Some Of Our Guests Come To Heal.
Some Come To Learn...

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Whatever reason brings you here, we are sure that once you arrive, you will find a special place to relax and take time for yourself, whether it be at our amazingly therapeutic pool and sauna area, complete with tropical hot tub, exhilarating chill pool, healing mineral bath and far infra-red sauna, or simply lounging in a gazebo or swing next to one of our lakes. Of course much healing can take place in the atmosphere that we’ve created just for you and with the life-changing lectures and classes going on all day long, you will undoubtedly learn a lot, maybe a little more than you expected. And let’s not forget the world-class raw organic cuisine, all prepared fresh daily with love by our expert kitchen staff.

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Hippocrates
Health Institute
1443 Palmdale Court • West Palm Beach, Florida
561-471-8876
From the Publisher’s Desk

Greetings from all of us at Hippocrates. We are so blessed to be here in sunny south Florida, enjoying the finest that nature has to offer. The foliage and flowering plants that practically engulf the institute provide a place of refuge for many wonderful little creatures, many of which I’ve photographed. One in particular, a beautiful butterfly is the star model on the cover of this very magazine. Just as I was contemplating the right image for the front of our upcoming issue, I happened to notice it partaking in some Super Food of it’s own in the garden in front of our main building (see photo below). Nature really does provide us with all that we need.

You will find so much super useful information in this issue. We have assembled a crew of raw/living foods experts from around the world to ensure that we have covered all of the vital food items that every vegan/veggie/raw foodist needs to consume on a regular basis to maintain optimal health, including many interesting historical facts and reasons why these are considered to be the Super Foods of today. Also, Dr. Ginger fills us in on the reasons that cooking is potentially hazardous to our health. Plus much more.

We’ve added a new column “What’s The Latest”, to keep you well informed on all of our new developments at Hippocrates, in the technology and medical areas as well as the construction of our new facilities.

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

I wish you only the best on your journey toward peace, harmony and lasting health and wellness.

Sam Sheppard, Publisher

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Super Foods 5
From the Directors:

True Superfoods are really superior compact nutrition assembled by nature in the form of plant food worthy for human consumption. In the West, the pervasive sales machine began to label everything that had even minimal – and often bogus – research supporting a fragile superfoods status. Most notably are alcohol, coffee, chocolate, etc. This approach was taken from the pages of the Atkins marketing strategy which amounts to, “Tell the people how good the bad things are that they love to eat and sales will follow.”

Thank goodness there are numerous power-packed choices that truly qualify as ‘superfoods’ that can be found across the global landscape. Here at Hippocrates, we perceive that foods categorized as ‘super’ must contain a wide variety of living nutrients (Vitamins, Minerals, Proteins), Hormones, Oxygen, Phytonutrients, Enzymes, Anti-Oxidants, and Fatty Acids. The human body requires this extraordinary combination of builders, fuels, protectors, and energy creators, so it has always been our contention that we should select only those nutrients of the highest quality that achieve a desired goal of sustenance.

Year after year, we clinically observe the immediate effect that proper nourishment has on the human anatomy and the conquest of disease and premature aging. The microscopic research conducted exposes the abundant and thorough changes that manifest at the deepest level of the human body. It is these shifts that allow the building blocks of the bodily systems and immune function to renew and reinvigorate the natural state of health that is our birthright.

It is often puzzling how abstract the thought of nutrition as the main creator of physical health has become in the world of modern medicine. Superior foods deserve a central placement on your plate since they pack the most benefit in a small package, which is common sense that conventional medical practitioners are finally beginning to grasp.

Beyond the ability these foods have to protect and heal, many are delectable and cause one to contemplate their enormous value. Directing an Institute that pioneered the green food and sprout movement has positioned us where we constantly observe the beneficial transfer of the sun’s energy into the human biology. In literal terms, the dim light becomes brilliant and all of the systems beginning with the endocrine shed their sluggish patterns and excel in their inherent function. Once the hormones begin to excrete and the loud clear messages between cells fully articulate, the organ...
Red pepper. You do not have to search far to find functional foods that fulfill your families nutritional needs. In this issue, we spotlight a number of superior foods that you should harvest and employ in your cuisine development. Do not think that all these foods have to be exotic or costly. Many health-related foods are found at your bio-organic green grocer. When we have been in countries with economic strife, we have taught the people to consume edible weeds, a significant and often overlooked superfood. When walking along the coast of Western Ireland, Nova Scotia Canada, Northern Maine USA, or many West African and European countries, one can find powerhouse sea vegetables for the picking. Do not limit yourself for any reason, and forge ahead refining your palate so that you may enjoy these exquisite productions from nature. Superfoods make for super healthy people.

Dr. Anna Maria and Brian Clement

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tion, Hippocrates Health Institute and Hippocrates Health Institute of Florida, Inc. are not health care providers. They are non-profit, tax-exempt organizations whose purposes are to provide guests and students with progressive information, diagnosis, care or treatment. Any and all information contained in this magazine is not meant to be construed as medical opinions. The information herein is not meant to supplant or take the place of your medical treatment, diagnosis or care.

This publication is printed on Recycled Paper using soy-based inks.

Dr. Clement's Tour Schedule

September

Ottawa - London - Sudbury - Toronto, Canada

October

Brazil

November

Chicago, Illinois, Toronto - Guelph, Canada, Sweden

December


Please check our website frequently for updates and exact locations.

Hippocrates

The Health Educator Program at the Hippocrates Health Institute

We Provide You With The Tools You Need To Save The World...

For nearly three decades we have been training Certified Health Educators to enable them to make a difference in this world. Having the tools and the knowledge of Hippocrates' 90+ years of experience builds the self-confidence that can inspire and teach others to make and maintain the important lifestyle changes required to attain sustainable health and ultimately secure the well-being of our planet.

First we will help you to build a strong foundation by living the Hippocrates Raw Food Lifestyle. Next you'll be introduced to an amazing array of natural health modalities, including but not limited to:

- Enzymatic Nutrition
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- Physical Fitness
- Aromatherapy
- Live-Food Preparation
- Marketing & PR Essentials
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- Sprouting & Culturing
- Natural Therapies
- Basic Counseling Skills
- Iridology
- Reflexology
- Science of Living Foods
- Presentation Skills
- Art Therapy
- Proper Supplementation
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Call our Health Educator Coordinator right now to get the information you need to begin your transformation:

Michael Bergonzzi 561-471-8876 Ext.112

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NEW TECHNOLOGIES

In recent months the Oasis Therapy Center at Hippocrates has incorporated cutting edge and proven technologies to our menu of services. The Viofor JPS, Theragem and Active Air devices offer our guests many amazing benefits designed to enhance and facilitate healing at the quantum level. These powerful technologies provide an effective and non-invasive approach to facilitate vibrant health and well-being.

Hippocrates Health Institute is the first to have the Viofor JPS magnetic fields of extremely low frequencies and intensities that resonate with living organisms and supports homeostasis. It has been well documented with clinical trials as an anti-inflammatory, antispasmodic, regenerative, reparant and pain therapy device. This system is a break-through in the treatment of pain and helps to reverse the symptoms of many serious conditions such as Parkinson’s, Multiple Sclerosis, Coronary Artery Disease, Neurological Disorders, Depression, Dementia and much more.

The Theragem, also known as dielectric crystal resonance, uses a blend of frequency, color, light and crystalline energy to help naturally encourage immune system function. It utilizes gems such as emeralds, sapphires, rubies and diamonds with full spectrum light to introduce energetic balance to the function of the bodily systems and organs.

Our body’s innate wisdom combined with properties of the different gemstones introduces energy into sluggish organs or removes excess energy from overactive organs. This amazing device helps relieve pain, boost localized healing, and shift depressed moods. It helps with burns, sprains, new and old injuries, inflammation, leg ulcers, edema, arthritis, allergies, circulation problems, paralysis, numbness, and more.

The Active Air device delivers a wide range of benefits to people interested in improving their health, slowing the aging process, and enhancing mental and physical performance.

The air we breathe is only 21% oxygen, and of that, our bodies process just one-quarter, and not very efficiently. The Active Air device improves oxygen utilization, properly fuels cell metabolism, and supports the fundamental processes required for optimal health. Active Air helps us to utilize the oxygen we breathe much more efficiently.

We welcome all of you to experience the many wonderful benefits of our new technologies and the incredible healing spirit of Hippocrates Oasis Therapy Center.

INTRODUCING ONDAMED BIOFEEDBACK SYSTEM AND TREATMENT

You may have never heard of the Ondamed Biofeedback System, but it is a technology now available at Hippocrates that has become an important tool in many people’s healing process.

ONDAMED is an electromagnetic frequency device that offers biofeedback and treatment, delivering highly specific biophysical analysis when the practitioner rapidly scans the body to determine electromagnetic interference fields. It simultaneously delivers the frequencies that each individual requires to move towards creating a ‘balance’ in the body. This comprehensive system integrates frequencies of sound and color outside the range of human sensation. During an ONDAMED session, you may experience a mild tingling sensation, a feeling of release, or nothing at all. Reports are common of feeling relaxed, refreshed and being able to think more clearly. ONDAMED can be used independently or in conjunction with any existing therapies or modalities you may be using.

The frequencies of the ONDAMED Biofeedback System break through disordered cellular communication in a stream of intermittent impulses or waves, hence the name “ONDAMED,” which derives from the Latin onda for wave. Pules between the wave impulses serve to activate a regulating response in the body’s cells, thereby allowing the body to activate a cellular regulating response.

Consequently, stagnant conditions are transformed into active conditions in the process of normalization. In other words, “blockages” or cells in stagnation begin to move, creating circulation and a decrease of inflammation in the body. This transformation leads the body through a rapid reversal of symptoms as it seeks to repair whatever damage it has suffered.

ONDAMED Therapist Anna Bock has been working for the past four years at the Rhinebeck Health Center in Rhinebeck, N.Y. under the guidance and care of her father Dr. Steven Bock, who has specialized in Integrative and Alternative medicine and therapies for over 25 years. This June she joined our team at Hippocrates Health Institute.

For more information contact: ONDAMED THERAPIST Anna Bock or visit Ondamed.net
...those who favor this Super Food acquire up to thirty times more nutrients than can be gained from the best fresh organic vegetables.

...most often missing today are nutrients that feed the nervous system and brain—minerals, B Vitamins, including B12, pro-biotics, and enzymes.

...best of all is the vegetable matter from sprouts. The exact nutrient profile of these vegetables makes them perfect for growing in small spaces in the home. The fresh sprouts can be used in salads, sandwiches, soups, wraps, and more.
Well, after years of being a pro-foodian, I discovered raw food; (no, I'm not talking raw meat or even such, but rather fruits, veggies and their juices and raw nuts & seeds. In their natural, unadulterated, untouched by man, UNcooked and certainly UN-burned state, these foods really can heal all that ails you. It turns out, it's that cooked food—especially the burnt stuff—WILL kill you.

Yes, I know exactly what you're thinking. "EVERYONE eats cooked food!" But not everyone knows what cooking of food actually does to the food and even more importantly, what that cooked food does to your body when you regularly consume it.

So, what could possibly be so bad about cooking your food? Does something in the food change when you heat it?

What exactly is IN cooked food? Whenever you cook food, whether it's on a stove top, in an oven, on a grill, in a microwave, or in a fryer, not only does the molecular structure of the food become denatured, degraded, and/or de-graded, but those molecules are changed into new chemical configurations (this is a bad thing) and carcinogenic and mutagenic by-products are formed. The degree to which this happens is dependent on the cooking temperature, time cooked and method of cooking.

Grilling, barbecuing, smoking and frying are the worst offenders; they are literally the fires of death, but steaming also affects the food. You know that old saying that there are more nutrients in the water of steamed veggies than actually left in the veggies when they are done steaming? That's because heat destroys nutrients, especially the water soluble vitamins like vitamin C and all the B vitamins. The heating of food also destroys the food's enzymes. In fact, 100% of the food's enzymes are destroyed at temperatures as low as 118 degrees Fahrenheit. In addition, the oxygen and water content of the food is drastically decreased, fans are carcinogenized, carbs are carbimized, and proteins are coagulated and become virtually unusable by the body. Even the fiber fiber fiber fiber that swelling-like action in the colon.

The heating of food also creates toxic byproducts. Here is a list of some of the dangerous byproducts you are most likely unknowingly consuming every time you eat cooked food, whether it's a carb, a fat or a protein:

Acrylamides: These are the cancer-causing byproducts of cooking carbohydrate foods such as breads, potatoes, pastries or any kind of starch. Even the FDA (Food and Drug Administration) acknowledges the perils of acrylamides. In fact, on their website (www.fda.com) they have a list of the amount of acrylamides found in various common cooked foods, but you better believe the processed/fast food industry doesn't want you to know about this!

Alyl aldehyde, butyric acid, nitrobenzene and nitropyrene: The book, Diet, Nutrition and Cancer, published by the U.S. FDA's Office of Toxicological Sciences and the Nutritional Research Council and the American Academy of Sciences lists these toxins as being formed from heating the fats and oils in food.

Epoxides, Hydroperoxides, unsaturated aldehydes: These are generated when heating fat from meat, milk, eggs, and fish.

Furfural: These toxins are spawned when sugars are heated.

Heterocyclic Amines (HCA's): Add heat to amino acids (proteins) such as meat, fish or chicken and these poisons will be served up.

Indole, skatole, nitropyrene, phtomatin, phthalines, leuko-maines, ammonia, hydrogen sul-fide, cadaverine, muscarine, puti-cine, nerve, mercaptans: These toxic by-products have been found in cooked cheeses.

Metallic and chlorogenic atractylosides: Heating the coffee bean produces these chemicals.

Nitrosamines: As nitrogen oxides in the gas from gas ovens or barbecues interact with fats, these toxins are created.

Polycyclic Hydrocarbons: These carcinogens are generated from the charring of meat.

Longevity is not merely an idea; it is an absolute reality.
YOU COULD SAVE SOMEONE'S LIFE NEXT THURSDAY

Sometimes you know just might need to know us. So we invite you to come and participate in the next guided tour of our entire 40 acre facility. Get a first-hand look at what we do and how we do it. Learn about our various programs from one of our knowledgeable staff members. Stay for a raw, organic, lunch or dinner for no more $20. Reservations are required for all meals.

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

Raw Cuisine and Wheatgrass/Sprouting Classes Call for the 2008 schedule, cost and Guest Chef information

Executive Chef Ken Blue teaches the art of contemporary culinary preparation. Master Gourmet Michael T. Forgetta will show how to grow wheatgrass and sprouts just like the pros. Call 561-471-8768 ext. 112 or 106, or email michael@hippocrates.net for information and reservations.

Please RSVP for the Open House, as it is our most popular event. Learn about the Hippocrates living foods program and how it can change your life. This information evening event includes a lecture by Director Brian Clement, a brief Q&A session and a sampling of raw living food cuisine. Our knowledgeable Program Consultants will also be on hand to help you get involved or simply to explain all of the available options.

RESERVE YOUR PLACE TODAY - CALL 561-471-8876

Hydrogenated oils/Trans fats: These man-made fats, also called hydrogenated or partially hydrogenated fats, were specifically developed so a processed food could sit on a shelf for a long period of time without going rancid. Many of today’s common foods are also cooked in these trans fats. Consuming trans fats can lead to obesity, heart disease, increases in the bad (LDL) cholesterol and lowering of the good (HDL) cholesterol and it contributes to a host of other debilitating health problems.

Keep in mind, when heating even the most common cooking oils, such as olive oil, the heat denatures the oil molecules and causes the oil to turn rancid.

What happens to the body when we eat cooked food?

We have become a “Pyroelectric Nation.” Consuming excessive amounts of cooked and overcooked food at each and every meal including snacks to the point of great disease and utter destruction! Here is what happens to the body every time we eat cooked food:

Digestive leukocytosis: The term leukocytosis refers to an increase in white blood cells, indicating the body is in attack mode. This is commonly seen when you are sick; your white blood cells come out to protect you. It may surprise you to know this immune response also occurs when you consume cooked food. It is referred to as digestive leukocytosis, but it’s interesting to note, this reaction does not occur after eating raw/uncooked food.

Accelerated aging, lowered pH and free radical formation: Also called, lipofuscin, a build-up of toxic, acidic waste material often referred to as “free radicals” accumulates in the skin (and reveals itself as age spots), liver, nervous system and brain when consuming large amounts of cooked food. Your pH becomes acidic and you are literally rusting from the inside out. That’s enough to get me to not eat raw, uncooked food more often!

Hydrogenated oils/Trans fats: These man-made fats, also called hydrogenated or partially hydrogenated fats, were specifically developed so a processed food could sit on a shelf for a long period of time without going rancid. Many of today’s common foods are also cooked in these trans fats. Consuming trans fats can lead to obesity, heart disease, increases in the bad (LDL) cholesterol and lowering of the good (HDL) cholesterol and it contributes to a host of other debilitating health problems.

Weakened immune system, disease production and overworked and enlarged pancreas and other organs: When you are not getting the proper nutrients, your white blood cells are always out in attack mode and toxic wastes are in full circulation. Your weak and overworked body breeds common ailments such as allergies, head- aches, sinusitis, diabetes, heart disease, erectile dysfunction, depression, arthritis, osteoporosis, and various cancers thrive.

Intestinal toxemia, an unfriendly flora build-up and more difficult digestion: Colonies of unfriendly bacteria take over the colon as they feed on the thick tar-like, undigested and uneliminated cooked food putrefying in the intestines. There is also a significant decrease in the count of healthy intestinal flora in the colon, often leading to digestion difficulties. A plant-based uncooked diet decreases the toxic load in the colon and decreases the unfriendly bacteria and other dangerous byproducts that contribute to colon cancer.

Toxic waste accumulation and mucosal plaque buildup in the blood and colon: A congested bowel full of putrefied cooked food can lead to back-up and reabsorption of toxins back into the bloodstream. This accumulation of wastes in the blood vessels can contribute to many of today’s common circulatory problems such as heart disease, high cholesterol, high blood pressure and even erectile dysfunction, and may also contribute to many other common health challenges such as gout, arthritis and various cancers. In addition, common ailments such as runny noses, headaches, asthma and even diarrhea can be signs of a “healing crisis” where the body is overwhelmed and a trying to rid itself of unwanted mucous and toxins.

Malnutrition & deficiency of important nutrients: Many of those who regularly eat cooked food find themselves always hungry and always eating but totally malnourished, for the nutrient make-up of cooked food is diminished significantly, so the body is always craving more and more.

Depletion of the food’s life force: As shown in kriya photography, cooking literally kills food; its bioelectrical energy is destroyed. After cooking, the food is considered “dead.”

Decreased risk of diseases of all types: The cooking of food, especially at high temperatures, literally burns away the anti-disease and anti-cancer properties of food. A diet lacking in raw veggies has been implicated in everything from breast and colon cancer to heart disease, diabetes and even arthritis.

Baby Steps

Even if you are not ready to become a 100% raw foodsie, you can still do your body good by making some positive food changes and eating less cooked food. Begin slowly by increasing your raw food intake; choose fresh salads over fried onions rings when eating out and avoid all the obviously unhealthy cooking methods with your own pot, such as deep frying, barbecuing and charring. Replace your acidic morning cup of coffee or pasteurized orange juice with a fresh, unpasteurized alkaline green veggie juice and even pick one day a week to eat only raw/uncooked food. Over time, you will start to feel the difference, your skin will glow and your body will thank you with great health.

Dr. Ginger Southall is a consumer health advocate, investigative journalist, and an instructor in the Hippocrates Health Educator Program. She can be reached at ginger@doc-torginger.com

Super Foods 17
Sprouts
The Living SuperFood
By Executive Chef Ken Blue

Raw and living foods are the core of the Hippocrates program and sprouts make up 95% of the diet. Although a visit to our daily buffet will provide opportunities to taste a variety of raw dishes, we refer to what we create in the kitchen as “side dishes,” because that’s where they belong—on the side of your plate.
The reason sprouts are a main focus of the Hippocrates program is because they contain a high level of nutrients and enzymes, which make them easy to assimilate by the body. This allows the body to directly discover energy toward cleansing, regulating and building the immune system as well as creating healthy cells.

Through chromatography and Kirlian photography, modern science can demonstrate the immeasurable properties of life force energy (chi) existing within these sprouts. The increased enzymatic activity gives something to these living foods a greater sense of vitality and energy which far surpass even what is gained from eating solely raw foods.

On a personal note, my wife Pam and I have found that when we go to raw restaurants, which rarely serve sprouts, we do not feel as good as when we adorn our plates with the array of sprouts offered on the buffet at Hippocrates. This is why we say we enjoy a living foods diet as opposed to a raw foods diet. At Hippocrates, we take this process one step further by serving green juice made from sprouts and vegetables every day. We regard this as an important component of the Hippocrates lifestyle as well.

As far back as 5,000 years ago, ancient Chinese physicians were prescribing sprouts for curing disorders. They, like Hippocrates, realized the importance of nutrition in bringing vitality to the body.

Let’s explore the sprout and discover some of its many attributes. It all begins with the seed, which contains within it both nutrients and enzymes. The enzymes are considered the life-force of food and assist in both the digestion and absorption of nutrients. They are the catalyst for all activities which take place within the body. When the seed gets air, water, and temperature to its liking, it germinates. It begins to sprout and a flow of energy or life-force is released.

• Sunflower - 3,000 years old and named after its golden rayed flower, which are reminiscent of the sun, it is a rich source of protein (up to 10%), lecithin, and vitamin D (rarely found in vegetables). It is high in trace minerals which make it beneficial for bones, muscle and tissue tone and healthy red blood corpuscles.

• Sweet Pea - It is rich in pro- tease inhibitors that prevent certain viruses and chemicals that promote cancer, and it is useful in reducing LDL (bad cholesterol) in the blood.

• Buckwheat - It promotes proper circulation, digestion and elimination with its anti-plaque properties and it helps neutralizes the effects of radiation.

• Clover - It is known as a blood purifier, it is high in calcium content which relaxes the central nervous system. It contains plant estrogens which balance hormones and it also contains isoflavones, which are antioxidants.

• Broccoli - It contains sulfophane which protects cells from becoming malignant. It also causes the body to release glutathiones, a natural body enzyme, which neutralize or detoxify carcinogens before they damage the DNA.

• Radish - It is an expectorant which clears mucus from the respiratory tract, expels worms and helps the intestinal flora.

Mung, Lentil & Adzuki - They contain soluble fiber and help lower cholesterol by clearing out dangerous LDL cholesterol in the blood. They also help regulate insulin and thus blood sugar.

Fenugreek - It is soothing to mucous membranes which also is cleansing and nourishing to the digestive system, reduces inflammation and contains choline (a fat controller) which helps with weight loss.

Some other great secondary sources of nutrition include alfalfa, mustard, garlic, cabbage and onion. The germinating and sprouting process is also used with nuts, seeds and grains increasing their nutritional value up to eight times, removing toxins and enzyme inhibitors allowing for easier digestion.

Combining all of the components listed above make this the most nutritious way of eating on the planet. It provides our body with all essential amino acids, essential fatty acids, vitamins and minerals.

Not only are sprouts a powerhouse of life force energy, they are economically and environmentally friendly as well. Sprouts can grow anywhere in the world all year round. At a time when people are concerned about the production of living and food shortages, it is less than half of a dollar to grow a pound of fresh green organic sprouts. It requires only minutes of your time per day. This also relieves a burden on the earth, which some modern agricultural practices as well as animal and fish farming have created.

The resources that provided a great deal of information for this article are “Sprouts: The Miracle Food” by Steve Meyerowitz (www.sproutman.com), the International Sprout Growers Association (www.igsasprouts.org), and Sprout People (www.sproutpeople.com).

If you are interested in gathering more information on sprouts or purchasing seeds to grow your own sprouts, please contact our store at 561-471-8876 ext.124.

Ken Blue is a graduate of the Hippocrates Health Educator Program and has been the Executive Chef at Hippocrates for four years. Previously Ken owned and operated his own vegetarian restaurant in Baltimore, Maryland which earned “The Best Restaurant for Vegetarians” award.

In addition to his food preparation and kitchen management responsibilities, Ken finds time to teach tai chi and qigong classes at the institute.

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Super Foods 19
“Until man duplicates a blade of grass, Nature can laugh at his so-called scientific knowledge.”

— Thomas A. Edison

“Wheatgrass Juice Is...”

by Sam Zembros

Let me start by saying that wheatgrass juice is definitely an acquired taste. I haven’t yet met anyone that was crazy in love with it after their first sip. It was quite possibly the stupidest move by any person that was too enthusiastic about drinking any type of grass juice.

The smell of freshly squeezed wheatgrass has also turned me off from a newly mowed lawn, which I must say has never inspired me to pick up the trimmings and have a taste. It actually took me the better part of a year, drinking it twice daily, before I could honestly say I enjoyed it. I know some people that have been using it for years and still practically gag when they throw down an ounce or two. Regardless of which way your taste buds have chosen to go on the unique taste issue, it’s impossible to deny the health and nutritional superpower of this marvelous plant.

I’ve been a believer in the health benefits of wheatgrass for many years now. That belief and my conversations with many like-minded people here at Hippocrates has given me an above average knowledge (I thought of this amazing elixir. However, upon doing a bit of research for this article I found out how much I didn’t know [well, can we ever really know how much we don’t know?]. There is so much information available today on the Internet that it can boggle the mind to the point of downright confusion. So I’ve put together a fairly comprehensive package of everything you need to know about wheatgrass, which may even be more than you really want to know.

Wheatgrass is grown from the Red Wheat germ, a special strain of wheat that produces high concentrations of chlorophyll, antioxidants, active enzymes, vitamins, and other nutrients. It is one of the most nutrient dense substances on Earth, packed with essential fatty acids and chlorophyll (which we will take an in-depth look at momentarily). Wheatgrass is a true green plant that will eventually become a shaft of wheat, produce grain and be harvested. It has a completely different structure when it is still in the grass stage. At only seven days, the blade is 8 to 9 inches tall and can be cut, juiced and consumed or dried into leaf powder, which can be tabled or capsule populated (not recommended).

It appears that modern human consumption of wheatgrass for its health benefits began in the 1940s with the attempts of Charles F. Schnabel, a former feed mill chemist, to popularize the plant. He started a movement that made grasses available for both livestock and human consumption. In the early 1940s, you could buy “lit” of Schnabel’s dry grass powder in pharmacies all across North America.

Dr. Schnabel also discovered that grass achieves its peak nutrition when grown to the jointing stage. This is the point when the plant stops being a vegetable and starts reproducing. Immediately after jointing, there is a dramatic decline in nutrient content. Scientists of that day, found that animals could survive on grass alone but, in contrast, failed on either the healthy vegetables like spinach and carrots. At that time Schnabel applied for a patent for a ‘feed’ product made from young grass shoots of wheat, barley and rye crops to be used as a dietary supplement which provided unique health benefits from the chlorophyll.

Schnabel studied many aspects of growth and nutrition associated with cereal grasses. He found that some soils were not suitable for providing high quality cereal grasses, and that the nutrients provided by these green plants varied with the stage of growth of the grasses. He gave the dehydrated grasses an economical and practical food supplement, to his family of seven. As reported in the Buffalo Courier Express, none of his children ever had a serious illness or a disabled tooth."

Definition from the Columbia Encyclopedia: wheat grass - any plant of the genus Agropyron, cool-season perennials of the family Gramineae (grass family). Species of wheat grass, both native and introduced, are important range forage grasses in the prairie states. Wheat grasses are also valuable for resegregation because of their drought resistance and winter hardiness. Important species are the crested wheat grass (A. cristatum), introduced from Russia, and the native Western wheat grass (A. smithii). The weed quack grass also belongs to this genus. Wheat grass is classified in the division Magnoliophyta, class Liliopsida, order Cyperales, family Gramineae.

I planted seeds from grasses all over the world, and only seven grasses qualified for quality: rye, timothy, bromo, wheat, corn, alfalfa and buckwheat. I arranged my seven small pots of grass, and into the room I placed a small kit- ten. The kitten sniffed each grass before choosing the wheatgrass to chew. But I wanted more proud and borrowed a little rooster sparrow. Like the kitten it too chose the wheatgrass. There could be no doubt, wheatgrass was the grass I sought. I placed the wheatgrass on my own body and on my friends and animals. We felt new energy and alert- ness. At the end of a few weeks, chicken receiving the wheatgrass had grown twice as large as their co-brothers.

I was convinced that I had stumbled upon a virtual “Food of Youth.” At 76 years of age she had this to say about her findings. “Twenty-five years after my discovery, my hair has turned fully naturally brown again. My weight has been a stable 119 (the same as it was in my youth), and my energy level is limitless. For the past ten years I have required an average of only four hours of sleep a night, and I haven’t needed the services of a physician in years. My work has taken me all over the world on many demand- ing tours, sometimes for months at a time. Yet I have more energy than I can ever remember having as a child — and I am no child at 76! What I have discovered can help you, too. But instead of taking my word for it, examine what I have to say carefully, and then if you are so inclined, try it for yourself.”

Wheatgrass juice is a powerful cleanser and may start an immediate reaction with toxins and impurities. The juice will also bring toxins stored away in cells or in fatty tissue into the bloodstream, all of which could result in nausea. That is why it’s advisable to
Nutritional Facts

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50 Reasons Why I Drink Wheatgrass Juice

1. Wheatgrass Juice is one of the best sources of living chlorophyll available today. However, to get the full benefit, the chlorophyll must come fresh from a living plant.

2. Wheatgrass juice contains up to 70% chlorophyll, which is an important blood builder.

3. The chlorophyll molecules closely resemble that of the human molecule, the pigment which combines with protein to form hemoglobin. The major difference is the chlorophyll molecule contains magnesium as its central atom, and the human molecule contains iron. The molecular structure of the two substances is almost identical in all other respects.

4. Chlorophyll is the molecule that absorbs sunlight and uses its energy to synthesize carbohydrates from CO2 and water. This process is known as photosynthesis, a complex biochemical pathway in which solar energy is used to convert water and carbon dioxide to glucose and other carbohydrates, and is the basis for sustaining the life processes of all plants. Since animals and most humans obtain their food supply by eating plants, photosynthesis can be said to be the source of our life also.

5. Chlorophyll contains enzymes and superoxide dismutase, a copper-containing protease found in mature red blood cells. This enzyme decomposes superoxide radicals in the body into a more manageable form, thereby helping to slow down the aging process.

6. Chlorophyll is the first product of light and, therefore, contains more light energy than any other food element.

7. Wheatgrass juice contains crude chlorophyll (as opposed to pure) and can be taken orally as a colon cleanser without side effects, in addition, scientists have not found wheat grass to be toxic in any amount when given to either animals or humans.

8. Chlorophyll is anti-bacterial and can be used inside and outside the body as a natural healing agent. The United States Armed Forces exposed guinea pigs to lethal doses of radiation. The guinea pigs fed 25% chlorophyll-rich bage and broccoli had half the mortality rate as those fed a non-chlorophyll diet.

9. Chlorophyll can be extracted from many plants, but wheatgrass is superior because it has been found to have 100 elements needed by man. It grown in the organic soil, it absorbs 92 of the known 115 minerals from the soil.

10. Liquid chlorophyll has the ability to get into the tissues, where it can actually refine and renew them.

11. The bland soothing effect of chlorophyll (wheatgrass) ointments are very beneficial to the treatment of various skin diseases involving the outer and underlying layers of the skin, including: itching and burning of the rectum; iry poisoning; weeping and dry eczema and even in conditions caused by insect bites or infection.

12. Doctors R. R. Shelton and J. C. Davis found chlorophyll packets inserted into the sinuses had a drying effect, cleaning up congestion, and giving immediate relief. Congested head colds were cleared up within 24 hours.


15. In the American Journal of Surgery (1940), Benjamin Gruenin, M.D. recommended the use of chlorophyll for its anti-septic benefits. The article suggests the following clinical applications: "To chlorophyll; to clear up foul smelling odors, neutralize Strep infections, heal wounds, hasten skin grafting, cure chronic sinusitis, overcome chronic inner ear inflammation and infection, reduce varicose veins and heal leg ulcers, eliminate impetigo and other scabby eruptions, heal rectal sores, speed the natural formation of the uterine cervix, get rid of parasitic vaginal infections, reduce typhoid fever, and cure advanced pneumonia in many cases."

16. Dr. Brink, a research scientist, called chlorophyll "a concentrated super food. He said, "chlorophyll increases the function of the heart, contains 17 amino acids, the building blocks of protein."

17. Wheatgrass juice contains more who have sterile cows and bulls put them on wheatgrass to restore fertility. (The high magnesium content in chlorophyll build enzymes that restore the sex hormones.)

18. Wheatgrass juice cures acne and even help to remove scars after it has been used for several weeks to eight months. The diet, of course, must be improved at the same time.

19. Wheatgrass juice is used as a detergent in the body and can be used as a body deodorant.

20. Wheatgrass is high in oxygen like all green plants that contain chlorophyll. This is beneficial because the brain and body tissue functions at an optimal level in a highly-oxygenated environment.

21. It is a nutrient complete food which will sustain the growth and development of laboratory animals and humans alike. Wheatgrass has what is called the "growing factor," which has been shown to keep herbivorous animals alive practically indefinitely.

22. Wheatgrass juice is a superior detoxification agent compared to cattle juice and other fruits and vegetables.

23. The starch of the wheat berry is stored energy which when converted to simple sugars is a quick energy source. It is especially good for athletes because it is a juice and is assimilated in 20 minutes or less, and uses very little of the body's energy to extract the nutrients.

24. Because 1 ounce of juice equals 2 pounds of produce nutritionally, it naturally shuts off the appeasal in the brain.

25. Wheatgrass contains a full spectrum of vitamins and minerals, including the thirteen vitamins and twenty-two minerals.

26. Wheatgrass juice is an effective laxative. It contains all minerals known to man, and vitamins A, B, complex, C, E, K is an excellent green juice, contains and 17 amino acids.

27. Wheatgrass juice improves the digestion.

28. Wheatgrass juice is an excellent skin cleanser and can be absorbed through the skin for nutriing and cleansing your body in a tub of warm water and soak for 15 to 20 minutes. Rinse off with cold water.

29. Wheatgrass implants (inemas) are great for healing and detoxifying the colon walls. The implants also heal and cleanse the internal organs. After an enema is evacuated, implant 4 ounces of wheatgrass juice. Retain for 20 minutes.

30. Wheatgrass juice improves arthritis. Soak a cotton sock with 6 ounces and place on affected area, cover with plastic bag.

31. For minor eye irritation apply strained wheatgrass juice mixed with half pure water in an eye cup for 15-30 seconds.

32. Wheatgrass juice can be used as a douche for many feminine complications.

33. Wheatgrass juice is great for constipation and keeping the bowels open because it is high in magnesium.

34. Wheatgrass juice reduces high blood pressure and enhances the blood circulation.

35. Wheatgrass juice can remove heavy metals from the body. 45. Wheatgrass juice is great for blood disorders of all kinds.

47. The flavor benefit of wheatgrass is you can grow it in just about anywhere, even your own home.

48. Wheatgrass is gluten-free because it's cut before the grain forms.

49. Dr. Eard Thomas said, "Wheat is the king of all grain foods." He found that an ounce of wheatgrass in a gallon of fluidated water would turn the opaque into harmless calcium-phosphorus carbon compound. Used in washed water it adds softness to the hands and hands in the bath, it is most soothing. It stops bleeding, eases itching, and helps sore and pains to heal. Dr. Thomas further discovered that fruits and vegetables contaminated by sprays were thoroughly cleaned and the negative food transformation caused by these sprays with a wisp of wheatgrass placed in the water.

50. And Finally - By taking wheatgrass juice, one may feel an increase in strength and endurance, renewed health and activity, and experience an overall sense of well-being.

And after all, isn't that something we were all looking for?

*This particular analysis was performed by Irvine Analytical Laboratories, Inc. on 10igrams (2.92 oz) of wheatgrass juice.
We have all heard the claims that certain ‘supergoods’ can help ward off heart disease, cancer, cholesterol, and more, and there are no side effects. These claims made me think about potential superfoods for the mind and the soul, and one in particular stands out: Optimism.

From time to time we hear our guests here at Hippocrates make revealing statements such as, “In reality, my cancer was a blessing”. At first, I had my doubts. Do they really mean that? Or is it just New Age jargon? After fourteen years of experience here, I am ready to say that they really meant it.

A person’s attitude determines whether some things are a blessing or a curse. We have a choice whether to see the blessings around us. They become choices when we look at them with a feeling of optimism, a superfood of the mind and the soul.

Optimism is a belief that one can expect the best possible outcome, or one dwells on the most hopeful aspects of a situation. It is the belief that good is ultimately triumphant over the evil in the world. It is an attitude which expresses the belief that goodness pervades reality. G.W. Leibniz, a German philosopher, called it the best of all possible worlds.

Some people dismiss optimism as “just wishful thinking” and quote the “Peter Principle”, the idea first formulated by Canadian author, Lawrence J. Peter (1919–1980), in his best-selling book The Peter Principle: Why Things Always Go Wrong (1969). The central thesis of Peter’s satirical commentary on business bureaucracies is that “in a hierarchy, every employee tends to rise to his level of incompetence.” The Peter Principle proposes that anything that works will be used in progressively more challenging applications until it causes a disaster. Although I do not question the principle in the context of studying bureaucracies, I do challenge it when it is applied to the philosophy of life. It is an example of pessimism at large, of our negative expectations creating negative outcomes for us.

Optimism is the inner energy which helps us to look at the bright side of any situation and expect the best possible outcome from any series of events. People who feel optimism live their lives expecting positive outcomes and events. Optimism is powerfully motivational; optimism is one of the cornerstones of success.

Winston Churchill is credited with the saying, “The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.” Optimistic attitudes provide us with plenty of opportunities to feel good.

Optimism creates positive experiences in life. A pessimist looks at the rain drops coming from the sky and complains about a possible wet day and the consequent inconveniences to anticipate. Sadness is the outcome. But an optimist sees abundance and the beauty in the same drops, and makes it a time for rejoicing.

Our mind creates what it surrounds itself with. Optimism creates goodness around us. It gives rise to a win-win situation because our mind responds to the goodness around us with more optimism, which in turn, produces more goodness. It recreates a general disposition to expect the best in all people and in all things. How can we express our optimism around us? An unconditional smile is a sign of optimism. “Unconditional” because the giver does not expect anything in return. But silently it makes a statement that what I encounter at this moment is good—whether they are people, events, or things. We can also express optimism by giving a compliment to someone around us. While giving a sincere compliment we may even choose to ignore some pitfalls around a person, because the compliment has the potential to correct them. A smile begets a smile; a compliment begets a compliment. Thus, we continue a chain of good energy which can even stop the negative energy of gosips and criticisms.

Will optimism really heal illnesses? Try it. It pays.

Antony Chatham, LCSW, M.Th., M.Phill MSW, NBCC, Licensed Psychotherapist / Wellness Coach. Antony is also a Pastoral Counselor and has been working with the Hippocrates guests since 1994. He employs some very effective brief therapy model techniques from Eastern and Western traditions of holistic healing while integrating the knowledge and experience related to the fields of psychology, philosophy and theology in which he also holds graduate degrees. His work is focused on the state-of-the-art Stress Management using Hypnotherapy, Progressive Relaxation, EMDR (Eye Movement Desensitization & Reprocessing), Guided Imagery, Regression, Pastoral Counseling, & Spiritual consultations.
Super Foods are part of the core healing program at Hippocrates Health Institute. This article will focus on the nutrient-dense, fresh-water, aquatic super foods (AFA - aphrodisogen flos-aqua), Spirulina and Chlorella.

Many foods are casually referred to as “super foods” such as oatmeal and blueberries. Some indeed possess exceptional nutritional benefits; however, to be more precise a super food is a highly nutrient-dense food with multiple health benefits. People tend to think of fresh-water super foods as very similar to each other. However, there are vast differences between them. We all know that vegetables offer a variety of benefits—certainly very different from broccoli for example. All we need to eat many kinds of vegetables to reap the nutritional benefits of each. No one would eat only one vegetable, the same holds true for the different fresh-water aquatic botanicals. Here are some nutritional distinctions between Spirulina, Chlorella and AFA.

**Spirulina**

Spirulina is one of the “oldest” super foods, at least in terms of human consumption. Throughout the years, many have utilized Spirulina for its nutrient-dense content that can deliver a much-needed essential amino acids to the human body. However, a number of nutritionists have pointed out that Spirulina has a hard shell on it that may greatly hinder assimilation. Spirulina offers a significant source of B vitamins, it contains Vitamin B1, B2, B3, B6 and B9, as well as Vitamin C and D. However, there is insufficient usable Vitamin B12 in Spirulina. Spirulina, like Chlorella, is hydrophilical mass produced in man-made, cement ponds and grown, a far journey from their wild origins. In addition, these two types of algae are nourished by what the growers place in the water.

**Chlorella**

Chlorella, a single-celled green algae, was arguably the first “super food” of the modern era. Unlike Spirulina, researchers found that Chlorella has a significant protein content, as high as 50%. Chlorella offers valuable nutritional elements too, including essential amino acids, vitamins and minerals and has been known to detoxify the body of heavy metals. Chlorella also contains digestive enzymes such as pepsin, which helps to break down the foods we eat. Chlorella has COF, Chlorella Growth Factor, which is said to stimulate tissue repair and is also used as a topical treatment for damaged tissue.

**AFA: The Star of the Show – Nutritional Speaking**

AFA stands at the top of the super food pyramid because it has the most nutritionally diverse benefits. In an interview with Dr. Brian Clement, AFA expert, he speaks about the AFA that is known as LifeGive Live or E3Live. Dr. Clement states that fresh water algae are 10 to 30 times more nutritious than the best vegetables on earth – foods like kale and broccoli for example. He goes on to say this about fresh water algae:

‘...the best variety in the world actually come out of Klamath Lake in Oregon, and why that is, quite simply, is because that lake is so filled in minerals that the single cell life form thinks it has to put a hard shell on its exterior as does Spirulina’. 

Spirulina has a very hard shell, so even though you’ve got all the nutrients in it, you can’t get them out of it because it’s like taking an egg and swallowing it. It comes out whole on the other side.

AFA is the Klamath Lake variety of which he speaks – it is 97% usable to the body in it’s fresh-frozen liquid form, such as Hippocrates LifeGive Live, it is a powerful food that can be readily assimilated by the body.

AFA is a truly complete food source. It contains 65% protein and all the B Vitamins, including Vitamin B12 and essential amino acids. AFA contains an anti-inflammatory COX-2 inhibitor compound called Phycocyanin. Phycocyanin promotes healthy joint functioning and works as an antioxidant.

AFA is known as the “feel good food”. It is an excellent source of PEA (phenyl-ethylamine), a compound noted for balancing mood and simultaneously increasing mental clarity. PEA is released by the brain when we experience feelings of love, joy, pleasure and after intense exercise. PEA is often deficient in the brains of degenerated people and those with Attention Deficit Disorder. Taken orally, PEA readily crosses the blood-brain barrier and is immediately available to the brain.

When asked about his experiences with AFA, Dr. Clement shares about this study that he conducted.

“Well, let’s start and go back to 15 years ago. Victor Kuhnskas, some of the listeria fame, a book author of a book called Survival in the 21st Century, came to me and said. ‘do you realize in Asia, for instance in Japan, 65 percent of the population gets up every day and takes a supplement called algae?’”

My immediate reaction was, Gee, that sounds very strange, but he was wise enough to send me a complaint and as a result it had been collected over a 50 year period, globally, and I was absolutely dumbfounded. I knew nothing about this and I read diligently and within a matter of about 30 days, I started my first research studies at the Institute, this was about 15 years ago. And what we found was the 294 people in two groups. One group was on a clay pot in peg capsules and we were telling them they had cancer. The other group that was on AFA. Over a period of approximately 150 were on algae. And then we did a double blind study for about 18 months. And our socks were blown off because here we were believing we had the top program, diligently, in the world with the proof of thousands of people healing disease on it and fighting off aging as I have done and everyone else who is on it. I was shocked when I put people on this along with everything else we were doing. ‘They were getting even healthier’.

**Dr. Brian Clement and 20 Scientists Were Amazed...**

Dr. Clement explains why he felt so strongly that the AFA made a difference and why AFA is truly “Earth’s First Food”.

“For the first three years I actually thought it was the flower of life. I got on top of the mountain. At the bottom of the mountain, I had about 8 feet laid about 8 to 10 feet of sediment. To top it all off, when you hear Oregon, you think rain. In this part of Oregon it hardly ever rains. It’s sunny nearly every day. With the added water content that the phytochemical process that goes on there and the photosynthesis process that goes on there is unique to any place else in the world. So now, at first, I thought this is what it was. I was the minimalization. Now, listen carefully, what I’m going to say is what is most important. I think I’ll probably talk to you on your today. I have files of guests who have come here over the last 30 to 50 years - blood tests and histology - including the following: the one thing that I am sure of is that constitutions never change. A constitution is really the state of physiological health that a person is born with, that literally comes down from ancestry, grandparents, parents, etc. Now, one can have a hot or a weak constitution as do most people below 80 in our culture. Almost everyone listening today below 80 has a weak constitution. Living an impeccable lifestyle, eating well, having positive attitudes, exercising and living a healthy lifestyle will create longevity. But, we think, gee, we cannot change the constitution. Having a weak constitution, if you can picture it, like pouring cement but not putting enough water or putting too much water in it and it’s the foundation of your house and you’re going to have cracks and crevices and holes in it. Now, what I started to see after three decades of observing people with constitutional states started to get strong and healthy. Now, this blew my mind because I had to speak to 20 different clients and I knew who was much brighter and wiser than I on the subject and all of them basically said it’s impossible and by the end of the day, along with me, realized that it was what was happening. You are actually, by taking this algae, filling up the foundation of who you are physiologically, as well as your health, your menstrual system, your organ system, the blood, everything that has to do with you as a physical being with strength. So now, if you have a strong constitution with an impeccable lifestyle, guess what? You will not only have a long healthy life, you will have a longer, higher quality and a much healthier life and the feeling of the aging process. We who discovered is that this is life, fresh-water algae (AFA known as LifeGive Live was the very first life form on this planet that spread and allowed all other life to occur because it created the oxygen”.

DNA – Change Your Today

In further studies, spanning 2-3 years, Dr. Clement found that the AFA was a very direct and powerful, but very subtle form of nutritional supplementation that few had ever understood or researched before. The DNA in each of the 7 billion people is what makes us individuals. DNA is the most fundamental part of a human being. Dr. Clement had found, through his studies, the AFA fits in the nook & crannies of our DNA which could change or prevent health issues inherent to our family history. Just by eating your parents, grandparents and other relatives have suffered from a health condition, it does not mean you are destined for the same. You can benefit from the wisdom of ancient cultures, healthy eating, exercising foods and consuming AFA.

Wise of Ancient Cultures

**Still Holds Up**

PA, Spirulina and Chlorella have been consumed for thousands of years by indigous people. LifeGive Live/E3Live offers you the most diverse nutrition available of all the super foods. Try all these super foods and determine for yourself which will give you the most benefits and make you feel your best. You can benefit from the wisdom of the ancient cultures and Dr. Clement by making fresh-water super-foods a part of your daily life.

This article included excerpts from an interview with Dr. Brian Clement, Tamera Campbell, CEO of Vision, and others. For a free audio cd, including the full interview, please contact sales@E3Live.com or call 888-800-7070.

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. To that end, we are sending something via the postal service, we will know that it is getting to the person it was intended for and not being uselessy, printed, painted, thrown away, burned. 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.

You can do this by emailing: mailings@hippocrates.org or by calling 503-471-8610 EXT 104. All that we need from you is your full name and current mailing address and email address. You can rest assured that we will never share your contact information with anyone for any reason.

We will continue to mail our old list for the rest of 2009 and then in January 2009 we will begin using our new, improved format and plan to be sure to that you won’t miss any magazines or other informative and exciting announcements from your friends at Hippocrates Health Institute.
What are super fruits? The short answer is that the word constitutes nothing more than a marketing term used recently in the beverage industry to refer to a fruit having exceptional nutrients and antioxidant quality, with an appealing taste.

While Super Fruits developed mainly as juices, in 2007 they began to appear as single piece products or as ingredients for functional foods, confectioneries and cosmetics. Many of these fruits, such as the Acai Berry, Acerola, Camu Camu, Goji Berries, are really one of a kind. They grow in exotic locations like the Amazon jungle and are increasingly available at your local grocery store.

Super Fruits are important because of their amazing nutritional profile and antioxidants benefits. The Acai berry, for example, has three times more antioxidants than blueberries. Another characteristic of these berries is their high content of anthocyanins, substances found in red wine grapes that have powerful positive effects in the human body. Most people know by now that antioxidants are key substances that kill free radicals in your body and promote better overall health. An analogy might be that we human beings “rust” and antioxidants slow down that process dramatically.

Super Fruit products can be found in many grocery stores, products such as Bossa Nova Juice, which contains “high amounts of antioxidants and anthocyanins”.

Here is a table that shows some summary information of Super Fruit properties, which is available on the Super Fruit Wikipedia site. This is a well maintained site that has a lot of information on Super Fruits in general.

http://en.wikipedia.org/wiki/Super_Fruit

There is also a social dimension to Super Fruits because they tend to be located in exotic locations, usually in jungles or remote areas. Sometimes the development of a market for these fruits causes local farmers and communities to benefit tremendously, but unfortunately sometimes the opposite can occur. Be aware and investigate your sources because many times the “social marketing” benefits are grossly exaggerated.

If you want to buy Super Fruit products, buy from a company that clearly states where their products come from, the processes they use, and how exactly these communities benefit from “social marketing”. As the CEO of Everything Nature Inc., a Florida based company and the leading supplier of acai berries to reputable companies, I constantly travel to the Amazon to continue to develop our network of farmer/partners/processors. Maybe it is because I grew up in Brazil, and I feel a certain connection to the people. Many times I see things that are currently being done in the Amazon in the name of “social marketing” where I have to stop, scratch my head, and ask how can anyone possibly do this and claim that they are helping down here?

I truly hope that the industry becomes more transparent and that somehow somebody figures out how to help the consumer to separate the true “socially equitable” companies from that ones that make the claim, but don’t “walk the talk.” One way for consumers to do this is to demand that these companies buy their products directly from the farmers or co-ops, instead from brokers. It is my personal opinion that brokers hurt the economies of this industry all too often.

I also strongly believe that consumers and retailers that distribute these products should be asking only about their quality control, or if they buy their raw products from brokers, but we should be asking very loudly what is the effect of these companies’ on the people and our planet. Finally, do not assume that their answer or their marketing pitch is the truth. Go out there and investigate for yourself to always keep them honest.

NUTS ABOUT COCONUTS!

Funny how we learn new things; sometimes the most unlikely situation becomes a new research project. Sitting around the lunch table at Hippocrates the other day, Sam Sheppard, our media director here, announced that he needed an article about coconuts for this issue. I said, "I know nothing of coconuts," and he said, "Well, great! You should research and write about it!"

Having lived in the Midwest, Quebec and New England, with a stint in the California desert, coconuts were not part of my reality. Even though palm trees were a part of my Californian desert scenery, none of them were coconut palms since the trees need high humidity and abundant rainfall to grow. They also need average temperatures above 75 degrees, so none of them found their way into the colder Northern forests of my life.

Until a few months ago, the only time I had a coconut was once a year when I’d see them at our grocers, and I’d think, ‘How exotic, let’s give it (another) try!’ I’d take my hairy little brown nut home and sit on the floor with it peeled between my feet monkey-style while I peeled the eyes with a hammer and a 7-inch nail.

The nut would invariably slip and shift, making it a dangerous operation for my feet, but eventually I’d get the holes pierced. I excitedly anticipated what I thought was going to be a big glass of delicious, creamy coconut milk. What came out was usually a few tablespoonfuls of cloudy liquid filled with the debris from the shell, my dirty nail and the hammering. As I tasted my exotic liquid and gingerly removed bits of shell from my mouth, it never tasted as I imagined it should, and I decided that I must have gotten a bad coconut.

"Well, enough of that. Let's have some of this delicious coconut meat!" Since breaking the rock-hard shell required a serious hammer attack, there was no way my feet were going to be anywhere near this part of the operation. My first few attempts were on the grass. I’d come to expect hammer-opened nature coconut on the grass! It bounces right back up at you.

I got smarter and placed the coconut on a flat rock, but then, when I’d hit it, because of its roundness, it would go shooting out like a cannon ball in the other direction, and I’d have to go retrieve it. Finally, after a few well-placed smacks, my prize would open up to reveal its reward. Ahh, things always taste better when you have to work at it. Or maybe not in this case.

I would chip away at the solid white interior with a flat head screwdriver (another instrument of choice and cleanliness), and tried to savor the small pieces of hard, dry coconut meat, but that just didn’t do it for me. After an inch or two of dry, tasteless chewing, I’d put the jagged remains in the fridge, vow to finish at later, but would conveniently forget about it until it got opened some more and I could throw it away without regret.

The next year, I’d repeat the same routine, with the same hopes, followed by the same disappointment. Looking back, I am just grateful and amazed that I never received a nail or a screwdriver in my foot, hand or thigh.

But then, wow! I experienced the real thing at Hippocrates. Coconuts are abundant here, and every Wednesday, our dear Elicio treats us all to fresh young coconut water. What a treat! He gathers dozens of young green coconuts and sets up court outside of the Wheatgrass Juice Bar, next to our thatched hut. You’d think we were at the Club Med Tikki Bar the way we all gather around and find our young coconut elixir.

With a few expertly placed wedges of his machete, Elicio trims the smooth green circle of its husk from the top and drops a straw into it. In about 5 seconds the coconut is opened and we happily sip on its refreshing delicious, fresh, sweetly smooth coconut water. Yum! Nothing is this liquid of the past.

I learned that coconuts water is essential to the sap from the tree. It’s much like maple water, the clear, slightly sweeter water that comes from the sugar maple tree. Just as maple water is not like maple syrup which is boiled for many hours until becomes syrup, coconut water is not all like coconut milk, which is also very delicious. It is a great moisturizer for the skin (as well as leaving us smelling delicious). It is also a great diet for many biochemical processes.

This "liquid of life" as it is called by the natives, is full of electrolytes and potassium, so it’s much better for hydration than those neon-blue sports drinks that are on the market. And believe it or not, dieters, after a hard, hot day of physical labor, a cold glass of coconut water really is more refreshing than a cold beer... honestly!

Its electrolyte profile is similar to human plasma, and since it is initially sterile and free from harmful microorganisms, it can be injected directly into the bloodstream to prevent dehydration. It was often used in place of blood transfusions in sagte wars when emergency medical supplies were difficult to come by. It really does earn its name as the tree of life!

The coconut meat at this early stage of growth is nothing like the dry interior I used to chip away at. Crack open a young green coconut and you’ll find a pure white, creamy, gelatin-like meat that can be scooped out with a spoon. It glides off the shell and shifts easily into your mouth for a soft, delicious bite of tropical heaven. This delightful food should be eaten in moderation of course, since it can affect your cholesterol level if you overdo it.

As for our material comforts, virtually every part of the coconut palm is used: coconut oil is a great moisturizer for the skin and hair (as well as leaving us smelling delicious); fiber from the husk is used for ropes, mats, brushes and baskets, and the tree gives us roof thatch and palm wood flooring.

From the nuts, we get food and drink (the coconut water and a small slice of the raw young meat make an awesome base for smoothies), and with the shells we can make soup bowls, mugs, birdhouses, musical instruments, and my favorite: hikiki bras (ouch), to wear with our grass skirts.

So for all you fell北部Northerners... don’t give up on coconuts until you’ve had a young green one. The difference is night and day! Try to find them in your area and give it a new try. Just avoid the white trimmed ones that are sometimes wrapped in plastic. They are usually treated with formaldehyde and other nasty chemical preservatives that you do not want anywhere near your heavenly body!

Linda Fees has been coming to Hippocrates as a guest for nearly 12 years, and now works here as a Program Consultant. You can contact her by email at fees@hippocrates.org for more information about our Life Change Program.
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levels. Insulin helps increase calcium absorption and possibly magnesium absorption and preventing probiotic bacteria. It can be a natural diuretic. Additional nutrients included are potassium, calcium, manganese, and vitamin K. Great for the liver. Suggestion - try juicing dandelion greens with the roots or use the leaves in a salad. So nutritious! In the USA, it is possible to buy bunches of the leaves in stores. In England, we have to find and collect them in the countryside.

Fennel - a wonderful mild tasting anise flavor - contains vitamin C, potassium, magnesium, vitamin, and folic acid. Has unique phyto-nutrients with antioxidant and health promoting effects. Shaving the fennel very finely and adding to a romaine salad is very tasty.

Watercress - this vegetable which grows in streams contains 4 times the calcium than milk and 6 times the amount of magnesium. Nothing in it blocks absorption by the body. Contains sulphur, chlorine, calcium and is a good body mineralizer.

Romaine/Cos Lettuce - great mineralizer for the body and very good for helping the body to relax. If juiced it can help insomnia. Contains calcium, sodium, potassium, and chlorine. I add lettuce (whatever is available) to most vegetable juices I prepare.

Asparagus - high in vitamin K, essential for healthy clotting and strong bones. Also has rutin which can aid in protecting blood vessels. It contains calcium, silicon, iron, and also iodine, potassium and sodium along with glutathione, one of the body’s most important antioxidants. Also ruixin which feeds the good bacteria in your gut and helps support gastrointestinal health.

Beets/Beetrout - very important to eat but not to be juiced. Once juiced it is very high in sugar and will then feed many problems one may have in the body. As a food, it is a very good source of betelane and folic acid. Beets can help replenish iron that has been lost in the blood during the menstrual cycle. Juicing the leaves will be very beneficial. Good for the liver. As it is very high in potassium, it is an important mineral for heart health.

Carrots - a vegetable to be eaten but not juiced. Same as beetroot, it is very high in sugar and becomes very concentrated when juiced. The carrot leaves tops can also be used either by juicing or chopping and adding to salads. Carrot tops are high in beta-carotene, as well as potassium, calcium, sulphur and silicon.

Parsley - there is the flat Italian parsley or the curly style parsley. Very good for adding to salads or for vegetable juicing. High in potassium and silicon.

Lettuce, 50% - Cucumber and celery

Fresh Kale Vitality Salad - Method

Kale - Sliced choy vegetables - Snow Peas. Add sliced avocado, red bell pepper - Toss with a small amount of flavored oil and dulse. Then add carrots, celery, asparagus garlic, onion, avocado, flavored oil, dulse granules. Add any other vegetables you so wish.


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Super Foods 35
FORAGING THE WILDLIFE

Paul Nixon

As I travel, teaching people about the Hippocrates diet and lifestyle, I am often asked, “What is the highest quality food we can eat?” I tell people there are certain foods that are organic, have more nutrition than others, are easy to get because they practically grow right under your feet, they taste great, and they are FREE! No matter where you live, it is available. All it takes is a little wisdom, some experience and study, and you will be able to enjoy all the health benefits of these great foods.

This nutritious food comprises the hundreds of fascinating, delicious wild vegetables, fruits, nuts, seeds, and herbs growing in our neighborhoods, backyards, parks, and forests. They are everywhere and yet we’ve so often overlooked and disregarded them.

I was first introduced to “Wild Foods” by a fellow in New York City: Steve “Wildman” Brill. Steve takes groups to parks all over New York pointing out the edible weeds and explaining how they are such a valuable nutrition source, but very neglected.

After my stay at Hippocrates 18 years ago, I went back to New York looking for the highest quality foods and was pleased to meet “The Wildman.” Back then, there weren’t too many people teaching about edible weeds and wild herbs. But today numbers of teachers has grown and the Internet has become a treasure of information on the topic.

My good friend and fellow raw food author, Serge Boutenko, was practically raised learning and consuming naturally grown foods. He didn’t start out that way. Serge ate the Standard American Diet until he got his wake-up call at a very young age. By changing his diet, he overcame his poor health and is now in training condition. He can now read more about Serge and his amazing raw food family in their book “Raw Family.” Serge has now become one of the leading raw food teachers in the field of wild foods. I mention this because no matter where you are starting, you can quickly and easily get the knowledge you need about wild edible plants, just like Serge has.

As I struggled with finding wild foods in my area, Serge gave me great advice. He told me to search the white and search for it using Google or Yahoo images. It may take a while, but you’ll most likely find it within a few thousand of images if you do a search describing what the weed looks like. He said after researching it for a while, you’ll also remember it. He advised helping me a lot, but there were wild plants I couldn’t find on the net, so I went to my local botanical gardens and the lady there helped me find my area’s native plants in books.

Many edible weeds are not too difficult to identify and are easy to recognize once introduced to identifying edible weeds. Most weeds have flowers attached to them, but they are not visible to the human eye. A helpful tool in identifying plants would be a magnifying glass. The color of the little flower heads usually unifies the mystery of the weed. In identifying leaves, the edges are either sharp or round. Some roots and shoots have small hair coming out of them while others are smooth. There are many ways to identify each weed. Other than the Internet, the most useful resource is a good guide book. You want to get one that covers the types of weeds that grow in your area because it is different every region. The good guide books even say what region of the country or world the weeds usually grow and where they are usually found, such as near lakes or in swamps.

I can say so much more about the value of wild foods, but I want to intro- duce you to the most common wild, edible plants so you can get started.

Chickweed

Before vitamins and minerals were discovered, the people of old used chickweed as an all-purpose health food. It’s wonderfully soothing to eat, great for an upset stom- ach, and strengthening to the bowels. It’s as safe a food as you can find anywhere, containing no harsh or irritating substances. You can have as much as you like.

Chickweed has tiny, paired oval leaves of spatulate-shaped, toothless leaves growing along the stems. The tiny, white flowers bloom in terminal clusters, at the ends of the plant, accompanied by some leaves. The five petals are shorter than the five sepals. The petals are so deeply divided, they have distinctly parallel veins. A green, central flower stalk extends above the leaves in late spring, summer or fall. Early on, it’s covered with very tiny, greenish-yellow flowers, each with four transparent paper-thin petals. Plantain contains large amounts of beta- carotene and calcium. Plantain also contains a Mucilaginosa carbo- drate fiber. This fiber reduces both the D.L. (low-density lipopro- tein) cholesterol and triglycerides, helping to prevent heart dis- ease. Plantain also contains monoterpenes, alkaloids, glycosides, sugars, tannins, a mild oil, linoleic acid, and fructans and is high in chlorophyll.

Hundreds of species grow throughout North America, and worldwide. You will find chickweed on lawns, in open sunny areas, and in partially shaded spots. Look for it on lawns and disturbed areas.

The stem and the leaves are equally good, tasty, and in all recipes. Some people insist that chickweed is best eaten raw. It has a mild corn like flavor and crispy tender texture.

Purslane

Purslane is a smooth, herbaceous plant that can cover your yard with a dolly-like mat. It produces many prostrate and erect thick, smooth, succulent, creeping, reddish-green stems with branches 4 to 10 inches long. The fleshy, tooth- less, opposite or alternate stalkless, paddle-shaped leaves grow from 1/2 to 2 inches long at the end of the branches. It grows tiny pale yellow flowers with five petals and two sepals.

Of all the foods in the world that have the most essential fatty acids, purslane has the high- est content. So throw your fish oil away and get to your yards. It also provides good amounts of iron, beta-carotene, calcium, phosphorus, riboflavin, and thiamin.

Purslane grows sunny, sandy soil in fields, vacant lots, disturbed soil and lawns all over the United States. I’ve seen purslane plants for sale at Walmart and farmer’s mar- kets. It’s great in salads, raw soups and sandwiches. It gives a gel that taste like raw okra. It’s very cooling in the summer time.

Plantain

Plantains grow in bushy rosettes. The leaves, hairless or slightly hairy, all have distinctly parallel veins. A green, central flower stalk extends above the leaves in late spring, summer or fall. Early on, it’s covered with very tiny, greenish-yellow flowers, each with four transparent paper-thin petals. Plantain contains large amounts of beta- carotene and calcium. Plantain also contains a Mucilaginosa carbo- drate fiber. This fiber reduces both the D.L. (low-density lipopro- tein) cholesterol and triglycerides, helping to prevent heart dis- ease. Plantain also contains monoterpenes, alkaloids, glycosides, sugars, tannins, and fructans and is high in chlorophyll.

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While touted for its sex-enhancing properties, Maca does much more than increase libido. This powerhouse Peruvian Super Food is packed with nutrients and has been used for centuries with claims to increase energy, improve memory and concentration, overcome anemia, and fight depression.

**Maca Background**

Although technically an herb, this “root veggie” is relative to the potato and radish family and grows high in the Andes at elevations well above 12,000 feet. The harsh growing environment demonstrates maca’s own test of stamina and endurance as it perseveres through some of the most severe conditions - bipolar temperatures, scorching sunlight, violent winds, rocky soil, below-freezing temperatures come night—and this perseverance still manages to kick strong as one of the oldest, most nutritionally dense foods around. No wonder it’s called Nature’s Viagra! But that’s just where all the good stuff begins...

**Nutritional Profile**

The maca root is a rich source of energy-dense complex carbohydrates and packs in more than 10% protein consisting of 19 amino acids. It’s also super high in B Vitamins (particularly B1 and B3 which help to boost energy and manage stress respectively), vitamins C and E and a plethora of minerals with significant amounts of iron (more than most red meats), beans, seeds and nuts), potassium, magnesium, zinc, iodine and calcium. Got milk? No need when maca trumps milk in the amount of calcium gram for gram. Maca is also a significant source of dietary fiber and essential fatty acids including inoleic acid.

**Maca Benefits**

Maca’s medicinal use dates back to the Incas civilization dating as far back as 1800 BC. To this day, it is still commonly used as both a food and herbal remedy by the Peruvians to increase fertility, stamina, and endurance. While the long list of benefits remains impressive, here are a few worth noting:

- **Increases energy, stamina and athletic performance**
- **Improves memory, concentration and mental alertness**
- **Alleviates depression and enhances mood**
- **Reduces symptoms of menopause and PMS**
- **Balances endocrine system, hormones and thyroid function**
- **Natural aphrodisiac**
- **Enhances sexual function in both men and women**
- **Concentrated source of iron helps fight anemia (higher than all others)**
- **High in calcium and magnesium essential for bone health**

**Too good to be true?**

Here’s how it works: Restores Body’s natural balance and vitality, similar to ginseng, maca is a adaptogen, meaning it helps to restore balance within the entire body system. It feeds the body in correcting any imbalances bringing it back to homeostasis. For example, it can lower high blood pressure or raise low blood pressure, depending on the body’s needs and stressors. The body becomes more efficient and the cells are demonstrated through increased energy, mental alertness, concentration, and a feeling of overall well-being.

**Endocrine Support and Hormonal Balance**

One of the most significant attributes of maca is its ability to support the body’s endocrine system. Maca on its own does not contain unique hormones, nor does it actually change blood hormone levels when ingested. But rather, it restores the endocrine system through the hypothalamus-pituitary axis by improving communication between the brain and the pituitary gland, as well as the adrenals, ensuring proper hormone balance and secretion within the body. This regulates the body’s metabolism, stress levels, energy levels, attitude and mental cognition. In women, this natural hormonal balancing is noted to help with symptoms associated with menopause and PMS.

In addition, Maca is a significant source of iodine, which helps to regulate thyroid function, and may benefit those suffering from hypothyroidism, chronic fatigue, depression and inability to lose weight.

**Energy, Concentration and Athletic Performance**

The high concentration of amino acids, complex carbohydrates, vitamins and minerals boost and restore both physical and mental energy levels providing a natural “lift”. It helps to boost stamina, endurance and overall strength. Many athletes and bodybuilders are using maca for its stimulating energy benefits, boosting effects, enhanced endurance and muscle recovery properties.

**Enhances Sexual Performance and Functioning**

Used for centuries as a natural aphrodisiac, maca is known to increase sex drive, stamina, performance and frequency! It also has claims to increase erectile function and sperm count in men, as well as the ovarian function in women enhancing fertility. While Maca itself is not a temporary sex stimulator like the artificial, manufactured, chemically-saturated Viagra, it promotes overall health, vitality, energy and balance by naturally increasing libido making it sustainable over the long haul. I mean, why settle for temporary relief?!!!

Maca also contains a pretty decent concentration of phytoestrogens (plant sterols) that have been documented to lower cholesterol levels. What does cholesterol have to do with sexual performance?! Tons! There is a direct correlation between high cholesterol and erectile dysfunction. Fats lodged onto arterial walls constric blood flow and thus, the erectile response rate. Maca also contains isothiocyanate p-methoxybenzyl – a compound that has a reputation for increasing fertility in humans.

**Sign me up**

Maca root can be consumed in powder, liquid or capsule form. The root is typically dried and then ground into a powder and has a long, stable shelflife. To cause maca is a food, it can be taken with or without other foods and there are no known risks. Although, like any food (including super foods) it’s best not to over indulge! Maca can be mixed into your breakfast cereals, blended into your smoothies, or even be used to substitute a portion of the flour ingredient in baked goods such as cakes and cookies.

When purchasing Maca, do your research or consult with a health practioner to ensure you are getting the highest quality product and that it’s been grown and harvested in the Andes. Over the past few years, many compounders and pharmaceutical manufacturers across North America have caught wind of the maca hype and are now factoring their own using sythetic chemicals and alternative growing methods.

Whether you are looking for a ‘pick-me-up (and keep me there)’ or just want to improve overall well-being, the positive results of this Super Food may pleasantly surprise you. So go ahead and get your maca on!

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Peggy Kotsopoulos is a Hippocrates Certified Nutrition Consultant located in Toronto, Canada where she operates her own consulting business. To contact Peggy or to find out more, please email peggy@bevibrant.ca or visit www.bevibrant.ca

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Let’s say you are walking along the 300 block of West 14th Street, one of the busiest and most diverse neighborhoods in Harlem, New York, and you see the sign “Soul” food. At a hungry glance, you don’t pay much attention to the squiggly 3 letter word “Raw” written before the more colorful 4 letter word “Soul.” That’s no matter. It’s definitely time for some New York City Soul food.

Maybe it’s been a while since you’ve had anything like it, but it’s what you’re longing for right now. So the need for you to be drawn to the Soul food level takes over. Down a few steps you go entering a small casual room with some wooden tables and chairs. A very pretty girl with short hair and a sweet smile greets you and while handing you “today’s specials,” she invites you to “take a seat anywhere you want” (that’s what a baker’s dozen of informal options).

Immediately, you notice that what’s on the menu is different BUT interesting. You decide to stay and take a chance with “different AND interesting,” sensing that this Soul meal will, if nothing else, leave you with better ingredients in your body than what you will find just about anywhere else in the city.

New York City area. So you’re ordering your first raw food dishes and hoping for more than just “pretty grass” on a plate. You’re not disappointed despite the fact that it is cold. Everything you order is Soul fully delicious, eye opening. So “belief shattering,” in fact, that you’re still telling your friends and family about this delectable raw meal, filled with familiar Soul soothing flavors.

During our last visit to New York, my husband and I went to visit Raw Soul at 3485W 14th Street. It’s always a challenge for us to not order most everything on the menu when visiting a raw food restaurant; we love raw living foods and have been living and teaching this lifestyle as a couple for 12 years now. We compromised on ordering several half portions of some main dishes as well as ordering the specialty sample platters that Raw Soul has on their menu.

Our four personal favorites were 1) the Barbeque Burger on a Flax Bun, a juicy wal nut burger with deep sun-dried tomato flavors, topped with onion, tomato, sprouts and a rich barbecue sauce served on a flax bun that did not stick to our teeth (stickiness happens a lot with flax buns), 2) the Pesto Pizza, a thin sprouted buckwheat crust covered with a pine nut pesto sauce bursting with basil flavor, topped with low sodium black olives, sun-dried tomatoes and ribbons of fresh basil – a deliciously lighter fare we really savored and wanted more of, 3) the Bulgur ‘Rice’, loaded with carrots and peas, its consistency and flavors so satisfying, fluffy and “rice-like,” we just had to order a second helping and 4) the Enchilada, a Flax tortilla stuffed with spicy chili nut meat, topped with nut cheese and olives, drenched in salsa. It looked and tasted so real that we were hard pressed to believe it was not baked.

To our regret, we were too stuffed to eat any desserts, they definitely looked enticing. We didn’t need them that evening, the foods we ate were authentic in flavor, satisfying to our cravings, served with a smile and altogether wrapped in a Soulful experience.

We briefly (too briefly) got to meet Lillian Butler, one of the owners. You can watch her through a small window into the kitchen as she busily prepares the orders. Lillian met her Soul mate and now business partner, Eddie Robinson, at a tap dancing class he was teaching and “it was love at first sight” she says. At that time Lillian was already vegetarian but not yet exposed to the self-healing wonders of raw living foods. That happened when she attended the Ann Wigmore Institute, now also known as Hippocrates Institute, to accompany and support her ailing friend Audrey. Lillian says she felt so good after her stay there that upon her return home she informed Eddie that this was the way they were going to eat from now on. They started by drinking wheat grass juice daily and adding sprouts to their salads. Then they decided to create some raw versions of their favorite cooked dishes and “the rest is history as the saying goes.”

Running their busy restaurant and juice bar, they cater, sell raw living foods items to health food stores, teach and now have authored a book called “Health Journey- Your Personal Road Map to Vibrant Living and Youthful Aging.” We learned that Eddie has developed into a talented raw food chef and is behind all of the desserts offered at Raw Soul. Together they have created a wonderful healthy option for eating out in today’s fast racing, artery clogging, eating frenzy.

Lillian and Eddie want to share all of us the recipe to the delicious flax bread served at Raw Soul.

When you visit Lillian and Eddie’s website www.RawSoul.com, you will find more information about them, the Raw Soul’s menu, recipes, catering, educational seminars, upcoming events and other services they offer. We congratulate Lillian and Eddie for their successful efforts in bringing healthful living foods to the many health seeking souls in the heart of New York and visitors like us from all around the planet.

Written by Renate Waddell, Austrian raw food chef at Hippocrates Health Institute in West Palm Beach and her husband Steve Rellison, owners of Renate’s Raw Food Kitchen, where they enthusiastically hold instructional raw food dinner events.

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We are always interested in hearing your personal recovery stories and so many of you have had experiences that can inspire others. Which is why, as you probably are aware, every January we publish our Annual Recovery Magazine. If you or someone you know has used the Hippocrates Program to heal themselves, won’t you please consider sharing that joy with all of our readers. Please contact: Sam Sheppard at 561-471-8875 EXT 173 for more information.

We are also in the process of creating an Electronic Archive of all of our past issues - from the very beginning thru today. However, we have found that quite a few of our early issues have all been distributed, leaving us with some gaps to fill. If any of you have collected the newsletter/magazine from the early days (actually before 2004) and are willing to loan them to us, please contact: editor@hippocratesinst.org, so we can arrange shipping for you.
Seaweeds have been known since antiquity for their protective and healing virtues and remain allies to our health and well-being. My passion for sea vegetables started 19 years ago and it is with great pleasure that I share this passion with you. As a vegetarian chef, I first learned to appreciate this new flavor in cooking – this very delicate sea-taste – and the user friendliness which blends harmoniously with everything, giving us a new palette of vegetables. As my objective was to replace animal proteins with vegetable sources and to find the most complete combination of amino-acids, my discovery of and the optimal and concentrated composition has been invaluable.

I have been fascinated by the results obtained with the dietary use of algae: to reduce or replace dairy products and animal proteins rich in fats; as a strong boost of minerals and vitamins to combat fatigue and overworking; to facilitate stress management; and for the increased mineral requirements of athletes, pregnant women, growing children and convalescents.

Seaweeds are an energetic food, low in calories, rich in prime proteins and a primary source of the invaluable fatty acids Omega 3. In other words, it is a blend that has proven itself. Compared with our often devitalized nutrition, the sea food has won in flavor and their therapeutic properties represent a key food for our times.

THE FIRST PLANTS WERE THE SEAWED WHICH APPEARED IN THE SEA

Some one and half billion years ago, animal cells had had enough of looking for bugs to feed on. Some of the seaweeds had picked up cells – photosynthetic germs – and integrated them into their systems instead of digesting them. From that moment, all they needed to feed themselves was sunlight and water ... and that’s how plants came about! So the origin of plant life is that they first stemmed from red seaweed (still the deepest), then brown and finally green seaweed. Terrestrial plants later evolved from green seaweed.

About 25,000 different species of seaweed have been found in all the seas worldwide. None of them are toxic. Every type of seaweed, of whatever variety, contains the entire range of mineral salts (iodine, calcium, phosphorus, potassium, magnesium...) in varying proportions, according to the species, but they are all present for our benefit.

A MARINE PHARMACOPEA?

The principal interest of marine algae lies in the fact that it concentrates in its tissues the totality of the basic elements which constitute our plant and our body. This exceptional wealth of nutrients presents itself in balanced proportions, close to the ideal for our needs, and in a natural organic form, which makes them particularly easy to assimilate by the body.

Our internal environment is like sea water (except salt), which explains why osmosis functions as well between the nutritive elements of modern life and prevent some of the illnesses of our time (arterial hypertension, osteoporosis, chronic fatigue, digestive disorders). They have a positive influence on skin beauty and superficial body growth (hair, nails).

Seaweed produces its own matter from rays of light and the mineral salts in seawater. Due to their important and complete content of rock salt (from 8 to 34% of its weight), they are in first place to improve mineral balance.

The first rule is to avoid food low in magnesium which supports acidification and tissue risks of modern life and prevent some of the illnesses of our time (arterial hypertension, osteoporosis, chronic fatigue, digestive disorders). They have a positive influence on skin beauty and superficial body growth (hair, nails).

Some, their vegetables contain from 8 to 14 times more calcium than milk (with potassium and magnesium essential to its assimilation). For people suffering from an excess of cholesterol, the phosphorus in seaweed advantageously replaces that of milk products. The advantage is double for us in our sedentary lives: reduction in the consumption of fat, and rest for the elimination organs.

SEWEADS ARE ONE OF THE RICHEST SOURCES OF PROTEINS AND ARE ASSIMILABLE

Proteins constitute the thread of our tissues, the building materials of the cells (growth, cellular regeneration). We must differentiate proteins connect to fats (meat, milk, dairy products) and light vegan proteins (from algae, sprouts, grains, legumes, mushrooms, seaweed). Proteins are large molecules which digestion must break down into amino-acids to be assimilated. Those of animal origin are strongly cement walls that our body must break down into bricks easy to use. The result is a great energy expense and tiredness (called digestive energy expenditure).

With vegan proteins, digestion energy expense is reduced. According to the kinds of protein and the season, the protein content of algae varies from 7 to 44%: they are in the form of aminoacids, the simple form of proteins, and are more readily assimilated, thus saving digestive work.

In most cases, the essential amino-acids are all present, in the perfect amount. Moreover, they are in free form, immediately available for the body. The proteins of sea vegetables are alkalizing, low in calories and do not produce waste. This seafood is truly super and being an algae they have the most sun energy.

Nowadays, researchers agree on a daily requirement of 2.5 to 3% You can even consume seaweed in pill form. It is thus impossible to have a protein deficiency with a vegan diet including sprouts and seaweeds. As proof, 30g of dulse or nori contain 11g of amino-acids - as much as a steak of 100g - with the difference that, in seaweed, the 89% remaining contains minerals and carbohydrates – in meat, it is mostly fats.

A GREAT SOURCE OF HIGH CARBOHYDRATES

Another important part of their composition (40 to 70% of carbohydrates) is more and more recognized for the harmonization of weight. Several factors support the elimination process:

- Iodine stimulates the cellular activity and burns the fat reserves. Its deficiency brings about slowness of mind and goiter.
- Thanks to a high content of slow sugars, non-assimilable glucids in the form of soft fibres which inflate, they provide one with full energy without calories, give an impression of satiety and facilitate natural elimination (laxative), qual-

Super Foods 45
ties recognized as an invaluable aid for the prevention of colon cancer.

- One active ingredient has a firming effect on the tissues, preventing their relaxation and the formation of stretch marks during dieting. The process is accompanied by a feeling of well-being due to the combined action of "mineralization and detoxification". Beautiful skin can be gained via this Superfood.

THE "SHIELD" EFFECT OF SEAWEEDS

Apart from the strengthening effect of the fibers on the intestinal peristalsis, one finds alginic acid in the mucilage of brown algae (laver, wakame). Binding with toxic waste (heavy metals, residues of pesticides and radioactive iodine) it forms insoluble salts removed from the organism by the intestinal tract. It is one of the most efficient chelators, which cleans up the pollution that poisons our body.

In general, the fibers coming from whole foods, raw vegetables, germinated seeds and certain algae have the capacity to drain radioactivity out of the body. A study has shown the presence of a substance in kelp (laminaria) which has the capacity to reduce by 50 to 80% the absorption of radioactive strontium 90 by the intestines: a process called chelation", widely used after Chernobyl. (Excerpt of the book "Radiations by Dr. J.H. Davidson.)

Algae have a low sodium content and do not involve a rise in blood pressure. They are the richest in organic iodine. They concentrate up to a thousand times the iodine of sea water.

HOW MUCH A DAY?

A regular portion of a few grams per day is enough, either raw in salads, in the form of flakes, or of powder, dissolved in a vegetable juice. Five grams of dehydrated sea vegetable are equivalent to 20-30g of fresh, salted seaweeds. The ration per day varies according to the need.

If you lack nutrients, you will probably feel a strong attraction for these powerful plants. Follow this desire and your consumption will regulate itself. In the long run, the ideal is a regular and diversified use in your diet, especially for the harmonious growth of children. A piece of advice: eat more in winter when there is less light, when you are tired, when you must make a required effort and when your immune system feels weak. Your body will be grateful to you for this highly nutritious vegetable.

For seventeen years I have devoted myself to this experiment, initially on my own body, on my family, then on my friends and now the pub-

ical. I remain filled with wonder at the repeated testimonies and the results obtained with these plants - used as a side-dish or by itself.

Seaweeds seem to be an extremely interesting solution for many of the problems connected to our lifestyle. If we were to describe its overall benefits in a sentence, it would be: "Algae, the ambassadress of marine balance, a key food of our times, the source of deep physical satisfaction, which will play a big role in repairing deficiencies and in modifying dietary habits which correspond complete health."

NUTRITIONAL VALUE

Due to their composition, they are in first place as Super Foods containing major elements for the human body.

Calcium: Our daily need is 700 to 900 mg.  
Bik 1400 mg for 100 g. - Wakame 1300 mg for 100 g - Arame, sesame 170 mg for 100 g - Kelp or kombu 50 mg (laminaria) sea lettuce 800 mg for 100 g - Nori 50 mg for 100 g.  
To compare: milk has 100 mg for 100 g. - soy 150 mg for 100 g.

In other words, you would need only one spoon of wakame (picture) when you need 13 spoons of milk to provide the same amount in Calcium. Seaweeds are 7 to 14 times richer in Calcium.

Proteins:  
Without any fat - Nori, Dulse 29 to 34% as much as fat cheese and soy products - Sea lettuce 23.8% - Milk 3.3% and eggs 12.9%.

Do you realize that these marine plants are likely to soon become one of our major sources of protein?

Carbohydrates:
Whole rice 74% - Arborio 58% - Arame 50.8% - Kelp or kombu 49% - Wakame 45.7% - Sea lettuce 42% - Nori 39.4% - Bik 30%.

Iodine:
In a natural organic form, vegetable source - Arame 98 to 564mg for 100g - Kelp or kombu 193 to 473mg for 100g - Dulse 354mg for 100g. - Bok Choy 40mg for 100g - Wakame 18mg for 100g - Nori 0.5mg for 100g - Sea letuce 0.2mg for 100g - Fish 0.07mg for 100g - Seaweed eggs, net 0.05mg for 100g.

Iron:
In a natural organic form, vegetable source - Arame 106 mg for 100g. Sea lettuce 87 mg for 100g - Bok Choy 29 mg for 100g - Nori 36 mg for 100g - Kelp or kombu 15 mg for 100g - Sesame 16 mg - Wakame 13 mg for 100g. Arame 12 mg for 100g - Sardine 10 mg - Spinach 3.3 mg for 100g.

The most famous one:  
Take as example the Nori, a phoporya (red seaweed). It is the most widely eaten seaweed in the world along with kombu. It is the one which is used to wrap the popular Japanese rice rolls "nori maki". Nori is still eaten by the English and Irish today (laverbread).
This landmark book will change life’s direction

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Brian R. Clement, PhD, NMD, LNC

Foreword by T. Colin Campbell, PhD

Kelp Contains:
Proteins - 29% - 35%
- 10 essential amino acids in right proportions. Fatty acids:
- 60.7% - omega 3, Glucides: 39-40%
- % - in the form of mucilages. Minerals:
- 8-10%, Vit. A: 44.5mg / 100mg / B1: 0.25mg / B2: 1.24mg / Nicot. 10mg / C: 20mg / B6: 1.04mg / B12: 1.39mcg / Folic acid 8.8mcg / Ca: 470mg / Iron 23mg / Iodin 0.5mg / Phosphorus 510mg / Iodium 600mg – sardine 495mg / Zn: 0.03-1.8mg

And the dulse
Palmaria palmata (red seaweed). Used to be chewed by Celtic warriors as they marched, and sailors would also take it on their long sea trips. The total amount of minerals in dulse is impressive: 28 to 35%; its wealth of vitamins and valuable trace elements (such as copper, gold and silver, iron, iodine, Ca as well as its high protein level (35%) make it a remarkably healthy food and a natural antibiotic.

Dry or fresh seaweed?
Their nutritional value is identical. By applying the correct techniques of washing it with sea-water and salting for conservation in the fridge, or drying it at low temperatures, it will maintain its color, aroma and nutritional properties.

HOW TO PURCHASE SEAWEEDS?
In Europe - www.algues.ch <http://www.algues.ch> We ship special products from our line ATLANTICA to America: fresh seaweeds, raw and dried marinades ready-to-use, dulse, dulse & flakes, spicy mix, gourmet sea vegetables in olive oil, seaweeds for the skin beauty and baths, fertilizer for earth, books, DVD “Cooking with seaweeds”. In USA - You can find dry seaweeds (dulse & flakes) in the natural health shops or - Maine Coast Sea vegetables, Inc www.seaweed.com <http://www.seaweed.com> and Mendocino Sea Vegetable Company, www.seaweed.net

Switzerland for a detox stay in the Alps.
Carole Daguoud was active in the field of healthy food since 1971, Carole Daguoud developed the line of products Atlantica and a culinary laboratory to train other chefs. She is an algae specialist and sells 60 different seaweed products. Carole is a vegan chef and organizes seminars in Europe to teach the living foods lifestyle, especially seaweeds. Her Institute Haute Vitalite receives people wanting to detox and learn the living foods program. She is a health educator and author of 2 books about sea vegetables.

HAVE A CLASS ON SEAWEEDS
A DVD is available - Cooking with seaweeds - (1 report - 17 recipes - 2 charts) www.algues.ch <http://www.algues.ch>
You can organize a seminar with Carole@algues.ch <mailto:carole@algues.ch> or come to

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An Inspiring Guest
By Andrea Nixon

This past spring, Hippocrates Health Institute had the honor of hosting a young, vibrant cancer survivor through the “Make-A-Wish Foundation.” Since 1980, the “Make-A-Wish Foundation” has enriched the lives of children with life-threatening medical conditions through its wish-granting program.

After receiving the results that her treatments had worked and reduced the mass in her lungs, Chloe learned about the “Make-A-Wish Foundation.” Instead of choosing an exotic place, or traveling to Europe, which many other teenagers desire to do, Chloe decided to come to the Hippocrates Health Institute so that she can learn more about the living foods lifestyle and incorporate it into her new, cancer-free life. Chloe said that by adopting this lifestyle, she will not have to live in fear that the cancer will return.

In May 2008, Chloe and her mother Veronica traveled from Rye Brook, New York to West Palm Beach, Florida to embark on the 3-week, Life Change Program. Veronica was a previous guest at HHI 18 years before, and she had encouraged her family to visit for a tour during November 2007, weeks before Chloe’s life-changing diagnosis. But it was Chloe’s decision to return to complete the program 6 months later, and Veronica was more than happy to accompany her.

Once they arrived at the West Palm Beach Airport, they were greeted with balloons and a limousine ride to their hotel, provided by the “Make-A-Wish Foundation.” The foundation paid for Chloe’s entire 3-week stay at the Institute, as well as transportation and airline costs.

Chloe was a little unsure at first how much of this new lifestyle she would take home with her, but after comparing her first and third week blood tests, she said the layer of chemicals from the chemotherapy that were present in the first test had dissipated tremendously when comparing it to the test from her final week at the Institute. This encouraged her so much that she even contacted Dartmouth College, where she will be attending as a Freshman this Fall, and they will be ordering her wheatgrass and vegetables, and the staff will help accommodate her with her dietary needs while eating at the dining hall on campus.

This vibrant young woman brought encouragement and hope to the campus here at HHI during her 3-week visit. Throughout the day, you would find her working out in the gym, doing yoga, sitting in on the many lectures each week, and laughing and smiling with the other guests. Many people did not even realize that this 18-year-old had just fought the battle of her life months before.

With her high school graduation only three weeks away, Chloe spent part of her time writing and editing for her school newspaper while staying at the hosted a few miles away from the Institute. She said that her school was very helpful during her last semester of her senior year, and her teachers visited her at home and tutored her so that she could graduate on time with her class.

Chloe’s love for writing helped her journal her experiences, which she said was very positive for her during the lonely, painful times of her chemotherapy and radiation treatment. She said she often questioned why she was going through this ordeal and felt isolated and hurt by friends who distanced themselves, probably not knowing how to support her during this time. Being able to write and express her feelings helped her throughout the healing process, and enabled her to let go of thoughts and emotions that might hinder her progress. She hopes someday to publish her journal writings to encourage others, especially teenagers, who are going through similar experiences.

Chloe said that going through this experience has really opened her eyes to this new lifestyle of raw, living organic foods. She has realized that it’s not just a diet; it’s a whole new way of living. Although she thought that her diet before coming to the Institute was relatively healthy, she learned that there were many new things that she could do to help improve her health. She is excited to begin college this Fall, and to meet new people who may also have a raised awareness about the importance of living foods, and to encourage the people who may not be aware.

Chloe’s story is inspiring to everyone, especially people on a health journey, going through a healing crisis. It shows that no matter what a person decides as treatment for their condition, adopting a living-foods lifestyle will only assist their journey and help improve their condition, wherever they are in their healing. The Hippocrates Health Institute helped Chloe take charge of her health, and encouraged her to not live in fear that the cancer will return. She is a living example of how the living foods lifestyle benefits a person physically, mentally and spiritually, and she will continue to spread her radiant love to others in times of need and encouragement.

Thank you Chloe.

Andrea Nixon is an employee of Hippocrates Health Institute and has been living a raw-food, vegan lifestyle for seven years. She is dedicated to helping others understand the importance of diet and nutrition, and also assists her husband in spreading the message of true health.
Long overdue is a renewal of the glory days of hemp, a highly nutritious and eco-friendly plant used to make everything from paper, protein powder, and building materials to socks and lotions. The public is gradually becoming more aware, thanks to a much-needed shift towards greener living and heightened awareness surrounding food, of the myriad benefits afforded by the incredible plant, cannabis.

Many people may react cautiously to the notion of hemp as food, based on its connection to the harmful illegal drug, marijuana. Upon exploration, however, one will discover that not only is the hemp nut completely safe (it is THC free), it is also nutritionally superior to most other sources of protein and essential fatty acids. Hemp nuts are high in protein and oil and contain significant levels of the anti-inflammatory fatty acid, gamma-linolenic acid. Their high protein content makes them an ideal food in the human diet, providing a balanced source of all essential amino acids and fatty acids.

Hemp nuts are the shelled inner portion of the hemp seed, whereas the part of the plant containing the knowledgable oil of cannabis is the leaf. The latter is used for its psychoactive effects, while hemp nuts are a nutritious and healthy addition to any diet. Hemp seeds are high in protein and oil and make a perfect addition to any diet. They are high in protein and oil and can be used in a variety of dishes. They are also a good source of omega-3 and omega-6 fatty acids, which are essential for good health.

Hemp seeds are a good source of iron and also contain significant levels of the antioxidant vitamin E. Hemp nuts and oil contain chlophylin. Chlophylin is a potent and safe anti-inflammatory compound found in hemp. It is a potent anti-inflammatory and has been shown to be effective in the treatment of pain, inflammation, and other disorders.

Hemp nuts have a perfect ratio of omega-3 (alpha-linolenic) to omega-6 (linoleic) essential fatty acids (EFAs). The ideal ratio is considered to be 1:4 (omega-6:omega-3). Hemp nuts contain a ratio of 3.38:1. These fatty acids are required by our body via the body's conversion of certain fats and oils. Hemp seeds contain high levels of omega-6 and omega-3 fatty acids. These fatty acids are essential for good health. They are used in the production of brain and nerve tissues, as well as for the production of cell membranes. They are also important for the functioning of the immune system and for the production of hormones.

Hemp seeds are a good source of protein and fiber. They are also a good source of vitamins and minerals, including calcium, phosphorus, magnesium, and iron. They are high in antioxidants, which help protect the body against damage from free radicals. They are also high in fiber, which helps to prevent constipation and promote healthy digestive tract. They are also rich in omega-3 fatty acids, which are important for heart health.

Hemp seeds are a versatile food. They can be used in a variety of dishes, including salads, smoothies, and desserts. They are also a good source of protein and fiber, which make them a great addition to any diet. They are also a good source of healthy fats, which are important for brain function and heart health.

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purchased in small bottles so that it will not remain opened and unused in stor- age for a lengthy period of time. Never use hemp oil for cooking, as the healthy fats will be transformed into harmful fats. While this oil is certainly high quality, keep in mind that oils bring pure fat to the table and whether good or bad, too much causes distress in the body. Again, my first choice is always the whole hemp seed nut, because you get the whole balanced food and not just one aspect of it, and in a less processed state. Use all oil sparingly and it can be a healthy addition to your daily intake.

**Hemp Protein Powder** — in a purely hemp form, this powder can be useful for boosting a blended mixture. Hemp protein powders may contain other ingredients, some of which are quite desirable, and others, such as sweeteners and flavorings, not so much. Look for cold-milled brands, with the hemp protein powder, it is better to just use the nuts.

**Hemp Flour and Other Products** — most of these products do not have a place in a raw food diet. Hemp flour is usually incorporated into baked goods using flour and other processed ingredients. While it is more healthful than wheat flour, the fact that it is then heated leaves much question as to its healthfulness in the end. Many other hemp products exist, such as vegan cheese alternatives, hemp protein burgers, and snack bars. Most of these are highly processed and are not ideal healthy foods. Hemp milk has recently become popular, but again use caution: sweeteners and stabilizers are used to make it shelf stable, not to mention it is not a raw product.

One more bonus of consuming hemp seed nuts is that they are relatively economical, costing roughly the same price per pound as other popular organic nuts. But also keep in mind that they pack more bang for the buck and in smaller quantities. Adding hemp to your diet is an investment in your health that is well worth making.

Kelly Serbonich is the former Executive Chef of the Hippocrates Health Institute and co-wrote the vegan cookbook, Healthful Kitchen, along with Anna Maria Clement. She currently continues to write and instruct on raw foods, represents the Hippocrates Health Institute, and works to promote natural parenting practices with her 1 1/2-year-old son, Noah.

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