The Inside Information On 36 Whole-Food/Organic Supplements From LifeGive
Pocket MD The Greenery Restaurant Review + 2 Great Raw Recipes Love Of Food
IBS Recovery The Two Month Younger You Program Stem Enhance + Much More
From the Editor's Desk

Hello again! This issue highlights the wonderful benefits of our own high quality line of nutritional supplements. We have put as much loving care and effort into this issue as we do each of our products, as can be seen in our designer/photographer Sam Sheppard's elaborate LifeGive mosaic on the front cover.

In this issue, Andy Bernay-Roman extols the virtue of a healthy relationship with food and the crucial role of nutritional supplementation in support of optimal wellness. We are also introduced to a fantastic new branch of nutritional support — stem cell enhancers — based on revolutionary new findings on the potential of adult stem cells for cellular repair and healthy aging. Rodney Stockton takes us through the birth and development of his miraculous line of therapeutic aloe products, and Paul Nison reviews an exciting raw food restaurant in Encinitas, California. Brian Clement gives us 15 reasons why supplementation is a necessary part of good health and, more specifically, explains the importance of bioavailable B-12 for proper neurological function.

While we have only limited space to tell you about just a few of our many products, all the supplements sold here at HHI are tested for efficacy and manufactured to the highest standard of quality and excellence under the personal supervision and care of our director, Dr. Brian Clement.

We hope you find this issue both informative and entertaining, and, as always, for further information on any of our products or for personal consultation or questions, please don't hesitate to contact us at 561-471-8876 or on the web at www.hippocratesinstitute.org.

Till next time, we give you our enduring support and wish you best of luck on your own personal journey toward lasting wellness.

Heidi Rocke
Editor

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Our Next Issue • Super Foods

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

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- Reflexology
- Anatomy & Physiology
- Physical Fitness
- Marketing & PR Essentials
- Sprouting & Converting
- Basic Counseling Techniques
- Presentation Skills
- The Science of Living Foods

Transform yourself now for lifelong happiness!

From the Directors:

One day, almost before we realized it, we found ourselves producing Hippocrates' first supplement, Chlorella, a green algae, which, though an essential nutrient, is often prohibitively expensive. We were able to offer the highest quality at a much lower cost. Shortly thereafter, we started with our second and third supplements and gave the Hippocrates line a name: LifeGive.

Over the years, this progression has been precipitated by two primary needs. The first being quality: the creation of an unadulterated, absorbable line of living food supplements that would strengthen the immune system, the second, being the wider distribution of this quality product to a larger populace. We now distribute our products in both the US and Europe and have plans to spread Hippocrates naturally occurring supplements globally.

The classification of naturally occurring supplements (NOS) was born out of the desire to differentiate our products from the overwhelming 95% of chemically derived supplements offered by the health food/pharmaceutical industry. In the future, we hope to have a Good Housekeeping seal affixed to our quality, whole food, non-heated nutrients.

Our work over the decades has offered us unique insight into the widespread nutritional deficiencies that plague the modern population. The theory that a raw, living, whole-food diet can provide everything we need is, at this stage, just a theory. It is not yet our reality. This is in large part due to the growing stress levels found in the high-speed lifestyle that we tend to live. Being "plugged-in" practically 24 hours a day does not afford us the consistent opportunities to contemplate and reinvestigate the way our forbears had. Even those who consciously pursue meditation and introspective...
thought still reside in a world inundated with information. In our experience, stress is the quickest way to drain resources out of the body, weakening the cells and making us more vulnerable to disease.

On the other hand, there is always a significant benefit gained when we replenish the multitude of nutritional deficiencies we find using modern diagnostic technologies. 14 years ago, we conducted a study attempting to differentiate our ill guests from our well guests. The classification was determined based on the quantity and type of immune system cells reflected in blood profiles. There were moderately ill and very ill subjects and moderately well and extremely well subjects.

This drew us to the question: "How important is the use of prophylactic supplementation in the maintenance of health and the conquest of disease?" We found that if these people battling disorder initially received 26% of their overall boost in immunity from NOs nutrients, their chances of survival were greatly improved. Simply speaking, if one is depleted, it is difficult to battle ill health. By boosting and strengthening the immune system, this remarkable, endemically cellular army become far more effective in conquering disease.

As you will read in this issue, there are nutrients that are commonly missing in the general population such as B-12, vitamin D, and many key minerals. Through ongoing clinical research, with the generous assistance of our guests here at Hippocrates, we have also found a high number of people missing glutathione, a key element in proper immune system function. There is no doubt that quality supplements play a vital role in any healthy lifestyle. Those that still question this are simply lacking the knowledge that widespread nutritional deficiencies are common. We can no longer live in a world of theory. We must all make greater health our reality through ongoing observation and the pursuit of truth.

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**We now distribute our products in both the US and Europe and have plans to spread Hippocrates natural occurring supplements globally.**

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**Dr. Clement's Tour Schedule**

**June**
San Francisco, Santa Barbara, Huntington Beach and San Diego, California

**July**
Atlanta, Georgia

**September**
Toronto, London-Ontario, Ottawa, Cape Cod, Portland, Brookline Me., Allston, Norwood, Waltham, Sandwich Ma., West Haven, C.

Please check our website frequently for updates and exact locations.

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**POWERR Nutrients**

This century will elevate nutrition to a place of prominence in health restoration. Led by a pioneering international group of orthomolecular doctors, there is mounting research and growing evidence that nutrients that build the strength of one’s anatomy are, ultimately, the best way to prevent and heal disease. Hippocrates Institute stands as a perfect example supporting this evolving science. The time has come for us to use common sense and once again realize that before modern science existed, the inherent tapestry of life was woven with simple, natural processes including the consumption of nutritious food.

Today we relish health care to a cesspool of crisis. We do not act before symptoms occur. It is no wonder that this bizarre, inverted system most often fails in the conquest of disease. When we begin to honor our bodies, including our brain, which houses the mind, we will once again experience the remarkable health that was meant to be part of the human experience.

Anatomical and physiological science is highly interesting when observed in an open and fresh way. When you begin to comprehend the magnificence of the way 95 trillion cells work together in symphony through biochemistry, you recognize that it is art at its best.

The exploration of the human body will continue as our emerging technology enforces our understanding. Quantum biology, a deep look below the surface, has given us a new and exciting insight into how cells communicate with biochemicals such as hormones, interferon, interleukin, etc. It is this simple, yet awe-inspiring conjunction of matter and energy that produces the flesh and bones we identity as self.

In generations past, in an ecosystem of harmony and abundance, we were able to maintain ourselves and flourish in health. It was not until the Industrial Revolution, with the multitude of microbes (viruses and bacteria) born of unsanitary urban living conditions and the nascent, blundering manipulation of biology known as modern medicine, that our bodies began to suffer the burden that these artificial substances inflict.

The combination of microbes and dangerous chemicals burdened the immune system with an intense...
Nutrition is, without fail, the fundamental way that we build and rebuild healthy cells to create healthy organs and ultimately healthy people.

The use of quality, living, whole food supplements can enhance your health in numerous ways. There have been remarkable discoveries in the field of natural health stemming from the enormous energy that can be derived from using nutritional supplements.

Vitamins, proteins, minerals, and fatty acids, all play a role in building the human body. They act as the fuel that builds the cellular house. The type, quality, and size of the fuel will determine the strength of each and every individual cell. Each cell also has its own energy factory, mitochondria, and with proper nutrients, these tiny organelles fuel the multidimensional activities of each cell.

Individual cells unite with other like-minded co-workers making up every part of the anatomy from skeletal structure to organs. As a unit these cells "think" as one and when properly nourished they operate together allowing the tissue to comprise function maximally.

Strengthened and more functional glands body-wide (endocrine).

Strengthened and balanced neurological, endocrine, integumentary, digestive, genitourinary, musculoskeletal, and respiratory systems.

These are just a few of the many benefits available when you ensure that you consume the wide spectrum of nutrients required to maintain a functional healthy body.
In April of 1941, I came to Miami, Florida as a tourist from Chicago, for a two-week vacation with my father. After several days, the brilliant Florida sun turned my ivory white tourist skin beet red and blistered. I spent hundreds of dollars on doctors and pharmacists and over the counter remedies, but with no relief. The doctors told me that there was nothing I could do to help the pain and swelling in my legs and I would just have to let nature take its course. By that time my skin was peeling off in sheets.

At the end of two weeks I returned to my home in Chicago where I was working at Sonneborn and Sons, a New York-Chicago chemical firm serving chemists in eleven states throughout the Midwest. It dawned on me that I could get ideas from them to develop a product that could effectively treat severe sunburn. I learned what little was known at the time about sun screening agents and preservatives, and I began the long trial and error process of developing my own product.

By the end of December 1941, I still wasn’t satisfied. I resigned my high paying position with Sonneborn and Sons and returned to Florida in search of an answer. When I arrived in the sunshine state, I initially peddled suntan products to lifeguards along North Miami Beach.

Through the lifeguards, I learned of a nurse working for the State of Florida at the Seminole Indian Village near Davie. She had seen what the Seminole Indians used to effectively treat sunburn: Aloe Vera.

With this new information, I searched with my friend Bob Holland for a commercial source of aloe. We finally heard of a local source at a botani-cal garden in Homestead, Florida. The owner’s son had brought them back from WWII after being impressed by the way the aloe was used to treat wounded soldiers.

Mr. Caves, the owner, told me of how this particular aloe was known as the “Virgin Trinity” plant because it was claimed to be a descendent of the plant that Nicodemus used to anoint Jesus’ body after the crucifixion. He told me that early Christians had named this species the “Virgin Trinity” Aloe Vera because it generates three intertwined leaves that grow from the center of the plant.

This is the very plant that we have reproduced and distribute.

While Mr. Caves was expanding his production of Aloe Vera for us, Bob Holland and I researched all the different species of Aloe Vera plants that grew in various countries around the tropics and the South Atlantic Ocean. Bob then went on a three-month investigative tour and shipped back a crate full of these different species of aloe to test them for their healing powers in comparison to the “Virgin Trinity” species of aloe plant that Mr. Caves was growing.

We found that 12-15% of these aloe species possessed no healing power at all. Most of them had certain degrees of healing power depending on the environmental conditions in which the plant was found.

Not one compared to the healing power of Mr. Caves’ plant. The first product we developed was an ointment for healing sun-damaged skin. After Tan was designed for people who were overexposed to the sun, but not severely burned. It contained 40% pure Aloe Vera gel and was extremely popular. This led to a demand for preventative sunscreen lotions that would protect the skin in advance of exposure. In response, we developed and produced Fashion Tan and Youth Tan. To introduce these two products on a broad scale in Florida, we came up with a novel idea for promotion.

Using silk headscarves as parachutes, we dropped 10,000 1 oz. samples of each product over a 13-mile stretch of Daytona Beach. It was July 4th weekend and the beach was crowded with tens of thousands of people on vacation.

A local radio station and newspaper decided to get involved with the project and on the morning of the drop, the local media bailed out for the crowds to prepare for something big. The time of the drop was set for 11:00 am. I sat on the balcony of the Sheridan Hotel so I could watch it happen.

As the plane flew over the beach, the breeze brought in a constant flow of miniature parachutes floating down to a delighted holiday crowd.

By Monday morning our office was jammed with telephone orders. We had to send additional products to Daytona because the stores there had sold out! The local TV station had televised the drop and we began getting orders from all over the country. Our parachute drop was successful indeed: we had to hire more sales people to handle the orders!

Bob Holland, now my vice president, and I were well acquainted with a quality manufacturer of cosmetics in Milwaukee, Wisconsin. We developed a successful line of Aloe Vera treatment products, and, in a few short years, built our sales to over four million dollars.

Shortly thereafter, my doctor, Dr. Robert Bonham, called me by his office. His sister-in-law, Maxine, had recently been diagnosed with cancer and he postulated that the fantastic healing properties of Aloe Vera could be effective in treating stage IV cancer of the colon if taken internally.

We shipped fresh Aloe Vera leaves with instructions on how to extract the gel from them. Maxine showed immediate improvement. We continued to ship her the leaves until she improved so dramatically that the...
cancer was effectively eliminated. Years later she moved to Ft. Lauderdale and worked in our office until she talked to scores and scores of patients throughout the United States to relate her testimony and encourage others to try the aloe.

One of Maxine's anecdotes reached Kurt Larson, a big saltwater truck driver, who came to me with tears in his eyes. He had father stage IV brain cancer and was given a very limited time to live. His CT scan showed a cancerous tumor the size of a small egg. Just as Maxine Tracey did, Mr. Larson used fresh aloe leaves to extract the gel and drink it. In sixty days the tumor had been reduced by 90%. In another sixty days, the tumor had completely gone and he remained cancer-free for the duration of his life.

To prove how effective the aloe was in treating Clifford Larson's brain cancer, we chronicled the weekly progression of the tumor's decrease in 41 CT scans. These CT scans are available for brain and cancer specialists to review and study.

In 2000, Kurt Larson met Martie Wroock at the Richard David Kauin Melanoma Foundation. She was suffering from melanoma that had spread to her lymph nodes and lungs. Kurt related the story of his own father's troubles with cancer and his successful healing with Aloe Vera.

She immediately contacted me and began drinking gel of the Aloe Vera morning, noon, and night. Ms. Wroock's cancer was eliminated in several months and she became a self-proclaimed convert in spreading the word of her success with Aloe. She took her cancer to many TV stations and eventually was interviewed by CBS news.

By word of mouth, from one success story to another, people all over the country and even overseas began using our Aloe to treat cancer.

Initially we were not aware of the healing power of aloe in treating many of the ills of mankind. My focus, originally, was to heal auburn, but we found that aloe did wonders for the skin when we incorporated it into our wide range of cosmetic formulas.

Since I am a longtime user of my Youth-Derm Ointment, Brian Clemens, director of the Hippocrates Institute, insisted that he inspect my skin quality in person. After examining my hands, fingernails, arms, and legs, he rated, "You don't need to show me any more proof. You are living evidence that the product works!"

We now manufacture our product under the Hippocrates Health Institute LifeGive label as Aloe Vera Fresh.
YOU COULD SAVE SOMEONE’S LIFE NEXT THURSDAY

LifeGive

APHANIN

AFA or Aphanozomenon flos-aquae, (a blue green algae growing naturally in Klamath Lake in Southern Oregon) has been used as a dietary supplement for more than three decades. Most commonly reported benefits are a reduction of the symptoms of inflammatory conditions such as rheumatism, arthritis and asthma. Recently, phycoerythrin, the active ingredient, has been isolated. Aphanin is an extract from AFA that contains the highest concentration of phycoerythrin.

Phycoerythrin is the blue pigment present in blue-green algae that acts in the living cell as a strong natural antioxidant. When isolated, phycoerythrin has shown to have strong antioxidant and anti-inflammatory properties, and to reduce or prevent inflammation in various parts of the body.

Recently, phycoerythrin was shown to be one of the most potent and specific natural inhibitors of COX-2 (cyclooxygenase-2) blocking the synthesis of inflammatory eicosanoids. Eicosanoids are natural mediators of inflammation in the body. Human clinical trials with specific COX-2 inhibitors have shown anti-inflammatory and analgesic efficacy that compare with traditional treatments, without the secondary effects associated with NSAIDs.

Suggested Use: As a dietary supplement, take 1 – 2 capsules twice daily.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size: 1-2 Capsules
Servings per Container: 375

Amounts Per Serving % Daily Value*
Blue Green Algae Extract 400 mg
(Aphanizomenon flos-aquae)

Parentage: Daily values are based on a 2000 calorie diet. 

Other Ingredients: Cellulose (vegetarian Capsules)

LifeGive

ARDORACIN

Women’s Passion Formula

Arboracrin is based upon a traditional formula for women and is designed to provide sexual enhancement by helping to balance hormone levels.

Recommendation: Take 2 tablets daily with beverage at least 30 minutes before meals or 2 tablets right before sleep, or as directed by your health practitioner.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

Amount Per Serving Daily Value
Mucuna pruriens 250 mgs (Seed) (15:1 Ratio Dried Extract) *
Propriety Blend *
Dried Extract 250 mgs
Ashwagandha (root) *
Tribulus terrestris (fruit) *

*Daily Value not established

Free

Tours of The Hippocrates Facility
Thursday 12:00 p.m.
Saturday 12:00 p.m.

Free

Save Your Life Seminar
Last Thursday of every month

Raw Cuisine and Sprouting Classes - Call for the 2008 schedule, cost and Guest Chef Information

Please RSVP for this event, our most popular Open House series. Learn about the Hippocrates living foods program and how it can change your life. This informative evening event includes a lecture by Director Brian Clement, a tour of the Hippocrates campus and a sampling of raw living food cuisine.

RESERVE YOUR PLACE TODAY - CALL 561-471-8876
Some Of Our Guests Come To Heal. Some Come To Learn...

...Others Come Simply For The Food.

We really don’t believe it matters what brings you here, because once you arrive, you’ll realize that you’re going to receive all of the above and more. You cannot help but to heal in the atmosphere that we’ve created and with lectures and classes going on all day long, you’re sure to learn more than you thought possible. But the World-Class Raw Cuisine will definitely be at the top of the list of things that make your Hippocrates experience a memorable one.

- Delicious Organic Living Foods
- Life Changing Lectures
- Wheatgrass & Juice Therapies
- Medical & Dark Field Analysis
- Ozonated Pools, Saunas & Spas
- Exercise Classes - Group & Individual
- Yoga, Meditation & Qigong
- Skilled Professional Massage Therapists
- Hyperbaric Therapies
- Diapulse
- Immune System Building IV Therapies
- Oxygen Therapy Procedures
- Aqua Chi
- Psychological Counseling & Mind Mastery
- Electromagnetic, Turbo sonic & Vibroson
- Medical & Nutritional Counseling
- Store & Gift Shop with Books, Music & DVD’s
- + Organic Essential Oils and Make Up
- + A Complete Line of Organic Supplements

Call today for a free brochure and DVD, toll-free 1-800-842-2125 or visit us on the web - www.hippocratesinstitute.org
**LifeGive Acai RawPower**

This South American power food was harvested as a wild crafted palm berry from the Amazon jungle. It is widely touted as an aphrodisiac containing nutritional benefits as a first rate anti-oxidant provider, complete essential protein profile and an A+ essential fatty acid provider. Little sugar is contained and most everyone can gain the health building and immune system benefits that this unique food provides. LifeGive Acai Raw Power is the only raw, frozen and unpasteurized Acai berry to come from the depths of the Amazon jungle.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

**Supplement Facts**

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<tr>
<td>Total Fat: 3g</td>
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<td>Trans Fat: 0g</td>
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<td>Cholesterol: 0mg</td>
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<tr>
<td>Total Carbohydrate: 7g</td>
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<tr>
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<td>Vitamin A: 75</td>
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<tr>
<td>Calcium: 2</td>
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</table>

*Percent Daily Values are based on a 2000 calorie diet.
1 Daily Value not established.

**Ingredients:** acai berry pulp

**Product of Brazil**

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**LifeGive BioticGuard**

BioticGuard contains life supporting, healthy bacteria, which populates the G.I. tract, in particular the small and large intestines and is integral to the function of digestion, cell development, and the immune system. This superior and powerful probiotic is a soil-based organism formula comprised of a matrix of whole-food derived probiotics and healthy bacteria from organic soil. BioticGuard provides enzymes that specifically balance digestion to optimize the function of the digestive tract and maintain the intestinal integrity. The primary ingredients are minerals, amino acids, FOS (derived from chicory), as well as chlorophyll and its naturally occurring anti-oxidants.

BioticGuard is the most advanced intestinal ecological supplement available today. It is a safeguard supplement for all of us living in a modern, stressful, and toxic world.

**Suggested Use:** As a dietary supplement, take 4 capsules daily with beverage at least 30 minutes before meals, or as directed by your qualified health professional.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

**Supplement Facts**

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<td>Proprietary Probiotic Blend: 3240 mg*</td>
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<td>Lactic acid bacteria, Leuconostoc mesenteroides, Leuconostoc cremoris, Bifidobacterium animalis, Bifidobacterium longum, Bifidobacterium bifidum, Bifidobacterium breve, Bifidobacterium pseudocatenulatum, Streptococcus thermophilus, Lactobacillus acidophilus, Lactobacillus delbrueckii, Lactobacillus paracasei, Lactobacillus rhamnosus, Lactobacillus reuteri, Lactobacillus helveticus, Bifidobacterium infantis, Bifidobacterium lactis, Bifidobacterium adolescentis, Bifidobacterium longum, Bifidobacterium breve, Bifidobacterium pseudocatenulatum, Lactobacillus acidophilus, Lactobacillus delbrueckii, Lactobacillus reuteri, Lactobacillus helveticus, Lactobacillus rhamnosus, Lactobacillus paracasei, Lactobacillus gasseri, Toughans and Clostridium.*</td>
<td></td>
</tr>
</tbody>
</table>

*Proprietary blend of 24 different probiotics.

Other ingredients: Gellan gum and probiotic cultures.
B-12 Deficiencies

by Dr. Brian Clement

Here at the Hippocrates Health Institute we have been collecting blood profiles on hundreds of people in order to analyze their level of B-12 (cobalamin). In May 2005, it was brought to our attention that routine blood specific analysis for B-12 deficiencies were far superior to the standard blood review. We set out on a research mission that has now accrued several hundred nutrient-specific tests. We discovered that well over half the population tested was lacking this essential nutrient.

This inspired an investigation that led us to question the gastrointestinal tract itself. After many hours in medical archives, I think I have discovered the cause of why B-12 is absent.

In the past, observing subjects who were consuming the proper living food diet, including a comprehensive mixture of food (vegetables, sprouts and limited fruit) for a period no less than 18 months, we recorded less than 5% B-12 deficiency based on standard blood analysis. The same group profile was then subjected to a leekocyte (white blood cell) analysis, where absorbed nutrients were mixed from within the cell. Based on this test, however, 69% of the subjects studied were lacking sufficient bioactive B-12. Previously, it was thought that B-12, and more specifically the bacteria that produce it, could be found in foods such as blue-green algae, green algae, comph, etc. The assumption was that when these foods were consumed, you would receive cyanobacteria, a soil-based bacteria, precursor to human bioactive B-12.

Unfortunately, recent research has surfaced indicating that the human body does not possess the ability to absorb the B-12 found in plant sources. It was also thought that carnivores and lacto-consumers received B-12 from the animal tissue they consumed. It has been our finding that meat and dairy consumers suffer the same level of B-12 deficiency as vegetarians and vegans. Our hypothesis is that the processed and cooked animal foods contain a nutrient B-12 that is not bioavailable and that inability makes this the most common vitamin lacking in the human body.

B-12 deficiency can affect the production of the essential myelin sheath that insulates each neuron from the previous one. This material is required to provide the body with signals needed to control the brain, nerves, muscles and other parts of the body.

B-12 deficiency B-12 is supplied in a liquid form that provides the necessary amount of vitamin B-12 for the body to use.

LifeGive B-12 Forte is a liquid formula that is easy to take and provides the body with all the necessary amounts of vitamin B-12.

**Supplement Facts**
- Serving Size: 1 Tablet
- Servings Per Container: 200
- Daily Value %
  - Vitamin B-12: 400 mcg: 66%
- Percentage Daily Value Based on A 2,000 Calorie Diet
- Other Ingredients: Sorbitol, Cellulose

LifeGive Body is freeze-dried Aphanizomenon fla-aurece, which is the earth’s first living food, harvested wild from Upper Klamath Lake, Oregon U.S.A. A special proprietary process assures you the highest standard of purity. By adding LifeGive Body to your diet, you will receive the most balanced, complete, nutrient-rich food on earth, providing the highest protein and trace mineral concentration of any natural food. LifeGive Body is the freeze-dried powdered form of LifeGive Live, which may be used while traveling when refrigeration is not possible. Many choose to use LifeGive Body for convenience.

The nutrients in LifeGive Body may:
- Increase energy, vitality and endurance.
- Strengthen the immune system, which fights disease.
- Improve attention and alertness.
- Support brain function and ability to manage stress.

Enzyme Active Easy To Digest: Naturally Chelated Minerals

**Directions:** Keep in cool, dry place. Start with 1/2 teaspoon (1-2 caps) per day and increase to 1 teaspoon (4 caps), or as needed, based on your individual needs. Take before or with a meal, early in the day, with water or juice. Important: Drink plenty of pure water.

**Supplement Facts**
- Serving Size: 1 Tablet
- Servings Per Container: 50
- Vitamin K-90 Mcg
- Vitamin B-12: 45 mcg
- Vitamin B9: 20 mcg
- B6: 2 mcg
- Copper: 6 mcg
- Zinc: 5 mcg
- Magnesium: 3 mcg
- Iodine: 1 mcg

Allergic persons consult your health care professional before using LifeGive Body.
Enhancing Adult Stem Cells: The Future of Neutracentials

You've heard of dietary phytoneutrients that nourish our cells with vitamins and minerals. You've heard of herbal concoctions designed to power up organ function or help eliminate waste products. You've heard of antioxidants to protect your cells from free radical damage. Now say hello to a whole new category of food supplements: the stem cell nutraceuticals. They not only nourish the body, but stimulate the process of cell regeneration by enhancing the natural release and migration of adult stem cells from bone marrow to sites in the body that need repair.

As you age, the number and quality of stem cells that circulate in your body gradually decrease, leaving you more susceptible to injury and other age-related health challenges. As we approach age thirty, stem cells are also slower to be released from the bone marrow. This causes a delayed healing response in middle-aged and older adults as compared to younger people. Stem cell enhancers unlock this important and natural healing mechanism in maintaining proper organ and tissue function.

### What are stem cells?

Stem cells can be thought of as "master" cells. They are found in human embryos, but are also found in adult tissue, most abundantly in bone marrow. Stem cells function to replace damaged cells specific to the organ type from which they originate, thus fulfilling the natural process of maintaining health. Bone marrow stem cells are the exception: they have a unique "plasticity" and have been shown to differentiate into other tissue types to aid in the regeneration of bone, liver, cardiac, skeletal, fat, and connective tissue.

The National Institute of Health defines a stem cell in this way: "Stem cells have the remarkable potential for 2 different cell types in the body. Serving as a sort of repair system for the body, they can theoretically divide without limit to replenish other cells as long as the person is still alive. When a stem cell divides, each new cell has the potential to either remain a stem cell or become another type of cell with a more specialized function, such as a muscle cell, a red blood cell, a brain cell, an organ cell, etc."

The first human embryonic stem cells were grown in vitro, in a petri dish, in the mid 1980s. Scientists were successful at culturing them for many generations and were able to trigger their differentiation into virtually any kind of cell, i.e. brain cells, heart cells, liver cells, bone cells, and pancreatic cells. When they tried growing adult stem cells, however, the endeavor was met with less success, as adult stem cells were difficult to grow in vitro for more than a few generations. This led to the assumption that embryonic stem cells have more healing potential than adult stem cells. In addition, the ethical concerns linked to the use of embryonic stem cells harvested from aborted fetuses has led to a disproportionate spotlight on embryonic stem cells in the media.

Recent developments over the past 2-3 years have established that adult stem cells, which are naturally produced in every healthy person (not just adults), have capabilities comparable to embryonic stem cells in the human body (but not in the test tube). Many studies have shown that simply releasing stem cells from the bone marrow optimizes health.

### What is the Stem Cell Theory of Renewal? Recall when that when an organ is subjected to a challenge, it releases compounds that trigger the release of stem cells from their quiescent state within the newly damaged organ or tissue. It also releases another compound that attracts migratory stem cells to the damaged site. Released bone marrow stem cells follow the concentration gradient of these compounds and migrate through the bloodstream to the organ where they proliferate and differentiate into the cells of the damaged organ.

### Stem Enhancers

Dr. David A. Prentice, Ph.D., professor at the Indiana University School of Medicine, says: Adult stem cells "have significant capabilities for growth, repair, and regeneration of damaged cells and tissues in the body, akin to a built-in repair kit or maintenance crew that only needs activation and stimulation to accomplish repair damage. Direct stimulation of endogenous (already present in the body) adult stem cells within a tissue may be the easiest, safest, and most efficient way to stimulate tissue regeneration. Such stimulation need not rely on any added stem cells."

The medical use of adult stem cells.

Because of the controversy surrounding embryonic stem cells, scientists have already begun looking to replace them with adult stem cells in novel and revolutionary treatments. A new technique for treating damaged heart tissue (after heart failure or heart attack), for example, involves harvesting adult stem cells from a human donor, multiplying them in vitro, and then injecting them back into that same donor at a later time. This process has proven miraculous effective in tissue repair. The cost? Approximately $20,000 per injection.

### What are stem cell enhancers?

On the natural end of the spectrum, stem cell enhancers are products that support the natural role of adult stem cells to work without adding anything from the outside. They "wake up" the body's stem cells and put them to work.

**StemEnhance™** is the first patented stem cell enhancer on the market. It is a breakthrough, natural aquabiotic supplement made of only two ingredients that are extracted from the same plant, cymaphtta Aphanizomenon flos-aquae (AFA). These compounds are extracted using a proprietary process that utilizes no chemicals or harsh agents.

One extract, which contains an L-selectigen, supports the release of stem cells (CD34+) cells from the bone marrow. The other extract, a polyaspartic-rich fraction called Migosate may support the migration of stem cells out of the blood into tissues.

### Do stem cell enhancers work?

Numerous studies performed by various scientific teams throughout the world, including the National Institute of Health, have clearly established that higher levels of circulating stem cells equate to a higher ability for the body to maintain optimal health. A recent article in the New England Journal of Medicine one reported that the level of stem cells in the blood was one of the best indicators of cardiovascular health.

When they tried growing adult stem cells, however, the endeavor was met with less success, as adult stem cells were difficult to grow in vitro for more than a few generations. This led to the assumption that embryonic stem cells have more healing potential than adult stem cells. In addition, the ethical concerns linked to the use of embryonic stem cells harvested from aborted fetuses has led to a disproportionate spotlight on embryonic stem cells in the media.

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Contact: Bothi Da Silva
d: 256-610-5073
Fax: 256-610-5074
www.bodyisashabelle.com
Mood, Clarity and the Love Molecule

Prozac, caffeine, guarana, and the like are socially accepted ways of variously treating depression, brain fog, and fatigue. They provide a quick “pick you up” that shortly knocks you down with a range of side effects. The good news is that an all-organic extract that evenly balances mood and increases focus and clarity has recently come to light. Let’s begin by unveiling what is meant by the “Love Molecule.”

Some people say that chocolate makes them feel like they do when falling in love. Even if so, eating several boxes of chocolates a day is not a sustainable therapy. Interestingly, chocolate does contain naturally occurring PEA. (Phenylenediamine) is a compound found to be deficient in the brains of depressed patients and tied to attention-deficit disorders. The presence of PEA is linked to up-beat state as well as increased brain chemistry associated with romantic love. For this reason, PEA is known as the “Love Molecule.”

A concentrated, organic aquabotanical known as AFA ( Aphaniotemnon fluo-aquae) has very high levels of PEA, multiple times over what may be found in chocolate. Organic AFA is generally cited to restore overall biochemical balance and is broadly known to increase endurance and stamina, and enhance overall well-being. LifeGive Brain is organic, fresh-frozen liquid AFA with added organic PEA to particularly hone in on mood balance and mental acuity. Taking this organic approach to balancing mood and increasing alertness comes without side effects. More than that, it's good for you.

Dr. Brian Clement says: “The most nutritious food on the planet comes from Klamath Lake, it is called LifeGive Live. We believe that the state of our physiological health (constitution) never changes, it is something we are born with. A weak constitution is similar to a foundation that has cracks and crevasses making it weak and unstable. Most people below age 50 in our culture today have weak constitutions. We discovered that by taking

LifeGive Live, you are actually filling in these cracks and crevasses so the foundation of who you are physiologically, including your organs, tissue, blood, and everything that has to do with you as a physical being, literally gets stronger. If you have a strong constitution with an impeccable lifestyle you will not only have a healthier life, you will have a longer, higher quality of life.

LifeGive Live is AFA that is fresh-frozen to capture its innate potency. It is an all-organic, wild-harvested superfood—a veritable pharmacy unto itself. For one example, as far as boosting immunity, no other food, drug, or substance is known to produce such dramatically positive effects on natural killer (NK) cell activity.

In one study, two hours after eating 1.6 grams of organic AFA, an average of 40% (1 billion) of the immune system’s natural killer cells migrated from the bloodstream into the tissues to do their work. It is also the sole vegetarian superfood with long chain omega 3 fatty acids. The long chain omega 3 fatty acids are extremely critical for the health of our bodies and particularly for depression and anti-inflammatory effects.

LifeGive Brain combines the whole food LifeGive Live matrix with its diverse co-factors and further enhances it with all-organic PEA, the “Love Molecule,” to promote joy and increase clarity. Researchers at Rush University and the Center for Creative Development in Chicago demonstrated PEA’s anti-depressant effects. They found that phenylenediamine, which is known as an endogenous neurotransmitter, increased attention and focused activity in animals and relieved depression in 60% of depressed human patients.

PEA was also found to produce sustained relief of depression in a significant number of patients, including some who were previously unresponsive to standard treatments. Gabriel Cousins, M.D. writes: “I am now recommending LifeGive Brain to my patients, and the response has been wonderful for so many different health concerns. I’ve had people who’ve been depressed for years and years, and literally, within a few days after receiving LifeGive Brain their depression lifts.”

PEA, the “Love Molecule,” has also been identified as one of the chemicals involved with love and, more specifically, monogamy. In a CNN report, “It’s All In Your Head”, Elina Furhmann reported that some scientists and psychologists say that love may be dependent on a cocktail of brain chemicals associated with the success or failure of love relationships. These chemicals, including dopamine, norepinephrine, and phenyl-ethanolamine act on the limbic system, which is the emotional center of the brain, and may be responsible for the feelings of euphoria and ecstasy experienced during new love.

While there is surely more to love than PEA, the main point here is that there is an all-organic, high-chol- rophyll compound that therapeutically balances mood and increases focus. It provides a wonderful natural alternative to jack-you-up stimulants and psychiatric drugs notoriously fraught with unwanted side effects. This helps people to enjoy life and function at a higher level altogether.

Stanley Arcieri, Founder, Biopharmaca

BiopharmacaTM formulates nutraceuticals using its ‘smart molecule technology’ TM. Its goal is to deliver unprecedented therapeutic efficacy from needless side effects. These biophy- toics based supplements are designed to singularly address, often hidden, key nutritious deficiencies linked to the causes of disease, thereby restoring well-being.

BRAIN - Aphaniotemnon fluo-aquae with col- loidal Origanum Seed Extract, Alcohol Free
First to be used in the Blue-Green algae se- ries. Useful for mental alertness, mental acuity and short or long term memory enhancement. May also be used to relieve mental fatigue, increase the production of endorphins and supply a balanced profile of vitamins, mineral, essential and non-essential amino acids.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving per Container</th>
<th>Amounts per day</th>
<th>Dietary Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Tbspuk/6 Tbsp Us</td>
<td>9 Daily Values</td>
<td></td>
</tr>
<tr>
<td>Pantothenic acid (g)</td>
<td>50%</td>
<td></td>
</tr>
<tr>
<td>Vitamin K (mcg)</td>
<td>50%</td>
<td></td>
</tr>
<tr>
<td>Blue Green Algae (g)</td>
<td>20%</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients: Vegetable Glycerin, Apple Juice, Natural Flavor, Zinc, Glycerin.

LIVE - Fresh Frozen Algae (Aphaniotemnon fluo-aquae)
LifeGive Live is Earth’s first living food, harvested wild from Upper Klamath Lake, Or- egon USA. A special proprietary process assures you, the highest standard of purity. By adding LifeGive Live to your diet you will receive the most balanced, complete, nutrient-rich food on Earth, providing the highest protein and trace mineral concentration of any natural food.

The nutrients in LifeGive Live may:
• Increase energy, vitality and endurance
• Strengthen the immune system, which fights disease
• Improves attention and alertness
• Supports brain function and the ability to manage stress
• The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, affect cure or prevent any disease.

Directions: Keep frozen until ready to use. To defrost, place LifeGive Live in refrigerator. Store well before each use. Start with one teaspoon per day and gradually increase to one or more Tbsp per day based on your individual needs. Do not exceed 12 Tbsp per day. For oral ingestion, drain plain or mix with water or juice and continue to drink plenty of water throughout the day.

IMPORTANT! When defrosted, product must be kept cold and refrigerated at all times to prevent spoilage and maintain freshness. Once defrosted, shelf life in a refrigerator is 7 days.

Supplement Facts

Supplements 27
CHLORELLA

Green Single Cell Algae

Excellent source of protein that is easily digested. Also helps the body get more out of vitamins and minerals. Helps with blood sugar regulation (Hyper/Hypo) glycemic episodes. Detoxifies the body of heavy metals and also may be helpful before, during and after chemotherapy or any procedure involving radiation or x-rays.

Suggested Usage: 8 to 20 Tabs per day with or without meals.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutritional Information Per Serving</th>
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</thead>
<tbody>
<tr>
<td>Carbohydrates: 12.9 g</td>
</tr>
<tr>
<td>Fiber: 5 g</td>
</tr>
<tr>
<td>Protein: 20 g</td>
</tr>
<tr>
<td>Fat: 0 g</td>
</tr>
<tr>
<td>Cholesterol: 0 mg</td>
</tr>
<tr>
<td>Sodium: 40 mg</td>
</tr>
<tr>
<td>Sugar: 0 g</td>
</tr>
<tr>
<td>Vitamin A: 0% RDI</td>
</tr>
<tr>
<td>Vitamin C: 0% RDI</td>
</tr>
<tr>
<td>Calcium: 0% RDI</td>
</tr>
<tr>
<td>Iron: 0% RDI</td>
</tr>
<tr>
<td>Magnesium: 0% RDI</td>
</tr>
<tr>
<td>Phosphorus: 0% RDI</td>
</tr>
<tr>
<td>Selenium: 0% RDI</td>
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Lifegive Est-Toll is a whole food supplement containing naturally occurring indole-3-carboxylic acid from raw organic spinach. Studies indicate this compound is especially helpful for balancing hormones and regulating sleep as well as strengthening the immune system. Most indole products on the market are synthetically based, even if they are sold as natural.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
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<tbody>
<tr>
<td>Amount Per Serving %DV</td>
</tr>
<tr>
<td>Cabbage extract 1,000 mg *</td>
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<tr>
<td>(Brassica oleracea) (leaf)</td>
</tr>
<tr>
<td>(20% Indole-3-carboxylic acid)</td>
</tr>
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</table>

*Daily Value (DV) Not Established

Chemozin is a unique nutrient herbal supplement that supports the cellular system during and after the use of chemotherapy. This is achieved without interfering with the desired effect of nuclear medicine, yet helps to preserve the multitude of healthy cells while potentiating some forms of chemotherapy. This makes them more effective in their process of destroying mutagenic cells.

Suggested Usage: As a dietary supplement, 4 capsules three times per day or as recommended by your health care professional.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 4 Capsules</th>
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<tbody>
<tr>
<td>Amount Per Serving %DV</td>
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<tr>
<td>Red Root Extract 4:1</td>
</tr>
<tr>
<td>400 mg *</td>
</tr>
<tr>
<td>Aloe Vera Concentrate (Leaf Extract) Extract 20:1</td>
</tr>
<tr>
<td>50 mg *</td>
</tr>
<tr>
<td>Echinacea Leaf Root Extract 10:1</td>
</tr>
<tr>
<td>500 mg</td>
</tr>
<tr>
<td>Uric Acid</td>
</tr>
<tr>
<td>400 mg *</td>
</tr>
<tr>
<td>Ginger Root</td>
</tr>
<tr>
<td>300 mg *</td>
</tr>
<tr>
<td>Echinacea Rubrascens Extract 3:1</td>
</tr>
<tr>
<td>600 mg</td>
</tr>
<tr>
<td>Aschwagandha Root Extract (Standardized to Contain 1.5% Withanolides)</td>
</tr>
<tr>
<td>300 mg</td>
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</table>

*Percentage Daily Value (DV) Not established

Enterorinse acts as an overall cellular system repairman, often employed in the conquest of cancer. This unique nutrient and herbal complex induces cell differentiation, normalizes cell signals, helps to inhibit cancer cell proliferation, induces apoptosis in cancer cells, inhibits angiogenesis, and helps regulate natural immune response.

Suggested Usage: As a dietary supplement, 12 capsules per day or as directed by your health care professional. Keep container tightly closed and store at room temperature.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.
Seaweed Salad

2 packages of wakame
(Maine Coast Sea Vegetables) 1/2 cup sliced tomatoes
1 c. diced red bell peppers
1 medium clove of garlic
1 oz of high-quality cold-pressed extra virgin olive oil
1/2 oz raw apple cider vinegar (lemongrass can be substituted for vinegar)

Combine ingredients.

Seaweed Salad

Soak wakame for 10 minutes. Drain and squeeze out as much water as possible.

Soak wakame for 10 minutes. Drain and squeeze out as much water as possible.

Mix all ingredients in blender for 20 seconds. Taste and add more salt or apple cider vinegar if desired.

Pasta Primavera

6-8 medium-sized zucchini (noodles; spiralized)
1/2 c. red bell pepper - diced
1/2 c. tomatoes - diced
1/2 c. kalamata olives - pitted
1/2 c. leeks - chopped; sliced
1/2 c. onions - chopped

1 c. garlic (optional)

Mix all ingredients in blender for 20 seconds. Taste and add more salt or apple cider vinegar if desired.

Herb Olive Dressing

16 oz cold-pressed extra virgin olive oil
1/2 c. lemon juice
1/2 c. olive oil
1/2 c. white wine vinegar
1/2 c. red wine vinegar
1/2 c. white wine
1/2 c. red wine

Combine ingredients.

Pasta

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1/2 c. red wine vinegar
1/2 c. white wine
1/2 c. red wine

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1/2 c. lemon juice
1/2 c. olive oil
1/2 c. white wine vinegar
1/2 c. red wine vinegar
1/2 c. white wine
1/2 c. red wine

Combine ingredients.
**LifeGive EXHILARATE**

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

**Suggested Use:** As a dietary supplement, 2 capsules per day as recommended by your healthcare professional.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

**Supplement Facts**

<table>
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<tr>
<th>Serving Size: 2 Capsules</th>
<th>Servings Per Container: 60</th>
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<tbody>
<tr>
<td>2 capsules contain</td>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>1 capsule contains</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>GABA</td>
<td>230 mg</td>
</tr>
<tr>
<td>Amino Acids</td>
<td>700 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>35 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>100 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>25 mg</td>
</tr>
<tr>
<td>Other Nutrients</td>
<td>1% Daily Value</td>
</tr>
<tr>
<td></td>
<td>Total Serves</td>
</tr>
<tr>
<td></td>
<td>100 Vegetarian Tablets</td>
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**LifeGive HORMONE POWER**

Many adult men and women are living with hormone imbalance. This problem may result in impaired immune function, weight gain, fatigue, emotional imbalance, mood swings, decreased mental clarity and poor concentration, as well as loss of libido. Hormone Power works to optimize the body's hormone levels and create a healthier environment. The effects of hormonal repositioning may be felt in as little as two weeks for some people.

**Suggested Use:** As a dietary supplement, take 2 capsules in the morning, 1 capsule in the afternoon, and 2 capsules in the evening, for a total of 3 capsules per day.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
<td>%DV</td>
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<tr>
<td>Proprietary Blend</td>
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</tr>
<tr>
<td>Chaste, Nettle extract</td>
<td>2%</td>
</tr>
<tr>
<td>Pumpkin seeds, Propolis</td>
<td>1%</td>
</tr>
<tr>
<td>(Percentage Daily Value)</td>
<td>DV</td>
</tr>
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Daily Value not Established.

Other Ingredients: Vegetable Capsules, Silica, other natural flavors, Silica.

**LifeGive HHI-ZYMEDGE_digestive AID**

Digestive Enzymes

Our own improved, time-tested formula. Provides essential nutrients, vitamins, minerals and enzymes to enhance digestion of foods. May help increase the electromagnetic frequency around the cell and fight off free radical damage, which is the cause of disease and aging. The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

**Suggested Use:** Adults, take two (2) or more capsules at the beginning of each meal. More capsules may be taken when eating predominantly-cooked foods.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 2 Capsules</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Protease</td>
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<tr>
<td>Amylase</td>
<td>1200 IU</td>
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<tr>
<td>Lactase</td>
<td>3000 IU</td>
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<tr>
<td>Lipase</td>
<td>1900 IU</td>
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<tr>
<td>Maltase</td>
<td>1900 IU</td>
</tr>
<tr>
<td>Other Nutrients</td>
<td>1% Daily Value</td>
</tr>
<tr>
<td></td>
<td>Total Serves</td>
</tr>
<tr>
<td></td>
<td>650 Vcaps</td>
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Other Ingredients: Plant cellulose, water.
LifeGive

INNERACTIN

Detox Nutrients

Herbal Extract Dietary Supplement

Cellulite is the isolation of fat cells by fibrous tissue that divides into separate pockets. Sedentary life-style can compound this problem. GX-99 helps to heat up and eat up these fat deposits. Nutritional voids accompanied by sluggish organs also contribute to the development of cellulite. InnerActin can effectively deal with this malady. Recommended to be used with ReEssence.

Suggested Use: As a dietary supplement, take two capsules twice daily, preferably with meals or a glass of water. Store in a cool, dry place.

Key Benefits:
- Promotes normal, healthy liver function
- Helps maintain bile flow and fat metabolism
- Helps optimize your body's own antioxidant production

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 60

Vitamin C (ascorbate) 100 mg 100%
Vitamin B1 (thiamin) 50 mg 16%
Vitamin B2 (riboflavin) 25 mg 16%

Other ingredients: vegetable capsule (capsule), silica

LifeGive

ReEssence

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

Suggested Use: As a dietary supplement, take 2 capsules twice daily, preferably with meals or a glass of water.

Other ingredients: vegetable capsule (capsule), silica

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 60

Vitamin C (ascorbate) 100 mg 100%
Vitamin B1 (thiamin) 50 mg 16%

Other ingredients: vegetable capsule (capsule), silica

LifeGive

INTERNAL CLEANSE

Dietary Supplement

Earth's Gently Powerful Purifier

Bioactive chlorophyll rich algae is the bases for LifeGive Internal Cleanser. This symbiotic combination of nutrients and body activators first builds, then cleanses by reaching the deepest canyons where unwanted matter resides. LifeGive Internal Cleanser does not rake waste from the body, but expels it through firm symbiotic action of algae, enzymes, and herbs. Use periodically to maintain superior health.

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Suggested Use: 6 capsules = 1 tablespoon. Adults take 6 capsules or 1 tablespoon morning and evening. Take with an additional glass of water, preferably warm. LifeGive Internal Cleanser should be taken 1-month on 1-month off, for the first year of cleansing.

Supplements
In Food We Trust
People from around the world and all walks of life arrive at Hippocrates on their quests for better nutrition and health, and being with them is a whole range of food- and eating-related issues. After years and years of personal and professional contact with thousands of guests, I finally understand something: people come here not only to change what they eat, but to change their relationship with food.

Not so easy, I say. It takes a good degree of soul searching and effort to make fundamental lifestyle changes, and that's why Hippocrates provides psychological and emotional support services as a core part of the program.

For one thing, we recognize that eating is not a neutral event. Nobody just ingests food like a robot with no feeling. No, eating is up there as the most highly emotionally charged human activity, linked deeply with memories of family, love, comforting good times (sometimes bad times), and comes with deeply ingrained patterns, beliefs, and habits.

In food we must find feelings of soothing and comfort. And abundance. I feel the love just walking through the food line at Hippocrates, dining with friends, or when I visit a local green market, or even at health food stores. I love food.

In the Beginning
Our first experience of food precedes our mouth. We feel it intuitively, viscerally, and even at a cellular level. Our deepest sense of well-being springs directly from our actual level of nutrition, which by the way, sums up the whole—some goal of a good relationship with food, the primal reality of super well-being through super nutrition.

Then we're born and encounter food in a whole new sensual and distinctly oral way (remember Freud's oral phase of development), infused with deliciousness and eating. Our parents celebrate our eating as they want us to thrive and grow. They do their best. As babies we know hunger and don't like it. It grows at us and makes us cry. Parents feed us to make us not cry, and that's where all the food-as-comfort patterns originate. Food is natur-

When Food's Love
by Andy Bernay-Roman

In Food We Trust
People from around the world and all walks of life arrive at Hippocrates on their quests for better nutrition and health, and being with them is a whole range of food- and eating-related issues. After years and years of personal and professional contact with thousands of guests, I finally understand something: people come here not only to change what they eat, but to change their relationship with food.

Not so easy, I say. It takes a good degree of soul searching and effort to make fundamental lifestyle changes, and that's why Hippocrates provides psychological and emotional support services as a core part of the program.

For one thing, we recognize that eating is not a neutral event. Nobody just ingests food like a robot with no feeling. No, eating is up there as the most highly emotionally charged human activity, linked deeply with memories of family, love, comforting good times (sometimes bad times), and comes with deeply ingrained patterns, beliefs, and habits.

In food we must find feelings of soothing and comfort. And abundance. I feel the love just walking through the food line at Hippocrates, dining with friends, or when I visit a local green market, or even at health food stores. I love food.

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comes that are good for us, and to our very freedom as persons.

I want to have my habits, and beliefs, and not be had by them. I choose to be the driver and not the driven. I want my choices to center on what's best for my true welfare. If some old ways of relating to food get in the way of that, then those things must go. I don't want to use food to cover up insecurities or feelings of unf fulfillment, or even spiritual emptiness. I want to face anything and everything in life, unconditioned by old habits, even the ones that seemingly I actually make more comfortable. I need to relocate myself psychologically and emotionally, or re-center myself to have a more authentic, healthy relationship with food. For my mother, as for all of us, the here's journey means facing our fears, doubts, losses, and defenses, and then taking the next right step.

Hippocrates Blues about Greens
There's nothing like whelking a person out of familiar surroundings and habitats to rile things up inside. When growing first arrive at Hippocrates, they greet the food with a mixture of excitement and dread "This is not what I'm used to," they moan. Most people in our culture scare vegetables mainly as side dishes, so even the newly arrived guests who like salad, raise an eyebrow at the dinner spread. Many of them go through a period of deprivation, focusing on and even dreaming about all the foods they can no longer have. Like an addict going through withdrawal, they detox their way forward, bickering, lightening and fasting. They struggle and complete. Sometimes out last them sometimes quickly. At their most vulnerable, they years for the good-old days of carefree, unconscious eating.

We help them move forward in their healing process with several powerful tools: 1. group support, 2. one-on-one counseling, and 3.联赛, of healthy lifestyle and healthy eating. One, which helps install a new way of approaching and framing the whole nutrition and eating thing.

From old school to new school.
I have two bits of advice for you when you're in that phase of "recovery": Hang in there, and strike it out. The fog will lift. The light will triumph. Embrace the growing pains as best you can. Feel it and heal it. The healthy living process is closer than you think. The body will recognize well-being when it experiences it. Do the right thing still it does. The path of superior nutrition, inner cleansing, and no more junk is the super highway to health. It's so fantastic to finally feel good! Hang in there and your mind will no longer be dominated by a deprivation mindset, but rather by one of self-care, self-nurturing, and self-loving. Trust me, it will naturally emerge. Have faith in the process and in your self. You can do it. It happens here at Hippocrates all the time.

The single key to unlocking this transformation is learning to treasure your self. Once that precocious awareness begins to infuse the body with proper respect and awe comes naturally. Good food choices come easy. Hang in there, because it can happen for you too.

The Issue of Supplements
One last thing I'd like to address: taking supplements. We live in a pill-popping culture, many people, especially natural living oriented folks, reach for the little white box, take medicine, especially when it comes with "the rest of your life." Doctors and the pharmaceutical industry would have us believe that's just the way it is. They are conditions we can fix with this little white pill. At Hippocrates, guests often refer to food supplement.
INTRODUCING A SCHOLARSHIP FOR HIPPOCRATES HEALTH EDUCATORS

$1000.00 will be awarded to an educator from each graduating class.

See www.derrickbrockie.com for details.

Liv-A-Lot

Liv-A-Lot is a pure herbal formula used traditionally for rejuvenation and purification of the liver. Liv-A-Lot is effective as a blood purifier; fine tunes the liver and assists in its function as a major detoxifying organ. Use periodically when well. May be used specifically when presented with any liver challenges. The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure, or prevent any disease.

Suggested Use: As a dietary supplement take 3 tablets daily or as directed by your qualified health consultant.

Supplement Facts
Serving Size: 3 Tablets
Serving Per Container: 30

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*Daily Values Not Established

Other Ingredients: Pappaya and cellulose.

Are You On Our NEW Mailing List?

We at Hippocrates like to think of ourselves as being at the forefront of the global green movement as it grows in both popularity and strength. However, with all the growth we've experienced recently here at the Institute, it seems that our method of keeping our mailing list up to date stayed in the dark ages.

The time has finally come to change all of that and get ourselves current so that when we send something via the postal service, we will know that it is getting to the person it was intended for and not being useless printed, mailed and recycled. But we will need your help to make this change efficiently and without interrupting anyone's magazine delivery. Please take a moment of your time to contact us and request that you be included on our new mailing list.
Our Philosophy? Simple... We Offer Only The Best.

Dr. Alkaitis Holistic Organic Skin Food.
Dr. Alkaitis Skin products are formulated as a therapeutic, raw, health food for the skin. It is the only rational approach to timeless beauty.

Le Bella Donna
A Make-Up that is Truly Good for Your Skin
Correctly identifies and protects with superior coverage. Combats signs of aging without clogging pores, light weight feel, long lasting colour, natural skin protection. Skin appears smooth, glowing and naturally FLAWLESS.

Morrocco Method International
The Zen of Hair Care
100% natural, simple, pure, raw and vegan, for the ultimate in luxurious hair.

Call 561-471-8876
Ext. 124 to place your order. 9a.m - 5p.m. EST or check out our Online Market at www.hippocratesinstitute.org

Mitesse
The World's Finest Certified Organic Skin Care.
Mitesse products are designed around four different skin profiles. You mix and match different products from different profiles to perfectly suit your skin needs.

HIPPOCRATES Whole-Life Market
Whole (hol) adj.
1. healthy; not diseased
2. not broken, etc., intact
3. not divided up; in a single unit
4. containing all the parts; complete
Irritable Bowel Syndrome

by Shannon Larson

Well, just like many others before me, I can say that illness brought me to raw food. I spent over 2 years trying to work with numerous doctors to get a diagnosis for myself. All I knew was that whatever I put into my mouth caused me severe stomach pain and debilitating diarrhea. I spent years going from doctor to doctor, general practitioner, gastroenterologist, endocrinologist, etc. But no one could figure out what was happening to my body. After numerous tests came out negative, I was told I had probably had Irritable Bowel Syndrome (IBS) and was given medicine to help me live with it; however, the medicine's side effect was not just diarreal but actual death. This was not an answer for someone with two young children. I decided to find another way.

I started to look into alternative medicine. I tried acupuncture, kinesiology, massage, reflexology, Chinese medicine, color, nutrition, and Qi gong. I went to an osteopath, nutritionist, chiropractor, and even a medical intuitive. I truly was desperate and willing to try anything.

However, my weight kept on plummeting. I remember one day, I was getting out of the shower and I didn't even recognize myself in the mirror. I had lost thirty pounds and I looked like I was dying. People around me were scared and so was I. A doctor told me that maybe I should start taking antidepressants to calm my stomach, knowing that I wasn't even depressed! There were others who were convinced that I was anorexic.

At that time I was dabbling in raw food and was lucky enough to live by a raw food restaurant. One day I was driving by the restaurant and something just told me to stop in. I'm so glad I did! Dr. Brian Clement, from the Hippocrates Health Institute, was speaking. Well, it was overwhelming. The knowledge he had about raw and living food. This man knew what he was talking about! I found out the institute had a three week lifestyle change program. I thought this would be great for my mother who had pancreatitis. That night I called my mom and told her all about this interesting place called Hippocrates. The next day my mom called back and said my parents wanted to send ME! to Hippocrates. Let's just say I had a million excuses not to go. My mom said, "you just need to be the one to make the call." It took me months to make that call.

Then came my low point, one morning I got up feeling sick again. Feeling like I was again chained to the bathroom. I was home alone and I remember just dropping to my knees screaming to God that I didn't want to live this way. Just wanted to stop. I just kept screaming. I "cannot live this way please help me". I cried so hard and for so long that I felt adrenalin on the floor.

It was the day things got better.

When I woke up 1 had an amazing calmness. I immediately found the numbers to Hippocrates and called to make a reservation. The first date that was available was New Year's Eve. Looking back I didn't realize how profound that would be. It was a new start to a New Year and a new life. The program was everything I needed to heal my body. I went down to Hippocrates thinking that my body wouldn't really identify that much because I knew, I was an average sized woman. I didn't consume animal products, refined sugar, caffeine, or alcohol. I was SQ (slightly SQ) I couldn't even get through the 1st day orientation.

I developed a migraine that was so severe I had to take my head to my room by golf cart! Boy was I embarrassed. I had just as much to learn as everyone else.

The next day I was fine and over the next three weeks I learned to live life the way that humans are supposed to live. I felt AMAZING. I couldn't imagine not having those three weeks. The first week was all about getting into the program, understanding how it all worked. The second week was more about how the physical manifestation of illness was being broken down. My body was HEALING. The third week was about strengthening my mind and awakening. I was no longer afraid of anything. I was not in a diagnosis. I was not an illness. I was a human being, living and being supported by the earth and the people on it to become who I was supposed to be— a healthy individual. This is the right that we all are owed just by being born. I found a peace I had never known.

It has been a year since I left Hippocrates and my life has changed in so many wonderful ways. I have come to teach my children and husband how to live a healthier life. I'm still working on transitioning them to a raw food lifestyle but I do it with love and compassion knowing that the right options that their wants will change in time. They have come so far in one year. My kids now beg me for algae and my husband loves my collard green wraps.

How wonderful is that! After hearing Gandhi's famous quote, "Be the change you wish to see in the world," I decided to start a monthly raw food potluck based on the teachings at Hippocrates. I am building the community that supports our family's lifestyle and I feel wonderful. I AM HEALING!

I want to thank Hippocrates, especially Brian and Anna Martin, for helping me up my world to new possibilities and realizing that nothing is impossible. I also want to thank my parents, husband and children that they would continue to support me through this life changing experience.

I continue to be well and healthy and wish the same for you and your families in this wonderful way of life.

Shannon Larson
Marblehead, MA
Shannonlaron2000@yahoo.com

MeltAway

MeltAway, a fat consuming enzyme complex is a pure safe and proven way to help the body eliminate the unwanted weight that it harbors. Lipase/Amalase assist the digestive and eliminative systems in their quest to rid the body of unwanted lipids. Unlike most weight loss remedies, MeltAway is based and formulated on a historic tradition that has been scientifically validated over the many years it has been researched.

Suggested Use: Adults, take 1 capsule, between meals, twice daily as needed or as recommended by your health care provider.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure, or prevent any disease.

AVAILABLE SEPTEMBER 2008

OCEAN ENERGY

This is a cutting-edge, vegan formula to help maintain vi- brant health. A B-12 multivitamin containing nutrients from the land and ocean with added probiotics. Ocean Energy is a combination of nutrients working synergistically to enhance energy and also helps to increase Homoglobin (iron) levels in the blood. The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

All botanicals used in Ocean Energy are wild crafted or cultivated without pesticides. All added nutrients are organic.

Recommendation: As a dietary supplement take 1-3 capsules daily or as directed by your qualified health consultant.

OCEAN ENERGY

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Hippocrates
42 Hippocrates

Supplements 43
A complete, 100% pure, whole food multiplex vitamin, mineral and herb formula, created especially for the Hippocrates Health Institute. This extraordinary, hydroponically grown formula blends the wisdom of ancient healing traditions with the best of modern science. Rejuvenating synergized botanicals enhance and strengthen men's distinct needs, helping to balance hormone levels and control mood swings. This product offers men of all ages (12 and older) unprecedented levels of nutritional support, vibrant health, endurance and renewed energy. 

Suggested Use: 2-4 Tablets per day. Take 1 or 2 in the morning and 1 or 2 in the afternoon. This is a whole food and may be taken anytime, with or without food.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure, or prevent any disease.

Want to take off 10?

Become a Hippocrates Advantage Club Member and receive 10% OFF store purchases and special discounts

There are two ways you can join: Lifetime Membership (95 USA / 125 International)

Annual Membership (95 / 125 Annual Renewal - International add 15)

Lifetime Membership includes a FREE copy of Living Foods for Optimum Health by Brian Clement, Ph.D., N.D.

Annual Membership includes a FREE copy of Hippocrates Health Program by Brian Clement, Ph.D., N.D.

Call 561 471 8876 or visit us at www.hippocratesinstitute.org
I was at Hippocrates in 2005 on the Life Change Program, which indeed it has, as I now run my own Raw Food Workshops in Spain and the UK. As much as possible, I promote the Hippocrates philosophies, however a friend of mine asked me a question which I was unable to answer. There are so many charts and books talking about foods which are alkaline and which are acid forming. Is there one reliable source of information I can turn to or advise my clients to read which gives an accurate chart of the foods which fall into the acid groups and which ones fall into the alkaline group? There are scientific charts available that feature many foods consumed by raw foodists, that you can find in the nutritional section of most libraries. Acid and alkaline groups are not an easy subject to contemplate and understand. What a food may be outside of the body is quite often not what it converts to when consumed. Furthermore, one’s body chemistry determines the pH it will regulate to from any particular food.

I have a raw cookbook that has dessert recipes that call for Agave. Isn’t Stevia a better choice nutritionally speaking? Agave, although claimed to be low glycemic, provides the body with unwanted sugars that enhance the development of many forms of disease. Stevia on the other hand, is not a traditional sugar but a form of complex carbohydrate that in many studies proves to help regulate blood sugar.

I have had an egg shaped lump under my breast for about 8 years. The doctor diagnosed it as lipoma, a benign fatty tumor. What causes lipoma and is there any way to get rid of it besides surgery or liposuction? Lipoma’s that have been in place for many years would be difficult to remove without surgery. The fatty tissue does not respond to many salves that help to remove other forms of growth.

There seems to be a lot of talk lately about proper food combining. Obviously if you are dealing with healing an illness this is crucial. But what is your opinion of the importance of this for a healthy individual? Food combination is central to nutritional absorption and healing, as is the consumption of organic vegan living food. Any so called authority who precludes the factual reality that food is chemistry, and whether it is or is not compatible with other chemistries (food) is looking over an essential part of nutritional science.
LifeGive Phys-Neur

**Omega Oil**

This one of a kind essential fatty acid matrix, powerfully nourishes the cell throughout the body, including the brain. Phytochemicals contained in the four seeds effectively reduce disease potential.

**Suggested Usage:** Take 1-2 tablespoons (14-28 ml) per day with meals of LifeGive Phys-Neur Omega Oil. Keep sealed and refrigerate after opening.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

**Supplement Facts**

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**Ingredients:** Organic borage seed oil, flax seed oil, cranberry seed oil and raspberry seed oil.

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LifeGive Phys-Neur

**Protein Powder**

This protein powder enhances health and avoids the common stressors that commercial protein products contain. Traditional soy and whey proteins have proven to be a long-term disaster for the consumer's renal and cardiovascular health. LifeGive Protein Powder is a combination of completely digestible amino acids coming from the seeds of flax, hemp, black raspberry and cranberry. Beyond the cell and muscle building properties inherently contained in this powder, it also gives one a system with comprehensive fatty acids and brain building chemistry.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

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**Ingredients:** Soy protein, black raspberry seed, cranberry seed, hemp seed.

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LifeGive Phycomin

**Phycomin**

Blue-Green Algae Extract (liquid)

Phycomin is an extract from AFA containing high concentrations of the active ingredient, PEA. When taken orally, PEA is known to readily cross the blood-brain barrier and, therefore, may be immediately available in the brain. In the brain, PEA acts by increasing the concentration of dopamine in the synaptic cleft. Naturally enhancing dopamine transmission in the brain has been associated with greater experience of pleasure.

Daily consumption of 10 mg of PEA has been shown to alleviate the symptoms of depression. Consumption of 3-5 mg of PEA is effective at increasing attention, elevating mood, and improving the overall quality of life. PEA may also prove to be a safe and effective alternative for the management of ADD, ADHD, Alzheimer's, anxiety, depression, bi-polar and other brain disorders.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

**Supplement Facts**

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**Ingredients:** Blue-Green Algae Extract (Phycomin) Oligofructose. Other Ingredients: Water, natural flavors, natural colors.
**LifeGive Power Powder**

LifeGive Power Powder is the purest and most potent green food made with organic ingredients. The Synergy Company, the pioneer in formulating and manufacturing organically rich and organic superfoods, created Power Powder's exceptional formula especially for the Hippocrates Health Institute. Packed with more than 60 vibrant ingredients, Power Powder is a superior source of highly beneficial phytonutrients helpful in building muscle and gaining strength.

In combination with a healthy lifestyle, LifeGive Power Powder promotes sustained energy and well-being.

**Suggested Use:** 18 capsules begin slowly with 2 to 5 capsules. Gradually increase to 18 capsules a day. If you are experiencing environmental or physical stress, feel free to enjoy as many Power Powder capsules as you like. For Powder users, begin slowly with 1/4 to 1/2 teaspoon. Gradually increase to 1 tablespoon or more per day. Please store away from direct sunlight or heat. After opening, refrigerate for optimal freshness.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

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### Supplement Facts

| Serving Size: 12 g (1 heaping tablespoon) | Servings Per Container: 30 |

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**Organically grown green, processed and certified.** Made with organic ingredients. 

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

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A groundbreaking new philosophy in living consciously

by Hippocrates Health Institute, Dr. Brian Clement

**CALL 561-471-8876 EXT 124**
This is a true story, about a father, Mike, and his son, John, who live in Palm Beach, Florida. Mike is 85 years old and overweight. He also has various other health conditions, including Type-II Diabetes and coronary heart disease. Fortunately, he neither smokes nor drinks alcohol, but he does take 23 prescribed pills daily.

In addition to spending time with his family, what Mike loves most is taking cruises! John has been in the medical field for 25 years with degrees in biochemistry and medical technology. He owns the largest independent clinical laboratories in both South Florida and Puerto Rico.

John created a worksheet for his father to carry with him at all times. It lists Mike's emergency-contact information, his medications and daily dosages, and his physician's name, address, and telephone number. If God forbid, his dad was critically ill or inured, someone would find this document in his wallet and know how to treat him immediately. John kept the information current as Mike's medications changed.

In April of 2005, Mike was on a seven-day cruise with his lady friend, Fanny. The cruise was going great until the fourth day. The seas were calm and the new ship was beautiful, but Mike thought the food was causing him diarrhea. He continued to take his pills, but he was not eating enough. During the second day of the cruise, the symptoms worsened. He was drinking only fluids and no solid food. (As a diabetic, this has serious consequences. When the ship docked, Mike had been taking his pills but not eating solid food for nearly three days, and the diarrhea was still severe.

After stopping at home, Mike and Fanny went to visit a friend in the hospital in West Palm Beach. Mike took her to the front entrance of the hospital and then drove to find a parking space. After about 30 minutes, Fanny, concerned that he had still not joined her, went to find him. She discovered him slumped over the wheel in the driver's seat, foaming at the mouth, and slurring his words. He couldn't elevate his head. She immediately called 911 and was rushed into the emergency room—thankfully only 100 yards away.

In the E.R., the physician and staff members questioned him: "What kind of medication is he taking?" "I'm not sure what he takes." "What is his doctor?" "I don't know!" "Has he been sick?" "Yes" and she proceeded to tell them about the cruise and his diarrhea.

During the next two hours, Mike underwent several tests including an EKG, X-rays, and a CT-scan, but his blood could not be drawn. Eventually, the staff members searched his pockets and found the worksheet with his medications listed. They phoned his son, who was named as the emergency contact.

John immediately went to the hospital, drew his father's blood, and told the physician about his dad's Type-II Diabetes. Fanny then announced that, while he had not eaten for three days, he had continued to take his pills. It appeared that the medication had caused his blood sugar level to drop and now he was in a diabetic coma. (Normal glucose/blood-sugar range is 80 - 120 mg/dL.

The physician recommended that Mr. Mike come out of the diabetic coma and began to fully stabilize. After seven days, John and his father left the hospital together.

One home, John invited his friends to talk about his new idea. He wanted them to pitch it apart; to find the mistakes in his thinking; to think of reasons why it would not work or how it could be better. After four hours of brainstorming, the conclusion was obvious: it was a fantastic idea that would save lives! Trusting the advice of his friends and business associates, John began creating the company, energized by a product that would benefit not only patients and their families, but also the medical community and society as a whole.

John has continued to work on the project day and night and continues to do so. From his father's crisis in April 2005, an important new company was born. MPOCKETMD was incorporated in May 2005. The ever-growing client base now includes physicians, hospitals, insurance companies, the cruise industry, and everyday people.

Mike's 231 Immediately the physician proceeded to treat him for diabetic coma. During that night in the E.R. waiting room, John observed that the loved ones of many patients, like Fanny, could not answer any of the basic health-related questions. He understood immediately that the physicians and staff and the patients themselves, are severely disadvantaged by this lack of essential information. Without accurate information, the physicians cannot comprehensively assess what has happened and how to treat the patient correctly. If the patient is unconscious and/or the physician does not have the patient's medical history, they are under the severe stress of time, accuracy, and great expense—and the possible death of the patient!

John knew there must be a better way. The Emergency Room physician told him that every night was like this one, and that E.R. physicians must address symptoms before they attempt to assess the history of the patient. It would be much easier if there were a complete medical history for every patient that came through the E.R. doors.

John began to consider how this could be accomplished. That night, he created a plan—on a napkin—of how a person's medical history could always be available, even if he were unable to communicate due to injury or illness.

After his dad's condition had stabilized, John had breakfast with the E.R. physician to talk about his idea. He asked him, "How would your job be if every patient in the Emergency Room carried their complete medical history with them? Would it make your job easier?"

"Absolutely!" the doctor replied. John shared his concept, and the physician loved it.

John remained with his father in the hospital and continued to work on this idea. He researched available technologies and began to write his business plan. He found no one else offering this type of service.

By the fourth day, Mike came out of the diabetic coma and began to fully stabilize. After seven days, John and his father left the hospital together.

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LifeGive
PHYTO-TURMERIC
Phyto-Tumeric, a powerful whole food turmeric with active curcuminoids, contains a symphony of disease inhibiting elements such as vitamins, minerals and enzymes. Each caplet contains 800 mg of pure, naturally occurring curcuminoids, which have been scientifically shown to enhance brain function and pack anti-cancer effects along with pro-digestive and anti-inflammatory properties.

Suggested Use: As a dietary supplement, take 3 caplets daily with beverage at least 30 minutes before meals, or as directed by your qualified health practitioner. Store in a cool, dry place.

Supplement Facts
Serving Size: 3 Caplets
Servings per container: 30

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<tr>
<th>Supplement</th>
<th>Amount Per 3 Caplets</th>
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<tbody>
<tr>
<td>Curcuma longa</td>
<td>2400 mg (rhizome) extract (95% curcuminoids)</td>
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Daily Value (DV) not established.

Other Ingredients: Cellulose

LifeGive
SYSTEMIC ENZYMES
Systemic Enzymes is formulated with proteolytic enzymes, vitamin C, and select botanical antioxidants that were specifically chosen for their ability to combat microbes and mutagens, support healthy circulation, support muscle and joint recovery after exercise, and provide other systemic benefits.

Suggested Use: Adults, take 1 capsule, between meals, twice daily as needed or as recommended by your health care provider.

The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts
Serving Size: 1 Capsule
Servings Per Container: 120

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<tr>
<td>Enzymes (total)</td>
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<tr>
<td>Amylase</td>
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<tr>
<td>Lipase</td>
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<td>Bromelain</td>
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<td>Papain</td>
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<tr>
<td>Protease</td>
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* Daily Value (DV) not established.

Other Ingredients: Cellulose
The two most important words in medicine may be Drainage and Regeneration.

When a patient with numerous physical complaints is seen for the initial office visit, many of the important organs of the body are toxic and sluggish, not functioning at their optimal capacity. The initial step in treating this patient is referred to as drainage. Before repainting a house, the first thing to do is to remove all dirt and dust. The walls are first washed and the floors swept clean. After this is done, fresh coats of paint are applied, and the renovation process proceeds. In a similar vein, specific herbal drainage formulas cleanse the body, by stimulating the excretion systems of the liver and lymph, to rid the body of toxins that have accumulated over time. Younger You's Liver Cleanse and Lymph Cleanse will accomplish drainage of these two key elimination systems.

The process of drainage will reduce toxicity in the body, but organ function may still remain sluggish and susceptible to future physical, emotional, and nutritional stressors. These organs now need to be toned and strengthened in the same way that you would build muscles at the gym. It is the aim of regeneration formulas to stimulate the process of the natural renewal of the key organs and glands such as the pancreas, liver, thyroid, and adrenals. These formulas are called Pancreas Plus, Liver Plus, Thyroid Plus, and Adrenal Plus.

The regeneration formulas that are used are homeopathic, in that they are dilutions of substances from nature. They have been specially formulated to enhance the regenerative process, which can be described as follows:

Each organ system, while connected to the essential life force or chi of a person, is also a unique bioenergy system, vibrating at a certain resonant frequency. An imbalance in the organ's frequency represents a disturbance in its bioenergy, and slows the process of doing what it knows to do naturally—that is, to regenerate and renew itself.

To do this, cells and organs need energy combined with a specific input of certain frequencies that correlate to the weakened organ. They need the right amount of energy coupled with the right message. The ideal regenerative formula is a booster shot of subtle energy that imprint specific frequencies into the matrix of an organ, ultimately returning the organ to its natural resonant vibration.

The next important issue during the first month is the restoration of deep, uninterrupted sleep. Most people when they are not feeling well do not get restful sleep. They either cannot fall asleep or awaken throughout the night, frequently being unable to get back to sleep. The two formulas, Restore Rhythm, and Sleep Well, are designed to restore the natural sleep cycle. Take them right before going to sleep. The dose of Restore Rhythm is 10 drops under the tongue; that of Sleep Well is 2 tablets under the tongue.

The formulas taken during the second month address the adrenal glands, and the sex hormones. The adrenal glands sit atop the kidneys, and secrete "stress hormones," namely cortisol and DHEA. When we are subjected to repeated stressors, whether it is emotional, physical, or nutritional, the adrenal glands are stimulated to maintain homeostasis within the body. With prolonged stress, the adrenals are unable to secrete the proper amount of these hormones. The first symptoms are fatigue, poor sleep, and an inability to deal with stressful situations. We have four Adrenal Formulas designed to address this state of adrenal fatigue.

The sex hormone formulas can enhance one's response to either their own hormones or to Bio-identical Hormone Replacement Therapy. Many people are taking bio-identical hormones—namely estrogen, progesterone, and testosterone—in order to reduce the levels of hormones that are frequently encountered during peri-menopause, menopause, and andropause.

By taking Estrogen Balance and Progesterone Balance along with these bio-identical hormones, one is able to enhance the body's receptivity to these hormones, and prevent toxicity that might occur from taking too high a dose. The same applies for men who are taking Testosterone Balance to complement their bio-identical testosterone. We recommend that you continue to take these hormone-balancing formulas as long as you are using bio-identical hormones.

The Younger You formulas can be taken twice daily, right before breakfast and dinner. The dose is 10 drops (1/3 of a dropper) each and is held, one formula at a time, under the tongue for 20 seconds to enhance absorption before swallowing.

We recommend that these products be combined with healthy nutrition, exercise, and modalities such as meditation and yoga to reduce stress. We are confident that you will be able to enhance your health with our two-month Younger You Program.

Can be purchased from the HHI store, 471-501-8876.
LifeGive VEG-CAL

LifeGive VEG-CAL 120 Capsules are a whole food plant-based form of calcium that provides the best source of this corner stone mineral. Fortification with calcium will ward off deficiencies that can lead to osteoporosis, osteopenia, rheumatism and intestinal cancers. It can be consumed daily. Each capsule contains 150 mg of plant based bio available, whole food calcium taken from terminalia arunta which manifests a unique trace mineral profile including magnesium, zinc, and manganese, along with other important elements. Additionally, terminalia arunta is traditionally used to enhance and protect cardiovascular health.

**Suggested Use:** Take 4 caplets daily with beverage at least 30 minutes before meals, or as directed by your qualified health practitioner.

**The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.**

### Supplement Facts

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<th>Servings Per Container</th>
<th>30</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
<td>5.0V+</td>
<td>4.0V+</td>
<td>2.3V+</td>
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<tr>
<td>Calcium</td>
<td>500 mg</td>
<td>400 mg</td>
<td>250 mg</td>
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<tr>
<td>(Terminalia arunta, Extract 8:1 Ratio)</td>
<td></td>
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</table>

*Percentage Daily Value (DV)*

Other ingredients: Cellulose. Also contains traces of magnesium, iron, zinc, chromium, and selenium.

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LifeGive VIRILACTIN

**Supports Natural Male Potency**

Virlactin is based upon a traditional virility formula, which is designed to provide sexual enhancement for males. It is hypoallergenic and does not contain colors or chemical additives.

**Recommendation:** Take 2 Tablets daily with beverage at least 30 minutes before activity or right before sleep. You may also take as directed by your qualified health care professional.

**The Food and Drug Administration has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.**

### Supplement Facts

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<thead>
<tr>
<th>Serving Size</th>
<th>2 Tablets</th>
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<tr>
<td>Amount Per Serving</td>
<td>12.0V+</td>
<td>10.0V+</td>
<td>6.6V+</td>
</tr>
<tr>
<td>Macuna pruriens</td>
<td>500 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Seed) (1:1 Ratio Dried Ext)</td>
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<td></td>
<td></td>
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<tr>
<td>Proprietary Blend</td>
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<td></td>
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</tr>
<tr>
<td>Dried Extract</td>
<td>500 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ashwagandha (root)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tribulus terrestris (fruit)</td>
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</table>

*Daily Value not established*

Other ingredients: Cellulose

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LifeGive VITAMIN C

May need for immune support also is an excellent anti-oxidant and free radical scavenger. LifeGive Vitamin C is the premier source for enzymatically rich vitamin C and bioflavonoids. Unlike vitamin C supplements that contain isolated synthetic ascorbic acid, our vitamin C is 100% pure whole food, which may be fully utilized by the body. LifeGive Vitamin C offers wildcrafted camu camu and acerola berries, together with a polyphenol of organically grown sprouts, berries and other fruits. Avoid Vitamin C prior to surgery involving anesthesia as it may lessen the effects. May be used for non-hepatotoxic related bleeding, gum, respiratory disorders and stressful conditions.

**Suggested Use:** 1-3 capsules 3 times a day, with or without food. More may be safely consumed when additional immune support is desired.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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<tbody>
<tr>
<td>1000 mg Vitamin C</td>
<td>5.0V+</td>
</tr>
<tr>
<td>1000 mg other vitamins</td>
<td>4.0V+</td>
</tr>
</tbody>
</table>

Other ingredients: Other vitamins, minerals antioxidants and bioflavonoids. Use as directed. Other ingredients may vary. Store in a cool, dry place.

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CHRYSTAL'S CORNER

Brand New Products from Vibrational Living, a unique wellness company with cutting edge products and services based on 22 years of research and clinical experience.

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**The Water Band** - Computer encoded with the same vibrational frequencies as Mother Nature's flowing rainwater. These highly charged frequencies from your drinking water and beverages are highly charged, deeply hydrating, detoxifying and energizing water. Your skin will love you for the Water Band and its pure left hydration! Place the Water Band around your beverage to bring 24/7 hydration.

**The Digestion Band** - Computer encoded with many vibrational frequencies of balanced digestion, assimilation, absorption and elimination of waste. Wear it on your wrist or ankle to receive 24/7 vibrational support in everything we do. Daily and regularly.

**The EMF Protection Band** - Computer encoded with vibrational frequencies that balance your electromagnetic field, helping you neutralize the daily assault of raw EMF radiation from cell phones, computers, Bluetooh, wireless phones, appliances, etc. Wear it on your wrist or ankle and receive 24/7 vibrational support from the onslaught of radiation that surrounds us in our modern day noiseless world.

**Vibrational Yoga** - Yoga postures tested and proven to have an overall positive balance effect on the body and mind. A sequence of 30 postures ties together great balance, energy, and harmony to the body and mind, providing the potential to feel absolutely amazing from exercise with this workout DVD.

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LifeGive VEG-CAL

LifeGive VIRILACTIN

LifeGive VITAMIN C

CHRYSTAL'S CORNER

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