The Psychology of Well-Being

Burgeoning Brain or Bust

Kick the Sugar Habit

The Promise

Leveling the Pyramid

Energy Drinks

Get Juiced About Juicing

Raw Vegan Protein

A Change In Mind Can Change Your Health

+ Much More
Some of our guests come to heal. Some come to learn...

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 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.

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

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

5 Letter from the Directors
7 New at the Institute
8 Toxic Beauty
How Cosmetics and Personal Care Products Endanger Your Health And What You Can Do About It
by Dr. Samuel S. Epstein and Randall Fitzgerald
14 Treating the Person—Not the Disease
Looking at the difference between curing and healing
by Antony Chatham
16 Diagnosis: Brain Tumor
The story of Erin DeNardo
by Babs E. Keller
18 How My Horse Beat Cancer
Our beloved Duquessa develops a large tumor in her mammary glands
by Bonnie Wishney
20 A Raw Food Doctor in NYC
Dreams of becoming a doctor of nutrition in the Big City
by Lilli Link
22 The Promise
24 Kick the Sugar Habit
How to beat your craving for sugary foods
by Nancy Desjardins, R.N.C.P.
26 Leveling the Pyramid
The hierarchy of needs
by Andy Bernay-Roman
28 Health Can Begin Skin Deep
Radiance Age-Defying Creme
by Dr. Tom Fitzgerald
30 Where Living Bodies and Live Nutrition Unite
The Soma Center offers a variety of raw and living specials everyday
by Erin Girling
32 Is Danger Lurking in those Energy Drinks?
One bereft mother tells a cautionary tale
by Marlene Boudreault
34 A Change In Mind Can Change Your Health
Studying mind/body medicine
by Carl Simonton, M.D. and Janet Hranicky, Ph.D.
38 Collision Course With Death Averted
Brian Town’s story
40 Reverse
Naturally Occurring CoQ10
41 Getting Juiced About Juicing
An excerpt from Dr. Ginger's new book, Know More Than Your Doctor About The Healing Power of Green Juices
42 Life Lessons Go To School
Cultivating a vegan lifestyle at Montessori school in Canada
by Eleanor Wilson
45 Making a Killing
The Untold Story of Psychotropic Drugging
Film Review by Babs E. Keller
46 Healthy Nutrition by Example
Teaching proper eating to children
by Dany Culaud
48 Burgeoning Brain or Bust
Anatomical studies of the brain
by Dr. Brian Clement
50 The Ultimate Power of Raw Vegan Protein Powder
Sun Warrior Protein
by Scott Josephson

Next Issue: Health Care Fraud
What is apparent is how many people's thoughts have derailed their lives. Inspired in their youth with big dreams and grand visions, they somehow lose their way and begin to erode their potential. Almost like leaves falling from an autumn tree, they end up bare and without direction. It is central to our health that we consider what is most important to us. Recently, we all have been forced to reflect on our financial security and our lives. The economic downturn we see mirrors our failing health and happiness. When our priorities are wrong and we try to find fulfillment in purchases rather than passion, it never works out right. The same holds true when we fill our bodies and minds with negative food or thoughts: we nourish disaster.

Now we have an opportunity to humble ourselves and open our eyes so our minds and hearts can renew in the light of progress. We here at Hippocrates have an exceptional opportunity to spend thousands of hours with people at crossroads. Will I survive? Do I respect myself enough to do my best? Am I strong enough to embrace a health-building lifestyle? Do I want to die or live? These are some of the poignant questions that these engaged people ask themselves. It is a pleasure to work with them when they select a positive direction. This entire process begins and develops in the mind. When this concept is taken to heart, we can reach higher levels of health and consciousness. The “psychology of well-being” tells us that a concept we create in our minds, can physically create changes in reality. To live a life free of disease and sadness, you must commit to action. When you don’t, when you hedge, hesitate, debate and don’t act, you dramatically increase your vulnerability. The result is not only physical disorders but, more importantly, psychological distortions. When we are consistently confused and without focus, we allow the mind to be filled with nonsense.

While speaking on the west coast, an attractive middle-aged alumni of the Institute engaged the group we were addressing. In a forceful tone that was unwavering and authentic, she asked the people who filled the auditorium if they were hobbyists or realists. She said when she was diagnosed 10 years ago with stage four cancer and schizophrenia, all within a week, she casually moved in the direction of natural healing. Believing the same magic that mainstream medicine promises - “You don’t have to participate in your own healing,” - she did not participate in hers. “As a hobbyist for two years, I struggled and did not understand why I was not well,” she said. “Finally, I surrendered to a friend who strongly advised that I attend the Institutes Life Change Program. Boarding the plane reluctantly, and, even more reluctantly walking into the front door of the Grand Hacienda, I was already setting myself up for failure. For the first four days, I perceived I was getting worse. I continued to whine to anyone who would listen. On the fifth day, I was angry that I had an appointment with the Hippocrates Psychotherapy team. Huffing and puffing, fully prepared not to utter a word, I rapidly became disarmed when the therapist hit the right button. It was as if a dam released all of its content in 30 seconds. Humbling myself and accepting that I had created my own disorder liberated me, freeing my sense of realism. Now, a decade later, I am not only cancer free, but have become a therapist who helps to lead the weary and lost back to themselves so that they can experience their own humanity at the deepest and most significant level.”

Your well-being is personal. When you’re absolutely committed to moving beyond your limitations, the power you have is endless. Stand tall, clarify thought, speak truth, live to the maximum and life will once again become your best friend.
We Provide You With The Tools You Need To Save The World...

For nearly three decades we have been training Certified Health Educators to enable them to make a difference in this world. Having the tools and the knowledge of Hippocrates’ 50+ years of experience builds the self-confidence that can inspire and teach others to make and maintain important lifestyle changes required to attain and maintain 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 an amazing array of natural health modalities, including but not limited to:

- Enzymatic Nutrient
- Anatomy & Physiology
- Physical Fitness
- Aromatherapy
- Live Food Preparation
- Marketing & PR Essentials
- Live Cell Microscopy
- Sprouting & Composting
- Natural Therapies
- Life Counseling Skills
- Iodine
- Reflexology
- Science of Living Foods
- Presentation Skills
- Art Therapy
- Proper Supplementation
- Neuro-Linguistic Programming

Call our Health Educator Coordinator to begin your transformation:

- Proper Supplementation
- Presentation Skills
- Science of Living Foods
- Basic Counseling Skills
- Sprouting & Composting
- Live-Cell Microscopy
- Marketing & PR Essentials
- Physical Fitness
- Anatomy & Physiology
- Enzymatic Nutrition

...One Person At A Time.

Bone Densitometry DEXA

A spectacular state of the art unit is currently being utilized at HHI to determine extremely accurate bone density diagnostics. This apparatus will help anyone easily understand their bone density and decrease any risks.

Osteoporosis is the loss of bone density that can lead to serious fractures, including disabling hip fractures. It affects more than 25 million Americans, about 80% of them women sometimes due to the lack of hormonal protection. Osteoporosis represents a significant cause of morbidity and mortality. Maximum bone density occurs in the early 30’s, with a progressive decline thereafter. Because of the age dependent bone loss, all individuals are at risk for potential fractures. In fact, over one million fractures occur each year with the vast majority occurring in post-menopausal females. Other risk factors for osteoporosis include Caucasian race, low body fat, short stature, sedentary lifestyle, positive family history, smoking, hyperthyroidism, frequent alcohol use, mal-absorption problems, certain medications (anticoagulants, steroids, anticonvulsants, excessive thyroid hormones), anorexia nervosa/ bulimia, early menopause, amenorrhea and low testosterone levels in men.

Up until now, most procedures that assessed BMD involved intense X-ray exposure, were usually costly, and were available at very few health care sites. HHI has incorporated the use of the accu-DEXA system, and new methods have been approved for the treatment and prevention. With accu-DEXA, you’re exposed to 0% of the radiation of conventional and dangerous X-rays, and the accu-DEXA system gives a reading in just 45 seconds. Assessing your bone mineral density is a routine practice for the treatment and prevention. With accu-DEXA, you’re exposed to 0% of the radiation of conventional and dangerous X-rays, and the accu-DEXA system gives a reading in just 45 seconds. Assessing your bone mineral density is a routine practice for the treatment and prevention. With accu-DEXA, you’re exposed to 0% of the radiation of conventional and dangerous X-rays, and the accu-DEXA system gives a reading in just 45 seconds. Assessing your bone mineral density is a routine practice for the treatment and prevention.
The founder of AVEDA, Horst M. Rechelbacher, calls *Toxic Beauty* the most important book of the decade. In their book, Dr. Samuel S. Epstein and co-author Randall Fitzgerald reveal the disturbing truths about the harmful ingredients in your cosmetics and personal care products that the industry and the FDA (The Food and Drug Administration) would rather you not know.

According to Dr. Epstein, the 1938 Federal Food, Drug and Cosmetic Act does not require cosmetics, personal care products or their ingredients be approved as safe before they are sold. The FDA's oversight begins only after you, the consumer, have used the product.

People take for granted that cosmetics and personal care products are safe to use because they have been tested. We would like to believe the soap, shampoo, toothpaste, deodorant, perfume and lipsticks that we use everyday are harmless and that we can enjoy them without concern for our health. But there are more than 10,000 cosmetic and personal care products on the market today in the United States and very few have ever been assessed for their safety.

Did you ever hear the saying, “Don’t put it on your skin if you wouldn’t put it in your mouth.”?

Our skin is only 1/10 of an inch thick and highly permeable. Skin is the body’s largest organ (approximately 10 sq. ft. if laid out like a rug) and this porous membrane is highly sensitive to toxic chemicals. What we put on our skin affects our health more than what we put in our mouth. Dr. Epstein discusses how the carcinogens in these beauty products create greater cancer risks than eating contaminated food. That’s because the chemicals you swallow can be somewhat detoxified by enzymes in the liver. We expose ourselves to the carcinogenic ingredients in commonly used personal care products daily, year after year. And the daily exposure is also frequently prolonged when we let the products sit on our skin rather than immediately wash them off.

This provides increased opportunity for absorption. To make matters worse, most of the products on the market today contain penetration enhancers - designed to deliver a more complete or lasting effect. But in doing so, they make our skin even more permeable, helping other ingredients to penetrate the skin more easily and deeply (very dangerous if those ingredients are toxic). The latest penetration enhancer: nanoparticles, added to make skin cream products absorb deep into the skin, into the bloodstream and through the entire body with unpredictable toxic effects. These toxic ingredients produce cumulative effects.

And we aren’t speaking only of grown-ups. Think of all the powders and lotions marketed for babies. A baby’s skin is dramatically more sensitive to carcinogens than adults and their fast metabolism means absorption of any kind of lotion or powder product is exacerbated. According to a 2008 survey in the PEDIATRICS journal, babies who were recently shampooed, rubbed with lotion or were powdered were found to have elevated levels of phthalates, a disease-causing chemical, in their urine.

In 1994 and again in 1996, the Cancer Prevention Coalition (CPC) and the New York Center for Constitutional Rights (NYCCR) petitioned the FDA to demand talc genital dusting powder be labeled with a cancer warning. The FDA denied this petition. In 1997, Sen. Edward Kennedy publicly urged the FDA to place a cancer warning label on talc products (as well as other products containing known carcinogens) and to this date, the agency has still not responded.

Hormone disrupters (preservatives, detergents, solvents, sunscreens, etc.) are chemicals that are harmful to the body’s endocrine system (the adrenal, thyroid and pituitary glands, ovaries, pancreas and testicles). When our body mistakes these synthetic chemicals for its own natural hormones, our body’s natural process is disrupted.

**How Cosmetics and Personal Care Products Endanger Your Health And What You Can Do About It**

by Dr. Samuel S. Epstein and Randall Fitzgerald Book Review by Babs E. Keller
While it is difficult to control our exposure to the carcinogens in our air and water, what we put on our skin is something that is truly up to us... should we choose to educate ourselves.

The sad fact that we have been losing the war against cancer is made more so because so much of it is avoidable. According to Dr. Epstein, a 1990 survey taken in many major industrialized countries showed that cancers not related to smoking are responsible for about 75 percent of the overall increased occurrences of cancer since 1950. The air we breathe, the water we drink, the food we eat, the prescription drugs we take, and the cosmetics and personal care products we use have become pervasively contaminated with toxic carcinogens and we are continuously (and unknowingly) exposed to a huge amount of 'avoidable' carcinogens that can have long-lasting neurological, reproductive, and immunological effects.

**Toxic Beauty** is an excellent eye-opening read that encourages us to learn about the harmful effects of the products we use almost every day. And because we cannot depend on the industry to take any action that does not serve its best interest, this book helps us in the absence of warning labels to identify those products that are killing us.

How bad can these products be? Dr. Epstein illustrates with an example from 1933. That year, dozens of women went blind as a result of using a product designed to whiten skin. Women were attracted to this health and beauty product, but they were not aware of the damage that was done to their skin. Another product, a face powder, was found to be killing women in large numbers. Wealthy wives of noblemen couldn't buy it fast enough! And there was another product, called Lash Lure, a synthetic aniline dye marketed as an eyelash and eyebrow colorant. Aniline comes from coal tar and is also used in hair colorings. But even after 10 years because the FDA did not warn the consumers, the wealthy wives of noblemen couldn't buy it fast enough! The more beautiful these women became, the more affectionate their husbands were with their kisses….. and the faster they died from the toxic facial powder. Toffana was executed as an accomplice in the death of an estimated 600 husbands.

Today there is such a preoccupation with appearing youthful that the cosmetic industry has been inspired to produce a line of products known as cosmeceuticals which are now the fastest growing sector of the cosmetic industry and yet one of the least scrutinized.

The most disturbing truth about these cosmeceuticals is that the great majority of them have highly questionable (if any) benefits and that many of their ingredients make them very toxic. Cosmetics are a huge and immensely profitable billion dollar business. Dr. Epstein quotes Sen. Kennedy's warning to us more than 10 years ago… "The cosmetic industry has borrowed a page from the playbook of the tobacco industry by putting profits ahead of public health."

**Toxic Beauty**, although manufacturers are not required by law to provide evidence of their product’s safety, the FDA certainly does have full authority (if it so chooses) to protect us from dangerous products by requiring clear warning labels on every product that contains dangerous ingredients. It also has authority to require product labels identify any ingredients that have not been tested for safety by including these words: WARNING. THE SAFETY OF THIS PRODUCT HAS NOT BEEN DETERMINED. However, with very few exceptions, the FDA rarely chooses to exercise this authority. And if manufacturers do decide to test the safety of its ingredients, the results are kept confidential because, at this time, safety testing is voluntary. Not even the FDA has access to this information nor is the agency informed that the test was done. The industry is also not required to disclose the identification of a product's ingredients because they argue doing so will expose the company's trade secrets. But if companies do disclose the ingredients, the labels are so chock full of complex chemical terms that very few of us could even understand what they were.

**Toxic Beauty** is intended to provide guidance on how to read and decipher these baffling and often misleading product labels. The cosmetics and personal care products industry continues to market its products by boasting that if the products were harmful, the FDA would certainly alert the public. We, as consumers, have a fundamental right to know and understand what toxins are in our cosmetics and personal care products.

And buyers should know that while most of us would think the label "natural" would mean something taken directly from nature, synthetic chemicals may legally be tagged with "natural" without repercussion.

And don’t be fooled when you see a product labeled "fragrance free." Manufacturers may add unidentified fragrance ingredients to mask foul odors generated by other chemicals and still call it a "fragrance free" product because fragrances are treated as valuable trade secrets and you know what that means. They do not have to list the chemicals on the labels. Watch out for products that are for "professional use only" because they don’t have any ingredient labeling requirements. And you probably were not aware that the FDA does not require manufacturers to skin test those products marketed as "hypoallergenic, allergy tested or safe for sensitive skin."

And because hidden carcinogens are not intentionally added to the cosmetics and personal care products, labeling them is not a requirement. We must realize that we are foolish to believe and trust that the FDA would alert us to products that contain threats to our physical health and emotional well-being.

The authors tell us many European governments do what ours will not, enforcing a policy that declares ‘harm to consumer health should not be established before corrective action is taken and that manufacturers would need to prove their product ingredients were safe before putting the products on the market.’ However, the American public is beginning to wake up and a quiet revolution in our academic approach towards exposure to these toxic materials is now happening. Consumers are speaking up and banding together in efforts to punish irresponsible chemically-hounded companies by simply not buying their products. Everyday new companies with safe alternatives are emerging, and consumers need to make the intelligent choices. Products that have hidden ingredients need to be labeled with red flag warnings similar to those cancer warnings on cigarettes.

These product warnings should not substitute a ban or a total phase-out of toxic ingredients in the products we use. Human health and safety must take priority. There needs to be restrictions on claims of confidentiality by corporations trying to withhold ingredient ‘recipes’ for the purpose of protecting their trade secrets. As consumers, we cannot believe that it is safe to use products that have the sometimes misleading labels "natural" or "organic" because we cannot assume the product contains only safe ingredients. Remember, arsenic is natural, but it is hardly safe to use in personal care products.

According to **Toxic Beauty**, this is an excellent eye-opening read encouraging us to educate ourselves about the harmful effects of the products we use almost every day and it shows us how to identify those products that are killing us when warning labels don’t. We cannot depend on the industry to take action because it is in its own best interest. This book provides an excellent resource with many charts of harmful ingredients, their effects, and a list of safe alternatives. It also refers consumers to useful websites (such as www.DRUGSTORE.COM) that feature cosmetics and personal care products along with a complete list of ingredients and relevant warning labels.
Expand Your Mental Horizons
and Your Natural Health Library
With These Great Selections...

- Healthful Cuisine
  Anna Maria Clement, Ph.D., N.M.D., and Chef Kelly Serbonich
  $21.95

- LifeForce
  Brian Clement, Ph.D., N.M.D., L.N.C.
  $16.95

- Living Foods for Optimum Health
  Brian Clement, Ph.D., N.M.D., L.N.C.
  $18.95

- Belief - All There Is...
  Brian Clement, Ph.D., N.M.D., L.N.C.
  $7.95

- Health & Healing
  Anna Maria Clement, Ph.D., N.M.D.
  $19.95

- Spirituality - Healing and Life
  Brian Clement, Ph.D., N.M.D., L.N.C.
  $9.95

- Exercise - Creating Your Persona
  Brian Clement, Ph.D., N.M.D., L.N.C.
  $7.95

- The China Study
  T. Colin Campbell, Ph.D., and Thomas M. Campbell, II
  $18.95

- The Sprouting Book
  Ann Wigmore
  $9.95

- The Wheatgrass Book
  Ann Wigmore
  $9.95

Order Yours Today From
The Hippocrates Whole-Life Market
by calling 561-471-8876 ext. 124
or visit us online at
www.hippocratesinstitute.org
When people detox physically, they also detox emotionally. When one is challenged by a major illness or disease, they also detox emotionally. When one is challenged by a major illness or disease, they also detox emotionally. When one is challenged by a major illness or disease, they also detox emotionally.
Erin’s life was fabulous - she was a smart and beautiful fashion model traveling the globe at only 23 years old - with an exciting future in front of her. Erin didn’t know it, but her life was about to take a tumble.

One of four children, Erin was born and raised near the New Jersey shore, in the mid 1980s. She moved to New York when she was 18 to attend Hunter College where she studied nutrition and science, but her life changed when she was catapulted to the world of fashion modeling when she was discovered by an agent. She spent several years in New York, and then Los Angeles, building a portfolio with clients from Levi’s Jeans to Ban Deodorant, from television commercials to the hit TV series “Project Runway.”

Although Erin loved to travel and enjoyed the spotlight and excitement of her career, she was very close with her family and missed them a great deal. She visited them as often as possible. She adored her sisters and was close with her family and missed them a great deal. She continued to support him and intended to help him turn himself around during his recovery. Erin had always been health conscious and during different periods in her life she kept different diets, at one time working at a raw food café in Los Angeles. She didn’t adopt any one diet 100 percent, but had followed macrobiotic, vegan and raw food diets off and on.

It wasn’t very long before the fashion industry beckoned and Erin was on her way to Tokyo for a photo shoot. But she had an intuition that something wasn’t right. She couldn’t put her finger on it, but the feeling was strong enough for her to consider canceling the project before she even left New Jersey. In the end, despite these concerns, she did the job and quickly returned home.

The migraines began shortly thereafter - migraines that blurred her vision and inflicted severe pressure in her head. The symptoms would come and go, but appeared with more and more frequency. Erin was waiting for her medical insurance to come through and didn’t want to see a doctor until she was certain she was covered. But sensing urgency, Erin’s mother arranged to have her own doctor see Erin at no cost. A CAT-Scan of her brain showed a tumor the size of a golf ball. The doctor said it needed to be removed as soon as possible as it was pressing on her brain. After three days of tests and MRI’s, Erin went through a seven-hour surgery. Nine days into recuperation in the hospital, the doctor informed her that the biopsy revealed the tumor was benign….but, they were unable to remove the entire tumor as they had hoped. Erin would need an additional surgery.

They were at home, recuperating before that second surgery, and it seemed like the longest week of her life. She kept wondering why this was happening - to her and to her father - and all at the same time. It was turning her family upside down. She took time to reflect inward and surrendered herself to God, asking for understanding. With Erin’s background in studying nutrition and holistic health, she understood how important it was for her to get strong and healthy again, and as soon as possible. She began drinking green drinks and wheatgrass juice several times a day. She would pray and meditate – and meditate and pray.

Erin’s mother was her rock - stronger than Erin ever had imagined. She gave her tremendous courage. She received unlimited support from her entire family, and was determined to get well for them. She resolved to do whatever she had to do and then heal quickly. Upon awakening from her second surgery, Erin opened her eyes and drank a large 32 oz. glass of green drink. The doctor said that the surgery went well and they were positive that everything was removed. He estimated that she could expect at least a six-month period, and he would like to see her again in three months to make sure everything was healing properly.

So Erin went home and she and her father, Bob, worked on recovering and getting healthy together. Bob, after seeing how wonderful Erin was doing, was staring to believe that there must be something good in those green drinks. Erin was getting stronger everyday and she was even starting to look forward to getting back to modeling. However, when Erin had her three-month follow-up MRI, she learned that there was a re-occurrence with the tumor and the doctor wanted to do a third surgery. And, this time, it was likely she’d have to follow-up with chemo and/or radiation therapy.

This is where her journey really began, Erin says. After serious contemplation, she made a decision not to have surgery because the tumor was going to just go away. Though fearful, her family supported her decision. With a courageous fighting spirit, Erin attended a three-week Life Change program at Hippocrates Health Institute in West Palm Beach, Fla. She’d heard about Hippocrates through the testimony of someone who has attended the institute, so she researched it online. It didn’t take long before she was convinced that this was the way to go.

She began drinking green drinks and wheatgrass juice several times a day. She would pray and meditate – and meditate and pray.

Hippocrates program consists of consuming 100 percent vegan and nearly 100 percent raw foods, consuming green drinks made from fresh organic vegetables and drinking fresh wheatgrass juice several times a day. The program educates participants about the importance of detoxification and proper elimination, and offers excellent seminars on alternative medicine, therapies and methods of healing oneself. Erin said that it was there, at Hippocrates, that she really learned how to focus and began a daily practice. Through contemplation, intuition, yoga and connecting with nature, Erin learned to listen to her inner voice. She surrendered all control and let God take her by the hand. She believes she was healed through trusting, through faith, through connecting with her heart, her body, her soul and her mind, now knowing that her brain was healed.

Erin’s next MRI revealed that “enhancement had dramatically decreased in size and appears to be gone.” Erin’s doctor was amazed and so proud of her, he encouraged her to continue whatever she was doing - because whatever it was - it was working! Erin felt blessed.

Today, Erin feels gratitude in her heart, gratitude to God for her life, for her family, her friends and for all those who have helped and supported her through their prayers and the charity benefits to help raise money for her uncovered medical expenses. She will never forget how this experience changed her life and gave her new direction.

In addition to doing photo shoots, Erin is a certified yoga instructor, a Reiki practitioner, and now studying to be a holistic health counselor. She and her father go for their periodic MRIs, do yoga together and both drink their wheatgrass juice and green drink every day.

Erin says this is all good, but, most important, she has learned that it is equally important to listen to what your own body is telling you. Erin hopes to be able to join her father very soon when he comes to Hippocrates for his very first time. The Hippocrates staff is looking forward to welcoming this inspirational father/daughter duo team.

If you’d like to contact Erin, she welcomes you to email her: pranashakti08@gmail.com.
T his picture of our sweet 21-year-old horse, Duquessa, was taken 8 months ago. In July of 2008, we began to notice that she was losing weight, becoming very lethargic, had no appetite. A large tumor had developed in her mammary glands. Three weeks later, she was still deteriorating and the tumor had grown much larger. We called our veterinarian who came out two days later. After the examination, she gave us devastating news: She suspected the tumor was cancerous and suggested we do a biopsy. When the results came back a week later, our worst fears were confirmed. Then we had to ask, “Is there anything we can do?” Our veterinarian was not optimistic about chemo or surgery. Due to the horse’s age and the progression of the disease, the vet told us to prepare for the end, which could be in weeks or a few months. At that point my husband and I discussed “putting her down” so she could be in weeks or a few months. After several days of crying and feeling sorry for our baby and ourselves, a light bulb suddenly went off in my head. I had worked at the Hippocrates Health Institute for several days of crying and feeling sorry for our baby and ourselves, a light bulb suddenly went off in my head. I had worked at the Hippocrates Health Institute for a few months ago, as she had not heard from us. She assured the worst. When we told her that Duquessa was recovering and making amazing progress, she did not really believe us. She asked to come to our house and see for herself. When she saw Duquessa, she was speechless and could not believe it was the same horse. She took dozens of pictures and wrote down all the changes we had made, including the Hippocrates lifestyle.

How My Horse Beat Cancer

by Bonnie Wishney

our story helps even just one animal to recover, or one veterinarian to see the possibilities beyond traditional medicine, we have accomplished a great deal.

How My Horse Beat Cancer

by Bonnie Wishney

our story helps even just one animal to recover, or one veterinarian to see the possibilities beyond traditional medicine, we have accomplished a great deal.

Each day Duquessa grows stronger, healthier and happier. We look forward to many more wonderful years with her. We are so thankful to Dr. Clement and Hippocrates Health Institute for their direction, their support, and their love for our four-legged family members. Every day we look at her and feel so blessed for the opportunity we have had to learn how to heal our horse and ourselves.
As the story goes, Wigmore mentioned to Dr. Link’s grandfather that she wanted to electrify the hand juicer she had been using to make wheatgrass juice. Her grandfather told her, “My son-in-law is very handy.”

And for the next 40, Dr. Link’s father manufactured the Wheateena wheatgrass juicer.

Dr. Link’s education about using diet and lifestyle to improve health began with Hippocrates’ three-week program, and continued a few years later with the Health Educator Program.

She has taken courses in nutrition and heart disease, nutrition and cancer, herbal medicine, and medical nutrition, among others. She completed a second fellowship in cancer epidemiology at Columbia University’s School of Public Health where she researched the relationship between diet and cancer.

For that fellowship, Dr. Link followed guests after they stayed at Hippocrates to report on their health. Her findings were recently published in two peer-reviewed journals.

But perhaps she has learned the most from her own experience with a primarily raw food diet over the last 10 years: the challenges, benefits and secrets to successfully eating raw.

Almost three years ago, Dr. Link opened a nutritional counseling practice.

As she puts it, any number of conventional physicians could prescribe medication as well as she could, but there were few who were equipped or even interested in guiding patients to better health through diet and lifestyle.

That’s where she had the most to offer.

Dr. Link says her approach has been formed by the combination of her conventional training, her education in alternative nutrition and her first-hand experience with a life-threatening illness.

Her practice’s motto: The knowledge of medicine. The power of nature.

Her patients come to her for things as simple as wanting to lose weight, eat better, or to resolve digestive problems. But they also come to seek help dealing with more dire challenges such as metastatic cancer.

At a first appointment, Dr. Link evaluates the patient’s medical history, does a full physical exam, reviews tests and develops a plan based on the health challenge and the patient’s own goals.

Some patients are ready to buy a juicer on their way home from the office and start eating raw at their next meal. Others make it clear that they are looking for a much less extreme change in their diet. Whatever the patients’ preferences, Dr. Link works with them to achieve their objectives.

Dr. Link emphasizes that she believes the raw diet, with vegetable juicing and wheatgrass juice is the most nutritious, alkaline, anti-inflammatory diet she knows.

“If someone is ready to start juicing and eating raw, that’s fabulous,” she said. “But if someone is not even sure she wants to give up her diet soda and dinners at her favorite restaurants, there’s no point in trying to get her to change in ways she is not interested.”

“It is my job to educate and inspire my patients to change the way they are eating and living, and to meet them where they are. Sometimes that means making simple dietary changes, and sometimes it involves a complete lifestyle overhaul,” Dr. Link said.

About a year after beginning her nutritional counseling practice, Dr. Link realized she needed a more effective way to help patients change what they were eating. She needed to get into their kitchens.

That is when she began offering Kitchen Makeovers. Depending on what the patient is looking for, a Kitchen Makeover could show a patient how to sprout and shop for healthy foods, or might involve purging the pantry and refrigerator.

Often, patients who come to Dr. Link are interested in alternative therapies, some of which are in conflict with their conventional doctor’s recommendations.

This can be confusing and stressful for the patient. With a foot in the medical world and another in the alternative, Dr. Link can often offer a third opinion to help make sense of the options.

As is written on the cover of her brochure and the home page of her website, www.linkmd.com, Dr. Link’s purpose as a nutritional counselor is to help her patients maximize health and minimize medications. In her quiet, cozy office on the Upper West Side of Manhattan, she is doing just that.
Honor

The ideals of healthful living, healthy minds, healthy attitudes, and harmonious existence for all humanity.

Inspire

Inform, initiate positive thought, and improve the quality of life for each individual.

Provide

Perpetual knowledge in the quest for wellness, longevity, and an inherent pure lifestyle for all.

Precipitate

Personal independence, peace within, and encourage the rediscovery of passion and self-confidence.

Offer

Optimum health through living food, nutrition, exercise, and acceptance in the conquest of a superior lifeforce.

Create

Choices to guide each and every being through the experience of life-changing transformation, and bring about a greater moral strength in oneself.

Restore

Faith, hope, and enthusiasm by providing the tools necessary on the journey to rediscover total responsibility in one’s life.

Achieve

The greatest happiness for the greatest number of people.

Transcend

Negativity and develop truth and trust that centers on humans, their values, expectations, worth and aspirations.

Embrace

Enlightenment, and provide encouragement to all those who come through our doors.

Support

Self-healing, spiritual health, self-respect and raise the state of consciousness for all who wish to bring greater vitality into their lives…

Always remember, we are saved by choice, not by chance.

Bonnie Bracco-Wishney

We Also Deliver -

Bring The Life Change Program Home Today
Call 561-471-8876 or Order Online at www.hippocratesinstitute.org

Receive the core elements of the Life Change Program delivered by Drs. Anna Maria and Brian Clement on DVD or CD.
Like many people, I was sugar-addicted for years. I ate sugar all the time and found that, once I started, it was difficult to stop. If I had anything sweet in the morning, then I’d yearn for more sweets in the afternoon and then, again, after dinner. It was ridiculous, really, but I couldn’t help myself.

I noticed that I was moody and anxious without really knowing why. I became irritable and found myself snapping at my friends and family. I lost my temper easily and I realized that I was feeling worn out and falling ill frequently.

As I observed these symptoms in myself, I began noticing similar symptoms in my clients. Along with the symptoms I noticed in myself, they suffered with chronic fatigue, bloating, constipation and skin problems. I searched for a common thread that might explain all those shared symptoms.

I turned out the common thread was sugar. They all described their unquenchable craving for sugary foods and how difficult they found it to overcome these cravings. As a nutritionist, I knew I had to have a deeper understanding of how sugar behaves in our bodies.

As I studied, the more frightened I became. The research I found compared sugar to heroin. As a nutritionist, I knew I had to have a deeper understanding of how sugar behaves in our bodies.

Refined sugar is stripped of all its nutrients. In order for our body to process this substance that has no nutrients, it must rob its own reserves of vitamins and minerals. When the body looks for nutrients to steal, it targets key minerals, such as calcium, from the bones and teeth. Since calcium is the primary mineral the body uses to neutralize high acid in the cells, we could be left with “toxic” minerals when there is not enough calcium left to fight off those high acids. That may then lead to your immune system becoming toxic, resulting in dental plaque, osteoporosis, arthritis, kidney stones and even hardening of the arteries. Sugar alters our blood chemistry.

Critical enzymes are unable to do their job when minerals are depleted. The imbalance that is created disrupts proper digestion. When this ill-digested food gets into the bloodstream, it can become a target of our own immune system, which interprets it as a “foreign” substance. Then it’s easy to become sick when your immune system is too busy fighting elsewhere to ward off diseases.

Because sugar is so difficult to break down, the body must use a lot of vitamins and minerals just to try to use this toxin. A sudden influx of sugar, even just a tablespoon, creates a strain on the body. It takes everything it has, such as sodium, magnesium and potassium, just to restore balance. In other words, sugar creates a chaotic mess in our bodies that takes much of our healthy resources to restore.

Sugar doesn’t stop there, though. At first, sugar is stored in the liver in the form of glycogen. But with a daily diet of refined sugar, the liver swells. This causes a buildup of sugar—now in fatty acid form—to pour into the blood. And where does it go from there? The frustrating and annoying answer is that it goes to inactive areas like the heart, breasts, belly and thighs.

Eating sugar kills off the “good,” or symbiotic, bacteria that is needed in the intestines. Depression, fatigue and confusion can result from this reaction. The brain needs glutamatic acid to function properly. B vitamins help glutamatic acid divide the brain’s stop-go responses. Without the “good bacteria” to process the B vitamins, sleepiness, forgetfulness and fatigue may occur, and confusion can occur.

In the long term, it can lead to Alzheimer’s Disease or dementia and depression.

Raymond Francis, MIT graduate and expert in vitamin science, explains sugar’s addictive qualities: “Animal studies show that regular consumption of sugar causes long-lasting changes in brain chemistry, similar to those caused by street drugs such as cocaine or heroin. These changes mean that even a single exposure to sweet, salty or fatty foods will change gene expression, stimulating opioids in the brain. These pleasure chemicals are addictive.”

Half of the ingredients in breakfast cereal is made of sugar and 2/3 cup of fruit-flavored yogurt is loaded with 7 teaspoons of sugar. An innocent bowl of tomato soup contains 8 teaspoons and a small bottle of orange juice can contain 10.5! It’s no wonder many of us suffer with this insidious addiction. What? Head off to work without that latte or Super-Gulp? Don’t eat those cinnamon rolls as you rush out the door. Avoid anything with refined white sugar.

Millions of calorie-conscious consumers are turning in fear from eating sugar to eating sweet chemicals instead. But if artificial sweeteners are sweeter, they aren’t as healthy.

Animal studies show that regular consumption of sugar causes long-lasting changes in brain chemistry, similar to those caused by street drugs such as cocaine or heroin.

The key is knowing that some of the foods we eat make us sick. They can even, eventually, kill us. Experts have known and understood the necessity of a healthy diet for millennia.

No one said such changes in lifestyle and eating habits are easy. No doubt about it: It’s a challenging and difficult endeavor for most of us. It involves not only physical activity, but also mental determination and old-fashioned stick-to-itiveness.

Every component of healthy living—eating right, exercising, avoiding smoking and alcohol (and the list goes on)—has a huge impact on our health and wellness.

Instead of reaching for pills that mask the cause of our misery, we must learn to pay attention to what our bodies are telling us. The best way to take care of ourselves is to engage in healthy approaches to how we deal with our problems. These approaches need to be natural and efficient with preventive medicine becoming a way of life. Those who practice preventive approaches to health enjoy happier and cleaner lives with more productive and positive attitudes.

Nancy has been juicing for the past 15 years and I can’t stress enough how keeping your menu to liquids in the morning is an excellent way to aid your body’s natural repair cycles. Imagine what it might be like to drink in some of nature’s most beneficial components, like liquid sunshine.

Do you know how good the sun feels on your skin? Along with many of my clients, I like to start the day with a cleansing green drink because of all the alkaline minerals found in leafy greens. The greener the better.

Green juices are fantastic for the morning. Because our bodies are usually far too acidic, green juices give us a balancing, settling way to help flush out all of the bad things while imparting the good ones.

Yes, those smoothies are excellent for your breakfast, and they are much better than breakfast cereal that contains fifty percent sugar. If you want to stop your craving, green drinks are your magic potion.

The less healthy your habits, the faster you see the signs of aging. The connection between diet, health and aging is not a new discovery. I’ve come to the realization that the only method to ensure a long and healthy life is to curtail the amount of food I ingest on a daily basis.

But that doesn’t mean we have to deprive ourselves. The key is knowing that some of the foods we eat make us sick. They can even, eventually, kill us. Experts have known and understood the necessity of a healthy diet for millennia.

No one said such changes in lifestyle and eating habits are easy. No doubt about it: It’s a challenging and difficult endeavor for most of us. It involves not only physical activity, but also mental determination and old-fashioned stick-to-itiveness. Every component of healthy living—eating right, exercising, avoiding smoking and alcohol (and the list goes on)—has a huge impact on our health and wellness.

Instead of reaching for pills that mask the cause of our misery, we must learn to pay attention to what our bodies are telling us. The best way to take care of ourselves is to engage in healthy approaches to how we deal with our problems. These approaches need to be natural and efficient with preventive medicine becoming a way of life. Those who practice preventive approaches to health enjoy happier and cleaner lives with more productive and positive attitudes.
Leveling the Pyramid
by Andy Bernap-Roman

I’m thirsty and go to a well that has no water, my thirst doesn’t disappear because I can’t get any water from this well. My need turns to pain. Thirst with no water is not pleasant, but dehydration hurts and damages the body. Social and emotional needs not met also lead to pain and trauma, and both manifest themselves in the body. Social psychologist Erik Erikson elucidated a timeline of universal, human developmental needs. As we grow in stages from infancy to adulthood, we are faced with certain tasks that must be met in each stage along the way. We either successfully accomplish these tasks, or biologically get stuck in time, in some past developmental need. Unmet needs at any age cry out to be fulfilled. The body uses its resources to either act out or repress unmet needs. Both can be draining. Both can result in stressful living and unconscious strategies of struggle.

The hierarchy of needs

If you were lost in the desert and could have only one thing, what would you choose: a warm jacket or a great novel? Clearly, the need dictates the choice. Although you might want the latest TV or a good book, thirst and your need for warmth dictate that you choose the water and the coat. A natural hierarchy of needs guides us to make the right choices. Sometimes we align with biology, sometimes we don’t. In the end, biology rules.

The need pyramid

Abraham Maslow, a great pioneer of humanistic psychology in the 60’s, came up with this chart to illustrate the hierarchy of human needs. Like a pyramid, he said, the bottom foundational needs must be met before the higher needs can even be addressed. “Being Needs” sit on top of “Deficit Needs.” In this model, the body comes first, social needs come second and self-actualization last. That means if you have a physical ailment, you must address it before you can actualize your ability to be socially fulfilled, or fully live out your capacity to be creative or self-reflective.

Who is in the pyramid?

Maslow’s pyramid translates into physical ailments with super-nutrition and the right lifestyle, we don’t believe in starting from the ground up UNLESS we also believe that fulfilling the Being Needs at the top of Maslow’s pyramid translates into physical well-being. Hippocrates doesn’t just work from the bottom up. We help guests rally at the level of Being (substitute the word personhood, or self-esteem, or acceptance, or empowerment) in the face of illness. We witness that invisible main boosting physical health every day. We help guests heal their lives, make whole their relationships, their abilities day. We help guests heal their lives, make whole those aspects of a person which thrive in it. Healing is to make whole. Wholeness rejects fragmentation. Disease thrives in it. Healing is to make whole. Wholeness is a feeling available at any stage of physical healing, and it is one that furthers health. Feeling good physically clearly makes a person to feel good otherwise, and feeling good inside invites the body to follow suit.

Needs not met

What happens when needs are not met? One thing is for sure they don’t just go away. If

Whoa, is the hard stuff over? Heh! I want to go to a well that has no water - even though biology clearly recognizes that water will save a life and TV only distracts from or entertains it.

We see guests rediscover the ways of their own bodies, their needs included. We see guests explore and embrace old needs never met, but newly emerging - like the need for authentic human communication, loving touch, and joy. We see guests cry at the reunion with themselves. We see guests wake up to the possibility and reality of feeling good at every level, and we see them shed the pain of all those needs unmet. We see people finally knowing what’s good for them and what’s not. These are empowered people.

Although detox focuses primarily on elimination of garbage, that alone isn’t enough. That’s like trying to dump darkness as a way to bring in light. Doesn’t work. Darkness is simply the absence of light. If dumping darkness doesn’t bring in light, Light, by its very nature, dispels darkness. Bringing in more light automatically makes more room for light. Super nutrition is the light. Loving community is the light. Sheding the pain of unmet needs, and accepting responsibility for our own wellness is the light. Shifting from struggle mode into a creative orientation is the light.

Meeting our ‘Lower Needs’ might take us to a high plateau on Maslow’s pyramid, and might help energize us enough to integrate and finalize hurts from the past, but ultimately it is the love and consciousness at the heart of the healing process that liberates us, and takes us all the way to the peak. From that vantage point, we naturally want to eat well and feel right. Welcome to the peak and the frontier of wellness.
Health can begin skin deep

Radiance Age-Defying Creme

by Dr. Tom Fitzgerald

As the researcher and developer of this unique product, I must say this adds a new dimension to the delivery of core nutrients vital to every living cell in your body.

Prior to the Radiance formula, there was only one way to deliver essential nutrients to the body: through the digestive system. In my 50 years of alternative health care, I have never met the person with a perfectly intact digestive system.

Digestion is simply defined as the process in which food is taken in, food is used and food is eliminated. Few people have problems with that first step, but the last two often prove disastrous. The complexities of the digestive system are enormous. Let’s expand on our to include ingestion, digestion, assimilation, absorption and elimination. When these five steps happen properly, the body’s cells live, and die and are replace in a timely fashion by mature healthy cells. Every second of our lives, 200,000 cells (vions of our immune system) die off and must be replaced as previously described.

Toxins in our environment can challenge that process. Currently there are 70,000 known environmental toxins. It is often said that we are environmentally controlled. All that said, our bodies work through this process at an immeasurable speed. (Battling these forces isn’t just for grown-ups. The average child born today is already the recipient of 278 toxins passed on through the mother’s birth cord.)

On top of these assaults, add the remedies we use for our health and to beautify our skin - drugs and cosmetics. So how do we fight back? What is one to do? It all starts with the food. You really are what you eat. Preparing food properly is just as important as eating the right food in its most nutritious form. Hippocrates Health Institute excels at all aspects of this. That’s why it is a leader in this field. I have never seen such happy smiling faces as when I visit Hippocrates.

It is as if the weight of the failed digestion and toxins has been lifted.

When our bodies put food to use, it puts the stuff that can’t be broken down, excrusted or stored in our skin and fat cells. This is also where toxins, free radicals and cancer cells are stored. Radiance gets under your skin, delivering nutrients and removing wastes through the blood and lymphatic capillary systems.

Common skin problems

There are more than a thousand conditions that may affect the skin but most skin diseases can be categorized according to nine common types.

Rashes

A rash is an area of red, inflamed skin or a group of individual spots. These can be caused by irritation, allergy, infection or underlying disease, as well as by structural defects. For example, blocked pores or malfunctioning oil glands. Examples of rashes include acne, dermatitis, eczema, hives, pityriasis rosea, and psoriasis.

Viral infections

These occur when a virus penetrates the stratum corneum and infects the inner layers of the skin. Examples include viral skin infections include herpes simplex, shingles (herpes zoster) and warts. Some systemic viral infections, such as chicken pox and measles, may also affect the skin. Viral infections cannot be cured with antibiotics.

Bacterial infections

Such infections are caused by a variety of bacteria, the most common types being staphylococci and streptococci. Bacteria may infect the top most layers of the skin, the follicles, or the deeper layers of the skin. If not treated correctly these infections may spread through the body. Examples include impetigo, cellulitis, foot and toe infections. Antibiotics are effective against bacterial infections.

Fungal infections

Harmless fungi are always present on the surface of the skin. Infection occurs when these organisms enter into the body. These infections are usually superficial, affecting the skin, hair and nails. Examples include athlete’s foot, jock itch and ringworm. However, in people with suppressed immune systems or those who have been taking antibiotics long term, the fungi may spread to deep within the body, causing more serious disease.

Parasitic infections

These infections occur after exposure to parasites such as lice and scabies.

Pigmentation disorders

The amount of pigment in the skin is determined by the amount of melanin being produced by the body, loss of pigment (hyper-pigmentation) can be caused by an absence of melanocytes, malfunctioning cells, exposure to cold or chemicals, or some types of infection. An increase in pigment (hyper-pigmentation) may be caused by skin irritation, hormonal changes, aging, a metabolic disorder, or another underlying problem. Age spots, freckles, and melasma are examples of hyper-pigmentation.

Tumors and cancers

These growths arise when skin cells begin to multiply faster than normal. Not every skin growth is cancerous. Some tumors are harmless and will not spread. skin cancer is the most common of all the cancers, affecting 800,000 Americans each year. It is caused, in 90 percent of cases, by sun exposure. The three types of skin cancer are: basal cell cancer (the least problematic), squamous cell cancer (which may grow and spread), and malignant melanoma (the most complicated). Prevention involves protecting the skin against damaging ultraviolet rays. Early detection helps to improve the chance of a cure, so regular self-examinations are recommended.

Trauma

Trauma describes an injury to the skin caused by a blow, cut or burn. Any time the surface of the skin is broken, the body becomes more susceptible to infection and disease.

Other conditions

Wrinkles, rosacea, spider veins and various veins are among those conditions that cannot be neatly categorized. Wrinkles are caused by a breakdown of the collagen and elastin within the dermis, which results in sagging skin. Rosacea is a long term disorder in which the skin of the face becomes red and develops pimples, lesions and more rarely enlargement of the nose. Its cause is unknown. Spider veins and varicose veins become apparent when blood vessels enlarge and become visible through the surface of the skin.

Caution: You may become “Just another pretty face”!

Restore Your Skin To It's Origin

- Gives you an immediate toned and youthful look
- Fights damaging lipid peroxidation and protects the skin mitochondria from dangerous free radicals
- Our advanced technology extracts the delivery of the key ingredients to the very core of your skin problems, bringing unbelievable results
- Tightens the skin to reduce sagginess
- Stimulates the facilitating effects of the epidermal growth factor
- Prevents skin dehydration

RADIANCE
Hippocrates The Psychology of Well-Being

Thai, Tacos and Hummus. Those left with room for dessert following those delicious raw patés, salads, entrees, and desserts. Raw favorites specials everyday. Diners can choose from a selection of

Worth, just south of West Palm Beach and living food is now available in Lake conscious diners will be thrilled to know that healthy, organic, raw Those of you who despair the limited options available to health-

The Soma Center, nestled in the center of historic downtown Lake Worth offers a variety of raw and living specials everyday. Diners can choose from a selection of raw patés, salads, entrees, and desserts. Raw favorites include Pineapple-Cucumber Gazpacho, Lasagna, Pad Thai, Tacos and Hummus. Those left with room for dessert following those delicious appetizers and entrees can choose from items such as the sugar-free Apple Cobbler. “Rawkies” (raw cookies), or more indulgent raw desserts such as Raw Chocolate Mousse (made from raw cacao) or the Soma staff’s favorite: the Raw Cheesecakes!

Most of us know the benefits of eating raw and living foods, and The Hippocrates Institute has done an excellent job of educating thousands about the importance of eating these foods. With benefits such as an improved immune system, increased energy, improved mood, expedited healing and longevity, it is no surprise that so many people are turning to raw and living foods.

Faced with the task of preparing time-intensive dishes at home, which often require dehydrating ingredients for hours, many people opt for eating out or take-home dining. The Soma Center has filled this demand for fresh, ready-made raw and living dishes. The café prepares “to go” orders, so that those heading to and from work can call in their order and pick it up on the way. Two pick up orders per week can keep you on a raw plan at home. Catering for events is also available.

All dishes are prepared with fresh, organic ingredients, and are chosen not just for their health properties, but also for their taste. This is a key aim of The Soma Center – to make food that is not only healthy, but also tasty!

“Many of our first-time customers are surprised by the fact that healthy food can be so delicious,” says owner Erin Girling. It is not just the food that customers enjoy. The quaint courtyard garden provides an ideal setting for diners to enjoy their meals. Surrounded by beautiful plants and accompanied by the sound of flowing fountains, the courtyard is a peaceful oasis, allowing people to relax while they eat. The raw and living food brings people to the café, but there is far more to The Soma Center than just the café. The Center is also home to a beautiful Yoga Studio, decked with rich wooden floors. On Jan. 1, the center introduced Yoga By Donation to all its classes.

What Is Yoga By Donation?

This means there is no ‘set price’ for the yoga classes. Participants simply donate what they believe is an affordable price for the class they take. This already has proven immensely popular, and the local community, has embraced the concept.

“These are tough times for many people, so we wanted to help the community in a way which does not discriminate between rich and poor,” Girling said.

Yoga’s benefits have been known for years. Gentle, physical exercise brings with it muscle toning, increased cardiovascular fitness, as well as the production of endorphins associated with improved mood and happiness.

“Yoga is a way of teaching the mind and body to relax, regaining your composure, and leading to a healthier perspective and outlook on life,” says Melissa Uftring, one of 12 yoga teachers at Soma. In addition to yoga and the healthy café, The Soma Center also has a small Eco-Boutique, selling a variety of items, chosen for their environmentally-friendly and health-conscious properties.

It’s up to each person to make and decide to start leading a health-conscious life. But it is destinations like Hippocrates and The Soma Center which facilitate this desire. By providing healthy, raw and living foods – as well as affordable yoga classes – The Soma Center is a great help, where a number of health needs can be met under one roof. It’s mission statement: “The Soma Center is a community center, dedicated to conscious-living practices which impact individual and environmental health.”

• The Soma Center is located at 609 Lake Ave., Lake Worth
• Phone your orders in to (561) 296-9949 or fax your order to 561-202-6865
• Questions about the center can be made via email: info@thesomacenter.com
• View class times and event information online at www.thesomacenter.com

Erin Girling, Owner of The Soma Center

In September 2008, the Coupland-Girling Family and the Soma Center became ONE. Erin Girling had long been interested in yoga and is a life-long vegetarian, so when the opportunity presented itself to run a business which combined these two ideals, she jumped at it. With her supportive parents, husband Rich and daughter Shanti at her side, she immersed herself in ‘all things Soma’ and is involved in every aspect of the center. Building on the good work of previous owner Scott Brown, Erin and Rich (with a lot of help and support) have made The Soma Center a hub of conscious-people and conscious-choices. The center now plays host to not just yoga, but also a variety of workshops, live seminars and live music. There is also an ever-growing selection of eco-products for home and family at the ‘Simply Shanti Boutique’, next to the café.

Originally from Canada, Erin has long been an advocate of health and wellness. Erin, a yoga enthusiast and life-long vegetarian, has always felt strongly about eating well and striving for optimum health. Having obtained her B.A. in Psychology, she brings with her a great deal of understanding and knowledge about mental health and wellness.
Is Danger Lurking in those Energy Drinks? One bereft mother tells a cautionary tale

by Marlene Boudreault

Energy drinks are all the rage across the world these days, but their composition doesn’t appeal to nutritionists. These drinks invaded supermarket soft drink shelves, training gyms, nightclubs and even gas stations. They promise to fuel all night dancing, studying until dawn or a quick recovery to sudden fatigue. What’s in these drinks has caused a debate - mainly over the addition of vitamins and these two other components:

Taurine, an amino acid derivative that would assist in regulating stress in the body.
Glucoronolactone, a type of concentrated sugar.

Together these two would possess a disin intoxicated effect and would increase endurance due to the strong doses contained in certain energy drinks. But these substances could have noxious effects on human health. That is why authorities in France have banned the sale of drinks containing these ingredients since 1996.

The drinks are also loaded with sugar, caffeine and carnosine. Most of them also contain a Guarana extract, which comes from a Brazilian plant whose grains are similar to coffee beans, but contains twice the caffeine.

In 2006, Joseph and our family came to Montreal General Hospital, he shared with me a diagnostic book for psychiatric and psycho logical and/or drug related illnesses.

In that book there is a section called: “Organic mental problems caused by caffeine/Intoxication by caffeine.” The psychiatrist explained that the symptoms are as follows:

Disconnected thoughts and char ther and psychom therapeutic agitation.

This means that you are not conscious of reality even though you remain awake and appear alert. This caused Joseph to suffer psychologically and to have a hypoglycemic drop. This suffering was intolerable and he was in another world and alone in the night. On March 4, 2007, he was a happy 18-year-old, dreaming of becoming a pilot. And a month later, in the middle of the night, our son died of intoxication. Today we know that emergency room doctors see four cases a week of intoxication caused by the energy drinks.

There are now specialist in intoxication who go to schools to warn students that the worst drug they may take is the one they might not even recognize: an energy drink such as Red Bull, loaded with very high levels of caffeine. Energy drinks are the new speed, sold over the counter everywhere and available to anyone, including very young children.

We are now trying to form an organization to educate people about the hidden dangers of these drinks.

Joseph we love you and we will always remember you in our hearts.
In mind/body medicine, we view a person’s emotional status as important, if not more important, than their physical status. We know that how someone is feeling has everything to do with their physical prognosis and their energy for healing, their pain level and long-term survival. In mind/body medicine, we believe a person’s emotions reveal their state of consciousness. Disturbances in the bio-energy field reflect disturbances in one’s consciousness. These disturbances precede illness.

Changing the consciousness can shift the bio-energy field, alter the course of disease. A spontaneous remission is related to the changes in the vibrational frequency of the bio-energy field that occur when healthy shifts occur in the strength, coherence, and flow of our emotions.

The growing field of Quantum Medicine enables us to look at the human body as an electrical/ electromagnetic system which is charged and which charges the larger Quantum Field. Consciousness is the organized carrier of information expression and even change DNA. The implications are exciting when we can appreciate how by turning on and off certain genes, we are allowed access to the library of knowledge of how to optimize health and longevity. When we begin to realize that consciousness is not a thing, but rather the process and potential of constructing reality, we can appreciate in our animate universe, what happens at the microcosmic level of all of our cells, everything is consciousness. Consciousness is the organizing principle for all things, determining the arrangement of universal energy into matter and non-matter and the arrangement of DNA information into its various forms.

Dr. Simonton and Dr. Hranicky have developed a way to teach people how to access the power of the mind and emotions to alter the course of cancer. These concepts can be applied to any illness. They can also be used by anyone wanting to optimize their health or quality of life in general.

Some of the key tenets of their program are built on enhancing and strengthening some core attitudes associated with desirable outcomes, longer survival and generally improved states of well-being. These include: hope, trust and spiritual purpose.

Hope: To cherish a desire with anticipation without any necessary basis for expecting fulfillment; to expect with confidence good things;

Trust: Confidence or faith in a higher guiding force and reliance on an expectation that life’s events have important meaning that we may not fully understand at this time;

Spiritual Purpose: We all are here for a reason, and our life has great meaning. What we link pleasure to and what we link pain to in our lives, often influences the quality of our attention daily and, thereby, our daily emotional well-being. Love, health and longevity are natural states and byproducts of being connected to source energy - pure, positive, flowing energy. For example, achieving happy loving relationships and personal success are merely byproducts of focusing our desires, which brings a state of joy where we have vibrational attention to that which is a vibrational match for us.

We can create new emotional habits and condition ourselves to feel great.

The quality of our emotional life is largely determined by our consistent thought patterns as well the quality of the questions we ask ourselves daily. If we ask ourselves questions that by definition will produce an undesirable or distressing answer, then we won’t feel as good as if we were to ask ourselves questions that produce more empowering and optimistic answers. Knowing how to excite ourselves emotionally and then how to reinforce our desired emotional states is key to knowing how to influence our relationships in desired directions and how to influence the healing systems in our bodies.

Our emotional state at any given moment reflects what we’ve been paying attention to and the quality of our thoughts about any given focus or topic we have been playing over in our minds. Although most people find it a challenge to shift from depression to excitement quickly, it is amazing how quickly we can feel better when we use the built-in guidance system of our emotions as feedback. We can begin to feel better by changing our thoughts in even the slightest way that brings a softer more loving, positive and compassionate view of ourselves and others.

The quality of our emotional life is largely determined by our consistent thought patterns as well the quality of the questions we ask ourselves daily.

Emotional relief can come in the moment we shift our attention to something more desirable. This shift is also reflected immediately in our vibrational energy which is electric by nature. It is our nature to feel good and when we remove the resistance of unwanted or undesirable thoughts that block our true nature, we begin to return to our natural state of pure, flowing positive energy. This is the energy that creates life and the energy that creates a state of optimal well-being. Choosing thoughts consciously that make us feel good becomes part of our daily hygiene when we make it a priority that nothing is more important for our health than feeling good. This of course, dramatically impacts our relationships in healthy ways. By changing our thoughts, we change our vibration, and we extend that into the world which influences vibrational change in others as well.

The quality of our health is determined to a large degree by the quality of our communication with ourselves. How we feel and what we do is determined by the meaning we associate with the things that affect our lives. We are not upset by things, but by how we view them. Our emotions and our behaviors significantly impact our health, and this includes cancer as well as other illnesses.

How do I know which of my beliefs are the healthiest to keep? Evaluate them using the following criteria:

Superior Beliefs:
- Empower You
- Support your health, well-being, and longevity
- Protect your survival
- Test in reality (factually based)
- Give you energy
- Engender more self-love and love for others
- Lead to greater pleasure and less emotional pain, anger, and fear
- Add value to others and to our planet

We ask ourselves daily:

- What is the cause of my emotional pain, anger, and fear?
- list what you feel.
- What thoughts are you having that contribute to your emotional pain?
- in what situations do you have these thoughts?
- What can you do to change these thoughts?

An example of a belief to evaluate:

Belief: I don’t believe that I am loved just for being me. Emotional response: Sadness.

To evaluate the relative health value of this belief, ask yourself the following questions. Remember, superior beliefs have at least six of
The eight criteria listed above.

Belief Evaluation Checklist:
• Does this belief empower me?
• Does this belief support my health, well-being, and longevity?
• Does this belief protect my short-term survival and long-term survival?
• Does this belief have good reality testing?
• Does this belief energize me?
• Does this belief engender my self love or long-term survival?
• Does this belief lead to greater emotional pleasure and less emotional pain, anger, and fear?
• Does this belief contribute to the welfare of others and the planet?

A belief is a feeling of certainty about the meaning of something. The way we develop this feeling of certainty is through our experiences. If you ask yourself questions that cause you to see that there are plenty of examples in your life that contradict your limiting belief, it will be harder to maintain this limiting belief. This can help make room for new beliefs. Often, we focus on past experiences that have been associated with pain. However, we then find ourselves re-creating emotional pain in the present, and our body does not know the difference between real and imagined pain. We need to change limiting beliefs that are based on old experiences of pain-otherwise we keep creating a sense of continued distress.

Our beliefs are optional. To activate this thinking system, activate healthy beliefs.

Transformational vocabulary: If you eliminate some of the negative words in your vocabulary, you will begin to eliminate some of the unhealthy beliefs often associated to negative and painful experiences. Change the way you view your personal history. Give yourself re-creating emotional pain.

Changing your unhealthy beliefs is long-term emotional management and leads to long-lasting stress management, increased states of emotional well-being, and optimal health! Re-framing: Change something that you view as a "problem" to something with a better meaning. Create new experiences so that you have references for your empowered beliefs.

Both excitement and hopelessness affect our physiology. Consistent hopelessness, despair or chronic distress impacts the central nervous system, which is connected to the otherbody systems. These systems, in turn, influence cell division. Normal cell division is occurring constantly. But when you have long-term depression or hopelessness, it affects the hormonal, immune, lymph and drainage systems of the body, creating imbalances in the body. Everything becomes more sluggish, and toxins aren’t excreted as efficiently. Waste products are not eliminated in the body, weakening cellular health. The opposite is also true. Whatever helps you become more excited about life translates at the cellular level. When you're motivated, it's as if your whole body has been turned on, and the cells become more alive.

You were born with an incredible gift—the power of your brain and body to work together. When you use your power properly, you can transform the quality of your life and health. Your mind and emotions have tremendous ability to stimulate the healing properties naturally built into your body. When you have good, strong energy, it's important to look at what you've been doing, thinking and feeling. When you're tired or in physical pain, recall what you've been thinking in the last 24 hours. If you develop a cold, what was going on in your life in the last 24-48 hours? None of these things happen in a vacuum.

The power to change the way you view things gives you the ability to change your emotional state and health. Again, as outlined above, to make changes— we must first attach or perceive a different and better meaning to life events. In simple language: "Pick a better thought than the one's state of mind could influence one's ability to survive cancer. He has authored books and a film on the topic. The Simonton Cancer Center PO. Box 6607 Malibu, CA 90264 Toll Free: (800) 459-3424 Local: (818) 879-7904 E-mail: simontoncancercenter@msn.com Janet Hranicky, Ph.D. Founder & President The American Health Institute, Inc. Dr. Hranicky is the Founder and President of The American Health Institute. For the last 25 years, she and her colleague, O. Carl Simonton, M.D. together have led the longest running Psychological Intervention Program for cancer in the world. They have trained thousands of physicians, nurses, and health care professionals in the renowned Simonton Cancer Center Model. Dr. Hranicky has gone on to expand this work in her own research and has developed the theoretical foundation and treatment protocol to be implemented in designing guidelines for a Standard of Care in Mind/Body Medicine and Cancer. Dr. Hranicky's distinguished work is now available in a multi-media educational format: "The Hranicky Psycho-Oncology Program: A Premier Intervention and Treatment Model for Integrative Cancer Care."

The American Health Institute 12381 Wilshire Boulevard, Suite #102 Los Angeles, CA 90025 Office: (310) 820-6442 Fax: (310) 287-3342

For More Info On Hippocrates Healthsthetics Call: 561-471-5867 Today

Healthsthetics

Wouldn't You Like To Speed Up The Detoxification Process? Did you know that 70% of the elimination of toxins takes place through your skin? That's right, 70 percent! We can help expedite this process by preparing the skin for the advance of elimination. Why not make your body absorb the fresh oxygen and super nutrients which will nourish your body and soul as you sleep yourself on the path of renewed health and vitality.

Collision Course With Death Averted: Brian Touw’s Story

A simple reading of my medical charts would tell you that since I was 8 years old, my body has been on a collision course seemingly speeding towards my demise.

My history is littered with hospital visits and endless prescriptions all aimed at “curing” my multitude of ills.

To begin with I’m backwards on the insides, a discovery that came from a hospital visit after a tumble I took at age 8. The injury severed my spleen. And the doctor took a foot and a half of intestines after determining my twisted insides would give me trouble if he didn’t.

As a teenager, a drunk driver ran over my legs... not once, but twice at a Fourth of July party. More infections, pains and prescriptions followed.

I was always sick. I have two kids, one would get sick, he’d get better. The other one would catch it, get sick and get better. Me! I was always the last to recover. Doctors chalked it up to the missing spleen.

There was a bout of spinal meningitis and by the time I was 40 a seizure tipped doctors to a tumor on my brain.

More hospitals.

More doctors.

More medications.

I was 8 years old, my body has been speeding towards my demise. As I continued and I hoped I would see get married,” I said.

When he told me my salvation could be learning to eat raw, I wondered how I was supposed to eat a raw chicken. He told me I wouldn’t be eating any meat of any kind. He said that’s how his mother beat bone cancer and he directed me to a place called Hippocrates Health Institute.

Now, I’d like to say it was simple. I went there, I ate better. Followed their program. It was simple. But it wasn’t.

I signed up, but only for two weeks because I was kind of doubting it would work. Still, I had nothing to lose. On the flight down there with my parents I had two or three seizures on the plane.

I didn’t know too much about the program other than it involved eating raw food. On the first day, when I started to find out more, I called my wife and asked her to send me a ticket home, but she convinced me to stay.

“You’re just going to come home and die, so stay,” she said.

By day two or three I was still very depressed. I didn’t think I could do it. But then Victor Kulvinskas spoke and I thought I have got to do this. He talked about how food works in his system. I could related to hearing him talk about foods he couldn’t eat as a boy.

Once I decided that I was going to learn this, I was on my way.

Not that I didn’t have problems getting it down pat. I had to take it in pieces. First the food. Then the exercise. Then the meditation.

It took me almost a year until I got the food down. After that I no longer needed to look at a recipe. I knew what it tasted like and how to make it.

I started to feel a whole lot better in about four weeks. My seizures happened less often. By six months the massive seizures were gone, maybe after a year the little ones were gone too.

That’s where I am now. No seizures. I’m not on any medications. Sometimes I still have a bit of numbness, but that’s probably the last stage.

I’ve change my life. I’m a nutritionist. I work with everyone from cancer patients to people who want to lose weight. I fully expect to see my children grow and marry.

This is my sixth year on the Hippocrates program - well beyond the doctor’s three months. I came to this program because of everything that was wrong with me, and now, I’m the healthiest person I know.

My history is littered with hospital visits and endless prescriptions all aimed at “curing” my multitude of ills.
REVERSE™ Naturally Occurring CoQ10

Coenzyme Q10 (CoQ10) is a unique nutrient. On a cellular level CoQ10 creates the energy that we each need to maintain our life, protect our heart, and for our body’s cellular system.

As we age our levels of CoQ10 decline and we need to supplement it with additional CoQ10 for general energy and heart health.

CoQ10 is naturally produced in all cells of the human body, and has been studied for more than 40 years. It plays a critical role in the production of ATP (adenosine triphosphate), which provides energy to all cells including those in your muscles - and that most important muscle known as your heart. CoQ10 is a powerful antioxidant that helps prevent free radical production which causes damage to the DNA and all cells in the whole body. It can also help you maintain a healthy immune system, reduce stress-related damage, and improve circulation and brain function.

CoQ10 synthesis by the body decreases as we age and supplements become more important especially for those over 25 years old. Research indicates that supplementation with CoQ10 may support normal heart function, protect cells from free radical induced oxidative damage, provide anti-aging effects and help maintain healthy energy levels.

LifeGive Reverse™ is a naturally occurring source of ubiquinol CoQ10 supplementation to “reverse” the onslaught of cellular damage as we age and CoQ10 levels in the body decrease.

Ubiquinol vs. Ubiquinone

CoQ10 exists in both ubiquinol and ubiquinone forms, but ubiquinol works better because, as a precursor to CoQ10, it raises blood levels of CoQ10 much more quickly and naturally, and, therefore, it is more bioavailable as a naturally absorbed nutrient delivering all the benefits of CoQ10.

LifeGive Reverse™ is a natural ubiquinol supplement made from probiotics and more effective than the commonly available synthetic form of ubiquinone. There are many synthetic ubiquinol and ubiquinone products available which we recommend you avoid since they are not naturally occurring in foods, but rathercome in purely synthetic forms. Like other synthetic nutrients, synthetic forms of ubiquinol, ubiquinone or CoQ10 may cause imbalances and side effects.

In our opinion, the safest and most effective form of this supplement is Reverse™. There is no finer way to receive this powerhouse.

References

Kaneka Corporation study. Treadmill test with the aged rat at age of 61-63 weeks. 2006.

It contains loads of protein!Yes, protein!

It may surprise you to discover greens are one of your best sources of instantly absorbable, alkaline protein. Amino acids are the building blocks of protein and green veggies are loaded with these muscle-building nutrients. How do you think cows get their amino acids, magnesiu, calcium and other muscle and bone-building nutrients?

FROM GREENS! They eat the green grass that contains all the phyto-nutrients we need to flourish. So, cut not the middle-man and go straight to the source: EAT YOUR GREENS!!

It’s full of live food enzymes!

Food enzymes help make the digestion of food possible. All of nature’s uncooked and unprocessed foods are full of enzymes. I like to think of them as the “electricity” in food that gives our food “life,” and when we eat this “living” food, this “life” or “electricity” is then given to us. But once you cook your food, they are gone. Enzymes are destroyed at temps over about 115ºF, so store-bought juice that has been pasteurized (a high-heat process) essentially has killed off all the live enzymes. Many call this “dead” juice. This is why it is best to make your juice fresh, raw and alive. Drink up!

It gives you energy!

I have never had a cup of coffee. I’ve just never liked the smell of it or the taste. I prefer a cup of green juice and I get over 10 times the energy I would get in a cup-o-Joe. After a green juice, you can feel the energy immediately. Plus, I know it’s very acidic and one of the most heavily sprayed (pesticides, etc.) crops around. But, I don’t need caffeine. My morning cup of green juice feels like 10 times the amount of caffeine I would get in a cup-o-Joe. After a green juice, you can find me bouncing off the walls straight through until lunchtime. More energy is probably the #1 comment I hear from those who begin green juicing. Give it a try and see for yourself.

DR. GINGER is a green juicing fanatic and an instructor in the Hippocrates Health Institutes Program. Her book can be found in the Hippocrates stores, as well as on her website www.drginger.com.

An excerpt from Dr. Ginger’s new book, Know More Than Your Doctor About The Healing Power of Green Juices

Why Juice?

There are so many reasons to get juicing. Here are just a few:

It’s loaded with alkaline nutrients!

Your body is required to be a certain pH in order to stay healthy. That pH is slightly alkaline. Unfortunately, the pH of most people is completely the opposite; most are very acidic. Disease thrives in an acidic body. Green juices are pure liquid alkaline nutrition that is absorbed almost instantly. Consistent consumption of green juices and a healthy alkaline diet will help to bring the body back in balance and create a body where disease cannot survive, but you can thrive!

It’s totally unprocessed!

Unlike most food today - and all juices - that sit on a shelf at your local supermarket or at health food stores, your fresh-made, organic green juice is not processed AT ALL. Whenever anything is cooked, pasteurized or heated above about 115ºF, nutrients and live enzymes are degraded, denatured, or destroyed, often times making the food/juice almost nutritionally devoid. In addition, most store-bought items have preservatives, artificial sweeteners and/or other chemical agents added, or are taken away from your health, instead of given to your well-being.

It’s absorbed immediately!

Green juices are liquid nutrition that your body drinks up almost immediately. Because the juice does the “processing,” it absorbs the liquid nutrients from the fiber, your body doesn’t have to do the work. It can just enjoy the rich infusion of nutrients. This is excellent for those who are so sick and cannot process regular food efficiently, as well as for athletes pre- and post-workout, or for those who want an instant boost.
On February 19, 2009 an event took place at our Montessori school in Canada that was the culmination of my experiences at Hippocrates. I had been following a vegan lifestyle since the late 60’s. I was a member of the Natural Hygiene Society which advocates raw food, exercise, fresh air, sunshine, mental poise and fasting. I belonged to my local chapter in Toronto, Canada and went to the society’s annual conferences. At one conference, about 25 years ago, I heard this fellow from Florida, named Brian Clement, speak on sprouting. He mentioned a place in Florida called “Hippocrates.” As I was in pretty good health at the time and was following a very healthy program - I thought - I didn’t pay too much attention.

The next year I came back to Hippocrates with my sister, Shirley. My husband, Edgar, 69, had gone off to Africa to climb Mount Kilimanjaro with his friend Ron, who was 78 years old. Ron has been a raw food vegan for more than 40 years. (My son, Laurence, refused to go as he would not climb a mountain whose name began “Kill a man.”) I urged my daughter Heather to come and she finally did in 2005 and has since been to Hippocrates three times. She became so enthusiastic that this time she persuaded me to take the Health Educator Program, which I did last fall. I am now very keen to spread the Hippocrates message to as many people as possible. And now Heather hopes to do the Health Educator program this summer.

My son, Laurence, was the last family holdout. He arrived in October 2007 for the three week life change program. At first, he was very reluctant, but by the end of the three weeks, he had lost 27 lbs, gave up smoking and drinking, and overcame his apnea. For this I will be eternally grateful to Hippocrates. Laurence is now a firm believer, and is trying to maintain the lifestyle, growing sprouts at home and eating predominantly raw.

My daughter, Heather Wilson, is the principal and administrator of our Montessori School in Canada. The school has nine campuses in five communities. There are more than 1,200 children, ages 12 months to age 14 years. After attending Hippocrates, Heather brought her juicer to the staff room of the main campus. The rest of the staff became curious about why she was drinking this strange green stuff and filling the fridge with nothing but raw vegetables and sprouts. Heather encouraged them to also drink the juices and as they learned more, with Heather’s help and inspiration, they started growing their own wheat grass and sprouts in their classrooms.

The children were very involved of course, and spread their newfound knowledge and enthusiasm to their parents, even educating them with their new words like germination, enzymes and chlorophyll! (Many of these children were only 3 to 5 years old.)

Well, in 2001, I developed a health problem: Candida, I couldn’t believe it. This couldn’t be happening to me. I was doing everything right. I had been so disciplined with my health. I was at a loss about what to do. The president of our Toronto chapter, who had been to Hippocrates, suggested I give that place a try. So my husband and I flew to Florida for the three week life change program.

I have to admit now, that when I went to Hippocrates, I went with attitude. What could they teach me? I had been following a vegan lifestyle since the late 60’s. I have been following a vegan lifestyle since the late 60’s. Vast amounts. Result: Candida. So I stopped eating fruit for three years. To my surprise, I didn’t find this hard to do. I got rid of the candida, which was also causing my irregular and rapid heartbeat.

I began to appreciate, that even though I had learned so many aspects of healthy living than even knew existed in my last 30 years pursuing the topic.

Then, last October, one of our teachers, Keerthi Singh, was diagnosed with breast cancer. After this devastating news, and consultations with an oncologist (who advised surgery, chemo and radiation) Keerthi did a lot of soul searching. Because of the enthusiasm and encouragement of Heather and other members of the staff she was already growing wheat grass at home as well as in her classroom and was already showing improvement. When she was urged to start the chemo, Keerthi, was reluctant. She then made the decision to come to Hippocrates. Keerthi arrived on Feb. 1 for the three-week week life change program.

Back at the school, interest in sprouting and juicing continued. Meanwhile, one of the parents from Keerthi’s class started a collection to help defray the costs of Keerthi’s stay at Hippocrates. The children also wanted to help but what could they do to contribute? Then one of Keerthi’s colleagues had a great idea. “Let’s have a fundraiser.” The children could make something that the parents would be sure to buy. What could that be? Let’s have an arts and crafts sale.

The children put their heart and creative talents and boundless energy into cutting, pasting, painting, coloring and beading. Every night the children hurried home to tell their parents about their exciting project and in just two weeks they organized, advertised and produced the event that they called “Creation for the Cure.” Parents, friends, the staff and the public were invited to attend.

The attendees, many for the first time, were offered the experience of drinking the energy giving green juice, grown by the children.

Someone from the media heard about this fund raising event. Feb. 19, the local television station broadcast the event. Meanwhile, back at Hippocrates, Keerthi learned about the event. She was informed that during the broadcast, she also would be interviewed from Hippocrates.

This was an exhilarating time for the children especially those from Keerthi’s class. The people from TV had come to see their arts and crafts. But their greatest thrill was knowing that their efforts had helped their beloved teacher. They all smiled into the camera as they sent their best wishes to Keerthi and hoped they would be seeing her soon.

The event raised more than $4,400. Since the event, many more parents are now growing sprouts and changing their eating habits. At least two parents expressed an interest in coming to Hippocrates.

When I told Brian Clement about the TV event, he said he would like to visit our school. We arranged for him to give a talk to the parents, staff and interested public on April 18, 2009. We are hoping Brian’s talk might become an annual event.

Keerthi returned to Canada feeling happy, encouraged and optimistic. She is looking and feeling great. Her husband, Paul, was impressed enough to make big changes in his lifestyle, too. Keerthi says she may come again and do the Health Educators program so that she can help others as she has been helped.
One of the most frightening revelations is how psychiatric professionals were not content with the profitable economics derived from marketing psychotropic drugs to the adult population and now have targeted our children. Too many of us have been bamboozled into believing that even our offspring have serious mental problems and that medication is the only remedy. It is rare to find a psychiatrist who doesn’t prescribe drugs. There has been a 4000 percent increase in the ‘diagnosis’ of bipolar disorder in children in the United States in the last 15 years and there are an estimated 2.5 million young people taking prescription anti-psychotic medications. These mind-altering drugs have led to suicides, irreversible neurological damage, senseless acts of violence and even death. With the unrestrained psychiatric drugging of so many of our schoolchildren, is it really any surprise that one of the largest age groups of murderers in our country at the present time is teenagers – 15- to 19-year-olds? One of the most frightening revelations is how psychiatric professionals were not content with the profitable economics derived from marketing psychotropic drugs to the adult population and now have targeted our children.

In the late 1990s, when their lobbyists successfully pushed Congress to lift the ban on television advertising for pharmaceuticals, the profits on psychiatric medicines in just the first three years sky-rocketed by 250 percent (psychiatry annually nets close to a third of a trillion dollars globally). It’s all about greed. There is no money in health…. but big money in disease.

In the film, a number of psychiatric professionals from all over the world were interviewed and they have willingly admitted that their field is not a science and there is no way to diagnose the huge and ever-increasing list of maladies that they trump up and impose upon their patients. There is a pill for every ill… and none of them really knows how these drugs work or what the long term effects are. But likely, once you are on them, you are a patient for life.

For the sake of the future, every person should take the time to view this enlightening film. It may save their life or that of a family member or friend. Since mainstream media cannot be trusted, we have now become a society that must gain truthful information via unbiased print or quality documentary. The Citizens Commission on Human Rights is a non-profit organization which dedicates itself to investigating and exposing psychiatric violations of human rights. For more information about CCHR or to order a DVD, please visit the website: www.cchr.org or call the Hippocrates shop.
Healthy Nutrition by Example

by Dany Calaud

I am the mother of two children, Olivia, 9, and Pablo, 6. Since their births, I have been very conscious of serving them a healthy diet. I breastfed each for three and a half years and gave them only fresh organic food and no medicine thereafter.

After age 3, I would say it's important to increase the variety of food we offer that child, so the child can experiment with new things and be less attracted to other outside food.

There are plenty healthy raw foods to offer. Expand the variety of vegetables. Let him use vegetables to create patterns on his plate, he’ll love that. Add a fun sauce with stalks of carrots or celery and he is in heaven.

And sauces are infinite: sauces with avocado, with fresh algae, with spirulina, with fresh herbs. I promise that my children love all these different tastes as long as they were fresh, colorful, tasty, crunchy or mashed.

Food must be fun and it's so much more fun when we let them do it. They love it, so let them. Not only will the child feel important, but the food he prepares will also become important. We have more more raw food to offer, such as all the dehydrated food: crackers, pizzas, burgers, fruits, pancakes, chips.

And don't forget fruits. Kids can have them, so let them prepare sliced fruits with a great nutty topping, fruit ice creams, smoothies.

But my children loved fruits best when they could pick them - apples, pears and berries - from our garden in Normandy. There is no better to develop a strong taste for what is good.

Last February, we took a plane from France to go to Hippocrates Institute. On the plane, my son refused all of the food they offered. My daughter, despite having plenty of alternatives that I prepared, decided to try a piece of pizza and ate some.

I could have said "no." But I have always chosen to let them have their experience. When we got off the plane, Olivia told me she had a tummynache and felt so happy to get to the Institute because she knew she would clean her body. She's only 9 and I must admit I was proud she had already understood and was familiar with that cleansing sensation.

On the return trip neither touched their airline trays.

When children are old and we certainly argue sometimes that, we go for plenty of veggies, fruits, pates, humus, juices, crackers, tartar of seaweeds. Olivia always says, “This is a king's meal. Mom!”

I remember taking my young children to a green house here in France. At mid-afternoon, as I gave them fresh fruit to eat, other women said to me, “How lucky you are they eat fruits, our children refuse them.”

I could see these children were given cookies, compotes and yogurt (cereals, sugar, milk). Before the age of 3 – an important age for the child when the child is under our influence - we give him the path for the future. We can do it. We must do it. It is our responsibility as parents. This way, when the child can make his own decisions, he will have already established a pattern. He has developed some strong tastes even though other types of food may attract him.

When I first explained to mine the ecological disaster that has resulted from the amount of cattle raised on the planet to feed meat eaters, my daughter asked how many liters of water would be save is people would eat meat only once a week – she was 6.

Children are clever. They understand things well. The more we explain, the easier it is to feed them well. If they get attracted to bad food once, they will come back in line by themselves because they have developed a strong taste for what is good.

Well, years later, I still do my best to keep them on the right diet. But now they know the outside world. They go to school and birthday parties. They smell the French bread out in the streets.

I know mothers wonder how I do it, it is so tough.

Well, as parents, we must be an example; focus and commit.

When a mother takes drugs, we already know the consequences on a fetus conceived. We must be an example; focus and commit.

Never seen him more radiant than when he wanders in his father’s vegetable garden picking and eating red, cherry tomatoes, parsley, basil and wintercress.

So the offerings are ample, but you must have everything available. You must be ready to do it. You must be an example. When children are young, they will follow you. They imitate you 100 percent. You say a bad word, they’ll do the same. You eat a piece of chocolate, they’ll eat a piece of chocolate. There is no room for misbehaving.

Now you may say, “What if my child is offered a piece of chocolate cake or a pizza and they eat it?” It happens. Remain confident you are creating the building blocks of their health. You are on the path to success.

There’s a good chance that your children will reject those offers, mine did.

At a very young age, my son spit out a piece of candy given to him. The yogurt too. And I remember my 3-year-old trying non-organic pizza and vomiting immediately. It works. Your efforts are not in vain.

That is education and example. Now explanation.

I think a third part of our mission is to explain to children what we have done, what choices we have made for them and why.

When I first explained to mine the ecological disaster that has resulted from the amount of cattle raised on the planet to feed meat eaters, my daughter asked how many liters of water would be save is people would eat meat only once a week – she was 6.

Children are clever. They understand things well. The more we explain, the easier it is to feed them well. If they get attracted to bad food once, they will come back in line by themselves because they have developed a strong taste for what is good.

The Psychology of Well-Being

Mention this ad and receive a 10% discount off any of these products.

To order: 561-714-8876
Ext.124 -9am-5pm EST

The Perfect Products To Help You Purify Your Personal Care Palette.

All Natural and Organic, All From Miessence Organics, the First Name in Organic Skin Care

CHRYSALAL'S CORNER
In recent years, the focus of anatomical studies have been upward at the organ we call the brain. What is most surprising is that in the past, we have so misunderstood its function and purpose. Now regularly, with deeper and more relevant research, we are discovering phenomenal facts about this harbor of consciousness. With 8 ½ times more cells packed into this little powerhouse than the rest of our body, we must ask how much this dynamo really can do! We know from hundreds of thousands of magnetic resonance imagery (MRI) that the average person uses less than 4 percent of his or her brain. It is no wonder that we are still struggling and potentially creating an end to our own species. We cannot allow this power to create exceptional reality - this fallow 96 percent of potential - to go to waste. We must have an authentic desire to pilot it. Sadly, most of us have not attended flight school, with the exception of a handful who know how to fly Piper Cubs.

How do we take the leap from our current circumstances to the limitless potential that awaits? First and foremost, we must have an authentic desire to evolve into consciousness. It is common to live in the unconscious, since it seemingly protects us from hurt and suffering. But once you embrace the conscious and see how provocative and engaging it can be, you see how ill-conceived it is to believe ignorance is bliss. The truth is that total consciousness increases our capacity for success, with integrity. Don’t do anything half-heartedly or half way. Why engage if not committed? It is often a lack of persistence that creates disorders, unhappiness, and failure in life. Living at the highest level of responsibility rewards you with well-being, happiness and health.

The psychology of well-being is exactly what it says. It is within our potential to develop health at every level. Too often we surrender this potential to the so-called “profession of health care.” It is easy for the health care provider to give you half answers when you are unwilling to believe and accept that you are the only one capable of healing yourself. Of course, even those of us who live a conscious life can seek the assistance of these purported well-trained professionals. In this case, we may select the advice that truly resonates with us and add it to our own repertoire of self-created solutions.

Every aspect of life should be secure and understood by a mere act of total participation. There are no gray areas for those who fully employ their gift of mental capacity. Your wildest dreams may be only a preview to the epoch movies possible in the search for higher existence. How good it is that an ever-increasing number of people are awakening to their own purpose. Their hearts expand and their heads guide them to their inherent strength. There is not one of us who does not possess everything we need to live a life worthy of being.

Give yourself the confidence to explore the deepest canyons of your desire. Take those desires and make them your guiding light. Within the endless parameter of their brilliant rays, forge ahead and totally accept the gifts that will naturally present themselves along the way.

Respectfully,

Dr. Brian Clement

The Psychology of Well-Being
by Scott Josephson

Can you relate to this? You are finishing your workout and the first thought in your mind as the workout winds down is “I’m going to relax.” So once the workout is completed, that is exactly what you do. But once you've finished exercising, you’re still not finished.

How well you recover today will be a huge factor in how well you perform tomorrow. You must consider the recovery process as part of your exercise routine. If you give equal emphasis to recovery as you do the actual exercise, you will enhance your performance tremendously and keep yourself as healthy as possible. We've all heard about the “window of opportunity” that's present immediately after a workout.

Optimally, you should take advantage of helping the body “refill the tank.” Your body will adapt to the training you're putting it through by storing more glycogen, its primary fuel source. This adaptation process allows you to put your system through another strenuous exercise session, and be more prepared with a reservoir of available fuel. It makes perfect sense to replenish essential nutrients shortly after a workout when the body's supplies have been depleted or exhausted. Here are some guidelines for what to use and how much and when to use it to optimize your recovery.

Strenuous exercise can exhaust you. If you don’t recover properly, you will not be ready to perform well when you next exercise and that can lead to other problems.

Optimally, you want to rid your muscles of lactic acid and other waste products. Proper recovery will allow you to restore nutrients, get rid of lactic acid and refuel energy storage. Intense physical activity is likely to lead to a severe depletion of carbohydrate stores (glycogen) and dehydration. It is important to start replenishing soon after exercise. Glycogen synthase (the enzyme that controls glycogen storage) is highly active immediately after exercise when muscle glycogen stores are low. The amount and type of fuel will depend on various circumstances, but there are advantages to liquid forms.

The ultimate power of raw vegan protein powder

First, it is more convenient. Sun Warrior raw vegan protein powder can satisfy three, requires minimal preparation and is extremely easy to carry around. Sports drinks are not optimal for recovery since they contain large amounts sugar and little protein or fiber. These will slow gastric emptying, and impede the recovery process. Fluid replenishment is a vital component of post-exercise recovery. Water and electrolytes are lost through sweat, therefore glycogen and protein must be replaced as quickly as possible to ensure that you’re ready for the next workout. You can jump start the muscle recovery window by consuming a protein filled drink. The nutrients in the drink will help diminish nutritional deficits after the workout. Sun Warrior raw protein powder will help deliver the optimal amount of both energy and fluid to aid in recovery process.

Drinks that contain mostly fructose can slow down absorption and cause stomach cramps. Sun Warrior raw vegan protein powder is fast-absorbing a minimum of sodium to help maintain a sufficient concentration of blood glucose and help sustain a high rate of recovery. Taking protein powder immediately after training and again within the next three hours, gives you a head start on refueling your muscles after a workout. This blend of raw vegan protein powder is essential to rebuilding muscle cells, and boosting the production and release of insulin from the pancreas. Insulin is an anabolic hormone that has a positive impact on protein synthesis in muscles, and tends to suppress protein breakdown. Protein amplifies the recovery process to increase insulin secretion. Muscle cells are highly receptive to insulin, the hormone responsible for transporting glucose and amino acids through the blood stream and into the muscle cell. Consumption will synthesize twice as much muscle glycogen as someone who waits for several hours.

Essentially, the two most important components of recovery are replenishing the glycogen fuel burned during the workout, and rebuilding the muscle proteins that are destroyed. The sooner we begin, the better.

They’d tried it and liked it

Sun Warrior Protein has improved my athletic performance by decreasing my workout recovery time and increasing my body’s lean muscle mass. I am an avid runner hitting the pavement at least three times a week, and like any athlete, I am striving to be the best that I can be. I have been running for five years, three of which I ran competitively in distances ranging from 800 meters to half a marathon.

Over the years, I have learned the importance of recovery. I have discovered that the plateau my body hits while recovering from a workout is directly connected to a lack of bio-available amino acids it needs. These deficiencies tax my body tremendously, making the recovery process much longer than I want. A long recovery takes time away from my ability to put in 100 percent of my effort during practice, a day just as important as event day to most athletes. After taking Sun Warrior Protein for one day, I noticed my muscle fibers felt more tightly packed and able to perform significantly more work. I decided to test my body, and so I went out for a six-mile run. A run like this would usually leave my calf muscles sore for about two days. Amazingly, the very next day I had almost no stiffness or soreness. I was so astonished by the result, that I started taking Sun Warrior Protein every day. I noticed that I was able to do more and more while my energy levels continued to elevate. After two weeks, I had increased my running by about 30 percent and was experiencing very little muscle soreness. I decided to check my weight, and when I stepped on the scale I was surprised to find that in such a short time I had put on nearly nine pounds of muscle. That’s how I became fully convinced of the difference a truly bio-available form of protein can make in the human body. Sun Warrior is a raw vegan protein that is easily assimilated and, from my experience, gives quick and highly effective results. Sun Warrior Protein is a phenomenal product that I would recommend to any athlete looking for an extra edge by building lean muscle mass while keeping a clean body capable of running on all cylinders.

In our study of Sun Warrior’s effectiveness, Danielle and Chuck are good examples of how the raw protein powder can work. Forty-year-old Danielle drank one Sun Warrior Protein shake after her daily workout. As a result she beefed up her biceps, adding ¼ inch of lean muscle tissue there, and lost 4 lbs in six weeks.

Chuck, 45, also downed one shake daily post workout. He added a half inch of lean muscle tissue in chest, ¼ inch to his quadriceps and 1/4 inch in his biceps in six weeks.
Some come to learn... it can lead to hyponatremia (over do it gradually so it does not override replenishment during exercise is to The solution for proper electrolyte can be severely altered if adequate bodily function including muscle and the severity of fluid loss. Overall consumption immediately post-exercise helps rapidly store muscle glycogen. This essential aid gives your body with a net loss of muscle protein. Glycogen synthesis and protein rebuilding proceed much faster in the first two hours following exercise. Protein maximizes insulin release, and maximizes the rate of glycogen/protein synthesis. Generally speaking, a person can safely consume approximately 1 gram of amino acid protein per every 20 lbs of body weight within an hour or so of completing a workout. Be cautious not to drink too much since large amounts of protein will slow down gastric emptying and severely alter the muscle recovery window. Using Sun Warrior raw vegan protein powder should result in a greater stimulus for muscle glycogen storage. Optimizing your muscle glycogen storage has important implications post exercise to replace muscle glycogen and protect lean body mass. The amount you need depends on your size, the degree of carbohydrate depletion, and the severity of fluid loss. Overall consumption immediately post-exercise helps rapidly store muscle glycogen. This essential aid gives stressed muscles the fuel supply. Use complete proteins, and take advantage of glutamine. Limit empty calories, fats and sugars to less than 25 percent total intake. 

Raw Vegan Protein

Vegan protein is considered a premium protein, and can be used after workouts to enhance the recovery process and also contains a high percentage of essential amino acids. Your body does not produce these protein building blocks, so you have to eat them. Raw vegan protein powder clearly has some nutritional advantages. It contains high levels of branched-chain amino acids to help boost the immune system and increase the production of glutathione, a natural antioxidant. Additionally, raw protein is absorbed rapidly in the intestines. This results in a nice rise of amino acids and helps recovery. Dietary glutamine plays a key role by helping to maintain muscle mass, enhance glycogen, promote healing, increase growth hormone levels and enhance glycogen, promote healing, increase growth hormone levels and help prevent muscle catabolism. Vegan protein has no lactose and is an acceptable part of a vegetarian diet. Leucine, isoleucine and valine are essential amino acids that play important roles in muscle tissue repair. All of the essential amino acids and proteins can be obtained by consuming a variety of raw foods. Proteins containing all the essential amino acids are complete (high quality) proteins.

Enhancing your recovery and performance

Replace lost fluids and electrolytes quickly. Electrolytes help the body hold fluid and replace depleted glycogen stores for re-hydration and adequate

---

SCOTT JOSEPHSON, M.S., R.D. is the Director of Operations at Hippocrates Health Institute and a national level conference speaker throughout the United States and Canada. Scott is a recipient of numerous awards and is frequently published covering a wide range of health related topics. In 2006 Scott was nominated and awarded the prestigious Operations Director of the Year at an industry conference for his excellence in teaching continuing education units. In addition to several certifications, he has a master’s degree from the University of Miami and is on the advisory board of the American Health Professionals and the American Wellness Association. His work portfolio includes Geraldo Rivera, Wimbledon Champion Chris Evert and athletes from the New York Giants and New York Mets.
We’re Taking Thyroid Health To The Next Level.

Comprehensive Nourishment For Healthy Thyroid Function And Detox...

• Helps the thyroid gland regulate oxygen uptake at the cell
• Plays a key role in energy
• Helps regulate blood sugar levels and body temperature
• Supports healthy metabolic rate
• Enhances fat metabolism
• Rich in iodine,

PINNACLE

Hippocrates Health Institute
1443 Palmdale Court
West Palm Beach, Florida 33411
561-471-8876