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

...Others Come Simply For The Food.

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

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

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Executive Chef Ken Blue prepares raw pizzas for a Friday night dinner.

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**Our Next Issue** • The Psychology of Well-Being
Recovering with ease has everything to do with your view of self. Our extraordinary experience with people on the edge has solidified our understanding that no disorder is insurmountable.

If you were to portray a disease from the sky, it would have many appearances depending upon the individual’s perception. One would be a circle with clear-cut boundaries expressing limitations. This person, when discovering the nature of his or her problem, circles the wagons and begins to approach the event as a siege. From above, the second view may be a malformed shape with extruding veins. This is someone who has not formulated a clear direct action and is slightly open to explore a wider scope of responses. From far above, a third would be little scattered outposts of various shapes sprinkling the landscape. Of course, this person is completely discombobulated and stunned into inaction - vulnerable and adherent to his or her inevitable destiny. Then comes a refreshing vista - an endless spread of unrestricted potential. The full landscape is engulfed with this person’s capacity to produce maximum results.

Your central obligation in healing is to forge your environment into the shape, size and dimension to achieve your goal. Although there is a definite rhythm resounding from the effective tools you need in this essential work, the music is individual and multi-faceted. Those who choose from a symphony of practical therapies and lifestyle choices will have a clear advantage over those who pick from the top 40. We have assembled a wide cross-section of experts from a variety of disciplines who offer help in unique ways. When you select a dogmatic restrained approach, your healing capacity is stunted. It is wonderful to observe the way conscious people gravitate to providers and therapies with which they resonate. There need not be a right way or a wrong
there must be a direct way for you. Those who light-
en up and consider recovery to be one more chal-
lenge on a long list, correctly place disease in its tiny
slot. If you allow the malady to take over your very
existence, it will surely swallow you up.

We suggest that those engaged in the process of recaptur-
ing health follow this five-part list of healing's golden
rules:
1. Always remember that life is enormous and filled with
strength compared to the small hope-
less problem that we label disease.
2. Your foremost objective should be maxi-
mum health, not battling your malady.
3. All of nature’s power is available for you to co-op a strategy that squelches any
and all disorders.
4. Make an asserted effort to expose any and all negative thoughts, images or supressed ideas so
that you can dispose of them when releasing illness.
5. Create a concrete image of yourself, active
and well in the distant future as you are fulfilling
your passionate pursuit.

There is no one who cannot conquer disease when they are willing to nurture and grow their in-
herent healing strength. You have done this so many
times in the past. Recognize this and re-engage your
pure power to become whole again.

Dr. Anna Maria and Brian Clement
Hippocrates Health Institute

Our extraordinary experience with people on the edge has solidified our understanding that no disorder is insurmountable.

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kks.

We are pleased to introduce Rainfall Therapy as one of our newer modal-
ity! As you read the story of its origins and understand the powerful impact of its combined therapeu-
tic healing benefits, you will be motivat-
ed to test its healing

effects. Once you experience the healing benefits of Rainfall Therapy in your own life, we feel certain that you will be impelled to make it a regular part of your healing process.

The Story Of Rainfall Therapy: Mary Jones did what any conscientious
and caring mother would do. After months of unsuccessful hospital treatments for her three-year-old daughter Lily’s chronic
hip pain and high fevers, she sought an alternative solution. By then, Lily couldn’t move and was hallucinating so badly she thought she saw monsters.

A former defense engineer with a bachelor’s degree in physics and mas-
ters in engineering, Mary enrolled in a healing arts class and learned the art of massage and aromatherapy. Combin-
ing her skills and education in engineer-
ing with her newly-discovered knowl-
edge of holistic therapies, she created the
Hydro-Aromadome, the birthplace of Rainfall Therapy. When Mary began using the Hydro-Aromadome on Lily, her
daughter experienced both relief from her intense pain and a profound sense of relaxation.

As a young adult, Lily is now free from the pain that dominated her childhood and is now a national aerobics and fitness competitor and cham-
pion. She credits her success in the physical arts to the healing she has re-
cieved using the Hydro-Aromadome.

What Is Rainfall Therapy? Welcome to the rainforest...and how Mother Nature intended it to feel. Wel-
come to Rainfall Therapy.

Rainfall Therapy is a combi-
nation of four incredibly healing thera-
pies: oxygen therapy, hydrotherapy, aromatherapy and touch therapy — all in one treatment.

Hydrotherapy is a traditional water treatment that enhances the im-
mune system, reduces stress hormone production, invigorates circulation and lessens pain sensitivity.

Oxygen therapy detoxifies the body, increases tissue oxygenation, im-
proves nutrient delivery to body cells, and enhances the immune system.

Touch therapy reduces pain and anxiety, lowers blood pressure, and promotes relaxation, mental func-
tioning and emotional well being. Dat-
ing back 5000 years, it is one of the oldest holistic healing modalities. Mas-
sage also has been shown to relieve depression, increase range of motion, relaxation and overall physical, mental and emotional well being.

Aromatherapy applies plant cell aromatic essences and creates body, mind and spirit harmony.

The Benefits Of Rainfall Therapy: Over the course of your treatment you will be transported to a place of profound re-
laxation and peace. Here are just some of the many benefits you may experience during Rainfall Therapy:

• Deep relaxation and calmness
• A quiet and peaceful mind
• Rejuvenation and revitalization
• Relief from pain and anxiety
• Relief from symptoms of illness and disease

It’s an exciting time at the Institute. There seems to be new information and technologies becoming available, so regularly that we thought we should create a column just to introduce you to these cutting edge updates. And of course we will also fill you in and share photos of the expansion of the West Palm Beach facility.
All too often health-minded living foodies become ultra-focused on diets as the be all and end all. Although nutrition is an essential and powerful ally in the quest to conquer aging and disease, it alone cannot afford you complete well-rounded and stable health. During the many years I have directed the Hippocrates Health Institute and in the 70s, while heading health centers in Europe, I have been led to believe there is a multitude of contributors in creating physical and emotional strength and stamina.

We will explore the key components that have validated themselves after my work with hundreds of thousands who were either battling disease or raising their level of well-being. The thought that there is more than one aspect of building health can be overwhelming. What has become a revelation to me is that each of the seven major components affects the others, making each much easier to adapt and use. Relinquish your insecurity about your pure dietary choice and it will liberate you so that your true self will emerge and it will liberate you so that the joy of a passionate, fulfilling existence will reign.

The Seven Pillars Of Health And Happiness

People should question their own sanity if they are involved with anything that they are not engaging 100% of themselves.

- Acceptance: This poignantly worded generality renders an image of you agreeing with something that you really do not want. Now it is time to re-think it. What we must accept, or better yet, whom we must accept is ourselves. Every aspect of what makes us complete has to be built upon high integrity. Whatever endeavor, idea, persona, or thought we contemplate and relate with others. Relinquish your insecurity about your pure dietary choice and it will liberate you so that your true self will emerge and the joy of a passionate, fulfilling existence will reign.

- Strength and stamina.

- Compassion: Of all the emotions, there is no greater than compassion which is born out of pure love. This feeling emanates from the heart and is fully experienced when we permit ourselves to accept and become. This exuberance clearly frames the most important aspects of our experiences. With the never-ending race forward, it is healing to pause and reflect upon the power and relevance of the heart. The people who have left behind the greatest legacies are those with the utmost capacity for compassion. Do not think that this is an obstacle or special gift. It is constantly available and waiting for you to use it. When we relax and permit a little bit of humility, our natural senses lead us into the center of this liberating process. There is never a time that we should not employ compassionate action. All that we do in any endeavor needs to be wrapped with this provocative human asset.

- Dream: Our brain, the springboard to the mind, harbors extraordinary ability to create desired imagery. When pure thought is the kindle wood of the mental movie, we create artistic masterpieces. In simple terms, what we put in, we get out. Sadly, as we mature, we become discouraged from dreaming and told that it is the pursuit of the young. Reality displaces imagination and, before you know it, you place yourself in a pigeonhole that is uncomfortable and eventually destructive. Without the freedom of fantasy, we squelch the essence of our life. It has been and always will be the big dreamers who lead us forward toward the vision.

- Self: Each and every time that you place energy in mental gymnastics, you will be rewarded. It is wondrous to consider how we become our own self. As a boy, I often attended the concerts of the great jazz artist, Duke Ellington. At the beginning and end of each event, this...
The Seven Pillars Of Health And Happiness

EXERCISE: This utilitarian word is really a bouquet of words. It has been only in the last few years that we have known the true essence of what an exercise is really a bouquet of words. It has been only in the last few years that we have known the true essence of what an exercise is.

FUNCTION: This word has a dual meaning. First, it can be stated that all purposeful acts must have a function. Second, the term can mean a gathering assembled for a purpose. Borrowing from both, you can employ the power to function in your daily life. When pursuing something, ask yourself what is the function of doing so. It will help you create a worthy goal.

Today you have the opportunity to break the shackles of narrow perception and embrace the endless potential of an elated life. All struggle is manufactured by self-doubt and it is for you to uncover the darkest and most corrupt aspects that hold you back. As difficult as it is, you should willingly face your self-daily with the seven components and ask, “Am I achieving Acceptance, Become, Compassion, Dream, Exercise, Function, Godliness?” These vivid guides will elevate you to live at a human level. This humanity is an exceptional gift that creates relevance and most important, significance. All too often, we tend to question our motives when we do not have a concise road map and clear goal in mind. When your focus is to live at a maximum level, your results are maximum. The proposition to add these directives to your busy life is most likely daunting.

ACCEPTANCE: The most people are utterly miserable, is that they robotically move from action to action without even the most minimal awareness of what they are doing. As well stated by Einstein, “We must be the change we want to make.” The laws of basic physics prevail in the same time and space as the greatest spiritual environments.

GODLINESS: In our ritualistic spiritual retroact, we somehow have found a way to place a wedge between God and self. This clearly occurred when leaders in the majority of religions used hierarchical methods to convince the masses that they had to come to them to speak to God. Women, of course, were presented with a greater burden since these deviants were men with an unfortunate view of women. One of my great loves has been to study theology. All the brilliant writings clearly state that we are made in the image of God, not that God is a dictates entity attempting to make our life difficult at every turn. With this said, it may ease the fear you have from acting in a godly manner. It is for us to live in the fullest, most complete and integrity rich way. We should never hesitate to do our best. One should question their own sanity if they are involved with anything that they are not engaging 100 percent of themselves. The reason most people are utterly miserable, is that they robotically move from action to action without even the most minimal awareness of what they are doing. As so well stated by Einstein, “We must be the change we want to make.” The laws of basic physics prevail in the same time and space as the greatest spiritual environments.

Note: This is a limited program and available only in the United States and United Kingdom at this time.

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My journey with non-Hodgkin lymphoma began in 1998, when I was 22 years old. At that time, I was pretty carefree and very young - never thinking that I would be struck with the big “C” anytime in my life. That all changed when I was casually laying on my bed with my hand on my belly. I started to rub my tummy and felt a huge lump.

At first, I thought, “I can’t be pregnant. I can’t be pregnant.” But when I was casually laying on my bed and, low and behold, the cancer had returned. I had already beat most odds, having made it seven years without a re-occurrence. Immediately, I wanted to do whatever it took to get rid of this big ugly thing (cancer). My doctor sent me to a surgeon to remove the tumors in my abdomen again. Eager to be rid of the cancer, I found myself in the hospital for five days to have the tumors removed. The ironic thing is when they opened me up, they decided it was too risky. They took out my appendix because they had nothing else to do, and then sewed me back up. At that point I had a gaping 10-inch hole in my abdomen and the cancer was still there.

Angry for going through the surgery, I got a second opinion and was told we needed to “wait and see” how much the cancer would grow before attacking. There are many drugs on the market to use in the attack, but the end result was the same when it came to life expectancy. If I started treatment immediately or waited until it got really bad, either way, I would live only a few years. This is what the doctors told me.

So I waited, living under this death sentence, going to the doctor every few months and having tests, blood work and scans. Every test result would seem we got it all but it will be back with a vengeance so be ready to fight.” And so I did.

Fast forward seven years. I had a baby and got divorced, all the while trying to enjoy my life to the fullest and take care of myself. I have always been very interested in being healthy, taking care of my body and learning how foods affect me. I felt that among most of my friends and family, I was the healthiest because I tried to always eat good foods and exercise. I even completed a marathon, an Inline skating marathon and trained for a triathlon. I felt super healthy!

But after some extremely stressful times, I went in for a routine PET scan. I was getting very depressed. I felt like I had no power over my own body - almost as if I was just waiting for the bad news - and I was helpless. I was searching for answers when I came across Hippocrates Health Institute in one of my books. You see, I had the books and the stories on how to heal myself but I felt so powerless that I needed a push to get me moving in the right direction.

My fiancé at the time, who is now my husband, gave me that push. He knew I wanted to go to Hippocrates and he made it happen. We got married in February of 2007 amid the fear of not knowing what would happen with my health. My husband told me, “We will fight this together and heal you. Whatever it takes.” I needed that coach in my corner - he was my biggest fan!

When the last test came back worse again, we decided to schedule the Rituxan to fill my veins with chemicals in hopes of getting rid of the lymphoma. But at the last minute we decided we did not want to do this. I spoke to my doctor, and we all agreed we were not going to do this just yet. I wasn’t ready, and the tests showed the cancer growing but not enough for us to start treatment yet. I wasn’t comfortable with that. After we left the doctor’s office, I told my husband, “I have got to go to Hippocrates. It has to happen. I have to take charge of my health. I need to live for my son. I need to be healthy. There is no other way. I have to be my own doctor.”

My husband decided to start a web site, www.savemywife.com, to tell our story and see if anyone would agree I was on the right track. The response was overwhelming, and we decided we did not want to do this. I went to Hippocrates and spoke to my doctor, and we all agreed I was on the right track. My doctor agreed I was on the right track. The response was overwhelming, and before we knew it - two months later - I was on my way to Hippocrates purely because there are so many wonderful, giving people in this world who donated for me to go.

I spent three beautiful weeks at Hippocrates, learning, relaxing, eating good raw organic foods, exercising, meeting wonderful people, and just feeling happy that I could do something to fight the cancer! It is amazing what is happening in Hippocrates Health Institute in one of my books. You see, I had the books and the stories on how to heal myself but I felt so powerless that I needed a push to get me moving in the right direction.

The lymphoma will be gone.

Recovery
Reflux, which was a reaction to the hiatal hernia and acid breathing treatments. Then he got still more medication which turned out to be asthma. He began having difficulty breathing medicated some more. Next he was told he was hypoglycemic. He was further medicated. Then he was diagnosed with tendonitis, and was treated with medication. He began having stomach problems as a teen and was told he was hypoglycemic. He was further medicated. Then he began developing arthritis-like symptoms. He was diagnosed with tendonitis, and was medicated some more. Now he began having difficulty breathing which turned out to be asthma. He got still more medication and breathing treatments. Then came the hiatal hernia and acid reflux, which was a reaction to all the meds. Finally, he became unable to sleep, even when totally exhausted. Diagnosis: fatigue, which led to – you guessed it – more medication. Ambien to be exact. At this point, he could barely get out of bed. The pain accompanied by exhaustion and drowsiness from all the drugs, was just too much. He now needed a wheelchair because his energy level was too low to walk. The hospital became a second home with monthly, sometimes weekly, visits.

Adam’s first visit to the Institute was memorable to say the least. The detox was so severe that he ended up being hospitalized and the attending physician speculated that it could be spinal meningitis, which it turned out not to be. Returning home after a week, he continued on his vegan health quest with the full support and cooperation of his loving wife Denise. Both were now convinced of the need to take responsibility for their own health and well-being.

The next time Adam came to visit he had stopped using a wheelchair to get around as a result of working with mobility coach Daniel Kish from World Access for the Blind in Long Beach, Ca. At 40 years old, Adam realized he was not getting any better because of the many doctors and medications that were so much a part of his life. Quite the contrary, he was getting worse with each new drug that was prescribed. He was not happy with the path he was on and where it seemed to be taking him. He had become dependent on both the doctors and the drug companies. He decided he no longer wanted to live this way and definitely did not want to die this way.

The first connection he saw between diet and illness was when his asthma flared up whenever he ate any type of meat – so he stopped. The results were so good he stopped needling his inhaler. This convinced him to become vegetarian. It also allowed him to quit several of the 13 prescription drugs he was taking, including the Ambien, prescribed for sleep by Dr. Kish, his mobility coach, suggested. So now he could learn the correct way to live a vegetarian lifestyle. Adam says he will be forever grateful to Kish for this recommendation.

The first time I saw Adam, he was in a hurry to get to an appointment at the therapy center and was scurrying across campus with such speed that I would never have guessed he is blind. Seeing that he was using a cane to navigate, I assumed that he had trouble seeing, but was shocked to find out that he can’t see a thing. Even more shocking was learning he prefers getting around on his electric scooter.

Next I had the pleasure of meeting his wife Denise, who is also totally blind.

Although Denise struggled with the idea of never eating meat or cheese again, she saw the results Adam was getting and wanted to support him. Her health had also deteriorated severely as a result of her diabetes. Since she began to lose her vision 25 years earlier, she took all medications for everything from a herniated disc to irritable bowel syndrome. She was overweight and suffering the ill effects of diabetes which was out-of-control.

She decided to accompany Adam to Hippocrates on his second visit, taking time off from her job as a rehabilitation counselor to immerse herself in the Life Change Program. She could walk only halfway across the room without stopping for breath when she arrived. She needed a wheelchair to go any further. The first week was quite a difficult adjustment for Denise, even though she had begun making dietary changes before coming. The second week everything changed and the light of consciousness came on for her. It was then that she realized how much stress she lived with and that her life needed a major overhaul.

Since adopting the raw food lifestyle, Adam and Denise have been able to eliminate most of the medications they were on.

Denise’s diabetes has turned itself around, and both she and Adam are nearly pain-free. Adam no longer needs pills to sleep, nor does he ever use his inhaler. Denise has realized a dream of becoming a wildlife photographer. She recently entered a dance competition. Adam is up to 7-mile walks when he feels like strutting and sundering the ill effects of diabetes which was out-of-control.

She was convinced of the need to take responsibility for her life, and now does not want to die this way. She decided to accompany Adam to Hippocrates on his second visit, taking time off from her job as a rehabilitation counselor to immerse herself in the Life Change Program. She could walk only halfway across the room without stopping for breath when she arrived. She needed a wheelchair to go any further. The first week was quite a difficult adjustment for Denise, even though she had begun making dietary changes before coming. The second week everything changed and the light of consciousness came on for her. It was then that she realized how much stress she lived with and that her life needed a major overhaul.

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products and innovations that have come into the natural health arena in the last several decades (give or take a decade or two). Yet even with all of this incredible information stored in that hard-drive like mind, Viktoris remains a humble and dedicated servant to all who seek his guidance. If you are not one of those fortunate enough to be able to hear Viktoris speak live, I would highly recommend you get your hands on this DVD.

It includes a segment of classic Viktoris from the 1998 New Life Expo in New York, followed by a typically passionate lecture on the benefits and reasons for introducing a raw food diet into your lifestyle.

This DVD truly has something for everyone. Whether you are interested in the science of raw food, diet as it relates to serious illness or simply looking for some easy-to-follow recipes, you will find it here in abundance. And all is presented in a light-hearted style – very easy to watch and learn from. Viktoris and his friend /hostess Debra Secunda demonstrate five recipes, which appear simple and fun to prepare. The finished foods look absolutely delicious.

So let me say again, words cannot express the spirit of Viktoris Kulvinskas and although this is a very good presentation, I would first recommend that you find Viktoris and listen to him speak in person. But if that’s not possible, buy this DVD. If you’ve had the honor and pleasure of meeting Viktoris then this DVD is a collectible that can remind you of his enthusiasm and inspire you to continue on this path. It is an excellent piece of work in which to invest.

Viktoris has been around so long, he knows nearly every one of the raw food heavyweights and is familiar with pretty much all of the latest...
Are you here to add years to your life, or to add life to your years? What is the real goal? Many of our guests try to define and answer this question in the context of recovery. Are you here to add years to your life, or are they trying to improve the quality of their lives? Of course, if the question is posed that way, the answer is often “both.” Practically everyone wishes to live a long life with the best of health possible.

Most of our guests come to HHI because they were told by someone that this program could improve their health or help them heal from their challenging conditions. However, when they reach HHI their understanding of what health is often undergoes a radical change: health is no longer defined as only the physical experience of not having any pain or illnesses, it comes to mean an experience of wellness throughout the body, mind and spirit. Wellness in the body is feeling strong and lively in every part of the body. Wellness in the mind is feeling motivated to live a full life in terms of one’s relationships, family, job, society and life mission. Wellness in the spirit is feeling in tune with one another, the environment and the Supreme Power or the universe. This experience of wellness in every aspect of life is the CORE of recovery.

The first step to recovery is letting go of what does not belong to us whether it is a toxin or a toxic experience or toxic feelings. In the first week of the program, most of our guests report some level of physical detox. They are lethargic, experience headaches, nausea or have elimination complaints. They also report the emotional detox symptoms related to anger, fear, guilt, shame and “cloudy feelings” like depression. Some of them also tell us they feel isolated from the “real world” because they feel “unfit” or “let down by God”. Overcoming these challenges helps them transition to the next step.

The second step is absorbing the nutrients necessary for physical, mental, emotional and spiritual wellness. In the second or third week of the program, we often hear our guests report that they feel stronger, clearer, more active and connected.

I believe the above comments indicate that their bodies are able to absorb the good nutrients in the “living” foods and drinks, that their minds are more balanced than overwhelmed after practicing stress management and other supportive therapies. They report their spirits are uplifted through the many activities offered to reconnect them with the universe and God.

In that context, it is not relevant whether it is the quantity or the quality which is significant. Wellness is w e l l n e s s, which defies quantification or qualification. It does not matter whether you are adding years to your life or adding life to your years!
My name is Milton Goldstein. I was born April 1, 1915, which makes me 93 years young. I served in the Air Force during WWII, at which time I lived in Texas. I then relocated to California, but for the most part I have resided in New York.

I have been a friend of Hippocrates Health Institute for many, many years and am now fortunate to be located fairly close to the institute, so it’s convenient for me to stop by every week or two to pick up a couple of pounds of the world’s best wheatgrass. Up until about 15 years ago I grew my own wheatgrass, but it just got to be a bit too much with all my other activities.

I have been drinking wheatgrass everyday since the first time I met Ann Wigmore in San Diego in 1977. I am a firm believer and living proof of the health benefits derived from making wheatgrass juice a part of your daily routine. I have so much energy today that no one believes I am 93.

I love to bike, having owned a bicycle shop when I lived in California. I also enjoy hopping on the treadmill nearly everyday. I am quite passionate about singing and perform karaoke at least twice a week, sometimes more when I’m asked – which is pretty often. I think that’s because I have all of the Tom Jones moves down to a “T” and that always brings a standing ovation.
Prostate Cancer
by David Strong

It was February 2001. I was getting over the loss of a long-term relationship. I had received my Irrigation Contractors license. And I was very unhappy with my employment. So I decided to make a change and, as sometimes dreams do come true, I made my plans to move to Jupiter, Fla. and start a new life. I was a bit overweight and I wasn’t feeling that great, so I thought I would pay my doctor a visit to say farewell and get a good check up. Well after years of saying, “What are you wasting your money for?” you’re in perfect health,” my personal doctor found a little something wrong on my blood test, and all of a sudden everything changed.

He thought it would be a good idea to pay a visit to his old buddy the urologist. Putting me on the back, he said, “Don’t worry. It doesn’t mean it’s serious.” Well, guess what? It was serious.

The right prostate biopsy showed four needle core fragments, three of which are extensively involved with invasive adenocarcinoma. At that point, it was, “OK, you have two choices: surgery or radiation. Take your pick. But don’t wait too long.”

He was very rude and abrupt with answers to questions like, “What are my chances?” Him: “What? Are we in Vegas?” Or, “Where did it come from? Why did I get it?” “Where? How would I know?” The icing on the cake was when I walked out of his office, the staff seemed to be laughing. “Ha! Ha! You got it, now what are you going to do?”

That night I sat at the edge of my bed and I did some serious soul searching. I prayed and asked the Lord for guidance, “If this is my fate, fine. If not, please give me direction.”

Well, I don’t know what time it was but sometime in the middle of the night, I jumped out of bed and ran to the mirror and pointed to myself and said, “No way! Forget them. I am going to overcome this!”

The next day I started my new life to find my cure.

I decided to stick to my plans to start my new life in Jupiter. I didn’t know anybody there. I didn’t have my support from my family. I just had faith in God, and I wanted to deal with this on my own terms. I have heard of people who have cured themselves, and I prayed that I would find my cure.

I started with Chinese medicine, acupuncture, Chinese herbs. I read lots of books, watched my diet, and I juiced. It didn’t seem to help - my PSA kept going up. I tried different diets: macrobiotics, the Maker’s Diet, Fit for Life, and the Tao of nutrition. It only got worse.

I tried different types of doctors - homeopathic, holistic, chiropractic - they were all very supportive, concerned and more caring than the regular doctors. But after lots of different types of tests – some good results and some bad – no one seemed to have an answer and they started telling me that maybe I should see a regular doctor. So I did again. This time it really didn’t look good.

My PSA went from 9.1 to 161. Normal is 4. The doctor said, “OK. You have tried everything else and that didn’t work, now you have to do it this way.” He scheduled a bone scan and a full body scan. By now it was January 2006. Throughout this process people had been telling me about Hippocrates Heath Institute. They all said it’s a great place but it’s a little expensive. Well after thinking about a full body scan and a bone scan I thought, “What the heck?” I called the doctor, canceled the scans, and called Hippocrates. I met with a program consultant who showed me around and told me what the place had to offer. She was so kind and caring; she answered all my questions and made me feel very confident that this was what I needed.

To every lecture, to every class and lecture, I went. Between the treatments, classes and lectures, I went non-stop all day.

I admit, my body had a little trouble at first with the raw living foods, green juices and wheatgrass because I wasn’t used to such good healthy foods.

By the third week I had lost 40 pounds of junk from my body. And my PSA was cut in half. It was the first time in years that I felt in control of my life. Everybody there was so wonderful and helpful. And when I was ready to leave, yes, I was scared. I had to go out into a sick world and survive.

The good news is I’m not alone anymore. There are lots of people doing what I’m doing and we’re supporting each other.

I tried different diets: macrobiotics, the Maker’s Diet, Fit for Life, and the Tao of nutrition. It only got worse.

I’m not alone anymore. There are lots of people doing what I’m doing and we’re supporting each other. It’s been two years of living this lifestyle, my health is under control, I feel better every day and I’m happy.

And when someone says to me, “When was the last time you saw your doctor?” I look them in the eye and say, “This morning when I looked in the mirror.” My only wish is that instead of Hippocrates being my last option, I wish it had been my first choice. And what I like the most is that everyone asks, “What are you doing? Every time I see you, you look younger.”

Thank you Hippocrates!
My experience is one full of love, faith, healing and special blessings. In May 2007, I was diagnosed with Gastric Adenoma Carcinoma. I had already had two liver transplants, several rejection episodes and breast cancer. The recommendation was that surgeons resection my stomach after removing part of it. I was too weak to consider it and began to pray and seek spiritual guidance. After I received several healing scriptures, it became clear to me that God had a plan to heal me. It was shortly after that when one of my three daughters found out about Hippocrates Health Institute. All three daughters went for the tour and learned what the program had to offer. After talking to Dr. Brian Clement, they were certain this was where I should be.

I began the program shortly after their visit. When I arrived I felt like I was in a garden paradise. My daughter, Donna, lives close by, so she visited often. In the beginning, I was very frail so she attended some of the lectures to be certain I would not miss out on any important information. She became very interested in the healing properties of the wheatgrass juice and green drinks. She also took some of the food preparation courses Renate offered. Much to her amazement, after using the wheatgrass for only six months she found out she was pregnant. Now we have a new grandson thanks to the fertility properties in this wonderful food.

I especially loved the oxygen and detox treatments. All the modalities of healing also helped me recover from years of toxicity from numerous previous surgeries and medications. I felt I had rejuvenated 10 years. The very special blessing to me was that my daughters who are so caring and protective of me, began introducing some of the principals of the program into their lives. After a year of doing the program, including all the exercising, skin brushing and supplements, I was finally able to sweat, which I had not been able to do since I was diagnosed. This is truly an inside body transformation.

I have not gone for additional testing, I just know I feel great. All my body functions are good, my energy level is high and my lab reports are excellent. That, to me, is a healthy body. As a special gift to all who supported me during this time, I sent a Thank You note along with an invitation to go for Dr. Clement’s free lecture, tour and tasting of live foods, so they would benefit from a healthier lifestyle.

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Someone you know just might need to know us. So we invite you to come, and bring a friend, for a guided tour of our entire 40 acre facility. Get a first-hand look at what we do and how we do it. Learn about our various programs from one of our knowledgeable staff members. Stay for a raw, organic lunch or dinner for a mere $20. Reservations are required for all meals.

Gastric Adenoma Carcinoma
by Adele Wyrtzen

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RENAL CELL CARCINOMA
by Michael Lanning

RELENTLESS WARRIOR TALKS ABOUT CHALLENGING CANCER—AND WINNING

Early morning telephone calls rarely bring good news. The ring of my phone early on June 9, 2006, was no exception. I was so soon listening to my urologist say that there were some problems with my most recent tests and he would like to see me.

Three years earlier, the same doctor had removed my right kidney along with its cancerous tumor. At the time he said he felt sure he had “got ten all of it” but scheduled tests every six months as a follow up. Although I now made my living as a writer of military non-fiction books, I had spent my career as an Army officer and kept myself in fairly good shape. I did not think of myself as a cancer survivor, just someone who had had a tumor removed. Except for the fact that I had been diagnosed with a renal cell carcinoma, strikes only three percent of the more than a million people diagnosed annually with cancer in the United States. Every article we found echoed the doctor’s opinion of a six to 18 month life expectancy. Chances of living five years were zero to three percent. Not very good odds, I thought. We made multiple appointments with every oncologist who would put me on their schedule, including those at M.D. Anderson Cancer Hospital in Houston.

Over the next weeks we saw a total of four more doctors in the Phoenix metropolitan area. All confirmed the diagnosis and the six- to eighteen-month expectation that had become nearly a mantra. All stated that neither chemotherapy nor radiation had any positive effect on kidney cancer. All recommended a choice of one of the two new “miracle drugs,” Nexavar and Seutam, which had 20 to 40 percent of a chance to give the patient an additional six months.

In between seeing the various doctors, I attempted to “get my affairs in order.” Mostly, I thought about dying. I so wanted to fight the cancer—to live, to see my grandchildren grow up. But the many doctors we had consulted had read convinced me that my days were indeed numbered. I certainly would not welcome death but I could accept it—if I had no choice about it. I had lived a full and exciting life, having traveled around the world, served more than 20 years in the U.S. Army, fought as a decorated veteran of the Vietnam War, and written 16 non-fiction books published by major New York houses.

We packed our bags and drove from Phoenix to Houston, hoping the M.D. Anderson (MDA) Cancer Center might have something else to offer or possibly even a clinical trial. The doctors there confirmed the diagnosis and again gave the six- to 18-month survivability estimate to the Parent and let me choose between Nexavar and Seuten.

Linda and I had already anticipated these answers and had decided on the Nexavar! A small chance for several more months of life was better than no odds at all. Also, for our entire lives we had been taught that doctors know best and that we should follow their recommendations. I took the small rust colored pills that afternoon.

The doctor’s nurse had provided a printed page of possible side effects of the powerful drug. Swollen tender feet and hand and foot cramps and digestive problems were but a few of the side effects. By day three of taking the pills, I could barely walk on my feet, which looked and felt like they had been immersed in water for a long period of time. My head itched like my hair was housing a huge lice colony. My stomach felt as if its lining had disappeared, and I began sleeping most of the day as well as the night.

I was uncomfortable to say the least and the side effects were worth the discomfort if they helped me stay alive for a few additional months. Days later, I began running a high fever that was not on my list of possible side effects. Soon I was delirious, no longer caring whether I got a few extra months or even died immediately. Two trips to the emergency room over the next week and countless IV bags of unknown drugs later brought the fever down. The treatment had nearly killed me.

When the doctor at MDA recommended that I reduce my daily number of Nexavar pills, I had a better idea. I told her that I would take no more of the drug. If I only had months remaining, I wanted to live them feeling as good as possible. The Nexavar side effects were much worse than any possible good it could do.

I promised Linda that I would seek alternative treatments and did begin taking shark cartilage and other “items off the shelf” of the local health food store. Linda tried to find good things for me to eat. Mostly I just wanted to be able to eat. I kept thinking about all the obituaries I had read where a person died “after a long and valiant fight against cancer.” Mine would read, “Took Nexavar for a week, rolled over and cried like a baby, and died young.”

It took me several days to recover sufficiently from the Nexavar to be able to do anything other than sleep. Finally, I got out of bed and began making phone calls and sending e-mails telling those I loved and respected I had a better idea. Mostly I told them that I had led a good life and had no excuses or apologies.

In mid-August I called Burn Loeffke, my former battalion commander in Vietnam. Loeffke had retired from the army as a major general and is the bravest and smartest man I ever met in uniform. After retirement he had become a Physicians Assistant and now accompanies medical missions to hotspots around the world following his desire to become a healer after having been a soldier.

Burn listened to my news and replied, “You are not going to die. I will not let you.”
Early the next morning Burn called back. He said that he believed, after talking to friends and associates all over the country, I should go to the Hippocrates Health Institute in West Palm Beach, Fla. I told Linda to see if she could make us reservations. My decision came not from any hope for positive results but for selfish reasons. I had failed miserably in taking the conventional treatment and had promised to those who cared for me that I would try unconventional treatments. I would honor my promise, give Hippocrates a try, and then I could return home to die in peace with no one else suggesting treatments, cures, procedures, or snake oil in general.

Although Hippocrates recommended a three-week stay, I opted for—no, insisted on—only a single week. If I saw merit in the program, I believed I had the personal discipline to follow its regime on my own, especially with Linda's help. I understood that Hippocrates was a vegetarian program but paid no attention to the details. A week, a week, ha! I could do a week standing on my head or sitting in the bottom of a foxhole. Bring it on.

On Sept. 3, 2006, Linda and I walked across a small bridge complete with a fountain and rustling water into the world of Hippocrates. Nothing was quite as fancy as I had anticipated. The staff seemed unassuming and laid back. No one seemed to rush. There was an air about them, however, that alluded, "We have a great product. Take as much of it as you want."

That evening we had our first Hippocrates meal. No meat, no dairy, no eggs, no fruit. Just lots of sprouts, greens, cucumbers, and onions. The way Linda kept her distance, I began to suspect she knew all about the diet before our arrival. I ate what seemed like what a rabbit on a diet might ingest and thought to myself, "It's only for a week. Give it a chance."

The next morning the staff introduced us to wheatgrass and green juice. Classes on learning the new lifestyle covered the entire litany of the scientific and psychological rationale behind the Hippocrates way of life. I really did not pay all that much attention in class. Linda took copious notes, and I trusted her to glean the wheat, or rather the juice, from the chaff. I spent many of my hours thinking about just how brief of a time I had left to live, but I also attempted to observe my surroundings and grasp the larger picture of the Institute. While I believed that it was not skepticism if my opinions were correct, I could see nothing that harmed anyone. At the same time, I had no confidence that a cure—miracle or otherwise—was anywhere in the proximity.

My first real indication that the diet did do something to the body came near the end of the week when I discovered what appeared to be a large bruise on my thigh. When I showed it to a Hippocrates staff member, she just laughed and said I was beginning to detox. I recalled that in one of the classes there had been the warning that all of us would go through a stage where our bodies, now consuming only good things, would begin to rid itself of the previous poisons we had taken in. At the time it was another story to which I nodded that I had heard, but, in fact, I neither understood nor accepted.

Over the next 24 hours I became a believer in detoxification. More and more dark spots appeared, some with small puss filled sores. I soon looked like someone had taken a broad belt and beat the hell out of me. I really did not care how it looked, but the itching that accompanied the detox was more than unpleasant. The natural salves provided by Hippocrates helped some but not nearly enough. I was paying not only for my past dietary transgressions but also for my cancer treatment chemicals.

Interestingly, the most exciting thing that happened was not what I expected. If I only had months remaining, I wanted to live them feeling as good as possible. I would take no more of the drug. Call today for your appointment • 561-471-5887 • or visit www.hippocratesinstitute.org
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Classes on learning the new lifestyle covered the entire range of the Hippocrates secrets to wellness. Every day that I live is one more day that seven conventional doctors said that I would not. More importantly, my days are as good as they can get. My days of extreme sickness from conventional medical treatments are far in the past and will not be repeated. The answer to good health is simple: follow the Hippocrates way of life.

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Brian Clement, C.N., N.M.D., Ph.D.
Preface by Jacques-Pascal Cusin

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Despite this last dark thought, I was committed to try the raw vegan diet. I would follow the regime until my next CT scans that were already scheduled. If, after being green and pure for three months, if the tests showed the tumors to be growing and multiplying, I would say to hell with it and enjoy any and all foods in my last months.

In November 2006, we returned to Houston for more tests. By this time I was figuring something out about hospitals, doctors and medical treatments. Hospitals are businesses, little different from factories producing automobiles or companies selling insurance policies. Products come in the front door, endure the process, exit out the back door with money changing hands along the way. On this round through the process, however, I would get no ice cream or steak because my tumors were all stable.

More months and more tests showed no growth or expansion of the tumors as the months past. On Dec. 14, 2007, Linda and I celebrated the passage of 18 months since my first diagnosis with cancer. I have seen results, and even felt better than I did before my diagnosis. I live a normal life—whatever that is. Two months after departing Hippocrates I signed a contract to write my 17th book. It was released by Sourcebooks last November. Linda and I have also completed a manuscript on our experiences (some of which are included in this article) with cancer, Hippocrates and the green regime.

Every day that I live is one more day that seven conventional doctors said that I would not. More importantly, my days are as good as they can get. My days of extreme sickness from conventional medical treatments are far in the past and will not be repeated. The answer to good health is simple: follow the Hippocrates’ secrets to wellness.
On Feb. 26, 2008, I received the worst news in my life. I had ovarian cancer and I needed emergency surgery. Me, have ovarian cancer? How the hell did that happen? I was a vegetarian, took vitamins, exercised, didn’t drink or smoke. And then the big question: Why me?

It seems that most of my life, the last 40 years or so, was spent taking care of someone else. There was my family while growing up. I always made sure everyone was happy. Then, I had my own family, an abusive husband and an aging grandmother who lived with me. On, and there were people who would weave in and out of my life who needed help too. It seems that I took care of everyone except myself. I never really thought about the effects it would have on my health.

While visiting a raw food restaurant in Tampa with my son, A.J. and his wife, Theresa, we first heard about Hippocrates Health Institute. I had assumed that it was a type of school for natural health. I didn’t realize just how much more it was until my illness.

After having emergency surgery to take out the tumor, I never have felt more healthy or had more energy than I do right now.

I had been feeling really ill for a long time. I had lost 10 pounds and我只是感觉不是很好。The cure was an event that really helped not only my body, but also my mind.

“Upon learning the negative and deadly effects of chemo, how it is a poison that destroys not only your immune system but your organs, I immediately called Hippocrates…”

I remember Brian saying that you need to have a higher belief, even if it means making up your own religion. That’s the same. We were determined to get well and be well, and we were scared. For some, it was the first time away from their families. For others, like myself, we just knew this was the right place for us. We needed to be involved in our own health and take it into our own hands.

The diet was easier for me than for some of the other guests. Albeit I jumped right into the routine and decided to take the Chi Gong class as well as the meditation afterward. I found they both helped not only my body, but also my mind.

My first “real” day at Hippocrates was hard because I had to keep reminding myself that I was supposed to be. I was brought up in an era where it was im- possible for a young woman to make the right choice. The more I tried to “educate” me on my choice, the more he used scare tactics to convince me to do chemo. My dad, who has melanoma, watched the movie, “Curing Cancer from the Inside Out,” and was convinced that this was the way for him to go. He almost died from chemo and I didn’t want to go this way.

It is not just the diet that has to be changed, but your mind too. I learned I have to think of myself first, and I must believe in a higher source.

I have never felt more healthy or had more energy than I do right now.

We were shown how to juice and were taught which machines we would need to continue this diet at home. I had always believed that doctors knew more than I did. I had to keep reminding myself that I was supposed to be. I was brought up in an era where it was im- possible for a young woman to make the right choice. The more I tried to “educate” me on my choice, the more he used scare tactics to convince me to do chemo. My dad, who has melanoma, watched the movie, “Curing Cancer from the Inside Out,” and was convinced that this was the way for him to go.

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I had to research and look into a cure for ovarian cancer. I survived ovarian cancer. I know I will continue my mission of going through cancer. I choose to be healthy, I will continue my mission of going through cancer.

Upon learning the negative and deadly effects of chemo, I immediately called Hippocrates...
I am a single 44-year-old and always wanted to become a mother. I started trying to have a baby about two years ago. I kept getting pregnant, but had three miscarriages. When the pathology reports came back, the doctors said my miscarriages were due to chromosomal abnormalities - two words I never wanted to hear in my lifetime. The doctors told me this is what happens to women as we get older. They also told me that due to my age, I had only a 20 percent chance of having a healthy baby.

I was devastated. My dream didn’t seem possible. I wanted to have my own biological child. I prayed to God to show me the way and I said to myself, “There has to be a way to do something to make my body healthier or even to do something to improve the egg quality.”

After much research, I was off to Hippocrates. I came to the Institute, ate the raw food diet and attended as many lectures as I could. I wanted to learn as much as I could about how to make my body healthy. I also did the spa treatments. One that was extremely beneficial was Rainfall Therapy. In this treatment Linda walked me through visualizing my body being healthy and having a healthy baby. When I returned home, I was religious about what I ate. No coffee, meat, dairy or sugar passed my lips. Shortly after coming home, I got pregnant. Well, nine months later I had what I wanted most in life: a baby girl. Not only was she beautiful, she is Super Healthy. At birth, she weighed 8 lbs 8 ounces. She is very alert and smart. At every check up, the pediatrician says, “She is so healthy.” I am so blessed to have found Hippocrates and the opportunity to participate in such an amazing program.

Hippocrates made the difference, allowing me to have a healthy baby. I would not now be experiencing the most joyful and rewarding experience of my life without their help. You have my deepest love and gratitude for your wonderful healing facility. jenniferoakland7@aol.com

CHROMOSOMAL ABNORMALITIES
by Jennifer Aiello

I am a single 44-year-old and always wanted to become a mother. I started trying to have a baby about two years ago. I kept getting pregnant, but had three miscarriages. When the pathology reports came back, the doctors said my miscarriages were due to chromosomal abnormalities - two words I never wanted to hear in my lifetime. The doctors told me...
I recently returned from Hippocrates where I did the three week Life Change Program. The purpose of my visit? To discover the ultimate healing diet for cancer and other disease. However, I believe I have found it? Yes, I do.

I am a medical herbalist of 16 years, originally inspired to study herbs by my own healing journey when I was 11 years old. That is when I was told I had plasma cell leukemia and sarcoma in my thigh muscle.

The tumor was removed, but my parents were told that there would be no cure for me - the best that we could hope for was that chemotherapy would prolong my life by a few months.

My parents made the brave decision to refuse conventional medicine on my behalf in favor of treatment from a naturopath called Mr. Eddie in Manchester, UK.

He immediately put me on the Gerson Therapy consisting of juices (half of them green, the other half made from carrots), coffee enemas, vitamins and herbs.

A vegetable-based, salt-free, sugar-free, veg-an diet completed the program.

In six weeks, my energy had returned and I felt like a completely different person. My dad recalls the profound change in me with happiness, as he witnessed his daughter literally coming back to life. He says my hair suddenly seemed to shine again. Nine months later, a very bemused consultant wrote ‘spontaneous recovery’ on my notes.

The whole experience had a huge effect on me and when I was old enough, I went to Herbal Medicine College to pursue a four-year, full-time training course which resulted in my becoming a medical herbalist.

Over the years, I have treated people with all kinds of diseases and developed a particular interest in treating digestive disorders. Even though I had healed my own cancer, I was still fearful of treating other people with the disease.

As a practitioner of alternative medicine, it is illegal for me to even say that I can help people heal their cancer, so whenever people with cancer consulted me, I always managed to refer them on to other practitioners.

That is until cancer came my way in a form I could not pass along to the next practitioner: This time the cancer was my own.

For 32 years, I had been healthy and now at the age of 42, I was diagnosed with ovarian cancer. Or put more accurately, I diagnosed myself collapsing lung which resulted from fluid in the pleural space. Internet research led me to discover that a pleural effusion can be the result of ovarian cancer - so I went to my general practitioner and asked for an ultrasound scan and a blood test to measure CA125 (the tumor marker for ovarian cancer). I was completely shocked to discover that my CA125 was extremely high at 9,600 (should be below 35) and both ovaries had solid tumors indicative of cancer.

The oncologist told me that I needed to have a full hysterectomy and have my appendix and omentum removed, and follow up with chemo and radiotherapy. He said that if I followed his recommendations I had a 20 to 30 percent chance of being alive in five years and a 10 percent chance of being alive in 10 years’ time.

Due to pressure on the country’s National Health Service, I went back to my consultant, even though I had decided by then that I was going to refuse the treatment he wanted to give me. He was amazed to discover that my CA125 had decreased by 2000 to 7,500. Also the fluid had gone

However, a more thorough blood test revealed another tumor marker was in my blood - CEA. It was very high - around 13,000 when it should be less than five thousand. I was told that the most likely scenario was that I had a primary tumor elsewhere - possibly the stomach, the pancreas or colon. They were not prepared to scan me as that was too expensive, but they wanted to remove an ovary to discover where the primary cancer site was.

The shaman had said to me that the best way to heal was to keep out of the way of medic because they would only fuel the fear and that it was fear that made tumors grow. It was hard to walk away from orthodox medicine - but I knew that was exactly what I had to do.

The GP agreed to monitor me with blood tests and, in fact, eventually agreed to let me have an MRI scan in November.

The result was shocking - it revealed a tumor on my cervix. I decided to go back to see the consultant at this point and I let him do the most incredibly painful and barbaric biopsy without anaesthesia. He was amazed to discover that I had a primary tumor on my cervix. I was completely shocked to discover that my CA125 had increased and, worryingly, my belly began to

I was 11 years old... the best that we could hope for was that chemotherapy would prolong my life by a few months.
It was a cold January in the UK and I had reached my lowest ebb at this point. Everything really felt too much - I felt like I was not getting anywhere with my healing. I was in despair. I had been ill - I am someone who likes to have a lot of fun, to dance a lot, laugh a lot, socialize a lot and here I was living alone with my dog, sick and not enjoying my life. I made a decision around that time - I was not going to be ill for a long time. Either I had to get better fast or die.

When I thought about dying though, I felt so sad about leaving my house and garden behind. I also felt it would be a real waste as I had learned so much in my life and knew that I would be a much better healer than I ever was before. If I could just sort myself out and get this cancer licked... I became very clear that healing was what I wanted, and I wanted it fast. I was inspired by Esther Hicks who channels Abraham. I have been listening to her every day now for 18 months and I have learned so much about how we create our own reality from her. I realized that I needed to start imagining it so that I would feel it to be healthy and that I could create health in my body by using my mind. I was also inspired by "The Secret" and "What the Bleep" (movies about how we create reality). I listened to What the Bleep Do I Know Now? by Greg Braden and Louise Hay and Carolyn Myss.

I continued with The Carson therapy, but made some changes to improve it. I started including more raw food and sprouts. I realized that the therapy had not moved on with science and that it was no longer the cutting-edge therapy that it was before. I thought about leaving my dog and my house and garden behind. I also felt it would be a real waste as I had learned so much in my life and knew that I would be a much better healer than I ever was before. If I could just sort myself out and get this cancer licked...

I started making poultices for my cervix using chaparral, goldenseal, red clover, slippery elm and Thuja. I started taking strong concoctions of anti-tumor herbs, and swallowing large amounts of curcumin - which helps to cut off the tumor's blood supply.

I started doing implants with anti-tumor herbs in order to saturate the pelvic circulation. I also started juicing the wild garlic that had almost taken over my garden as it had suddenly occurred to me one day that my garden was doing its best to heal me.

Then in February, one of my best friends who lives in London asked me if I had heard of Psych-K, she said it was a way of reprogramming the mind so that you could change your life. I had not heard of it and did not give it too much attention until the next day when another very good friend who lives in Bristol asked if I had heard of Psych-K. She had been to a talk by a Psych-K practitioner and felt that it could help me. Again it seemed like life was letting me know loud and clear that there was something I needed to do. I went for a session and I was blown away. Using kinesiology (muscle testing) you establish what beliefs are in the unconscious - then you can replace them with beliefs more conducive to having the kind of life you want. Three weeks after my first session with Mary, I went for a brain scan - the brain tumors had gone. HOORAY! I continued to have more Psych-K sessions and, as soon as I could, I underwent the training to become a Psych-K practitioner.

Each scan and blood test after that continued to show an improvement in my health. I decided that modern medicine really comes to its own when measuring progress - I watched as my tumor markers continued to drop lower and lower. The good news is that by June my cervix tumor had completely disappeared - this was nine months after it had been diagnosed. As for my ovaries, there is some scarring, but I no longer have any cancer in my body. I have my energy and my lust for life back and I actually feel as good now as I did when I was in my twenties. People telling me how well I look and nobody can believe I am 43.

My visit to Hippocrates helped to consolidate my recovery and I am now enjoying a raw, sprout-filled vegan diet with green juicing and fasting one day a week. I have lost my fear of treating people with cancer and instead I now feel really excited about how much I can help. I am also practicing again as a medical herbalist and Psych-K practitioner. And I have decided to specialize in female cancers.

You can contact me at: info@natureworx.com Tel: 01144 1179046343

I am writing my book "The Healing Power of Cancer." I am available for telephone and Skype consultations for those unable to travel to Bristol, UK.
I am a 41-year-old mother of two and grandmother of three. I need to tell you about a wonderful new supplement that the Hippocrates store is carrying. It is called Meltaway.

But first let me give you some background. I have been overweight since I was 4 years old. I have tried every diet you can think of – the cabbage soup diet, radish diet, I even included the Atkins’ Diet. I would lose 10 lbs here, 20 lbs there. I lost 75 lbs on the Atkins’ Diet and had managed to keep it off except for some 10 lbs that has come and gone for the past seven years.

I have tried every diet pill on the market. When dieting, I would either be starving and have diarrhea, feel tired and moody, or be so full and constipated that I would be miserable.

I was one of the biggest meat eaters on the planet – breakfast, lunch and dinner. I was a diabetic. My mood swings were out of control. My doctor told me, “You are in early menopause.”

I started working at Hippocrates four years ago and changed my eating habits a little here, a little there. I wasn’t ready to make any drastic changes. Those changes have gotten easier over the years. I drink wheatgrass and green juice every day. I eat the sprouted grains or an apple and a piece of garlic for breakfast. The move to become a vegetarian has gotten easier every day.

About six months ago, my friend Chrystal, the store manager who has watched the ups and downs of my weight, mood swings and constant struggles to eat healthy, came to me and asked if I would like to test a new product that Dr. Clement was creating for the LifeGive product line: Meltaway.

At first when Chrystal explained the product and what it could do for me, I looked at her like she had two heads. “Yeah, right,” I thought. I had serious doubts – remember, I am the Queen of diets. I have heard all this before. Then I thought, “What the heck? What is the worst that could happen? Heck I might even get healthy.”

Well I started losing inches - a total of 4 inches. I was amazed. The bloated feeling I had all the time went away ... and ENERGY. I now had a lot of it. I did not go home from work and fall asleep at the dinner table. Before, when I took the grandkids to the park to play, I could stay for only a half hour because I did not have the stamina. Now, we go for a couple of hours, and I don’t just sit and watch them play, I actually have the energy to go out there and play with them.

In my four years at Hippocrates I have tried a lot of different supplements. They all made me feel better but none as much as Meltaway. I will recommend this product to anyone. It worked wonders for me. I was so sad when the trial was over because the supplements were not in the store for purchase yet.

Well, guess what? It is here. I am ecstatic. I have started taking Meltaway again. It has been only a week and the energy is coming back. I am looking forward to the weight loss and just in time for Christmas. Guess what I am getting this year? More Meltaway and new clothes!
I found Hippocrates Health Institute in a last attempt to be free from anti-depressants. I was diagnosed with “clinical depression” just shy of two years of sobriety almost 16 years ago. I was a mess at the time, I had not dealt with feelings throughout my life. I drank, but now found myself without that crutch. I was married and facing divorce, a gay closet case who had no clue about how to live life on life’s terms.

At 30 years old, I was put on anti-depressants. They seemed to do the trick along with cognitive therapy and a lot of work on the 12 steps of recovery with a sponsor. My life became better beyond my wildest dreams. I tried over the many years to wean myself from the drugs, as I truly had no reason to be on them. But I was addicted. Every attempt to leave the drugs behind left me in a darkness that debilitated me beyond any capacity to deal with the world. Every attempt ended the same way: I would abandon my efforts and take the pills again. Always thinking I might get the dose right enough to be OK - you know, not too wound up and not too lethargic and unmotivated, I tried to “be grate-

ful” that there was a drug that allowed me to function in society. Somehow being grateful for a mind-altering drug never seemed to jive with my clean-and-sober beliefs (for which I am extremely grateful). I finally decided to take it upon myself to find the cause of this “chemical imbalance” instead of simply treating it. With the help of a good friend and the internet, I found the obvious: that the chemicals going into my body in my food as well as personal hygiene products needed to be examined thoroughly.

I am an avid reader. The education I got was astounding. I was amazed at what we as a society have allowed ourselves to be subjected to by way of being legally poisoned. I gave up all of these products, went vegetarian and kept studying. I was led to the "Expo of the Heart" at the Ft. Lauderdale Convention Center. This is where I discovered HHI, Brian Clement and wheatgrass. I was riveted by Brian’s lec-

DEPRESSION
by Rick Metz

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Three years ago I weighed more than 320 pounds. I was addicted to food, marijuana, alcohol and drugs in a poor attempt to dull my physical and emotional pain.

My physical body was a mess. I suffered an array of ailments from arthritis, bursitis, sleep apnea, heal spurs and a bad knee that required surgery. I was also pre-diabetic, had high blood pressure, allergies and constant headaches.

Unfortunately, I had become a pathetetic version of my potential. Mired in my own anger and self pity, I had no patience for anyone else, especially those I loved most. During this resentful period, a dear friend of mine who had been living a similarly abusive lifestyle, suffered a major heart attack.

It was this news that shocked me into my own self reflection. I immediately sought out ways to help myself. I imagined my shoes, and I couldn't even make my own bed. I was addicted to food, marijuana, alcohol and drugs in a poor attempt to dull my physical and emotional pain.

I was a compulsive overeater, mindlessly gorging on an inatable appetite in front of the TV. I had lost my passion for life, which was deeply reflected in my attitude at work as a food service director in a community hospital. For years I loved this work, but then as my values shifted and I wanted healthier foods introduced where I worked I met resistance. There was no interest in my ideas. My frustrations led to further mindless eating and TV watching, and my hunger was never satiated. My wife would order larger and larger clothes through the mail because I wouldn't even go shopping for myself! For years, she tried everything she could to help me feel better, and for this I usually 'rewarded' her with verbal abuse.

I was so negative that my wife finally came to the painful decision that she needed to leave me. That was my wake-up call. I was left to deal with myself — and all my anger, fear and insecurities. I loved my wife. It was me that I hated. My overeating and other compulsive behaviors were totally out of control. Two things finally made me hit bottom. I had trouble tying my shoes, and I couldn't even properly wipe my own bottom.

At last, I sought some real help. I went into therapy, both group and one-on-one. I joined an anonymous 12 step program (where I was totally judgmental and thought no one knew what they were talking about, but I kept on showing up anyway). I also went to see Fred Bisci, a nutritionist who taught me the correct way to maintain a raw food vegetarian diet. To further help me turn my life around, a friend suggested I go with her to a class on Kabbalah. I loved it.

Once I started eating raw foods under Fred Bisci's guidance, the weight began to drop off quickly. I lost about 25 pounds a month for the first four months. Through the therapy, I unraveled how the events of my childhood and my father's critical nature contributed to my low self image. I was also dyslexic, and, therefore, did poorly in school. Because I didn't apply myself in school, my lack of confidence was reinforced. I was placed in slow classes and became an under achiever. There was not a lot I did that pleased my dad, but I loved my father very much. One day when I was five, my father, whose approval I was constantly seeking, offered me a hot dog. I had no interest in eating it, but my father loved hot dogs. He was a tall man, over 6 feet, and he reinforced me a hot dog. I had no interest in eating it, but my father loved hot dogs. He was a tall man, over 6 feet, and he

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Ostberry and Multiple Addictions

by Arnie Weintraub

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the universe

will guide me in the next chapters of my life. I will use the difficult experiences of my past in service to others who may benefit from what I have learned by living through and healing from those challenges.

If you would like to contact me, please send an email to: arniefw@aol.com
Sodium benzoate has been the subject of extensive experimentation: it has been tested in long-term and short-term feeding experiments in man, dogs, rats and mice. Since we use an extremely small amount of sodium benzoate in LifeOne, some have questioned its safety. Whether or not you believe the charges concerning its safety, the questions of how and why it is used are legitimate.

1. Though the FDA sets the limit of sodium benzoate at 0.1 percent, LifeOne formula uses a minute fraction of that amount.
2. Since sodium benzoate is activated only at a pH of less than 3.8, it can never become active in LifeOne because LifeOne has a pH of over 7.
3. The sodium is released in the water phase and does not react with anti-oxidants. Since it cannot react with the anti-oxidants it cannot produce benzene.
4. If you doubled the dose of LifeOne, you would be getting less sodium benzoate than you would from eating an organic apple.
5. Since LifeOne is often stored for periods of times in warm climates without the benefit of refrigeration, and because many users of LifeOne may leave their bottles out on the counter for days at a time, it is necessary to be as safe as possible to see that the bottles do not become contaminated by a wide range of bacteria, molds and fungi. By adding it in a miniscule amount in the water phase of production we are able to accomplish this without jeopardizing the user’s health in any way.
6. It prevents oxidation that starts a chain reaction between glycerin and or oxidative B6 into aldehydes like Oc-tanal C8 H16 O, Decanal C11 H22 O which can be extremely dangerous aldehydes when ingested.
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8. When compared to the possibility of contracting bacterium staphylococcus or other serious bacteria, molds or fungi, it seems much safer to employ sodium benzoate than to do nothing, or ruin the product for the properties that make it so effective.

Sodium Benzoate as used in LifeOne Formula

By Drs. Michael Farnley and Jim Howenshine

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Some people say that things never change. But don’t tell that to the Litowich Family of Boca Raton, Florida. Father Ben, a third-generation produce broker, and his daughter and son, Ashley and Bryan, are launching the area’s first organic market aptly named 4th Generation Organic Market. This elegant boutique market is proud to feature South Florida’s first 100% organic prepared foods deli and juice bar with more than half of its selections being vegan, raw and gluten-free.

The primary menu, designed by Vegan Chef Peter Cerovoni, a classically-trained chef who evolved his style of health-supportive foods at Hippocrates, features delicious but healthy versions of classic favorites. Savory dishes such as Kelp Noodles with Chili Almond Sauce and Canneloni with Smoked Ricotta Cashew Cheese, and desserts such as Goji-Coconut Macaroons and Banana Pecan Ice Cream are just a few of the raw vegan delicacies planned to entice market-goers into a healthier lifestyle. Nationally renowned Chef Marta Braunstein, accredited with bringing international acclaim to Fort Lauderdale, Florida’s Sublime Restaurant will be the Executive Chef in charge of day-to-day operations. With more than 20 years of restaurant experience, Marta brings many talents to 4th Generation, and is the mastermind behind 4th Generation’s all-vegan bakery and dessert department – another South Florida first.

And it doesn’t stop there. In addition to an eclectic grocery section filled with hand-to-find raw, vegan and artisanal products, a bulk foods section, numerous green and eco-friendly items. In the Market we’ll offer a state-of-the-art full-service juice bar that is sure to capture the heart of health aficionados: fresh-pressed Norwalk juices will be made to order. While this method is time consuming and costly, Owner and General Manager Ashley Litowich believes in the best. “We’re truly committed to the healthiest, best tasting, and freshest product for our customers. We want them to really taste the difference when eating these healthy foods.”

4th Generation offers more than awareness about healthy food choices and sustainability through decreasing the carbon footprint. They are leading the way for small businesses globally by being a shining example of how traditional business models can be enhanced to benefit people and the planet simultaneously. As father Ben says: “I have been very blessed in my life, now it is time to give back.” Well, we are ready to receive!

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