EXAMINING TODAY’S POP DIETS

The Faddest Of Them All Macrobiotics Blood Type South Beach The Maker’s Ayurvedic Natural Hygiene Why Organics Karyn’s Cafe Review With 2 Recipes Hormone Power Great New Book Review Inspiring Recovery + Much Much More
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From the Publisher's Desk

Hello from all of us here at Hippocrates and from our contributors around the globe. Thank you for your continued interest in our ongoing mission of “Healing The World – One Person At A Time.” We’ve had a wonderful summer with many interesting people visiting us from all over the world. All of the cultures that come together here with the common goal of optimum health make this a truly amazing place to be. Some of us are fortunate enough to spend a lot of time here and, as a result, have the opportunity to hear helpful feedback from guests about our work.

There’s always a very high level of curiosity about the latest popular diets and “buy this and get healthier” schemes. So we decided to examine some of the most talked about ones in this issue. We called on some of the biggest names in the raw food world to help us with this undertaking to be sure to get a wide and diverse range of facts and opinions. Our own Scott Josephson analyzes some of the more mainstream diets that have popped up over the last couple of decades. Dr. Ginger, with her usual pull-no-punches style, gives Dr. Atkins a thorough examination. We have the wisdom of Gabriel Cousens on the Ayurvedic Diet. Jameth Sheridan shares his personal experience with the Natural Hygiene Lifestyle. Fred Bisci explains the Macrobiotic approach to health. Paul Nison takes a look at Jordan Rubin’s interpretation of The Maker’s Diet. Jacques-Pascal Cusin gives us his opinion of the Blood Type Diet. And Andrea Nison reviews The South Beach Diet.

Also in this issue, Katharine Clark tells us why Karyn’s Raw Cafe in Chicago is such a popular place for locals and travelers alike. Brian Clement says a trip to Chicago is not complete until he’s had a meal at Karyn’s. Linda Frees has written a marvelous review of a new book by Dr. Valerie Hunt titled Uncork Your Consciousness. Marinine and Thomas Kunikle share their amazing stories of recovery with us. And Pam Blue explains in detail why organic is not just the best choice, but the only one, when there is a choice available.

That may sound like a lot of information, because it is a lot information. We’ve attempted to cover as many of the often asked about subjects as space will allow. Of course there are many diets and health plans and schemes that we did not get to here, but we’ll be happy to consider exploring them in a future issue. Just let us know if you have one in mind that may be of interest to our readership.

You can look for our Annual Recovery Issue at the beginning of the new year. Until then, we wish you a holiday season full of peace, serenity and of course, healthy food choices.

Sam Sheppard, Publisher

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Next Issue Recovery Popular Diets
This landmark book will change life’s direction

From the Directors:

Time and again, we are asked about one or more of the multitudes of diets that fill the airwaves and bookshelves globally. Finally, we assembled an international team of experts to critique the most popular diets today. Of course, each diet contributes something to its partakers, yet most often it is only part of the equation. As you know, proper food is a potent contributor to a renewed and strengthened anatomy. Unfortunately, one part of the anatomy - the brain - often is completely overlooked when developing a viable program for recovery and health maintenance.

In addition, most of these programs exclude exercise which is half of the raw pie in building a disease-free robust body. Hippocrates has included all of the essential components in the living food lifestyle. It is not only what we eat, it’s also what we do, how we feel, how we honor ourselves and our spirit.

Many of you are making progress on a diet or program other than Hippocrates’. We congratulate you for having the foresight and perseverance to adapt a new way of eating. This should not prevent you from exploring your potential next step which most likely will elevate you physically as well as consciously. We believe the level of commitment you have to yourself will lead you to the diet that fits into your comfort zone. Much to often you get stuck there and are robbed of the abundance that comes from taking it to the next level.

The first step out of the destructive animal-based diet to a cooked, plant-based one was awkward and inadequate even for us. Although a simple cooked plant-based diet is not perfect, moving there was the necessary first step. With that beginning, we could internalize and feel the physical, emotional, and psychological changes that it awarded us. Once comfortable and relaxed with a new found vitality, it was significantly easier to move up the ladder and adapt more healthy changes.

Ultimately, it is our own self-respect that affords us the ability to flourish with positive input or languish in destructive patterns. Many use lame excuses of moderation with their convoluted and unproven theories that saturate the pop/health books of today. Not too many years ago, the natural health industry harbored passionate spokespersons who said they personally experienced recovery or exceptional improvement in their own lives.

Today, there are many riding on the ever-growing economic prosperity wave of the new health industry by poppping out products and books purely for profit. When contemplating any diet, you should ask three questions: 1. How was this program developed? 2. Has it been scrutinized with clinical research? 3. How impressive are the results gained from applying the process? Unless each of these questions are
Wherever you are and at whatever level you wish to settle, we hope that the concise observations assembled here will give you the confidence to apply what is best for you. Here at the Institute, we are consistently prepared to assist you on your road to greater confidence, enthusiasm and physical well-being. Do not be sidetracked by those who have a vested interest in making you dependent upon them. Find your clear voice and embrace the God-given responsibility you deserve.

Dr. Anna Maria and Brian Clement

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The Live Blood Cell (dark field) analysis is a new technology to gain a greater understanding of health. The Live Blood Cell, which is a green ceramic paint that has thermal qualities to it that helps protect us from the heat, so we’ll be using less energy to keep the building and its inhabitants cool.

Well, it’s finally here - the first building in our long-awaited Hippocrates Village! After nearly 10 years of planning and re-planning and meeting with municipal officials to comply with the gazillion norms that needed to be satisfied, our beautiful new round Therapy Building is now gracing our landscape.

This unique structure is the first of several buildings to be built on this parcel of land along with a spacious new dining room, kitchen and eventually 32 residential villas. It was decided early on in the project planning that this building would be round. But why round? There are many historical, practical and ecological reasons for choosing this type of construction.

Having a distinct visual statement at the entrance to Hippocrates is a plus. When you pass through our beautiful new entrance on Skees Road (and yes, we do have a sign on the main roadway now that announces Hippocrates!), that round building is proud proof of our persistence, ingenuity and uniqueness.

Diverse cultures throughout the ages have chosen round buildings as their dwellings. The round aspect resembles our Earth; the circular motion of energy travels freely when a structure is round. If any of you have been blessed to spend time in our wonderful yurt, you’ll remember how special the energy is in there. We feel a calm and sense of freedom the moment we enter. It was also believed way back then, that in a round building, the evil spirits would have no corners to hide away in. Well, that’s a relief!

The challenging weather conditions we occasionally experience here in Southern Florida call for some solid construction. This round hurricane-resistant design has proven to perform far better than conventional construction in heavy winds.

The construction itself is very interesting. The roof and floor trusses radiate back to the center of the building, much like the spokes on a wheel. This “radial engineering” disperses any energy and wind pressure exerted on the outside walls and roof throughout the entire structure, greatly reducing any potential damage caused by high wind pressure. The roof is also at the optimum angle for wind deflection.

We’ve chosen happy, healing colors throughout to lift the spirits, with dreamy clouds lining the reception area and halls. The paint that was used is a “green” ceramic paint that has thermal qualities to it that helps protect us from the heat, so we’ll be using less energy to keep the building and its inhabitants cool.

The Live Blood Cell, which is a green ceramic paint that has thermal qualities to it that helps protect us from the heat, so we’ll be using less energy to keep the building and its inhabitants cool.

Most of the “medical” therapies will be moved to this building, including our new Thermography machine. This outstanding research tool is used globally to discover, in a non-invasive way, epicenters of physical concern. Guests at Hippocrates will be able to benefit from this new technology to gain a better understanding of their bodies and how to improve their health.

The Live Blood Cell (dark field) analysis and consultations with our Health Administrators will be done in this new location. Many of our administrative offices will find a new home here, and our Health Education students will be attending classes here as well. All this moving around will leave room for wonderful new things to come as we continually strive to expand our comprehensive healing approaches and guest capacity. Come by soon for a visit to see what’s new!
Quick fixes are a way of life and there are plenty of folks ready to offer you their version. The pineapple diet, the watermelon diet, the Beverly Hills diet were, thank God, a flash in the pan.

Today, with the ineptness of mainstream medicine and health care creating an exodus from their ways, millions are searching for an alternative. The public’s belief that others can heal them, help them lose weight and extend their lives makes them prime targets for every new magic bullet. Marketers, salespeople and corporations do not want you to know this pure and simple truth: No one can bring you health but yourself. Unfortunately, when lethargy sets in and irresponsibility becomes something you heard about from your grandparents, it is unfathomable for you to consider there is no short cut to fix your ills. Free enterprise with all of its benefits also trickles down its fraud. The collapse of the economy is reflective of the collapse of your health. When you constantly expect others to clean up your mess while you are speeding down the highway with your hands off the wheel, how can you be so delusional?

We have to return to good sense and simple thought. Any process program, therapy, treatment or philosophy that claims you do not have to participate to gain results, is a false front for some manipulative money-grubbing individual or group. From many pills that extend your penis to capsules that reduce weight while you sleep, people are apparently suckers since they are not able to depend on their own good judgment. Fasting books that purport you can lose weight by drinking only water, obviously do not consider the internal mechanism that makes the body regain more weight than what it lost stemming from our ancestors’ rhythms of famine and feast. Others vaguely describe diets that resemble ethnic cuisine and fabricate health claims out of mid air. There are even those who create quasi science stating that when you cook something you gain more benefit or that when you blend something, it does not oxidize and kill most of the nutrients. Walk carefully through the minefields of fabrication, inuendo, make-believe science and marketers’ sales pitches.

Contemplating your next move must be confusing. The perpetual and relentless force-fed education we have had in becoming consumers makes us susceptible. Our entire western economy would collapse if we all decided to get off the merry-go-round and go back to simple living. Our intellect, which sadly has quite often been molded by a faulty educational system, leads us to believe we are smarter today than in bygone years. Any congruent and conscious observer would challenge this idea. Sadly, much of what we have been taught limits us from thinking beyond the self-imposed borders society maintains.

"Everyone gets old and sick, as we age. We all gain weight. Losing our memory is quite natural. Nutrition has nothing to do with health and aging." These are just a few examples of the nonsense corporate greed mongers promote.

We know that you think you are an independent thinker and that none of this could possibly be true about you. Reconsider. We are all products of the consumption machine, and unconsciously shuffle through the restless, un-fulfilling world of the latest and greatest.

In this magazine, we have attempted to analyze and review many of the diets and programs popular today. Most with their fractional contribution fall far short of their promised results. We are so far off track that the starting point is a vague image that is surrealistic. The NOW seems to be so real, when in fact it lacks substance. Combining current knowledge with traditional common sense creates the formula necessary to live a pure, powerful life. There is nothing wrong with exploring ideas and philosophies, but there is something wrong when you adopt them without thorough understanding them. Your main objective should be to refine your intuition and instinct.

Make sure that you reflect upon what you need and experiment with diet and lifestyle only if you are not facing considerable health issues. When trying to squelch disease, you must choose a platinum level program. Hippocrates living food diet not only provides the most vitamins, minerals, trace minerals, proteins and fatty acids, it also contributes the pinnacle hormones, oxygen, phytochemicals and enzymes that build immunity, anatomy, biochemistry and improve psychology. This way of life has helped thousands to save their lives, but more importantly, to improve them. The planet is similar to a microscopic cesspool assault on the wealthiest among us. Maintaining stability and health at this time is at best difficult. This is why disease is rampant, why new disorders pop up constantly, and why the youngest among us are the most afflicted. The average person spends most of his or her time half-asleep, bouncing from work to home and believing that the level of sickness he or she feels is normal.

Worse, most people think that when you age, a gathering of forces naturally takes away vitality, health and memory. You must once again awaken the burning spirit you had from inspired times of your youth. You need to focus on that area in yourself that cannot be fooled. You must expect to live to your fullest, well into your golden years or you will bring about your own fail- ures and eventual demise. The path back to health has been forged for you. You just have to have the self-respect and where-with-all to follow the living food lifestyle.

Dr. Brian Clement, Ph.D., L.N.
Hippocrates Health Institute
Fad Food Nation
by Andy Bemay-Roman

Remember Pet Rocks? Hot pants? Sideburns?
Looking back, they sound like a bad idea. But at one time they were the rage. They were the latest fad.

The dictionary defines a fad as “a temporary fashion, notion, manner of conduct, etc., especially one followed enthusiastically by a group.” Fads change on fancies and whims. We follow fads to feel popular - somehow we think they give us a certain prestige - hence all those iPods and GPS navigators. Advertising has capitalized on popular fads for decades, selling them to mainstream America.

In the 60s, advertisers railed around the counter culture fad and turned it into an over-the-counter-culture that bought into “a revolution in toilet paper;” gussied “beer dedicated to the free spirit in you” and were lured by the call to “join the Pepsi Generation.”

Fads can have the bandwagon effect: the masses will do and believe anything just because their neighbors, friends and family do and believe it.

And food fads are among the most common - though many are based on anything but fact.

raw living foods fad.

We want the lifestyle to be popular, so popular that it tips into the mainstream and stays there.

Why? Because this fad is grounded in hard science. This fad has the element of substance. It works.

With our 52-year-old track record for improving people’s health, we’re hoping to take this trend to the next level. It’s not an unreasonable goal. But it is one that has to include education, be sold with facts, independent of the fad.

Advertising has capitalized on popular fads for decades, selling them to mainstream America.

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And food fads are among the most common - though many are based on anything but fact.

Healthy fads like jogging, exercise, yoga, psychotherapy (in LA & NYC, anyway) or environmentalism, sometimes popularize good information, and help fringe realities go mainstream.

What changes a fad to mainstream thinking, or keeps it in vogue is simple. It must be grounded in filling an on-going need. Granda used to be considered tree-hugger hippie food. Mainstream mocked the stuff right alongside tofu whenever someone wanted to take aim at vegetarianism.

Then along came Quaker Oats and a bunch of copy cats who saw a niche market, and the granola/breakfast bar phenomenon was born.

The marketers replaced granola’s hippie image with a healthy, convenience food one and made it stick.

Raw living foods diets will go mainstream and stay there. The reasons are plentiful: they will appeal in a world where health care systems are failing and people are more aware of their environment and what is in their food. The fad will stick when people see that eating this way really helps and heals.

Fads, like stereotypes, depend on sweeping generalities based on image rather than substance, and they might just be wrong. On reflection, fads make us look foolish, vain and downright adolescent. We follow the herd to be part of the herd.

Thankfully, sometimes fads focus on the real thing, and in their own shallow way, help promote something good.
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The Health Educator Program at the Hippocrates Health Institute

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’ 50+ years of experience builds the self-confidence that can inspire and teach others to make and maintain the important lifestyle changes required to attain superior personal 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 the health educator’s extensive tool kit, including but not limited to:

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- Physical Fitness
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- Live Food Preparation
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- Live Cell Microscopy
- Sprouting & Composting
- Natural Therapies
- Mass Counseling Skills
- Iridology
- Reflexology
- Science of Living Foods
- Presentation Skills
- Art Therapy
- Proper Supplementation
- Neuro-Linguistic Programming

Call our Health Educator Coordinator right now to get the information you need to begin your transformation. Michael Bergonzi 561-471-8876 Ext.112

...One Person At A Time.

So you’re extremely excited and ready to start your brand new diet. That’s great news because after all “a calorie is a calorie,” right? Eat too many…gain weight. Eat fewer…lose weight. Not so complicated, right?

Well unfortunately achieving a “healthy weight” is more than just a calorie equation.

Everywhere you turn so-called new and improved popular diets abound as well as “magic in a bottle” to obtain optimum health. The truth is that many of these pills, potions and plans come fully equipped with anecdotal information and all too often are accompanied with little scientific data. In countless instances the science behind the normal mechanisms of weight control is absent. The obvious truth is that a successful program must incorporate user-friendly changes to achieve long-term healthy behaviors, eating practices and daily physical activity. Statistically, our health is getting substantially worse as we become more complacent.

Sixty-one percent of the population is overweight with a Body Mass Index (BMI) greater than 25. The obesity epidemic has doubled from 15 percent of the population in 1980 to 30 percent in 2007. Being obese vastly contributes to increased LDL cholesterol and blood pressure, which can in turn lead to metabolic syndromes including heart disease.

Consider these facts: 50 percent of women and 26 percent of men are on some type of diet all the time. Americans spend more than $50 billion annually on weight-loss foods, products and services, according to the American Dietetic Association. With that amount of spending, it’s no surprise there are an overwhelming number of “fad” diets and other weight-loss products on the market.

When considering a plan or better yet “a way of life,” start with this proven formula and be wary of programs that offer rapid weight loss, quick fixes, unsubstantiated claims, or which demand extremely few calories, eliminate major food groups such as carbohydrates or fats, and lack long-term studies that randomly assign subjects into the diet and non-diet group proving the program’s safety. In an effort to determine where to begin, the following review of several diets examines each author’s credentials, claims, the diet’s calorie intake, sustainability, weight loss expectations and research supporting its claims. Remember it’s crucial to decipher the knowledge and critically review the program when choosing the best plan for success, both in the short-term and the long run.

Curves – A low-carb diet

Originator: Gary Heavin is a self-proclaimed health counselor.

Claims: According to Heavin, dieting turns on “starvation hormones” that enable the body to survive on less food and burn energy. He’s created a “miracle” method to re-set your metabolism that will correct the effects of yo-yo dieting.

Sustainability: There are two plans. Both recommend six small meals a day. One plan is carbohydrate-sensitive, and the other is calorie sensitive. Both are high in protein and limit carbohydrates including bread, rice, pasta, potatoes and sweets. Phase 1 of both plans last two weeks allowing 20 grams of carbohydrates a day. Phase 2 adds certain fruits, vegetables and some whole grains. The meal plans include a Curves protein shake and Curves nutritional supplements. Phase 3 is 2,500 – 3,000 calories a day (“Miracle Metabolize”). The complicated process of alternating between the different phases based on weight fluctuation is not realistic for long-term “permanent” healthy weight.

The meal plans are inadequate for meeting daily vitamin and mineral requirements.

Claims: A unique food combining program will make your body burn fat faster, balance your insulin levels and set your metabolism high. The diet is targeted for people over 40 since their metabolism is slower. Additionally, you can get rid of asthma, irritable bowel syndrome and lose weight.

Sustainability: The diet is based on a food combination theory that claims to reset your metabolism. Recommended supplements are not included in the diet plans. Recommended meals are not provided.

Curves – A low-carb diet

Originator: Sitcom actress Suzanne Somers, of high master inferences and author of “Get Skimpy, Fabulous Food.”

Claims: A slimming combination product will make your body burn fat faster, balance your insulin levels and set your metabolism high. The diet is targeted for people over 40 since their metabolism is slower.

Sustainability: The diet is based on a food combination theory that claims to reset your metabolism. Recommended supplements are not included in the diet plans. Recommended meals are not provided.
combining principle known as “Seven Easy Steps to Somsizing.” Examples include eating protein-rich foods with vegetables but not with carbohydrates, then waiting three hours to eat carbohydrates. Additionally, eliminate all “funky foods” such as sugar, potatoes, bananas, corn, pasta, milk, caffeine and alcohol. Level two focuses on maintaining weight loss and cheat foods, but still following the food combining rules.

Weight loss: The diet is low in fiber, carbohydrate and vitamin D, requiring supplementation. Additionally, it’s high in saturated fat, cholesterol and low in calories. This could result in weight loss. There is nothing written about regular physical activity.

Quick take: The diet is based on food combining principles, which eliminates dairy and restricts high glycemic index foods.

Eat, Drink and Be Healthy

– A low-fat, low-calorie diet

Originator: Dr. Walter Willett is a well-known Harvard researcher.

Claims: The USDA Food Guide Pyramid is not only wrong, but also dangerous to your health. He offers a new and improved pyramid that focuses more on plant food and de-emphasizes dairy forever. He advocates getting calcium from other food sources or supplements. This type of diet will reduce the risk of heart disease, cancer, diabetes and stroke.

Sustainability: The diet has no deprivation or calorie count. It’s about eating more of the “right foods.” Coffee is allowed, but sugar is not. Orange juice sorbet and rum glazed carrots are allowed, but there is no allowance for an occasional scoop of ice cream or cheesecake. (Very anti-dairy).

Weight loss: Weight loss should occur if you closely follow the guidelines and adjust your calorie intake.

Research: The diet lacks short for calcium intake, but otherwise offers a healthy dose of good nutrition that’s free of gimmicks and exaggerations.

Quick take: A plant-based diet with lots of fruits, vegetables and whole grains that de-emphasizes dairy products, and uses physical activity to control weight.

Volumetrics

– A low-fat, low-calorie diet

Originator: Barbara Rolls, Ph.D., is a nutrition researcher at Pennsylvania State University, and Robert Barreto is a journalist.

Claims: By keeping your fiber intake high, drinking lots of water and eating foods with low energy density you can eat more, satisfy your hunger and still lose weight. Fiber and water both fill you up, and water dilutes calories per portion.

Sustainability: The diet comes with energy density charts that require dividing the number of calories per serving by the weight in grams. A low density number allows you to eat more of these foods, and a high density number means you should restrict your intake. Additionally, a list of snacks is provided. There are no menus and no mandates. Research recommendations require 30 grams of fiber, 4 quarts of water and daily exercise.

Weight loss: Unpredictable, based on portions and amounts eaten.

Research: The author is an expert in appetite control and has been researching the topic for years. She has published dozens of scientific papers and has translated them into practical diets.

Quick take: The diet is based on the energy density of foods, where large servings of low density foods are allowed. It encourages eating food with high water content, drinking a lot of water and dairy-free beverages. It allows three meals and a snack each day.

Eat Right, Live Longer

– An age-defying diet

Originator: Dr. Neil Barnard is the President of the Physicians Committee for Responsible Medicine.

Claims: A vegetarian low-fat diet protects cells from disease, cleans the blood, boosts immunity and balances hormones. The diet will help you avoid contaminants in food, and a vegetarian diet is the best for weight control. Using this method will get you off diets forever.

Sustainability: It’s difficult for people who are not committed to a vegetarian lifestyle to follow. There is no meat or dairy, and people need more time to prepare food. The diet lacks vitamin B12, and vitamin D and downplays their importance. Additionally, it doesn’t take into account the fact that your body produces less vitamin D with age.

Weight loss: If you follow it accurately, you should lose weight.

Research: Studies indicate this type of diet can decrease the risk of diabetes, heart disease, hypertension and cancers.

Quick take: A low-fat vegetarian diet with whole organic produce to boost immunity.

The Okinawa Program

– An age-defying diet

Originator: Dr.itarah Seeman and Craig Wilcox are both Assistant Professors at the University of Hawaii and Okinawa University in Japan.

Claims: A low-fat, low-calorie diet from plant foods with a strong emphasis on exercise, family relations and spiritual connectedness will result in substantial weight loss. The findings are from the Okinawa Centenarian Study showing that heart disease, strokes and various cancers are extremely rare, and people regularly live to more than 100 years old.

Sustainability: The diet contains 50 percent complex carbohydrates from 3 food groups consisting of foods rich in flavonoids and omega 3 fatty acids. The authors recommend avoiding foods with a high glycemic index to keep weight in check. The program makes sense and is not extreme.

Quick take: A well-balanced diet that offers flexibility, energy, physical activity, energy and motivation that can be followed indefinitely and altered to maintain weight loss.

Weight Watchers

– A balanced diet

Originator: In 1963, founder Jean Nidetch began inviting neighborhood people into her Queens, NY home to discuss strategies and ideas for weight loss.

Claims: The most organized and recognized program offering guidance, support, a balanced diet, while encouraging exercise. Based on a simple, straightforward point system ranging from 18 to 35, the diet has helped millions of people lose weight with its no-fills plan and support system.

Sustainability: The program offers considerable guidance for choosing a healthy and nutritious diet. The program’s success can also be attributed to its insistence on record keeping. Support is essential to the Weight Watchers approach by offering weekly meetings, confidential weight loss and lifestyle strategies. Most weight loss experts regard the program as the standard against which all other weight-loss programs are measured.

Weight loss: By following the recommended point system, expect 1 to 2 lbs per week.

Research: Research out of the University of Colorado and Saint Luke’s Roosevelt Hospital in New York City has found that more than half of the lifetime members had still kept the weight off two years after completing the program.

Quick take: A mainstream diet of at least 1,200 calories a day that encourages regular exercise with weekly meetings, support groups and a food journal to tally your daily points.

Scott Josephson, M.S., R.D. is the Director of Operations at Hippocrates Health Institute. Scott is an international level spokesperson throughout the United States and Canada, a recipient of numerous awards and is frequently published covering a wide range of industry topics.

In addition to several certifications, he holds a degree from the University of Miami and sits on the advisory board of both the American Fitness Professionals and Associates. His work portfolio includes many celebrities such as former New York Uni- versity, Tennis Cham- pionship, as well as members of the New York Giants and New York Mets.

It’s a diet and exercise plan designed for long-term success.

Quick take: A well-balanced diet that offers flexibility, energy, physical activity, energy and motivation that can be followed indefinitely and altered to maintain weight loss.
THE FADDIEST OF THEM ALL:

"The Atkins' Diet"

Webster's Dictionary defines a fad as, “a practice or an interest followed for a time with exaggerated zeal.” For most people, when they think of the word “fad” the word “diet” isn’t too far behind.

Fad diets date back centuries. The options throughout history range from the ridiculous to the even more ridiculous.

Take this old newspaper ad for a new diet. It reads, “Eat, eat, eat and always stay thin. Fat, the enemy that is shorter than your life, banished. How? With sanitized tape worms.” Yum. The ad states they are “jar packed,” “easy to swallow,” have “no ill effects” and of course, “pose no danger.”

Look and you will find old ads for cigarettes in which doctors recommend a certain brand of cigarette for good health. With its appetite-suppressing effects and so-called stress-relieving properties, many consumers fell for this deadly habit. Even today, many smokers fear if they quit smoking, they will gain weight. For decades fads and diets have come and gone. There was the Drinking Man’s Diet, the Martini and Whipped Cream Diet and the Calories Don’t Count Diet.

Today, you can still try the Grapefruit Diet (of 1941), you can supercharge your bowel movements with the Calabash Soup Diet, perhaps partake in a sav- ecal of fortunes so to speak on the Hot Dog Diet of 1963, or be proud to get your hand caught in the cookie jar while on the Cookie Diet. You can also try the Ice Cream Diet of 2002, although the concept that frozen foods contain zero calories because calories are not made of heat did melt away pretty quickly. A little less ridiculous, at least in name, is the Scared Diet, The Doctor's Quick Weight Loss Diet, The Zone Diet and the South Beach Diet.

But none have received more play over the years or of the term “fad” better than the Atkins’ Diet. In fact, the Atkins’ Diet has been coined, “The Diet Fad of the 21st Century.”

Atkins penned his first version of his infamous diet back in 1972, but I have 14 versions of Atkins books I picked up at a used bookstore sitting here on my desk as I write and research this article – and I didn’t even buy them all! The titles range from Dr. Atkins’ New Diet Revolution to Atkins for Life, but the premise in all is basically the same: Eat practically all the high-fat foods that you feel free to stuff yourself with with unlimited amounts of rich, high-fat foods such as pork rinds, heavy blue cheese dressing, butter, cheese, lobster, mayonnaise, cheeses, eggs, chicken, fish, pasta, unpeeled meats, bacon, sausage, and cold cuts. Oh, and don’t forget to leave your common sense at the door.

Atkins kept his namesake diet rolling around on our tongues for years until his highly controversial death in 2003, prompting many to ask, which came first his deadly fall on the ice or a heart attack? The controversy began when news leaked that his death cert- tificate stated he weighed 258 pounds at the time of his death, considered quite obese for a man of his stature according to the CDC’s BMI/body mass index calculator (183 pounds would have been considered “normal”). Then it was revealed by the Wall Street Journal, that At- kins’ own cardiologist and former chief of medicine for Atkins’ organization, Dr. Joseph Flattou, claimed Atkins was in fact “overweight” and speculation began that he may have died from his own diet. It has also been speculated Atkins had heart disease, congestive heart failure and hypertension. Although the Atkins’ camp vehemently denies these claims, it is still debated today.

Atkins may or may not have been “fat” at the time of his death, but there is no question, Robert Atkins had the fattest wallet of all diet doctors to date. The privately held Atkins empire is estimated to have earned an annual $100 million-plus revenue, despite even being denounced by an editorial condemnation by the American Medi- cal Association, which said the diet, “pposes a serious threat to health.”

But consumers, desperate for a quick and easy solution to their ever expanding waistlines, took to the carbo-nada meat-lover’s diet in a frenzy during the late 90s through the early 2000s. Like all fads, however, its time came to an end, and Atkins Nutritional, Inc. filed for bankruptcy in 2005, going the way of the tape worm diet.

So what’s wrong with the Atkins’ Diet? Here are a just a few of its rotten apples:

1. Unlimited reliance on factory farmed, high fat and high protein acidic animal foods

2. Elimination of practically all carbohydrates and restriction of healthy, nutrient dense fruit and veggie intake

According to most “low- carbs”, insulin is the devil in disguise, so by eliminating carbs from the diet, you limit the release of insulin and in turn, you will not pack on the pounds. This rationale is completely ignores the fact that the fat animal protein foods also provoke quite a significant insulin release. Michael Gregor, author of Carbohydrate: The Ultimate Mood Swinger, writes “so what’s wrong with the Atkins’ Diet and The Zone diets were designed to do... Low-carb advocates like Atkins don’t seem to completely ignore these facts. Recent medical reviews have called Atkins’ feel-good theories “factually flawed” and at best half truths... the scientific litera- ture is in opposition... In a medical journal article entitled “Food Fads and Fallacies,” the Atkins’ Diet is referred to as a “New Venus’s tale.”

3. Use of artificial sweeteners.

Artificial sweeteners are not only allowed on the Atkins Diet, but encour- aged. The artificial sweeteners he names; Splenda (sucralose), saccharin, cyclamate, saccharin-K, and maltitol are just that, artificial. They are foreign chemicals and that should be enough to get you to say “no way” to them. If not it might sur- prise you to know many artificial sweeteners are considered to be neurotoxins; that is, toxic to your nervous system, your brain, spinal cord and all the nerves that run throughout your body. Hundreds of symptoms, from migraine headaches to unexplained seizures, vision problems and inexplicable tingling sensations have been reported from the use of artificial sweeteners. Keep in mind these artificial sweeteners are also hidden in many common foods... the word “diet” or “light,” so be sure to read nutrition labels before consuming.

4. Allotment of heavily processed, pack- aged and refined foods.

Most diet doctors today literally have a food product empire of bars, shakes and TV dinners to follow...
Deaths of The Diet Doctors:

Atkins wasn’t the first diet guru whose own health was questioned and heavily scrutinized. In the 1960s, Dr. Irwin Stillman who wrote the popular diet of the time, “The Doctor’s Quick Weight Loss Diet”, which consisted of only meat, eggs and cheese, died of a heart attack and in an interview with the New York Times, South Beach Diet author Dr. Robert Agatston admitted that he takes daily statins; cholesterol lowering medication. He also stated his own wife told him, “people (in South Beach) don’t care when they die, just if they’re thin when they do. Makes you think twice about whose nutrition advice and “Diet” to follow.”

Ketosis: Another potentially serious issue with the Atkins’ Diet is ketosis. By not consuming carbohydrates (glucose), the body’s first choice for fuel (note: your brain, kidney cells and red blood cells use ONLY glucose as fuel16), the body goes into ketosis; it is using fat as fuel. At first, this might sound great, but this scenario results in excessive acid production, ketones and other ketones into the body.24 Ketones causes the bad breath Atkins dieters are known to have, and being in the state of ketosis is an unhealthy condition for many, especially diabetics, those with heart disease, hypertension, kidney disease and pregnant women. In his original book, Dr. Atkins stated, “I recommend this diet to all my pregnant patients.” After much scrutiny about ketones causing “significant neurological impairment” to the fetus and an “average loss of about 10 IQ points,” he changed his tune about this in subsequent books.24

Goat: Painful goat attacks are another potential side effect of the Atkins Diet. Due to all the extremely acid-forming, protein-containing foods consumed on the Atkins Diet, urea acid levels can build up in the blood and needle-like crystals can accumulate in the connective tissue and joints, particularly the big toe. Additionally, while in ketosis, stored body fat is consumed for energy, releasing even more urea acid as a by-product into the body. This high blood urea acid level can also increase the risk of kidney stones and induce kidney failure.24 In his books, Dr. Atkins tells people with kidney problems, it is difficult for their body to handle protein, but states protein has “nothing to do with the cause of a kidney problem” and that “it has never been reported anywhere. I have yet to see someone produce a study for me to review, or even cite a specific case in which a protein-containing diet causes any form of kidney disorder.”24 It should be noted that for some, such kidney problems may only become apparent when the trauma of protein overload, i.e. high protein diets, is exerted on the kidneys, as in the high animal protein Atkins Diet.

Dehydration, electrolyte loss, initial rapid weight loss: The overall reduction of calories (from cutting out carbs) in the Atkins’ Diet results in an initial rapid weight loss that many dieters get excited about. Keep in mind, the weight loss is actually excessive water loss, not fat loss. The liver and muscles store excess carbs (glucose) in the form of glycogen. When these stores are depleted (by restricting carb intake), this leads to a massive loss of water (weight), since one molecule of the stored glycogen holds three parts water. In addition, the body uses lots of water to flush out the toxic byproducts of ketosis. Low carb dieters also lead to an increased excretion of

We Know That Men Really Are Built Quite Differently Than Women...
...That's Why We Formulated A Whole-Food Multi-Vitamin Specifically For Them.
Before discussing a macrobiotic diet from a nutritional perspective, we need to consider the concept of vital energy. This energy is a manifestation of life force, which is present in all living organisms. The quality of this energy is influenced by many factors, including diet and lifestyle. People who follow a macrobiotic diet believe that this diet can help to improve the quality of their vitality and overall health.

One of the key benefits of a macrobiotic diet is its emphasis on whole, unprocessed foods. This approach to eating is based on the idea that processed foods lack the vital energy that is present in fresh, unprocessed foods. As such, people who follow a macrobiotic diet often experience a sense of well-being and improved vitality.

Another benefit of a macrobiotic diet is its focus on balance. This diet emphasizes the idea that all food has yin and yang qualities, and that a balance of these qualities is necessary for optimal health. People who follow a macrobiotic diet may find that they experience better digestion, improved energy levels, and a sense of greater overall well-being.

In addition to its health benefits, a macrobiotic diet also offers a sense of community and connection to nature. Many people who follow this diet feel a greater sense of connection to the natural world, and this sense of connection can be a powerful influence on overall health.

However, it's important to note that the macrobiotic diet is not a one-size-fits-all approach to eating. People who follow this diet may need to adjust the proportion of raw and cooked foods in their diets to suit their individual needs and health goals. It's also important to consider that the macrobiotic diet may not be suitable for everyone, and that it's important to consult with a healthcare professional before making any significant changes to your diet.

In conclusion, a macrobiotic diet offers a unique and holistic approach to eating that emphasizes balance, vitality, and community. While this diet has many benefits, it's important to consider its potential limitations and to consult with a healthcare professional before making any significant changes to your diet.
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**The Blood Type Diet**

This international hit is apparently attractive to the thousands who have attempted to adopt it. The diet claims to improve health, regulate weight and prevent aging. Dr. Peter D'Adamo presents the work that his father developed over several decades. They are not biochemists but hold a sincere belief in their work which holds as its central hypothesis that each blood type requires certain foods and rejects others.

The blood type diet is a diet advocated by Dr. D’Adamo, a naturopathic physician, and outlined in his book Eat Right 4 Your Type. D’Adamo’s theory is that ABO blood type is the most important factor in determining a healthy diet.

D’Adamo’s premise is that human blood type is key to the body’s ability to differentiate self from non-self. Lectins in foods, he asserts, react differently with each ABO blood type and to a lesser extent with an individual’s secretor status. Throughout his books he cites the works of biochemists and toxicologists who have researched blood groups, claiming or implying that their research supports this thesis. In his book, Eat Right 4 Your Type, Lectins: The Diet Connection, and in following chapters, lectins which interact with the different ABO type antigens are described as incompatible and harmful, therefore the selection of different foods for A, AB, B and O types to minimize reactions with these lectins.

This displays the power that removing processed and refined foods has in developing better health. Precluded from the diet are the thoughts about geography, culture, ethnicity, individuality, age and ecology. When presented as a biochemical possibility to biochemists, it is readily dismissed. There is overwhelming evidence by observing dietary patterns of different cultures that neutralize the majority of substance out of this theory. Should we eat a heavily endowed meat diet since we possess a certain blood type when there is unanimous consensus of its destructive history among astute observers? The diet ignores what we have learned about people around the world. Do the people from Vilacarva Ecuadur, the Hunzas from Cashmere, the Abkhaz from Caucasus, the Japanese from Okinawa, the Seventh Day Adventist from North America, and the Cretons from Greece, apply the blood type philosophy? Certainly not. Yet, they live in cultures with extraneously healthy populations. They harvest their foods from their environment using what surrounds them. In other words, what is locally abundant and historically sound. Each of these groups represent a powerful example of why blood type plays little to no role in creating health and longevity since these very groups are among the strongest and longest living on the planet. Their food intake and their way of life grew out of the geography they share and the climate they experience. Genetic need (usually nutrient dense and easily digestible food) is a central contributing factor to their excellent physical state. In modern urban industrial cities, our life is less diversified and many of our food choices are poor and harmful. Cut off from our heritage and tradition, we subconsciously desperately search for our instinctual dietary needs but are easily seduced by the simple diet promises and “miracle recipes” like the blood type diet.

Organizations such as Hippocrates Health Institute stand scientifically opposite to the D’Adamo’s work. Over five decades, hundreds of thousands placed on a well-researched living food diet displayed improvements in their biochemistry. Their improvements are supported by the results of blood tests at the beginning and end of their residencies. Follow up blood profiles establishes that all, regardless of blood type, stabilize and strengthen on highly nourishing foods. I honor the contribution of the D’Adamo’s since those living on a European or North American diet will improve when they adopt the blood type theory, though they will fall far short of their true potential.

My conclusion is that the blood type diet, taken glibly as a valid prescription, is dangerous. All dogmas that preach religious adherence in food consumption lack the sensitivity, observation, and nuance that it takes in an authentic health building lifestyle. For some of you, this may be the first good step on your way to betterment. Just, don’t get lost on the stairs; and forget you need to reach the next floor. Jacques-Pascal-Cusin is an Author, Nutritional and Sustainability Expert residing in Geneva, Switzerland and Paris, France.

**Jacques-Pascal Cusin**

**Populär Diäten**

**Eat Right 4 Your Type**

D’Adamo’s since those living on a European or North American diet will improve when they adopt the blood type theory, though they will fall far short of their true potential.

**Eat Right 4 Your Type**

The Blood Type Diet

by Jacques-Pascal Cusin

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**Popular Diets**

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The South Beach Diet
by Andrea Nison

Arthur Agatston, M.D., began to develop “The South Beach Diet” in 1995 as a means to help his cardiology patients improve their heart health. After becoming frustrated with the “low-fat, high-carbohydrate diet” recommended by the American Heart Association, and discovering that there were no convincing studies available showing that the American Heart Association diet saved lives, he decided to conduct his own research about obesity and diet.

Through his research, Dr. Agatston discovered a condition commonly called insulin resistance, which is when a normal amount of the hormone insulin is no longer able to help the body process fuel, fats and sugar. The body, in turn, begins to store more fat than it should, especially around the midsection.

He also found that most of the excess weight comes from eating carbohydrates from highly processed baked goods, breads, snacks and other convenient favorites. He found that by decreasing the consumption of these “bad carbs,” the insulin resistance begins clearing up on its own. Dr. Agatston designed a simple eating plan that allows the consumption of good carbohydrates (fruits, vegetables and whole grains) and limits the bad carbohydrates (highly processed foods stripped of fiber). Whole grain breads and cereals, and whole grain pastas are permitted, while white flour and pastas are unacceptable. He observed that most people have a difficult time maintaining a low-fat diet over time, so The South Beach Diet permits lean beef, pork and lamb. He also recommends turkey, chicken and fish, along with nuts, low-fat cheeses and yogurt. He claims that oils, such as olive, peanut and canola can actually reduce the risk of a heart attack or stroke, and these are also allowed on his diet plan.

The South Beach Diet allows the dieter to bend or break the rules, as long as they are aware of the damage they’ve done, and how to reverse it. The diet plan has three stages, which allows the dieter to move more easily from one stage to another. Dr. Agatston’s goal is to teach people to choose the right fats and the right carbs, and to learn to enjoy foods that taste good, satisfy their appetites without creating hunger hours later. His goal is for people to adopt his diet and eventually develop their own eating plans that allow short-term weight loss, long-term weight management and optimal health. In following the plan, they can also control their blood chemistry and metabolism through their food choices.

The three phases of The South Beach Diet:

Phase 1: All moderate-to-high glycemic carbohydrates are eliminated from the diet for two weeks. Suggested meals during this time include lean meats, chicken, fish, eggs, low-fat cheeses, nuts and olive oil. Coffee and tea are also allowed. Followers are told to avoid bread, rice, potatoes, pasta, fruit, milk, sweets, cakes, biscuits, ice cream, sugar and alcohol. A weight loss of 7 lbs to 13 lbs can be expected by the end of the first stage.

Sample Menu Plan for Phase 1:

**Breakfast**
- 2 eggs scrambled with fresh herbs and mushrooms and 2 strips of grilled lean bacon.
- Plus a small glass of tomato juice and a decaf coffee or tea.

**Morning Snack**
- 1 small chunk reduced-fat Cheddar cheese.

**Lunch**
- Chicken Caesar salad (no croutons) with 2 tbsp. Caesar dressing.

**Afternoon Snack**
- 2 Thp. low-fat cottage cheese with 1 tomato and cucumber.

**Dinner**
- Grilled salmon with steamed asparagus and a salad made from mixed leaves, cucumber, green pepper, cherry tomatoes and 2 Thp. low-sugar dressing.
- Dessert:
  - Lemon Ricotta Crème made by mixing 115g/4oz reduced-fat ricotta cheese with a little sweetener and ⅔ tsp. each of lemon zest and vanilla extract. Serve chilled.

Phase 2: This phase introduces a wide variety of foods but aims at keeping the dieter’s weight steady, and maintaining this program for life. Dieters have more freedom, but are discouraged to return to their previous eating habits.

Sample menu for Phase 2:

**Breakfast**
- 1 scrambled egg with 2 strips of grilled lean bacon and 1 slice Granary bread. Plus 1 orange and a decaf coffee or tea.

**Lunch**
- Tuna salad made from 1 small can tuna in brine, romaine lettuce, cucumber, 1 tomato, ¼ medium-sized avocado, 3 stalks of celery and 10 radishes. Serve with a dressing made from 1 tsp. olive oil, 2 tsp. lime juice, garlic and pepper.

**Dinner**
- Grilled chicken breast with 6 tbsp. couscous, steamed asparagus and a salad made from romaine lettuce, 7 black olives, a slice of feta cheese and 2 tbsp. low-sugar dressing.

**Dessert**
- 1 pear poached in red wine.

While moving through each phase, there is no limit on portions, and Dr. Agatston recommends dieters eat 3 meals a day, as well as snacks when hungry. “The South Beach Diet” also does not forbid coffee or tea because Dr. Agatston believes they are too difficult to give up and he wants dieters to focus more on their eating habits.

By following this diet plan, Dr. Agatston believes that dieters will lose weight, lower cholesterol, prevent metabolic syndrome (pre-diabetes) and lose fat around the midsection.

While this diet may appear to be an easy way to lose weight and regain health, it is lacking in several important areas. This diet may yield some positive short-term results, but in the long run, the dieter might begin to develop deficiencies in certain vitamins and minerals because they are not being consumed by a pure means. Most of the food recommended on this program is cooked, not organic and acid-forming, such as the meats, eggs, coffee and tea that are supposed. It also recommends artificial sweeteners which are laden with toxic chemicals. It doesn’t seem that Dr. Agatston is aware of the importance of eating organic, raw fruits, vegetables, nuts and seeds that provide vitamins and minerals, as well as “healthy” fats and oils that he deems important.

This diet may be beneficial at first because the dieter is removing some unhealthy foods from their diet, but it may not provide long-term vibrant health and weight loss people are seeking. Consuming a raw, vegan, raw-fruit diet would provide more short- and long-term results while providing the vital nutrients that are lacking in “The South Beach Diet.” The Hippocrates Health Institute Diet Plan provides the most efficient means to obtain vibrant health and weight loss.

Andrea Nison is an employee of Hippocrates Health Institute and has been living a raw, 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.
The Ayurvedic Diet

The 3,000-year-old science of Ayurveda is a perfect complement to the live food lifestyle and cuisine. It recognizes that not only do we each have a unique constitution, but also that the effect of our diet on our constitution is amplified when we adjust what we eat according to the seasons, the cycle of our lives, our work requirements and the time of the day.

In other words, the science of Ayurveda illustrates this essential point about nutrition: There is no single diet for anyone, or a constant one throughout the year, or for all stages of a person's life.

Using these principles, we are able to create a harmony between what our bodies need and the cycle of nature. It means not giving up our intuition and power to “this is the answer” diet fads, computer diet programs, and any diet that claims to be the only answer to diet fads, computer diet programs, and any diet that claims to be the only diet for all people. “One cave: No single system including Ayurveda, however sophisticated it is, is 100 percent accurate. Instead, they give us starting places for us to personify what we eat, with a little intuition and some trial and error. Ayurveda is particularly useful in helping us become aware of how what we eat interacts with our bodies.

The key in understanding Ayurveda is distinguishing between the Ayurvedic principles as they apply successfully to all 100 constitutional types and the cultural application of Ayurveda as it is done in India.

Failing to distinguish the two leads many to conclude that eating live foods and practicing Ayurveda are in conflict. In India, “live foods” does not mean the sophisticated live food cuisine that we have developed here in the U.S. It means basically cold salads - an imbalance to vata.

According to Ayurveda, the five basic elements of creation - air, water, fire, earth and ether - manifest in the human psychosomatic complex as three doshas: vata, kapha and pitta. And then various combinations of these that make 10 basic constitutional types. These constitutional types and dosha forces govern all our biological and psychological aspects. When they are in balance, we maintain the body in a healthy physiological state. If the dosha forces become unbalanced, the results can range from a feeling of subtle disharmony in the body mind complex to the development of disease.

When a person is described as being of a particular dominant dosha, it means that dosha is most easily thrown out of balance. Having an understanding of our constitutional types helps us make choices about what foods we eat, when we eat, and how to change our diet with the yearly cycle of seasons, as well as the seasons of our life.

The basic seasons of life include 0-12 years, which has a strong kapha over-representation on all the constitutions. From a simplified point of view, kapha means mucous. From age 12 to 60 the forces of mucous, kapha dominate. That is why children often have lots of colds and earaches. During this time, we do not recommend kaphagenic foods. For the full details of this, please consult Spiritual Nutrition and also Conscious Eating, which have extensive lists. Some classic kaphagenic foods include dairy, soy, and wheat.

From ages 12 to 60, although in our culture because of people's poor health habits it is really 12 to 45, pitta dominates. And so, our food choices are made to minimize an excess of pitta, or fire, in our diets. For example, if you have a predominately pitta constitution, it would be best to balance your diet, particularly during this cycle of your life, to eat a bland primarily live food diet, minimizing pitta spices, such as cayenne and hot peppers, and hot and fiery foods in general.

From 60 years on, everyone has a greater tendency for vata imbalance, which is exemplified by the sort of diseases we see in people 60 and over. That includes bone and joint difficulties such as arthritis, nervous system issues such as senility, and a tendency to dehydrate. A diet that modifies vata is one that emphasizes sweet, salt and sour foods. “Sweet” never includes white sugar, but may include more of an emphasis on cherries, harrisa, and citrus, which also include sour.

The emphasis on the vata state of one’s life relies heavily on adequate hydration and the eating of foods high in minerals such as sea vegetables that create a salty effect that holds the water in the system.

Now that we understand the seasons of our life, we can look at the seasons of a year. Applying these same principles, we can understand that in the summer or in hot climates, we want to eat a pitta-calming diet, and in the spring and fall, more of a vata calming diet because we are going through a change. And in the cold, damp winter, which is aggravating to kapha, we want to eat more of a kapha pacifying diet. For example, if anyone is so foolish as to eat ice cream in general, he or she should certainly cut back in winter; or, in live food terms, consider the frozen bananas. Bananas are very kaphagenic and frozen bananas which are cold and damp, and not recommended in winter.

We also have the cycles of the day. The cycles of the day include 2 a.m. to 6 a.m., which is a vata time of activation, pranayama, Yoga asana, and very little food; from 6 a.m. to 10 a.m. is the kapha time of the day, where a moderate breakfast that is not kaphagenic is appropriate. And then between 10 a.m. and 2 a.m. we have the pitta time of the day, where our digestive forces are the highest. The best time to eat your “big” meal is the pitta time of the day. I strongly recommend, for optimal health, that we eat our biggest meal before 2 p.m., and this applies to all doshas. From 2 p.m. to 6 p.m., which is when people often have hypoglycemic imbalances, the vata people in particular may want a small snack to balance the vata, whereas kapha people shouldn’t really snack, for they need less food and need to eat less often.

The extremes of how many meals a day you eat depend on your constitution.

The kapha can be completely comfortable eating two meals a day and having a juice at night. A vata person may need a small meal to keep balance. We need to be very careful about blanket statements regarding how many meals anyone needs in a day. Dinner time, a kapha time from 6 p.m. to 10 p.m., is a time to eat very little, because the digestive forces are at their lowest, and it is very easy to aggravate kapha, and create gas, and bloating by eating too much. This is the time when we have simply a juice or a tomato and a few sprouts, which is appropriate for my kapha constitution. A predominately vata person may need a little more food at that time. According to Ayurveda, the European, Middle Eastern, and American approach to eating the big meal at 8 or 9 o’clock at night is nutritionally suicidal.

Ayurvedic people, those from India in particular, say vatus cannot safely be used purely on 100 percent live foods. My research with thousands of clients who have been successful on a 100 percent live food diet, has shown just the opposite. People of a predominately vata constitution can eat 100 percent live food diet if they eat heavier, oily foods, such as avocado, soaked nuts and seeds, coconut. In particular, they should have soaked nuts and seeds because they have oil to balance their lightness and water to balance their dryness.

Heating herbs help vatus because they give the raw food the warmth it needs. Since the vatus have a tendency to be cold, or get cold, warming the foods to 110 degrees to 118 degrees in the sun is particularly helpful. Vatus are also imbalanced by dry foods, such as dried fruit and dehydrated foods in general, but they can eat those if they add back the water element by soaking the fruit. Vata people should eat at regular intervals up to five or six times a day. Blending raw vegetables in a liquid soup is good for vata, for it provides water and nutrients that are easily digestible. This may be a clue in the emphasis in the live food movement on blended foods, although I feel that blending the food by hand is far superior to the use of a mechanical blender which may easily oxidize and destroy much of the food’s elements, enzymes, micronutrients, and create electromagnetic field imbalances.

The focus on blending foods moves us away from the mechanism of chewing, which is important for stimulating digestive enzymes.
enemies and building serotonin. The blend of process and the soaking of nuts and seeds does tend to minimize the gas people tend to have because of the airy quality of their constitution and their inherently weak digestion. In general, vata people are best maintained with a light, oily, salty, and warm food lives.

Because of my reputation in Ayurveda and live foods, I have treated people who have gone to the most famous Ayurvedic physicians in the United States, physicians who failed with the belief. When they came to me, I had great success with them, even those who were pure vata. It is my opinion that, unfortunately, the science of Ayurveda has been compromised by the cultural prejudices of doctors from India who are teaching Ayurveda in the United States, and by their students who are guided by those biased teachings. Again, I just want to make the point that the proper application by those biased teachings. Again, I just want to make the point that the proper application of the principles of Ayurveda is distinctly different from the Ayurvedic-prejudiced teachings of Indian Ayurvedic doctors.

Ayurveda also incorporates food quality and tastes, emphasizing that food is more than just carbohydrates, protein, and fat. The spectrum of nutrition ranges from undifferentiated energies to various levels of differentiated energies, with these energies playing an important role in the balancing, building, healing, activating and cleansing the glands, organs, nervous system, tissues and more subtle elements on the body such as doha energies and energy centers, as described in Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini (originally brought out in Spiritual Nutrition and the Rainbow Diet, which is no longer in print). Each food has a particular taste, quality, shape and color, which is part of Mother Nature’s clues and efforts to help us develop our awareness of nutrition as the interaction between the forces of food and our own dynamic forces and the dynamic forces of our lives.

Ayurveda is a perfect complement to the live food lifestyle and cuisine. The science of Ayurveda, in contrast to the cultural bias of Ayurveda, illustrates the understanding that we are unique individuals and there is no single diet for anyone, or a constant one throughout the stages of the life cycle of the individual. Using Ayurvedic principles, we are able to create harmony between our inner constitutional needs and the external play of nature and the cycles of our lives. Ayurveda is particularly useful in developing our awareness of nutrition as the interaction between the forces of food and our own dynamic forces and the dynamic forces of our lives.

Gaelous Cousens, MD, ND(H), Diplomate of the American Board of Holistic Medicine, Diplomate in Ayurvedic Medicine, is the director of the Tree of Life Rejuvenation Center in the Patagonia Mountains, Arizona, which is an Oasis for Awakening, and the founder of the Culture of Life Community online social collaborative media network to support our transition from the culture of death to the Culture of Life way of Life. He is the author of There Is A Cure For Dieting, Conscious Eating, Rainbow Green Live-Food, Cuisine, The Maker’s Diet: Towards a Spiritual Nutrition, and Depression-Free for Life. www.treeoflife.us www.gaelouscousens.com

I have been driving a vegan living food diet for more than 15 years. I know The Hippie Diet is the ultimate diet for healing from disease and gaining wellness. In my quest for the best health over the years I have kept abreast of the new “diet books” that have hit the market. They usually offer to have one of the popular fad diets that have been in the news stories but none of them came close to producing the results the Hippie Diet produced.

In 2004, a new diet book called “The Maker’s Diet” by Jordan Rubin caught my attention. There were several reasons I was interested in reading this book. The author, Jordan Rubin, said that he had been cured of the same illness I once suffered from years ago - IBD - a disease I overcame on the Hippie Diet. But even more important, the book claimed to be the diet Dr. Creator gave us in the Scriptures. Hence, “The Maker’s Diet.”

When I first saw “The Maker’s Diet” book I didn’t think I would like it. My compassion for animals made even the thought of a non-vegetarian diet upsetting - a feeling I understand I share with many vegetarians. However, with more study and understanding of The Scriptures, I came to see that this book was what I had been waiting for. So, we decided to do a review diet book on Hippie Diet in Holy scriptures. I still believe the Hippie Diet is the best and have the same compassion for animals, however I think “The Maker’s Diet” has many excellent points. After all, how can I go wrong with a diet prescribed by our own Maker?

I have been using the Bible as my health guide every single day for years, searching it for wisdom on health, diet and life. Because of my passion to clearly understand Dr. Creator’s counsel about all topics including diet, I also researched for any health books that I could. The most popular book I found were, “The Genesis 2:9 Diet.” Why? Christians Get Sick. By Helgeidt Anna and “The Maker’s Diet.” I also found a bunch of excellent health writings by Seventh-day Adventist Ellen White. Back then I was along with Ellen White’s writings, concluding that practicing temperance while eating is one of the most important pieces of diet advice the Scriptures give. Another common thing they all agreed we should strive to eat our food under ideal conditions, doing in a stress-free environment and eating in thanksgiving. The Maker’s diet, however, was the only one to state that meat and animal products, such as milk and eggs, should be consumed in moderation. Was it just a book telling people what they wanted to hear or giving an excuse to eat meat? Or was it a well researched book based on Biblical principles that has merit to it? Author Jordan Rubin is in excellent health. The book quickly became a best seller and...
How does The Maker's diet compare to the HHI diet and all the others on the market?

I believe The Maker's diet is an excellent transition diet on which people can thrive if they follow it strictly. It is very practical in today’s world to get your nutrients from fruits and vegetables and animal products. Many vegetarians fail to thrive when they do not take the time to research and ensure they are eating the correct variety of good quality of vegan foods.

I know there are many people who not only for health reasons but also for moral reasons do not want to consume animals. I am one of those people. However, it is important to note that if you are going to be learning about animal products outside of your diet, the importance of green sprouts, green leafy foods, seaweeds and bean sprouts grows. In fact, I would say the only way to be a healthy vegan is on the HHI diet.

I believe The Maker's diet is an excellent alternative for people who do not want to make the effort to live by an animal diet like the HHI diet. Just give up animal products but continue to eat a vegan junk food diet and you can be sure the results will be far more rewarding than any other way of eating. I still feel the HHI diet is the ultimate, but if you’re not ready to go there, The Maker's diet is a close second.

Most of us have used lots of food frequently based on convenience. In fact, the entire fast food and TV-dinner industries have flourished due to our fast-paced lifestyles that demand we eat convenience foods. Unfortunately, the Creator didn’t design the raw life can be. Paul is the author of 7 books and continues to work on new books. The Social Network for the Living Foods Lifestyle

Check it out today and register at www.aliveRaw.com

• Hundreds of questions of Hour and Answer audio and video with Brian Clement.
• New topics are added weekly. Subscribe to our weekly newsletter to stay informed.
• AliveRaw.com also features a social network where members can connect and create profiles, upload photos, videos, and start discussions. Connect with Hippocrates Alumni and other like-minded individuals.
• AliveRaw also sponsors monthly teleseminars featuring Brian Clement.
• Submit your questions on AliveRaw and get them answered on an upcoming call.

Raise your hand if you’re having trouble keeping up with your healthy raw lifestyle. Look around. You’re not alone. You’re surrounded by those who are well-intentioned of us, and play out pretty much the same every time.

While we’re at Hippocrates, where someone is lavishly feeding us, making juices for us, where someone else washes the dishes and dismantes the juicer for a good cleaning, it’s easy to do “the raw thing.”

We leave with cookbooks, seeds, kitchen gadgets and lots of healthy energy and good intentions. Then it happens - that thing called “life-out-there.” Schedules that are not our own, social events with dead food galore, travel obligations, limited time or money, eventually sap us of the energy we need to keep the raw wheel rolling smoothly.

The downward spiral begins. The less-high-energy living foods we eat, the less energy we have to prepare, plan and organize our days around a healing lifestyle.

Time goes by, guilt sets in and we drift farther and farther away from our goals, like a little boat in and we drift farther and farther away from our goals, like a little boat without a rudder.

Worse than that, we are totally convinced we are the ONLY ones who have failed at this and glide further down the slippery slope of despair.

Sound familiar? Don’t worry, there is hope. This has happened to many of our local gurus at one time or another. All you need is a bit of love (the self kind) and a good dose of forgiveness. Then pick yourself up, dust yourself off, and start over, again.

...And DO ONE EASY THING

That’s all, just one. Not too scary, eh? Take stock and decide what the most daunting thing is right now - the thing that has grabbed on to your leg and is dragging behind you as you’re trying to get yourself from moving forward with ease.

Is it the fact that you haven’t been having your green juices lately and you’re feeling low? Do you feel that the raw food recipes are too complicated? Have you run into resistance trying to get the rest of your family into veggie mode? Is it your lagging exercise program, your desk covered in unpaid bills, or your gruel - eating mode? Is it your exercise program, your desk covered in unpaid bills, or your gruel - eating mode? Is it your lagging exercise program, your desk covered in unpaid bills, or your gruel - eating mode?

You can contact Linda by email at: lfrees@hippocratesinst.org for more information about our 3-week Life Change Program.

Fear not! We have a remedy. And here is the prescription: Just do ONE easy thing. Instead of setting yourself an overall goal, number of things you have failed miserably to do, see instead a little picture of peace, grace and happiness that you can relate to. Relish one small accomplishment - one loving gesture towards yourself that will give you that spark going, the fire of passion and conviction can begin to burn and you flow on that swell of energy until you return to a place of balance and vitality.

So, what could that first easy thing be? The most basic (and simplest) of all is your juicing. Are you avoiding making those fresh juices because you can’t seem to get all those fresh sprots to add to your green drinks every day? Get over it.

Pull that juicer out again! If you can’t follow the recipes perfectly every day, do the next best green thing and get that juice into you anyway.

Here’s an easy recipe: juice cucumber, 1 large kale leaf and a handful of parsley and spinach; and for an extra shot of zing, add a clove of garlic or an inch of ginger. When you’ve juiced it all into a beautiful emerald elixir, add the juice of ½ lemon. Dee-lish!

Make it even more special by pouring it into one of those fancy wine glasses you don’t use anymore. Give a toast to life, love and freedom, and then sip your green treat slowly as you feel the living liquid revitalize your every cell.

Get creative, add some variety to your juicing, and you’ll discover all sorts of new ways to get your vegetables each day. Try to take away the paralyzing notion that it has to be perfect, add one more thing that we can never get done. One easy thing will then become many easy things, and soon your vibrant living lifestyle will be right back on track again.

You can contact Linda by email at: lfrees@hippocratesinst.org for more information about our 3-week Life Change Program.
ALL NEW for 2008

> Growing Wheatgrass, Sunflower, Pea Greens & Buckwheat Lettuce
> Sprouting “The Easy Way”- Seeds, Beans & Legumes

This DVD attempts to raise your awareness that deep down inside, we are all ONE and all connected to everything.

Written by Dr.Valerie Hunt, a close friend of the Clements (Hippocrates Directors), “Uncork Your Consciousness” is a fascinating journey of this brilliant woman’s life and studies. Her goal in writing this book is to challenge us to expand upon our consciousness in order to become aware that we are all divine spirit manifest in human form.

She begins by describing the ‘mind field’ – that living, changing bio-field that is similar to our aura. It exists in the space closely surrounding us, has frequency and amplitude patterns, and registers every stimulus before it activates our physical sensory nerves.

It is like a second nervous system with electrical energy moving to and from atoms and cells. Like an electrical circuit, this bio-field has memory stored in the fluid between cells and in the brain. This atomic field is a deeper source of behaviors, emotions, health and disease. It flavors all we are and do.

This field is our personal map of all we have experienced and felt throughout our life and those past, and Hunt gives fascinating examples of how she has come to know and measure this scientific field.

An important part of her discovery regarding this bio-field is the realization that you must first understand a body’s unique field in order to understand its behaviors and diseases. It is her belief that this field must change before disease can be cured.

Here at Hippocrates, we’ve always known that emotional health is a huge part of physical health. It is one of the reasons we offer such excellent emotional therapies to all who come through the three-week Life Change Program.

Uncork Your Consciousness is a fascinating book. It is filled with amazing insights, scientific studies and facts that will surely inspire you to learn more about yourself and others.

As for the book “Uncork Your Consciousness,” I highly encourage you to read this enlightening book. It is filled with amazing insights, scientific studies and facts that will surely inspire you to learn more about yourself and others.

Valerie V. Hunt, Ed.D.

Popular Diets 39
Natural Hygiene

by Jameth Sheridan, N.D.

Natural Hygiene is an early form of Raw Foodism, and at one time it was the major force in the raw foods movement. Natural Hygiene introduced many important concepts to the raw foods world, including: food combining, water fasting, mono-meals (one food at a time), entervation and toxemia. It was a foundational philosophy that established that what we eat has an incredible impact on our health, and that changing your diet to whole foods Vegan foods with mostly or all raw foods could reverse disease. It was originally practiced by John Tilden, M.D. who lived from 1831-1940. Other main proponents were Herbert Shelton (1895-1984) and TC Fry (1926-1996).

Natural Hygiene was also the inspiration to Harvey Diamond, who later met Marilyn Diamond (1926-1996). Diamond was a kind of very rigid, dogmatic approach to health and healing. Anything else was almost “evil.” If you were ill, you would take a “fast,” either on your own or at a fasting center. Meaning you fasted/cleanse. This has many downfalls.

A large percentage of Natural Hygienists, become deficient in important nutrients such as B-12, calcium, and protein. The body’s flexibility (outward - like stretching, and inward – like blood vessels) is greatly hampered.

Irritation. Irritation leading to toxemia, causes a build up of toxins in your body. These toxins irritate the body and low level inflammation occurs. No overt disease is present yet, but diminished energy is noticed. “Minor” health problems occur.

Inflammation. In this stage, various organs and tissues in the body are definitely inflamed. Usually, a disease condition can be named in this stage. Modern medicine agrees that inflammation sets the stage for worse diseases. In this stage, drugs are usually given that do not possibly be deficient in anything on this diet, even if you pre-dominated your diet in fruit. I was completely engrossed and hooked. I experienced an AMAZING transformation in my own health and witnessed this in many others. Natural Hygiene taught 7 stages of disease. Enervation refers to the body being run down by various means (poor food, sleep, stress, environment, etc.). If your body is run down, you set the stage for disease. I still love the terms “enervate” and “enervating,” as I think they describe well practices that suck energy from us. For example, caffeine is enervating, as it gives you outward energy, but robs from your body’s internal reserves. On a related note, Cacao (cooked OR Raw), is enervating.

Toxemia. If you continue to be enervated, you will build up toxins in your body (colon, blood, all organs). The body is not strong enough to eliminate and process the wastes it is burdened with. In fact, we have died anyway – which was not the cause. The body, in its infinite wisdom, needed no help from us other than to get out of its way to heal. If a fast did not heal you and you died as a result of it (which did happen, it was said that you would have died anyway – which was not always the case).

Ulceration. Tissues are in such bad condition and filled with toxins that they partially die off. To contain the toxins, the body forms an ulcer. More pain and worsening of symptoms.

Induration. Induration means hardening or scarring of the tissues. Toxins are often encapsulated in a tumor. Surgery is the normal medical approach in this case for any tumors that can be operated on without killing the patient. The body’s flexibility (outward - like stretching, and inward – like blood vessels) is greatly hampered.

Which brings us to stage 7...

Cancer. Too much toxicity for too long and cells become so overburdened that the tissues and organs are dying, and cancerous cells are growing in the body, invading neighboring tissues and eventually leading to organ, tissue, and whole body death. I saw miracles occur in people observing Natural Hygiene practices. I had no idea that the foods that seemingly every one ate were making us sick, and by changing the diet radically you could become well.

However... There was a kind of very rigid and dogmatic approach to health and healing. Anything else was almost “evil.” If you were ill, you would take a “fast,” either on your own or at a fasting center. Meaning distilled water only, not food or juice. The body would heal all on this regime and you needed absolutely nothing outside of Natural Hygiene, the fact that they take B-12 supplements or injections, and eat processed cooked foods. Fruitarianism is notorious for rotting teeth and bones (it did a number on my teeth).

Water Fasting. This has helped many very people. However, I, and most modern raw food teachers agree that Juice and/or Superfood fasting is superior. Water fasting is extremely depleting, extremely acid forming, is NOT as cleansing as, NOT as safe and NOT as healing as a Juice/Superfood fast/cleanse.

From Hygiene to Carnivore. I have seen unbalanced, fringe raw food diets, like Natural Hygiene, turn more vegans to meat eaters than anything else. This is because a large percentage of those who practiced Natural Hygiene would eventually run into problems. Raw was such an emphasis and you were not allowed juice fasts, (many even eschewed juice it-
Longevity is not merely an idea; it is an absolute reality.

This book is your guide to an enriching longevity, with a step-by-step program to help you rebuild your life on nature’s solid foundations, freeing you to concentrate on your fascinating future. Based on more than half-century of research and application.

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and evolving. However, like most things in life, most who practiced it did so with blind faith, thinking it was the end all and be all. Few Natural Hygienists are left today. Many have died out, other former leaders have moved on to non-raw and non-Vegan diets due to the deficiencies of Natural Hygiene, others are too ill to be seen in public. I still appreciate its hard-core, purist philosophy, but I interpret and practice these ideals differently. We have evolved from a time when women could not even vote and slaves were kept. So too should Natural Hygiene evolve.

What is needed is the evolution of Natural Hygiene. Many who started as Natural Hygienists (such as myself) have evolved their diets to a more balanced one, such as what was agreed to at the International Living Foods Summit (see page 46), which was held at Hippocrates in 2006 and 2007. This dietary evolution is still 100 percent vegan (the Hygienists had that one right), but

is much lower in sugar, much higher in chlorophyll, much higher in minerals, encourages soaking nuts and seeds, includes raw food juices, does juice and superfood cleanses instead of water fasting, allows and encourages unprocessed salts, superfoods like algae, colon cleansing programs and healing herbs. Whereas strict adherence to Natural Hygiene often caused people to go back to meat and junk foods, the evolution of Natural Hygiene recognizes the vast nutritional superiority of whole food cooked foods over animal products (whether cooked or raw). The Hippocrates diet is one such dietary evolution.

I wish you great health and happiness always.

Dr. Jameth Sheridan (N.D.) is the co-author of the raw food classic “Uncooking with Jameth and Kim”, which introduced new concepts to the raw foods world, including the use of unprocessed salts and the world’s first flax crackers. He is a raw fooder, an herbalist, a hard-core holistic medicine researcher, and a Vegan of 22 years. He is an outspoken perfectionist on a mission to help heal the world and its inhabitants. He makes his talk and fully embraces as many aspects of holistic health as he can, including clothing, building material, energetics, psychology, and physical fitness. He is releasing his research into a book to be published in June of 2009. He is the owner of and formulator for HealthForce Nutritional (www.HealthForce.com). He has formulated some of the top superfood products in the world.

Although Natural Hygiene brought many important concepts to the world and is on the right track, it has many downfalls.

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These historic summits were held at the Hippocrates Health Institute in West Palm Beach Florida on January 14, 2006, and April 28, 2007. The summits convened to unify the leadership in the Living Food Movement, establishing scientifically based common standards for optimum health.

Leaders from eight countries (with a combined total of 434 years following this lifestyle) agreed on the following standards (Compiled and Organized by Jameth Sheridan, N.D.):

The Optimum Diet for Health/Longevity:
• Vegan (no animal products of any kind, cooked or raw)
• Organic
• Whole Foods
• High in nutrition such as vitamins, antioxidants and phytonutrients
• Highly mineralized
• Contains a significant quantity of chlorophyll-rich green foods
• Contains adequate amounts of unprocessed salts, as needed (depending upon your constitution)
• Is nutritionally optimal for both detoxification and rebuilding

We also agree that:
• Deficiency of Vitamin B-12 is a global issue for mental and physical health, for anyone on any diet. Therefore, supplementation with Vitamin B-12 is advised.
• The addition of enzyme active superfoods and whole food supplements is also advised.
• Caffeinated and/or addictive substances (even in their raw form), such as cocoa/chocolate, coffee, caffeinated teas, etc., if consumed at all, are to be used only occasionally and consumed in minimal quantities.
• This way of eating can be further optimized by tailoring it based on individual needs (within the principles stated).
• Benefits derived by following these principles are proportional to how well they are followed.
• We will remain open-minded, and this information will be updated and expanded upon, if necessary, as new research becomes available.
• Diet is a critical part of a healthy lifestyle, yet not the entire picture. A full spectrum, health supportive lifestyle is encouraged. This includes physical exercise, exposure to sunshine, as well as psychological health. Avoiding environmental toxins and toxic products is essential. Paramount is pure water (for consumption and bathing), the use of natural fiber clothing, and non-toxic personal care products. Also consider healthy options in home furnishings/building materials and related items.

All participating leaders agree that eating according to the International Living Food Summit Guidelines will significantly address the urgent issues of health, environmental sustainability, world hunger, and a compassionate respect for all life.

International Living Food Summit II
Vibrant Health Through Plant-Based Nutrition

Education meets Vacation

Samasati Nature Retreat
Puerto Viejo Talamanca, Costa Rica
August 25th – August 31st, 2007

Journey with us to one of the most exquisite and naturally beautiful places in the world for a vacation that is as educational as it is adventurous.

“The food in itself made the trip more than worthwhile. The lectures kept my mind occupied…and I met other people who changed my life forever in many wonderful ways!”

– G. Davis, Rochester, MN

Space is limited. Please call us today at 561.626.3293 ext. 3.
Karyn’s Raw Cafe
by Katharine Clark

Did you ever eat at a restaurant that was more than unforgettable? I’m talking about the kind of place where you start to salivate just thinking about a few of your favorites on the menu. There is at least one extraordinary restaurant where your favorites will be too many to name just one.

Karyn’s Raw Cafe in Chicago is the restaurant that has so inspired me. I ate there several times, and I just want to go back. They deliver too – entire meals for a week. The only problem is they do it only in the Chicago area. If I could figure out how to have meals shipped to me over night, FeDes, I would.

The Bad-Scend-ed Ravioli with a Macadamia Whipped Creme, dressed with a sun-dried tomato puree is simply the best. I’ll describe it, but promise not to judge until you try it. They sliced marinated turnip wrappers are filled with creamy, seasoned macadamia nut cheese and accented with a marina- ra sauce that rivals the red sauce of any grandmother in Italy. It is an al dente delight that melts in your mouth.

The Bacon, Lettuce, Tomato sandwich is also tasty crafts the bacon from long, tender eggplant, so it looks like crispy fried bacon, but it’s not. Still, you don’t feel deprived; it’s heart healthy, crispy and delicious.

The Egg Salad Sandwich is another vegan miracle. Its sunshine yellow color and firm creamy consistency is so delicious it probably could actually pass for the real thing. Even if you never eat eggs, you will want to eat this again and again.

Everyday Karyn’s Raw offers a very nice salad bar and a variety of treats I have not mentioned. I’m sure you too will find too many favorites.

She has a well-chosen selection of packaged foods, supplements and personal care items too, as well as take-away for all her menu items. Her food is delicious, and the atmosphere pleasant. Just sit down in the deli and enjoy visiting.

The service at Karyn’s is awesome. I can drop in to the deli – or call ahead to pick up something. You can reserve a table for a more formal dinner for two or 12 in the elegant dining room. (BYOB if you want spirits.)

On Sundays, Karyn’s Raw Cafe offers a wonderful sit down buffet in the dining room. I last went to a mother and daughter who stopped in on their way to a shopping spree. They had no idea what kind of restaurant they were getting into. They just wanted a buffet brunch and saw the sign in the window advertising the Sunday Brunch Buffet.

Karyn’s very own special recipe ice cream can be carried away by the carton or served by the scoop. It’s just sweet and creamy and as can be. You’ll probably want to take all of the flavors home with you to eat guilt-free.

Karyn’s has a wonderful friendly atmosphere. I met so many beautiful people there. I often heard glowing reports from people who had enjoyed her cleansing program once or several times. Many were willing to share their experiences with her detox program and were there to pick up a gallon of Rejuvelac, Coconut Water, Green Drink or a pint of ice cream. I talked with so many satisfied customers, I wouldn’t be surprised to find Karyn’s Raw expanding soon.

Karyn’s Raw Cafe
1901 N. Halsted St.
Chicago, IL 60614
Email: karyninfo@karynraw.com
www.karynraw.com
tel: 312-255-1590
fax: 312-255-1592

Katharine Clark has been enjoying the live food lifestyle for almost 30 years. She and Dr. Ann Wigmore share the same birthday. They celebrated their birthdays together in 1983. Katharine was Dr. Wigmore’s guest at the Hippocrates Health Institute and completed the three week program. In 1985, Katharine met and began working and traveling with Vik-torius Rulinskais, the co-founder of Hippocrates Health Institute. She taught in the 50 states as well as serving as consultant to The Farm at San Benito. The Hippocrates Health Institute of Asia. She can be reached at HealthWorksH@gmail.com

Popular Diets 47
My name is Mariannina Kunnel and I was born in India, then migrated to the United States as a registered nurse in 1969, when I was 30 years old. I was always health conscious and ate what I thought was good for me. I became a Seventh-Day Adventist in 1992. Then I discovered the benefits of being a vegetarian and the importance of exercise. So I thought I knew all there was to know about health. I was eating healthy and chose to walk for exercise whenever I could. In 1998, I was diagnosed with hypertension by my primary doctor. He put me on medication and advised me to lose weight. When my blood pressure remained high after a few months, he increased my medication. Still, I continued to have mild hypertension and consequently developed high cholesterol and osteoporosis. I started to take medication for that also.

In 2006, I learned about Hippocrates Health Institute through Dr. Blossom Kunnel. I am always willing to try new things so I decided to stay at the Institute for three weeks. To my surprise my husband, who had been diabetic for a few years, agreed to join me in this endeavor. He was also taking medication for high cholesterol and hypertension and diabetes. At the Institute we were introduced to wheatgrass juice and raw living food for the first time in our lives. It was very hard for the first few days and then we got used to it. We decided to continue with all the things we learned from our time there. Before, my husband couldn’t even think of a vegetarian diet, let alone live on the raw food diet.

After the first week I lost 10 lbs, and 5 lbs more before we left the Institute. We continue to eat 80 percent raw food and take supplements. We exercise regularly too. I have not taken any medication since January 2007, and my lab tests are normal. I thank God first and Brian and Anna Maria Clement as well. I used to tire all of the time, but now I have a lot of energy for my age. It is my wish that every person experience this level of health and wellness through the living foods program.

Mariannina Kunnel
Hypertension, High Cholesterol and Osteoporosis

My name is Thomas Kunnel. I completed the three-week program at Hippocrates with my wife. During my stay I lost 22 lbs and within the following six months I lost another 8 lbs. In 1985, I was diagnosed with diabetes. In 2001, I added high blood pressure and high cholesterol to the list. I was tested for cardiac issues and had an angiogram and a pacemaker. Also, in 2001, I was admitted to the hospital for colitis. I was taking insulin, glucapage, glucosil, nervac, atenotal, benicar, Amancin and Prozac.

With a proper diet as directed by Hippocrates and daily exercise which includes walking, I was able to discontinue 90 percent of my medications. I am no longer sick and feel very healthy, thank God. My energy level has increased dramatically and my colon became normal. My blood results returned to normal. I am a new man now. Thank you Hippocrates!

Thomas Kunnel
Diabetes, High Blood-Pressure and Colitis

Clinical research has determined that indole compounds help to balance hormones, regulate sleep, enhance mental acuity and brain function and address various forms of cancer. Naturally occurring indole compounds—found in fresh cruciferous vegetables such as cabbage, broccoli, Brussels sprouts, carrots and kale—have been used for centuries to build immunity and fight disease. Now this powerful immune-building supplement is available to you in a vegetarian capsule.

Hippocrates Health Institute’s Division of Nutritional Research (HIDNR) has discovered an Asian form of cabbage (Brassica) that has a higher content of indole compounds than any other vegetable source in the world.

This extract from raw organic cabbage delivers the highest standard, up to 25%, of naturally occurring and stable indole 3-acetic acid compounds.

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Is Life Taking a Toll on You?
Look and feel better with Hormone Power! Have you ever wished you could look and feel like you did in your 20s?

As we age, our natural production of testosterone drops. This drop may not be seen readily unless your doctors know what they are looking for. What’s worse is this may be the cause for the tiredness, loss of strength and libido, and general unenessh that many of us experience as we grow older. For instance, men entering andropause or their “mid-life crisis” may have relatively constant concentrations in their total testosterone levels, but their free testosterone may decline as much as 40 percent within a few short years. That “free” testosterone is the portion available for the body to use, sometimes referred to as bio-available. The other portion of testosterone is inert, or “bound,” due to its ties with other proteins in the blood.

Testosterone levels may also be depleted by the stress in our lives which competes for the available Pregnenolone, converting it to cortisol rather than allowing it to eventually become testosterone. As this happens, our estrogen concentrations are dramatically increasing due to poor diet, inactivity and environmental factors beyond our control. Once estrogen becomes dominant, insulin becomes less sensitive, thyroid and metabolic functions slow, and adipose tissue begins to accumulate around our body. Then we get the tell-tale signs of andropause, which include depression, loss of self-confidence, loss of athletic ability and muscle. We also begin to see cognitive dysfunction, including forgetfulness and inability to concentrate, anxiety, mood swings, loss of appetite, and loss of sexual function. All this does not even begin to account for the potential health problems such as atherosclerosis, osteoporosis, prostate cancer and BPH, impotence, obesity, type 2 diabetes and rheumatoid arthritis.

This is why Hormone Power was created... to reinvigorate the body, mind, and soul. Hormone Power’s patented proprietary blend of phyto-nutrients work cohesively to increase testosterone levels and undo the effects and causes of estrogen dominance. First, Hormone Power helps to preserve what testosterone the body does produce by partially inhibiting the enzymes responsible for its conversion to estrogen and dihydrotestosterone (DHT). In addition to limiting the body’s ability to produce estrogen, Hormone Power may also block estrogen at the receptor. Circulating estrogen is then unable to exert its full effects upon the body and is eventually eliminated. As estrogen levels begin to decline, insulin and metabolic functions slow, and adipose tissue begins to accumulate around our body. Then we get the tell-tale signs of andropause, which include depression, loss of self-confidence, loss of athletic ability and muscle. We also begin to see cognitive dysfunction, including forgetfulness and inability to concentrate, anxiety, mood swings, loss of appetite, and loss of sexual function. All this does not even begin to account for the potential health problems such as atherosclerosis, osteoporosis, prostate cancer and BPH, impotence, obesity, type 2 diabetes and rheumatoid arthritis.

PRODUCT REVIEW

Hormone Power

by Dr. Michael D. Farley

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By increasing our awareness, we increase our power. By increasing our power, we increase our ability to affect change in any particular area. Let’s say, for example, that we increase our awareness of chemicals which have opened new directions for agriculture - paths that would challenge us in our belief systems today. Prior to WWII, a process was developed to serve as the main lobby association for chemically produced food crops. A genetic engineered organism is defined as any biological species whose genetic material has been altered in a laboratory setting by means other than those commonly used by nature or natural selection. The process has been found to be safe and does not harm beneficial microorganisms. According to researchers, the method can be used to increase the yield of crops or improve their resistance to pests.

Conventional pesticides are those that are used to control pests that have become resistant to other forms of pest control. Conventional pesticides are those that are currently being used to control pests that have become resistant to other forms of pest control. Conventional pesticides are those that are currently being used to control pests that have become resistant to other forms of pest control.

We will let you know if the pesticide used on the soil will affect future crops and if it has been approved for use by the FDA. We will let you know if the pesticide used on the soil will affect future crops and if it has been approved for use by the FDA. We will let you know if the pesticide used on the soil will affect future crops and if it has been approved for use by the FDA. We will let you know if the pesticide used on the soil will affect future crops and if it has been approved for use by the FDA. We will let you know if the pesticide used on the soil will affect future crops and if it has been approved for use by the FDA.
This reduces pests and pathogens as well. There is great planning and purpose behind the type of crop used not only in conjunction with another, but one after the other as well.

With cover cropping (or green manure) legumes like alfalfa, clover, peas, beans and lentils (Interesting how this seems to mimic the buffet at Hippocrates, huh?) are purposely planted. These legumes have bacteria in their root nodules that have a symbiotic relationship with the microorganisms that fix nitrogen. Thus, if you recall the importance of fixing nitrogen naturally, this serves all life. The root systems tend to be quite deep and thus the minerals that are extracted are rich and made available to shallow rooted plants that are grown afterward. When these legumes are adolescents they are plowed over and their energy and minerals are made available for future growth. (Sound anything like eating sprouts?) This improves water retention and increases organic matter as well. Cover crops also prevent soil erosion by slowing down the velocity of rain before it contacts the soil surface preventing soil splash. It also reduces light to weed seeds which helps control weeds naturally. Composted manure is also used as nourishment. It decomposes slowly allowing for a natural nitrogen cycle to be maintained.

It has been stated that 1 tsp of compost-rich soil has 600 million to 1 billion good bacteria living in it whereas 1 tsp of chemically treated soil has 100 good bacteria. (Does this make us think of enzymes and probiotics?) So, these organic practices are fostering nutrient rich soil. And because we are all connected, this is what is going to be our future. We have so much to be excited about. Let us all focus on the outcome we know is in the best interest of all life and let the rest of it dissolve from lack of attention. They say what we focus on expands. So we can focus on these practices and feel elated about the direction in which they are taking us.

For listings of local farmer’s markets and other sources, go to www.ams.usda.gov/farmersmarkets and www.localharvest.org
• Go to www.sare.org for a list of community-supported farms
• The Organic Consumers Association and GreenPeople.org have compiled one of the world’s largest directories of green and organic businesses @ www.organic-consumers.org

Let us make choices to live organically, and let us take action with loving intent so that we may bring greater levels of harmony and joy into the landscapes of our life and the life of our planet.

Pam Blue is working as a therapist at the Hippocrates Health Institute. She cares for the guests through various services such as Swedish Massage, Reflexology, CranioSacral Therapy, Ear Candling and Rainfall Therapy, all offered at the Oasis Therapy Center. She cares not only for the guests but for all Life on our beautiful planet, which is what enables her to speak on the issue of organics with a heart based direction. She is committed to the Hippocrates Program and to all things which honor and respect the intelligence and the benevolence of life.

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