laboratory to create Chemozin. This product specifically addresses the many dimensions that must be considered with those planning, undergoing and formerly having received chemotherapy.

Q. What type of water do you recommend?

A. In recent years, we have discovered that M.T.VE (astage additive) has contaminated the water systems throughout the world. Therefore, our body's naturally noncarcinogenic chemical is not removed by the average filter, reverse osmosis, etc. There are only three methods that can be utilized. The least expensive is distilled water, although distilled water must be reenergized through sun, magnets, etc. to organize its molecular structure. The best option, Wellness Water, is highly organized and greatly purified. We use the Wellness Water whole house system here at Hippocrates for our guests. The Rolls Royce is the Hippocrates Living Water system that uses 17 phases to cleanse and ionize the water, bringing it to near distilled levels, and then electronically recondensing the nutrients so that the body can gain benefit. This system is to be used on your main drinking water source. We also offer a rental option for Ionizers. This system supercharges your water. This way, after you have substantially purified the water, you can run it through this system to gain exceptional health benefits.

Q. Does sunlight cause cancer? What is the best sunscreen?

A. After being bombed by the medical, cosmetic and health food industry with information concerning sunshine with cancer, most people now consider this force of life their enemy. When first studying sunlight decades ago, we initially fell into the trap like most others that people need protection from the sun. I spent some concerted effort in looking at international statistics. What a surprise it was to discover that people living closer to the equator did not develop higher percentages of cancer today than they did half a century ago. What was the difference between our modern lifestyle and past generations who spent far more time in the sun? DIET. Many of these people were consuming the same fare that their ancestors did millions of years ago. In the developed world, over the last several generations we have become experimental guinea pigs with the chemical cocktail cuisine that we now consume. We also ingest four times more meat and dairy than our great grandparents did. Combining saturated fats and cancer-causing chemicals in the body plays major havoc when the sun (the greatest booster of the immune system) begins to push these noxious waste products out of our skin. When these toxic substances arrive at the top membrane of the skin, our largest eliminatory organ, the sun interacts with the fat and chemicals to create cancer.

Q. I understand that you have new books coming out. Can Dr. Clement tell us about them?

A. Over the last three years, Anna Maria and I have focused much of our time on writing. Anna Maria’s book A Family Guide to Health and Healing – Home Remedies from the Heart and Healthy Cuisine, now in its second edition with added recipes and more healthful suggestions, gave us a venue to bring years of experience in both personal care and kitchen techniques to the world. After my book, Living Food for Optimum Health, now in its eleventh year, I was struck by writer's lightening and completed Longevity - Life without Limits, Hippocrates Lifeforce – Superior Health and Spiritual Longevity, and Vitality. The latter two will be published respectively October 1, 2007 and September 1, 2008. In addition to these, the Vitamin Myth, uncovering the fraudulent supplement industry, also will be published in 2007. My new project will begin 2008, Sexuality: where I address the health benefits of a devoted and fruitful sexual and romantic life.
Introducing... LifeGive Acai Raw Power

An Amazon Jungle Delight.

The Hippocrates Institute is proud to introduce Acai Raw Power—a one of a kind raw acai packaged in 3.5 oz. pouches. This living acai contains only the raw super powerful berries. It is available exclusively through the Institute in partnership with Everything Nature Inc.

What is acai? (ahh - sigh - eeh). Studies have shown that this little berry is one of the most nutritious and powerful foods in the world! Acai is the high-energy berry of a special Amazon palm tree. Harvested in the Amazon rainforest of Brazil, acai tastes like a vibrant blend of berries and chocolate. Hidden within its royal purple pigment is the magic that makes it nature’s perfect energy fruit. This palm tree only grows in the Amazon; it can reach over 45 feet in height and it provides a wide variety of marketable products, the most important of which is the fruit. The acai berry looks like a dark purple grape.

Acai Is A Nutritional Powerhouse

Acai has more antioxidants than blueberries, green tea, and red wine. Everyone needs antioxidants to seek and destroy free radicals in the body. On average, Hippocrates’ Acai has 3 times greater antioxidant content of blueberries, 2 times greater antioxidant content of pomegranates, and 20 times greater antioxidant content of red wine grapes.

Omega Fatty Acids:

Acai also has Omega Essential Fatty Acids (EFA’s). EFA’s are the same healthy fats found in olive oil, flax seed, and hemp seed and are believed to protect the heart, lower cholesterol and blood pressure, improve depression, and fight cancer.

Essential Amino Acids:

Acai contains a similar protein profile as an egg. Acai contains eight of the nine essential amino acids, which are the building blocks of proteins for strength and endurance.

Anthocyanins:

Anthocyanins are compounds found in plants, particularly berries, which have powerful antioxidant properties. Anthocyanins, along with Vitamin E, prevent oxidant agents from damaging the connective tissue. In many countries, natural anthocyanins are prescribed as medicine for treating various diseases including micro-circulatory diseases, resulting from capillary fragility.

Cancer Research:

The University of Florida, though Dr. Steven Talcott (now at Texas A&M) has found that Acai berries reduce cancer cells in laboratory tests. Many studies need to be done and human clinical trials could be underway soon.

According to Dr. Brian Clement, director of the Institute, in his upcoming book Vitality, “Acai is nearly impossible to find if you don’t live in Brazil, but this unique fruit from a tropical palm is widely available in frozen form. It has become a ‘wonder food’ for its unique nutritional profile and is packed with scores of phytonutrients.”

Acai’s phytonutrient qualities are mainly due to anthocyanins, water-soluble pigments that show up red or blue in the leaves or flesh of the fruit. Notably, they are responsible for the color red in apples and roses. Other compounds found in the skin are cyanidin 3-galactoside and cyanidin 3-rutinoside, orientin, taxifolin deoxyhexose, ascorbyl, and scaparin.

It is safe to say that, given its remarkable nutritional profile, this berry is one of the more complete foods on the planet. It is also well known in South America as a superior aphrodisiac.

The Source:

“doing People and the Planet Right”. Carlos Garcia is the founder of communities that were not given the chance to obtain fair prices for their products and were not given the contacts to the final customers that eventually benefited from the great food they harvested.

“Sure there were other Acai products on the market but these were not raw,” says Carlos, “and no other company has ever offered the opportunity to small farmers and fruit processors to be part of a co-op, and become one united company.”

Most buyers are middle-men trying to make a quick buck. Hardly ever do they stop to think about how they could benefit local communities. Carlos persuaded the farmers to come together, bypass the middleman and achieve a leading position in the industry. The members of the co-op obtained above-market prices for their products and benefited from investments in infrastructure and quality control. Further, they gained a unique and previously unknown sense of pride.

Nature employees work alongside the farmers, collecting the acai, developing new products and showcasing their superfood. We only source wild crafted products from our co-op farmer members who respect the environment. Also in the works are plans to continue our page.
work with unscrupulous business people. We want to improve their education levels and educate them so they can prevent the destruction of the rainforest.

We are proud to partner with the Hippocrates Health Institute and exclusive- ly bring the smoothie packs to the World Wide Living / Raw Food Community.

To order Acai Raw Power, you may go to our online store at www.hippocratesinstitute.org or call 561-471-8876 ext. 124.

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2007 Living & Raw Food International Summit

The second annual International Living Food Summit was held on April 28th and 29th, 2007 at Hippocrates Health Institute in West Palm Beach, FL. This monumental event brought together leaders from around the world who are interested in unifying and scientifically supporting the Living and Raw Foods lifestyle. After a successful event last year’s Summit organizers, Drs. Brian and Anna Maria Clement, wanted to emphasize the importance of uniting each leader and community for a common purpose of spreading this message of healing, minimizing, and preventing disease.

The previous year, the attendees produced a press release and dietary statement, clarifying the importance of the Hippocrates Health Institute’s Living and Raw Foods Lifestyle. The state ment placed emphasis on the importance of scientific research. This year, attendees batted upon different segments of the statement that needed clarification, addressing the importance of bringing up to date all scientific research in regards to this lifestyle. Highlighting these issues allows for changes and insertions into the statement as the research becomes available. Saturday’s agenda consisted of a general meeting, and Sunday was a break away session for centers, institutes, and program leaders.

The following leaders attended the 2007 Living & Raw Food International Summit: Standing (left to right) Dr. Brian Clement – Hippocrates Health Institute • USA • Dan Ladenheim – Living Light • USA • Viktoras Kulvinskas “Father of Living Foods” • Costa Rica • Diana Store – Raw Superfoods • UK • Holland • Laura Gonzalez – OWA Institute • USA • Ken Skee – Hippocrates Health Institute • USA • Claudine Richard – Naturopathy & Living Foods • France • Dr. Anna Maria Clement – Hippocrates Health Institute • USA • Alida Hall – Health Educator Eng- land • David Raines – Tree of Life • USA • Katrina Courtin – Tree of Life • USA • Dr. Janneth Sheridan – Health Force • USA Seated (left to right) Doti – Serenity Spaces • USA • Cherie Soria – Living Light • USA • Paul Nison – Raw Life Inc. • USA • Jill Sayers – Living Foods for Health • United Kingdom & Portugal • Brenda Cobb – Living Foods Institute • USA

Some topics discussed throughout the weekend included discouraging the use of salt, ca- cao (raw chocolate) and caffeinated substances in the lifestyle. The importance of B-12 supplementation was also emphasized. The leaders agreed on an addition to the opening statement that incorporated urgent issues of environmental sustainability and compassionate respect for all life. The importance of encompassing these worldly issues became an important part of this year’s discussion.

Another important focus was the importance of supporting each leader and the living food centers they represented. Uniting each center under a common goal will help spread the Living and Raw Food Lifestyle to people who need it. Attendees left this year’s summit feeling the amazing strength of unification and family.

The 3rd Living and Raw Food International Summit is scheduled for May 2nd and 3rd, 2009.
Raw Restaurant Review
by Peggy Kotsopoulos

Having started as a tiny four-seat cafe, the now thirty-seat raw vegan venue continues to 'rawk' as it fills with local regulars and curious foodies alike. Live Organic Food Bar is Toronto’s only restaurant to feature a raw gourmet menu (mostly organic) complemented with macrobiotic and ayurvedic options for those who like it hot.

This casual Toronto eatery bursts with fresh air as the bright, citrus-like decor makes you feel a ‘Live’ from the moment you walk in. The relatively narrow interior, decked in shades of orange and green, spills out onto a more spacious and serene, tree-hugged back patio to be enjoyed during the summer months.

Owner and visionary Jennifer Italia, coupled with creatively talented Kitchen Manager and Chef Maxine Knight, can throw a dairy-free, gluten-free, heat-free twist to any cooked meal, creating a ‘sort-of-like-but-not-really-yet-tastes-so-much-better-than’ version of anything you’re used to. Although the menu selection is somewhat limited, the quality of flavors is anything but lacking. The menu offers a selection of appetizers, a couple of salads (one of which can be wrapped), four raw globetrotting entrées, and with the help of the store, one macrobiotic and one ayurvedic dish. Weekly specials include an additional raw entrée, a cooked comfort dish, and a soup special. Remember to save some room (or show up in your comfy yoga pants) to explore the devilishly divine dessert options and extensive drink line-up featuring fresh organic juices, smoothies, elixirs, and the absolute best-tasting cashew “feta” heaped atop crunchy, garlicky, toast-like-bread, made of sesame and flax that I had to question why anyone would ever want to eat “regular” bread again.

Can’t decide on your main course? Try it all! Live it up with the raw combo that gives you a small sample of each of the four raw entrées.

Pizza M’On, a raw Caribbean twist, is sure to get everyone jammín’. A curved almond hummus smothered atop a buckwheat crust is brilliantly stacked with toppings of “roasted” red peppers, red onions, and tied together with chunks of sweet mango. One bite had me euphoric flavour combinations exploding in my mouth and me singing Marley’s “is this love I’m feeling.”

My absolute new fave is the Mediterranean/French inspired raw contemporary twist of an old fave - the P.L.T. Sun dried tomatoes, marinated kale and daikon are sandwiched between two juicy Portobello mushrooms and smothered with a creamy, sunflower hemp “mayo.” Two words to describe – absolutely delish.

The “refined beans” make another appearance taking a leading role in the Mexican “Bouncing Enchiladas” wrapped in Napa Cabbage, then generously dolloped with fresh salsa, guac, and cashew sour cream. And if you still can’t get enough, you can take an 8oz. tub of the pate home with you.

Other pre-packaged house-made “to-go” options include mug bean hummus buckwheat granola, and a wide selection of raw bagels, crackers, and breads, such as rosemary-flax, sesame ginger snaps, and carrot pistachio raisin.

In addition, I recommend to mention, a wide selection of irresistible, guilt-free desserts such as the decadent Tiramisu, various faux-cheesecakes, and nut-free options such as the tangy avocado Key Lime Pie held by a flaky coconut lemon crust. Recently added to the menu are dairy-free, soy-free, “ice-creams” ranging in flavours like Pineapple-Ginger, Chocolate Surrender (name says it all), Almond Dream, and the most popular E3 Live and Coconut – a sweet kombucha, “The Fairy’s Tonic,” which is lovingly created by one of Live’s very own staff – Zoey Shama.

To start, the nachos are a great choice. Served with a decent portion of crispy dehydrated corn chips along side a heaping of fresh guacamole and salsa verde, they are lightly drizzled with a mild cashew “sour cream.” For an extra two bucks, it’s well worth adding a side of the mock “refined beans” made from a spicy Mexican-infused sunflower seed pâté.

For the Toona:
- Almonds, soaked
- Sunflower seeds, soaked
- Celery, small dice
- Green onion, finely chopped
- Dulse
- Parsley, chopped
- Sea salt
- Black pepper

In a food processor, pulse almonds and sunflower seeds until they are chopped fine. Transfer contents into a bowl and mix with celery, green onion, dulse and parsley. Season with your favorite seasonings.

For the Avocado Mayo:
- Avocados
- Dates, soaked

- Pine nuts, soaked
- Garlic, minced
- Lemons, juiced
- Water
- Seasoning

Blend cashews, garlic and dates. Slowly add lemon juice and water until it blends easily but isn’t too liquid. Add almonds and apple cider vinegar and blend until it has the smooth creamy consistency of mayonnaise.

Mix toona and mayo together and serve with dehydrated eye crackers or over salad.

For the Filling:
- Avocados
- Limes, juiced
- E3 Live

- Coconut butter, softened
- E3 Live

- Cashews, soaked
- Flax

For the crust:
- Cashews, soaked
- Flax

- Pinch of salt

Combine stevia, salt and coconut in a bowl and press into a pie plate for the crust.

Put avocados, lime juice, agave and softened coconut butter into a blender and blend until smooth. Pour into pie plate and let set in the freezer. Spread with dried coconut flakes and serve.

Here is a wonderfully refreshing dessert for the hot summer months.

Whether you’re a raw foodie or just a foodie – Live will definitely tantalize your newly awakened taste buds and have you throw your stove on the back-burner.

Live Organic Food Bar is located at: 284 Dupont St. Toronto, Ontario, Canada M5R 1V7

Phone: 416-515-2002
Website: Livfoodbar.com

Peggy Kotsopoulos is a Certified Hippocrates Health Educator and Nutrition Consultant located in Toronto, Canada, where she operates her own consulting practice. She can be contacted by email at peggy.kotsopoulos@hotmail.com

Relationships 41
Japanese nutritional scientists are the world's first to deliver "Metabolite Super-Nutrient" for superior health enhancement.

The human body is a miraculous set of systems that we may never fully understand. The intestinal microflora, more commonly known by scientists as the microbiota - tiny living things or bacteria - in the gastrointestinal "GI" system are crucial to human health. The environment consists of multiple layers of gelatinous or "jelly like" material located along the digestive tract in sections as thick as half an inch and in other areas as thin as one centimeter. The healthy intestinal microflora have a unique and distinct beneficial functions called "colonization resistance" that discourage pathogenic organisms from colonizing inside.

The intestinal microflora have many important disease preventing functions. Microflora work to improve food digestion, vitamin production, detoxification, and immune system response. The most important function to our health is protecting us against invasion by mouth, and ends about twenty-four feet later at our anus.

If we were to scrape the microbiota off the intestinal tract wall and set it on a scale, it would weigh on average about three pounds. Because this intestinal microflora comprises approximately 100 trillion bacteria cells, there are about 40% more cells in the microbiota microflora than the number of cells in the entire human body.

In God's infinite wisdom, He gave this tiny ecosystem a much bigger role in human immune response and food-processing than all of the organs of the body combined. Japanese scientists have provided information that will help us put into perspective the importance of our microbiote metabolites, and the knowledge we need to maintain this amazing system.

We can learn to significantly improve this elaborate ecosystem so that it will detoxify, cleanse and protect our health at a higher level than what is considered normal. With this advanced knowledge, we can provide a "Garden of Eden" like environment that will efficiently support better metabolism, digestion and absorption, distribution of nutrients, and total immune system support.

Our three pounds of microbiota has a separate and distinct metabolism from our own body, yet it is a part of us. Our body is host to intestinal microflora and highly dependent on this complex and very independent ecosystem. If we mistreat our intestinal microbiota over time, they will most certainly reciprocate. The inevitable result will be a serious disease - or multiple diseases - that will attack our cells and body systems.

Scientists tell us that this human microbial ecosystem is precisely where 90% of all diseases start and then manifest themselves somewhere in the body. Fortunately, we now know that by controlling to a large extent what we eat and using SEIGEN LIFE-FORCE our intestinal microbiota can also be where the solution to health problems begin as well. However, we must emphasize that SEIGEN LIFE-FORCE is not a probiotic. Properly described, it is an advanced biofermentic probiotic metabolite complex that is beyond a probiotic.

By supporting our intestinal microflora and by eating foods that help our ecological garden to flourish, such as clean, nutrient dense fruits and vegetables and other real foods, we can create a coral-reef-type ecological environment inside our gastrointestinal tract.

Our beneficial bacteria will thrive and produce internal metabolites that neutralize harmful chemicals and toxins. Gradually our body will be detoxified. Creating a healing environment for optimal health is a paradigm of great importance.

In managing your intestinal microflora, keep prominently in your mind that certain destructive factors can intervene to inhibit metabolic activity and shift the advantage over in favor of the harmful pathogenic bacteria in your body. This results in unwelcome and often painful onslaughts against your health.

Prolonged stress, ingestion of alcoholic beverages, junk foods, a habitually shoddy diet, antibiotic treatment, pain killers, cortisones, anti-inflammatory drugs, extreme mental fatigue, and a host of other factors can disturb the balance in your delicate intestinal eco-system. Under these conditions, malicious harmful bacteria can gain predominance, take over and inflict unwelcome health challenges and diseases create a host of painful miseries, and in more extreme cases, even cause death.

As the result of extensive scientific studies performed in Japan over the last seventy years, the use of a nutraceutical product that delivers powerful probiotic metabolite complexes has been developed and is enjoyed by over 100,000 Japanese citizens. This product, called SEIGEN LIFE-FORCE, is now available in the United States and is showing great promise in delivering improved functional health.

SEIGEN LIFE-FORCE has demonstrated the following attractive benefits: remarkable improvement of intestinal microflora action • reduced stress effect • improvement of liver and kidney function.
A Biofermient – Beyond a Probiotic
A New Understanding in Nutritional Science

As we approach the end of our adult life, (old age can be from 39 to 99 depending on our life long health habits) the total amount of microbiota starts to fall off as the years advance – from 100%, 90%, 80% and so on. In other words, advanced age results in the progressive loss of intestinal microflora from the previously more ideal environment in the microbial garden.

Unfortunately, when this happens, certain opportunistic harmful bacteria, some of which are referred to as the Welch bacteria, begin to take over where the beneficial microbiota were previously dominant. With the inevitable advancement of age, the body becomes progressively unable to process harmful chemical poisons that are universally present in earth, air, and water. Welsh bacteria and myriads of other destructive microorganisms, which are at home in the impaired intestinal environment, progressively

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Hippocrates (a 501[c]3 nonprofit educational organization. Our Billing mission is to educate people on how to live a healthy lifestyle.)

Continued from page 43
Safeguard Your Health Today with LifeGive® Veg-Cal™ & LifeGive® BioticGuard™

In today’s modern, stressful and toxic world, supplements help us to maintain higher levels of cellular health as well as physical energy. Hippocrates offers only the purest food-based nutraceuticals, which are easily absorbed and assimilated by the body, without the harmful effects of synthetic or chemically-derived supplements. Rest assured that every dollar you spend on LifeGive supplements is a wise one, not only for you, but for the planet as well.

This superior and powerful soil-based probiotic formula repopulates intestinal flora to the highest levels, helping to revitalize your digestive and eliminative function, thereby creating greater immune cell development. BIOTIC GUARD is the most advanced intestinal ecological supplement available today, containing minerals, amino acids, FOS (derived from chicory), as well as chlorophyll and its naturally occurring antioxidants.

This plant-based calcium taken from the TERMINALIA ARJUNA plant has a unique trace mineral profile including magnesium, zinc, manganese and other important elements that are similar to those found in sea vegetation. A deficiency of calcium has been directly linked to loss of bone density as well as certain forms of cancer.

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A Bioferment – Beyond a Probiotic
A New Understanding in Nutritional Science

dominate, accelerating the aging process.

If you have ever visited an “old folks home” you may have noticed in the air a somewhat foul odor. It is caused primarily by the inability of most elderly seniors to maintain internal detoxing and cleansing, due to the impaired state of the microbiotic environment within their intestinal tract.

Unfortunately, this condition marks the beginning of the death phase in a human life. The individual’s body literally becomes self-polluting, because of the inability to internally rid the body of accumulated poisons through the normal intestinal means of detoxification.

Prominent Japanese scientists have discovered and developed over the last seventy years, a complex symbiotic culturing method using sixteen premium probiotic strains. With this highly sophisticated methodology and technical know-how they have produced very special metabolomic compounds that will, throughout our life cycle, elevate the total amount of microbiota by about 10%. By means of this very complex culturing method, they have demonstrated reduction of the amount of opportunistic Welsh bacteria by about 10% throughout the adult life cycle. Due to this 20% net positive effect on the intestinal microflora, health effects often described as "miraculous" have been observed.

This is totally remarkable, but it gets even better. Amazingly, when a person proceeds into old age and consistently consumes SEIGEN LIFE- FORCE, that person’s microbiota level does not diminish. The elderly person is able to maintain a much higher level of microflora, better metabolism, better digestion, and better nutrient absorption. Less old age related symptoms are experienced until the final day of life. Therefore a vastly improved quality of life is realized and enjoyed, even well into old age.

I have traveled to many countries in search of natural health products and I am certain that SEIGEN LIFE-FORCE has no equal. It is truly one of a kind. I have personally used this product for two years and I will never be without it.

I can say with great conviction that I have never experienced a nutraceutical in my many years in the industry that is able to help a person achieve this level of advanced health.

The term "Super-nutrient" applied to SEIGEN LIFE-FORCE is not overstated. It is a natural nutritional product like no other.

SEIGEN LIFE-FORCE is sold in individual serving packets. 90 servings to a box is a one-month supply.

You can order SEIGEN LIFE-FORCE from the Hippocrates Store by calling 561-471-8867 ext. 124 or the New Hippocrates Online Market at www.hippocratesinstitute.org.


Relationships 47
There have been and there will continue to be countless articles written about “relationships.” I ought to know because I have read a lot of them. What can I say? I love and am fascinated by anything that has to do with relating. There exists an endless amount of perspectives, possibilities, and information regarding this topic. However, I have always subscribed to the concept that the most powerful way to understand anything is to define it and reduce it to its most simple form. In this article, I will attempt to do this by sharing my notions about what I have learned about relationships – reduced to just the basics.

I have had many great opportunities in life to learn about, study, observe, participate in, and experience different aspects of relationships. As a former tennis professional, I became acutely aware of the importance of the relationship an athlete has with their body and what happens when a person is not in relationship with their body. Working at Hippocrates for 12 years provided the unique chance to study and watch the natural connection and relationship people have with their physical bodies and what happens when they are not paying attention to their feelings.

As a psychoanalytic psychotherapist in private practice for thirty years, I saw how the relationship with the therapist was genuinely as important for healing as the content and the process of therapy; how the intersubjective experience of two energies collaborating and connecting were vitalizing, and how two energies that are disconnected are depowering and disrupting. As a minister, I see how a deep spiritual connection with the Divine enriches a person’s sense of self and sense of security because they feel connected to something larger that is powerful, all knowing, and wise, and most importantly, is available for them to merge with.

Finally, as a forty-six year-old woman who has spent her professional life passionately watching what makes people who are at ease seem balanced and able to love, and, on the other hand, what makes diseased people appear unbalanced, finding it difficult to love. I have also had forty-six years of personal experience from my own relationships, so I have been able to learn firsthand what happens when I am connected and what serious ramifications occur when I am not.

To reduce this accumulated knowledge and experience regarding relationships to its essence may seem daunting – but it really isn’t. Energy is the basic component to everything in the universe. So in terms of energy, I see four major energy patterns or four possible love connections that exist in relationships. First is your connection with the Divine, second is your connection with yourself, third is your connection with others, and fourth is your ability to allow others to connect with you. More specifically in terms of love and energy flow, it is your ability to let God’s love in, your ability to love yourself, your ability to give love, and your ability to open your heart and receive love.

There have been many studies that prove that there are health benefits to praying and maintaining a connection with God. Energetically merging with an idealized, powerful, all-knowing being – much like a small child being embraced by a strong, available parent – makes a person feel connected, thereby enhancing their sense of safety and security in the world. If you can tap into your own personal connection with God, you can reap the benefits on so many energetic dimensions. If you feel secure in your attachment with God, you will feel soothed in the knowledge that you are never alone and that there is always someone there for you.

Calmess certainly promotes healing and is wonderful for your general well being as well as your immune system. It is impossible to put into words how beautiful the feeling is when you are enjoying your love connection with God. The easiest way I know how to access this is to begin with the premise that God exists in all of us, great and small, at all times. Each and every one of us is a child of God and therefore possesses dignity, is deserving of love, and worthy of respect. God is in us in every hug, smile, act of kindness, and every great day, as well as all around us in nature... in every creature, every tree, sunrise, and snowfall. Conversely, God is also part of all of our mistakes, our moments of confusion and struggle, and in all of our opportunities to learn about ourselves. Allowing Divine love in is a gift you give yourself that only adds light and meaning to your human experience. Many live without this and do not know what they are missing.

The second way of connecting is the relationship each individual has with themselves. Dr. Bernie Siegel states in Love, Medicine, and Miracles that the reason people become out of balance and even develop diseases is because they have stopped paying attention to themselves, and the way people heal is to start paying attention to themselves. With all of my experience in the healing field – to quote Jon Levine’s Saturday Night Live character “that’s the ticket.”

Psychologically, you can trace back where deficits in each person have blocked their ability to love and care for themselves. I have a lovely Ann Geddes photograph next to my therapy chair which depicts a mother angel figure tenderly holding a beautiful baby in her arms. Although each client’s healing process is unique, inevitably every client eventually comes to the conclusion that that is what they must do to do for themselves – to unconditionally love and accept themselves, to be gentle with themselves, and to take care of themselves as if they were a precious infant. If a person is unable or unwilling to care and love themselves serious consequences will arise, from self criticism or loathing to more serious pathology to, ultimately, possible disease processes. Herman Hesse said, “the true vocation of a person is to find their way back to themselves.” It is never too late to journey back to yourself and feel the flow that comes when you love yourself enough to take the time to know yourself, know what you need to be healthy, and know how to make choices for your highest good.

Opening your heart and having the ability to give love to others is the third way of connecting. Again, due to family of origin dynamics, I see two different patterns that emerge regarding giving. Many people did not receive the love and understanding they needed from their parent(s) so they compensate by mothering or fathering other beings to create the feeling of a nurturing connection. This generally leads to some imbalance because the person is seeking their self worth, security, their sense of feeling special in the world by connecting; by giving and helping. This is not loving.

The other pattern that I see is people who come into therapy and seem to have removed or suppressed their own inner voice. The other phenomenon that I see in the clinic is where people stop developing at an early age, again due to family of origin dynamics, and are stuck in childhood, so they are unable to bond, or unable to experience or show love. When all of your energy is concentrated on surviving, or focused on protecting yourself, there remains little energy left for the healing process or for influences around you are capable.
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of showing acceptance or love, a person never gets the chance to develop or exercise their love muscle. A healthy love connection happens when you are able to open your heart, allow yourself to be vulnerable, and let your love flow out to another human being, forming a profound love connection.

The fourth pattern of connecting involves having the ability to receive love from others. This gets thwarted early on for many of the same reasons—either they never experienced receiving due to deficits in their care givers or they had to develop a defensive posture for protective reasons. This serves people well because it blocks out hurtful energies that can fragment them. Unfortunately, this process also blocks out positive energies as well. Opening your heart, allowing yourself to be vulnerable, letting love in—this seems so natural for some, yet seems impossible for others to comprehend. It takes courage and a good, healthy sense of self to allow others to contribute to you.

If you view relationships through this energy paradigm, what becomes immediately evident with people is that they are able to form love connections that are healthy, flexible, and open. In the arenas where they lack the ability to form these connections, they are unhealthy, rigid, and blocked, which can lead to dis-ease in the psyche, body, and/or spirit. Even if there is only one area that is undeveloped or lacking, it can cause an energy block that can have a ripple effect throughout their life.

I see this every day in my practice in the form of some kind of depleted depression. When there is no spiritual connection with a higher being, when a person is unable to nurture themselves, when a person is unable to reach out and connect with others, or when a person rejects contributions from others, depression occurs. The healing process involves forming an intimate, trusting relationship with another human being; where therapist and client become collaborative partners to identify patterns, grieve what was lost, repair what was hurt, and then develop what one ever helped them develop in themselves. Ultimately, when a person heals, fully develops, finds their true self, and becomes fully expressed, they are free and able to form all four love connections.

This is what makes life grand.

Tracy Harton Williams, L.M.H.C.
Licensed Psychotherapist
Tracy has been a staff member at Hippocrates for the past 13 years helping inpatient guests with their unique and individual healing processes as well as offering lectures, groups, and art therapy workshops.

Tracy also maintains a private psychoanalytic practice in West Palm Beach. Tracy received her bachelor of Arts from Colgate University where she majored in religion. She received her masters degree in clinical psychology from Nova South Eastern University. She is also an ordained minister.

Contact information:
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The Oasis Therapy Center, located in West Palm Beach, Florida, is as unique as your needs, offering you some of the most progressive technologies and therapies available today. It's a place not only to relax and rejuvenate, but also to improve your health and well-being at the most fundamental level... it's a place where happiness meets health.
It wasn’t easy making the decision to go to Hippocrates, but I did it anyway. I made a choice to leave everyone I love to study in Florida for three months. I participated in both the Life Change Program and the Health Educator Program.

It wasn’t easy learning and growing, but I did it anyway. My life was forever changed by Brian, Anna Maria, and the people I met. At graduation, I cried with gratitude that I was lucky enough to find these angels on Earth.

It wasn’t easy leaving the Hippocrates nest, but I did it anyway. I went home and did my best to stay on the program. I juiced. I grew sprouts. I chopped vegetables for hours. I found a place that shipped wheatgrass. I applied the knowledge that I gained.

It wasn’t easy changing the way I lived, but I did it anyway. My family thought I was ridiculously obsessed with food.

My friends were shocked that I had stopped drinking alcohol. It seemed that all of my conversations with people were about how much I had changed. I believed these changes were for the better. Not everyone agreed.

It wasn’t easy staying on the Hippocrates Program, but I did it anyway. I carried a portable juicer to every place I traveled. I planned every meal and never left my home without raw food. I stayed on the program faithfully for fifteen months. I felt fantastic. My mind was sharp. My body was toned. My spirit soared. I radiated pure bliss.

It wasn’t easy falling off the program, but I did it anyway. It happened while I was traveling on an unusually difficult work assignment. I did not plan appropriately, and my emotions got the best of me. I remember Brian telling me once that wheatgrass and green drinks were essential to staying on the Hippocrates Program. I now completely understand his wisdom.

Although I had stayed raw, weeks had passed since my last shot of wheatgrass and my big glass of green drink. Without the proper nutrition, my body became hungry. I started craving everything in sight and became overwhelmed with a sense of deprivation.

It wasn’t easy trying to myself, but I did it anyway. I told myself that eating raw and living food was much too restrictive. I convinced myself that life is too short to miss out on the cooked food pleasures I disregarded my natural knowing. I was at a Japanese Restaurant and started eating rice. Rice became sushi. And sushi started d back on the road to all the unhealthy foods that I am prior to coming to Hippocrates.

It wasn’t easy making myself sick, but I did it anyway. I ate anything and everything. Occasionally, I would return to the Hippocrates Program only to fall off again. I discovered that I can really hurt myself by this on again-off again cycle of raw foods. Just when my body would be cleansed out after a few weeks on raw foods, I would eat pizza or some other fast food. My body paid a big price.

I FELT FANTASTIC. MY MIND WAS SHARP. MY BODY WAS TONED. MY SPIRIT SOARED. I RADIATED PURE BLISS.

It wasn’t easy going unconscious, but I did it anyway. A fog came over my mind. I numbed all my feelings. I tuned out what I had learned at Hippocrates. I gained fifty pounds in four months. I completely disconnected from my spirit.

It wasn’t easy facing my internal demons, but I did it anyway. I woke up. I stopped trying to myself. I decided to stop killing myself with the Standard American Diet and the crazy on again-off again cycle. I found a reason to live a better life. I worked hard to understand and appreciate exactly who I am. I realized that I am a better me when I am living on raw food and following the Hippocrates Program.

It wasn’t easy living on the Hippocrates Program until it became easy. One day, I consciously and peacefully chose the raw and living foods lifestyle. After all I had experienced, it became the easiest choice of all.

Many wise people have told me that what I believe becomes my truth. As long as I believed it wasn’t easy to be on the Hippocrates Program, it wasn’t easy. As soon as I shifted my beliefs and perspectives, the program became easy.

Armed with a completely new outlook, I started re-creating the bliss that I once experienced from the Hippocrates Program. I revisited everything I learned from Brian, Anna Maria, and the people I met at Hippocrates. I reread their books and reread my notes. I found an Alissa Cohen cookbook called Living on Live Food. I have become masterful at making great-tasting living foods. I never feel deprived. The Hippocrates light inside me has been reignited. It is easy to sprout. It is easy to find wheatgrass. It is easy to make green drinks. It is easy to feed my body and nourish my soul in the ways that I learned at Hippocrates.

Everything about the Hippocrates way of living is easy for me now. My life is easy now. The Hippocrates Program is no longer something that I do. It has become who I am.

Elaine Biskupic is a graduate of the Hippocrates Health Educator Program. Her email address is Elaine@BeingValued.com.
I discovered my victorious fight against cancer.

The tragedy in this story lies in the prejudice and the lack of communication (and even arrogance) between alternative and conventional medicines. I sincerely believe that if all of these medical institutions joined forces, they could eventually cure this terrible disease called cancer. This is my message.

Goodwill for mankind and an intense desire to make peace between all forms of medicines, diets and existing philosophies in the health domain drove me to establish a website: www.byebyecancer.com. On this site, you will find my professional activities and information on a number of anti-cancer alternatives.

I was a victim of the cruel rage of cancer; it attacked my health, bones, and my existence; it frightened and deeply saddened my children; it slowly robbed the vitality from my body and soul. This new chance at life is literally the greatest gift that life has given me.

I now know that in every hardship lies a blessing. Thanks to cancer, I now live and taste every moment to the fullest, and I am filled with a zest for life that is continuous and contagious.

I want to share this wealth of knowledge, and I suggest to each and every one of us to trust in all of life’s circumstances, and to never forget that for each problem there is a solution somewhere. Most of the time, this solution lies within us. It is called… faith.

Today, I am a new woman and healthier than ever. I give conferences and workshops on the various anti-cancer alternatives that I have discovered in my victorious fight against cancer.

Hippocrates Health Institute is now renting Water Ionizers!

The rental program allows you to try the machine before you purchase it. We will allow a portion of the deposit and the purchase price of a NEW MACHINE. You may at any time choose to purchase a new machine. If you do, we will discount the current price by as much as 35%. The rental price is $900.00 per month plus tax for a total of $3,375.00. The Agreement is open ended to allow you to use the unit for as long as you wish. To cancel, you must return the unit within 90 days.

You agree to pay the first rental payment in full. This will allow time for us to arrange an MEF (Memorandum of Equipment Transfer) for the second payment, which shall be 12 months after the initial rental payment date. The first month of rental shall be on our Agreement and monthly thereafter until cancelled by you.

You will be responsible for the machine while it is in your possession. The value of the machine is $9,300.00, and you may wish to consider insuring it for your protection. Warranty does not cover power surge caused by Lightning or Power Companies.

If you are interested in renting a machine you should contact our office at 800-771-8817. If you are interested in renting a machine you should contact our office at 800-771-8817. If you are interested in renting a machine you should contact our office at 800-771-8817.
CANCER is a rapidly growing disorder among the general population and therefore is 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. Our wide range of supplements can be ordered either from our New Online Market www.hippocratesinstitute.org or by calling 561-471-8876 ext.124.

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