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Sunlight Saunas’ heating infrared heat helps detoxify the body, alleviate chronic pain, improve weight loss and reduce blood pressure.

The sauna leader is now Hippocrates Health Institute’s exclusive provider, offering Special Guest Pricing.

Deception is the method used by the vast majority of so-called healthcare to sell their products and services. This territory is not exclusively inhabited by big Pharma and Med. The proverbial natural health industry most often resides on the same street.

Whenever someone approaches healing with the unrealistic belief that one herb, one medicine or any one thing will cure you, watch out. Being quite lost in their own lives, most people search for a magic bullet easily provided by charlatans in the global community of health-care providers.

Thinking people know they are multifaceted, and that single fact leads to the insight that a mono approach to improvement or recovery is untenable. We hope all who read this issue on Healthcare Fraud come to the understanding that we are sophisticated beings with a multitude of systems and nuances that make us who we are. Each and every aspect of our person, literally and biologically, requires nutrition – and it starts with the mind and its imagination. Nutrients are not the exclusive domain of food; they include positive thought, productive movement (exercise), and a deep understanding of and connectedness between our inner and outer selves, often called spirituality.

By using a common-sense approach in our inquiries when pursuing change and looking for assistance, we realize that ultimately it is we who must bring to fruition any desired result. To succeed, we often need the advice from those who have vast experience in a certain area of expertise. Not surrendering ourselves blindly to their directives is wise and prudent. On the other hand, we can use their professional advice when it truly resonates with our being at a very basic and instinctual level. We often need to have complete focus on our goal while weaving a tapestry of various opinions with which we can heal ourselves. Others’ journeys to wellness can be used as a source of inspiration and need not be understood as a biblical roadmap.

For more than five decades, we at Hippocrates Health Institute have pioneered a multitude of highly effective offerings. Of course the foundation of health is nutritious food, acting not only as the builder of anatomy, but as a strengthener of character as well. This emerging character enhances the ability to face our emotional blockages, which once resolved, gives us a pure and authentic connection with the great mystery. How we reach our desired destiny is not as important as actually achieving it. There are tried and true ways to rebuild our well-being; however, we must be astute and whole-heartedly adopt the methods which help us reach the goal of vibrant health.

Awaken to the truth: we inhabit an unscrupulous commercial environment, and its sole purpose is generating profit. Many purveyors innocently sell their services and products, myopically believing that it is beneficial for all. By being committed to using only those goods and therapies that enrich our very existence, we remain open to any field of health-care for our important decision-making process. Moving forward with open eyes, we instate instinct, preventing the wool from being pulled over our eyes. As we make life-affirming choices, we develop a keen sense of self respect, strengthening our affinity towards viable truth while disregarding all else.

Drs. Anna Maria and Brian Clement

Health Our World »« Health Fraud
This year’s Raw Mom Summit shifted the conventional parenting paradigm. The summer kick-off featured online recorded interviews with thirty of today’s leading experts in the fields of raw food nutrition and conscious parenting. During the nine day summit, over 7,000 listeners enjoyed these enlightening calls for free – the entire program was available for $97. By the end, co-producer Tera Warner and I were overwhelmed with emails, cards, gifts, donations, testimonies and invitations filled with gratitude.

Dr. Brian Clement shared the poignant and touching idea of keeping a small daily journal with our youngsters on 5 things they like about themselves and are proud of accomplishing. Just imagine the positive effect this would have on a child’s self esteem! Dr. Anna Maria graciously shared stories of triumphs and tribulations we could relate to as parents, and made it clear that of all her achievements, she is first and foremost a mother. Dr. Cousens warned about the dangers of vaccines and animal products. David Wolfe challenged kids to become leaders and stated that raw kids are deeply in their imagination and accessing genius. Victoria Boutenko spoke candidly about communicating with children so they feel inclined to remain connected throughout the trying teenage years and beyond. Lorenna Kacera discussed her disciplines for bliss she calls Blissaplines, and Angela Stokes shared about eye gazing with her partner to keep the love and electricity flowing. Paul Nison talked about how and when we eat being as important as what we eat.

Keith Cini, a talented and caring acupuncturist and qigong teacher has joined the HHI family. Keith has extensive experience with acupuncture, from treating women through life transitions and reproductive health issues to working with special needs children and their families. Keith also worked with psychotherapists at an emotional health clinic specializing in the treatment of trauma and at a safe house shelter housing women and children exposed to domestic violence. He also worked with physical therapists in hospitals and at an HIV support clinic, weaving these varied experiences into a holistic practice. "I am honored to share traditional chinese medicine, combining auricular (ear) acupuncture, manipulation, oriental bodywork, qi-gong, meditation and non-insertive needle techniques while providing a comprehensive approach to well-being for guests of Hippocrates." Keith has witnessed many guests positively transform from gentle and empowering treatments. During the early morning qi-gong and meditation classes, Keith teaches slow and gentle circular movements, strengthening the immune system, harmonizing the endocrine glands and soothing the nervous system. He encourages all guests to participate in these powerful and profound classes to enjoy a healthy body, peaceful mind and joyful heart.

Keith Cini, MS, Dipl. Ac. is a Florida state-licensed acupuncture physician, received a Master of Science degree in Oriental Medicine from Southwest Acupuncture College and is a member of the National Certification Committee on Acupuncture & Oriental Medicine and the National Qigong Association.

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Free

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Next Thursday
Free

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(Tera Raw Mom Summit cont’d)
The RMS is a gift from our beautiful raw community to a world where the tragedies of malnutrition, child abuse, ADD, custody battles and cavi ties abound. While the RMS may not answer every question or remedy every challenge we face as parents, at the very least it offered a forum of wisdom, support and alternatives on a global scale. The Raw Mom Summit is looking to become an annual event. We hope to see you next year!

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ONE MOM AT A TIME
Fresh thinking for healthy families
by Shannon Leone

Tera Warner created a foundation for a new community of women where the raw food lifestyle and soulful parenting inspire moms all over to make the world a better place. This website enables moms to interact and encourage each other, share ideas and recipes, and act as muses for each other and their children. RawMom.com is dedicated to the raw food movement and nurturing the visions of raw and eco-sustainable communities through clarity of purpose and sharing of wisdom. Moms join in mutual support around the world, finding community and insight into implementing a healthful and vibrant lifestyle. Tera hopes that encouraged by their mothers, children will grow and strive to bring a healthy change as future mentors of the new eco-boomer generation. As this extraordinary group continues growing and branching out, more and more committed and dedicated people are supporting each other and healing the planet one family at a time.

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Kirk Black

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Tera Warner

www.rawmom.com

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S E P T E M B E R

1 New York, NY
3 Winslow, ME
4 Alliston, MA
6 Belfast, ME
9 Torrington, CT
9 Snyder, NY
10 London, ON
11 Toronto, ON
12 Georgetown, ON
13 Orangeville, ON
14 Barrie, ON
26, 27 Raw Spirit Fest, AZ

O C T O B E R

2 - 4 Paris, France
5 Ireland
7 Denmark
9 - 11 Portugal
16 St. Pete Beach, FL
24 - 26 Quebec, Canada
28 Boca Raton, FL
28, 29 Toronto, ON

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Living Food Leadership Summit
May 2nd and 3rd turned out to be a powerful and productive time here at Hippocrates Institute. Leaders’ from around the globe once again joined together for the third “Meeting of the Minds.” There was much discussion about ways that they could all become more effective in speaking with a clear authoritative voice. Acknowledging that the Raw Living Food Movement is skyrocketing towards critical mass, they accepted the responsibility to refine and disseminate pure supported information on the effects that food and lifestyle provide for health and life itself. Voting to inevitably create a website dedicated to the mission and purpose of greater communication, they raised the visibility and responsibility for the Summit attendees both past and present. Dissemination of truth is at the core of this influential group’s purpose. One of the leaders stated, “That our words spoken and written impact the future of individuals and the very planet on which we reside.” There was stimulating discussion and additions made to the statement molded in the past gatherings. The group plans to reconvene in the future.

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Natural Remedies
For flushing the flu
By Dr. Ginger Southall

Flu season is here again and many will be visiting their local drugstore and pharmacy to stockpile over the counter cold, fever and sinus medications, unaware of how dangerous and potentially deadly these easily accessible drugs can be.

Over the counter flu and cold medications such as Tylenol, NyQuil and ThermaFlu contain acetaminophen. Non-steroidal anti-inflammatories (NSAIDs) such as aspirin, ibuprofen, Advil, Motrin, Naproxen, Aleve, and Excedrin can cause severe liver and kidney toxicity or failure and can potentially lead to accidental overdosing and even death when used in combination with each other with other medications, including prescription medications taken for other health issues. I asked some of the top natural health experts to reveal some of their alternatives to these dangerous medications. I immediately think of the easy to use and affordable Neti pot and salt wash. www.detoxtheworld.com

This means vigilantly avoiding foods that do not leave the body easily and only consuming foods which leave the body in a timely manner, namely, a highly alkaline diet of mostly raw vegetables, fresh fruits, raw and cooked veggies along with other whole foods. What people don’t realize is that viruses and bacteria need acidic waste matter to feed. A clean body will not harbor rogue microorganisms. The vast majority of people have not been eating a healthy diet and therefore have a large amount of rubbish built up in their system. They are likely to catch and develop just about any virus or bacteria they’re exposed to. Viral and bacterial illnesses develop inside the gut from the micro-organisms that develop from the rubbish itself as it sits putrefying. Think Poltegeist or raw meat left out for several days on the kitchen counter. Once one becomes ill, the best recourse is strengthening the body with rest and sleep, liquids, raw juices and undermiring the rogue microbes and the waste they feed on through bowel cleansing via well-administered gravity colonics and enemas. www.detoxtheworld.com

Dr. Brain Clement, Director of Hippocrates Health Institute, recommends a 3-pronged formula to fight the flu. Use sprouted garlic and onion in a green veggie juice ideally or in salads. Also, use raw apple cider vinegar therapeutically - by adding 1 tablespoon to 12 - 16oz. of pure water or green juice.

A Neti pot is a small pot resembling a teapot, with a spout attached near the bottom and often a handle on the opposite side. It can be used to prevent or after one has contracted the flu. It’s small enough to travel with you, takes less than a minute to use and it’s as easy as brushing your teeth! Simply fill the neti pot with warm water and pure, non-iodized salt and rinse each nostril with the warm salt water. Neti pots can be ordered online and come with detailed instructions. www.beamgreen.com

Mary Boehmer, founding director of GreanBeam, an eco-educational community dedicated to The Green Baby Movement says, “I immediately think of the easy to use and affordable Neti pot and salt wash.”

The herb that is the most effective for the flu is Osha, originally utilized by the Native Americans to treat colds, best taken in liquid form, taken every 2-3 hours during the flu.” www.hippocratesinst.org

The vast majority of people are grossly deficient in vegetable-derived phytonutrients that are essential for normalizing immune defenses against viruses. It takes a bigger viral exposure to infect a person well nourished with micronutrients and viral infections are milder and of shorter duration when a person has met their micronutrient needs. The problem is that most Americans think they can supplement themselves with pills into a state of nutritional adequacy, but you cannot do that. There is simply no substitute for eating whole green vegetables, there are just too many phytonutrients that work synergistically. Many have not even been named yet. I recommend a glass of vegetable juice that is at least 30 percent leafy greens. Greens have at least ten times the nutrients of most other foods.

Cont’d on p. 49

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**BREAKFAST: Hearty or Heart-Healthy?**

By Cherie Soria

You know how your mother used to say breakfast is the most important meal? Well, she was right! Most of us were brought up hearing about the importance of a good breakfast, and if we wanted to be big and strong we needed a hearty breakfast every morning.

Most Americans use the phrase hearty breakfast to describe what they believe is a healthy first meal. Let’s take a look at a typical hearty breakfast consisting of 2 eggs, 1 potato, 2 ounces bacon, 2 tablespoons butter, 2 tablespoons strawberry jam, 3 slices toast, 8 ounces frozen orange juice and its nutritional profile:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calories</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Protein</th>
</tr>
</thead>
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<td>116</td>
<td>78</td>
<td>34</td>
<td>78</td>
<td>3</td>
<td>43</td>
</tr>
</tbody>
</table>

The mainstream notion of what constitutes a healthy breakfast is skewed. Recently, a friend who describes herself as mostly raw + vegan commented on how much energy I have. She thinks of me as a dynamo and said she could never hope to keep up even though she is half my age. I asked her what she eats for breakfast, and she answered, “a LaCroix Bar and a cup of coffee.” I told her there were better choices to be had, and she then asked, “what about a Raw Revolution™ bar? Is that any better?” Without understanding the importance of fresh, ripe, organic produce for starting the day, I explained that snack bars are great for occasional treats or something to take when traveling, but certainly not adequate as a daily breakfast.

Skipping breakfast: a losing proposition

Even though breakfast is considered by most nutritionists to be the most important meal of the day, four out of ten Americans skip it. Some believe it will help with weight loss; however, research indicates that skipping meals—especially breakfast—can actually make weight control more difficult. Several studies suggest we tend to accumulate more body fat when eating fewer large meals than when eating the same number of calories in frequent smaller meals. Additionally, eating first thing in the morning may help stabilize blood sugar levels which in turn regulate appetite and energy.

When skipping breakfast, the body runs lower on resources, making one more likely to be tired and less productive. One is also more likely to snack on high-calorie snacks to ward off hunger and make unhealthy choices at lunch, such as eating a larger than normal meal, thereby defeating the purpose of skipping breakfast.

People who eat a nutritious breakfast are more likely to maintain balanced weight, be more productive, and make healthier food choices throughout the day. That’s because skipping breakfast keeps your body in starvation mode, while eating a good meal gives your metabolism a boost. If your last meal is at 7 p.m. and you don’t eat again until noon, you have been fasting for 17 hours.

Not eating for this extended period of time can cause your metabolism to slow down. If the goal is to lose weight, one must keep the metabolism fast to burn fat.

What makes a healthy breakfast?

A healthy breakfast should contain carbohydrate, fiber, some protein, and only a small amount of fat, comprising about 25% of daily nutrient requirements. Whole grains, vegetables, leafy greens, and fruits fit the bill perfectly.

At Living Light Culinary Arts Institute, students and staff are served a healthy breakfast to keep them mentally alert. On occasion, sprouted oatmeal or buckwheat cereal is served, and everyday begins with one ounce of E-3 Live™ Blue-Green Algae, followed by a green smoothie with kale or other leafy greens and Vitamineral™ Green, a green powder supplement. Midmorning brings second breakfast: green juice packed with dark leafy greens, cucumber, celery, apple, and lemon. This keeps students energetic and productive and easily carries them until lunch at 1 p.m. This breakfast provides a minimum of 18 grams of protein, nearly half the daily requirement for calcium, plenty of fiber and very little fat.

Children also need a good breakfast

While eating breakfast is important for all ages, breakfast is especially important for children and teens. According to the American Dietetic Association, children who eat breakfast are more likely to be better calorie-concentrate, solve problem and have improved hand-eye coordination. They are also more likely to be alert and creative and less likely to miss school. Studies show that kids who skip breakfast are tardy and absent from school more often than children who eat breakfast on a regular basis.

Steer clear of sugary cereals, syrups, pastries and white breads which are digested quickly and will leave the body hungry and tired in a couple of hours. Whole fresh fruit is a healthier alternative to fruit juices which contain mostly sugar. Carbohydrates, protein and fiber satisfy hunger and keep one feeling satisfied until lunchtime. Green leafy vegetables such as spinach also provide a substantial amount of important micronutrients.

Here are a few of the positive results one can expect from eating a low fat, produce-rich breakfast.

**Mental clarity**

A healthy breakfast refuels the body and provides better concentration and higher productivity throughout the day. Researchers believe this is due to replenishing glucose, the brain’s main energy source.

**Strength and endurance**

People who eat breakfast have higher energy levels, allowing them to engage in more physical activity than people who don’t eat breakfast.

A sample Living Light breakfast

This powerful, nutrient-dense juice is especially valuable as part of a weight-loss program. It provides 200 mg of calcium per serving (as much as 2/3 cup 100 ml of milk), 9 grams of protein and less than 1 gram of fat. In fact, the calcium present in kale is twice as bioavailable to the body as that in cow’s milk. Juice all ingredients and serve immediately.

Cherie Soria is the founder and director of the internationally known Living Light Culinary Arts Institute and author of 3 books, including Raw Food Revolution Diet. She has been teaching raw vegan culinary arts to students and teachers from around the world since 1992 and is known as the “mother of gourmet raw cuisine.” Additionally, Cherie and her husband Dan Ladermann also own three award-winning green businesses: Living Light Café and Cuisine To Go, Living Light Marketplace and the eco-friendly Living Light Inn in Fort Bragg, California. Visit www.RawFoodChef.com for more information.
Some of the ideas man has come up with over time are better than others. In the last century and especially in the past 50 years new and interesting food-specific organizations have formed such as Slow Food USA, a non-profit educational organization which supports and celebrates the food traditions of North America through programs and activities dedicated to taste education, defending biodiversity and building food communities.

Slow Food USA believes the pleasure and quality of life is greatly increased when we make time to prepare and share meals with family and friends using ingredients honoring our traditions and land; that food is a common language and a universal right. Slow Food USA envisions a world where all people eat delicious food that is good for them, good for the growers and good for the planet. They have a deep appreciation for slowing down and savoring the traditions of the table and taste buds. We can all respect that concept, but when hunger strikes, do we really eat slowly?

The Slow Food movement was founded in 1989 by Carlo Petrini in Italy. Since then, it is flourishing in 122 countries around the globe. It all began in 1986 as a resistance to the opening of a McDonald’s near the Spanish steps in Rome. To date, the organization spawned by that initial movement has expanded to over 800 chapter with 83,000 members worldwide, including 16,000 members in the U.S.A. Its members include culinary professionals, food enthusiasts, farmers, food producers, educators, and students. The overall organizational structure is decentralized, and each chapter has a leader who is responsible for promoting local farmers and local flavors through the region with events such as taste workshops and promoting the farmers markets. Offices exist in Switzerland, Germany, New York City, France, Japan and most recently, in the United Kingdom. The head offices are located near the famous city of Turin in northern Italy. Numerous publications are available in several languages. Slow Food puts out literature in several European nations and in the USA, “The Snail” is the quarterly of choice. It is difficult to gauge the extent of the success of the Slow Food movement considering that the organization itself is still very young.

The current grassroots nature of Slow Food is such that few people in Europe and especially the United States are aware of it. America is a fast food nation based on convenience and as a result, Americans have the highest body mass index on the planet along with a very high rate of obesity.

Slow Food is contributing to the growing awareness of health concerns in Europe. Current statistics show Europeans consuming more organic foods than Americans. Slow Food and its sister movements are still young, and tourists actually visit Slow Food restaurants more than locals. In an effort to spread the ideals of slow food, the organization targets youths in primary and secondary schools. Volunteers help build structural frameworks for school gardens and put on workshops to introduce the new generation to the art of farming while obtaining funding and corporate support.
By age 50, one out of every two Americans will have clinical hemorrhoids. While some will have no symptoms, the rest will probably experience serious pain and discomfort. Those having a proclivity for rear-end woes have higher odds of it developing into multiple conditions over time - each merit an individual diagnosis - even though experiencing only a single area or source of pain.

That's exactly what happened to me. I am a reasonably healthy and fit male in my early fifties, very knowledgeable in the Hippocrates lifestyle, and better read than most on the topic of health and wellness. Yet all this did not prevent me from experiencing serious rear-end discomfort almost 20 years ago.

A routine trip to the restroom would cause agonizing pain both during and after, while the regular presence of blood only added to my misery. The family doctor diagnosed it as internal hemorrhoids and associated medical conditions for some time. That treatment did not alleviate the pain; it only added to my misery. The family doctor diagnosed it as hemorrhoids and associated medical conditions for some time. That treatment did not alleviate the pain; it only added to my misery.

I inquisitively investigated to learn more information and discovered that Traditional Chinese Medicine (TCM) is a style of treatment relying on natural holistic remedies and considers surgery the last resort. Being thousands of years old, this seemed like the real deal. In comparison, western medicine’s best knowledge seemed to be the work of upstarts and young whippersnappers who arguably made up in self-embellishment what they lacked in hard data and experience.

The best doctors at the top clinics advised me that surgery was the only long-term solution. It would be painful, interfere with the ability to control the sphincter and likely would require repeated procedures in years to come. Needless to say, I was not a happy camper.

After more than a decade of suffering, I had the misfortune of meeting a colleague from a clinic recently opened in Toronto called the North American Traditional Chinese Medicine Hemorrhoid Institute. This was unlike anything I had come across before. Owned by the Chen family, the clinic has been treating hemorrhoids and associated medical conditions for some five generations. They developed a specific regimen rooted in traditional Chinese medicine which helped the body heal the condition naturally while simultaneously sloughing off the diseased tissue.

I felt a rush of hope and excitement for the first time in a decade. I gave it a shot, and boy am I glad I did! The Chen clinic’s approach to treating these conditions is a startling contrast to the usual diagnose, prescribe, refill approach of western medicine. Doctors treat the specific area where the problems manifest like the open wound it is and require patients to visit the treatment center daily after usual restoom activity for cleaning, dressing and applying salves.

Typically the treatment continues for about two to three weeks, but can be as brief as six to eight days for simple cases. It’s not a lot of time consider an investment of 14 to 21 days in return for a lifetime of relief. In my case the main treatment lasted five weeks. During my first diagnosis at the Chen’s NATCM clinic, I discovered that I had hit the equivalent of the rear-end trifecta, which meant a three-way combo of Hemorrhoids, Fissure, and Fistula.

Fistula is usually a hidden break or opening in the associated tissue caused by the first two conditions. It almost always becomes infected and then fosters an ongoing cycle of re-irritation which in tandem with the other maladies makes full recovery next to impossible. Western texts say the only cure for Fistula is surgery.

I’m not sure which fact was more unbelievable: that all earlier doctors had completely missed the diagnosis of Fistula or that five weeks after I walked through the doors of the NATCM clinic 13 years of pain and misery disappeared.

I could feel the difference, the tissue was healed and I could eat normally again. Most significantly, I no longer had to plan my day around a momentous trip to the bathroom.

Equally amazing were the relationships developed with the doctors at the Toronto clinic. Nowadays doctors seem to have less and less time for their patients. In both the U.S. and Canada the majority of the time spent during medical visit is with nurses or other assistants who prep you for the doctor and invariably end up explain- ing your course of treatment after the doctor has quickly moved on to the next patient. It seems that in China, things are different. There are many applicants for each available position ensuring the top candidates are hired. Reputation and patient relations are paramount and malpractice suits are virtually unknown. My life has been profoundly touched by the sincerity, kindness, and empathy of the doctors at the Chen clinic. Long after my treat- ment concluded I continue to maintain genuine friendships with these doctors and spend time with them socially.

If you don’t suffer from rear-end woes, then my tale, however interesting, does not directly impinge on your health or quality of life. You may even consider that getting on a plane and spending weeks in a foreign place is overkill, regardless of how painful the condition. On the other hand if you are already a member of the Rear Admirals Club, my experience may resonate a little differently. I took a gamble and it paid off. There is no Las Vegas jackpot that can be as satisfying or rewarding as becoming pain and symptom-free from a condition that was slowly turning me into an invalid.

To learn more about the Chen family and their humanistic and successful remedies, visit the clinic’s website at www.natcm.ca
When a patient tells a physician, “I don’t feel well,” the traditional approach is to assess the person’s physical condition through a series of examinations, x-rays, CT Scan, MRI, mammograms, biopsies and blood tests. These efforts are intended to rule out whether disease is present or impending; however, they frequently fail to indicate the real state of health of the individual.

While traditional medicine views health as the absence of disease, energy medicine, or electrical medicine, sees health at one end of the spectrum and disease at the other, with most patients poised somewhere between the two. For example, fatigue and insomnia are not diseases, yet are certainly not associated with good health.

Energy medicine seeks to evaluate the energy of the cells, organs and glands of the body. Are the cells producing enough energy? Are the cells able to store the energy created through oxidative phosphorylation? The human body is an orchestra and the organs and glands are the instruments. While some instruments are in tune others are not. For the symphony to delight, all instruments be in tuned properly and synchronized.

Let’s look at the emotion of anger. In Chinese medicine anger is associated with an imbalance of the liver. A liver scan may show normal signs while blood tests evaluating the chemical liver (ALT, AST, GGTP) would also be normal. Meanwhile the anger would manifest in certain clinical symptoms such as insomnia with the person likely awakening between 1:00 and 3:00 a.m., or the individual report headaches or migraines, another indicator of liver energy imbalance. Energy medicine would conclude that the emotion of anger has an effect on the energy of the liver, manifesting in symptoms such as headaches or insomnia. Just as the electrical QR complex of an EKG precedes the physical heartbeat, so too do electrical (or energetic) changes in the organs precede chemical and physical abnormalities.

Toxins are physical substances which produce energetic imbalances in an individual. We are constantly exposed to toxins, of which exist two types: exogenous and endogenous.

Exogenous toxins are present in the external environment, whereas endogenous toxins are produced internally as the result of imbalances in metabolism. These imbalances result in physical, emotional and psychological symptoms.

Major exogenous toxins which affect us are: Tap water, coffee, tobacco, alcohol, sugar and food preservatives; Petrochemicals: pesticides, plastics, smog; Drugs: prescription, over the counter and illicit; Heavy metals: mercury, aluminum, lead and cadmium; Viruses: Epstein-Barr, influenza, cytomegalovirus, herpes, HIV; Bacteria: streptococcus, staphylococcus, salmonella and lyme.

Endogenous toxins are produced as a result of compromised digestion and inefficient metabolism. They result from pancreatic digestive enzyme deficiency, poor eating habits and incorrect food combinations. Examples are Candida and elevated blood levels of uric acid.

Toxins are discharged from the body by the liver, kidneys, lymph, colon, lungs and skin. As more and more toxins accumulate in the system they place severe stress on these organs of elimination. With continued accumulation, the liver, kidneys and lymph systems become less efficient in their ability to excrute these waste products, causing toxins to first accumulate in the connective tissues of the body followed by the organs. The body tries to initially compensate by having the endocrine (hormonal) glands secrete hormones to help stimulate detoxification and over time these glands become exhausted. The result is an inefficient elimination system with toxic accumulation, coupled with reduced organ and hormonal function, producing a hospitable environment for illness to flourish.

Why is Allopathic medicine unconcerned about these toxins?

Allopathic medicine is concerned about acute intoxications caused by the intake of high levels of toxins such as carbon monoxide levels in the blood as a result of smoke inhalation. The gradual accumulation of low levels of toxins cannot yet be measured by conventional analytical methods causing many doctors deny their existence. As instrumentation and measuring methods become more sophisticated, such toxic states will be recognized as dangerous. Many of these toxins compete with the essential vitamins, minerals and trace elements in the metabolic process. Although quite beneficial, treatment protocols using very high doses of vitamins and minerals (orthomolecular therapy) fail to address the problem at the root level. Also overlooked is the fact that most conventional research is conducted on one specific toxin rather than the combinations of toxins encountered daily. This cocktail effect surfaces when different toxins in combination create a synergistic effect which is more detrimental than the effects of the toxins measured independently.

Detoxification refers to removing toxins from their binding sites in the tissues and organs of the body. The main reason why many people get sick when starting a detox program is failure to stimulate the eliminative organs. The toxins leave the tissues, enter the blood stream and since the liver is clogged (because there was no previous liver drainage) these toxins are not eliminated. It’s like having a bowel movement in a toilet that won’t flush.

Liver drainage is enhanced by homeopathic and herbal remedies such as lemon in water, and liver friendly vegetables such as zucchini, squash, watercress and artichokes. Kidney drainage is enhanced by homeopathic and herbal formulas, horsetail tea, asparagus and healthy drinking water which is slightly alkaline, loaded with electrons and containing just the right amount of minerals. Lymphatic drainage is enhanced by homeopathic and herbal formulas, massage, deep breathing, rebounding on a trampoline and complete elimination of dairy products from the diet.

After drainage is complete, the process of detoxification can begin. Effective ways include raw + vegan diets, colonics and wheat grass implants, skin brushing, infrared sauna, and exercise. So begins the journey to health.
Boning Up to Osteoporosis

By Raymond Francis

Osteoporosis literally means “porous bones.” Bones lose mass, weaken and become susceptible to fracture. Affecting both men and women, this potentially devastating condition is widespread, silent and symptomless. Americans suffer more than 15 million fractures every year from osteoporosis. Over 20,000 of those are hip fractures. Twenty-five percent of these people will never walk again unassisted. Twenty-five percent will end up in nursing homes and 25% will die within three months of conditions related to the fracture, as the late Eva Gabor did. Like all other chronic degenerative diseases, osteoporosis is extremely rare among native populations that eat traditional plant-based diets.

Osteoporosis doesn’t come cheaply or quickly. You have to purchase expensive ingredients, like meat, dairy and soft drinks, and have the patience to stick with the program. It’s not easy to make a human being sick. Bone is a living tissue, growing, mending and renewing itself throughout life. In fact, we replace about 20% of our bone mass every year. By the age of 80, you may have lost up to 50% of your bone mass and this can cause a loss of 2½% of your skeleton every year, which calculates to 25% lost in 10 years.

Bone loss is one mechanism for osteoporosis. Americans eat too much protein and about 70% of our protein is from animal sources. We consume about 100 grams per day, much more than we need. Healthy populations eat 20-42 grams per day, with less than 10% from animal sources. The rest is plant protein, which is fundamentally different. Animal protein metabolizes in our bodies to strong acids, namely sulfuric and phosphoric acids. To neutralize these acids, our bodies use up calcium from our bones. If, in fact, you eat a diet high in animal protein it doesn’t matter how much calcium you consume, you will still lose bone mass. Alaskan Inuits have the highest osteoporosis rate in the world because they eat twice as much protein as we do, and it’s all animal proteins. They also consume more than twice as much calcium as Americans, but it doesn’t help. The excess protein is the key.

Dairy products contribute to bone loss

Americans are only 4% of the world’s population yet consume much more dairy than the other 96% put together. If milk were good for our bones, we would have the strongest bones in the world. Instead we have some of the weakest bones in the world. Cow milk has four times the calcium of human milk because the calcium in cow milk is not bioavailable to us. In addition, cow milk is high in protein which strips the calcium out of our bones. Cow milk is also low in magnesium, which is necessary for using calcium. As a result of these and other factors, and contrary to popular belief, dairy promotes bone loss. Feeding milk to children can result in weaker bones later in life.

Refined sugar promotes bone loss

The average American consumes about 150 pounds of refined sugar per year, which is sufficient to do a lot of bone damage. Sugar is absorbed quickly and sharply increases our cellular glucose levels. Cellular glucose increases, but the oxygen in the cell doesn’t increase and this causes incomplete oxidation of the sugar. Partial oxidation forms acids and the acids strip calcium from our bones.

Sugar also causes losses of magnesium, which is necessary for bone formation.

Salt contributes to bone loss

Americans eat an excessive amount of salt. Many people consume 8,000 to 10,000 mg of sodium per day. Our ancestors consumed about 700 mg per day. Every 2,000 mg of sodium consumed causes a loss of 25 mg of calcium in the urine. Unless these losses are replaced, an intake of 5,000 mg of sodium per day can cause a loss of 2½% of your skeleton every year, which calculates to 25% lost in 10 years.

Excessive phosphorous

By reacting with the calcium to form an insoluble compound and inhibiting absorption of calcium from the digestive system, phosphorous causes bone loss. It also causes calcium losses from bone by metabolizing to phosphoric acid, which has to be neutralized with calcium. Excessive phosphorous is contained in animal protein and in soft drinks, especially colas, which have phosphoric acid added as an ingredient.

Caffeine, smoking, excessive alcohol, steroids and lack of exercise also contribute to bone loss.

The sedentary lifestyle that most Americans lead increases the rate of both urinary and fecal calcium losses. Exercise, especially weight bearing exercise, will actually increase bone mass and reverse bone loss. A three-year study of older women at the University of Wisconsin showed that a control group of sedentary women lost 3% of bone density while the exercise group gained 2%.

Bone loss is one mechanism for osteoporosis.

Another is insufficient formation of new bone. Shortages of critical vitamins and minerals will inhibit this process. Calcium is the central ingredient. Americans get an average of 1,143 mg/day. The recommended amount is 1,000-1,500 mg/day. However, our healthy ancestors consumed only 500-600 mg/day. The problem is Americans lose an average of 300 mg/day in the urine. Because of our bad diets, we actually lose more calcium than some of our healthy ancestors were eating. Calcium absorption is only 20-40% efficient and requires an acidic environment which many of our older people lack. If you lose 320 mg/day and absorb at the 20% rate, you will need 1,600 mg/day just to keep up with your losses. Our average intake of 1,453 mg/day is insufficient. Obviously, the thing to do is cut out the losses and increase the consumption of bioavailable calcium. The best sources of calcium are green vegetables like broccoli, chard, and kale, and whole grains and beans.

Animal proteins metabolize in our bodies into strong acids, namely sulfuric and phosphoric acids. To neutralize these acids, the body uses calcium from teeth and bones. In fact, if you eat a diet high in animal protein it doesn’t matter how much calcium you consume, you will lose bone mass.

It is impossible to build bone without magnesium. Magnesium is necessary for numerous bone-related reactions including the conversion of vitamin D to its bioactive form, which is necessary for calcium absorption. Several studies have shown that about 80% of the American population get only two-thirds of the RDA of magnesium. On top of that, the RDA is known to be too low.

Vitamin D is the main regulator of intestinal calcium absorption. A lot of older people don’t get enough vitamin D because they tend to stay out of the sun. Vitamin D must be converted to its bioactive form and this requires both magnesium and boron. Manganese is required for bone mineralization and for synthesis of the organic matrix on which calcification takes place. A study reported in Science News found that osteoporotic women had serum manganese levels of only 35% that of the controls.

Folic acid is part of the osteoporosis puzzle, yet the typical diet contains only half the RDA for folic acid. Vitamin K is also essential. A study in Clinical Endocrinology found that vitamin K supplementation reduced urinary calcium losses in osteoporosis patients by 18 to 50%. Zinc is also an essential player, but a survey in the Journal of the American Dietary Association found that 68% of adults consume less than two-thirds of the RDA for zinc.

Vitamin B6, vitamin C, chromium, silicon, and other nutrients also play important roles. Calcium metabolism is very complex and requires adequate amounts of many nutrients. To prevent and successfully treat osteoporosis you first must reduce calcium losses. This means cutting down on meat and dairy. Keep your protein intake to 1½ to 2 ounces a day, and less than 10% of that should be animal protein. Drastically reduce your intake of sugar, salt, phosphorous, and caffeine. Second, you have to consume the right amounts of nutrients that support formation of new bone such as calcium, magnesium, manganese, boron, vitamin D2 and D3, and silicon.

The best way to accomplish all this is to eat a plant-based diet consisting of a variety of fresh, unprocessed, organic vegetables, whole grains and beans.
For years, one thing hasn’t improved over time: the human aging process. The addition of better food sources, cleaner water, exercise and meditation prolong the human life span. With the awareness and availability of super-foods and nutritional supplementation, it seemed we were finally winning the battle against an inevitable decline. However, it was quite apparent that something was missing because despite continuing to exercise, eating right, and taking supplementation, women and men noticed a dramatic decrease in their immunity, libido and mental clarity, increased weight and mood changes between the ages of 40 – 54 for women and 30 – 70 for men.

Bio-identical vs Analogue

By Dr. Z. Catherine Navarro

During these ages, men and women experience decreased energy, decreased sense of well being and a lack of desire for common daily activities. From a cosmetic point, patients report overnight loss of skin elasticity, loss of muscle tone, thinning hair and central body adiposity, or excess fat storage. Surprisingly, it’s been noted that if some of these patients are treated for specific hormonal deficiencies, the symptoms improve within 6-12 months. Although the medical community accepts this as a consequence of apoptosis (programmed cellular death), Eastern medicine and European medicine took a pro-active and practical approach. In the East, both Chinese and Indian (Ayurvedic) medicine note that supplementation with herbs and other extracts not only improve the symptoms of aging, but also reverse the decline and returned them to premenopausal levels of vitality, mental sharpness, and physical activity. The patients exhibited less age related disease, decreased morbidity, less obesity, and the ability to maintain weight. Europeans took a more traditional approach looking into the use of chemically or naturally obtained hormonal replacements that were “bioidentical,” meaning they were exactly in the form of hormones found in the human body.

What they found mirrored the Eastern results. Mainly, that supplementation improved stamina, decreased disease, maintained youthful weight and fat distribution, and patients reported a higher quality of life.

In the United States, hormones available for replacement used to be “bio-identical,” but the rise of the pharmaceutical industry grabbed control, claiming that they had a better way to handle this problem. Since bio-identical hormonal preparations could be compounded by any competent pharmacist, and could not be “Patented,” it comes as no surprise that the pharmaceutical industry developed hormonal “analogues” (chemical similar, but not identical to the hormones they replaced) which they convinced the American public worked just as well and were safer. The fact the analogues could be patented, their distribution controlled, and could be sold for 10 times the amount of their predecessors, insured that any information on economic bio-identical products would be suppressed.

History has borne out the fact that these analogue hormones are not optimal, can contribute to serious side effects, and may actually contribute to the rise in cancer in men and women. Patients do not realize that there are physicians fully trained in bio-identical hormonal replacement who is customized, easily tolerated, and can be delivered in creams instead of pills. The internet has allowed unbiased information to be disseminated on the benefits of bio-identical hormones with celebrities like Oprah Winfrey, Donna Karan, and Suzanne Somers, joining the fight to educate the American and world public that aging and disintegration re not inevitable and can be markedly reduce with hormonal supplication. Further research need to be done, but it appears that bio-identical hormones carry virtually no side effect.
Functional Medicine

A solution which actually works?

By Jamaal A. McLeod, D.O. and C. H. McLeod

The escalating public debate over the troubled U.S. healthcare system ignores one vital solution: functional medicine. Most experts agree that real emphasis on prevention would lower costs; yet public dialogue is missing serious discussion of conventional healthcare’s fundamental aversion to disease prevention.

The nature of the debate, as well as any proposed legislation, would be dramatically impacted if there existed broader awareness of the functional approach to medicine, emphasizing prevention and treating the whole person rather than merely symptoms. This approach requires time and thoughtfulness, two qualities that are conventionally discouraged by physician training, the business demands of medical practices and general public misinformation about healthcare.

Physicians are primarily trained to diagnose disease and write prescriptions to alleviate symptoms. If unable to make a confirmed diagnosis, a physician typically orders tests, makes a working diagnosis, writes a prescription, and refers the patient to a specialist.

The training responsible for this approach of course begins in medical schools, where drug companies have enjoyed practically carte blanche influence over medical education. Professors double as paid industry consultants, some deans sit on corporate boards and drug companies fund medical school research and facilities.

Recently this long-term corruption has prompted U.S. Senate investigations, the passage of new state laws and a student revolt of sorts. In 2002 the American Medical Student Association (AMSA) launched a campaign against “marketing-based prescribing practices” and “conflict of interest in medicine.” The AMSA now issues the PharmFree Scorecard designed to measure medical school effort to limit conflicts of interest. Such pressure has forced many positive changes at top medical schools.

For example, Harvard Medical School has succeeded in changing its initial F on the AMSA Scorecard to a B. However, strong ties between medical schools and industry persist and some students, faculty members, and administrators argue for strengthening these ties even further. Unfortunately the many policy changes at these schools, however admirable, have not fundamentally changed the legacy of symptom-centered physician education created by the long-standing Faustian bargain between medical schools and the drug industry. Medical school curricula continue to emphasize pharmacology over nutrition and other prevention-related topics. And the influence of drug companies and their disease and drug centered agenda continues to extend beyond medical schools to continuing medical education for physicians, aggressive marketing efforts directed at practitioners and funding for many of the medical journals and research studies that physicians rely on in the provision of patient care.

Is it any surprise that the typical U.S. physician writes more prescriptions for pharmaceuticals than any other physician in the world?

The stress of modern practice management also discourages preventative approaches in conventional medicine. Maintaining a medical practice is expensive and practice overhead increases yearly. The average physician has expenses for pay-roll, supplies, mortgage or lease, medical equipment, taxes and employee benefits. Most physicians also pay escalating malpractice premiums, and face decreasing reimbursement from insurance companies. Counterbalancing these demands often requires increasing patient load, which in turn, decreases the quality and quantity of time spent with each patient. As noted above, disease prevention requires time and thoughtfulness, but the conventional practice management environment typically permits only the time necessary to make a diagnosis and write a prescription. The emergence of consumers driven healthcare marketing has also had fateful implications for preventative health strategies.

Although it was not the first prescription drug commercial, the popular Claritin commercial that first aired in 1996 was credited by the Journal of Healthcare Management with “transform[ing] the pharmaceutical industry into a multibillion dollar enterprise that spends twice as much [money] on promotion as on research and development.”

Since then, drug companies have mastered the art of appealing to the general public and encouraging people to petition their doctors for drugs. These marketing practices have dramatically impacted doctor-patient relationships by dictating patient expectation, most prominently the expectation that a doctor’s sole function is to make diagnoses and dole out pills.

Functional medicine actively resists this model of medical practice. Contrary to the conventional emphasis on the three D’s—disease, diagnosis, and drugs—functional medicine focuses on early assessment and intervention to correct core imbalances before they can develop into disease. Thus, the functional approach involves exploration of a patient’s life story in pursuit of the origin of potential disease states.

The core principles of this approach are an understanding of the biochemical individuality of each person, based on the concepts of genetic and environmental uniqueness; a patient-centered rather than disease-centered approach to treatment, which entails a pursuit of balance among internal and external factors affecting a patient’s body, mind, and spirit; a recognition of the interconnectedness of physiological factors; seeing health as a positive state, not merely the absence of disease; an emphasis on the dynamic balance of internal and external factors; cont’d on p. 47
A Sticky Situation

Benign-sounding terms in product labels cloak dangerous chemicals.

By Randall Fitzgerald

So what do the terms organic and natural really mean when employed to market products sold by large food corporations? What do fragrance-free and hypoallergenic really mean in the context of cosmetics and personal care products? How can we know what to trust when we read labels?

We like to believe that labels appearing on foods, cosmetics and personal care products provide a full and accurate accounting of the ingredients we take into our bodies through the mouth and skin. Educating ourselves properly about the options we have to choose from in life is pivotal to our health and well-being. Let’s examine the label disclosure laws maintained by the three main federal regulatory agencies: the Food and Drug Administration, the Consumer Product Safety Commission and the Federal Trade Commission. Under an umbrella of loopholes in product regulations known as trade secrecy laws, manufacturers are allowed to hide the identity of some product ingredients from consumers. The rationale for secrecy has changed dramatically since then. Major food and cosmetic companies are highly technologically sophisticated and any product made by a competitor can be reverse-engineered to decipher the identity of chemical ingredients. As a result, trade secrecy laws in the realms of food, cosmetics and personal care products only serve to keep consumers in the dark about what they would otherwise find objectionable and a potential health risk. When it comes to the labels of most mainstream products, secrecy may be the only truth we can absolutely rely on. This failure of labels to completely and accurately disclose the potentially toxic chemical ingredients amounts to a form of health care fraud. To illustrate the dimensions of the challenge, this secrecy poses for conscientious consumers, an organization called The National Environmental Trust in Washington, D.C. did a survey in 2004 of 90 common consumer products. They found more than half of these products contained toxic chemicals that were legally not revealed on the labels under trade secrecy exemptions.

Despite the seemingly insurmountable problems that trade secrecy creates for the average consumer wanting full disclosure, there are ways to navigate through the chemical minefield if you know how to break the ‘code’ of label language. As a general rule, a product containing chemicals should list every single ingredient by its proper chemical name, otherwise consider it a red flag. Avoid products withholding information. Bear in mind that the more chemicals a product contains, the more potential risk to health it poses because of the possible synergistic reactions that can happen between these various chemicals. Identities of specific chemicals are often cloaked under vague terms. Below are some currently in vogue.

Natural Flavors or Natural Colorings

The word natural is very vague. Synthetic chemical food additives concocted in laboratories that attempt to mimic natural flavors or colorings from nature can be labeled as natural flavors or natural colorings. If ingredients are truly natural, then a manufacturer would not be reluctant to identify every single one of them.

Fragrances

Another generic label term without any specific meaning. The fragrance portion of any product can contain more than 100 different synthetic chemicals, according to the trade publication Flavour and Fragrance Journal. Even a product labeled unscented or fragrance-free may contain synthetic chemicals designed to mask the noxious smells of other synthetic chemicals.

Inert or Inactive

Often hides the identity of several thousand different toxic synthetic chemicals. Chemicals are added to products for a specific reason. An inert or inactive chemical in a product means that it doesn’t play a direct role in the product’s effectiveness, but rather an indirect role in facilitating the effectiveness of other active chemicals in the product. The inert or inactive chemicals are still present and can affect you.
Vitamins are micro-nutrients essential to normal human metabolism. Every vitamin performs specific functions in the body and even at slightly diminished capacities can potentially wreak havoc. Despite overwhelming research, many scientists still fail to understand the workings of nutrients. Over time, synthetic vitamins weaken the immune system and make the body defenseless against disease. In fact synthetic vitamins are similar to drugs, both manufactured in labs through a series of chemical manipulations. Although causing few side effects, they merely treat the symptom of an illness. Like pharmaceutical drugs, they seem effective. But as long as the root cause is not treated, the body cannot fully recover.

Naturally occurring vitamins are derived solely from food and medicinal sources such as fruits, vegetables and botanicals. We find synthetic vitamins fortified into most foods, including breads, cereals, pastas, dairy, beverages and sweets. Our bodies have the inherent ability to perceive the difference between a natural, whole food vitamin and a synthetic supplement, releasing and raw whole-foods diet, including natural vitamins made from whole foods.

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Vitamins and supplements can contain synthetic or naturally occurring ingredients, yet practically every supplement on the market today is synthetic. Often times a product may begin with a natural base, but the odds are high that synthetic nutrients are added. The label often omits the combination of ingredients, so while we may be reading labels to find the highest quality products, we can easily be swayed by misleading and dishonest labeling information. The key point is taking vitamin supplements originating from naturally occurring full-spectrum food and botanical sources, identified by the phrase Naturally Occurring or Naturally Occurring Standard (NOS).

We are what we digest

Given the right nutrients, the human body inherently knows how to establish and restore excellent health, heal disease and strengthen from the inside. Yet a basic misconception is the notion that modern food contains all the vitamins we need. Many years ago, when the mineral and nutritive content of soil properly nourished plants and most foods were locally grown, fresh and eaten soon after harvesting, people consumed nutritionally richer foods. With 20th century modernization came the widespread use of chemical fertilizers, pesticides, herbicides, additives, preservatives and other contaminants. Most of us today suffer from dietary deficiencies which cannot be remedied until the mineral-depleted soils are brought into proper balance. Foods like fruits, vegetables and grains grown on millions of acres of land no longer contain enough specific kinds of minerals, resulting in widespread nutritional deficiency, no matter how much of them we eat. A shortage of nutrients in both the growing and processing of food continues to spike, barely supplying minimum daily requirements. Even those diligently eating a diet of fruits and vegetables, food alone cannot sufficiently provide the vitamins and minerals needed to maintain a healthy and balanced life. Our culture is stuffed with myths, misinformation and misconceptions about the role of nutrition and supplementation in our lives.

The essential ingredient for good health is education. A compromised digestive system absorbs fewer nutrients and creates the conditions for obesity and other imbalances. Quality foods enhance health, strengthen immunity and create the best conditions for overall well-being. Hippocrates Health Institute supports complementary and integrative medicine with a firm conviction in a healthy plant-based diet and lifestyle. Combined with natural and high quality supplement ingredients, robust health can be regained and maintained. Hippocrates, the fifth century B.C. Greek physician, said it best: let food be thy medicine and medicine be thy food.
Generic vs Brand Name Drugs

What’s the difference anyway?

By Scott Josephson

Generally speaking, generics are clones of brand name drugs whose patents, which legally protect them from competition, have expired after being on the market for 10 to 14 years. The government grants patents to encourage innovation. There would be no incentive to develop a costly new drug if within months a competitor copies it for next to nothing. In an effort to maximize their profits and extend their research & development investments, brand name pharmaceutical manufacturers create the false impression that patented, brand name drugs are superior to generics. This often successful attempt to continue reaping profits after their patents have expired by marketing their drugs as somehow better than generics has the side effect of creating confusion in the minds of consumers.

Confusion often arises in consumers’ minds when generic versions become available for brand name drugs. Marketing driven brand name drugs have more memorable and easier to pronounce names, while generic drugs are typically scientifically accurate but burdened by technical and jargon-laden names. Additionally, brand name drugs employ unique shapes and colors to differentiate them from others while generics typically have simple white round forms. The net result is that patients tend to associate the efficacy of drugs with their appearance and names, and switching without proper knowledge and information raises doubts. Naturally consumers wonder if switching to a less expensive and cheaper-looking pill affect the treatment of their condition.

Another reason for confusion is inertia. Due to constant marketing by the pharmaceutical industry and the fact that brand name drugs were first on the scene, doctors tend to continue prescribing brand name drugs even after generic versions become available. However, in every state and most countries, the pharmacist can make the switch to the generic version if the patient asks for it or if the patient agrees to it after being asked by the pharmacist.

Even though health insurance covers much of the cost of drugs, most people tend to stick to their brand name counterparts even though the cost savings are significant when compounded. Switching to generic drugs helps control ever-soaring health care costs and insurance premiums. On average, the price for the generic drugs cost 66% less than brand name versions, making savings available for everyone substantial. Those lacking insurance coverage have a special incentive to work with their providers to choose the most affordable drugs. Switching to a generic version helps people pay for needed drugs without financial hardship or strain. Ultimately, being informed is the best medicine; inquire whether the prescription is for a brand name or generic drug, and learn why it has been prescribed.

In summary

When a generic drug product is approved, it has met rigorous standards established by the FDA with respect to identity, strength, quality, purity and potency. Some variability can and does occur during manufacturing, for both brand name and generic drugs. When a drug, generic or brand name, is mass produced, very small variations in purity, size, strength and other parameters are permitted. FDA puts limits on how much variability is acceptable. Generic drugs are required to have the same active ingredient, strength, dosage form, and route of administration as the brand name (or reference) product. All generic manufacturing, packaging and testing sites must pass the same quality standards as those that apply to the same exacting specifications as any innovator brand name product. In fact, many generic drugs are made in the same plants as innovator brand name drug products.

If an innovator of a brand name drug switches drug production to an alternative manufacturing site, or they change formulation of their brand name drug, these companies are held to the same rigorous manufacturing requirements as those that apply to generic drug companies.
I’m about to turn 50, and I feel amazing not just good or great, but surprisingly and incredibly awesome — in body and mind! Let’s talk about the body first. I have almost zero aches or pains, I sleep 4 or 5 hours each night, work and play all day and I really do feel like a kid.

My blood, bones, organs, joints and skin are all in better shape than 20 or 30 years ago. My yoga stretch is phenomenal and except for the fact that I’m balding and finally had to get reading glasses, everything about my body seems to be getting better, not older. People are surprised when I tell them my age, but it doesn’t begin to compare to the pure joy of feeling good.

Now, about the mind. I think better and I feel better than I did 10 years ago, and not because I’ve had more years of life experience to get wiser. My psychological and emotional well-being have been greatly enhanced by eating raw food, eating green, and engaging in regular juice cleansing. When we go from being acidic (grain-animal-heavy diet) to alkaline (green diet), fuel ourselves with an abundant supply of minerals, live enzymes and pure water (from within the plants), and regularly flush the system, this machine and all its parts including the parts allowing us to think and feel emotions and thinking is as dramatic and palpable as the rebuilding of our physical bodies, making this a profound journey of self-discovery and spiritual growth.

So how did I get so healthy in body and mind, and what are the keys to success? First I’d like to acknowledge that my journey of self-discovery and spiritual growth.

On my 59th birthday, I got sober, became a 100% raw vegan and my lotus blossomed again. I developed Grand Space, a holist event center in Brooklyn, and over the years, our old warehouse welcomed a diverse range of communities and practices, including raw food, fasting, yoga, meditation, trance dance ceremonies, opium, energy balancing, massage, breath work, essential oils, nature groups, shamanism, goddess circles, mediumship, past life regression, feng shui, tantra, fire spinning, clown classes and the list goes on.

So how are these vastly different practices relevant to our overall health and happiness? My experience taught me that we need to work at our mental, emotional and physical well-being from different angles and get coaching, guidance and support from different schools of thought and cultures. To get at what ails us, to “work it out,” we may need to sit and shout, sit silent in reflection, abstain from solid food, read and research or be worked on by any number of holistic practitioners. There is no right set of healing modalities for all people and different practices will be effective at different junctures on our path. The key is to be enthusiasti-cal “in the game” and open to lots of possibilities. Be the contractor of your own health construction team and if one thing doesn’t work, try the next.

The Game of Life
By Alan Pratt

There are contributing factors when I’ve strayed from a program, whether it’s sobriety or raw foods. I didn’t grow up in a health-conscious society, and it’s easy to drift back to the old ways — temptation is everywhere. I’ve disconnected from the people, groups and places that helped me get well.

Bottom line — I don’t have a strong enough structure to keep winning my game. And this is the challenge for all of us: forging the path until the scales of society weigh us down. I see my ego with some seminar leader. I see a common theme: release and detoxification, letting go to move forward, going through the dark valley to reach the light. Bonding with fellow seekers on the path to wellness forges strong friendships and communities based on sharing the profound lessons of healing.

What if getting healthy became our favorite pastime? What if healing was hip, fun like shopping and cool like sports? As we enroll the world in holis-tic health, let’s start with ourselves and focus on the basics: eat green, clean our insides, stretch (yoga), be still and quiet (meditate), dance, sing, hug, breathe, walk in nature. These simple practices are affordable and don’t require technology, equipment, or becoming a consumer. I don’t own many material possessions, yet I feel quite rich. I rent an apartment and drive an old car, but I eat the best raw plant food

and acquaintances. If we’re going to change the world, we must bring the holistic alternative further into the mainstream: public education, houses of worship and health and social clubs. How do we build the army of peaceful warrior-teachers? How do we replace the coffee stations in our offices with green juice bars? What can each of us do to share the healing gifts we’ve received, to transform our local communities? If the “enlightened ones” organize ourselves, we can transform the world, bringing health and vitality to all. The key is in giving the gift away.

Does all this healing work sound like a burden? My adventures in healing have given me the richest, most rewarding experiences and cherished memories, whether winning my way through a 10-day silent Vipassana meditation, pooping my way through a 33-day juice cleanse, barfing my way through the streets of New York City or arguing my way through the Amazon or arguing my way through my ego with some seminar leader. I see a common theme: release and detoxification, letting go to move forward, going through the dark valley to reach the light. Bonding with fellow seekers on the path to wellness forges strong friendships and communities based on sharing the profound lessons of healing.

When we go green, the transformation of our emotions and thinking is as dramatic and palpable as the rebuilding of our physical bodies, making this a profound journey of self-discovery and spiritual growth.
“I’ve never had so much energy! The tumors were shrinking after three weeks!”

These are some of the things guests staying at Hippocrates say after having incredibly profound experiences. Yet many people have a difficult time continuing the Hippocrates LifeChange program, and the diet in particular, once they leave the institute and return home.

Being in the lovely Hippocrates bubble as Executive Chef and ardent follower of the program, I thought I understood the challenges facing people after being guests at the institute. Upon realizing that I couldn’t truly know and relate until I tried it for myself (and for a few other personal reasons), I left Hippocrates. I thought this experience would be a great teacher!

Now you might be thinking I had an unfair advantage, being a professionally trained chef and ardent follower of the program, I thought I understood the challenges facing people after being guests at the institute. Upon realizing that I couldn’t truly know and relate until I tried it for myself (and for a few other personal reasons), I left Hippocrates. I thought this experience would be a great teacher!

And herein lies a key to success: recreate your old and unacceptable “normal.” This is the task requiring the most upfront work, but once accomplished you will feel much better and empowered. This involves developing new patterns and repeating them regularly to create new habits. Eventually, an ease with the new lifestyle develops. It doesn’t happen overnight and that’s when keeping your motivation high is extra important.

Carmine Bello’s experience illuminating. Experiencing a host of symptoms like stress, inability to sleep well and relax, Fibromyalgia and poor digestion and elimination. He completed the three-week LifeChange Program in 2003 and experienced tremendous improvements within six days. Of course he wanted to continue with the diet but found it difficult. His biggest challenge is continuing the lifestyle while everyone around is living an unhealthy lifestyle. He finds keeping the benefits of different aspects of the lifestyle fresh in his mind helps his efforts to stick to the program.

Carmine works as president of Permacharts, Inc., producers of laminated reference guides. Soon after his return trip, the light bulb clicked and he realized that Permacharts needed a Raw Food Series of its laminated reference guides. An extremely successful product line was born in conjunction with the Hippocrates Health Institute, now including eight titles: Food Combining, Wheatgrass, Green Drinks & Sprouts, Detoxification, Lifestyle, Juicing, The Raw Kitchen, Superfoods, and Raw Food Dehydration. Quick and easy to access, it is now simple to keep the information fresh in your mind.

When I first saw these charts at an expo, I was amazed at how much people preferred them over books and how well they sold. Carmine admits they are responsible for his reinstatement of daily wheatgrass shots!

The charts are one page in length, both front and back. I leave them on the kitchen table to refresh my mind while rating. My mother, previously not on any type of living foods program, started reading the charts and decided to go raw for a week. She immediately felt some of the effects: more energy, greater understanding of how food affects her body and weight loss. Since then, while she’s not all raw, she continues to make juice, salads, sprouts and many excellent raw preparations. She never really enjoyed cooking, but finds raw preparations easier and less intimidating than using a stove or oven and actually enjoys preparing raw food! She did another all-raw stint recently and her cholesterol dropped approximately 50 points and her weight dropped to its lowest point in over ten years. This brings me to the first focus point for success with the Hipp lifestyle:

Reading materials: Books, charts and magazine subscriptions help motivate.

Audiovisual materials: Online videos, e-mail subscriptions, DVDs, audio books/lectures keep you going.

Community: Attend raw potlucks, support groups, friends, family, blogging, lifestyle coaching, health retreats and institutes, festivals and expos.

Set Goals: Figure out what you want to achieve within a given time period, write it down, and envision it: Schedule rewarding can keep motivation high, particularly in the beginning. Your goals can be anything from seemingly small daily tasks to large-scale life overhaul!

Reflect: After meeting a goal, it is important to reflect on this period, re-evaluate, and create new goals. Reflect on your intentions frequently. Large goals like “exercise five days a week” are great, but remember to set definite timelines in the beginning to make the task less daunting and appreciate the small steps taken toward this larger goal. Some people can completely change their lives overnight with the simple and powerful motivation of optimal health. Many people will experience more success with small steps toward active change. Determine where you are on this continuum and set goals that suit you.

Make a Plan of Action: My personal experience screams out to the importance of this point! I know I will follow through with the things that I think about, write down and commit to. This is especially true of food preparation. The point is to do the work up front and write it out in an easy-to-follow style so that you can go about each day with a glance at this calendar or schedule without thinking about it. Just follow your pre-determined instructions. Put it on your iPhone, online calendar or whatever works for you. For those with packed schedules this is especially important, as down time to sit and think and plan, does not seem to occur on a daily basis. As the mother of an energetic 3 year old, sole proprietor and employee of three separate companies, I cannot tell you how much this helps me get things done. With raw food preparation planning is important because of soaking and sprouting in many recipes.

A planned-to-do list may look like this:

Organization always helps. Initial planning may take an hour of your time, but once you set up a regular schedule of recipes and menus you and your family can cycle through them and avoid the weekly or bi-weekly planning sessions. Menu planning assistance is available via phone consultations and online as well.

Be realistic with yourself and your goals: Stressing about making many new changes at once is counterproductive to your health. Emotional and mental well being are extremely powerful components of wellness. Ask for help when you need it. Don’t let food rule your life. Be kind to yourself. Talk to others about what you are experiencing. Elicit the support of your family and make them a part of your success.

Society’s standards for health have sunk so low that following a diet...
for optimum health is seen as lofty, but is it really? Why did health become an idealistic pursuit? It is our birthright; we all deserve and require it; our instincts guide us to pursue it. As Gandhi said, “be the change you wish to see in the world.” A few more tips pertaining directly to the food preparation aspect in order to achieve your goals on this path.

Get and use a dehydrator
This tool makes being prepared ahead of time so much easier, helps people stick with the program and contributes greatly to the timely feeding of children. The latest title in the Permacharts Raw Food Series, “Raw Food Dehydration,” is a great guide for getting started with a dehydrator.

Set aside days to use up leftovers so that you don’t waste food or have to make something new every day.

Plan ahead and combine food properly
HHI teaches a simple concept: plan on two days of using avocado, two days using nuts/seeds, two days using sprouted grains and one fasting day. This keeps simplifies food combining. All vegetables and leafy sprouts combine with the denser foods mentioned above.

Break down your plan into the smallest steps possible. After regular practice you won’t need reminders for these things anymore, but really helps in initially developing new habits and patterns. For example: rinse sprouts, juice lemons, clean lettuce for salad, save wheatgrass for implant.

While you’ve always got Hippocrates for support, we encourage you to continue this on your own. Contribute to others’ success by emailing your “Stick to the Program” tips to kosmickale@gmail.com. Permacharts are available through the Hippocrates Health Institute store.

Kelly Serbonich is the former Executive Chef of the Hippocrates Health Institute and co-wrote the un-cookbook, Healthful Cuisine, along with Anna Maria Clement. She continues writing and instructing on raw foods, represents the Hippocrates Health Institute and works to promote natural parenting practices with her 3 1/2 year old son Noah.

I developed the following questionnaire as a solid starting point to determine what works for you and how to plan your menu:

1. What does your typical day look like in terms of time schedule?
2. Do you want to prepare food daily, every other day, once per week, or twice per week?
3. Do you want to juice daily? If so, how many times per day? What type of juices?
4. Do you wish to juice fast once per week? If so, what day of the week is best?
5. Who are you preparing for? How many adults and children? Do they have any health issues?
6. Name any special dietary instructions and foods you want to emphasize or avoid.
7. What are some of your (and/or your family’s) favorite meals/foods?
8. How many times do you want to eat per day? List full meals and snacks.
9. What is your idea/concept of a meal?
10. Which food preparation tools do you own: Blender, Dehydrator, Food processor, Juicer, Spice / coffee grinder, Turning vegetable slicer (Saladac, Spirooli, Benriner or other).

If you’re paying premium prices for organic produce, herbs and spices, you deserve to get every health-supporting benefit that these precious plants can deliver. Our own time-tested Enzyme formula can help to insure that you get every single essential nutrient, vitamin, and mineral from the food you’re eating, while enhancing your digestion. As with all of the supplements in the LifeGive line of products, you can rest assured that you are getting only 100% natural, wild-crafted or certified organic ingredients. We believe in giving our bodies the best, and you should too, especially when it comes to your digestion. Enjoy having it all, with HHI-Zyme from LifeGive.
LifeGive Radiance
Food for your skin
By Babs E. Keller

Radiance is easily absorbed through a iontophoresis, a non-invasive method propelling high concentrations of charged bioactive agents through the layers of the skin into the dermis, facilitating the stimulating effects of the epidermal growth factor. This process bypasses the digestive tract – compromised in most by medical drugs, nutritionally deficient diets, and pesticides and environmental toxins – as a method of nutrient delivery.

LifeGive Radiance supplies all the essential nutrients the body utilizes to create healthy new skin cells. Radiance supports numerous cellular functions including protein synthesis, enzyme activity regulation, amino acid transport, and catabolism of reactive oxygen species. Radiance also protects the skin against premature aging caused by exposure to ultraviolet light by supplying antioxidants which maintain cellular health, remove damaged collagen, and inhibit over-production of melanin which causes hyper-pigmentation. It also supports liver, cardiovascular, kidney, lung, gastrointestinal, neurological and skin function while fighting damaging lipid peroxidation and protecting the skin’s energy-producing mitochondria from free radicals. Radiance also supports vitamin D synthesis. It’s beneficial properties include:

- **Anti-aging**
- **Anti-oxidant**
- **Anti-inflammatory**
- **Skin reproduction**
- **Cellular Growth**
- **Prevents skin dehydration**
- **Tones**
- **Textures**
- **Elasticity**
- **Diaper rash**
- **Acne**
- **Allergic reactions**
- **Dry skin**
- **Eczema**
- **Pioriasis**
- **Cellulitis**
- **Wrinkles**
- **Age spots**
- **Burns (especially sun burn)**
- **Wounds**
- **Scars**
- **Sclero-derma**
- **Vitiligo**
- **Rosacea**
- **Cold sores**
- **Lower extremity discoloration**

Radiance uses a proprietary blend of Aloe Vera extract, African Shea Butter, long used to support healthy skin, honey, which contains trace amounts of several vitamins, minerals and several compounds thought to function as antioxidants, including chrysin, pinobanksin, vitamin C, catalase and pinocecin, vanillin, which makes it smell delicious, as well as:

- **Phyto-Silica**
- **increases collagen content of the dermis layer and serum calcium levels, supports healthy arteries, and is essential for skin, hair and nails.**

- **GSH or Glutathione**
- **is nature’s most powerful antioxidant and healing agent for detoxifying free radicals, plays a crucial role in removing metabolic wastes, heavy metals, and environmental toxins from the body.**

- **EPL or Essential Phospholipids**
- **reduce cholesterol, LDL cholesterol and triglycerides, increases levels of HDL cholesterol, inhibits platelet aggregation.**

- **Kaolin**
- **is a finely ground clay rich in minerals beautifying and enriching skin.**

- **Glycerine**
- **is an important component of triglyceride and phospholipids.**

- **Alpha Lipic Acid**
- **helps recycle other antioxidants in your body, especially vitamins C and E, preserves nerve cell growth and liver function.**

- **Coenzyme Q10**
- **is essential for healthy cells, tissues and organs, stimulates the body’s metabolism, reduces blood viscosity, improves vision, protects brain cells.**

- **Vitamin E**
- **is vital antioxidant in cell membranes and lipoproteins.**

- **Vitamin A**
- **plays a role in immune function, vision, gene transcription, bone metabolism, haematoeopiosis, skin health, antioxidant.**

- **Citric Acid**
- **is a natural preservative**

- **Disodium EDTA**
- **removes toxins, heavy metals and excessive mineral deposits, provides proper blood flow rich in oxygen and nutrients.**

- **Omega-3 Fatty Acids**
- **normalize heart rhythm, slows plaque growth and prevent blood clots, lower triglycerides, inhibit inflammatory compounds and support metabolism.**

In fact, Dr. Fitzgerald notes his new formula, LiveGive Radiance is actually edible, although he doesn’t suggest it, saying “there are many other tasty whole food alternatives.”

When asked what makes Radiance superior to the best organic beauty cream on the market today, Dr. Fitzgerald explains that “Radiance is far more than a beauty aid. It is a highly absorbable skin food full of nutrients vital to every living cell in the body.” He recommends using it not only on the face and neck, but on all skin. This rejuvenating and hydrating cream treatment tones and minimizes wrinkles and evens skin texture, fades unsightly dermal spotting and minimizes wrinkles while tightening and reducing skin sag.
The Myth of Mental Illness?
A review of Psychiatry: An Industry of Death

By Babs E. Keller

Psychiatry: An Industry of Death is a powerful documentary produced by the Citizens Commission on Human Rights (CCHR). It delves into the intolerable conditions and strategies used to manipulate people in the psychiatric world. The film presents compelling historical footage and engaging interviews with over 160 doctors, educators, attorneys, and psychiatric patients.

The film chronicles the origins of psychiatry hundreds of years ago in insane asylums, with patients often chained or restrained in straitjackets, beaten into obedience and confined to tiny, filthy cages, often imprisoned with fewer rights and less legal protection than a common criminal, despite usually having broken no laws.

The film covers the all-powerful psychiatrists who determine what means they thought necessary to control their patient’s behavior as well as their treatments. Patients were forced into submission, often leading to apathetic emotional state: no joy or sorrow, they were simply pressured into their patient’s behavior as well as their treatments. Patients restrained in straitjackets, beaten into obedience and confined to tiny, filthy cages, often imprisoned with fewer rights and less legal protection than a common criminal, despite usually having broken no laws.

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REACHING FOR THE SUN
Reflections of an Indian Dancer
By Roxanna Kamayani Gupta, PhD

I almost lost the spiritual discipline at the center of my life since I first found myself in India at the age of 19 in the early 1970's. I traveled alone halfway around the world to a culture totally foreign to my upbringing yet completely familiar to my soul.

Guided by a dream I spent my junior year of college abroad, immersed studying Indian classical dance and yoga at the feet of teachers and gurus. I drank the myths, symbols, philosophies and rituals of Hinduism. At the end of that year I literally married into the culture and began a lifetime lived between East and West.

The journey has been extraordinarily rich and full. I've shared my dance, cultural experiences and spiritual gleanings with friends, family, students and audiences on three continents in my book and performances. Nonetheless, when in 2004 I retired from teaching religious studies to return to my roots in the Finger Lakes region of Central NY, I found myself facing an entirely new challenge: depression.

As a scholar of anthropology of religion, one of my main areas of research was Goddess Religion. In India, the Goddess is worshipped in countless forms related to three archetypal images: The Maiden, the Mother and the Crone, each corresponding to one of the three stages women's lives.

During a trip to India in January of 2008, I spotted an old favorite of mine, Hippocrates Lifestyle. I had not been abandoned. I was led to Hippocrates just as I was led to India in my youth. I swear I looked and felt ten years younger after the massage.

From the time I set foot at Hippocrates, I knew I made a wise decision. Lately my life was a constant struggle, but at Hippocrates things fell into place effortlessly despite the challenges I faced. Two days without caffeine sent me rapidly detoxing. I barely had energy to move while fasting and I injured my lower back doing Qigong. "Am I that toxic?" I wondered. Through it all I was constantly buoyed by incredible roommates, Chef Ken, therapists Ant ony and Andy, and the entire staff right down to the cleaning lady. Remark ably, guests at Hippocrates, each going through their own challenges, find a way to support each other. Yet it was not easy to face the underlying issues that led me to depression.

The moment of transformation happened in the first week during a Swedish massage by Linda. She placed her hands gently on my head and offered a simple prayer of opening to the higher energies. A few moments later I heard the familiar sacred chants of my gurus calling out, drawing me back to my deepest truths. In an unlikely synchron istic, it came from Linda's stereo, who without even knowing the meaning of the mantras, chose these meaningful chants for their healing sound quality.

I spent the session reconnecting to my core being. All the pain of my recent trials fell away like dry scales and dissolved in healing tears. I communed with my teachers in spirit and realized I had not been abandoned. I was led to Hippocrates just as I was led to India in my youth. I swear I looked and felt ten years younger after the massage.

During the remaining two weeks, I joyfully adhered closely to the pro gram and took full advantage of every lecture, exercise class and therapy session. I spent peaceful and medita tive hours alone enjoying the lovely gardens. Giddily with happiness, I felt my mind and senses open to beauty once more. I gave thanks every day for having found my way—both back to myself and forward to the limitless possibilities of a new and unexplored future. Before I left campus I signed up for the Health Educator's course the following October.

Best of all, when I got home I began to dance again. After nearly two years of not tying my bells, I took them out one morning along with my dance music. As is the Hindu custom, I started with a dance to Ganesh, the elephant-headed "remover of obstacles" and patron of new beginnings. Usually taking several days to recall the highly choreographed movements of Indian classical dance, I was amazed to discover perfectly performing the dance the first time through! Losing 15 lbs in 3 weeks, the

The Goddess is worshipped in countless forms related to three archetypal images: The Maiden, the Mother and the Crone, each corresponding to one of the three stages women's lives.
One of the best ways to obtain vitamin D is by simply exposing the skin to sunlight. Good general health, bone health, immune strengthening, and anti-cancer support have been directly connected to vitamin D.

All the main forms of Vitamin D can be found naturally in foods. Although it may seem counter-intuitive, Shiitake mushrooms receive enough direct and indirect sunlight to generate vitamin D, making them a good source of this essential nutrient. Vitamin D3 is widely accepted as the best source of naturally occurring vitamin D since this form, known as Cholecalciferol, appears to be most potent in its beneficial applications for general health as well as specific conditions.

Studies have indicated that vitamin D may play a role in the prevention and mitigation of various health conditions including: Atherosclerosis, breast cancer, colon cancer, ovarian cancer, depression, epilepsy, hypertension, inflammatory bowel disease, kidney disease, liver disease, multiple sclerosis, osteoporosis, periodontal disease, preeclampsia, psoriasis, tinnitus and ulcerative colitis.

LifeGive Sun-D offers a superior, naturally occurring vegan source of vitamin D3 with vitamin D precursors from Shiitake mushrooms and rice germ extracts. Sun-D offers supplies pure and powerful plant source of living and life-supporting vitamin D for preventing nutrient deficiencies, supporting good health and preventing the development of threatening health conditions.

Like other synthetic substances, synthetic vitamin D is drug-like, being an isolated chemical lacking any life force or any of the known or unknown synergistic nutrient co-factors found in naturally occurring plant sources of vitamin D.

The Living Light Café in Fort Bragg, California, is raw vegan restaurant owned and operated by Cherie Soria, an eminent culinary genius and teacher of Star Chefs and Dan Ladermann, a Hippocrates Health Educator and technical extraordinaire.

The café is representative of what is taught at the Living Lights Culinary Institute: delicious organic cuisine prepared and artistically and creatively presented. Your taste buds will enjoy the scrumptious fresh flavors of the plant-based fare. The generous portions, wide selection and excellent service make for a truly delightful experience.

From the pleasing pâtés and sensational soups - including classic gazpacho and Tortilla - and deli-style sandwiches, to the gorgeously crisp greens in the Fiesta Corn Salad, Classic Caesar, and Taco Salad, the dishes are sure to leave you wanting more.

Like other synthetic substances, synthetic vitamin D is drug-like, being an isolated chemical lacking any life force or any of the known or unknown synergistic nutrient co-factors found in naturally occurring plant sources of vitamin D.

Like other synthetic substances, synthetic vitamin D is drug-like, being an isolated chemical lacking any life force or any of the known or unknown synergistic nutrient co-factors found in naturally occurring plant sources of vitamin D.
The Institute for Functional Medicine is a professional association training member physicians and other health care providers to prioritize the time necessary to heal the imbalances underlying disease. Along these lines, the intake form of the functional practitioner extracts a remarkably detailed patient profile, covering environmental factors like diet, nutrients, exercise and trauma, as well as internal factors related to the mind, emotions, genetic predispositions, attitudes and beliefs. The functional medical practitioner typically reviews the intake form prior to the first visit and schedules lengthy consultation and lengthy follow-up visits in order to determine whether these factors are functioning in a manner that could be responsible for an existing or potential disease state. That the conventional approach often ignores these factors in favor of the “quick fix” of writing a prescription, usually obscuring rather than eliminating the underlying dysfunction. Clearly patients and physicians both benefit from the priority that the functional model places on the time necessary to develop effective strategies for true, comprehensive disease treatment and prevention.

The functional model also prioritizes the thoughtfulness necessary to successful treatment and prevention of disease. In this model, the physician investigates the patient’s physiological processes, including: cellular communication, bioenergetics - the transformation of food, air, and water into energy; maintenance of the structural integrity of cells and organ systems; elimination of waste; immune functioning; and circulation. Such complex assessments require in-depth study of biochemistry and physiology, as well as a commitment to critical thinking, as opposed to the conventional over-reliance on algorithms, diagnoses, and drug and surgical interventions.

Next, the functional physician looks for core clinical dysfunction. Clearly patients and physicians both benefit from the priority that the functional model places on the time necessary to develop effective strategies for true, comprehensive disease treatment and prevention.

While the conventional, pathological range is used to diagnose disease, the functional range is used to assess risk for disease before it develops. The major distinction between the functional and pathological ranges is the degree of deviation allowed. Conventionally trained physicians are usually not alerted to the dysfunction which will eventually lead to disease because they are not trained to decipher labs that are outside of the functional range. However, there must be passion and determination to change the current healthcare model from one focused on treating disease symptoms to one dedicated to the promotion of organ reserve, i.e., optimum functionality of individual organs, as a means to enhance the health span, not just the life span, of each patient.

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- Sprouting & Composting
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- Aromatherapy
- Physical Fitness
- Anatomy & Physiology
- Enzymatic Nutrition

**Natural Remedies, cont’d from p. 11** and any diet that does not include sufficient green vegetables is deficient. Become a nutritarian, go green! [www.drfurhman.com](http://www.drfurhman.com)

Classically trained professional raw food chef Pete Cervoni has his own flu brew: “Besides taking copious amounts of probiotics, colloidial silver, vitamin C and a tincture of echinacea and goldenseal when I feel the onset of flu-like symptoms, one of my favorite natural remedies is one I learned while I was the Chef at Angelica Kitchen in NYC. When one of the cooks came down with the flu, he sheepishly sipped into the juice bar and began to prepare something he called the “garlic-ginger challenge.” It was straight ginger and garlic juice with some fresh squeezed lemon and cayenne pepper. It is not a remedy for the faint of heart or weak of stomach! Since then, I have taken that same recipe and made it a somewhat kinder, gentler brew. I like to juice cucumber, celery, lemon, cilantro, ginger, and garlic and put a few sprinkles of cayenne pepper. Cucumber is great for flushing the cells, cilantro chelating heavy metals that might be rattling around in the bloodstream, lemon supplies vitamin C, ginger and garlic provides anti-parasitic and anti-viral properties, cayenne helps cells absorb the nutrients and celery helps push everything through my twin gear juicer! Fortunately I do not have to rely on this juice often. Keep your immune system strong and the flu will have nothing to feed on.”

Dr. Terry Lyles, the “Stress Doctor,” offers a unique perspective on the flu and how it relates to the stress in our lives. “Our bodies are machines that need regular maintenance and usage. Simply stated, the higher demands of usage and energy output, considered “bad stress,” will require a strict maintenance program, much like a high performance race-car. Today’s stressful lifestyles weaken the body’s immune system, making it susceptible to illness, including an higher risk for developing the flu. Without an immune-boosting plan in place, the body breaks down, attracting all types of health threats. The best defense from the flu is a strong immune system.” Terry offers two simple things to keep our bio-engines tuned. Daily rest and recovery, including regular pit stops every 90 to 120 minutes, allowing the body to osculate and recuperate from high levels of daily stress. Regular exercise to help the body detox and increased wellness. “Using this maintenance program will put you in the class of high performers I train weekly, including professional race-car drivers and military personnel.” [www.terrylyles.com](http://www.terrylyles.com)

Not everyone exposed to the common cold, infectious disease or latest version of the flu gets sick. Some people are not affected at all during cold and flu season, despite being surrounded by others’ coughing, sneezing and high fevers. A predominantly green, enzyme-rich diet strengthens the immune system thereby preventing and reversing the flu.

**Osteoporosis, cont’d from p. 22** Take high quality nutritional supplements which contain the essential bone forming nutrients. Get regular exercise, including essential weight bearing exercise. Osteoporosis is a disease that modern diets and lifestyles have created. No one has to have this problem.

Raymond Francis, DSc, MSc, RNCP, is a doctor of naturopathy, a chemist, a graduate of MIT, a registered nutrition consultant, author of Never Be Sick Again and Never Be Fat Again, host of the Beyond Health Show, Chairman of the The Project to End Disease and an internationally recognized leader in the field of optimal health maintenance.

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The Myth of Mental Illness

From p.41
Psychiatric and psychological insurance fraud around the world. Since 1960, psychiatry’s 90% increase in mental disorders has generated billions of dollars in government funding, with no real benefit to society. Since the last DSM issue was released in 1994, there has been a 256% increase in psychiatric drug sales. A 2006 investigation revealed that 100% of the psychiatrists who authored the mood disorders section of the DSM-IV had undisclosed financial ties to pharmaceutical companies.

In the 1940s, the major disciplinary problems that children experienced were talking out of turn, chewing gum, running in hallways and cutting class. Today, it is drug abuse, promiscuity, attempted suicide, rape, theft, and physical assault. Drugs prescribed for childhood disorders send a false message to the child that without being medicated, they cannot cope with life. It was in 1987 when ADHD (Attention Deficit Hyperactivity Disorder) was literally voted into existence by the American Psychiatric Association (APA) as an addition to the long list of other DSM disorders. Symptoms of ADHD included: carelessness, fails to give pay attention to details, makes foolish mistakes in schoolwork, squirms and fidgets with his or her hands or feet, talks excessively and often interrupts conversations. Within a year, more than 500,000 children in the U.S. were diagnosed with ADHD. In 1991, after heavy lobbying by pharmaceutical interests, federal funding of $400 was approved for every child diagnosed with ADHD in American public schools. Today, millions of children worldwide are labeled with this disorder. Since first invented, there has been a 900% increase in the number of children diagnosed with ADHD and a 665% increase in the production of treatment drugs.

The most important goal of any society is to raise the capacities, readiness and the survival level its citizens. This will only happen when the psychiatric field agrees to remove the testing programs, invented diagnoses and harmful psychiatric drugs from schools. Once a child is diagnosed they are stigmatized with a chronic psychiatric disorder. Today, teachers are expected to fill out evaluations on the psychiatric and psychological behavior of their students based on DSM criteria. Far too often a youngster is labeled as mentally ill for typically childish conduct.

For more information contact CCHR Florida at www.cchfflorida.org and 800-382-2878

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Reaching for the Sun, cont’d from p.43

The Hippocrates path not only teaches us to live in the sun, but to delve into the depths of our psyches, our bodies and our minds and do some house cleaning. Here is a true resonance between the Hippocrates lifestyle and the spiritual discipline of Indian dance, where emotions are expressed through facial and body language and convey universal human themes. In the Hippocrates program we learn how negative emotions are literally stored in the body and can be released or transformed through diet, exercise and psychological therapies. In both, mastering one’s self through a disciplined path results in an infinitely higher quality of life.

The spiritual dimension provides the higher organizing principle of the psyche. Just as the lotus reaches for the sun, it is transcendence that uniquely defines human nature. The beauty and grace of the dance seeks all to reflect the soul’s longing for the divine or cosmic. It is the sacred quest for enlightenment.

Hippocrates recognizes the role of the inner life in the process of healing. Borne out by scientific evidence, to heal is not merely to be without disease, but rather to reach our life’s full potential in spite of whatever challenges we face. As much suffering is not only in the mind but in the body as well, holistic psychological techniques like those taught at Hippocrates bridge the gap between the physical and the spiritual. As modern science begins to catch up with the ancient traditions of the East, an integral approach will continue transforming our understanding of what it means to be whole.

Last August I was honored to perform the Ganesh dance for the Hippocrates staff and my fellow graduates of the Health Educator’s Program. May Ganesh remove all our obstacles to future health, happiness and fulfillment! I will be busy offering my guests a taste of the Hippocrates lifestyle at my newly opened yoga bed and breakfast retreat in upstate NY. I chose the name in honor of the sunrise over Cayuga Lake that I witness each morning, the Surya Namaskar yoga prayer with which I greet it and the new light that Hippocrates has shed on my ancient spiritual path.

Vassonne Kamuyang Gupta, PhD, has been teaching yoga for 33 years and pioneered the alternative lifestyle movement since the 1970’s. She performs Indian classical dance and authored of A Yoga of Indian Classical Dance: The Vagin’s Mirror and other research articles related to Indian religion and culture. A former professor of Religious Studies at Allegheny College, PA, she currently teaches yoga and offers retreats and workshops and prepares gourmet vegan and raw foods at Cayuga Sunrise. A Holistic Haven, in the Finger Lakes region of central NY. www.cayugasunrise.com

The Game of Life, cont’d from p.33

and drink as much green juice as I want. And I make time to do the things I just mentioned above to maintain a healthy body and mind. This body and mind carries me through the Game of Life, it is my mansion and Jaguar.

There are always more layers of the onion to peel, more stuff to dredge up and release. Our character defects won’t all disappear, and we may still go off our game, that’s part of being human. It is the Nature of Life – day and night, seasons and cycles. But the longer we stay “in the game” the quicker we get back on track, and the more we are bound to succeed. We have more tools for ourselves and more compassion other’s struggles. The healthier and more wholesome we become, the more our attention turns outward to be of service to others and the happier we can be in a chaotic world. This is the game. It’s a good game.

Alan Pratt is a spiritual energy healer and coaches individuals and groups to greener eating and juicing, in Palm Beach County and beyond. His article, The Green Juice Revolution, appeared in the January, 2008 issue of Hippocrates magazine. For more, visit www.AlanPratt.net

Kudos for Chloe, cont’d from p.56

like-minded friends eventually picked up on how great she felt and they too slowly moved to vegan diets. They now say they feel wonderful, cleaner, lighter, less sluggish, more alert and generally healthier. Having a support system immensely helps anyone’s journey.

Most importantly, Chloe learned to be accepting of herself for minor deviations from the Hippocrates lifestyle. She believes that as long as she juices everyday, eats lots of salads, maintains a clean vegan diet, exercises and gets adequate rest she is doing fine. Chloe views the living foods lifestyle as a goal she perpetually strives towards. Being home with her parents allows her to eat 80-100% raw, whenever she returns home, she does lots of detoxing and internal cleansing. Chloe channels her desire to serve the community by being a mentor in a program for chronically ill teenagers. She is also involved in the Dartmouth Animal Welfare Group. She hopes that by her example and sharing of the knowledge learned at HHI she can help more people improve their health by adopting a plant-based diet.

Chloe is a psychology major and pursuing a pre-Med track specializing in vegan nutrition. She is interning this summer with the HT department at HHI and refreshing the website. Chloe says, “I adore working at Hippocrates and hope to return many times in the future.” We hope so too! Chloe invites you to e-mail her at chloe.greenbaum@dartmouth.edu
Numerous organizations substantially support broad cultural shifts by increasing consumer awareness about food issues. This type of corporate thinking helps provide Slow Food Nation with the crucial capital necessary to underwrite large events. Philanthropists play a continuing role supporting Slow Food Nation’s infrastructure development. The Slow Food Nation event is a large gathering with resources donated by media partners and individuals across the country who have generously given their time, know how and passion to make Slow Food Nation a reality. A recent event provided an opportunity to connect American farmers and gave consumers the chance to gain a deeper understanding of the role we play in preserving America’s landscape and food traditions. On the eve of the Presidential election, continued global warming and a controversial Farm Bill, it was important to come together and build the momentum needed to create a healthy and sustainable food system for everyone. In addition, most palettes probably enjoy authentic flavors and support the diversity of American food.

The movement’s educational goals include:
- Encouraging ethical buying in local marketplaces;
- Teaching gardening skills to students and prisoners;
- Preserving and promoting local food products for culinary traditions;
- Organizing celebrations of local cuisine within various global regions;
- Promoting taste education by teaching consumers about the risks of fast food;
- Educating citizens about the drawbacks of factory farms and developing various political programs to preserve family farms, lobbying for the inclusion of organic farming and against government funding of pesticides and genetic engineering.

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Kudos for Chloe
by Babs E. Keller

When Chloe Greenbaum woke up one morning in December of 2007 with back pain, she dismissed it as just a pulled muscle. Persisting the next morning, she attributed the pain to sleeping on her friend’s stiff couch. When it was present and even more painful the next day, she decided to see her pediatrician. Expecting to hear that she had pulled a tendon or simply had a big knot in her back, she was understandably shocked when the x-ray illuminated a football-size tumor in her chest.

Just two weeks prior, Chloe was vacationing with her parents visiting her grandparents in South Florida. Chloe’s mother Veronica was a guest of Hippocrates Health Institute 18 years earlier and wanted to show her daughter and husband the campus. When Veronica had gone through the Hippocrates Life Change program there wasn’t much of a raw-vegan community and lacking support she was unable to maintain the healthy lifestyle. But Veronica never forgot all the wonderful things about Hippocrates and the guests who healed themselves. Veronica was excited to share the experience with her family so they signed up for a tour and enjoyed a scrumptious lunch on the veranda.

After blood tests, a biopsy, and a bone marrow aspiration, Chloe’s doctor had grim news for her: she had Stage 2 Hodgkin’s Disease, a type of lymphoma. In less than two weeks, Chloe was undergoing chemotherapy and soon had lost all her hair. There were times when her white blood cell counts were non-existent and she was too weak to walk. By mid-February, the tumor was 90% gone and Chloe started 3 weeks of radiation. In April, Chloe was diagnosed cancer-free.

Veronica encouraged her daughter to go to Hippocrates and in May of 2008, Chloe and her mother went for the 3-week Life Change program. Chloe enrolled to detoxify and thought it would help her learn to eat less meat and enjoy more vegetables. She arrived lethargic, emotionally scarred and felt like her body was a big cesspool from all the toxic chemicals from chemo and radiation. However, by the second day on the program she was committed to turn her lifestyle around immediately. Drinking wheatgrass juice twice per day and fresh green drink made from cucumbers, celery and sprouts throughout the day was an immense boost to her immune system. The living food on the Hippocrates buffet was not only super nutritious but also incredibly delicious! It didn’t take long before Chloe knew this was how she was going to eat from now on. By the end of the 3 week program she was overflowing with energy and her blood tests had improved tremendously. Despite the immune-shattering five months of chemo and radiation she underwent, her immune system rebounded after the three weeks at Hippocrates. It not only returned to the baseline level of immune function her oncologist predicted would take six months to a year, but in fact was so invigorated that while her friends dropped like flies during flu season, Chloe was feeling as healthy as ever.

“I traded my ice cream for wheatgrass and the rest was history,” says Chloe. Her father Ron had been a vegetarian for several years but after his wife and daughter returned from Hippocrates with such a glowing enthusiasm, the three cleaned out their entire kitchen and embarked upon a raw-vegan lifestyle.

Last September Chloe kicked off her freshman year at Dartmouth College with an 18-mile hike over two days as part of orientation. She felt strong again and was back to her healthy self. Transitioning to college living was a major challenge. Chloe says that students’ eating and drinking habits are tragic. She was able to remain vegan, but eating completely raw was difficult considering the limited options and the subzero New Hampshire winter temperatures. She gradually discovered a few helpful tips, like ginger root’s incredible warming properties, and was able to gradually increase her living foods intake. Beth, the school dietician, was extremely instrumental in helping Chloe maintain a daily juicing regimen. She ordered sunflower sprouts, pea greens, wheatgrass, and red kale in bulk. Chloe’s GreenPower juicer sits proudly on her desk, right next to her laptop. After so much education at HHI, it was difficult for Chloe seeing her friends flooding their bodies with beer, pizza, stress and sleep deprivation. Chloe’s boyfriend and a few other...
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