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HIPPOCRATES
Whole-Life Market
Whole (hól) adj. 1. healthy: not diseased 2. not broken, etc.; intact 3. not divided up: in a single unit 4. containing all the parts; complete
From the Editor's Desk

Welcome to our "Best of Hippocrates" issue, the final issue for 2007. In response to many requests, we combed through our archives to bring you the pick of the last few issues, as well as a few carefully chosen new articles. After some conscientious revision to bring the older articles up to our current and ever-evolving state of knowledge, we are proud to provide this collection of articles as our "Best of" issue. I'm quite sure you will find plenty of useful, interesting, and uplifting information!

In this issue, Brian Clement, Gabriel Cousens, and I reveal behind-the-hype look into the Codex conspiracy. Tracy Hanlon Williams explains the importance of competency in all areas of life to achieve complete and lasting healing. Dr. Ginger provides crucial information on shopping for organic produce that no one should miss. Our Recovery article in this issue is a refreshing update from the UK by Max Tuck who was originally introduced to you in the 2005 Recovery issue. Also, our own Sam Sheppard takes us on a fact-filled, step-by-step deconstruction of the environmental impact of bottled water.

Our next issue will be our annual Recovery issue and will be available in January of 2008. If you or someone you know has recovered from an illness using raw food, juice therapy, or some other natural healing modality, please contact either Sam Sheppard (561-616-3166) or myself (editor@hippocratesinstitute.org). We invite you to share your story for the benefit of our readers.

Thank you for all of your support and inspiring comments on the magazine. We love hearing from you! So please let us know if there is a subject that you think needs to be addressed in future issues.

Enjoy our "Best of" issue and, from all of us at Hippocrates, enjoy a happy and healthy holiday season.

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

From the Directors:

Since we became directors in 1980, we have been fondly focused on sending out cutting-edge, relevant information to our alumni and friends via the Hippocrates newsletter. Over the decades, there have been many submittals and articles that have aroused great interest. One of our former guests recently asked why we do not publish a “best of” issue to include those articles with the most pertinent information. This is what we set out to do in this issue, Volume 27, Issue 4. We hope you will be as interested in reading these revealing articles as we were about investigating and putting them together.

Knowledge is the purest of powers and with it mountains can move and seas can part. If we all personally pursue wisdom, the world would become the prosperous and peaceful place God intended it to be.

Our intelligence and free will are gifts that were meant to bring us confidence, perseverance, passion, and purity. Sadly, by neglecting the intellect and suffering from a lack of knowledge, our will has faltered and is no longer free. Hesitation and indecisiveness are representative of a void in wisdom.

When we know more we do more and every aspect of who we are is enriched.

Make sure you relentlessly search for truth and then employ it throughout your life. With all the multifarious ideologies and opinions, one can get lost in the mire of fabricated reality. Precious few jewels of truth shine bright from the morass. When you discover their qualities, these jewels will enrich your heart and you will never hesitate to use them.

Together we can raise...
ourselves beyond the self-imposed sickness that is ubiquitous in modern civilization. The barriers that separate us from health will crumble when knowledge replaces fear. Ultimately, we will be part of a unified humanity working towards the same goal of peace, equality, harmony, and health.

In our daily work at Hippocrates, we see this beauty manifest regularly. When this happens we are reminded that there is a right circumstances and support, this enlightenment can happen to anyone anywhere on earth. Our limitations are fabrications of our imagination and do not have any bearing on reality. All of this "normality" can instantly change once you are willing to accept yourself and your qualities in a full and fruitful way.

Remember, you are not a person defined by your problems. You are the successes that you create throughout life. For many of us, it is convenient, even "safe," to be controlled. For others, it is convenient and "safe" to control other people by restricting them from their personal passion and manufacturing a system by which they must abide. It is only the fearful who need control and by fearing the fearful you further empower this sinister cycle.

At Hippocrates, we offer all we can give so that you can fly above the clouds and become another participatory member of the human race. We stand by your side and support you step by step in your inevitable growth and healing. Beyond those gifts that we can share, it is up to you to leap into the arms of God knowing that your pursuit has the grace and blessing of all creation.

**Dr. Clement's Schedule**

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Sex: Our Intellectual Impotence
by Dr. Brian Clement

Sex is one of the most misunder-
stood human experiences. The
word triggers a whole gamut of
conflicting emotions and ideas,
evoking thoughts that may or may
not be plausible. Rarely does it
draw our minds to its fundamental
reason for existence in our lives.
If we go back to the very begin-
ing, sex had but one purpose—to
ensure the perpetuation of the hu-
man race. Clearly, we have stayed
far from this very simple concept.

Today, sex has assumed a
totally different role in our mod-
er society, becoming more like
a new ‘drug’. It is overused and
used for the wrong reasons, pro-
ducing consequences as harm-
ful, or even as lethal, as other
forms of addiction. Even those
of us who do not feel that we are
overly active may still hold an
incorrect view of why we involve
ourselves in sexual activity.

Here at the Institute, we ob-
serve that the emotional condi-
tions of our guests are di-
rectly linked with their capacity
to be healed. The most common
feedback we receive reveals sex-
ual incompatibility as a major
concern between spouses and
partners, regardless of how long
they have been together.

People may also be us-
ing sex today as a shield to pro-
tect a weakness inside such as
a lack of self-esteem, vision, or
direction. I recall being a young
boy and exchanging untruths
about girls with my peers. The
boys who became heroes were
the boys with the biggest claims
of sexual activity. On the other
hand, a girl with similar claims
was not given the title of hero. If
this duplicity is established when
a person is young, it has already
set the stage for sex as an adult
being stereotyped as something
dirty. The respect is lost.

Obviously, children are the
most important product of sexual
activity. They are also the main vic-
tims of its misuse. Year after year,
millions of teenagers become preg-
nant. Babies are having babies. Sad-
ly, most, if not all, do not even begin
to comprehend the ramifications
of their moments of ecstasy. Thou-
sands will go on to become prema-
ture parents, whereas the rest will
end their pregnancies in abortion.
The consequences on the lives of
the individuals involved ultimately
affect society as a whole.

The issue of sex is some-
thing that needs to be discussed
inside the home, among fam-
ily members, in an atmosphere
of trust and love. Quite often, how-
ever, parents themselves bear the
scars of emotional trauma which
compel them to abdicate their im-
portant roles as mentors. By default,
this sensitive role is taken over by
the media, particularly television,
which consequently becomes a
major influence in shaping a child’s
attitudes towards sex. Children
readily absorb the cynical lessons
imparted by self-appointed pun-
dits whose highest credentials
are their box-office ratings.

More than ever, we need to
re-examine our attitude toward sex
and the role it plays in our daily ex-
pense. Are we using it as an escape
from life? Are we unwitting victims
of the fast-food mentality toward
sex that leaves us emotionally hol-
low and vaguely dissatisfied? By
dressing from nature’s original
design, we have created our own
chaos and are reaping the conse-
quences of our folly.

Consider the enormous
problems related to the sexual
misuse that confronts us today:
child abuse, rape, incest, venereal
disease, HIV/AIDS, not to mention
other disastrous repercussions
on the human biology. Some of these
problems may even have a physiologi-
cal basis. It is a known fact that daily
and meats are injected with female
hormones and that the consump-
tion of such foods may create an
imbalance in the hormonal make-
up of the body. Hardly anyone re-
lates sex with the cellular immune
system. Yet, each time ejaculation
and climax occur, the body must
repurpose thousands of livers and
thousands of blood cells that are used up in the process. To a per-
son already in a weakened state,
this could be quite damaging.

As people who routinely
engage in perversion and prurient
curiosity, they can eventually lose con-
trol over their sexual drives and end
up with an addiction as destructive
as alcohol or drugs. Fortunately,
there is help available for those
affected with such an addiction.
A 12-Step group called Sex and
Love Addicts Anonymous pro-
vides participants a safe place to
transform their guilt into healing
by openly sharing their problems
with each other.

Here, at the Institute, nu-
merous alumni report a differ-
ence in their attitudes about
sex as a result of following a liv-
ing food program. A welcome
fringe benefit.

The spiritual aspect of sex
must also be acknowledged as
an inherent part of the expe-
rience. Sexual activity, when
elevated to a level higher than
basic desire and passion, takes
on a deeper, more meaningful
dimension. When performed
in the “Eden-istic” spirit of
pure love, pure sharing, and
the simple joyous anticipation
of human potential, sex can of-
er unparalleled pleasure and
immeasurable rewards. Ulti-
mately, this marvellous act of
participation in the creation of
human life is, without a doubt,
the most fulfilling of all human
experiences.

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Even at the Farmer’s Market It’s BUYER BEWARE

by Ginger Southall, D.C.

I’ve always been one to support my local farmer’s market. There’s nothing better after my Saturday morning workout than to stroll over to the very social local outdoor market and support the local farmers as well as the local economy by buying locally-grown, high quality, fresh off-the-vine, in-season produce. Produce that hasn’t spent the past few weeks or months on a warehouse shelf or on a truck traveling cross-country. And since this produce is sold directly to me without a middleman, the prices are usually pretty good. But more and more as I attend farmer’s markets both in my home town and when I travel, I realize a secret most of the shoppers do not know: if you don’t know how to read a PLU sticker, you may be buying dangerous produce.

I can’t tell you how many times I’ve been to farmer’s markets where consumers are flocking around the producer like a Knin blue light special sale. (Do they even have those anymore?) I take one look at it and know this food is not something I want to put in my body. In fact, a “farmer’s market” can pull many consumers into a false sense of security. The tomatoes may look ripe, red, and shiny, the apples may have been picked the day before, but beware. You may assume everything sold at a farmer’s market is without question the purest, healthiest food you can buy, but that’s simply not true. It’s the information revealed on the PLU sticker found on that product that you should become an expert at interpreting. This information will also help you at the health food store and your local grocery store as well.

What is a PLU sticker? It’s the little sticker you find on produce—you know the one you often can’t peel off, so you sometimes just eat it! That’s called the PLU sticker, or the “price look-up” sticker, and the numbers on it reveal the most important things you need to know about your precious food: was it organically grown, sprayed with toxic chemicals, or genetically modified?

The PLU sticker was designed by the Produce Marketing Association and the International Federation for Produce Coding not only as a way to facilitate fruit identification and source of origin, but also to enable a quicker check out. Most importantly, it tells you exactly how that produce was grown and that it is imperative to good health. Here are the PLU code rules:

- Four digit number, usually beginning with a 4 or a 5 = conventionally grown, i.e., sprayed with toxic synthetic chemicals including pesticides, fungicides, and herbicides.
- Five digit number, beginning with an 8 = genetically modified and can also be sprayed with the above toxic chemicals.
- Five digit number, beginning with a 9 = organically grown; cannot be genetically modified and cannot use toxic chemicals of any kind.

For example, the sticker on the banana I just bought reads: 94011. If it were sprayed with chemicals, the sticker would say: 4011, and if it were genetically modified (and most likely also sprayed with chemicals) the sticker would read: 40011. There is really only one rule you need to remember, and that rule is very simple: Only buy produce with a PLU sticker that begins with the number “9". Do not waste your money or create health problems for yourself and your family by purchasing and consuming any produce with a PLU sticker that begins with a “4” or a “3” or an “8” or any other number. “9” is the magic number for good health.

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rich season after season. Conventionally grown produce, on the other hand, is grown in depleted soils, lacking the important minerals and vitamins that plants normally draw from it. The resulting produce is lacking its proper nutrient content.

**Taste:**
Although taste is an individual matter, many studies and polls carried out in several countries reveal that most people think organically grown produce simply tastes better. Again, when the soil is healthy and rich in nutrients, this translates to the food. More nutrition means mouth-watering, superior flavor, the way Mother Nature intended. Even chimps at the Copenhagen Zoo were instinctively able to tell a difference, choosing organic bananas over conventionally grown, chemically sprayed ones.

**Genetic modification:**
Genetic modification (GM) of food, brought to us by some of the same companies that make toxic pesticides, involves the human engineering of plant DNA by transferring genes and even crossing the species barrier by splicing DNA from a plant, or even an animal or microorganism, into another plant. For example, fish genes have been spliced into tomatoes, bacteria into corn and corn products, and viruses into fruit and squash—unheard of combinations that never would be found in nature. It is estimated 7 out of 10 processed products sold at your local grocery store are made from genetically modified ingredients. Packaged products are not required to be labeled as containing GM ingredients. From soybeans, rice, and corn to rapeseed (canola) oil, tomatoes, and papaya, "frankenfoods" are in full force here in the United States and are also not required to undergo rigorous testing for their safety. Interestingly enough, no genetically modified fruits or vegetables can be sold in the European Union. The EU, consisting of 27 countries, has banned GM foods for human consumption.

The superiority of organic crops in nutrition, taste, lack of toxic chemicals, and the fact they are not genetically modified should be all the inspiration you need to reach only for the produce marked "organic" on the label at your farmers market, health food store, or even your grocery store. This is one more healthy step to keep you and your family safe and healthy for a lifetime.

**References:**
2. EWG/Commonwealth Study #1, "Industrial Chemicals and Pesticides in Adults" http://www.ewg.org/sites/human/toxome/participants/participants-group.php?group=bby

**Dr. Ginger Southall is a consumer health advocate, investigative journalist, and an instructor in the Hippocrates Health Educator's Program. She can be reached at ginger@doctorginger.com**
By the end of this decade we could see enzyme facts added to the FDA’s Recommended Daily Allowance (RDA) list. At the more conscientious restaurants, we could expect to see enzymatic and herbal seasonings sitting next to the sea salt and organic pepper mills. Genetic therapy will become properly tailored by oral enzymatic supplementation, as well as enzymatic nutrition, designed to move patients toward rapid recovery.

Thanks to advances in science and technology it has become clear that weakened immune systems lead to ailments and accelerated aging. The immune system’s function is to fight off all foreign invaders in the body such as viruses, carcinogens, radiation, bacteria, and all foreign chemicals. It relies almost totally on enzymes to do this job. A weakened immune system has a diminished volume of enzymes due to high stress on the system by all the chemicals and microbes, as well as enzyme-deficient diets.

We get our enzymes from food. The body takes what we consume and changes it into well over 3,000 unique enzymes needed for metabolic, immune, and digestive functions. The highest source of food enzymes are so-called seeds, nuts, grains, and fermented fresh produce.

In a healthy GI tract there can be more than 5 pounds of friendly bacteria, which is about 20 times more than the total number of body cells. The friendly bacteria inside our GI tract can be a major daily creator of surplus enzymes—just as much as the dietary intake of food-born enzymes. If you cook or pasteurize your food you destroy the enzymes at temperatures as low as 115 degrees Fahrenheit. To retain adequate enzyme population from food you must eat raw foods or unpasteurized fermented products, or consume supplements of enzymes and/or friendly bacteria. But to say, most of our food is either cooked or processed, so most people very few enzymes in their diet.

When you are young, you have a high inherited population of enzymes in all of your cells as well as friendly bacteria in the GI tract. As you get older, the high demand for enzymes to process cooked foods, pathogenic microbes, viruses, and chemicals leads to more and more depletion. Tests show that a 70 year-old person has about half the enzymes of a 20 year-old. The cells of the elderly have lost more than 90% of the enzyme concentration that can be found in infants. Aging has lowered enzyme activity.

The pancreas, which produces digestive enzymes, becomes less efficient as we get older due to reduced enzyme availability. This means two things: (1) indigestion and reduced absorption of nutrients from food. You might have a balanced diet yet be lacking the enzymes to extract the nutrients from the food, which can result in nutritional deficiency. More than any other biochemical cause, this deficiency results in weight gain. Lack of enzymes and obesity are the “Bonne and Clyde’s” of weight regulation. (2) This imbalance causes premature aging and vulnerability to many forms of disease.

Furthermore, at our premier frontier research center, Hippocrates Health Institute, we have shown that with an enzyme-rich plant-based diet, as well as additional use of enzyme supplements, patients with cancer, degenerative heart conditions, diabetes, and arthritis have been assisted in their healing.

Unlike the pharmaceutical and herbal weight loss supplements, enzymes, which have been consumed by over 20 million people in Europe, Japan, and the United States, show great results without any side effects. A study has shown that consuming an enzyme-rich diet, with additional supplemental enzymes included, can help overall health and weight management.

There are up to tens of thousands of abnormal cells floating around our bodies at all times according to Dr. Michael Williams, Immunologist and Professor of Medicine at Northwestern University. When the enzyme levels are adequate, the macrophages destroy abnormal cells and help to keep their numbers in check.

Dr. Lapage and Miller showed that malignant tumors are in fact receptacles for surplus, incompletely metabolized protein and fats. It seems that the circulatory presence of undigested fats and protein leads to an interference with oxygen transport severe enough to threaten life itself. According to Nobel recipient, Dr. Otto Warburg, normal cells can mutate to malignant cells within a 48-hour period under reduced oxygen levels. The cancer cells act like a vacuum cleaner sucking up the incompletely metabolized fats and proteins and collecting up to twenty times more protein than normal cells.

Hence we can see that cancer is, in effect, similar to obesity. In cancer cells the body stores surplus, unmetabolized protein, and to a smaller extent fats, and in obesity, fat cells store incompletely metabolized fats.

German researchers, in a two decade study, showed that parallel to the mechanism of protein storage into cancer cells, these also exist in another mechanism, whereby the body stores excess protein in the basement membranes of the blood vessels contributing to all forms of cardiovascular complications.

A large part of cancer research is directed towards strengthening the immune system. Dr. A. E. Lenkoiv showed that supplementation with enzymes of human subjects increased the macrophages by 700% and the natural killer cells by 1300%.

Let’s take advantage of enzymes to clean up the body ecology. Research around the world shows that enzymes help keep the body clean the same way that microbes clean up the earth.

To regulate weight, consume two to ten HHH enzymes to improve digestion. This may help you gain weight or break down fat and protein to lose weight. Additionally, for those needing to lose weight, take Lipase Enzymes, which will further erode lipids. Of course the first line of defense is to consume an enzyme rich, living foods diet relying heavily on greens and sprouts and green juices which enable the body to gain the enzymes without the sugars from fruit and cooked carbohydrates. Along with exercise, this program, beyond all others, will give you the body that fits you best.
Healthy relationships are not my forte. I am the only child of a woman who can politely be called strong-willed. I learned early to live in the spaces other people didn't occupy, in the hours they didn't commandeer. None of my romantic episodes have been stellar either, unless you are drawing parallels to the birth or death of a star, which I understand, is rather explosive. In fact, the longest voluntary relationship I have ever had is with my cat, Finster... hmmm.

Finster and I have been together for eight years and in that time we have developed a highly complex, multi-faceted relationship. But is it healthy? For that matter, what is a healthy relationship, anyway? Only one way to find out: Google it!

Based on a few hours of wifing, I discovered that healthy relationships share a few common points.

**Mutual Support**
Finster, I am well aware, doesn't give a whisker about my personal goals. I, conversely, have gone out of my way to ensure he enjoys a full feline life of hunting and climbing and generally raising hell.

When he was nine months old, we moved from town to a farm owned by an offshoot of the Jefferson clan of Monticello. I was torn between letting him run loose and keeping him safe. Terrified I would lose him under the big farmhouse or that he would be mauled by one of the farm's notorious cat-eating dogs, I sat on the porch while he learned about the world. When I did begin to let him out of my sight, I would call him back periodically until I was sure he knew the sound of his name.

**Love without Attachment**
My feline guru is well-versed on this concept. He's a cat: detachment comes naturally to him... I have had to adjust.

Eventually, like all protectors, I grew to be superfluous. He increasingly proved his independence by staying out all night—blindly unaware of my near-hysteria. There have been many all-nighters, but he always comes back.

That's not to say he is not affectionate, however it must be on his terms. He loves to sleep on my chest (oxygen deprivation notwithstanding), but only if it's cold. He goes out about his business for hours at a time, but if he catches me working he inserts himself (wet, sandy, or shedding) onto keyboards and open books to be petted.

When I scoop him up for a hug he purrs furiously, but stiffens and jumps down as soon as he can get away. He has never once tried to avoid being picked up in the first place.

**Communication**
Finster is a cat with very strong opinions and no trouble expressing them. He has something to say about everything, forced to ride in the car.

He bites my leg when he wants to be petted. He sharpens his claws on the couches when he wants me to chase him. In a pinch, he will pitch small objects in ascending order of fragility and value from any surface in order to get my attention. And, if left alone too long, he will shred toilet paper rolls and litter the house with a fine snow.

To his credit, he does come when he is called. All that time spent outside with him as a kitten paid off. Don't get it wrong, if there is something really pressing (like a grounded bird or a stiff breeze) he will take my request under advisement and come in once he has heard the sound of my name.

**Agreeing to Disagree**
On any topics, though he may respect my right to my own opinion, it bears no influence on his behavior. We simply disagree. He has tried, in the past, to reason with me and once even teach me, but there are some subjects on which we will never see eye to eye. Murder, for one.

He gave me my first lesson on a lovely, breezy summer day. The idyllic peace was shattered by an unearthly scream. It sounded human—the kind of scream of a child, testing a hot stove—and it was coming closer.

Then, out of the ferried undergrowth comes Finster, tail and ears straight up, thrilled with himself, and dangling a wriggling baby rabbit from his mouth. He strutted up to the house and deposited his prize on the doormat.

This poor thing was in shock, but completely whole save for two neat puncture marks directly over its kidneys. I managed to keep it alive for a few hours, but, once it was dead, I buried it under a tree. Finster, believing I needed a remedial course in predation, promptly brought it back to the house and proceeded to eat it in front of me. Leaving a good sized portion, he sat back on his haunches and looked at me expectantly.

Clearly, I was meant to finish the rest. I didn't, but that has done nothing to deter him.

I came home yesterday to find, for the fourth time in three days, a layer of grey and yellow feathers scattered over my cream-colored living room rug. There was a scratch in the paint on the wall above the TV that forensically fit to a foreclaw, the bathroom windowsill was stripped of its candles, and six downy belly feathers clung to the horizontal blinds. The funny little murderer had struck again.

Sociopathy that he is, he knows I disapprove, but since he doesn't subscribe to my philosophy he has no plans to stop. Sometimes I just have to let go.

**Healthy Boundaries**
An overused, yet ironically nebulous concept, and, for the record, the downfall of every relationship I've had so far. And, yes, once again Finster's boundaries hold fast, while mine are trampled at every turn.

He wakes me up at least twice every night for his own amusement. He insists on having new food put out for him although he never actually finishes what is in his bowl. He will go outside in the rain because he knows I will get up and dry him off to save my wood floors and upholstered furniture. He will sit on my bedside table and bat at me just to see me move.

It would seem, on the whole, that I am managed quite handily by an eight year old tabby. Inch by inch, he has come to rule my world. I have left men for less. But somehow his thirteen pounds of attitude constitutes a big warm fuzzy in my life.
The intense chlorophyll content in Ocean's Alive also increases oxygen uptake and higher oxygen uptake means more fuel to eucalyces. This translates to improved performance and endurance. With the smallest microorganism size of all microalgae, Ocean's Alive delivers vital life energy and the highest concentration of the purest nutrients at the cellular level. It can penetrate the blood-brain barrier to provide holistic benefits directly to cells and glands in the brain, resulting in significant mental clarity.

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Hippocrates Health Institute's Division of Nutritional Research (HDNR) 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.
Therapy, Perception, Imagination, and Change

There’s a fine line between perception and imagination. We don’t just see things as they are, but rather we see things as we are. As a psychotherapist, I use the power of imagination to help my clients shift into new perceptions. Bending things is the name of the game. Just like massage is manipulation of soft tissue for a good outcome, psychotherapy is a transformative intervention that challenges the mental/emotional “knots” of the person to help them get unstuck. I use imagination to stretch perceptions and rock the boat.

“What if you had a magic wand, and could change things in your favor?” Or: “What would you say and do in this situation if you could be completely uninhibited without regard to consequence?” Or: “If you could travel back into time and find yourself as a kid, what do you see?” Just like clay—our memories and perceptions harden if not handled regularly. Bend them, keep them warm and pliable, create with them, and above all, beware of neglecting them or solidifying them into assumptions.

No intellectual insight, idea, theory, or understanding alone ever liberates a person from mental or emotional suffering. It takes passion, wonder, and inspiration—the stuff of a vivid imagination—to overcome habits of pain and deprivation.

After all, let’s face it: our history is imaginary. It’s not the facts that count, but how we hold them. Our past is a story imprinted with an emotional charge. It takes an emotional charge to bring about change. That life-affirming epiphany comes from deep emotion, even when it’s painful. My therapy style is to help a person connect with that level and then rewrite, or re-imagine the whole story—to put a new frame around a familiar picture. Even an outstanding work of art in a frame made out of dried cow manure will make a person say “this picture stinks.” My job is to remind you that it’s not the painting that stinks, just the frame. You, in essence, are a masterpiece.

The deep feelings I’m talking about are the ones hidden from consciousness. They are the feelings of a child that got tucked away into the shadows. They are the painful, unpleasant ones, but they are also the potential feelings, like a person’s potential capacity to love. Dornant, like an unsprouted seed, these feelings get awakened by the heart’s flooding desire and inspiration. We tend to divide these feelings into “bad” ones and “good” ones, but they are always the “big” ones.

Deep feelings fuel real change, because only in a deep feeling state do we clearly see what is right and what is wrong for our well-being, and sense our true destiny stirring within. That’s what makes feelings frightening and why we often avoid them. They are to the self-protective, status-quo ego like oxygen is to anaerobic bacteria. Their very presence breaks the stranglehold of routine, unconscious living, and thrusts us into the raw openness of the present moment. We often only get to that point through disaster, crisis, or loss. The tragedy of the September 11th attack, for all its sorrow, roused us all from a deep slumber of unconsciousness.

The good news is that catastrophe is not necessary for awakening. What it takes is...
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How to Be Powerful
by Tracy Hanlon-Williams

The real title of this article should be "HOW TO BE COMPETENT," but if it were, no one would read it.

It would be boring.

Old fashioned: competency, responsibility, and accountability aren’t popular subjects today. Our touchy-feely, freedom-giving, "me-generation" society. People are encouraged to find themselves, connect with themselves, get their wants and needs met, find their passion, and pursue their dreams. I ought to know, as a psychotherapist in private practice, I am one of those touchy-feely people—I help people find themselves for a living.

There is an abundance of healing modalities available today and they are excellent resources for awareness, healing, and maintaining healthy lives. However, no matter how many mind-body therapies, self-help books, journaling, work shops, retreats, meditations, conferences, groups, trainings, therapy, healthy meals, and exercises you do—bottom line: you still have to be competent in your life.

I came to Hippocrates 15 years ago when I was suffering from Epstein-Barr. My dad accompanied me for the three week stay and with his enduring support and the Hippocrates program my health improved. In my time there, I saw my world regain color as if I had gone from Kansas to Oz. I went from a grey and lifeless existence to experiencing the world in Technicolor.

I began working at Hippocrates 12 years ago and I have been there ever since. Again, that the people who healed themselves and were able to maintain their health literally took an inventory of their entire lives and made changes in every area, not just in their diet and exercise regimen. Although Hippocrates core program is based on the foundation of juicing, wheatgrass, raw food, and exercise, we believe that to be truly healthy and powerful, you have to be fully conscious. A positive outlook and determination is not going to help you pay your bills, build a support network, address your fears, or find an exciting and fulfilling job.

Competency defines your power.

Let’s use the circle, a universal, archetypal symbol for the self, and look at that circle as if it were your life. Then come up.

Notice what emotions come and what triggers them, where you feel them in your body, and what you do to let them go and calm yourself.

It is difficult for most of us to make changes. We get overwhelmed quickly when we look at the grand scheme and we end up anxious and stuck. The easiest way to solve larger situations is to break them into smaller baby steps. Sometimes we can map the steps out in chronological order, but many times we can only think of the very next step, which, when completed, will lead us to the one after that.

I have discovered that if you devote awareness and energy to each compartment and are competent in each area, you ultimately become powerful.

If one, two, or three areas are neglected, a person’s health, balance, and power will be affected. For example, I see people that are financially successful. They have a career they enjoy, they eat right and exercise, yet they have no support network so they feel depressed and alone. Or perhaps, a person has many friends, has hobbies, and exercise but “hates” their job and is financially irresponsible—they may be financially successful but feeling depressed and anxious.

When you take a competency inventory you will quickly begin to see what areas are thriving (the ones you are already putting energy into) and what areas are deficient (the areas you are not putting energy into). Most people are competent in the areas that they try and are naturally good at or the areas they like. People hate to do stuff with. They will make you feel better immediately.

I think he was waiting for some deep existential, psychoanalytic remark. I told him, “Get a job, start paying your bills on time, and get one male friend you can count on.” He bought a bike and ride it every day, maybe do another psychic reading? I think he was waiting for some deep existential, psychoanalytic remark. I told him, “Get a job, start paying your bills on time, and get one male friend you can count on.” He bought a bike and ride it every day, maybe do another psychic reading?

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I have discovered that if you devote awareness and energy to each compartment and are competent in each area, you ultimately become powerful.

He was "going through the motions of life," "drifting," "accommodating to what others wanted," "drowning in his feelings." He asked me, "If I go out and start getting control over these areas of my life, what about my emotional and physical health?"

I replied, "You can heal and get an accountant, and a friend, and a job, too."

It is a grounded sense of power that arises when you are in charge of your life—when you are competent and therefore confident in all the major areas of your life. This isn't the same as the egoic rush that comes from doing what you feel like. It's better.

It is the lasting and pride-producing and makes you feel confident, strong, and at peace with yourself.

So practice:

Emotional competency — Know yourself, your emotions, and where you store them in your body. Know what makes you emotionally fulfilled and learn to communicate your feelings.

Financial competency — Be educated and in control of your own financial corporation. Create prosperity and wealth in your life.

Physical competency — Nourish your body and move your body daily. Love your body. Be comfortable with and enjoy your sexuality.

Mental competency — Learn how to use your mind wisely. Think clearly, make healthy decisions, plan ahead, and live up your wants and needs.

Relationship competency — Build a loving and accepting support system. Be part of a tribe — family, extended family, and friends. Contribute to your tribe and let them support you.

Career competency — Find a career or a purpose for your life that gives you a sense of meaning and a feeling of self-satisfaction.

Spiritual competency — Take time to develop your relationship with your higher power. Pray. Be grateful, and use your divine connection daily as a powerful resource.

Recreational competency — Have fun! It is good for you! Take time to rest and relax. Pursue hobbies and interests that stimulate your creativity.

Environmental competency — Be conscious of your natural environment, protect it and heal it. Growth competency — Always take time to reflect on what your next step is for your life. Expand your power.

And, MOST IMPORTANTLY, practice:

Competency at asking for help — It is healthy to ask for help. It makes movement happen faster. Let someone assist you in developing the parts of yourself no one was able to help you with as a child.

Ps. And this, thanks for taking me to Hippocrates 15 years ago. My journey began with you by my side. When your Hippocrates Alumni newsletter arrives at your home, know that I listened to you and have passed your wisdom on to many.

Tracy Hinton-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, group, 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.

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Raising Children
the Hippocrates Way

from Volume 11, Number 3

Preparation for Pregnancy
A healthy child starts with conception. The healthier the parents are at the time of conception, the stronger the genetic foundation of the child. We suggest that couples prepare at least six months prior to conception by cleansing and building their bodies using these guidelines that we have found successful:

1) Eliminate all of the following from your diet: all meats (including fish and chicken), alcohol, carbonated beverages, dairy products, salt and sugars (including the processed foods that contain them), heated fats and oils, and processed wheat products. Replace these with a variety of sprouts, green leafy and root vegetables, sea and fresh water algae, stevia (a sweetener), avocados, soaked seeds and nuts, and alkaline grains (millet, amaranth, quinoa, teff, etc.).

2) Increase raw food consumption to at least 74% per cent during the last three months.

3) Drink two fresh vegetable juices daily. Don’t forget to include sprouts and green vegetables (cucumber, celery, parsley, spinach) when making these juices.

4) Eat on vegetable juices and water at least one day per week.

5) Use any organically grown produce where available.

6) Use foot and hand reflexology to assist the cleansing process.

7) Take magnesium salt baths in very warm water twice a week for at least 20 minutes before going to bed. This is also very cleansing.

8) Exercise (stretching, aerobic, and resistance training) for 30 minutes, and plan to spend 20 minutes in the sun every day.

Within the Maternal Starch
While in the mother’s womb, the developing child is totally dependent on the mother for its well being. For this reason it is important for both parents (but especially the mother) to use the above eight guidelines for the entire term of pregnancy, if possible. (The mother may not feel comfortable fasting and exercising up to the birth—she should listen to her body.) In addition, consider the following:

1) Find ways to develop self-esteem and a healthy outlook on life. Both parents might practice relaxation techniques using peaceful music, aromatherapy, touch, and positive affirmations.

2) Reduce the distress in your life. Support each other through any trying times. Make sure to express yourselves.

3) The mother should get plenty of rest, including a nap in the middle of the afternoon.

When Teeth Appear
The gradual appearance of teeth signals the beginning of solid food for the infant:

1) When the front teeth are in, ripe fruit can be included in up to 40% of the diet. There is no need to pare the fruit, and there is research that indicates chewing helps develop the brain and neurological system. Be sure to use only organically grown fruit, almond milk, and (green) vegetable juices can also be used.

2) By the time the baby teeth are in, the child is ready for a more diversified diet: spouted (sometimes cooked) alkalizing grains, 25% cooked food (squash, sweet potatoes, steamed leafy and root vegetables, etc.), occasional dried fruit that has been soaked, and plenty of water between meals. Milk is no longer needed. (Be sure the child brushes his/her teeth after eating dried fruit to discourage tooth decay.) Avoid introducing foods that are addictive and harmful: wheat products, dairy, meat, fish, poultry, salt, refined sugars, heated oils, peanuts, cashews, and treated nightshades (tomatoes, peppers, white potatoes, eggplant, etc.).

3) Be sure to enter school, the should be following the adult program.

Know that peer pressure will eventually get your child to experiment with different "recreational foods." When this happens, provide loving support to your child and allow the experience. (We will quickly notice the changes in well-being and eventually return to the better food choices that you have encouraged. There is a good chance that your child will even influence other children in this process.

By following the above guidelines, future generations will be assured of healthier lives. In a similar manner, the soul consciousness of these generations will advance as their physical bodies become cleaner and stronger. Also, there will be a renewal of the earth and its resources as a result of the increased use of organic farming techniques that eliminate the use of pesticides. The balance of life systems on the planet will gradually be reconnected to an elevated state that is only a distant memory for today’s civilized man.
Longevity is not merely an idea; it is an absolute reality.

Cramp Therapy
by Jay Korrol

I have been a pharmacist for over 30 years and an acupuncturist for nearly 10 years. I have developed a new product called CrampTherapy. CrampTherapy decreases or stops menstrual cramps in minutes. CrampTherapy does not involve the use of injections, needles, or medication; it is solely based on acupuncture.

About 2 years ago, while waiting to pay for my meal at work (at a hospital), I noticed a cashier was doubled over in discomfort and pain. It was obvious she was having menstrual cramps. I asked her and she confirmed my suspicions. She also indicated that she often has pain so bad that she has to spend up to 3 days a month at home.

I asked her if I could try some acupressure to help her and she agreed. Within a couple of minutes she broke into a smile and I knew the cramps were gone (which she confirmed upon my asking).

I have used this technique over the years on friends and co-workers and it has never failed. This was the first time I had seen someone in this level of pain. Realizing she couldn’t be the only woman who experienced this level of pain, I decided to make a device to alleviate cramps that was easy to use and discreet.

CrampTherapy comes from principles used in Chinese acupuncture. Pressure is applied to a specific acupuncture point on the leg that has as one of its functions the treatment of dysmenorrhea (painful cramps).

At first sign of menstrual cramps apply CrampTherapy as directed and cramps should be gone or reduced in minutes. CrampTherapy is easy to use at work, school, or home. It is compact, easy to carry in your purse and reusable.

My hope is that CrampTherapy will give women back the time they lose every month due to painful cramps.

www.cramptherapy.com
Jay Korrol, R.Ph., L.Ac.
Boiling the Frog Slowly: How a Little-known Multinational Agency Plans to Criminalize Nutritional Health

By Heidi Rokke, Brian Clement and Gabriel Cousens

The rigid and self-serv ing regulations of the Codex Alimentarius Commission (CAC), a United Nations' trade commission established in 1962, not only perpetuate the nutritional supplement and nutraceutical industries throughout Europe, but are extending their influence into the United States. Originally established to ensure uniform concerns for the safety of consumable goods across international borders, Codex now appears to promote the interests of its governing members—the pharmaceutical, chemical, pesticide, and biotechnology industries.

Backed by the World Trade Organization (WTO), the Codex regulations are extremely powerful. The WTO is entitled to impose trade sanctions on any nation enacting a "barrier to trade." With the WTO as the enforcing arm, a Codex-nonsc onformist nation can be forced to implement Codex policy through the use of potentially ruinous sanctions and suits. We, in the US, are not immune to the influence of Codex, either. The United States Federal Register, October 11, 1995, FDA Policy on Standards, states that "where a relevant international standard exists, or completion is imminent, it will generally be used in preference to a domestic standard." This essentially gives the WTO sovereignty to override acts passed by the elected representatives of the US Congress.

Codex is broken into two regulatory committees on nutrition. One of which, the Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU), is chaired by Dr. Rolf Grossklaus. More than one source reports that this man's stance on nutrition and health is that the relationship between the two is at best circumstantial and that disease prevention is the province of medicine. The power-atastic are the vast and arbitrary powers of this man and his small group of committee members to determine consensus and therefore the enactment of international policy.

"Dr. Grossklaus, Chairman of CAC and Chairman of the pivotal Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU), had the delegate from India bodily removed during a November 2001 CCNFSDU meeting. The delegate's crime? Insisting on discussing the inclusion of CCNFSDU-approved material in baby formula which could kill 10% of newborns in his country. After the delegate was forcibly removed, Dr. Grossklaus nonchalanceully declared the issue approved by consensus."—from the website HealthFreedomUSA.org

In order to support the claim that they are committed to consumer protection, the CAC and the CCNFSDU misappropriate the use of toxicology. Toxicology is the science of determining the adverse effects of a substance on humans, animals, and the environment; the levels at which these adverse effects manifest; and the mechanism by which this happens. By applying principles of toxicology to the risk assessment of nutritional supplements and nutraceuticals, scientists are, by definition, looking for the negative to happen. The estimation of what constitutes an adverse effect, given the lack of checks and balances on the committee rulings, can be highly subjective. Further, the company employed to perform the risk assessments is in fact owned by Dr. Rolf Grossklaus—a clear conflict of interest.

The ultimate result of using toxicology to assess nutraceutical benefit is that, as stated above, it is designed to assess risk, not benefit. The purpose of nutraceuticals and nutritional supplements is to have a health promoting effect on the individual. Since science has no clear definition of what health is, other than the absence of a diagnosable disease, it is impossible to determine what exactly constitutes a health promoting effect. "Health," and its promotion by nutritional supplements, is far too vague a notion for medical science to study.

Regulating nutritional supplements and nutraceuticals is a much more complicated task. Due to individual differences from one person to the next and within the same person from day to day to next, it is impossible to determine "safe dosage" of a nutrient. As soon as you have a health promoting effect for one person you can have significant adverse reactions in another. In order to ensure "safety" for every individual, the dosage of nonprescription nutraceuticals that would be available to the general public would be so small as to be therapeutically negligible.

This is why Codex manipulates fear and science. By using valid principles of toxicology to reduce available levels of supplements, they can then impose these negligible amounts in their scientific studies to determine efficacy. By ensuring that the amounts tested are too small to be useful, they then "prove" that the supplements are useless in the first place.

The WTO has vast influence over international trade. What the WTO decides dictates the behavior and economic fate of international industries. The WTO has already adopted the Codex in spirit and intends to implement it in fact by 2010, thereby effectively threatening the nutritional supplement and nutraceutical industry as a whole and by extension the right of individuals to determine their own well-being.

The tragedy in the United States is the lack of awareness of this movement. In 1994, Congress passed the Dietary Supplement Health and Education Act (DSHEA, 1994), classifying supplement and herbal foods which by definition cannot have any upper limit set on their distribution. Today there are upwards of five separate bills in Congress, in one way or another, the Vitamin and Mineral Guidebook supported by Codex. This guideline intends to legislate and regulate the available amounts of nutrients and supplement the "low" "safe" or "negligible" amounts. This would effectively make therapeutic doses of these natural substances illegal.

A fundamental legal philosophy separates the premise of Codex from the function of US law as we know it. US law is based on the concept of Common Law which states that anything not expressly forbidden is permitted. Codex takes the opposite stance that anything not expressly permitted is forbidden. Thus, when Congress passed the Dietary Supplements Health Education Act (DSHEA) in 1994, new substances developed or discovered after 1994 could not be prohibited just because they did not exist as nutrients before the passing of the act. Under DSHEA, nutrients are still regulated by the FDA, which can demand that GMP (Good Manufacturing Practices) be employed to make sure the nutrients are of high quality, but do not require specific legislation permitting their use. Under Codex, any new product would have to petition the committee for approval.

Dr. Rima Lapin and Major Geert Bert Sublimable, of HealthFreedomUSA.org movement to promote awareness of Codex and other infringements on nutritional freedom, contacted our US Senator and Congressman's office and petitioned them for a statement on their stand regarding Codex. They report, startlingly, that only one government leader was even aware of the issue.

In addition to the restriction of nutritional supplements and nutraceuticals to the sole practice of pharmaceutical companies or banned outright, Codex has inroads in several other areas concerning nutritional health:

1) They support the use of Genetically Modified Organisms without any required labeling
2) They permit higher levels of pesticides than those currently allowed by the FDA
3) They encourage the use of antibiotics and other veterinary drugs in consumable livestock
4) They allow higher that current levels of aflatoxin in foods, a known carcinogen, in violation of the Stockholm Convention
5) They would require the irradiation of all foods, including organic, before consumption

Please visit www.HealthFreedomUSA.org for more information and resources, and learn how you can lend your support.

From the Director of Hippocrates Health Institute, Dr. Brian Clement:

The intent of Codex Alimentarius is clear:

1) To eliminate all competition from the natural health sphere by eliminating all natural healing facilities and modalities, including live and organic food, as well as natural food concentrates and supplements. They would even restrict the right to grow and consume live and organic food.
2) To effectively control population growth by precipitating malnutrition, leading to weakened immune systems and shorter life expectancies.
3) The manipulation and subjugation of the masses by maintaining in them a permanent disease state.

I petition each of you to thoughtfully and thoroughly contemplate what the world would be like if the food we eat and the nutrients with which we nourish ourselves were all completely controlled by corporations.

In the United States, the Department of Agriculture
A brief history of how Hippocrates came into being. A comprehensive explanation of the food groups in the Living Foods diet.

LECTURE 3: International Awareness
The stories of the applied-clinical research and how it demolishes lies and axioms on the proper way to use crest and implants.

LECTURE 4: Supplements, Algae, Herbs and Homeopathy
A guide to supplements and their benefits. Also alternative options to complete the needed consumption that our human body requires.

LECTURE 5: Ancient and Current Self-Help Techniques
Many helpful at-home healing techniques for core, heart, brain, soreness, vision, infections, arthritis, gay aids and many others.

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

LECTURE 7: Questions and Answers I
Questions on the science, psychology and diet of the Living Foods Lifestyle. The responses provide clear and thoughtful information.

LECTURE 8: Detox and Elimination
The workings of the elimination to removegende, detox, cleanse, kidneys and liver and your nutrition to a detoxifying program.

LECTURE 9: Practical Living
How to really live the Hippocrates Lifestyle when you return home. How to have what you need at home, work and in social situations.

LECTURE 10: Questions and Answers II
Questions from the participants are posed. The responses provide clear and thoughtful information.

LECTURE 11: Bringing It All Home
The physical, emotional and spiritual healing process. How to achieve your highest good of life. Applying the Hippocrates Lifestyle at home.

LECTURE 12: Food Combining
Proper combining of foods for good digestion. Foods that should never be eaten together. Key information for optimal health.

LECTURE 13: Questions and Answers III
Questions from the participants are posed. The responses provide clear and thoughtful information.

has now ruled that all almonds coming from their source in California, must be cooked before national distribution. This has randomized the nutritional value. In the past, the Department of Agriculture has written scathing publications about health foods, while allowing the supposedly scientifically validated disease-curing products of the meat and dairy industry. This powerful agenda is about to take the best handful off the market. Many effective herbs throughout the European Union have already been removed with many more to come. Will it stop?

Codex can be controlled through proper education and if enough money is raised to create an international lobby to voice this to the people. For example, the African nations know they will be hit hard if Codex is put into effect and it only takes $200,000 to create an inter-African conference. In the US, the most effective lobby using this strategy is the Natural Solutions. They estimate that we need $2-3 million to win this battle.

There is no more important subject than health freedom. "Those of you reading this must be moved to action. Time is running out. Codex is currently scheduled to be put into full effect by December 31, 2009. Please understand that the Codex is aligned with Codex in overcoming our right to nutrition and nutrients in this country.

Write to your elected leaders. They consider each correspondence as representative of thousands of members of the general public. If just one person writes, legislators interpret it as meaning 17,000 people in the society are concerned about the subject.

Write to health food manufacturers and distributors. Boycott any foods that are not organic/biological and encourage as many people in your family and community circle as possible to learn about and participate in halting Codex's predatory agenda. In your respective countries, act on the internet and fine organizations that are fighting Codex, then fund, support, and donate time to them.

Dr. Brian Clement
Hippocrates Health Institute
Source: Healthfeeden010.com

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The Present Moment Café
by Susan Lerner

Already an inveterate raw-foodist from New York City, and "spoiled" by the fabulous food served in its plentiful raw restaurants, I visited this St. Augustine, Florida restaurant with my girlfriend, Hippocrates Life Change Program graduate Caroline Sebestemain. Caroline lived in Neptune Beach, just a half hour north, and had been to the restaurant with the Jacksonville raw food meet-up group a few weeks before. She was excited to share the good food experience with me. Even so, I arrived with my skepticism intact, fully expecting a heavy, disappointing meal. Was I in for a delightful surprise?

Dinner and executive chef, Yvette Schindler, was turned on to raw foods by her 20-year-old son Nathan. After several months of eating 75 percent raw and living foods, the arthritis pain in her knee pretty much disappeared. She was convinced of the benefits of the raw diet. No stranger to the restaurant business, having been the chef at the macrobiotic Natural Café in Santa Fe, New Mexico, the mother and son team opened The Present Moment Café in October 2006. They have created a "kitchen with a mission" and a "living foods temple." They label their food "kind Cuisine... befalling to your body and the environment."

From the very first look at the Present Moment Café, it is easy to recognize quality in its relaxed, earthy elegance. Whether you enter from the parking area in the rear of the building, or the inviting King Street entrance, the first impression is the same: clean, pure, and fresh. It is charming without being cute. Hardwood furniture and bar, tablecloths and fresh flowers on each table, and a comfortable lounge area create an appealing environment to spend your mealtime.

Yvette consulted with raw food chef extraordinaire Chad Sarno to create the first menu and train herself and her three chefs, Andrea Hurst, Sanita Killion, and Natalie Yomn. They use only organic ingredients to create new recipes with carefully layered flavors and eye-appealing color. Their love and gratitude is present in every dish that emerges from the kitchen.

And now for the FOOD! Although I could have had a freshly made green juice appropriately named “Eland of Paradise” (celery, cucumber, and kale), or a “Universal Drink - created to help you boost duality and merge back to the ONE” (cacao, goji berries and mace in a banana smoothie), I began my first visit with my favored appetizer: simple coconut water. The elixir always grounds me after a long journey searching hungrily for my next meal. Its potent magic accomplished, I was calm and ready to consider the multitude of choices on the menu.

My starter, "Vegetable Sushi Makii Roll" ($7.00) arrived after a reasonable wait. Parsons “white rice”, bell pepper, carrots, herbs, and avocado

- A Middle East Peace Hummus ($7.00) was Caroline’s choice for starters - I wondered what could be better than Chef Ken Blue’s (Hippocrates’ executive chef) hummus but this one is really good... it is made without any beans, just blended cashews topped with mint oil and tahini sauces. Yvette was born in Baghdad to Assyrian parents, and although she has lived in the States since age two, her roots are evident in the authentic flavor of this dish...Caroline says it’s the best hummus she’s ever had!

We couldn’t resist the "Oceania Sea Vegetables" ($6.00), a beautifully layered mountain herbed with fresh coconut strips at the base, climbing up shredded red cabbage, and topped with marinated almonds and an edible flower. A sesame garlic sauce pulled all the flavors together in this surprisingly tasty salad.

When I go to a raw food restaurant for my dinner, I am usually prepared to forgive my normal healthy eating regime of properly combined foods (avoiding sugar after a meatless day). This was no exception. The food had been excellent and I could not leave without trying at least one dessert. We ordered the "Warm Live Pecan Apple Cobbler" ($7.00). The sweet/ tart apple and fresh pecan mixture was topped with a coconut vanilla crème sauce, and served side by side with a generous scoop of homemade vanilla ice cream. Deliciously decadent! I can eat this now!

Caroline relished her "Sunlight Burger" ($12.00), a nut and veggie burger, served open faced over a bed of greens, with a covering of pine nut poudvane and caramallonized onions (marinated in Nami Shoyu). It is a great substitute for the "fat" kind of burger and for anyone transitioning to a raw food diet.

When I go to a raw food restaurant for my dinner, I am usually prepared to forgive my normal healthy eating regime of properly combined foods (avoiding sugar after a meatless day). This was no exception. The food had been excellent and I could not leave without trying at least one dessert. We ordered the "Warm Live Pecan Apple Cobbler" ($7.00). The sweet/tart apple and fresh pecan mixture was topped with a coconut vanilla cream sauce, and served side by side with a generous scoop of homemade vanilla ice cream. Deliciously decadent! I can eat this now!

Northern Florida is blessed to have this restaurant. The Present Moment Café is open for lunch and dinner Tuesday through Saturday. It is occasionally open on Sunday, when the Jacksonville raw food meet-up group has dinner meeting there. As Yvette says, "we’re a full-blown restaurant where you can invite friends, have a birthday party, enjoy a glass of wine and go out feeling better than if you had a cooked meal."

There are places like this in all the small towns visit. This "beauty" is a gift to us all. Go visit this wonderful place - enjoy the food, the atmosphere, and then tell your friends - share the gift and keep it alive.

The Present Moment Café
245 King Street, St. Augustine, Florida 32084
904-827-4499
www.presentmomentcafe.com

To find or start a raw food meet-up group in your area, go to http://rawfood.meetup.com/

Suzan has been enjoying a raw and living foods lifestyle since 1999. She completed the Life Change Program in 1999. She became a Hippocrates Program Consultant, on staff at Hippocrates in 2006. She is now an independent representative, arranging venue bookings for Brtim in the New York, Baltimore and Washington, D.C. area. Susan coaches & consults with people after their Hippocrates experience, helping them to incorporate the Hippocrates Lifestyle into their lives. She can be reached at susanhirst@earthlink.net or at (561) 875-8061, ext. 243.
What are the actual nutritional components of wheatgrass juice?

Wheatgrass has been recognized as a true super food for over 2 decades now. This particular analysis was performed by Irvine Analytical Laboratories, Inc. on 100 grams (2.8oz.) of wheatgrass juice.

<table>
<thead>
<tr>
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<tr>
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What is Rejuvalac and what are its nutritional properties? Can it be mixed with wheatgrass?

Rejuvalac is not a part of the Hippocrates program. Laboratory research conducted at the University of Massachusetts, Amherst, actually exposed that this fermented grain drink often contains unhealthy bacteria. We further discovered that the high sulfur content in cabbage allowed sauerkraut to be the only acceptable form of fermented food that most people with fungal or yeast problems would benefit from. Those with these issues generally suffer digestive distress from the consumption of Rejuvalac and other fermented foods.

What are your thoughts on the Weston A. Price movement?

Weston Price’s initial research was a landmark contribution to the field of nutrition. The original scientific revelation that was born out of his studies on cats and raw food consumption was fundamental in much of the subsequent global work in living nutrition. As he aged, the clarity and precision that he was known for faded away to be replaced by speculation and personal opinion.

There are those today that take some of this misguided data and further embellish it to create a dangerous concoction of pseudo-science. Over the last 51 years of conducting daily clinical research, Hippocrates Health Institute has established an irrefutable framework for living food diets for human consumption. After monitoring hundreds of thousands of participants over several years with blood tests and nutritional health evaluations, we have never found a single case where animal food consumption was necessary. Additionally, we have extensive evidence (tens of thousands of blood lipid studies) that is matched by other renowned research (The China Study – Dr. Colin Campbell) showing that these flesh-based foods are in fact harmful across the board and a catalyst for a wide array of common and not-so-common diseases.

Are there any specific herbs or vegetables that can increase fertility in men and women?

Some of our favorite results, here at Hippocrates, are those couples who attend to improve their fertility. So many have gone on to realize their dream and have their little angels, that we have a collection of baby pictures above our dining table. These little smiling faces are the result of adopting the Hippocrates living food lifestyle without the dangers of fertility drugs. These drugs are known cancer causing agents and also too often fail, leaving the couple emotionally distraught. We do use Adoractin for women and Virilactin for men for sexual enhancement. These herbal formulas not only stimulate the desire and ability to be intimate, but also increase the fertility hormones themselves. Men, except for those with prostate cancer, can flourish on a good quality ginseng daily. Ginseng also elevates the leukocyte count. Women often do well on Gola Kola, which enhances the probability of viable eggs. Summa (South American ginseng) can be used by both men and women and helps to develop the very hormones they are lacking.

Can a raw/vegan diet help with chronic pain from an accident that happened years ago?

Consumption of highly nourishing living/raw food enables each cell in the body to strengthen, which in turn strengthens the bones and organs that they make up. Pain is often related to scar tissue and in many cases the scar tissue in large part, if not completely, softens and goes away. Other pain relates to microscopic bone fractures.

The work of Dr. Fontana, University of Washington, exposed the fact that the bones of living food consumers are significantly more resilient and less problematic than those of the average person.

There are some concerns that are not met when it comes to living food and pain. When one has pain from bone on bone friction (such as from a knee with deformed cartilage), living food in and of itself is not all that is needed. Electromagnetic therapy, H-wave stimulation and targeted supplementation may also be warranted. There are also cases of nerve damage that must have additional treatment with electromagnetic therapy to reduce pain. Acupuncture, electrical stimulation therapy, including H-wave, and mineral salt baths, are all our frontline therapies in the abatement of pain and discomfort.
I was born during a blizzard in January 1963. It was the coldest winter on record in England and a time when the world was in upheaval and people were challenging their traditionally held beliefs. As a young child I was very athletic and regarded as a promising gymnast. Over time, my focus shifted to the sciences, as there were no quality athletic training programs where I lived. At the age of 17, I was accepted to study Veterinary Medicine at the Royal Veterinary College, London, and qualified in 1985 as the UK’s youngest vet.

I was consuming the typical, nutritionally deficient British diet, albeit without dairy products, and assumed that I was indestructible. As a young veterinarian, I put in long hours and although I was slim, fit, and outwardly healthy, my 12 hour workdays with no breaks eventually began to take their toll. In 1990 my weight dropped to 90 pounds (44 kilos) and my white blood cells were virtually non-existent. I was diagnosed with Epstein-Barr virus and chronic fatigue syndrome, with advanced muscular degeneration. My immune system had crashed and my health was completely compromised.

I was advised to take at least a month off work, which I could not do because of my heavy work schedule. I was also told that there was no treatment and I would probably never completely recover. So I began my own journey towards healing, gaining information wherever I could.

Intuitively, I radically changed my diet so that I was consuming 10 servings of raw vegetables and 10 servings of fruit every day. I slowly began an exercise program but my muscles were weak and I had little to no energy. But I persevered, refusing to give up, and gradually my strength returned.

Six months after my diagnosis, I ran my first road race - a 5 mile race which I completed in 40 minutes. That same month I went for repeat blood tests. The report stated that the virus was gone and that my white cell levels had returned to normal. Sadly, my attending physician was dissatisfied in my recovery process and 5 years later he suffered a massive heart attack.

By 1992 I was so strong and healthy that I went to New York and ran in the New York City Marathon. My next challenge was the London Marathon in 1994, which I completed in 3 hours 55 minutes! I was elated and could hardly believe that four years earlier I had been a medical write-off. I felt so fit that I began travelling the world, living life to the fullest. My recreation became mountain biking, diving, triathlons, karate, skiing - all the things I dreamed about in my youth.

I was then fortunate to discover the brilliant work of the UK’s Fresh Network, formerly headed by Karen Knowler, a living food advocate who brings leaders and teachers from around the world to educate us here in England. I attended all the seminars and literally ate up the information. I became a living foods vegan in 1998, having of course enjoyed a high percentage raw diet for the previous eight years. In 2001 I gained my black belt in karate, having fought and beaten, an opponent 45 pounds heavier than myself.

I began experimenting with the living foods diet to refine what suited me best. I discovered that nuts make me tired and a lot of fruit does not work well in my system, but I thrive on greens, green juices, sprouts, and wheatgrass.

In 2004 I attended Hippocrates for the first time, together with 3 friends from England. I later enrolled for the Health Educator course. This was a natural progression for me since I was already conducting seminars and being invited to be a guest speaker at numerous events all over the UK. I loved the course and even taught one or two classes. I met fabulous people from many different countries. I was delighted to qualify as a Health Educator in May 2006, achieving a 100% grade in my final exam.

As well as regularly organizing and speaking at health seminars, I now teach the Hippocratic lifestyle in the south of England in addition to my full time veterinary career. It is my wish that every person can experience the level of health and happiness that is attained through the living foods program. My dream is to buy a castle in southern Spain in which to hold living foods and detoxification retreats. Until that time, I welcome people to contact me in England via my living foods lifestyle website www.optimisedliving.com or by phone on +44 (0) 1489 560312.

From Recovery 5, 2005

Chronic Fatigue Syndrome & Energy Depletion
by Max Tuck

I felt so fit that I began travelling the world, living life to the fullest.
Life-Extending, Disease-Preventing Foods and the Benefits They Provide!

From Volume 24, Issue 2, 2005

Asparagus: When eaten raw, asparagus provides the body with a number of minerals including trace minerals. It also contains a wide range of phytochemicals. As a research shows that asparagus stimulates the kidney (renal) area of the body, which has a direct effect on calcium.

Avocado: Avocados contain 14 minerals, all of which regulate body functions and stimulate growth. They also contain 9 million units of ascorbic acid, a high food-energy value. Avocados contain no starch, little sugar, and very few carbohydrates.

Beets: High in Vitamin A, beets are good for the eliminative system, as well as the digestive and lymphatic systems.

Blueberries, Blackberries, Raspberries: Tufts University's Center on Aging determined that there are 100,000 antioxidants in these raw fruits. Antioxidants reverse the harmful effects of aging on neuronal (brain cell) signals. Maintaining these signals is crucial to maintaining memory function and preventing Alzheimer's, as well as alleviating depression and melancholia.

Carrots: The most sought-after vegetable, carrots are so rich in Vitamin A they have been likened to a super-vitamin and are used as a general body builder.

Celeriac: An alkaline, protective food, celery aids digestion, cleanses the liver, aids elimination, and purifies the bloodstream. It can even help reduce high blood pressure. One of the best foods for keeping the body well, celery can be a brain tonic, and the sodium in it can help stabilize the body.

Corns: One of the easiest foods to digest and one of the best balanced starches, yellow corn is high in magnesium. It is a wonderful bowel regularizer, a bone and muscle builder, and an excellent food for the brain and nervous system.

Cucumber: Alkaline and non-starchy, cucumbers have a cooling effect on the body. They are a wonderful digestive aid, have a purifying effect on the bowel, and are beneficial to the skin.

Dill Pickles: This Japanese root vegetable has a long history of assisting the body in blood purification, improvement of circulation, and the reduction of uric. When judged, the large community of nutrient and phyto-chemicals are delivered in adequate quantities to assist in the above-mentioned areas.

Endive: This broccoli and liver detoxifier contains a high quantity of minerals and chlorophyll, making it similar to nettle and dandelion which are commonly used in tonics to reduce the effects of aging and increase vitality.

Fenugreek (sprouts): These purify the blood, stimulate growth, and are loaded with nutrients that are commonly used in tonics to reduce the effects of aging and increase vitality.

Jicama: Either eaten as a root vegetable or as a green leafy sprout (grown in clay pot soil), this food can help with blood sugar, electrolyte balance, and cardiovascular disorders, while providing increased energy. The germinated version is superior to the consumption of the root vegetable itself.

Kale: Its superior calcium, phosphorus, and magnesium content strengthens the teeth, skeletal structure, and red blood cells. Its sulfur counteracts the reduction of uric and other gastro-intestinal disorders.

Lettuce: The leafy green varieties contain a close cousin to quinolin, which have the ability to brighten positive moods and increase sexual desire. It is often used as an aphrodisiac in the juiced form, which provides far more benefits than eating large amounts of the leaves themselves.

Mussel Seeds: As sprouts, they are significant in the human diet and can easily be added to foods. A good source of minerals, they also help to reduce blood pressure, improve kidney function, and increase vitality.

Muscle Greens: As sprouts, they are significant in the human diet and can easily be added to foods. A good source of minerals, they also help to reduce blood pressure, improve kidney function, and increase vitality.

Nutmeg: This spice contains a wide array of phyto-chemicals that are directly linked to improving urinary flow and the reduction of bladder inflammation. Many reports claim that nutmeg can be helpful for regulating frequent urination.

Onions: These root vegetables contain a multitude of phyto-chemicals that help to protect the body from maturation, as well as viral, bacterial, and fungal concerns. They can also be helpful for regulating the body's disease.

Pea Green sprouts: These are a complete protein, serving to build muscle tissue as well as fibrous within cells. Their high beta-carotene content provides vision and creates an anti-oxidant effect against many forms of cancer. This powerful, germinated food has inherent blood-building properties.

Quinoa: A high protein and high mineral grain that helps to alkalize the body. It also provides an abundant amount of energy for mental and physical activity.

Red Sweet Peppers: These succulent vegetables are rich in Vitamin C, which acts as an antioxidant to reduce free radical damage—the essential cause of all premature aging and disease. By eating the seeds and germinating them you will obtain 37 times greater positive effect from their nutrient benefits.

Spinach: An excellent source of Vitamin C and A, and iron, spinach contains about 40 percent potassium. It leaves an alkaline ash in the body, and is good for the lymphatic, urinary, and digestive systems.

Squashes: All squashes are low in calories, high in fiber, and easily digested. Great for the eliminative system, they produce absolutely no gas in the intestinal tract. Winter squash contains more Vitamin A than summer squash.

Sweet Potatoes and their sprouted greens: These highly nutritious vegetables contain every vitamin and mineral and trace minerals. They have been used to increase vitality, mental and physical strength, the heart and other vital organs, and, most importantly, increase the cell's ability to regenerate more quickly.

Tomatoes: When organic and ripe opened, this fruit contains phyto-nutrients that have been directly linked to the prevention of breast and prostate cancer. They also are heart-healthy, and help to build heart muscle tissue.

Ugli Fruit: This variation on the grapefruit contains the citric acids, nutrients, and phytochemicals that help to dissolve waste in the gall bladder and liver. They create an anti-acidic effect in the bloodstream, break up excess mucous, and reduce excess uric acid. All of this effectively helps to alkalize the body.

Watermelon and its sprouted seeds: These are often used as a diuretic and to flush the kidneys and diaphragm. Watermelon provides citric acid and minerals content when the outer skin is juiced and high protein and mineral content when the seeds are sprouted into greens. This delicious food that has been used as a morning drink by living fooders for centuries.

Yucca and its sprouted greens: These are commonly used as a starch, and small intestine cleanser, a gastrointestinal and elimination canal lubricator, and most important, as a reservoir of energy for physical activity and stamina.

Zucchini: This summer squash contains a unique variety of phyto-chemicals that have been noted as protectors of hearing and eyesight. It also reduces female disorders such as PMS. The zucchini's flowers provide an extraordinary amount of beta-carotene, one of the most important antioxidants for protecting the body from cancer and other diseases.
When I was a kid, water came from the tap. It came in a glass, or maybe even straight out of a garden hose or a water fountain. No one carried water in a bottle, unless you were camping and then it was a metal can, not a plastic bottle. Now that bottled water is so commonplace that many restaurants serve it automatically asking only, "sparkling or still?" While it may be true that city water is not the healthy "arctic" it once was, are we really doing ourselves and the environment any service by buying our water in bottles? Let's look first, not at the water itself, but at the harmless-looking, portable plastic containers we have grown so fond of carting around. Each one of these little bottles requires five times its capacity in water just to manufacture the plastic. This process also releases nickel, ethylene oxide, and benzene into the environment. More than 47 million gallons of oil and natural gas are used to make the 15 million tons of Poly Ethylene Terephthalate (PET) that we use annually to bottle water. While it may require less energy to recycle than glass or aluminum, the manufacturing process for PET more than outweighs any benefit by causing environmental pollution and health problems.

We discard more than 30 billion empty plastic water bottles every year. Surely, as conscientious consumers we can afford to pay an extra 14 cents per bottle. Only 14% are recycled leaving 86% in landfills, or just littering the side of the road. It can take up to 1000 years for the plastic to decompose. As it does, the chemicals used to make it seep back into the ground to contaminate the water supply. Manufacturers spend hundreds of millions of dollars to convince us that bottled water is the safer, smarter choice. The majority of this expense is packaging, shipping, and, lest we forget, advertising. Every beverage manufacturer touts their own brand as better than anywhere else's. There are huge corporations whose only product is water. They import it, they export it, and they ship it in trucks, boats, planes, and trains. They burn unbelievable amounts of fossil fuel to transport more than 5 trillion gallons of water internationally each year. These numbers actually grow by 12% every year.1

We can have water from Fiji (4,430 miles from North America and 10,300 miles from Europe), or Norway (3,993 miles from North America and 1000 miles from Europe), or France (4175 miles from North America) and who knows where they will find the next "fountain of youth."

Corporations take their marketing very seriously and will push the envelope of truth in advertising as far as they can to convince us that we will be "healthier," "cleaner," "smarter," "physically more fit," and even "sexier" if we just consume their product. Even the names are designed to entice us: Utopia, Ice Mountain, Pure American, and yes, really, More Precious than Gold. The Environmental Law Foundation sued 5 bottlers for using the word "pure" to sell products that were found to contain bacteria, arsenic, and chlorine byproducts, (which may include bromate, haloacetic acids, chlorite, trihalomethanes and haloacetic acids).

Now, let's take a look at the water itself. While most people who drink bottled water think it is safer, healthier alternative to tap water, this is not always the case. I'm sure everyone has at some point asked themselves if the bottled stuff is really any different from the stuff that comes out of the faucet. The truth seems to be more of a trade off than an absolute. In some ways it may be better, but not in others. There are some areas of the country where the tap water tastes so much like the chemicals used to treat it that it is simply unpalatable. There are other areas where it tastes quite clean. Based on taste, I would take the water straight out of my tap over many of the bottled waters I've tried. Unfortunately, purity cannot be gauged on taste alone.

How can we be sure what's actually in these bottles, anyway? Currently, the regulations for bottled water (as dictated by the FDA since it exports across state lines) are much the same as those established by the Environmental Protection Agency (EPA) for public drinking water. In fact, nearly 40% of the water sold today is nothing more than filtered tap water. To its credit, the FDA does now require that the label state "from a municipal source" if that is the case.

A study commissioned by the NRDC (Natural Resources Defense Council) tested for hundreds of chemicals in 30 brands of water sold in California. Six of these brands had chlorine byproducts, six others had measurable levels of the toxic chemical toxaphene, and two samples were contaminated with arsenic. Researcher at Ohio State University conducted another study that compared Cleveland city tap water to 57 different bottled waters. Fifteen of the brands tested had significantly higher bacteria levels than the tap water causing the scientists to state that "although all the water tested was safe to drink, it is not safe to assume purity just because it is bottled."

The Kansas Department of Health and Environment tested 80 bottled waters that had been packaged, shipped, and delivered to retailers rather than testing them at the manufacturing facility. All 80 had detectable levels of chlorine, fluoride, and sodium. 78 of them had at least some sign of nitrate (which can cause methemoglobinemia, or "blue baby" syndrome in high dosages). Twelve brands had nitrate, 53 had chloroform, 33 contained bromodichloromethane, 25 had arsenic, and tested positive for lead.2

This report goes on to say that 46 of the 80 tested had traces of the carcinogen (and hormone disrup-
ter) phthalate and that 12 of those exceeded federal safety levels for that chemical. It is believed that phthalate could be leaching out of the plastic into the lake and into another potential hormone disrupter bisphenol A. To make matters worse, the longer the water sits on the shelf, the greater the leaching effect. This in itself is a very good argument for using glass or Lexan containers.3

So if tap water isn't healthy and bottled water isn't more trouble than its worth, does that leave us with filtered water?

Many consumers fear that the tap water is so full of chemicals that a simple filter won't be enough to purify it. Since the really good filters are expensive, many people just opt for bottled. In truth, water filters come in many shapes and sizes and prices. While this is not a sales pitch for water filters, they are a simple solution for a large — and growing — problem.

According to the Federal Trade Commission, no branch of the US Government endorses, approves, tests, or monitors any home water filter device. So, be wary of any manufacturer who claims to be US Government approved. Do your own research and determine which filter is best for your individual needs and financial situation.

There are simple pitcher and faucet devices, under- and on-counter units, and the elaborate and expensive whole-house units. With water filters, as with most things, you get what you pay for. The more you spend, the purer the end product will be. Regardless of how much you pay, however, you still want to be sure the filter removes some, if not all, of the following: chlorine, mercury, lead, cadmium, benzene, asbestos, pesticides, and plain old pipe sediments. This may require some research on your part. Visit www.waterfiltercompari-
sions.net/waterfiltercomparison.cfm for a quick and easy evaluation of some of the less expensive models.

If you're anything like me, you'll probably look at the manufacturing figures above and think: "Even if I totally stopped buying these little plastic poison pills, didn't drink enough for it to make a dent in these numbers?" Au contraire! If you stop drinking 1 bottle per day, you'll stop 7300 containers from being produced over the next 20 years. 53 We can do it every day — you do the math!

Now, I know that I can only take responsibility for myself, but I can try to spread the word about this mindless waste. It's always better harder for me to continue to do my part, I know there are people, and I'm sure you do too, that currently consume 10 to 20 of these packaged liquids every day — do you?

1) www.foodsandwaterwatch.org
2) www.mrrdc.org/water/drinking
3) www.enn.org

Best of Hippocrates

Jussay No to IHO

(In a bottle, that is)

by Sam Sheppard
HEALTH BYTES

A Healthy Laugh
Latest fitness trend: "laughter yoga," which combines the usual stretches and poses with laughter-inducing exercises. "Laughter releases good endorphins," explains laughter yoga instructor Alex Elgin, DC, director of Better Health Chiropractic in New York City. Students have shown that laughter also helps lower blood pressure, boost your immune system, lift your mood, and even strengthen your heart. "A Stanford University study found that one minute of laughter is aerobically equivalent to six to ten minutes on the rowing machine," says Dr. Elgin. From Working Mother magazine October 2007

Overweight
66% of all American adults are overweight. Total health care costs associated with being overweight are over $200 billion a year. 59% of Americans do not exercise what they should. Only 9% of Americans eat the recommended 5-9 servings of fruits and vegetables a day.

In 1970, the average person consumed only 2 calories per minute from high fructose corn syrup. In 2010, that number had risen to over 200 calories per day. From Healthy Aims Magazine, Issue 1.

If You're Over 55, Consider Taking Zinc
The American Journal of Clinical Nutrition recently published a study by scientists who found that if zinc supplementation (45 mg of zinc gluconate daily) on several immune factors in subjects ages 55 to 87 over the course of 12 months. After the study, incidence of infections, and TNF alpha and oxidative stress markers were significantly lower in the study group than in those taking a placebo. Researchers concluded that raised zinc plasma levels significantly reduce incidence of infection and oxidative stress, and increase the generation of cytokines in subjects 55 and older.

Flaxseed and Prostate Cancer
Researchers from Duke University Medical Center reported on a study of men who were scheduled to undergo surgery for prostate cancer. One group of approximately 60 men took 30 g of ground flaxseed daily, while an equal number received no flaxseed. After an average time of 30 days of supplementation, the men's tumors were removed and examined to determine how quickly the cancer cells had multiplied. The men who took flaxseed had the slowest rate of tumor growth. The researchers now want to study the possible role of flax in preventing prostate cancer, which affects one in six American men.

Exercise and Memory
A study in The Proceedings of the National Academy of Sciences reports that exercise appears to stimulate the growth of new brain cells in the region linked with memory. Magnetic resonance imaging scans (MRI's) of the brains of 11 healthy adults, taken before and after their aerobic exercise programs, confirmed earlier findings of "memory-cell" growth in mice. "Our next step is to identify the exercise regimen that is most beneficial to improve cognition and reduce memory loss," says Scott Small, M.D. (2007:104:5638-5643)

Tai Chi is Growing Among Seniors
And for good reason. It appears that this ancient art may help prevent shingles, which often afflicts older folks. Among 112 adults aged 59 - 80, those who attended tai chi classes on a regular basis for three months showed a stronger immune response to vaccination for chickenpox, the same virus that causes the painful, blistered rash of shingles. From the Journal of the American Geriatrics Society.

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