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From the Editor's Desk

Happy New Year from all of the "Healing Our World" magazine staff. We are looking forward to another exciting and educational year of producing our wonderful publication for your enjoyment.

In this - our 8th Annual Recovery Issue - we have the stories of twelve courageous souls who have chosen to take responsibility for their own health and healing through natural and "alternative" methods. We thank all of them from the bottom of our hearts for taking the time to pen their journeys so that others might learn and be inspired by their words. The theme of natural recovery is brought to life through staff photographer Sam Sheppard's nature photography. We hope you'll enjoy the images as well as the words of wisdom found on these pages.

Also in this issue: Dr. Clement talks about the importance of self, I've written an enticing article discussing the healing properties of a yoga practice, Antony Chatham gives us some useful tips on battling addiction, Dr. Harry Panjwani provides his views on spiritual healing, Dr. Steve Haltiwanger gives us the facts on glutathione and Sam Sheppard shares his trip to the Candle 79 restaurant in New York City.

Our next issue will be a very thorough look at the whole food supplement market and will include specific reviews of many of the products that we recommend and explanations of why we do.

Thank you for all of your support and inspiring comments on the magazine. We love hearing from our readers, so please let us know if there is a subject that you think needs to be addressed in future issues or any questions you might have for our experts.

We hope you are inspired by these stories. If you feel that you have had a similar journey and have healed yourself with the natural methods that we promote here at Hippocrates, please consider writing your story for our next recovery issue. Contact Sam Sheppard for more detailed information.

Heidi Rocke
Editor

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Recovery 8
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tive evening event includes a lecture by Director Brian
Clement, a tour of the Hippocrates campus and a
sampling of raw living food cuisine.

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From the Directors:
The literal definition of recovery as is stated in Webster’s Diction-
ary is “a process of combating a disorder or problem, real or
perceived.” A new description plucked from the Internet better
fits our observations when people release disorder: “It is a reso-
nation or return to any former or better state or condition.”

Disorder is the antithesis of order. Order is the natural state in
which all of us are meant to flourish and that we can use as the platform
for our lives. When we forget that a well of prosperity quenches our
thirst, imbalance (disorder) begins to appear. Society has created mon-
umental hoopla around the phenomenon of disease since it is the pre-
vailing condition of a self-feeding populace. Medical institutions have
become excessively profitable and are the epitome of far mongers.
Nevertheless, we still bow to kneel at their altar of sickness. All of this
can be relinquished once we turn our focus to the nourishing waters of
balance. By perceiving our lives as a series of learning processes, we
diminish the opportunity for the negative thoughts that can waylay
us and make us ill. Those who currently suffer disease and have the
insightful fortitude to see it as an opportunity will always bring about
their own positive destiny. For the masses that relagate their
powers of healing to the professionals who suck up their energies,
we feel that action is reinforcing an environment designed to bring
about a negative result. This is not to say that we should not seek the
help of knowledgeable and caring

healthcare experts, just that we should be sure to fully participate
in the process, learning to have equal, if not greater, knowledge about the problem.

In all the years we have worked with people on the front line of this battle
between illness and health, a clear pattern has emerged and given us a privi-
leged understanding of how you bring about your well being.
It is not as one would think: a war in which you finally
defeat the enemy. The core of healing
is transforming yourself from a vulnerable individual (biologically, psychologically, spiritually) to a self-respecting, fully in charge, hap-
py person. The energies of healing are manifest in the joy of the heart.
There is no illusion to that. Fully happy people, who have a reason to live, also have a way to heal themselves. Signifi-
cantly, the foremost road block to healing is unhappi-
ness, lack of focus, and an absence of purpose.
This brings us to the simple reality that all healing be-
gins in the mind and spirit.
When properly applied, one must also use the tools
of a clean and nourishing diet and revitalizing exer-
cise. The latter acts as a concrete demonstration of
self respect.

Order is the natural state in which all of us are meant to flourish...

Directors Brian and Anna Maria Clement with Kris Carr (center)

Recovery 7
Recently, one of our guests, who has embraced the program for the past 20 years, sat with us discussing her former metastasized breast cancer. In her sweet, accented voice she said, "...the doctors explained it had gone so deeply in my body that they could only give me another six months to live".

Shattered, she went home and thought about the physician’s proposition. She realized that she would have had more courage and given herself at least seven months, if not seven years, if not seven decades.

Her dilemma was how to transcend the gruesome thoughts and powerful words from this highly experienced physician. After deep reflection she made the personal realization that the reason she had the disease was due to her confusion and lack of guidance. With that realization, she decided what she would do with her future. After applying the Hippocrates lifestyle for several months, she was diagnosed in total remission and has remained so ever since. She has returned to the institute to work on her current concern—living another 50 years!

Dr. Clement’s Tour Schedule

January New York, Maryland, Pennsylvania, Washington D.C.
February Tampa, St. Augustine
March Switzerland, England, Holland, Ireland, Sweden
April Toronto, New York

Please check our website frequently for updates and exact locations.

This brings us to the simple reality that all healing begins in the mind and spirit. When properly applied, one must also use the tools of a clean and nourishing diet and revitalizing exercise.

Hippocrates

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More often than not, the mystics tell us to be selfless. Unfortunately, there is a little truth and a lot of problems in this thinking. When losing self, one loses meaning. Meaning is the central reason for our existence. It may be the fundamental act of procession, the desired act of fulfilling ourselves with meaningful work, or the spectacular joy of achieving happiness in all that we do. These viable, real world happenings demands self. Without a committed conviction and achievable plan one cannot bring about her/his inherent greatness. Selflessness should be restated as humility. In the act of achieving your own maximum benefit, it is being humble. If we call this with without ego. Anything that is achieved with maximum effort and not used as a shallow representation of who we are, is God's work, is not only ego that creates the wedge between harmony and disharmony.

Infants act out of purity and focus. It is not the same focus that we develop as we mature and systematically put together the formula for refinement. Rather, the infant's focus is in the moment and overwhelmingly necessitated by that reality. We must destroy our poorly developed sense of priority, and like the youngest among us, react to the demands of our instinct.

Recapturing your self is, in a way, an oxymoron because to do so we must release ourselves from the burden of our own conditioning. We have been taught how to speak, how to act, and how to present rather than how to truly express our feelings. Of course, we cannot cry out when we are hungry or run freely through the streets with no concerns. We must speak with defined passion and move freely without fear. Our restrictions have been laboriously burdened and awkwardly applied, manifesting far less than a whole person. Bring your self back to the very beginning when limitation was not life-threatening.

To live fully, is to live well without disease. A fully engaged life is like a wide and deep river that rapidly moves forward and carries with it an abundance of life and vitality. This river never waivers, although it changes shape, route and dimension. Its purpose is clear, and most importantly, it is part of a greater system that is interconnected. When you truly equate yourself with this river and live as harmoniously, you will flourish in your future and find favor at every turn.

Take a stand and gather together the important things that engage you and bring you motivation. You are now in control of the potential to fulfill your greatest dreams and dismiss your dogmatic demons. Self is the only element with the authenticity to create success and well being. All else is feeble in comparison. Self can answer every question with authority and never lose focus. It is essential for you to develop a renewed relationship with who you really are and to take that “you” as far as you possibly can. One should never rely on the past to produce the present, yet it is the wise past that reveals those events that we wish to leave behind and those successes we wish to enhance. Your strength does not come from what happened, it comes from who you presently are. Recapturing your self and learn to wholeheartedly love, respect, and honor that boundless, fearless creature – you.

A series of interviews was conducted with people at the top of their field. Although there was a lot of discussion and hazardous questioning, the purpose of these talks was to find out how these gifted individuals achieved their outstanding status. One after another they repeated a similar story. Someone sometimes touched them in their life and gave them confidence, support and encouragement. Most often it was a parent, family member, teacher or friend. Although in different words, each described the same pattern. No matter the challenges in their field, the supporters always shed positive light on their pursuit. Each described that their coach used cutting critiques that at times did not seem favorable, yet were always preceded with the words “I know you will do better the next time.” If we are masterful in our own lives, we can be our best support, rewarding ourselves with consistent success.

Recapturing our self is a noble and important cause that will broaden our capacity to live in the fullest, most rewarding manner. This opportunity brings us the insightfulness required to denounce our own doubts. Not long ago, we worked with a young woman who had lost her child in an accident. That unfortunate incident, coupled with her diagnosis of cancer and her husband leaving, contributed to a painful thorny growth that gathered negative forces creating a gigantic mountain of hardship. When she told her story she gained unanimous support for her state of depression. We may have been the first to tell her that all of this was a revelation and that she needed to interpret it properly. Thinking that we were making light of her disastrous circumstances, she rejected our suggestions. She only wanted more sympathy and had already determined she was going to die. After speaking with her several times, she came and asked why we were so mean.

We responded by saying, “You are the mean one in the scenario; mean to yourself, mean to your remaining children, mean to your friends.” “How dare you!” she responded. “Do you have no heart?” We questioned her by asking if she still had a heart. This further angered her. In a way, all she wanted us to do was tell her it was okay to roll over and die. After this uncomfortable encounter, she returned in a week and said, “You know? Maybe I can heal myself.” When asking what had made the change for her she stated, “I realized how much I once again wanted to be the child girl with a dream rather than the broken woman with no future.”

We are always a child with a great world and we never face irreversible doom. Benhia in the movie “Life is Beautiful” represented this well. Although his circumstances were horrifying, he never allowed the so-called reality to penetrate his fearless happiness. His self perpetuating positivity was contagious and raised the spirits of all the lives he touched. He went to his death courageously smiling and laughing. Will we know ourselves well enough to live an unwavering life, with first objective to be self acceptance? There is no doubt that within us we have the strength to do so. It is for us to rekindle the magnificent energy that the infant has and live a life as wisely and innocently as possible.

10 Hippocrates

Your strength does not come from what happened, it comes from who you presently are.
month, with at least one fast of five or more consecutive days each month. As I write this, I have juiced fasted a total of 87 days so far, or an average of eight or nine days per month. There have been ups and downs: one month I only fasted three days, another month 15, but at this rate, by the end of the year, I will have juice fasted more than 100 days. This game is extraordinarily rewarding: I feel AMAZING!

There are at least five primary benefits that I experience from drinking large amounts of freshly juiced greens:

1. MINERALS. Dark leafy greens are a rich source of minerals. Lack of mineralization is a primary cause of disease.
2. ALKALINITY. Greens are highly alkaline. Acidity is a primary cause of disease.
3. LIVE ENZYMES. As I drink the juice, I can literally feel the life force flooding my body. It’s a natural high!
4. PROTEIN. Dark leafy greens contain all nine linked amino acids required for building protein.
5. HYDRATION. The water and minerals in the plants has been purified by the best system in the world—nature. When accompanied by minerals, the body actually holds water even more effectively than when it ingests straight water. Much of the water we regularly drink passes through us, washing out nutrients as it goes.

There are several positive effects that I experience when I fast on green juice and abstain from all solid food. My skin gets clearer and softer. I breathe more fully and easily. As toxins are drained from muscles and joints, there is little if any stiffness in my limbs—my yoga practice feels exquisite. I feel light, calm, and peaceful. I think clearly, and brilliant creative ideas seem to fall into my head. I am one with God, the planet, and the universe. Exterior circumstances may not change, yet I feel whole and complete. All is well in the inner world, and therefore my attention shifts outward and I am of greater service to others.

I must acknowledge that the process of juice fasting has not always been so glorious. The first few years — during which I fasted well over 100 days, including fasts of 10, 21, 30, and 33 days — were very challenging. A lifetime of stored toxins, anger, and trauma came to the surface to be processed and released. There were periods of exhaustion, resignation, and isolation. It was a roller coaster of bright peaks and dark valleys, but ultimately, it has been the greatest adventure of my life — a profound journey of self-discovery.

In January of my “Year of Fasting”, for no apparent reason, my right shoulder began to hurt. By February, I had to stop doing all upper body work at the gym. I began seeing doctors in March, but it was not until May that I was diagnosed with a “frozen shoulder” and a torn rotator cuff.

An orthopedic surgeon said the torn rotator cuff absolutely must be operated on. He added that “this will not heal itself”, but that the first frozen shoulder had to be reversed. The literature, from the American Academy of Orthopedic Surgeons, explained that the “frozen” stage would last 4 to 9 months, and the “ thawing” stage can take anywhere from 5 to 26 months. Only then could I have the rotator cuff operation, and recovery from that was promised at one year. The whole ordeal could last two to three years.

By then it was July and my seventh month of juice fasting. I began physical therapy three weeks later, and visited an acupuncturist weekly. On my first visit, the acupuncturist scanned my body and took a reading of all my organs, then told me that in his 15 years of practice, I was the healthiest 47-year old person he had ever worked on. I shared my regimen with him, and on my second visit, he told me he had resumed juicing greens and was feeling great. I shared my regimen with my physical therapist (PT), also 15 years into her practice. She had just begun to adopt a raw food diet, and during our sessions, we exchanged raw recipes.

The cause of my injury was still a mystery, and I wanted an answer. For many years, I have worked with mediums, and I now consult with one of the best. I was told that this was a “soul imprint” — a pattern carried through many years. I was told that my shoulder had been wounded in battle a long time ago, and that I had injured it originally even further back.
in history, throwing a discus. These injuries had become part of my identity. I used them to seek pity and attention: "poor me, look at my pain." I asked what I needed to do to transcend this state, and was told I must release it with the affirmation: "I no longer need this as part of my identity."

My progress and recovery were stunning. After three weeks of physical therapy and acupuncture, I went back to the surgeon who conceived, "perhaps you won't need surgery" — a reversal of his initial diagnosis. Two weeks later, my shoulder mobility had increased 50% and the pain had decreased significantly. After just two months, I had regained 90% mobility in my shoulder, felt almost no pain, and was lifting weights again. Both the PT and the acupuncturist told me this was the fastest reversal of a frozen shoulder they had ever seen. Both acknowledged my juicing regimen as the source of my recovery. The green juice fasting allowed the inflammation and fluid to consistently drain from the shoulder, sent a massive supply of minerals to rebuild tissue, and created the alkaline state optimal for healing.

Two weeks before my fourth and final visit to the surgeon, I watched as the NBC nightly news named Dara Torres "Person of the Week": A nine-time medalist at four Olympic Games, the now 40-year-old swimmer is making a comeback after retiring six years ago. She had just won the US nationals, and is considered a shoo-in for the '08 games, where she will be the oldest swimmer in Olympic history. I got chills when I saw her honored on TV, and immediately made her my exercise icon. As I cycled and lifted weights on my way back to peak condition, I told myself, "If Dara can do it, I can."

When I walked into my surgeon's office for that final visit, Dara Torres was standing there in front of me. We sat in the waiting room and talked about proper fuel and proper cleansing for the human body. I told her all about my injury and my green juice and raw food program. She told me her coaches are on a similar program and are trying to get her to fuel herself this way. When the surgeon finally saw me, he said "Get out of here and don't come back!"

I've been back at the gym almost three months now. I juice fast an average of nine days a month, eat a mostly raw vegan diet, and am packing on muscle at a rate I never did gorging on a meat and grain diet. There was a time in my '70s when the idea of eating raw food or fasting for even one day was impossible. What an amazing transformation!

I've been blessed to learn these practices. I feel wonderful, and I want everyone to feel as good as I do. It's not enough for me to feel good — the real reward is in giving away the gift. I envision a world where freshly juiced organic greens are served in our public schools, hospitals, shopping malls, nightclubs, airports everywhere. My mission is to live it, speak about it, write about it, and create projects to make it happen. If you are not already drinking green juice every day, I heartily encourage you to join the Green Juice Revolution!

Alan Pratt is the founder of GrandSpace, an artists' residence and center for health, spirit and art, located in Prospect Heights, Brooklyn, New York. Visit GrandSpace online at www.grandspace.com. Alan can be contacted at alan@grandspace.com.

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Hi, my name is Gina Fitzpatrick and I’ve got some exciting news to share. It was so spectacular, it even amazed me!

I had quite an active lifestyle until my first daughter came along in 2000. I was working full time and only had a few precious hours with her each day. I couldn’t bear putting her in a jogging stroller or leaving her in babysitting at the gym, so I gave up my work out routine.

I was pregnant with my second daughter in 2002 when I first heard Brian talk about the living foods lifestyle. I found it comforting since most people made me feel guilty about being vegetarian—sometimes even asking me if I was depriving my unborn child. I took in quite a bit of information and made some minor changes in my routine and went about my life. I continued to work full time, and had my 2 year old at home, so I still didn’t consider readopting my exercise routine. I justified that by telling myself that eating healthily would compensate for my sedentary lifestyle.

In my childhood, from the ages of 2 to 13, I had been on and off of steroids and antibiotics to treat a weak immune system, asthma, allergies, chronic bronchitis, and pneumonia. I knew these drugs had resulted in my hyper-flexibility and I was concerned about the damage they may have done to my bones. I asked my OB to take a bone scan so I would know where I stood. At 35 years of age, she said it was a bit early, but did it for me anyway.

My test results showed that my bones were in the “medium risk zone.” My OB upped my calcium and told me to come back in a year. I remember Brian saying that the wrong selection of vitamins only created expensive urine, so I tried upping my diet in calcium-rich vegetables as opposed to buying calcium supplements.

The following year, in September 2005, I had my second bone scan and it showed I was experiencing 10% bone loss in my spine and 11% loss in my hips. Now, at 36, this scared me. I used to make fun of my grandmother for shrinking with old age, but I wasn’t ready yet! My OB prescribed more calcium and put me on Boniva, a once-a-month pill to combat bone loss. The Boniva instructions were to take the pill but NOT to bend over for 3 hours or suffer possible esophageal burns. So, with the horrifying thought of adding additional acid into my body and suffering possible burns in my esophagus, I decided to call Brian for a consultation.

When I saw Brian, he informed me that it was normal that I was losing bone mass since I was sitting on my behind all day, every day, without doing any exercise. I could take all the calcium and drugs there were, but they were not going to help me. I had to reintroduce an exercise schedule into my weekly routine. I started lifting extremely light weights two times a week and taking silica three times a day (tapering down every few months). I also cut back on coffee and softdrinks which create an acidic state and leach calcium from the bones. After one year of doing this, I switched to lifting weights once a month and walking four times a week for 30 minutes.

This past month, September 2007, I had my third bone scan. Before the test, my doctor asked me if I was taking the Boniva and calcium. I said “nope” with a bit of a smug look on my face. She called me naughty, so I explained what I was doing. She sent me in for the bone scan with little hope in her voice. I walked into the scan confident that I had stopped my bone loss.

I was outside her office waiting for my results when she called me back in to the scanning room. She couldn’t believe that not only did I stop my bone loss but I had built 17.9% in my hips and 5.4% in my spine. YEAH! Boy did my smug look turn into an “I told you so” smirk! I actually surprised myself. I had no idea that I was now BUILDING bone. How amazing our bodies are! If we treat them well they really do take care of us!

I want to thank Brian for his wonderful and caring advice.

Just a little information and little effort have certainly allowed me to take charge of my own health.
I began the raw and living foods lifestyle in 1997, eating 70% raw. My first visit to Hippocrates was to lose weight. I loved the program, and wanted to stay for 10 weeks! I enjoyed the food and the campus grounds, as well as the mineral pools and therapy center. I was diagnosed with Cervical Stenosis, a narrowing of the spinal canal in the neck that interrupts the brain signals to the legs. There is no pain, lifestyle keeps the body pure, controls weight and makes exercise do-able. I continue to swim and exercise every day for 30 minutes or more. Living this lifestyle is encouraging and motivating.

I believe in this lifestyle, so I brought my family to HHI to enlighten them also. I have made many friendships with people from all over the world and remain in contact with many of them.

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Transform yourself now for lifelong happiness!
My story is in no way unique, nor is it a story of doom and gloom. On the contrary, it is simply the story of a mother who tried to reshape the life that she desperately wanted to hold onto.

Nineteen years ago, when I was 33 years old, married, with two young children, I developed cancer of the lymphatic system. I was pregnant at the time and subsequently lost my baby. I was advised by doctors not to have any more children as it may well have been the pregnancy hormones that triggered the cancer. At that stage, I took the medical advice and treatment, went home with a handful of drugs, and felt completely helpless. I tried to pick up the pieces of my life and close the door on cancer.

After seven years free of cancer and believing that I was cured, I made the choice to have another baby. In the eyes of the medical profession this decision appeared irresponsible, but as any woman who has lost a baby knows it is an instinct that is stronger than sense. Unlike my other pregnancies, there was no rush of congratulations—I was treated like I had been selfish and reckless in my decision. My oncologist had been telling me for many years to put the thought of another child out of my mind. Thankfully for us, this was one piece of advice I didn’t listen to, and the decision turned out to be a blessing. My third child, Julie, the joy of our lives, was born safe and sound. The happy times and everyday dramas of family life took over and my concerns of cancer receded into the background. But like the predator it is, it was merely biding its time.

Twelve years after the first occurrence, the cancer returned in my breast.

How could this be happening to me?

This was every woman’s nightmare. I can still vividly remember when my son Richard was seven and my daughter Sarah was only four years old. How frightening it was then, as a young mother looking at my beautiful children, to face the possibility that I may not live to see them grow up.

With the same disbelief I experienced the first time, I could not believe that I was back in this situation again. Julie was now five and history was repeating itself. What had I done to deserve this a second time? Why had I been singled out for destruction? This was too cruel for one person in one lifetime! If only I had had the foresight in the first place to learn how to prevent it! Why had I waited until my choice was so desperate?

It was at this point that I decided I would have to step up to the mark and find a way to help myself. The time had come for me to take back my future. By examining the fundamental role of nutrition, I discovered that it had a huge part to play in combating the effects of this cruel and frightening disease. In a desperate attempt to heal myself from cancer and the side effects of its treatments, I attended a lecture given by Dr. Brian Clement, a gifted leader in the field of mind/body medicine, the program at home.

My illness was a wake-up call. This major challenge gave me the clear focus that comes when one is faced with reality. I knew I could make no allowances for failure and this paved the way to attaining good health through living, enzyme-rich foods. Embracing the changes recommended at Hippocrates liberated me from the worries of my past history and gave me the courage to focus on the future. Those of us who have faced such a challenge can truly understand the feeling of gratitude at being given back the greatest gift of all: life.

When news of my recovery brought others flocking to my door, I found myself with a new path in life. I now spend my time sharing with others the simple changes I made to improve my health. Through my lectures I have taught cancer patients, doctors, nurses, biochemists, and many other professionals about the Hippocrates approach.

To some degree, the needs of these people taught me more than I could ever have hoped to learn. As part of my task in teaching others, I had to find stepping stones to help them get beyond the limitations they had built up over a lifetime. Many people find it difficult to change their circumstance when in the grips of disease and often delegate responsibility for their well-being to their doctors or rely on the latest ground-breaking discoveries of modern medicine to help them.

The most important step we can take towards achieving better health is to take responsibility for our own nourishment. One of my proudest achievements has been educating people on the importance of the healing that lies within each of us. Once this lesson is learned, we honor and respect our own lives. My greatest satisfaction has come from watching these people thrive and return to good health.

A huge public demand drew me to write my story. It captured and won the hearts of the Irish people and became a No. 1 bestseller overnight. My story is full of joy, heartache, and tenderness and gives a pertinent account of what the human body can achieve when it is put to the ultimate test. Everyone faces challenges, how we respond to them is the biggest challenge of all. I hope you will recognize, as I did, that the Hippocrates approach works. The choice is yours.

Contact Bernadette Bohan at b@changesimply.com or www.changesimply.com

The Choice
by Bernadette Bohan

I now spend my time sharing with others the simple changes I made to improve my health.
There seems to be a strong surge of promotion recently in the raw community for the sale and consumption of raw cacao and raw chocolate. It is being said that a small amount on a daily basis is actually good for you. What is your professional opinion of this?

Despite the exposé we published in a recent Hippocrates magazine, there are still many people who try to justify their craving for chocolate. Beyond the fact that it has both a high fat and caffeine content, there are few, if any, nutrients that are impressive. The phytochemicals found in chocolate are easily obtained in higher amounts in more health-building foods.

Can essential oils and aromatherapy have a positive effect on recovery from serious illness? I also read that some of these oils (Peppermint for digestion, Rosemary for mental fatigue) can actually be consumed. Are there any side effects that you know of to the use of these products?

Essential oils promote hormonal activity through olfaction. Hormones are the instigating force behind much of the body's inner workings from immunity to emotion, so anything that influences the hormones can have a broad bearing on the rest of the body. Some pure essential oils do have ideal maintenance dose for the average adult is 2 oz in the morning and 2 oz in the evening.

Will a vegan diet lead to weight loss for someone who has always carried around a few extra pounds seemingly regardless of what or how much they eat? A vegan living-food diet, when properly consumed, will never add unwanted pounds to the body. This is why so many people, in the hopes of losing weight, have found the Hippocrates diet to be their best ally. While healthy food may not add pounds, you must still be conscious about the need for muscle building exercise to maintain a strong anatomy and balanced weight.

I have recently been diagnosed with prostate cancer. I had my prostate removed and have adopted the Hippocrates lifestyle. I am being told by my doctors that chemotherapy is still something I should consider because a trace of cancer was found in a lymph node biopsy.

Do you think there any reason I shouldn't do the chemo just as a precautionary action?

Thousands of people worldwide with prostate cancer have adopted the Hippocrates lifestyle. More than half have integrated this with the allopathic approach of surgery, chemotherapy, and/or radiation. In either case, the immune building properties of living food and the support of whole food supplementation will elevate one's ability to battle the disease. We do not advise for or against these medical treatments. Over the years we have learned that one's attitude and perception and the comfort level they have with any procedure, is most important to their recovery.

Are there any supplements that might help expedite the healing of fractured bones and residual scar tissue? Besides the use of magnets, the supply of...
Paying it Forward: How Going Raw Saved My Life

By Wayne Silva

I have been a carpenter for about 30 years and a diagnosed diabetic for more than 20 years. Recently, at age 51, I was kicked out of a diabetes study at Baylor Diabetes Research Center, Dallas, Texas, for being too well.

That's right, according to the allopathic medical doctors, I am no longer a diabetic!

When I was diagnosed at age 33, I was 430 lbs—nearly 200 lbs overweight. My blood pressure was averaging 220/160 (normal is 110/80) and my blood sugars were often in the 200-300’s (normal is 70). I was also experiencing diabetic neuropathy (tingling in the hands and feet, lack of grip-strength in my hands, and Restless Leg Syndrome).

To make matters worse, I had been incapacitated and bedridden from the complications of a work-related accident for approximately two years. I had fallen three stories, landing straight down on my legs. The impact Compacted my neck, and severely injured my legs. I had to undergo double reconstructive knee surgery.

Once I was able to move around again, I began assisting a couple of guys with some raw food potlucks. The raw food concept was all new to me, but it seemed interesting and I wanted to help out. Before long, they decided to open a restaurant and offered me the carpentry project. Just like that, I was building The Organic Garden Café® in Beverly, Massachusetts, a new raw foods restaurant. At that time, I was just building a restaurant—juicing and the raw food lifestyle were still “someone else’s thing.”

The extensive knowledge of the owner, Robert Reid, piqued my interest, opened my mind, and inspired me to look deeper. Although still foreign, the concept of eating mainly raw foods was an awakening for me. One 17-year-old art student was so full of compassion and willingness to help me explore this new way of eating, that I was floored. The folks I met were pleasant, patient, and open to guide me along a new path to health.

After building the “cafe that saved my life,” and learning more about eating raw foods, I stopped working carpentry and went to work in the restaurant. I began by learning the art of sprouting. After that, I worked in the prep area and eventually graduated to making food. Before long, I got all the equipment for myself (Vita-Nix, dehydrator etc.) and began to use it.

I learned the raw food philosophy from these good people, and it has literally saved my life. I lost a couple of hundred pounds, even out my blood sugar, lowered my cholesterol, and changed my lifestyle. The knowledge really got to me.

It took seven years of aggressive action, following the raw food philosophy and taking the exercise outside, rather than the traditional gym method. Through biking, swimming, rock climbing, and enjoying high-energy dancing I managed to make the progress I have made. The doctors said I would never walk normally and never return to my trade. Had I continued on with my old path, they would have been correct and I probably would not be alive today! However, because of my choices of therapy, I can walk, ride a bike, drive, and do all manners of work.

Taking the alternative path was not an easy journey, but perseverance has paid off BIG! Beginning with living foods and herbs to replace conventional medicines, then learning about homeopathic, ayurvedic, and naturopathic philosophies, and finally doing much rehabilitative exercise, I managed to lose 200 lbs, and repair or reverse many of my previous conditions. My leg injuries and other complications from the accident have virtually disappeared along with the diabetess and its complications, including the diabetic neuropathy, high cholesterol, and more. I have achieved an unprecedented state of health and movement, beyond what I could ever have imagined.

Today, I feel better than I have ever felt in my life.

I returned to carpentry for a few years, only to find that I’d rather find ways to share this healthy path with others. I use what I have learned over the past 10-plus years to work with individuals, such as helping the elderly to age well and assisting children and adults with diabetes to live a healthy life without drugs.

In my new life, I spend my off-work hours biking more than 30 miles a week, both on land and sea. (Yes, I actually bike in the ocean by mounting my bicycle onto a pontoon!) I go Reggae, Hip-Hop, and Ska dancing 2-3 nights a week. I practice outdoor yoga...and I work full time! I work like I am 25 years old! I run up and down 30-ft ladders, doing carpentry work five days a week (when I am not helping someone turn around their health).

Who needs a gym?

As for the study, in the end the numbers for my blood sugar are now in the 70-80 range (as opposed to the hundreds), a phenomenal change. The clinicians said my resting heart rate was 47, and that I had the heart strength of a 25-year-old. My diabetes A1C test showed a 4.9! It had been in the double digits, up around 11 or 12.

Dealing with my diabetes head-on has really taken my experience of life to the next level. I juice every morning, eat monster-sized salads for lunch, and drink juice again or eat banana-coconut ice cream” for supper. Although in the kitchen, I am still Chef-Boy-R-Duh inexperienced, clumsy, and messy. I usually manage to make some things that satisfy my penchant for elaborate foods—although I often end up eating all the ingredients before the recipe is complete.

I have navigated my way through many learning adventures as a diabetic, but for the raw food lifestyle has achieved the most results, both in my life, and in the lives of those I am privileged to help.

As I retire from carpentry, I am positioning myself to become a diabetes coach.

I am also studying to get certified. I have certifications so far in herbology, iridology, and naturopathy. I am also a massage/movement therapist. I continue to study and gain knowledge because it is time to take what I have learned and “pay it forward.”

Mother Teresa said: “We are pencils in the hands of a loving God, who is writing love letters to the world.”
by Sam Sheppard

I never thought I would say these words, but here it is: “I am really beginning to love New York.” I am the guy whose idea of a vacation is a week hiking and camping in the mountains with as little human contact as possible. Perfection was taking pictures of trees and making little writings to correlate walking with a bit of creative therapy. Until this year, I had absolutely no reason or desire to go to a big city. Now, after only a few visits to Manhattan I can honestly say that I cannot wait to go back. Personally, I blame the abundance of healthy, organic food in that town.

My recent discovery, and a very pleasant surprise, was Candle 79. You can find it on the moment you walk through the front door of Candle 79, you know you’re in the right place. The quiet, laid-back atmosphere could become quite addictive if I were a New York resident. The peace and serenity is so obvious, it is shared even in the faces of the staff it would be curious to see if this attitude remains when all the seats are full. Co-owners Bart Potenza and Joy Pierson (with a lot of help, I’m sure, from general manager Benay Vinereb) carefully chose and placed the personnel with just that camaraderie in mind. I had the opportunity to meet all three of these folks on my visit to Candle 79, and it truly was a pleasure to put and chat with them about raw and living foods, vegetarianism, organic produce and, of course, the evolution of the Candle Café. The enthusiasm that Potenza displays for the whole green lifestyle is both inspiring and contagious. It is easier to change someone’s political or religious views than it is to change their eating habits, is a favorite quote of his.

During our chat, he told me a little history about the Candle Café. It actually opened 23 years ago as The Healthy Candle when Potenza purchased Sonny’s juice bar, on 71st and Lexington, when its original owners were retiring. In 1987 he met Joy Pierson, a nutritionist, and it seemed to be a natural move for them to transition the juice bar into a vegetarian restaurant. Armed with a plan, the couple were just waiting for the financing when, astonishingly, they found themselves holding a winning Lottery ticket!

Eighty percent of the products used at the Candle 79 and the Candle Café come either from local farmers or from Josh of Josh’s Green Market, Hollywood, Florida (see Volume 27, Issue 3, 2003, 2005) on the season. The fact that nearly all of the vegetables used in the kitchen are organic is a testament to the love and respect the owners have, not only for the health of their clients, but for the environment as well.

I was also surprised to hear that as many as 80 percent of the consumers at the restaurant are not regular vegetarians. This certainly says something for the quality of the food, not to mention the variety of the dishes on the menu. While raw items make up only a small part, the menu is totally vegan and there is also a section of completely gluten-free items. According to Potenza, this is the first and only restaurant at least in this area to provide a gluten-free selection at this level.

The diversity of the clientele also speaks loudly as to the viability of the food. Although it is frequented by a handful of regulars and numerous tourists, it would not be unusual to run into one of your favorite celebrities dining on a perfectly vegan meal at Candle 79. Potenza dropped a few impressive names just to prove his point about the recent growth and momentum of the “Green Movement.” His faith and commitment to this movement is some of the traits that make him such a valuable member of the green community.

As we spoke, the kitchen staff was busy preparing a few dishes for me to photograph and, as you can see, they do know how to present their creations in an outstanding fashion. They looked too perfect to eat, but my appetite won out. Once the photography work was done, there was nothing else to do with these beauties except quickly devour them before they could grow old.

The fact that we had a dinner reservation an hour later only affected my decision to not eat the dessert at least, not until after dinner. I started with the Live Cucumber and Avocado Soup. This is a beautiful presentation of a cold soup and as tasty as it was pretty. I was sure I tasted dill and I was a little bit surprised not to see it in the recipe, but it must have been the skillful use of coconut. Nevertheless, the predominant flavor was definitely cucumbers, with the avocado following dose behind and with just a hint of jalapeño.

Next, we sampled the raw Coconut Pad Thai which is an excellent imitation of the real thing. No, it is actually better and, I’m quite sure, much better for you than authentic Pad Thai. The noodles were raw coconut meat. There was a bounty of herb and spice flavoring created by the ginger, garlic, and Thai chiles and a plentiful sweet sauce of shiitakes, lemongrass, and sesame oil. You can find the complete recipe in the Candle recipe book, available online @ www.candlecafe.com.

Finally, we came to my favorite course: dessert. Dessert is always my favorite dish regardless of where I am eating and the Candle 79 Café was no exception. I chose the Live Ginger-Apple Parfait: ginger-cashew cream, nut granola, apples and huckleberry ice cream. The dehydrated apple slice on top made for a nice pre-dessert appetizer and gave a hint of what was to come. This is no ordinary raw dessert—this is extreme! The raw huckleberry ice cream was exquisite and the crunchy nut granola on the bottom made for a properly amplified ending, although it did, as dessert always does, leave me wanting more.

Candle 79
154 East 79th Street
New York City 10021
(212) 231-7179
Candle Café
1307 Third Avenue
New York City 10021
(212) 472-9070
www.candlecafe.com

Avocado and Red Pepper Tartar

Ingredients:
3 oz fresh avocados
3 oz red pepper
2 oz fresh coriander
2 oz fresh cilantro
2 oz fresh lime juice
2 oz fresh mint leaves
1 oz fresh jalapeño
2 oz fresh garlic

Procedure:
1. Mix all ingredients together and serve.

To marinate while preparing the remaining ingredients:

For the Tartar:
1. Remove seeds from the peppers and cut into a medium dice. Place in a large bowl.
2. Cut the avocados in half. With your knife carefully pull gently to separate. Cut into bite-sized pieces and place in a large bowl.
3. Sprinkle in the kosher salt, pepper, and lime juice. Mix well.
4. Combine all ingredients. Marinate for several hours, stirring occasionally.

For the Garnish:
1. Stir well and place into a small bowl. Garnish with:
2. Fresh cilantro leaves
3. Fresh mint leaves
4. Sliced jalapeño

To serve:
1. Place the tartar in the center of the plate and surround with:
2. Avocado slices
3. Red pepper slices
4. Cilantro sprigs

Candle 79

Ingredients:
For the Mushroom Garnish
3 oz Dried Oyster mushrooms
2 oz Enoki mushrooms
2 oz Button mushrooms
2 oz Shiitake mushrooms
2 oz Oyster mushrooms
2 oz Chestnut mushrooms

For the Tartare:
2 oz Live cucumber
2 oz Live avocado
2 oz Live jalapeño

Procedure:
1. Combine all ingredients in a large bowl. Mix well.

For the Garnish:
1. Stir well and place into a small bowl. Garnish with:
2. Diced red onion
3. Sliced jalapeño
4. Sliced scallions

To serve:
1. Place the tartare in the center of the plate and surround with:
2. Avocado slices
3. Pepper slices
4. Cilantro sprigs
Are We Ever Too Young or Too Old To Give Our Bodies The Best?

LifeGive supplements are made from real plants and genuine foods as they occur in nature. Most supplements on the market today are little more than a glorified chemistry experiment with synthetic ingredients so prevalent that the internal stress being created within your body far outweighs any possible nutritional benefit. LifeGive supplements, on the other hand, are 100% natural. Only wild crafted or certified organic whole food ingredients are used when producing the special blends for our products. These are easily absorbed and assimilated by the body without the harmful effects of synthetic or chemically derived substances.

You can count on LifeGive supplements to provide you and your family with the highest levels of nutritional health, as well as an increase in physical energy and lifespan.

So move ahead, insist on the best for yourself, and for those you love. Insist on LifeGive Supplements and rest assured that you are not only making an investment in your future, but also the well being of the earth itself.

Our wide range of supplements (many which are not pictured here), can be ordered either from our New Online Market (www.hippocratesinstitute.org) or by calling 561-471-8876 ext. 124.

Be sure to look for the NOS Logo on all of your supplements to be certain you are getting 100% pure organic plant and food ingredients as they occur in nature.
At the risk of being overly dramatic, I can say with certainty that October 25, 1985, is my own personal "Day of Infamy." On that day, I was escorted into the doctor's office and told that I was HIV+. Everything I knew about myself or thought I knew about myself was thrown into a whirlwind. The only alternative left to me was to face the HIV infection, stigma, and discrimination. I made a personal refusal and determination not to succumb to stigma.

Even today, people with HIV/AIDS suffer from social stigma, but there is also a self-stigma that comes from within. These two are intertwined, but self-stigma is more difficult to recognize and to deal with. In living with HIV/AIDS, and now a major health problem, the strategies that helped me were the Hippocrates Health Institute and the encouraging support of an interactive self-help program. These have been the major factors in empowering me to become open and take responsibility for healing myself. This is where Hippocrates Health Institute entered into and saved my life.

More than twenty years ago, I had a choice to do what my doctor suggested, which was to take AZT or to seek out alternative treatments. Since all of my friends were dying taking AZT, which was the only conventional treatment available at the time, it only made sense for me to go the alternative route. I went to a nutritionist and she recommended Hippocrates Health Institute. There is no question in my mind that this was the right choice.

When I entered Hippocrates, I had no energy and was suffering from shingles on my back. I could barely walk up the small set of stairs, but as I took the first step into the Institute, I knew I was in the right place. After the first week, I was already gaining strength and the shingles were fading away. Between the raw live food and group support, my body quickly turned on the path of healing.

I took the Hippocrates program home with me and it became my new lifestyle. I built my own greenhouse and grew my own sprouts and wheatgrass. I had all kinds of energy and I was back working eight hours a day. I did this for 10 years and was healthy as a bull. Then I made the mistake of falling off the wagon. I guess I became fearful and started to listen to my doctor. This is where things started to go downhill for me. My doctor told me there were new conventional treatments with few side effects. It would slow down the virus and the virus would be undetectable in the blood. I bought it! Well, he was right, the virus did go undetectable, but what else was going on with these drugs in my body? Everything that I had learned at Hippocrates I had put on the back burner. I began to eat whatever I wanted again and got into the recreational drug scene (very bad choice). I was now heading down the path of my old lifestyle.

The health that I was enjoying when I was on the Hippocrates program was now being compromised. My body weight was dropping and I noticed a lump on my neck. I was told by my doctor that I now have Hodgkin's disease. Yes, the "Big C" word, cancer! Once again, I am faced with disease, but this time with not one disease, but two: HIV and cancer. I was already in the stage of cancer where chemotherapy was my only choice, so I thought. Once again fear won over! I had to make a quick decision and I went with the chemotherapy.

After five months of chemotherapy, there was hardly any flesh left on my six foot frame. I went from 195 lbs. down to 125 lbs. in three months. I had four treatments of chemotherapy to go and not an ounce of energy left. I told my doctors no more. I was told that the cancer might come back if I did not go through with all of the treatments. I told my doctor I would take that chance. I moved back to my home in the Adirondack Mountains and began bringing back into my life what I had learned at Hippocrates.

My cancer has now been in remission for three years, and I am healthy as a bull once again! Thanks to my experiences and the knowledge learned from the Hippocrates Health Institute. I am back training at the gym five days a week and back to 195 lbs. of lean muscle! I had to become a survivor. I had to become master of my life and be in charge. There is one very important thing I can share - take responsibility for your own health and healing. Listen to what your body is telling you. No one else can do that for you. There are so many pieces to the puzzle in healing yourself and one of the big pieces of the puzzle is Hippocrates Health Institute. I am so grateful to have that piece of the puzzle back in my life again.
"As someone who has been an MD for over 20 years, I can tell you that yoga is quite simply the most powerful system for overall health and well being I have ever seen."

—Timothy McCall, M.D.

Yoga as Medicine: The Yogic Prescription for Health and Healing

The Healing Power of Yoga

by Heidi Rocks

True healing is about more than just not being sick, it is about optimizing the function of every system in your body. (a) It is about returning to harmony that which is out of harmony, whether that harmony is defined physically, emotionally, or spiritually.

The term yoga actually covers a vast array of paths and disciplines all designed to return a person to harmony. The physical postures that we call yoga are, more correctly, called asana. An asana practice is also inseparable linked with a breathing practice. In fact, the simple intention of synchronizing breath with movement is at the heart of many of the asanas practiced currently popular. A full, steady breath is always the goal of the experienced yogi, regardless of the complexity of the pose.

Try this: Slowly, contract your chest cavity and your breathing and stare at the floor. See if your mood doesn't become gloomy and sad, now open up, look up, take several deep breaths, and watch as your mood, your perspective, and your entire experience of the world around you changes.

The physical practice of asana and the breathing that goes with it has a long and growing list of conditions it has been shown to alleviate. The integration of the body and mind that the practice requires produces measurable effects in several areas.

Set it Straight!

One observable benefit comes in the form of improved posture. Poor posture causes muscular strain, fatigue, and stress on your joints. Slumping also constricts lung capacity thereby limiting the amount of oxygen available to fuel the heart and brain, which are heavily dependant on ample oxygen supplies. A 2004 study at UCLA followed 1,300 older patients with excessive kyphosis (a shrunken hump). Results concluded that the "slumpers" were 2.4 times more likely to die from atherosclerosis-related causes such as heart attacks (a). Also in 2004, an Italian study found that people with excessive kyphosis were 2.5 times more likely to suffer shortness of breath (a).

Breathe!

Slower, deeper breathing also calms the nervous system. "Quiet breathing influences the autonomic circuits that slow the heartbeat and reduce blood pressure, producing calm and a sense of stability. Abnormal breathing patterns can stimulate autonomic reactions associated with panic attacks, anxiety, and chronic over-stimulation of the sympathetic (fight or flight) nervous system. (c)"

In a panic situation, the response is often to take many rapid shallow breaths that actually deplete the oxygen in the air into the alveoli (the point of exchange for oxygen and carbon dioxide between the blood and lungs). A 1998 study, published in the Lancet, followed patients with restricted lung capacity due to congestive heart failure. After practicing full (deep) yogic breathing periodically for one month, the average number of breaths taken per minute dropped from 33.4 to 6.7. Their exercise capacity increased as did their blood oxygen saturation (a).

Increased oxygen in the blood coupled with improved circulation brings more oxygenated blood to the extremities. Studies show asana practice measurably increases levels of hemoglobin (the carrier of oxygen in the blood) and red blood cells. The exchange of oxygen for carbon dioxide (CO2) happens through a delicate balance of pressure gradients between the blood and alveoli or the blood and cells. When the CO2-rich blood reaches the lungs, the perpetual quest for balance that drives much of the body's biochemistry demands the transfer of CO2 for oxygen. (d)

If, as during shallow breathing, we lose too much CO2, there is loss transfer both at the alveoli and at the cells themselves. The blood will retain what oxygen it has to maintain proper blood pH levels leaving a build-up of metabolic waste at the cells and effectively starving the cells of oxygen.

Flush it Out!

The sequence of postures in an asana practice will also (through twisting and alternating contractions and stretching a muscle or area of the body) actively assist the flushing of wastes by effectively "pumping" new blood into an area and removing "built-up toxins." Unlike the arterial vessels, which rely on the heart muscle for circulation, not on the lungs nor the lymphatic vessels have any inherent pumping mechanism. They can be made to work via contractions of large skeletal muscles and, to a lesser extent, inverting the body and utilizing gravity to achieve circulation. The asanas facilitate venous return and lymphatic circulation using strong muscular contractions as well as inverting the body in certain postures.

Pump it up!

Although not known as an aerobic exercise, a vigorous asana practice has similar effects to the cardiovascular system as running. One study of 40 young men in the Indian army found that the group practicing asana for one hour per day experienced the same benefits as those taking only conventional exercise, such as reduced resting heart rate, increased maximum uptake of oxygen, and longer endurance. In addition, those practicing asana also reported a "reduction in perceived exertion on maximal exercise." (a)

Lose Points...

Regular practice has also shown to be effective in lowering blood pressure, cortisol, LDLs, and triglycerides. Lowered cortisol levels have been linked with lowered blood sugar levels since cortisol regulates blood sugar levels in response to stress. Lowered cortisol also assists in improved immune function and memory. (a)

Recovery 8
...and Pounds

Of course, let’s not forget that the success of yoga can have with weight and control loss. Lowered body weight has its beneficial effects on a host of conditions such as diabetes, high blood pressure, and the risk of heart attack and stroke. Apart from sweating and burning calories, yoga creates a more mindful relationship with the body, increasing both body awareness and acceptance.

Make the Mind-Body Connection

Psychoneuroimmunology, the study of the interactions of various body systems, now acknowledges that there is a complex network of feedback, mediation, and modulation among the central and autonomic nervous systems, the endocrine system, the immune system, and the stress response system. These systems, which were previously considered pristinely independent, in fact, interact on myriad levels. (b)

Asana practice has proven to be effective in improving mood, self-esteem, and a sense of well-being. Leveling lower levels of anger and fostering a more accepting relationship with oneself and subsequently with others. (a)

Let it Go!

Greater body awareness leads to greater awareness of unconscious habits such as muscular gripping and arming. Gripping is a physical response to the stress hormones telling our bodies to prepare for flight or fight by increasing blood pressure, heart rate, and blood sugar concentration. In this state our bodies also retain urine and water and shunt energetic priority from the digestive functions in order to fuel the skeletal muscles. (d) All of which would be great if we actually had to outrun the mystery beast, but we don’t. Instead, we sit in the car and grind our teeth.

For New Paths

Scientists now understand that the adult brain is plastic, i.e. capable of change. Creating a new habit or thought pattern is much like hacking your way through the jungle with a machete. The first time it seems nearly impossible and it may even take several days to reach your goal. However, with persistence, each time gets easier until you have a well-worn path. But if you cease to use it the path becomes overgrown, leaving only the barest hint of an access. The process is the same whether the synaptic pathway is desirable and in your interest, or detrimental and ultimately damaging. More than just mitigating problems once they occur, an asana practice can actually give us the awareness and the space to choose alternative responses or change the perception altogether.

Make Better Choices

One of the purposes of asana practice is to locate your nervous system under stress. It is a way to become in touch with your own unconscious wisdom. If you allow you to know your reactions. Eventually, perhaps you start to make different choices: instead of giving up, perhaps breathing through a difficulty, or instead of muscling through a pose, to honor yourself and back off, perhaps avoiding injury. We can learn how to release the expectations of our habitual chatter, and focus: to soften, listen, and breathe.

Get Fringe Benefits

When we use the term practice, we are referring not to achieving the next most difficult pose, but instead to the practice of applying what we learn about ourselves on the mat to our daily lives. The spiritual healing that yoga gives is not something you get sneakily up on you; it’s not the most common reason people take up the practice these days, but it’s often why they are so happy to stick with it. The Sanskrit word yoga literally means to yoke. It implies union or the joining of two separate things into one. This practice of yoga can re-unite the mind with the body, opening lines of internal communication and engendering a deeper awareness of the self.

This deeper awareness of who we are actually allows us to see a broader picture of the world than the usual rat race in which we chronically bumble. It can instill a sense of perspective on the ebb and flow of events both within and beyond our control. This shift in perspective brings with it a sense of peace.

Don’t React, Respond!

It brings the ability to observe without reacting, the ability to then mindfully respond and simply repeat the knee-jerk reflex actions within the conditioned synapses. Perhaps you should practice in order to get in shape. After a few weeks you find your back hasn’t hurt in a while. Next, the absurdity at work that used to send you over the edge begins to seem a little less important; and maybe the guy who just cut you off in traffic wasn’t a @!%$!!—he was just in a legitimate hurry.

Time, you might even find yourself pausing to wince in a moment of unconscious wisdom and wonder how you ever tolerated it. You’ve changed, and just without really trying to do anything at all, you realize you are connected. You are completely at one and at peace with yourself, the rest of the world, and your path within it. Everything is perfect just as it is; it always has been and always will be. Life isn’t as hard as it can’t be otherwise. This is what all those sage talks are about… and then, your cell phone rings, and the moment is gone.

But a very small and very quiet part of a sensory remem- bers, and just for a moment there, with every particle of your being, just now: (a)

(a) Yoga as Medicine, The Yoga Pre- sentation for Health and Healing, Timothy McCall, MD; ppgs. 4-5, 32, 38, 39, 46, 63, 101, 116
(b) The Scientific Basis for Integrative Medicine, Leonard Levere, M.D.
(c) Anatomy of Hatha Yoga A Manual for Students Teachers and Practitioners, H. David Coulier (p. 98)
(d) Anatomy and Physiology, Fourth Edition by Al Thibodeau and K. P. Patton (ppgs: 712 and 672)

On Healing and Yoga: What the Instructors have to say…

"I believe that increasing awareness of the role of the physical, emotional, or social aspect of the situation that a client is trying to address will help them to tap into the area that is the issue. I have had two students who used pranayama to help them stop using their other addictions. I think that evolutionary process is a natural one when you create, or find, a healthy control to help your stay in balance and aware to reduce his/their physical symptoms. The spiritual healing that the yoga gives is not something you get sneakily up on you; it’s not the most common reason people take up the practice these days, but it’s often why they are so happy to stick with it."

-Ashma Trenchard... (In Mahal Thomson, Miami, Florida, MyYogaLibrary.com)

Practitioner and Yoga Therapist, Miami, Florida, MyYogaLibrary.com

"I am about getting connected to oneself and gaining an awareness of the awareness potential. I am a student of, and am interested in, the effect of our chemical/environmental experiences, as well as the development, structuring, and functioning, of our bodies on a cellular level... Our perceptions make up what we believe reality to be... As these perceptions change, so does our understanding of life. The mind is created anew, and it has the power to heal and create something wonderful as well."

-Medha Devi, Ayurveda, Ayurveda, Door and door (501) 278-1171

"Yoga teaches healing by releasing the body and mind with the ultimate healing potential of the soul. Natural means is the immediate solution for meaningful and profound physical and emotional traumas that remain lodged in the body and mind. People are usually unaware of the real impact of their psychological, and mentally, the natural state of self receptivity which promotes the healing response."

-Nealt Whelan, Massachusetts, Omega Institute, New York, and Yoga South, Florida

"I meet people all the time with physical, emotional, mental, and spiritual ailments and I have seen people transformed through pranayama, meditation, and asana. People feel a greater sense of inner happiness, excitement, excitement, and sadness. People come to yoga for physical exercise. By the time they leave they don’t even notice it as they get in shape, they start to wonder why they do but the inner happiness, excitement, excitement, and sadness is exactly when yoga will have found them."

-Ryan McGinnis, RYT 500, YogaFacet.com

"Yoga is about getting connected to oneself and gaining an awareness of the awareness potential. I am a student of, and am interested in, the effect of our chemical/environmental experiences, as well as the development, structuring, and functioning, of our bodies on a cellular level... Our perceptions make up what we believe reality to be... As these perceptions change, so does our understanding of life. The mind is created anew, and it has the power to heal and create something wonderful as well."

-Green, William St., 1st and Founder of Jaiy Sivit, 857, Miami, Florida, MyYogaLibrary.com

"If there is a condition or illness that you are trying to over, you may be able to create a new reality: one of spaciousness, choice, and lightness. Being more comfortable in our own skins is one of the greatest factors towards happiness and well-being."

-James Krip, RYT, 90, YogaFacet.com

"On Healing and Yoga: What the Instructors have to say…"

-Recovery 35

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In August of 2005 I went for my annual check-up and the doctor found a nodule on the left lobe of my prostate. My blood work came back with a PSA score of 4.7 (normal is 0-4.0). My doctor sent me to the urologist who performed a biopsy and found that one of 10 biopsies appeared to have cancer on 1% of it. With that information he recommended that I have my prostate laparoscopically removed with his new robot-controlled machine.

While I was waiting for the results of the biopsy, I did a lot of research on the various ways of dealing with prostate cancer, both traditional and alternative. I have always believed in alternative, or what I prefer to call "complementary, medicine." I believe there is a place for both. What I learned was that the only choices the medical community had to offer were removal, radioactive seeds implanted in the prostate, hormone treatment, and radiation.

I went from urologist to urologist and each one had a reason why his way was best. I talked to many people who had the procedures and each one had a degree of success, but not without risk and complications. It seemed to me they were all measuring their success by the number of years you may live after the procedure. Then, the potential side effects were 25% chance of incontinence and 45% for impotence, speaking in a higher voice, and developing larger breasts from the hormone therapy. These did not seem like good odds to me. When I questioned one doctor he said, "What you have figured out is that we really don't know what we are doing on this matter. We are just trying to do the best we can."

In the meantime, I was heavily investigating alternative methods. By contrast, everything I read and everyone I spoke to in the alternative health care world was at least singing from the same hymnal. They were either all right or all wrong, but at least they were all saying the same things. Things like detoxification, vegetarian or vegan diets, weight loss, stress reduction, high quality nutritional supplements, and a positive attitude can give your body the tools it needs to beat the cancer.

I met with several alternative doctors and continued my research until I found Hippocrates, which seemed to take everything that I had learned to the next level. I enrolled in their three-week Life Change Program and it did change my life. I am healthier and happier in every way imaginable. I have lost weight and look and feel better than I have in years. Once again I am playing Volleyball on the beach three days per week. Not just volleyball, but competitive doubles and triples and quads at a "B" level, which is slightly higher than a varsity college level. I am nearly 64 years old and playing with people who are 34 years old.

I can't honestly say that the cancer is gone, because I do not plan to get another biopsy. I believe they make it spread. I do know that my body is healthy enough to get rid of it based on the way I feel and what I have learned. I wish all of you the best in your search for the right answers. I hope this will help in some way when you make perhaps one of your life's most difficult decisions. I can only say that, in my experience, the HHI program can only help and never hurt anyone. Knowledge is power and a positive attitude is what drives it.

That's Why We Formulated A Whole-Food Multi-Vitamin Specifically For Them.

We Also Make One Especially For Women.

We Know That Men Really Are Built Quite Differently Than Women...
Remember the Milton Bradley game Operation? Well, before cancer forced me to educate myself, that game was my main reference for the body’s organ systems. I was still looking for the “wishbone” when, out of nowhere, my vascular system blew up! Why hadn’t I been paying attention? Why had I been striving around in stupid acting classes? I should have gone to medical school! I should have listened in biology class instead of passing notes to my friends and flinging with pimples schoolboys. Oh, I wish I could go back and undo.

Get in line, right? Who doesn’t feel that way about something? If only we could press STOP the moment before it all changed... but it just doesn’t work that way. When the red phone rang with my wake-up call, a lightbulb went off. Back then, I had no idea how to take care of myself, to eat right and nourish my body. My idea of nutrition was based on what to eat to keep (or whittle away) my figure for my job. PowerBar, coffee, fat-free this and take-out that: my meals were planned according to convenience. I didn’t have time to cook! Order, pick up, or nuke, that pretty much described my routine. I chose restaurants based on wine lists, not the nutritional value of their food. Please, how square!

The worst part about my ignorance was that I assumed it was my body’s job to sort it all out. I put the junk in, and it dealt with it. I had no idea how, but that wasn’t my problem. My job was to keep the junk on the table. Whatever my body was doing, well, it just had to keep doing it, and if I drove my bus like a bat out of hell today, I promised I would slow it down tomorrow. I was in my twenties! Savings accounts, retirement packages, and fiber were for boring people! I wanted juicy, luscious living, and I didn’t want to have to think about it. I was too cool for that.

Then I got sick: stage IV cancer to be exact. It was Valentine’s day, 2003. I was just 31 and shattered by the news that not only did I have an advanced cancer but it was inoperable with no treatment and no cure. Hello! My darn body was asleep at the wheel. Or was it? I couldn’t help but wonder: In my ignorance, had I pulled the trigger on an already existing predisposition? Was my immune system struggling as I looked the other way, partyed, and numbed out?

I’ll never know for sure, but it was certainly food for thought.

When my wonderful doctor told me to “watch and wait,” I went nuts. No way! I’m Stage IV—and there is no Stage V! So I chose to explore alternative/ holistic medicine, not because I wanted to be a brave pioneer, but because in my mind there were no other options. To watch and wait and do nothing felt totally disempowering. I wanted to be part of the solution, not part of the problem.

So I read countless books on nutrition and natural recovery from cancer. I traveled the country taking workshops and seminars, interviewing top researchers, Western doctors, Eastern doctors, teachers, guru’s, alternative practitioners, nutritionists, naturopaths, yogis, and healers. I left no stone unturned and basically became a guinea pig with certifications. I did liver flushes, gallbladder cleanses, and blood cleanses: I fasted, drank gallons of herbs (sock juice, as my dad calls the concoctions), downed supplements, and even drank my own urine—once!

I spent a year driving back and forth to Philly to study macrobiotics, then I finally found Hippocrates. I devoured the three-week Life Change Program and decided to go back to become a Health Educator. It was then that the pieces of the puzzle finally began to fit together. "He Hippocrates approach to health through cleansing the body and eating a raw, living foods diet rich in enzymes and oxygen made sense. Bringing my body back into balance was actually much simpler than I thought. Anyone who has ever heard the three dealfening words, “you have cancer” knows.

Here is the protocol I followed in a (wal)nut shell:
1. Get back to nature and back to the garden.
2. Shake, rattle, and roll.
3. Eat and drink the right alkaline foods full of vitamins, minerals, oxygen and enzymes.
4. Drink pure water.
5. Give your colon a regular spring cleaning.
6. Dry brush and sauna.
7. Keep the stress level down and the joy factor up.

Kris Carr
Cancer Survivor

Excerpts from her book Crazy Sexy Cancer Tips - now available.

Recuperation 8 39
Jender Butter

Rheumatoid Arthritis

Born in India, Jender Butter currently lives in the UK where she and her husband own and run a convenience store. She has four children and several grandchildren. Three years ago, she was diagnosed with severe rheumatoid arthritis which has steadily gotten worse. When she arrived at the Hippocrates Institute, she needed a wheelchair or walker to get around. She suffered from extreme pain in all of her joints as well as edema in her hands and feet. She and her husband did the three week HHI program in the fall of 2007. She experienced such marked improvement in her edema, range of motion, and pain that the couple intends to continue with this lifestyle and return this winter. By the time she left us she had gained enough dexterity in her hands to string her own bead necklace.

About five years ago, I took on a career assignment and moved from downtown Chicago back to my hometown of Minneapolis, Minnesota. When this opportunity came along, I was a successful Marketing and Sales Professional and loved my life. With that said, I had always felt that I’d meet my dream man when the time was right, get married and have a child. That hadn’t happened yet, so when the opportunity came to relocate back to Minnesota I thought maybe it was meant to be and everything would fall into place. So, I took a chance, packed my bags, and headed north.

Fast forward a few years. I did achieve the financial success and the accolades that often accompany this type of traditional accomplishment, but I was still unfulfilled. I was an achiever and always striving to please people with what I could do for them. I was their “champion” or what I was often called in my industry, “Jolene, the hired gun.” This, of course, fed my ego and kept me on that proverbial treadmill going nowhere in terms of my ultimate desire. I became so unbalanced, often working very late at night, that I completely lost myself in the process. I was immobilized by discouragement and helplessness as I realized that I had spent so much time working that my values had become completely turned upside down and practically non-existent.

In addition, I started to use food to attempt to meet my need for love and connection, instead of meeting those needs in a more sustainable way through a healthy relationship. I finally realized that food and work were just vehicles I used to meet my needs and, even though they were obtainable, they were ultimately not sustainable. Needless to say, this behavior decimated my confidence and self-esteem and seriously compromised my self-image. I really started to feel the pain of a life of meaningless existence. That pain became a giant inhibitor for my destructive behavior, as well as a motivator for my self-fulfillment and happiness.

I decided to kick my journey of personal development into high gear. My search led me to The Hippocrates Health Institute. The program was life changing and had an enormous impact on every aspect of my life. After completing the three-week program, I decided to pursue the nine-week Health Educator Program. Within the constructs of that program, I disassembled and reorganized my values, learned the importance of the living foods lifestyle, and changed my psychology in the process. It was a real eye opener and very educational. I loved it! In the light of this new education, I began to understand the power and magic of life and living in my own truth.

As I embarked upon my truth and a whole new philosophy of eating, I began to see results that were life altering. I lost more than 40 pounds and gained a wonderful relationship with a man. In fact, the relationship showed up before the weight came off and that made me feel more special to me. I had a shift in consciousness and out of that experience I blossomed even before I lost the weight. This change in identity allowed my true essence as a woman to shine. Within six months, the changes that I experienced produced a forward momentum that propelled me to where I am today: totally passionate about my life and possessing a healthy mind, body, and spirit.

I now realize in retrospect that, quite paradoxically, the challenges I have experienced have become my gurus and teachers. They have guided me to greater understanding and compassion for others and illuminated a new life direction. I have since become certified as Hippocrates Health Educator, a Master Neuro-Strategist Practitioner, an NLP Timeline Coach, a Regression Specialist, a Master Reiki Practitioner, and a Clinical Hypnotherapist. In addition, I am also a Senior Leader with the Anthony Robbins organization working with people to help them break through barriers and achieve what they want in life.

I am thankful for having had these challenging experiences. They have helped me navigate a path toward fulfilling my passion of launching a successful greenhouse business, coaching people on the importance of the living foods lifestyle, and helping individuals get into action around what is truly important to them. I am filled with compassion, gratitude, joy, and passion—and a true desire to be of service to others who stand where I once stood.

Contact: jolence312@aol.com

Recovery 8
Turmeric to the Rescue!

For the last 6000 years, Ayurvedic medical practitioners prescribed turmeric (curcuma longa L.) to alleviate pain, balance digestion, purify body and mind, clear skin diseases, expel phlegm, and invigorate blood. Recently, neuroscientists, noting the low cultural incidence of Alzheimer’s disease in elderly individuals living in Indian villages (just 1% of those aged 65 and older seem to contract the degenerative brain condition) turned their attention to the possible effects of flavonoids on brain function—specifically the phytochemical curcuminoids present in turmeric. Today, Western medical science is proving, in study after study, the validity of turmeric as an anti-inflammatory agent in the fight against Alzheimer’s disease and a catabolic agent in the fight against cancer.

Dr. R. B. Bradlow, board-certified neurosurgeon, Retired Clinical Assistant Professor of Neurosurgery at the University of Mississippi Medical Center, and currently in private practice, states, “There is a multi-level anti-cancer process that occurs affecting the growth cells from this region of the central nervous system delicately. Additionally, it strengthens the immune system, increases blood sugar, and acts as a powerful anti-inflammatory...”

Many researchers suggest that we need to decrease 10,000 and 30,000 milligrams of curcumin daily to see any therapeutic effect. Since it would be difficult to consume this level in the conventional form, it is generally accepted that we consume it as a supplement. It is also known that 10,000 milligrams of curcuminoids is needed to see the beneficial effects.

Hippocrates’ LifeGlove Take One immune boosting liquid also contains turmeric because of its phytoestrogen benefits. Those people concerned with mental acuity and memory loss may benefit from consuming a minimum of 1,000 milligrams of Vibrant Health’s Maximized Curcuminoids. For severe memory loss problems, we would suggest the use of up to 3,000 milligrams daily.

There are some people who should avoid the excessive use of turmeric. Curcumin acts a natural anti-cougsant, therefore pregnant women and people on anti-cougsant medications, including aspirin, should not take it. It is also contraindicated for people who suffer from gallstones as it increases bile flow and can incite the passing of stones too large for the bile duct. Once these conditions are resolved, consumption with a licensed and experienced nutritionist, herbalist, or other health professional is recommended before starting a turmeric regimen.

In our quest to bring you the latest findings on natural living, we advise anyone with a tumor, arthritis, rheumatism or memory loss concern to consider incorporating this food and its supplemental counterpart into your daily dietary routine. For more information on this product, please call the Hippocrates Store at (855) 471-8750 ext. 124, or visit www.hippocratesinst.org.


If I were to tell you, “Do not think of a purple elephant,” your mind will fill with the image of a purple elephant. This is similar to what happens if you or someone else tells you, “Do not smoke,” “Do not drink alcohol,” or “Do not eat that fattening cheese cake.” Your mind will be preoccupied or even obsessed with that cigarette, drink, or slice of cheesecake. Your mind givers power to what it focuses on, whether your statement is positive or negative. Therefore, if we desire to overcome addictions, we need to create positive images of what we want rather than what we want to avoid.

Let us take the example of food addictions. Most of us know that we will put on undesirable weight if we keep eating more calories than our bodies need on a daily basis. We all know it is important to control the body weight. However, when we come to actual strategies for weight management, many of us fail. Often, this failure can be attributed to the way we formulate our intentions.

The thought “I want to create or recreate that thin body” will help us to focus on a thin body. Conversely, the thought “I hate or do not want to create that fat body” makes us focus on the fat body. In my work I have noticed that people who “loved” to create a beautiful thin, and light body had better success with weight management than those who “hated” their undesirable fat stomach, or thighs, or bodies. The former visualized themselves with the images of a beautiful, thin and light body whether or not they had such a body in the past.

Those who succeeded also focused their minds on “healthy foods.” They made a conscious decision to choose certain health affirming foods over some of the bad choices they had in the past. These qualitative changes in the choice of foods and drinks were guided by holistic practitioners or books offering such information.

They also made a decision to curtail the quantity of food they consumed. They used certain mental strategies as “portion control,” or, literally slowing down the eating process itself. These strategies were implemented with determination and repetitive visualization of the positive outcome.

Some people opted to go to their tea kettle rather than to their refrigerators when they were emotionally upset. This behavioral change was reinforced by repeated visualization of the positive effects of the changed behaviors. They were able to transform their emotional eating behaviors into calming (herbal) tea-drinking ceremonies by repeating such images in their minds.

Those who succeeded also motivated themselves to exercise on a regular basis by focusing on the endorphins that exercise creates rather than on the struggle of the exertion. Many people tend to focus on the sacrifices they have to make in order to achieve an exercise program. However, the negative drain involved in such a concept could seriously compromise the benefit of the program. On the contrary, when they focus on the benefits of the exercise and activity, they find it very rewarding.

Many of these concepts are applicable to overcoming any addiction, whether to drugs, alcohol, food or any other substances or behaviors. We need to be able to create positive images of what we want to create, love them, and, therefore, love ourselves.

Antony Chatham, LCSW, M.Th., M.PH. MSW, NBCCH, a Licensed Psychotherapist, and a Wellness Coach, has been working with Hippocrates guests since 1994. He employs some very effective techniques related to holistic healing while integrating the knowledge and experience related to the fields of psychology, spirituality, and philosophy in which he also holds graduate degrees. He has helped many to overcome the addictions using Hypnosis, EMDR, NLP and other modalities of therapeutic counseling. He will be available for consultations at the Oasis Therapy Center (951) 671-5537.

DO NOT THINK OF A PURPLE ELEPHANT!

by Antony Chatham

Vegan Organic Live Whole

Now available for the first time in the UK

The Hippocrates Health Institute has been healing the world for more than 30 years, one person at a time. (www.hippocratesinstitute.org)
Everyday a person dies alone and no one claims the body. Someone else winds up in jail or in a psychiatric hospital and no one goes to see him. Our prisons are overflowing. Veterans hospitals are poorly equipped and understaffed. Our involvement in wars around the world cause the deaths of soldiers and civilians alike and serve only to further global inequality, violence, and fear. The propagation of this level of negativity indirectly contributes to near-epidemic rates of cancer, diabetes, high blood pressure, obesity, and other diseases of the developed world.

Raking emotional vulnerability in this climate of violence is reduced to a visceral fear for individual survival. What we really seek is spiritual health, love, joy, peace, gentleness, goodness, and faith, but fear of rejection and low self-esteem keep us from admitting our state.

Negative emotions may be invisible but they can raise havoc in the body. The chemical cascades experienced during times of intense or prolonged emotion directly affect brain function, and subsequently our entire well-being. The immune and endocrine systems control critical bodily functions including heart rate and blood pressure, digestion and absorption, inflammation, cell regeneration, and aging.

Modern western medicine, with its drugs and surgery, can only be so effective if our emotional environment is the ultimate cause. Well-intentioned though it may be, it is too often a tradeoff between helping some medical conditions and creating new problems in the form dangerous drug interactions and potentially fatal side effects. For better or worse, western medicine is quantifiable and reproducible.

Spiritual healing, which does address the underlying emotional state, is more a matter of faith, anony, universal brotherhood, kindness, and a gentleness of spirit. It is difficult to prove or document, unlike a laboratory experiment where one can duplicate the result each time. Often the best we can do is to collate empirical data and anecdotal evidence. Slowly, but perceptibly, the intangible modalities are making their impression on mainstream medicine.

Occasionally, a physician or scientist will stumble on an alternative modality. They may be on holiday in India and discover yoga, ayurveda, or the merits of a simple life. A curiosity about herb and drug interactions may lead them into a study of herbal medicine. Scientific advances in functional MRI or PET scans can influence them into a study of biofeedback, acupuncture, or meditation. Bit-by-bit and one-by-one, western physicians are impressed with what can be accomplished with these modalities in alleviating a variety of everyday health problems such as high blood pressure, high cholesterol, high blood sugar, sleep disorders, mood fluctuations, and agitation.

The University of Minnesota Medical School recently created a center for spirituality and healing which is now open to the public. Here, medical students learn about alternative and complimentary medical practices that are gradually being integrated in our Western medical thinking, training, and practice.

To take advantage of these modalities we must make necessary life changes, notably the elimination of gluttony and the excessive use of alcohol. We must be sincere, open, and self-ana-lytical to tap into the unlimited and infinite source of our being. We should realize in humility that we may control our own actions, but not the consequences of those actions. We are not in charge. The natural laws and universal principles are absolute. We need to be humble in spirit and must accept that courage is the father of all virtues. Spirituality interfaces with the physical, emotional, and mental aspects of our life.

There are many modalities that can help to access the level of spiritual awareness and sense of connectedness that we all seek. A personal, intimate, spiritual communication with God on an ongoing basis is important to our overall well-being. One can find relief in prayer, but one can also be the recipient of prayers by strangers.

Things like music, art, aromatherapy affect the senses and have a proven en effect on the brain. Yoga calms and unifies the mind and body. Meditation can offer direct communication with our Maker.

A great deal has also been written about the importance of controlling our thoughts. By developing and formalizing our thinking we can regulate our perceptions of the world around us. In this way we can mitigate our emotions and our reflexive, negative reactions.

Kabbalah, a Jewish mysticism, espouses replacing the negative reactive mind with a positive proactive one. It has become popular in recent years, with the patronage of show business heavyweights like Madonna. It teaches that every one of us is a miniature temple that can illuminate the world with the light of creation. They encourage learning, exploration, curiosity and open-mindedness.

Forces of negativity and chaos promote darkness, illness, and malfunction. Focus instead on bringing joy and fulfillment to your body and soul. Remove negative situations in your lives that can cause discontent, preoccupation, and unhappiness. When someone wrongs you or even when you wrong yourself, forgiveness is crucial. Our resentments hurt only ourselves.

Even when the offense is serious, forgive, and free yourself from the self-destructive, negative emotions. Don't let them sit and fester in your heart where they can cause real physical damage. Forgive even when the recipient may seem unworthy. We must replace hate and revenge with love and forgiveness. In this way we can find the true cure and the key to health and happiness.
My name is Michael O’Neil and I am from Salem, Massachusetts. I participated in the three-week program at the Hippocrates Health Institute in West Palm Beach, Florida in November 2006, and again in April 2007.

I had low energy and difficulty walking because of flare-ups of arthritis. I couldn’t stay focused on much of anything. Four years prior to my stay at Hippocrates, I was on a raw food diet for a year and a half. I successfully lost 55 lbs. and felt great. I did this completely on my own, following other people’s recipes and working at a raw wrap and juice bar.

Tempted many times by society’s cooked food environment and faced with peer pressure from a change in jobs from a raw wrap and juice bar to a local hospital with a cafeteria, I eventually succumbed to a 100% cooked diet. I regained all my excess weight, the arthritis flare-ups returned, and I felt hopeless and depressed. I became blind to true health, losing the vitality I once had and relapsing to an existence of drudgery.

One day I heard Brian Clement, director of Hippocrates, speak at the Organic Garden Café (a local raw restaurant in Beverly, Massachusetts). Why was I there? I can only say was God’s grace, for what occurred in-between would take a book to tell you. He inspired me to return to organic, raw, living foods, but this time with true direction and support. I learned a lot at Hippocrates, mainly that there really is a mind-body-spirit connection that will harmonize in my life if I allow it.

Over time, I lost 55 lbs. Once more, the arthritis flare-ups disappeared and my vitality returned. I have more energy than you can imagine and my hair is even growing back. I lift weights three times a week, play golf (walking the course), and ride my bike.

If I were reading this before my Hippocrates experience, I would have trouble believing such miraculous recovery. Yes, it does take commitment, as I found when I succumbed to cooked food. No one forced me to do this. I hope you will consider the Hippocrates experience. I found it is well worth it.
A New Way to Increase Glutathione Levels in the Body

By Steve Haltiwanger, MD, CCN

Blood glutathione levels have been identified as one of the most important indicators of overall health. Unfortunately, immune system stress can deplete antioxidants, including glutathione, in the body. Gluta-thione, the master antioxidant of the body, has a range of diverse metabolic functions including acting as a free radical scavenger, recycling and maintaining functional levels of vitamin C and vitamin E, and supporting repair, collagen synthesis, and wound healing.

The present methods used for elevating blood glutathione levels include oral supplementation of L-Glutathione, or the amino acid precursors of glutathione, as well as injection of glutathione. Each of these methods has severe drawbacks. For example, glutathione itself is destroyed by stomach acids making oral supplementation ineffective for significantly elevating blood levels.

Glutathione is a tripeptide composed of the amino acids cysteine, glycine, and glutamic acid. While oral supplementation of these amino acids does often show elevated levels of blood glutathione, these results are unpredictable, and supplementation must be given at least 3 times per day to have any meaningful effect. Injection of glutathione does produce elevated levels of glutathione in the blood for a short time, however this method is undesirable on a daily basis as it is both expensive and inconvenient.

The LifeWave glutathione patch is a new method for increasing glutathione levels by stimulating acupuncture points on the body with a combination of pressure and infrared energy. The LifeWave glutathione patch is a non-transdermal patch that does not put any chemicals or drugs into the body. The LifeWave glutathione patch contains natural nontoxic crystals that absorb body heat to generate infrared signals that cause the body to produce more endocrine glutathione. Clinical studies utilizing blood analyses indicate an average rise of more than triple the blood glutathione over a period of 24 hours.

Glutathione is a natural antioxidant, composed of three linked amino acids, that is continuously produced by the cells of the body. Glutathione plays a vital role in maintaining a healthy immune system by helping the body fight off viruses and other types of infections. It also protects cells against toxic stress and it has a critical role in removing toxins from the body, including heavy metals such as mercury. This is important because exposure to many drugs, toxic metals, and toxic chemicals will reduce glutathione levels in the body. However, when glutathione levels are replenished, the body will use glutathione to remove these toxins.

LifeWave's glutathione skin patches have been designed to increase the body's production of glutathione by sending information signals, not chemicals, into the body. This is a completely new type of technology that has never been available before.

A controlled study was performed to independently examine the effectiveness of the LifeWave glutathione patch for significantly elevating blood levels of glutathione over a period of 24 hours and then over several days. The experimental protocol utilized 15 test subjects. Objective data was obtained from both blood and urine samples.

Baseline data was collected for all subjects and blood glutathione levels were measured and assessed in umole/L. Urine samples were also collected with the objective of determining if the LifeWave glutathione patch increased the release of heavy metals in the urine. After the baseline blood and urine samples were collected, the LifeWave glutathione patch was applied approximately 2" below the subject's belly button. Each subject was required to return to the laboratory every 24 hours so that additional blood and urine samples could be collected. This was repeated 5 times. As blood and urine samples were collected they were immediately forwarded to an analytical laboratory for testing. The results of this study regarding those subjects wearing the LifeWave glutathione patch are shown below.

Analysis of this data shows that all participants had increases in blood levels of glutathione during the period of this study as compared to the base line. In addition, the average increases in blood glutathione levels were three and four times the baseline levels.

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Glutathione Increase Via Patch

Recovery 8
We hear about “miracles” every day, it seems, until we begin to doubt all the promises and cures that the doctors and specialists offer us. This is my story, of how I found my miracle at Hippocrates and how it has brought me back to life.

For the past seven years, I struggled with Lyme disease. For five of them, I wasn’t able to work at all. Most of the time I was on the couch or in bed, in tremendous pain, utterly exhausted, anxious, and so mentally confused I couldn’t even balance my checkbook.

Prior to this, I led a very active life. I worked as a Business Development Executive in New York City, traveling extensively, skiing, windsurfing, hiking, biking, and kayaking. My life was full of time spent with family and friends and pursuing my spiritual path. I was at the top of my field.

Suddenly in the fall of 2000, I developed incredible muscle pains, fevers and insomnia. My primary care physician said it was stress. Six months and several doctors later, I found a great Lyme disease specialist who properly diagnosed my condition and treated me with a lot of oral antibiotics. Unfortunately, the antibiotics only helped to a point and my search for a cure continued.

I found another wonderful specialist who gave me antibiotics intravenously. I spent nine months with a PICC line in my arm and dosing twice a day. I also did intravenous vitamins once a week. This, along with more oral antibiotics, lasted for another 2 years. During this time, I also worked with wonderful energy healers who gave their all to keep me going. Several of my friends were extraordinary in supporting me. I was so grateful for all the help and love I received, but I was still barely surviving.

Finally, I had enough stamina to be up and around and, financially, I needed to go back to work. I was lucky to get a job three days a week from one of my previous clients in New York. I was so weak and the building was so large I couldn’t walk to the bathroom in one stretch. I was living in Connecticut and had to take a car service to work and stay in a hotel one block away for these three nights just to be able to do the job.

This lasted for one year until I realized I just hadn’t had the strength to work full time in the city. I had to take a local job in Stamford, Connecticut. I was still very weak and had an ongoing lung problem that couldn’t be diagnosed. Each day was a struggle to get out of bed and go to work.

Six months later, a second Deer tick bite gave me a second dose of Lyme disease and I was out of work, back in bed, and back on the antibiotics. With all the candida that had developed from the antibiotics, my digestive system was all out of sorts. I ended up in the hospital having my appendix taken out. I was so sick of needles and hospital tests, that I started taking anti-anxiety drugs just to get through the treatments. Unfortunately, the drugs made me more anxious and my body couldn’t stop shaking. At this point, my spirit and life totally fell apart.

I ended up moving back home with my parents to the house I grew up in. Quite an adjustment when you’re 53 years old! I stopped taking some of the drugs the doctors had given me. I walked the beach everyday, prayed a lot, and practiced yoga. My mom and dad were great. In the spring, I went to a wonderful four day course and became a raw food chef. I believe in the concept, but found that after three months, I couldn’t stay on that version of a raw diet.

Shortly thereafter, I heard Brian speak and thought the Hippocrates lifestyle made great sense. For years I had wanted to go to Hippocrates, but many of the healers I had worked with told me a raw diet would be too much for my sensitive system. A few months later, I had a phone consult with Brian and it was one of the best consults I had ever had (and I have had many). Brian approached my challenge from all aspects—physical, mental, emotional, and spiritual. He gave me a list of things to do including eating raw with no fruit, continuing to get off the medication, and living life with more love and passion. It seemed impossible, but somehow I did it.

Seven months later, I decided to go to Hippocrates and stayed for a month. Within a few days, I knew I had found my answer. I loved the food and could stay on the diet. The oxygen treatments made a huge difference, I got off more medication (yes, I was on a lot!), and over the month I changed many of my perspectives and attitudes about life. I went through a tremendous detox and within two weeks my blood work had changed dramatically. The people I met were so heartful; I knew several of them would become lifelong friends.

I left Hippocrates HEALTHY! I came home and started traveling and doing activities I hadn’t been able to do in seven years! I am getting my life back. It’s been several months and I’m now finding the diet is EASY. My body seems to crave this kind of food and when I eat something else, I notice a huge difference and go back immediately to what I know is best for me.

For the first time in my life, I have the faith and courage to do things that were much more comfortable with stepping boldly into the unknown, letting the mystery of life unfold and handling whatever comes up along the way. This time is a MIRACLE and I am ever so grateful to Brian, Anna Maria, and all the staff and friends I made while I was there (as well as all my other friends and family I so dearly cherish). I highly recommend it to anyone and urge people with Lyme disease or any immune deficiency to come! There are no limits to what’s possible for your life, especially once you’ve been to Hippocrates.

Recovery 8 53
HEALTH BYTES

- Natural Arthritic Relief
  Aronica, an anti-inflammatory agent found in marigolds, has been shown to be more effective than ibuprofen against arthritis. In a 2007 study performed in Switzerland, 204 people applied one remedy or the other in gel form to arthritic fingers. The aronica users reported greater levels of pain relief.
  —Rheumatology International online, February 2007

- Going Green, All Year Long
  Affectionately referred to as “The Green CNN,” TreeHugger.com is a media outlet with a global network of writers offering newsletters, videos, and radio shows for green news, solutions, and product information. It is a great way to find out how other treehuggers keep their holiday season merry, bright, and green. It has great gift ideas for the environmental activist and the eco-challenged alike in the TreeHugger annual gift guide, and you won’t want to miss the year round feature, “How to Green Your Cuffs,” www.treehugger.com

- Bilingualism Delays Dementia
  Hablo espanol? Parlez-vous Francais? If you speak Spanish or French—or any other language in addition to your native tongue—you may be able to delay dementia’s onset as you age. That’s the conclusion reached by a research team from Toronto’s York University. After examining the records of 132 older patients with probable Alzheimer’s disease, the scientists found that 83 people, who had been using 2 languages on a daily basis since their youth, started showing signs of cognitive decline about 4 years later than their monolingual peers. Neuropsychology, February 2007

- Vitamin A vs. Stomach Cancer
  Stomach Cancer is the fourth most common malignancy in the world, with approximately 560,000 new cases reported each year. Eating 4 to 5 times as much vitamin A could cut your chances of stomach cancer as much as 44% according to Swedish scientists. The investigation, which involved many of that country’s health institutions, looked at the diet and supplementation habits of more than 46,000 men and 38,000 women for roughly seven years. American Journal of Clinical Nutrition, February 2007

- Staying Water Wise
  Depending on your age, as well as other factors, your body is 50% to 75% water.
  Even in the cooler winter temperatures, it is important to remember to maintain this percentage to avoid painless cramping and reduced energy levels not immediately associated with dehydration. Consider the results of a recent study conducted by the US Army Research Institute of Environmental Medicine. Though dehydration always reduced performance, environmental temperature also played an important role. Cyclists consumed 1.8 liters before and 0.3 liters after performance dropped by 8 percent, likely due to water loss via perspiration.
  Even a slight change in fluid balance (just 2 – 3%) can negatively affect your daily performance. The average individual loses about 1 liter of water per day through perspiration and other body functions. We at Hippocrates recommend a simple formula for calculating your water intake per day: consume one ounce for two pounds of body weight, i.e. drink 120 ounces of water if you weigh 200 pounds. Increase this if you are doing any strenuous exercise, especially if you’re outdoors in high temperatures.

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