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1443 Palmdale Court • W Palm Beach, FL 33411

THIS TIME,
LET US SERVE YOU.

Hello, Readers. I’m Will Burson. I just moved from Texas to South Florida to join the team here at Hippocrates Health Institute and this is my first issue at the helm of Healing Our World. When I applied for my position here, I was asked to submit a writing sample. The topic my then potential employer chose was that of my transition to a high raw, vegan diet. In this edition’s spirit of Truth, I’ll share with you what I wrote that day. I hope you enjoy it.

The Healing Ladder
by Will Burson

I like to think of my transition to living foods as climbing a ladder. With each ascent to a new rung, the din of the nayayers grows quieter. The endless landscape of billboards aiming to sell me fast food and alcohol begins to disappear under cloud cover. The clamor of advertisements pushing the latest pharmacologi- cally engineered treatments fades.

Fortunately, I’m blessed with a sound foundation for my ladder. This bedrock is the wisdom and habits my mother passed along to me. She is from Fayetteville, Arkansas, where her father, Dr. George V. Harris, was an osteopath. He was known around town as “The Blind Doctor” and practiced only manipulation, due to his blindness. He was an avid follower of the work of Dr. D.C. Javors, best known for his book Folk Medicine. Dr. Javors advocated an alkaline diet, so the Harris kitchen was always filled with organic vegetables—which they often traded with local farmers for my grandfather’s medical services—and the sprouts my grandmother grew. They ate very little meat and never ate at restaurants. My mother brought many of these habits to our dinner table when I was growing up. These habits, enforced at an early age, gave me the substructure I needed to build a wondrous healing ladder.

Even with my strong foundation, it would be a while before I began constructing my ladder. I went through the same trials most young people do: peer pressure, the desire to try new things like alcohol when I got to art school, the temptation to grab that 99¢ fast food sandwich after work once I’d entered the career world. My constitution cracked a bit under these pressures and the worst my diet became and the more lethargy set in. I had a high raw, vegan diet. In this edition’s spirit of Truth, I’ll share with you what I wrote that day. I hope you enjoy it.

The air was getting sweeter at the higher elevation and I decided it was time to heed Dr. Campbell’s warnings and give up animal products altogether. After giving up all meat, dairy, eggs, and fish, as well as the majority of the cooked foods I’d been eating (thanks to Ann Wigmore’s The Hippocrates Diet and Health Program), I was reaching an emotional and spiritual level on my healing ladder I’d never thought possible. I had climbed to the point where I could no longer hear those negative voices below me. Instead I heard a new set of voices above me—voices of more experienced mem- bers of the living food movement. These positive voices pulled me upward instead of trying to drag me down. They taught me new things and made each successive rung easier to grasp.

One of the most exciting aspects of this upward journey is that it never ends. There’s always room to climb another rung and reach a greater level of health, a higher level of conscious- ness. The ascension isn’t only about food or exercise—it radiates in every aspect of life.

I am now at a point where I want to use my talents and skill sets to help people start building their own healing ladders. I know that with the right foundation of knowledge, individuals can erect their ladders anywhere in the world. I feel strongly that joining the team at Hippocrates Health Institute is the perfect place for me to do just that. I know I’ll be an asset to the institute and the ripe soil of South Florida would be a great place to plant my healing ladder. In fact, I’ve already got it strapped to the top of my pickup truck.
**In the Community**

*A Philosophy We Can All Live With: Darbster Restaurant* by Will Burson

I recently sat down with Alan Gould, who, along with his wife, Ellen Quinlan, owns Darbster, my favorite vegan restaurant in West Palm Beach. Their cheerful staff, led by Alan’s right-hand-woman Amanda, serves up a well-rounded menu, featuring plenty of raw options as well as vegan comfort food for our omnivorous friends who would rather not die eating a salad—or for plant-based eaters who just feel like a burger (Alan’s vegan sliders are a house favorite). When you visit Darbster don’t forget your furry friends. Dogs are always welcome at this al fresco establishment. I asked Alan about the work Darbster does with animal rights and this is what he had to say.

Darbster’s mission is to better the community by promoting health for humans and compassion for animals. Our goal is to show people they can have a great restaurant experience without ingesting any animals or animal products. As people enjoy more frequent plant-based meals, they will begin to see the health benefits of an animal-free diet. This will lead to a broader understanding of the harm animal products do to the environment and of the evils behind factory farming. Darbster offers a friendly neighborhood place where vegans and non-vegans alike can experience vegan cuisine and discover that we vegans can be normal, mainstream folks.

We also allow groups whose interests are aligned with ours to host events at Darbster. When we formed Darbster Foundation LLC (the operating company for the restaurant) we also formed Darbster Foundation, Corp. to promote animal care and animal rights issues in the local community. Any profits from Darbster Food will go 100% to Darbster Foundation. Darbster Foundation will have no administrative expenses; 100% of funds donated will go to direct support of animal causes. Food will go 100% to Darbster Foundation. The following is taken directly from their mission statement: “100% of the profits, every time you dine at Darbster, go directly to the aid of animals.”

*Food in the Community*

To date, Darbster has provided food to over 11,000 guests who would have otherwise gone hungry. It is here they will congregate to share their stories of every age, from every walk of life and every corner of the globe. It is at these events that we hope to not only survive, but to thrive, and to live their lives fully—with integrity, renewed health and abundant happiness.

Dr. Brian Clement’s Speaking Schedule*

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* Subject to change. Please check HHI website for current schedule.

**What’s the News?**

**Health Care Bill Summary** by Cicely Burns

On March 23, 2010, President Obama signed the Health Care Bill into law, representing the most sweeping social legislation to become law in decades.

Some of the more immediate changes that will be taking affect:

- Insurance companies may no longer deny coverage to children. After 2014, there will be a ban on discriminating against adults as well as youths. A high-risk insurance pool will be set up to cover high-risk adults in the interim. Once health-care exchanges are established, high-risk insurance pools will be eliminated.
- Young adults will be eligible to stay on their parents’ insurance plans until the age of 26. Lifetime caps on insurance will be banned, while annual caps will be banned by 2014. Insurers can no longer discontinue coverage due to illness.
- New plans must provide for check-ups and preventive medicine, which will no longer require a co-pay. All plans must include this by 2014.
- Seniors will receive rebate of $250 to fill the “donut-hole” in Medicare prescription coverage. Prior, the prescription has been limited to $200. Next year, 50% of that gap will be filled with the rebate. Health facilities that have smaller numbers of Medicare patients will receive Medicare payment protections.
- Insurance exchanges will be set up so small businesses and individuals can shop for insurance. These websites will be maintained by the Secretary of Health and Human Services. The plans offered in these exchanges will be required to meet minimum standards.
- Closer monitoring of insurance companies includes an appeals process for coverage determinations and claims. Insurers must reveal overhead costs, and screening processes will be assisting in lowering fraud and waste.
- Businesses with fewer than 50 employees will receive tax credits for 50% of employee premiums. A temporary program will be provided for companies that supply early retiree health benefits for workers aged 55-64 years. This is intended to help reduce the cost of that coverage.
- Effective July 1, 2010 all tanning services will be taxed 10%. Additionally chain restaurants must provide a “nutrient content disclosure statement” on their menu items. Soon, calories must be listed both in the store and at the drive through windows.

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**Goodbye, Hacienda. Hello, Wigmore Hall!** by Linda Frees

**April 8th, 2010.** I am overcome with a mix of nostalgia and excitement. Today is an historic day We have officially moved our activities, kitchen and dining room into our vast and beautiful Wigmore Hall, which has been in the planning and building stages for years. It is a stunning, massive, timber-framed hall, fit to receive the ever-growing group of health-seekers that we welcome weekly. It is an incredibly proud moment for us here at Hippocrates Health Institute (HHI), and a huge milestone and accomplishment for Drs. Brian and Anna Maria Clement! Bravo! Over the past two decades, the Hacienda housed every activity and class that took place at Hippocrates, as well as the HHI kitchen and our legendary buffets where guests piled their plates high with loving meals from our kitchen staff. Wigmore Hall, a versatile and well appointed multi-use building, will now be the site for all these events—and many more. Wigmore Hall stands completed, ready to accept people of every age, from every walk of life and every corner of the globe. It is here they will congregate to share their stories of hope, fear and troubled health—and where they will gather to rejoice and share their victories. Wigmore Hall is also where our guests will dance happily to the Wheatgrass Band on Tuesdays, letting their bodies twirl, their joy bubble up and their smiles shine.

Standing in the expansive space of Wigmore Hall, I had the image of Ellis Island, where my own ancestors arrived from Denmark and Scotland more than a century ago. I liken this hall, named after Hippocrates founder Ann Wigmore (herself an immigrant from Lithuania), to that place on Ellis Island where waves of people came because their old life had to end in order for them to survive. They were tired and full of fear and confusion, coming to this strange new land with a new culture, a new language, and a new chance at life itself.

Hippocrates is a land of hope, potential and possibility to those who walk through our doors and make a commitment to a better existence. They leave their old life behind, along with the baggage that hindered them, and begin anew, where they hope to not only survive, but to thrive, and to live their lives fully—with integrity, renewed health and abundant happiness.

Every Sunday of every week, a new group of guests arrive tired and lost, and every Friday a group graduates from HHI, sharing their stories of transformation over their three-week stay. They tell us how their lives have changed, and how their new-found knowledge will affect their families, probably for generations to come. We hear these stories, and our hearts are nourished. We proudly applaud them, and we have confirmation once again that we are on the right path together, learning from each other and doing amazing things.
Greg Badal & Kathy Gray met at HHI in 2006. They are both graduates of the Life Change program and are long-time alumni of HHI. They founded Harvest Time Sprouts in 2009 to support others in their quest for better health through obtaining and growing living foods. They reside in Virginia and Michigan.

Dailene Bento is assistant to Bonnie Wishney in Brian Clement’s office at Hippocrates. She moved to South Florida from Connecticut eight years ago along with her husband, six cats and two dogs. A vegan raw foodist, Dailene loves animals and nature.


Reenie Brewer is Director of Guest Services at Hippocrates, where she spends her time “Helping People Help Themselves.” She is also an Awareness Advocate against teen violence. Reenie is organizing a website where people can learn more about teen violence and abatement. Updates will be available in future issues of Healing Our World.

Hanni Brohohaty works in the IT office at Hippocrates Health Institute (HHI). She designs the HHI e-newsletter and works on websites. Look out for the redesigned HHI website: HippocratesInst.org which should launch soon! When she’s not busy designing something on her computer, Hanni enjoys creating art, painting, photography and wakeboarding, as well as learning about ancient spiritual teachings and quantum physics.

Will Busson is Art Director of Hippocrates Health Institute. After 15 years in the advertising business, the casual HHI lifestyle is a welcome change for Will, where he can usually be found running around the campus on his bicycle, green drink or gourmet salad in hand. A recent transplant from Texas, Will lives near the beach with his two dogs, enjoying the Florida sun.

Antony Chatham, a Florida licensed Psychotherapist, has worked with Hippocrates guests since 1996. He draws his inspiration from Eastern and Western traditions of holistic healing and integrates knowledge and experience from psychology, philosophy and theology, in which he holds Masters degrees and doctoral course work.

Dr. Brian Clement is the director of the renowned Hippocrates Health Institute (HHI), the world’s foremost complementary residential health center. He and his team at HHI have developed a state of the art program for health maintenance and recovery. His Florida institute has pioneered a program and established training in active aging and disease prevention that will raise your level of health and happiness.

John Eagle Freedom is a Hippocrates convert. Drawing from his many entrepreneurial accomplishments and his passion for the living food lifestyle, John created HealthCity as the vehicle to be a worldwide crusader for natural healing truths. He hosts a radio show, does public speaking and authors books on a wide range of natural health topics. John: can be reached at john@john eaglefreetedom.com www.BlogTalkRadio.com/HealthCityUSA

Linda Frees received her Health Educator Certification at Hippocrates in 2006. Linda has worked as a Program Consultant, and is currently Director of Education at HHI. She was the recipient of the Derrick Brockie Memorial Scholarship, which helped teach her DVD series called One Easy Thing. Contact Linda at lfrees@hippocratesinst.org

Aliasa Helene has a Masters Degree in Education from the University of Florida, Gainesville. With a background in teaching, Aliasa enjoys getting to know each and every Hippocrates guest and helping them succeed on their journey to health. As a lifelong learner, her passion for education suits her role at HHI perfectly.

Mikaèlle Holzer, a Hippocrates Health Educator, facilitates detox cleanses and is a life transformation coach. Budi Leonardi is a business consultant, mediator and advocate. He works to create a lasting impact on businesses, communities, and society through collaborative approaches and healthy sustainable values. The POP Campaign invites you to participate and engage your power. Read the full article on page 14 or visit www.POPcampaign.org.

Scott Josephson, M.S., R.D. is the Director of Operations at Hippocrates Health Institute and a national level conference speaker throughout the United States and Canada who is frequently covered in the media on a wide range of topics. Scott has a Masters Degree from the University of Miami and is on the international advisory boards of CanFit Pro and the American Fitness Professionals and Associates.

Babs E. Keller was a 100-Ton Licensed Sea-Captain living in St. Croix, U.S. Virgin Islands, until signing up with the Federal Government Disaster Program in 1995 and traveling world-wide assisting those affected by tragic events (including 9/11). Babs is now a mail-order specialist assisting wholesalers at Hippocrates Health Institute.

Rod Rotondi is owner of the Los Angeles-area Leaf Organics restaurants and nationally-distributed Leaf Organics packaged food line. He also holds retreats, teaches classes and has a DVD series. A leader in the raw-food and green movements, Rod lives in Los Angeles. Read more at www.LeafOrganics.com.

Jeffrey M. Smith, an International bestselling author and independent filmmaker, is the leading spokesperson on the health dangers of Genetically Modified Organisms (GMOs). His meticulously researched books and films document how the world’s most powerful agri-food companies bluf and mislead safety officials and critics to put the health of society at risk. Learn more at www.SeedsOfDeception.com

Prof. Johanna Sophia is a award winning filmmaker and educator, has taught at Yale and Columbia universities, among others, and has promoted Waldorf education worldwide. Her company, Sophia’s Center, focuses on solar energy sales, raw food, composting, homemade cleaners, and new forms of education. Learn more at www.sophiascenter.com.

Steven J. Tremble, of Health City, has a B.S. Degree from Southern Nazarene University and a Liberal Arts degree in Theology from Ambassador College. He uses his love for scripture to validate a natural lifestyle as the way of life all mankind should live. Steven loves music, fine arts and photography. His life long pursuit of health and education has led him to working with Health City; where he helps those who want a better way of life. Steven can be reached at sjtremble@hotmail.com

Dr. Will Tuttle, a former Zen monk and author of The World Peace Diet, is a recipient of the Peace Abbey’s Courage of Conscience Award, the co-founder of Circle of Compassion ministry, and an acclaimed pianist and composer. Read more at www.WorldPeaceDiet.org

Jim and Sherri Wear launched Lifemax Health City, a company devoted to changing people’s lives for the better through optimum health and a dynamic business opportunity. Jim and Sherri live in Orlando, Florida, with their son, Logan. Learn more at www.Lifemax.net
Healing Our World » Truth

T (trust) + P (passion) + F (fulfillment) = TRUTH

TRUTH = HAPPINESS

by Dr. Brian Clement

The meaning of truth is determined by a wide range of factors. Foremost is the level of the individual’s conscious awareness. Limited perception equals limited truth. This being true, as we allow truth to permeate our consciousness our perception will broaden, bringing greater truth to the surface. So, is truth a process or a destination? Maybe it is both.

There are certain facets to the concept of truth all people would agree upon. For example: seasons change; we are born and we die; at least in the physical sense, the sun warms the earth; love is the most desired aspiration; and, yes, truth is golden. Beyond a handful of definable truths, there are personal and most often tailored to our own perceptions. As the monastic priests, monks and nuns tell us, they work tirelessly toward total awareness. In other words, they are striving to find the ultimate truth. Discovering our own truth sets us free.

The work I have immersed myself in from a young age has afforded me the opportunity to lend guidance to people at pivotal crossroads, as they strive to achieve whole and fulfilling lives. Sadly, this ambition is often triggered by the fear of death via disease. On a brighter note, I have recently witnessed a growing human awareness. People

Clarifying the word truth is very difficult in this day and age. We often wish there was a magical formula to make this elusive element surface. While there is certainly a strategy to help us obtain this lofty goal, it always requires patience, hard work and dedication. This is true of any goal worth achieving.

are choosing to aspire to truth when faced with a spiritual crossroads in their lives. This occurs as an individual realizes their life lacks passion and fulfillment. This void could potentially lead to death as well, by way of spiritual emptiness. Suffice it to say, regardless of the motivating factor in our lives, the path that leads us to truth will ultimately lead to greater fulfillment.

There is an inherent lack of self-trust today, which makes attaining truth an ongoing struggle. Our society and institutions encourage us to take shortcuts, settle for half-truths and often manipulate the truth. Looking back, it is difficult to remember moments of purity, when we expressed ourselves fully and completely. This occurred far more often when we were young children. As we grew, and were influenced by dysfunctional families, friends, education, and misguided spirituality, we began to conform to the philosophy of the half-hearted life. This mode of survival sells us short. Although these distorted convictions bury the real truth, it is still there, waiting to be unearthed.

Truth is a necessary ingredient in creating a concrete persona. Therefore, we must take small yet effective steps in regaining trust in ourselves. Each and every time we completely commit ourselves to honesty and act in a commensurate way, we must acknowledge this choice so that self-trust replaces self-doubt. This is the first step in living truthfully. Once you believe in yourself at a significant level, you will begin to seek truth and live passionately. It is only with this fuel for fulfillment that you will take the needed steps toward a virtuous life. After passion fills cup after cup, we can whole heartedly express ourselves truthfully in all aspects of life.

At this juncture on our path, it feels as if we are escaping the confines of a stuffy oxygen deprived room, walking onto a breezy beach. Our lungs will be able to inhale so deeply that upon exhalation, we will enjoy a sigh of relief. Our persona is now one of truth. We represent the genuine status of what humanity means at its best. Our ego tends to disappear, giving way to grace in any environment or situation.

As we gain the physiological, psychological and spiritual gifts that living a life of integrity brings, we will now attract the ultimate reward—happiness. It is by living a happy life that we express ourselves with the most energy, kindness, compassion and love possible. Seldom do we find people who have had the courage to live at this pinnacle knowing they are equal, not superior. They do not judge since it does not afford happiness, and most importantly they have trained their minds through the rise of self-respect to see all people and all life as an opportunity to share more love.

There are no exceptional people. There are just people living their truth, and then the rest of us. Our sole purpose on earth is to fulfill our honest heart and not fall prey to the egocentric idea that we can truly influence others.

We must realize that we, as all others, are solo acts—like the many grains of sand on the beach residing on the same shores of the same planet. Although we can only change ourselves, focusing on our own reality and improving it day by day, we can become examples for others to model. Let us never attempt to coerce or insist that others follow in our same path, but securely know that truth will open their eyes, allowing them to fulfill their own destiny. In a world of convoluted co-dependency with the gigantic reign of institutional manipulation, it is difficult to achieve enough independence and inner strength to be a strong force for honesty.

Historically, we have seen example after example of what happens when someone single-handedly sheds light on truth. Their illuminations often reveal things people don’t want to look at, and these pioneers are initially attacked rather than supported. Rest assured, these brave, aware and capable people are living in a place of truth, following their own paths to ultimate fulfillment.

This is not a fairy tale story, but a formula for an honest and happy life. There is no one who cannot achieve this solid goal if they are willing to take the formulated steps required: first, we must regain trust in ourselves; second, we must find and live passion, third, we accept honor and increase the fulfillment that the first two steps offer; fourth, we search out, create, speak and live truthfully at all times. These steps lead to the happiness which is the true purpose for life itself. T+P+F=TRUTH

TRUTH=HAPPINESS. Congratulations for wanting to come back home and be authentic.
The POP Campaign
Huge Victories
by Rudi Leonardi and Mikaële Holzer

The POP Campaign is a recently launched, grassroots effort to provide a powerful leadership presence on the national and global stages regarding organic food and supplements. The objective of this effort is to keep our voices and choices alive, our standards pure, and everyone informed on related issues and effective action. Learn more today at popcampaign.org.

Recent Victories
On a shoestring budget, we hired lobbyists Beth Clay and Clinton Miller to personally contact members of Congress so they might witness our passionate commitment to healthy eating and to viable “common-sense” positions. What seemed impossible has resulted in significant successes—we influenced wording in the Senate Chairman’s Mark on Food Safety S. 510, helped frame and participated in the rigorous dialogue pertaining to Senator McCain’s Dietary Harmonization bill so that he understood its ramifications and withdrew his own sponsorship (huge victory); addressed Codex influence on domestic crops and supported FDA accountability reporting measures, presented the “POP” and “Codex” amendments; and contributed to push-back efforts, information sharing, and personal stories to leverage our collective passion and influence, we can realize victories and preserve gains already made for health freedom and choices.

Collective Impact
There are many indicators Americans are becoming more focused on their health:
- Celebrities flock to the Hippocrates Health Institute, boosting their health, beauty and longevity.
- Guests on the Oprah Show passionately share healthy eating tips and discuss America’s obesity epidemic.
- Food Inc. received an Academy Award nomination! Catherine Austin Fitz, national financial advisor, says that ten years ago she could not have imagined speaking on national radio about personal gardening and organic food or even broaching the conversation that “food is medicine.”
- Jamie Oliver invades the most “unhealthy U.S. city” in his reality show to change eating habits in a Midwestern town.
- Daily, from New Jersey to Kansas City to Boise to Bakersfield, eco-moms buy one or two new GMO-free items for their children.
- Farmland Inc. reports that the return on investment for farms that convert to organic is minimally 8% above traditional crops.
- Organic food and beverages in the United States have grown into big business with sales from $1,000,000,000 in 1990 to an estimated $22,900,000,000 in 2008.
- Mainstream’s passion for organics is skyrocketing. This is our biggest asset that can be leveraged...you are developing quality standards daily, one food choice at a time.

Major activities will include:

- COLLECTIVE IMPACT:
  - Leverage our numbers, resources and experts
  - “SCIENCE BASED” and “ORGANIC” DEBATES
    - Steer the dialogue correctly and fairly
  - CODEX HARMONIZATION:
    - Influence its global impact through education, stop any national bleed-through, take positions at FDA and Congressional hearings
- CONTINUED MONITORING:
  - HR 438, HR 185 and sunsets on farming additives

“Green your spirit, America! We are getting healthier. The times, they are a changin’.”
—Mikaële Holzer

“Victory lies in leveraging who we are as a health-conscious Community Strengthening our voices and focusing our passions, finances and expertise at all levels is the greatest power block in the history of this country. We are our greatest assets.”
—Rudi Leonardi

“ científica” Standards and the “Organic” Definition Debates
The use of the term “science-based” minimum standards is dangerous and one of the most tricky quagmires to maneuver. This is a term Congress increasingly uses when instructing the FDA or Administration. “It has no clear definition in statute and is used to exclude traditional uses theories and practices, minority opinions and other information not in line with the status quo objectives,” states Beth Clay. It also sets the stage to undermine decades of progress on organic standards that, up to this point, have prevented the intrusion of pesticides and chemicals.

Section 419 of S. 510 requires the Secretary to propose and enact regulations to establish “science-based minimum standards for the safe production and harvesting of those types of fruits and vegetables that are raw agricultural commodities for which the Secretary has determined that the use of the term ‘organic’ is dangerous and one of the most tricky quagmires to maneuver. This is a term Congress increasingly uses when instructing the FDA or Administration. ‘It has no clear definition in statute and is used to exclude traditional uses theories and practices, minority opinions and other information not in line with the status quo objectives,’ states Beth Clay. It also sets the stage to undermine decades of progress on organic standards that, up to this point, have prevented the intrusion of pesticides and chemicals.”

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“science based” is an immediate red flag. Once the door is open, it can be a Pandora’s box. Institutional and corporate agendas have no tolerance for anything not aligned with their own objectives. These arguments can be a “bit-for-taxi” chess game where each fact is countered by another, until a stale mate is reached. Although results may be clearly scientific, built upon years of case studies, and very persuasive, the valuable information is simply ignored and given way to an economic-political over ride. Those “in charge” reassert their claims to academic territory, are stubbornly unwilling to relinquish positions, demand enormous volumes of evidence, and build cases addressing symptoms rather than the source of problems—wanting nothing that upsets the apple cart.

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The POP Campaign, along with the best health experts in the world, is challenging many basic assumptions and demanding to be included at every stage of policy development—on every committee, at every hearing, and on every working group across the country. We are pitting traditional uses and practices against special interests. There will be victories, but we will be rigorously challenged.

A Smorgasbord of Organic Definitions

We can’t just walk into a grocery store anymore and simply buy food—we find ourselves being forced to legislate our right to put into our mouths. There is no shortage of the garden variety of disagreements, misunderstandings, self-interest, anxieties, confusion, complexity and deep seeded opinions. When asked, “what is organic?”, we quickly think simple, pure, healthful, whole, and close to nature. We can’t just walk into a grocery store anymore and simply buy food—we find ourselves being forced to legislate our right to put into our mouths. There is no shortage of the garden variety of disagreements, misunderstandings, self-interest, anxieties, confusion, complexity and deep seeded opinions. When asked, “what is organic?”, we quickly think simple, pure, healthful, whole, and close to nature.

A Call to Action

That is why can’t modern laws and institutions represent our trend toward a more sustainable existence?

What is the Organic Chess Board?

A complex of U.S. laws and policy—Organic food laws are defined under Title 21 of the United States Code (USC). Federal agencies develop standard operating procedures (SOPs) regarding the implementation and management of laws, detailed in the Code of Federal Regulations (CFR). The Organic Foods Production Act (OFPA), enacted under Title 21 of the 1990 Farm Bill, establishes uniform national standards for the production and handling of foods labeled as “organic.” It authorized a new USDA National Organic Program (NOP) to set national standards for the production, handling, and processing of organically grown agricultural products, including overseeing the mandatory certification of organic production. The Act established the National Organic Standards Board (NOSB), which advises the Secretary of Agriculture in setting the standards upon which the NOP is based. Producers who meet standards set by the NOP may label their products as “USDA Certified Organic.”

A Call to Action: This is such a Paul Revere statement but it is appropriate—“The inevitable is coming! The inevitable is coming!” There are many sub-policy discussions, FDA hearings, and sunset clauses in the Organic Food Act; we need to prepare well.

Take Charge of our Own Standards

A National People’s Experts Health Summit is on order where information would be consolidated and distilled into reports for presentations.

A Healthy Tax

Consider a healthy tax on all food, especially vegetables, fruits, herbs, nuts and seeds that are not 100% organic, the proceeds of which will go to community school lunches and healthy local educational funds.

I am concerned that the good intentions of the Senate will be used to undermine future access to true organic foods…(with the use of the term ‘science-based’ in setting a minimum standard…” —Clinton Miller

The “Better Living through Chemistry” post-war, old school attitude still drives these definitions and a “one size fits all” approach to “science-based” food standards. As in any chess game, the first opening move is calculated to gain a maximum advantage; we plan to take these opening moves and realize significant victories.

A healthy tax on all food, especially vegetables, fruits, herbs, nuts and seeds that are not 100% organic, the proceeds of which will go to community school lunches and healthy local educational funds.

My grandson, Michael Brewer, had an unspeakable crime committed against him.

His crime was carried out by five individuals. One boy planned this heinous crime. Another child poured the paint remover on Michael’s back. One lit the fluid. Two boys stood idly by and watched this atrocious act. After being set on fire, my 15 year old grandson frantically climbed a nearby fence and dove into the pool on the other side. He quickly emerged, screaming for help. Fortunately help arrived in time to save young Michael. A Trauma Hawk helicopter took him from Broward General Hospital, where he was put on life support. He was later taken to Ryder Trauma Center at Jackson Memorial Hospital, Miami, Florida, where he lay in a coma for several weeks. Michael suffered burns on over 75% of his body, but he is now recovering with lots of love and support.

The egregious act that was committed against my grandson on October 12, 2009—the day after his 15th birthday—has taught me a tremendous life lesson. I have realized that as a mother of four, a grandmother of ten and a great grandmother of four, I need to accept some responsibility for what is happening in the lives of families.

A lack of compassion and empathy have unfortunately spread to our children. Phrases such as “mind your own business,” and “don’t get involved” have become our way of surviving in the disturbed world we call home. People are conditioned to look the other way. Most folks are scared to help even when they see someone who needs a hand. Because of a few “bad apples,” people are hesitant to help a fellow human stranded on the highway with a broken down vehicle. If an old lady falls down on a busy sidewalk, someone may be afraid to help for fear of a lawsuit. This neglect does not stop with strangers. It is also found in homes and classrooms. Parents and teachers alike must become keen observers. We must take responsibility for children who show difficulty with interaction, sharing and making friends. These are all signs of behavioral problems—and they can’t be seen if you’re looking the other way.

“My family is pitting traditional uses and practices against special interests. We are gearing up against special interests. There will be victories, but we will be rigorously challenged.”

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How did you get started as an interior designer?

I created an indelible imprint on a financial entrepreneur, who gave me a golden opportunity to implement my knowledge in a high-end setting. He asked me to implement my knowledge in the interior design of his home. This beautiful residence was a 5,000 square foot, two story brick colonial residence, featuring six bedrooms, six bathrooms, three playrooms, a serene pool, a poolside guest house, a majestic courtyard and resplendent gardens.

The style of most of the rooms was traditional, classical and contemporary. My ideas of décor started with a dynamic vision. My aspiration was to create a charming presence and a welcoming atmosphere. Many months later, at a charitable event in this home, I received countless compliments and accolades for my work.

You’re decorating the villas in four distinct motifs. Can you tell us what inspired this array of styles?

After meeting with the directors of Hippocrates Health Institute, we agreed that the different motifs were an ideal direction for the decoration of the villas. The assorted styles were inspired by various continental charms, and the periods we drew from are reminiscent of special places around the world. The design of the villas’ interiors is a confluence of unique collections, with an engaging mix of accessories and a stunning variety of treasures. The view of Wimogore Lake from the villas really brings my inspiration to life.

We wanted to mirror different lifestyles in the decor, the directors chose to mix a fashion of Modern, Traditional, Classic and Scandinavian:

- **Modern**—Overall simplicity complements a clean, sleek environment with unique decorative surprises, dazzling colors and a blend of sophistication and casual comfort.
- **Traditional**—Old world, rich, heavily embellished woods inspired this array of styles?
- **Classic**—Lush upholstery gives a nod to classic design elements.
- **Scandinavian**—The refined elegance and casual aged appearance seems to have universal appeal. The style is lustrous, cheerful, calm and delicate. Birch, white pine and beech woods are often bleached or painted. Stencils are added for color. Patterns used in Swedish design are usually on a white background with stripes, checks or floral decoration. Antque Biedermeier furniture and their palettes are soft and lovely.

Keeping the villa project in line with Hippocrates’ earth-friendly mission, we used green and eco-friendly materials wherever possible.

You have a formidable background and experience. What kinds of other projects have you worked on?

I’ve designed and furnished all sorts of businesses — everything from restaurants and jewelry stores to beauty parlors and dental offices. I’ve decorated showrooms for such well known clients as Cadillac, many private residences, and the lobby of New York’s legendary Decoration and Design Building. I’ve also designed countless custom wallpapers and fabrics and all types of furniture.

What designers of the past have most inspired you?

There are many individuals I draw inspiration from, but the three that come to mind now are interior decorator and designer David Nightingale Hicks and fashion designers Coco Chanel and Diane Von-Furstenberg. The work of these visionary artists speaks for itself.

What do you like most about your work?

I have the opportunity to work with people of all ages from all corners of the globe. When I’ve met their interior and exterior design needs I get my real reward — seeing them smile!

What is your proudest career achievement? The one where you feel you’ve really left your mark?

The single most treasured moment in my career was seeing my work in the windows of the Decoration and Design Building 40 years ago. My approach to design is one I enjoy remembering. My own interpretation and creative elements are truly timeless, as shown decades ago in that Manhattan lobby.
The farmer grinned as he told the visitor, “Watch this!” He called his pigs, which ran frantically towards him to be fed. But when he scooped out corn and threw it on the ground, the pigs sniffed it and then looked up at the farmer with confused expectation. The farmer then scooped corn from another bin and flung it near the pigs, which ran over and quickly devoured it.

The farmer said, “The first corn is genetically engineered. They won’t touch it.”

It’s not just pigs that swear off genetically modified organisms (GMOs). In South Africa, Strilli Oppenheimer’s chickens won’t eat genetically modified (GM) corn. Most buffalo in Haryana, India, refuse cottonseed cakes if made from GM cotton plants. Geese migrating through Illinois only munched sections of the soybean field that was non-GMO. Chickens won’t eat genetically modified (GM) corn. Most furred and feathered organisms (GMOs). In South Africa, Strilli Oppenheimer’s chickens won’t eat genetically modified (GM) corn. Most buffalo in Haryana, India, refuse cottonseed cakes if made from GM cotton plants. Geese migrating through Illinois only munched sections of the soybean field that was non-GMO.

Doctors prescribe no GMOs

No one knows why the animals refuse GMOs, but according to a 2009 statement by the American Academy of Environmental Medicine (AAEM), when lab animals do eat GM feed, it’s not pretty. “Several animal studies indicate serious health risks associated with GM food,” says the AAEM policy paper, which specifically cited infertility, immune problems, accelerated aging, insulin regulation, and changes in major organs and the gastrointestinal system, among the impacts of eating GMOs. “There is more than a casual association between GM foods and adverse health effects,” they wrote. “There is causation….”

Although we humans don’t have a natural sense to stay away from GM foods, AAEM’s position indicates that we should take a lesson from the animals. This renowned medical organization, which first recognized such dangers as food allergies, chemical sensitivity, and Gulf War Syndrome, called on all physicians to prescribe non-GMO diets for all patients. They also called for a moratorium on GMOs, long-term independent studies, and labeling.

Physicians are probably seeing the effects in their patients, but need to know how to ask the right questions.” Renowned biologist Dr. Pushpa M. Bhargava and many others believe that GMOs may be a major contributor to the deteriorating health in America since GM foods were introduced in 1996.

Doctors and Animals Alike Tell Us: Avoid Genetically Modified Food

by Jeffrey M. Smith

GMOs on your plate

There are eight GM food crops: soy, corn, cotton, canola, sugar beets, Hawaiian papaya, and a little bit of zucchini and yellow squash. The two primary reasons why plants are engineered are to allow them to either drink poison, or produce poison.

Poison drinkers are called herbicide tolerant. Their DNA is outfitted with bacterial genes that allow them to survive otherwise deadly doses of toxic herbicide. The first five crops on the list above have herbicide-tolerant varieties. The poison producers are called Bt crops. Inserted genes from the soil bacterium Bacillus Thuringiensis produce an insect-killing pesticide called Bt-toxin in every cell of the plant. That is found in corn and cotton. The papaya and squashes have virus genes inserted, to fight off a plant virus. All GM crops are linked to dangerous side effects.

Pregnant women and babies at great risk

GM foods are particularly dangerous for pregnant women and children. After GM soy was fed to female rats, most of their babies died—compared to a 10% deaths among controls fed natural soy. GM-fed babies were smaller, and possibly infertile. Testicles of rats fed GM soy changed from the normal pink to dark blue. Mice fed GM soy had altered young sperm. Embryos of GM soy-fed parent mice had changed DNA.

And mice fed GM corn had fewer, and smaller, babies. In Haryana, India, most of those buffalo that did consume GM cottonseed ended up with reproductive complications such as premature deliveries, abortions, and infertility; many calves died. About two dozen US farmers said thousands of pigs became sterile from certain GM corn varieties. Some had false pregnancies; others gave birth to bags of water. Cows and bulls also became infertile.

Eating poison in every bite

When insects take a bite out of the corn and cotton plants engineered to produce Bt-toxin, their stomachs split open and they die. Because that same toxin is used in its natural bacterial state as a spray by farmers for insect control, biotech companies claim that it has a history of safe use and can be incorporated directly into every plant cell. The Bt-toxin produced in GM plants, however, is thousands of times more concentrated than natural Bt spray, is designed to be more toxic, has properties of an allergen, and cannot be washed off the plant.

Moreover, studies confirm that even the less toxic natural spray can be harmful. When dispersed by plane to kill gypsy moths in Washington and Vancouver, about 100 people reported allergy or flu-like symptoms. The same symptoms are now reported by thousands of farm workers handling Bt cotton throughout India.

GMOs provoke immune reactions

GMO safety expert Dr. Arpad Pusztai says changes in immune status are “a consistent feature of all the [animal] studies.” From Monsanto’s own research to government funded trials, rodents fed Bt corn had significant immune reactions.

Soon after GM soy was introduced to the UK, soy allergies skyrocketed by 50%. Ohio allergist Dr. John Boyles says, “I used to test for soy allergies all the time, but now that soy is genetically engineered, it is so dangerous that I tell people never to eat it.”

GM soy, corn, and papaya contain new proteins with allergenic properties. In addition, GM soy has up to seven times more of a known soy allergen. Perhaps the US epidemic of food allergies and asthma is a casualty of genetic manipulation.

Cont’d on p. 51
Can you remember times in your life when you’ve been blessed by someone’s compassion? I remember times when I’ve been under the weather or stressed out and received the compassion of a loving touch. I've also been on stage in front of a large crowd and received the compassion of an encouraging, smiling face. I think we all know we would never survive our early months and years without the loving compassion of our mothers.

What is compassion? Compassion is an inherent potential within us all. It is not simply a sense of caring and kindness toward the being before us. It isn’t merely a warm-hearted feeling of empathy for the suffering of others. It is also the determined and practical resolve to do whatever is possible to relieve their suffering, the sustained urge to reduce and eliminate the suffering they are experiencing.

For this reason, compassion is often referred to as the highest form of love, and flows out of the truth of our felt interconnectedness with others. Not confined merely to the realm of feeling, compassion necessitates action, in much the same way we are instinctively rooted to action to defend our own lives, well-being, and interests. What a blessed miracle compassion is, and though it’s virtually unexplainable by our culture’s materialistic orientation, it is a vital and unrecognized key to social harmony, to spiritual growth, to fulfilling relationships, to living a meaningful life, and to healing of all kinds.

As newborn infants, we are deeply identified with our mothers. As we develop, we gradually become aware of ourselves as separate from our mothers and go through a stage of being quite self-absorbed. Eventually, we develop the ability to relate to others as independent beings. It is in our early years we develop the foundation for compassion through the models we see around us, and learn to imagine and understand the perspective of others. This is basic moral development.

This natural development of compassion is unfortunately short-circuited by forcing young children to participate in meat-based meals. What we don’t realize as a culture is that we desensitize children—and all of us—through our daily meals. The subtext of these meals is one of systematically excluding certain animals from the sphere of our compassion and moral concern. In our daily food rituals, beings are systematically reduced to things, and these rituals instill in all of us the mentality of exclusion and reductionism that is the antithesis of compassion. This is the hidden root of disease, the underlying disaster that churns at the core of our culture, causing so much of the physical, social, psychological, and environmental illness proliferating around us.

Compassion brings healing. Once we awaken from the collective trance that sees beings merely as things to be used, we become more alive, more aware, and more filled with what the ancients called Sophia—the wisdom of intuiting the interconnectedness underlying the apparent outward separateness. This primeval wisdom is actually lived, not merely intellectualized. There is a pithy and illuminating proverb: “To know, and not to do, is not to know.”

As Sophia enlightens us, bringing wisdom, compassion and healing, we recognize our acculturated food habits. This awakening breaks the cruel indoctrination, promoting living, plant-based foods and discouraging inherently violent, animal-based foods. It is then that we experience true healing, both physically and on the deeper causal levels of our being. Our bodies function better and begin to cleanse and purify, our mind is clearer, our emotions are more positive, our relationships are more harmonious and our buying patterns are more ecologically constructive. We also begin to care more deeply about the Earth, others, and ourselves, and we evolve spiritually to discover that there is much more to life than our cultural programming has revealed. In short, we become a threat to the established order.

We might find people saying to us, “Hey, you can eat how you like, but don’t tell me what to eat!” In truth, the only reason anyone in our culture eats animal-based foods is because they’ve been told to do so since birth by every institution in our culture: family, media, religion, government, education and business. It is never a freely-arrived-at choice. We have all been, and continue to be, inculcated with messages that eating animal-derived foods is a natural, normal, and essential characteristic of human behavior.

I don’t remember my parents telling me that I could freely choose whether to eat the first little blobs of meat they presented to me. I certainly don’t recall them explaining these blobs were the flesh of pigs and turkeys who had been confined their entire lives only to be killed in terror and pain. Nor do I remember my school teachers helping me to understand that fish are highly intelligent, social creatures with the same pain receptors as humans. My minister never pontificated about the suffering of dairy cows, whose babies are serially stolen from them so we can steal their milk. Television never informed my young mind of the nightmarish conditions endured by chickens on egg-production facilities. Never given a choice, I was forced into complicity, completely oblivious to the repercussions of my actions. Without knowing the truth, how could I have practiced compassion? I had been indoctrinated into the aforementioned societal trance.

The exquisite beauty and potential of our brief adventure on this Earth is that we can grow, evolve, and awaken to greater capacities of love and wisdom. We can become a force for spreading freedom, peace, and healing. With any inner healing, there will be outer healing, and with any healing, there will be change. With any meaningful change, there will be risk. We may find ourselves alone, having lost cherished relationships because we no longer eat the same way, and no longer respond unquestioningly to the pervasive social conditioning. However, we find we are connected to a deeper source of joy and inner peace. As we bring our lives into alignment with the truth we will discover, we will find even more truth in the compassion that has grown in our heart, and we will realize that the rewards are worth infinitely more than artificial camaraderie. At a deep level, our self-esteem returns, and we realize how participating in the violence pervading our culture’s meals had reduced our awareness and sense of self-worth. Newfound joyful blossoms in our heart and we intuit it all directly: truth, compassion, healing—these three are inseparable sisters. Cultivating one cultivates the others. We are all connected, and the more deeply we heal ourselves, the more we bless others. Cultivating compassion is an essential and often unrecognized key to authentic healing. It’s never too late to begin practicing it! The more we bless others, the more we are blessed.
Ammy is a science and culinary arts teacher at Palm Academy, an alternative high school in San Diego. When she visited her mother last summer in Laguna Beach, California, little did she know she was about to join one of the newest prime-time grassroots movements—changing the way our children eat from junk food that comes out of boxes, bags and cans to real food that comes out of the ground.

Tammy started teaching culinary arts last fall to 16- to 18-year-olds at Palm Academy, which is located on the neat, well-heeled and mostly conservative Coronado Island, also a Navy base just off the coast in southern San Diego. Before her trip to Laguna, she told Palm’s principal, Kevin Nicolls, that she was interested in adding raw foods to her culinary curriculum.

Kevin, a highly approachable administrator with shoulder-length locks who surfs and snowboards, is a five-year raw foodie and a 29-year “herbivore” (he doesn’t call himself a vegan or a vegetarian, he says, because “the v-words scare people”). He told Tammy, regarded as a pretty hip teacher herself, to run with it.

In Laguna, Tammy happened upon an article in the local newspaper about a series of raw food classes in town. She considered it auspicious, and signed up.

The first class she took was on raw appetizers, the second on green smoothies. Tammy brought her newfound knowledge, surprisingly happy taste buds and a couple of recipe books back to Palm Academy. She designed the raw foods course, including an energy survey as well as hands-on food prep and, of course, eating—the key to getting her teenage students’ attention.

“The beauty of food with kids is that they love to eat,” Tammy said. “We get them when they’re hungry, right before noon, and send them off with at least one good meal in their stomachs for the rest of the day.”

Palm Academy is an alternative high school for 20 select students with special circumstances ranging from familial abuse, emotional problems and drug use to day jobs, pregnancy and accelerated graduation. It’s funded by a California Department of Education pupil retention block grant and has, so far, escaped statewide educational program budget cuts.

One of the first field trips for the raw foods class was to a co-op in Ocean Beach. “Some of these kids have never seen an onion outside of a Funyun before,” Tammy commented. “We bought beautiful organic vegetables and fruits and made an organic pressed spinach salad with fennel, tomato, orange bell pepper, avocado, sunflower sprouts, raw pine nuts, lemon and olive oil. There wasn’t a bite left.”

One student who had never heard of the raw food diet before proclaimed, “There’s more vegetables in this salad than I’ve eaten in my life.” Which said more than a mouthful for some of the other students, too. “None of them turn their noses up anymore,” said Tammy, known in Coronado’s culinary circles for her award-winning raw salsa.

Gerardo, 16, a Palm student, has a family history of obesity and diabetes. “I come from a Mexican culture so there’s a lot of fried foods and not a lot of healthy stuff,” he said. “But learning from the class and talking to my parents about it, I see a little change in what we eat, more vegetables and more foods that aren’t fried.”

Personally, Gerardo has seen a difference two weeks into the class. “I feel better than if I eat something that makes me tired,” he said after eating a jalapeno-spiced curly kale salad and date-nut torte. “After you eat something like pizza, you feel sleepy. A lot of people at school are talking about being vegetarian because they don’t want to eat meat anymore.”

Double-double grease bombs, ketchup sandwiches and monster-energy drinks are “foods” these kids are familiar with. Food coma is what they say they get after ingesting them. “After you eat something like the kale salad,” Gerardo continued, “you just don’t feel like you need to go to sleep. You have more energy, and you start thinking that you ate something healthy that’s not going to make you get fat or that’s not bad for your body.”

Feeling better is the only answer Tammy wants her students to get. But there is a bigger message under Palm’s compassionate teaching methods: They are providing beneficial and life-giving skills to teenagers ready to make the break from family ties and, sometimes, from generations of life-depleting habits and behavior.

Scientists from Oxford University in England are conducting a three-year study in prisons and have found that increased consumption of “junk” food over the past 50 years has contributed to a rise in violence.

“Our initial findings indicated that improving what people eat could lead them to behave more sociably as well as improving their health,” said John Stein, professor of physiology at Oxford in an article in the London-based Independent newspaper. “This is not an area currently considered in standards of dietary adequacy. We are not saying nutrition is the only influence on behaviour, but we seem to have seriously underestimated its importance.”

Kevin was also a teacher and then principal at the two juvenile halls in San Diego County. A gregarious lead-by-example health advocate, he is knowledgeable in his own right about the affects of healthy eating on children’s behavior. Kevin has known John Robbins, author of Diet for A New America, since the early 90s and co-chaired the San Diego chapter of Earth Save, an environmental campaign Robbins founded that also helped improve school lunches.

His favorite reaction from the raw foods class at Palm was when a young man noticed that he and the other students were better behaved and more focused after making and drinking a fruit smoothie. “He asked for more,” related Kevin, “by saying, ‘Can we have some more of that natural Ritalin?’”

The culinary arts class at Palm became so popular last fall that students at Coronado High School, the island’s traditional high school with 1,000 students located almost kitty-corner to Palm, wanted a piece of the program for themselves.

A survey asking them about taking a food class got 200 responses. The number was narrowed down to seniors only. Eighty applied, about 55 more than the renovated one-room Palm Academy, originally built as a schoolhouse for kindergartens, could hold, 25 were accepted.

After three weeks of learning about the body-benefiting bonuses of eating uncooked and, hence, enzyme- and energy-rich fruits and vegetables, Dennis, 16, one of the students from the traditional high school, found the food “unorthodox,” in a good way.

“I actually prefer fixing raw foods,” he said. “It’s more engaging. And I definitely think it gives you way more energy. I could immediately see the difference. I had a salad last Friday and went on a trip to the mountains and felt amazing the whole day, all the way up to the night, and it was just a salad. It was very unorthodox. I like it.”

—Tammy Cusick, Culinary Arts Teacher

Before Jamie Oliver’s Food Revolution for America hit the flat screen, Tammy Cusick was starting a food REV-olution of her own, teaching 20 alternative high school students how to change their lives by reviving up the quality of what they put in their stomachs.

Tammy said. “We get them when they’re hungry, right before noon, and send them off with at least one good meal in their stomachs for the rest of the day.”

“Some of these kids have never seen an onion other than a Funyun.”

—Tammy Cusick, Culinary Arts Teacher
An avid runner and kick boxer, Linda was a single mom of two young boys and going through a divorce when she was diagnosed with breast cancer at the young age of 45.

After complaining of bloating, fatigue, sore breasts and pains from the stomach down her back and leg. When she first went to see her gynecologist, he told her that she had cysts on her ovaries; she was in menopause and hormones were the reason why her breasts were so sore. He suggested she have a mammogram just to be sure. Well, Linda had been having mammograms since she was 30 because of the history of breast cancer in her family. Her grandmother died of breast cancer at the age of 62 and her aunt at the age of 58. The mammogram showed cysts in both breasts but the doctor told her that he wasn’t particularly worried about this. He did recommend that she have the cysts on her ovary removed and thankfully, it was benign.

“One day as I was lying on my back, I discovered a lump in my breast and immediately called my doctor. He said it was probably the cyst and that it had gotten a little larger because of the recent surgery. Not to worry. But the lump got bigger over the next few weeks so my doctor scheduled me for a lumpectomy. I was in the office having the stitches removed two weeks later when the results unexpectedly came in. I was more than nervous. Many things were running through my mind. My heart dropped when the doctor came in and said, ‘I am so sorry.’ I thought I would die right there. Here I was all by myself… all I could do was think about my boys… what would they do? Who will raise them? Then I thought of my mother… she didn’t have a clue. I hadn’t told anyone before this about the lump. They would all be devastated.”

Linda then started researching breast cancer on the Internet and that scared her even more. Her family was very supportive and tried to help her investigate her options. Finally, a friend told her that he knew someone who had breast cancer that had spread to her bones. She went to some Alternative Health institute in Florida and he suggested that she speak with her. She did…and it turned out to be Hippocrates Health Institute. This gave Linda some comfort but she was still leaning towards having surgery.

Her doctors were recommending different options. One suggested removing the lumps. Another suggested that she remove one breast, and yet another recommended that she should have both breasts removed possibly followed by six months of chemotherapy! Linda ended up having a double mastectomy. Her doctor informed her that the surgery was a success. They got all of the cancer, there was no cancer in her lymph nodes, and she did not have to go through chemotherapy. Linda felt so relieved and knew in her heart that she had made the right decision. If she had the one breast removed, she felt sure that she would have had to go through the chemotherapy treatment and she would have to live the next few years wondering if she was going to get cancer in her next breast.

“It was amazing,” Linda said that within five days after she got home from the hospital, she felt so good. She started juicing and was soon exercising again. Linda learned about lymphatic massage and exercise and began doing it every day, knowing that if she didn’t, she could get lymph edema. She felt that she was on the road to recovery!

About a year later, Linda started having stomach pains again – more cysts on her ovaries and they were bursting. She couldn’t walk. She couldn’t breathe. She had too many white blood cells, blood in her urine and kept having irregular pap tests. Her doctor advised her to get a full abdominal hysterectomy, and surgery was booked for December 15th. Then someone told her about the healing benefits of wheatgrass and Linda started doing 6 ounces a day (2 ounces 3 times a day) for a full 3 weeks. Four days before the surgery they tested her again, and her white blood cell count was normal, no more blood in the urine and her pap test was also normal. Her surgeon was amazed and asked her what she had been doing. When Linda told her that she had been drinking wheatgrass, her doctor told her to keep it up…. but still recommended she have the surgery, which she did.

Now it is a year later again… and Linda recently spent three weeks at Hippocrates absorbing an immense amount of information from their three week Life Change Program. Her most liberating experience at Hippocrates was when she was in a group of 75 people during a lecture, and there was a doctor speaking about lymphatic massage. Linda shyly raised her hand and asked a question about lymphatic massage… She was amazed that the doctor told her about the healing benefits of wheatgrass… She hadn’t even thought about wheatgrass when she first found out she had breast cancer. Then she thought she didn’t have time to do anything but live life…

The Linda Morin Interview
by Babs E. Keller

The COURAGE to Look Beyond

“Ladies! Listen! You don’t need a breast to be a woman. Women are ashamed and think that without breasts, they are less than a woman! This couldn’t be further from the truth.”

—LINDA MORIN
her hand to ask a question. “My chest is swollen and my arm is sore…what can I do for this?” Linda felt such shame and embarrassment about having had the mastectomy that she didn’t want to look at herself. The doctor asked her if she would mind taking off her shirt in front of everyone. She would always remember that incredible moment. She did not think she had the courage, but suddenly she asked everyone if they were ready. A hush fell over the room. She could hear her own heart pounding.

“I took my top off…in front of everyone…when I had thought that it was the most disgusting thing that anybody could ever see because that is what I saw in my eyes…that I was disgusting.” But Linda was stunned to see the faces of those watching, stunned to see their reaction. The whole room was silent, but the looks on their faces were not that of disgust. They appeared supportive and honored. Afterwards everyone approached her with loving support and told her how beautiful she was. Linda felt beautiful again! And as the doctor massaged her stomach, liver and her chest and everyone watched as they saw him moving her lymph nodes. The swelling went away and so did the pain.

She says this whole experience completely changed her life forever. She needed this to happen. How long had she felt unhappy and long had she felt unhappy and the pain. In society, women are loved for their breasts—the bigger the better and if they aren’t large enough, they have implants put in! This makes it especially hard for those women who had no choice but to go through such radical surgery.” Linda knows now that she must teach women how to love themselves for who they are. She now looks at her cancer as a gift! She beat cancer…it did not beat her. She has more energy ever and feels half her age, biking and roller-blading sometimes three to four hours a day She is sure to do her chest exercises every day and wants to help educate other women about lymph edema and how very important these lymphatic massages are. “I know now that when people look at me, they look at me because of me…and not my breasts.” She no longer feels embarrassed about losing her breasts and wants women to know that there is no need to feel ashamed. It is okay! She knows she is a beautiful woman. “Having cancer has taught me so much. I have learned to think. I remember, when I was a little girl, everything was about learning something or distort the truth or to simply keep it to myself.

I often engaged in self-destructive behavior, which led to an original or to a standard. But when I started working at the institute, I began converting my lifestyle according to their teachings and immediately started experiencing amazing changes in my life. Within just a few days of eating raw vegan food, I had immediately started experiencing amazing changes in my life. Within just a few days of eating raw vegan food, I had quickly learned that even though they said truth is a good thing, there was hardly anyone who really followed this rule. When people did follow it, they were often faced with unexpected and unpleasant results.

Like me, I’m sure you can remember telling someone the truth about something, thinking your input would be appreciated, but instead they became upset with you. Like most people in today’s world, I have learned to hide or distort the truth or to simply keep it to myself. My life became filled with suffering, pain and depression. I felt angry inside and, hoping to escape from it all, I often engaged in self-destructive behavior, which led to only deeper negative patterns. Often feeling weak and hopeless, I realized that I needed to change my lifestyle in order to become fully happy, healthy and independent. I decided to start with bringing more truth into my life again. But this time I was determined to discover the “real” truth, and make a lifelong habit of sharing it with others.

I would like to thank my dear friend L.K. Laurie, M.D. for her love and support. Linda invites you to call her at (651) 850-4006 or email to lindavscancer@gmail.com anytime.

This question has puzzled me since I learned to think. I remember, when I was a little girl, everything was about exploring the truth of life.

It is very clear to Linda now. She was meant to have this experience. She is meant to help other women going through the same experience realize there is no need for shame…they will not be loved any less because they do not have breasts. It is okay… “We don’t need to have reconstructive surgery. We can and must accept that we made this choice. We must be strong. We must have courage. We don’t have to put ourselves through any more pain. In society, women are loved for their breasts—the bigger the better and if they aren’t large enough, they have implants put in! This makes it especially hard for those women who had no choice but to go through such radical surgery.” Linda knows now that she must teach women how to love themselves for who they are. She now looks at her cancer as a gift! She beat cancer…it did not beat her. She has more energy ever and feels half her age, biking and roller-blading sometimes three to four hours a day she is sure to do her chest exercises every day and wants to help educate other women about lymph edema and how very important these lymphatic massages are. “I know now that when people look at me, they look at me because of me…and not my breasts.” She no longer feels embarrassed about losing her breasts and wants women to know that there is no need to feel ashamed. It is okay! She knows she is a beautiful woman. “Having cancer has taught me so much. I have learned to think. I remember, when I was a little girl, everything was about
Healing, Our World » Truth

Healing Nature Press
John Eagle Freedom
Healing Nature Press

Health City, LifeMax® & Hippocrates Unite to Bring Health and Wealth to the Nations.

by John Eagle Freedom

We are coming together to share Mila with the world. Every man, woman and child should have this “Miracle Seed” every day of their lives. Mila can help you begin your journey of life extension and prevent disease in your life by building a stronger immune system.

John’s Story—A life of passion and adventure.

After being hit by an 18 wheeler, healing became a high priority for John. His memory was so affected that his grandchildren had to be numbered.

Even after two years of intensive physical therapy, John was not healing and having many seizures a day with only 45% range of motion in his arms. Lou Ann, a close friend, made it possible for John to go to Hippocrates Health Institute (HHI) in West Palm Beach, Florida. Dr. Brian Clement, the director of HHI, helped John by introducing him to the Living Food lifestyle and explaining why he was not healing. The Hippocrates lifestyle teaches, “Let food be thy medicine and medicine be thy food.” John acquired full range of motion, recovered his memory, controlled his diabetes and restored his virility by changing his lifestyle, which led him to the Living Food lifestyle and explaining why he was not healing. The Hippocrates lifestyle teaches, “Let food be thy medicine and medicine be thy food.” John acquired full range of motion, recovered his memory, controlled his diabetes and restored his virility by changing his lifestyle, which led him to the Vision of Health City.

The Birth of Health City

John longs to live in a community where everyone shares the same desire for better health. His dream is that this desire will become a reality when people become proactive in their own health choices.

John immediately introduced Brian to Jim and Sherri Wear. By bringing all three of these visionaries together, Health City has brought a sharp focus on what we are about, “Educating the world about the LifeForce in whole foods, like Mila, the Miracle Chia Seed.”

Health City’s mission is to bring together leaders to put a stop to these statistics before they happen: 85% of the world population is going to reach their “old age” at 65, either sick, obese, dead or dead broke.

Health and Wealth is a Decision.

Another fun fact: almost 85% of woman earning over $100,000 a year do so through direct marketing! —Food for Thought from the BEST of the BEST

The future is in your hands, America.

—Health City


7 minute infoline about Lifemax: (212) 461-2572

By registering for Health and Wealth Summit, you agree to receive invitations to future Health City Events."
Raw Food for Real People
The Rod Rotondi Story

Raw food’s allure of healthy food and enzymatic bliss has many converts. However, many who wish to transition to this healing diet find it a bit daunting. The demands of fresh, organic produce and the ability to prepare this food in an interesting, and affordable way deters many people who would like to experience this nutrient dense way of life.

Rod Rotondi, raw food chef, restaurateur, author, DVD and TV personality and health proponent has made it his personal mission to “Make it easy for people to eat healthy food.” “Easy translates to delicious, convenient, and affordable,” says Rod. “People are ready to make the move, but in the real world that’s not always so easy. My goal is to make “Raw Food for Real People.”” So I do that by creating restaurants, packaged foods people can buy at their local natural foods retailer, a book and DVD “Raw Food for Real People” which teaches people how to make food at home and am working on some TV opportunities to get the word out.

One of Rod’s greatest passions is teaching raw foods preparation and the raw foods lifestyle. With 15 years under his belt, Rod is one of the most experienced raw food chefs and teachers in the field. He travels and teaches around the world. Rod’s book and DVDs, “Raw Food for Real People” are the culmination of his artistry and years of experience. They both offer everything you need to master raw food preparation and lifestyle. The book is published by New World Library whose authors include such luminaries as Eckart Tolle, Deepak Chopra and Joseph Campbell. The DVD package includes 3 DVDs and an amazing 3-day voyage to a raw food lifestyle at a desert retreat with 15 real people and totally professional production. Both the book and the DVD include contributions from Dr. Brian Clement, Director of the Hippocrates Health Institute, as well as several other leaders in the field.

Rotondi is more than just a raw food enthusiast; he is a former Program Manager for the United Nations Development Program. He spent about 15 years in the third world helping to support private sector development. Returning from his world travels and with his Masters from the Fletcher School of Law and Diplomacy and UN experience, Rod created Leaf Organics (formerly Leaf Cuisine) in Los Angeles, which eventually had three restaurants and a packaged foods company distributing throughout all of California including virtually all the Whole Foods stores. In fact, it’s very likely that no one has fed as many people in Los Angeles, which eventually had three restaurants and a packaged foods company distributing throughout all of California including virtually all the Whole Foods stores.

In Campbell’s experiment, the rats were fed casein above their protein needs, which caused tumors in the rats. The protein needs of a cat are similar to those of a human, per capita. In Campbell’s experiment, the rats were fed up to 20% of their diet as protein. According to the National Health and Nutrition Examination Survey, 2003–2004, protein intake for Americans ranged from 13.4% of total calories in children aged 4–8 years to 16% of total calories in men aged 51–70 years. Additionally, the National Strength and Conditioning Association (NSCA) recommends consumption of 0.4–0.8 grams of protein per pound of body weight for exercise levels ranging from sporadically active to very active. Basing caloric needs on the Mayo Clinic’s online calculator, the high end of this protein range is about 18% of total calories. Moderate exercisers need only about 11% protein. Considering these numbers, it’s easy to see the relevance of Campbell’s work regarding protein consumption.

Rod uses the oldest and healthiest food preparation techniques known to man. He doesn’t heat any food above 110 F. “It’s nature stripped of artifice and pared down to the naked genius humans were meant to enjoy”, Rotondi says of this healthy cuisine. “It’s just unadulterated food from nature—fresh, organic and delicious. But first, it’s delicious.”

Rod is available for teaching, business consulting and product and recipe development. To learn more about Rod, go to his website at www.rodrotondi.com.

Is Your Favorite Protein Powder Causing Cancer—or Preventing it?
by Dr. Vaughn Tyson

M ost everyone is familiar with Dr. T. Colin Campbell’s landmark work, detailed in his book, The China Study. Campbell’s research dealt with casein, which is the primary protein component in cow’s milk and cheese. In his study, rats were fed casein above their protein needs, which caused tumors in the rats. The protein needs of a cat are similar to those of a human, per capita. In Campbell’s experiment, the rats were fed up to 20% of their diet as protein. According to the National Health and Nutrition Examination Survey, 2003–2004, protein intake for Americans ranged from 15.4% of total calories in children aged 4–8 years to 16% of total calories in men aged 51–70 years. Additionally, the National Strength and Conditioning Association (NSCA) recommends consumption of 0.4–0.8 grams of protein per pound of body weight for exercise levels ranging from sporadically active to very active. Basing caloric needs on the Mayo Clinic’s online calculator, the high end of this protein range is about 18% of total calories. Moderate exercisers need only about 11% protein. Considering these numbers, it’s easy to see the relevance of Campbell’s work regarding protein consumption.

Traditional bodybuilding and sports diets, especially those targeting muscle growth, typically far exceed the NSCA’s protein recommendation, often doubling it. One can simply search the internet for “macronutrient ratios” and they’ll find that countless people are eating 20% or more of their calories as protein. Whey protein is a popular product to supplement the diets of those aiming to reach this protein surplus. Whey is the byproduct of the manufacture of cheese or casein. All animal-based proteins, including powders made from milk or egg whites, should be avoided because of the disease-causing elements they contain.

The trend in sales of protein products indicates people are learning the truth about animal proteins. According to 2008 research from Global Industry Analysts, annual sales of protein ingredients are expected to top $58 billion by the end of 2010. While animal protein ingredients account for 66% of the market, the plant protein ingredients market was the faster growing segment, with a projected growth rate of about 8% through 2013. There are several plant-based protein powders on the market—rice, hemp and soy are all popular options. None of these protein sources have cholesterol or casein, but there’s something very special about a particular variety of rice protein. Sun Warrior sprouted whole grain brown rice protein has cancer-fighting properties without the hormone activity of soy. Sun Warrior’s unique bio-fermentation/sprouting process offers the first complete hypoallergenic protein to hit the market. This raw, vegan protein offers a complete amino acid profile.

Is Your Favorite Protein Powder Causing Cancer—or Preventing it?
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Love Springs Eternal over Wheatgrass
by Greg Badal and Kathy Gray

THEN...
There must be something in the water—or maybe the wheatgrass juice. We first met in 2006 while attending the three week Life Change Program at Hippocrates Health Institute (HHI). We both got a bit more of a “Life Change” than we’d bargained for. Who would have thought that a chance meeting in South Florida would have led to us falling in love and deciding to spend the rest of our lives together?

At the end of our stay at HHI, we did what is common practice for many of the graduates—we exchanged email addresses. We both went home to our separate lives in different parts of the country. We kept in touch over the coming months, and many emails gave way to many phone calls as feelings began to develop. These conversations were our only contact until the following year, when we agreed to meet again. It was during this visit we had our first date.

That was February 14, 2007, and we have since returned to HHI again. It was during this visit we had our first date.

TOMORROW...
We plan to continue our annual treks to HHI every February, as a couple. Who would have thought that a chance meeting in South Florida would have led to us falling in love and deciding to spend the rest of our lives together?

NOW...
The old adage “An ounce of prevention is worth a pound of cure” rings very true. We believe it is through a living foods diet, regular exercise, and plenty of fresh air and pure water we can prevent many of the illnesses that have become commonplace—and sadly accepted as “the norm” in modern society. It is our desire to see others adopt a healthy lifestyle, built on a diet of raw, living foods. Therefore, we started Harvest Time Sprouts, Inc. Through our company, we support others in their desire to grow their own living foods at home. Not only do we provide the raw materials needed, such as organic nuts and seeds, we draw on our years of living foods experience to give practical advice. This helps people update their kitchens for their healthy new lifestyles. A visit to our website www.harvesttimesprouts.com will provide kitchen tips, recipes and very appealing prices for organic nuts and seeds, as well as kitchen equipment.

TOMORROW...
We plan to continue our annual treks to HHI every February. If you happen to be there during that week, we look forward to meeting you and sharing sprouting stories over a cup of green juice or wheatgrass. Until then, you can contact us through email at greg@harvesttimesprouts.com or visit our website www.harvesttimesprouts.com.

Happy juicing and warm regards,
Greg and Kathy

The First Lady of the Guitar
The Liona Boyd Interview by Alissa Helene

Liona Boyd, “The First Lady of the Guitar,” gave her first “concert” at age eight in a talent competition. At age thirteen she asked her parents for a guitar as a Christmas present. After hearing a concert by the great English guitarist, Julian Bream, Liona was determined to master the instrument. She has since introduced millions of people around the world to classical guitar, releasing twenty recordings, many of which have gone gold and platinum.

As a lifelong vegetarian, I had always believed my diet was healthy. It has certainly been better than most, but harsh Connecticut winters had me accustomed to my “comfort drink” of hot chocolate, not to mention my three or four daily cups of British tea with almond milk and honey. After my stay at Hippocrates Health Institute, I’m thrilled to have kicked my sugar and caffeine habit and I shall now be keeping warm with herbal teas, and enjoying the best drink of all…water!

Where do you draw inspiration for writing romantic music, outside the realm of personal relationships?

I find inspiration in many places; something that deeply touches my heart, an ephemeral vision, a memory of a beautiful place I’ve visited, a haunting rhythm or melody that suddenly comes to me when I least expect it. Most of my music over the years has been purely instrumental and composed in many styles: Classical; Baroque; Spanish; Orchestral; Latin; film scores and most recently, Seven Journeys, Music for the Soul and the Imagination, which was a mystical and “guided” project from start to finish. I’ve worked with many sound studios in many countries, but this time the producer and orchestrator, Peter Bond, made my guitar sound as close to heavenly as a guitar ever will.

Universal Music described it as “Vangelis meets Enya meets Morricone.” I know this particular music has a spiritual dimension, unlike anything I’ve ever done before, and I’m delighted that HHI will be carrying it in their store and using it for their healing therapies.

Tell us about your stay here at Hippocrates Health Institute (HHI).

Ever since subscribing to “Healing Our World” magazine I’ve wanted to find two or three weeks in my busy schedule to treat myself to a stay at HHI. When I saw an opening this past February, I jumped at the opportunity. It was truly a life changing experience—and one that enabled me to finally let go of my sugar and caffeine dependencies.

Staying at HHI felt akin to being back in university, always so many fascinating lectures and workshops to attend, and with like minded people. Drs. Brian and Anna Maria Clement’s talks were particularly enlightening and I treasure meeting them and their smiling children. I was one of the fortunate guests who had come seeking to prevent rather than to heal disease, and when I heard other visitors recounting their struggles, it made me more grateful than ever for the good health I’ve always enjoyed.

The staff were incredibly kind, and the living food banquets were scrumptious. Eating sprouted food so full of life and nutrition made me wonder why humans feel the need to eat and abuse living creatures—and slowly destroy our once beautiful planet in the process.

The Hippocrates Life Change Program involves examination of blood samples through a high-powered microscope. The magnified image is displayed in real time on a large video screen. When I arrived, my blood cells were clumped together from too much sugar. After just two weeks at HHI, the cells were floating freely. What more graphic evidence could there be that my health was improving?

Happy juicing and warm regards,
Greg and Kathy
The Sun Comes Out in Brooklyn
Sun In Bloom Restaurant Review
Darlene and Bill Bento

When growing up, we were always told to avoid Brooklyn since there were a lot of tough people there. We weren’t surprised to drive over the bridge from Manhattan onto Bergen Avenue and take a slight right where we found pure food in a sweet and bright environment. As we got out of the car, we noticed lots of smiling faces and families. We wondered where all the tough guys were.

Walking into Sun in Bloom was a bit like flying above the clouds in a plane and reaching the sunshine. The cozy environment was filled with the chatter of happy patrons enjoying tasty living cuisine. What a surprise it was to find the menu offered so many familiar choices. We started our meal with a shot of wheatgrass accompanied by a large fresh green drink. This shot in the arm propelled us into a presentation. Now when I talk about Brooklyn, I will tell people to go to the happy Borough that harbors one of the finest raw vegan restaurants on the planet.

No one is more willing to go of this false belief and I tried everything from Hypnosis to Musical Freedom Technique. Now that I’ve worked in time to get into fighting form! I remarked that we may not have room for one of the glorious desserts offered on their eatable offerings. We sat and chatted for a moment with some of the fellow guests so that our little bellies could make room for the remarkable raw almond cream pie that tasted like my mother’s recipe.

The happy servers and Amy Follette, the proprietor, made us realize that part of what we had experienced in the food was the joy that they rendered in their preparation and presentation. Now when I talk about Brooklyn, I will tell people to go to the happy Borough that harbors one of the finest raw vegan restaurants on the planet.

It’s a tragic irony that doing the thing you most love can lead to this condition. Knowing I still had so much music to share with the world, I decided it was time for a fresh start. I left Los Angeles, divorced my husband who could not understand my artistic obsession, and set off on a journey to find a way to keep the guitar in my life.

About ten years ago I noticed that when I played guitar, the fingers on my right hand were not as agile as they used to be. Naturally, I practiced more and more to remedy the problem. In hindsight, this was the worst thing I could have done. After a few years of consulting every imaginable doctor, therapist and quack, the National Institutes of Health in Washington, DC, diagnosed me as having the “incurable neurological disease” of Task Specific Focal Dystonia, and tried unsuccessfully to treat me with Botox injections. I was absolutely devastated. There was nothing wrong with my fingers, but through over-practice, the neuro-receptors in my brain that handled guitar-specific movements had been overtaxed and the brain maps had become “smudged.” This happens to many concert performers on every instrument.

I had to overcome not just external negative forces, but my own insecurities about whether I could really make it happen as I was plagued by doubt. Now that I’ve been able to conquer this and last year recorded “Liona Boyd Sings Songs of Love”, a collection of seventeen beautiful love songs (distributed by Universal Music, I have learned to truly appreciate my own voice and I’ve discovered my own singing style. I’ve written poetry since I was five years old, so writing the lyrics came naturally and was a real joy.

As I relaunch my career as a singer/songwriter/guitarist, I am realizing how Focal Dystonia, which I had thought of as a curse, is turning out to be the biggest blessing in my life and an exciting new challenge. This ostensibly setback has presented me with possibilities I had never dreamed of. My goal is to prove, by example, to other middle aged women and men that if you are truly determined enough you can make a seemingly impossible dream come true, whatever your biological age.

Performing at my Hippocrates graduation ceremony was a real pleasure. It was also the very first time I’d sung alone before a live audience. I chose a song I’d written about the struggles of a lonely little seabird bravely fighting storms, cold winds and other forces before finding the warm land and the welcome of other flocks. The challenges my seabird faced parallel those many of the guests at the institute have had to deal with. I’m sure we all feel like the “warm winds” have eventually blown us to a safe haven when we arrive at HHH!

You’re also a painter and a poet. Can you tell us more about these creative outlets?

I’ve always been a very creative person. My parents encouraged individuality in all their children. I suppose I inherited their artistic talents as I love to dance and paint, although music has always been my biggest passion. Of all the arts, I believe music touches our souls at the most profound level. It can be stimulating, annoying, joyful, painful, nostalgic, exuberant or haunting. The right music can inspire, soothe, relax and heal us—even under the insane conditions of modern life.

I’ve always enjoyed writing and I love coming up with words, music and rhymes that magically fit together. In order to give my fans a glimpse behind the scenes in a concert artist’s life, I wrote an autobiography in 1998, “In My Own Key, My Life in Love and Music.” I also write poetry and there are a few samples along with some paintings posted on www.LionaBoyd.com.
In 1969, pop psychiatrist, Thomas A. Harris, MD, wrote a self-help manual called, “I’m OK. You’re OK. I’m OK, which became a runaway bestseller, and its title became a catch phrase in the ’70s. What a nice attitude. It says “I accept myself as OK, and I accept you as OK.” Sounds great, but what if I don’t feel OK about myself? Am I then stuck with, “I’m not OK, but you are”? Does that mean everyone else is somehow more real and entitled than I am? If I’m that “not-OK,” I’m lucky to get scraps. I’ll end up settling for the short end of the stick in every arena of my life. Happiness is for others, not me. Woe is me, poor, poor pitiful not-OK me. What a demeaning way to live in the world!

OK-ness is a subjective assessment of the self based on ideas and feelings, mostly from the past. If I had a family who praised, appreciated, adored, and guided me, I probably end up feeling OK about myself, in spite of any external forces. It wouldn’t matter what I looked like or what my flaws were. However, if I had parents who ignored, demeaned, shamed, or belittled me, I’d probably end up feeling bad and not-OK about myself, even if there were positive external forces. I’ve seen supermodels doubt their good looks, and wealthy people who feel financially insecure. OK-ness or self-esteem is like the rudder of a sailboat: when it’s deep or belittled me, I’d probably end up feeling bad and not-OK about myself, even if there were positive external forces. I’ve seen supermodels doubt their good looks, and wealthy people who feel financially insecure. OK-ness or self-esteem is like the rudder of a sailboat: when it’s deep and undone, and whatever hasn’t been done yet, can still be done. I love that about human freedom. I love that as a therapist. When I witness someone with an arid past and bad sense of self recover or discover a fundamental sense of OKness, it makes my work worthwhile. The hard-earned sense of OK-ness claimed through working a 12-step program, or therapy, or just plain life-lessons, is sweet. Elizabeth Kuebler-Ross was a psychiatrist famous for identifying the five stages of the death and dying process. She took Dr. Harris’ statement, “I’m OK, You’re OK” a step further by saying, “I’m not OK, and you’re not OK. But that’s OK.” Now there’s a humanism I can live with! In her model, I don’t even have to be OK to experience OK-ness! It’s like a free ticket to the circus! Come on in! Admit one! Everyone welcome!

Self-acceptance means one can admit to being flawed, laugh at one’s own quirks, screw up without declaring oneself a screw-up. Self-acceptance means recognizing it’s not a sin — or stupid — to not know the answer. Self-acceptance says maybe I’m not right about something, but I’m right with my core. cont’d on p. 56

Are you interested in finding and following your passion? Raoul Valle followed his passion. Utilizing the education and life-changing experience he received here at Hippocrates, he is now inspiring hundreds of people to gain better health and lead vibrant lives.

I met Raoul when we both took the Health Educator course in 2006. We were class buddies, and we had many great times together while we studied, shared and dreamed of all the great things we would do as Health Educators once we were set free! He went forth to further his knowledge, and he has fully embodied his title of Certified Hippocrates Health Educator. I caught up with Raoul at The Green Wave Café, the raw food restaurant and learning center he and his wife, Lisa, opened in Plantation, Florida. He was receiving the early morning delivery of beautiful organic vegetables that are sold each Monday morning in his organic market. Before we get started with questions about your awesome café, let’s talk about your experience as a Health Educator student. Why did you take the course? I took the 3 week Life Change Program in July of 2006 and when I left I had a million questions! So I decided to take the Health Educator course in October. I took the course because I wanted more questions.

Were your questions answered? Many of them were! The rest came with time. I’m still continuing my “education” by talking to people and going to seminars. It’s an ongoing, lifelong journey. The Health Educator course is not an end-all; it’s just a great beginning. As Dr. Brian Clement teaches us, “Follow your passion and read, read, read!” That’s just what I did—I followed my passion.

What was your passion after finishing your course? It was the raw foods, particularly their healing effects. It’s amazing how profoundly your health can respond to something so simple. People think they need a doctor or a prescription or a plant from the Himalayas to cure them, but their own bodies can often heal themselves. It’s not rocket science. Give your body the right fuel and it will improve.

I remember when we finished the course you were really excited about enzymes. Absolutely! After five days with Viktoras Kulvinskas (the father of living foods) it would be hard not to be fascinated by enzymes. Before I met Viktoras, I had read Dr. Edward Howell’s book, Enzyme Nutrition, and according to Howell, by the age of 50, enzyme production is down to 30% and by age 70 its only 15%. That’s a huge factor in determining whether we will age well—or not so well.

You began selling the HHI-zymes (Hippocrates enzyme supplement) to your friends and family, correct? Yes, I took advantage of the wholesale opportunity we Health Educators have to sell the Hippocrates line of supplements. I sold them primarily to my family and friends.

Did you see changes in their health? My mom always used to have trouble digesting her food. She said it would just sit in her stomach. Viktoras taught us that as people age, one of the first enzymes that is depleted is amylase (the enzyme that digests starches). Just after she began taking the enzymes, she called and said she had started digesting her food again! Not only are you enhancing digestion by taking enzymes, you are also absorbing more of the nutrients in your food.

I understand your own health was improved by this program and lifestyle. Oh my God, yes! It was like night and day. People are always amazed when they see my picture from 10 years ago. I look like an old man! My cholesterol dropped from 240 to 150 within a few weeks (without medication), I lost 60 pounds (I’m back to my weight from high school), and my blood pressure went from high back to normal. My PSA count went from 12 down to 2, and I’d bet it’s even lower now. Everything functions normally now, even my intestines. My energy level is higher and I sleep better.

And you have a beautiful raw food restaurant that’s really thriving. Yes. It began when my wife, Lisa, and I wanted to teach raw food cuisine and preparation. Lisa got her Raw Chef Certification and we decided to open up a school. Once we got all the permits from the county, we realized our school could double as a restaurant. cont’d on p. 56

RAWDUCATION!
Health Educators in the News
By Linda Frees

The Truth About Self-acceptance
by Andy Bernay-Roman

The Truth About Acceptance
Edwards says maybe I’m not right about something, but I’m right with my core.
We live in exciting times. Like never before, we realize that we can indeed individually change our life, our philosophy, and our consciousness. We are less confined by conventions than ever before. We can recreate the world around us and render it more peaceful and sustainable. We can alter our patterns of behavior and get closer to our true inner being. When we actively participate in positive change, we derive a new sense of purpose not only for ourselves but also for our children. And when we change our own paradigm from one of defensive reaction to one of co-creating the world, we enable our children to live empowered, truthful, and more conscious lives.

Two days ago, I sat in my friend Claudia’s kitchen. I had come to see her new baby girl. Adoring the infant, I almost forgot about her two-year-old son, Zinou. He was busy constructing a castle on the living room floor when I spotted him. “Would you like to come and eat with us?” I asked, and his answer was a smiling “YES.” Within seconds he was among us at the table, on the chair and, oops, on top of the table among the food. “Hey,” his mother called wanting to stop him—but instead, she stopped herself and smiled at him, “Show your baby sister,” she continued in a different tone, “that the table is for eating, and the chair is for sitting. Thank you so much!” Zinou looked at his two month-old sister, waved to her, sat down in the chair and poked a piece of raw cake onto his fork. “Table for eating. Chair for sitting,” he spoke to his sister and then at me for support. “Wow! You know how to teach your sister?” I asked him, and he answered with a serious face of almost grave importance, “YES!” Then his attention turned to a bird outside the window “Bird is eating, too, Yes?” he announced, with great confidence. I turned to the window and said “yes, it looks like the bird is eating. Your child will most likely live up to your overestimation.” When we trust (not coerce), we can see amazing results.

Leaving out no and replacing it with yes, leaving out fear and replacing it with trust may well be the most important steps toward an education in consciousness. Being without fear changes our energy field, changes our body chemistry—including the scent that animals can smell—and elevates our understanding of everything around us. Living without fear also means we no longer are afraid of the truth. We can overcome culturally imposed inhibitions and shame and speak about everything with our children, be it death, sex, the Twin Towers, or the War on Drugs. We no longer need to hide in conventions or be oppressed by them. We no longer need to be ashamed of our bodies or of our past actions. Instead, when we depersonalize, we learn to look beyond the words that define us. A learned cultural one and not a natural, in-born ‘fight or flight’ reaction, we swing the doors wide-open to a new, joy-centered sense of existence.

RAISING CHILDREN’S
by Prof. J. Sophia

Our old Western culture requires us to grow up in fear. From the moment of birth, and preceding that moment, we are absorbing our mother’s fears and are literally taught to expect adversity of nature, evil intent of fellow humans, pain and loss of health and wealth and fear of everything imaginable. As soon as we can move about as toddlers, we are taught all the things we are not allowed to do. When we enter formal education, the fear of grades and test scores is added. We hear threats of terrible consequences to our actions long before we hear praise and encouragement. We are raised internalizing the words no and don’t much more than yes and do. Consequently, our brains become physically patterned by negative definitions of ourselves and of the world. Our initiative and self-confidence are crippled.

Our new, global culture, however, the culture in which we begin to take responsibility for our life and for the planet as a whole, allows us to change this fear-driven approach to a trust-based approach. Just as we can choose to take responsibility for pollution and global warming, or for our body and its healing, we can choose to let our children grow up with confidence of their ultimate importance. When teachers or parents bring the notion of trust and co-responsibility into the classroom or home, children do not need to be “taught” responsibility; they will absorb the notion; they will participate in, and lead the exploration of the subject to be learned. In my book titled Freedom-Fun-Genius, I call this shift of paradigm “Turning Learning into Adventure” (SILC Books, 2010). In the book’s conclusion, I suggest, “go ahead, overestimate your child’s curiosity and literacy and trust it. Your child will most likely live up to your overestimation.” When we trust (not coerce), we can see amazing results.

Leaving out no and replacing it with yes, leaving out fear and replacing it with trust may well be the most important steps toward an education in consciousness. Being without fear changes our energy field, changes our body chemistry—including the scent that animals can smell—and elevates our understanding of everything around us. Living without fear also means we no longer are afraid of the truth. We can overcome culturally imposed inhibitions and shame and speak about everything with our children, be it death, sex, the Twin Towers, or the War on Drugs. We no longer need to hide in conventions or be oppressed by them. We no longer need to be ashamed of our bodies or of our past actions. Instead, when we depersonalize, we learn to look beyond the words that define us. A learned cultural one and not a natural, in-born ‘fight or flight’ reaction, we swing the doors wide-open to a new, joy-centered sense of existence.

In a new effort to enable such co-creation by students and teachers, many European Waldorf schools have implemented the ‘moving classroom’ concept. Throughout the early grades, the children not only bring things from nature into the classroom; they also rearrange the physical space of their classroom many times a day for different activities. They may be sitting on cushions in a circular arrangement, stacking up their benches to form a half-circle auditorium, creating a landscape for a dramatic scene with colorful cloth, or forming small group tables at which to share a meal. Not only are these settings esthetically pleasing, the children have been physically active in the co-creation and rearranging of the world around them. They have built beautiful environments in which ever-changing new creativity can grow. In non-military, inclusive (rather than hierarchical) structures, children will learn to co-create dynamic environments in which reverence for our endless individual differences is the basis for collaboration (rather than segregation). These environments are free of competitive test scores and filled with student inventions and explorations; environments in which sharing, not greed, will lead to a sense of wealth; environments in which violent rebellion becomes unnecessary because pondering new paradigms to co-create the world is possible. Today, we can appreciate the fact that Albert Einstein was a daydreamer, slow learner, considered “retarded,” and told by his teachers that he would never amount to anything much. Today, we comprehend that he was just avoiding the negative influences of the ‘authorities’ around him and retreating into an inner space to develop his imagination. And that is exactly what an education toward consciousness requires: imagination, co-creation, freedom and fun. When we import these principles and practices into our homes and into our schools, we inevitably raise our children’s awareness. And before we know it, we have raised happy, conscious, little geniuses! [ ]
What is truth? Does it need to hurt people and make them angry? Certainly not. It is not truth, but a negative interpretation of truth which causes harm. A glass could be half full or half empty. One who observes it as half full will swear, “It is half full,” but another person who observes the glass as half empty will contend, “It is half empty.” If I tell someone for whom the glass is half empty, “You are wrong because I know the glass is half full,” I could potentially hurt that person — and be hurt by that person. When observations differ, it is useless to argue about who is correct. Each person will maintain their opposing stance, and opposition, verbal or otherwise, will only make them dig their heels in deeper. There will be no resolution because what we call truth is not absolute. Truth is a point of view.

Buddha’s teachings about truth tell us that in a controversy, the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves. What causes anger and hurt is not the truth, but ourselves. Once we learn to identify our role in what we call “truth” we can avoid hurting other people. If I enjoy thinking of a glass as half full, I can share that truth with another even if they believe that same glass is half empty. I can achieve this by explaining that happiness is often associated with a feeling of satisfaction (fullness) rather than a feeling of deprivation (emptiness). Avoiding the judgment of another person is the key to avoiding anger, hurt and eventually stress. Albert Einstein humorously conveyed this notion when he said, “Whoever undertakes to set himself up as a judge of Truth and Knowledge is shipwrecked by the laughter of the gods.”

“I am going to explode if I cannot express the truth,” I heard someone yell once. Obviously, the person was angry and believed that he had the right to express the truth because it was cathartic. Freud used the word “catharsis” to mean “purification,” describing the emptying of emotional reservoirs by crying, laughing, yelling and even by exercise. Much research, like that of Carol Tavris, concluded that random releasing of ventilated frustrations and feelings of anger does not produce healthy catharsis. Contrarily, these outbursts validate feelings of aggression, reinforcing anger and causing even greater emotional arousal and stress.

Galileo once said, “All truths are easy to understand once they are discovered; the point is to discover them.” How do you discover truth? By discovering oneself. At Hippocrates Health Institute, I have had the pleasure of watching many guests discover themselves. They discover truths about their illness, their wellness, their health, their food, their medicines, their water, their air, their pain, their body, their mind and their spirit.
In the fall of 2008, Jim and Sherri Wear launched Lifemax, a company devoted toward changing people’s lives for the better through optimum health and a dynamic business opportunity. The Wears have been together since 1993 and, over the years, have created and launched a multitude of businesses. Their success in real estate led to an early retirement in 2008. A chance meeting in November 2007 led them to what they now call their destiny—Lifemax. The Vision of Lifemax is to change the health and the wealth of the world one person and one bag of Mila at a time. Jim and Sherri live in Orlando, FL with their son, Logan.

Dr. Bob Arnot Joins Lifemax as Chief Wellness Educator
Dr. Bob Arnot is a TV Emmy award winning medical correspondent who was a host on CBS This Morning, the CBS Evening News, The NBC Nightly News, Dateline NBC, the Today Show, he is now a regular mainstay on the Discover Channel as Dr. Danger. As a medical correspondent, Dr. Bob has covered groundbreaking epidemics around the world, including Ebola in Central Africa, AIDS in Zimbabwe, Somalia, and Malaria, and cholera in Bangladesh, Somalia and Turkey. Dr. Bob is also a bestselling author for titles on today’s most pressing health issues including his most recent, Seven Steps to Stop a Heart Attack. The Breast Cancer Prevention Diet, the Prostate Cancer Protection Plan, and the Healthy Arzt, the Arzt Cook Book. As a wellness enthusiast and world-class fitness enthusiast, Dr. Bob is a former Olympic physician who is now an ardent skier and Iron Man competitor. His bestselling wellness and fitness titles include Sports Selection, Dr. Bob Arnot’s Revolutionary Weight Control Program, and Wear and Tear: Stop the Pain and Put the Spring Back in Your Body. Now as the Chief Executive Officer of Bob Arnot Productions, Dr. Bob Arnot produces and distributes premium online medical content across America’s top-watched channels, offering breakthrough scientific insight into disease prevention, health awareness, and nutrition education.

Lifemax Foundation/World Vision — Heartbeat of the Company
The Lifemax Foundation will aid and support the World Vision to the greatest extent. The Wears and Lifemax have been quite busy since launching the Lifemax Foundation in 2009. The Lifemax Foundation recently kicked off its premier campaign to aid the victims of the devastating Port-au-Prince earthquake and provide support to other third-world countries. The campaign ran over a 15-day period in late January and contributed one dollar for every 16-ounce bag of Mila purchased.

Lifemax, Inc. and the Lifemax Foundation teamed up with Dr. Mark Chironna Ministries to send a 40,000-lb container with corn, beans, rice, and medical supplies to Haiti in February 2010. Together, the contributions from these organizations represented 200,000 meals. With additional funds leftover from this campaign, Lifemax sent another container of medical supplies that included heart medicine, antibiotics, gauze, and bandages to accompany the Haiti-bound shipment. In addition to the Haiti relief, Lifemax has also shipped 500 pairs of children’s underwear to an orphanage in Uganda and has announced the completion of a boys’ dormitory in Mozambique which will provide shelter and warmth for the children who, for the past two years, had nothing more than tents in which to sleep.

Lifemax has also fed hundreds of children in countries such as Zimbabwe and Mozambique, Africa. The joy that we feel knowing that not only are we helping to get children healthy here in the United States but across the nations is priceless.

“Lifemax has taken all fats out of our diet, including the good ones. Antioxidants. The alpha linolenic fatty acid (ALA) found in Mila is known as the only essential omega-3 fatty acid which must be consumed because the body cannot manufacture it. The fatty acids in Mila are near perfect balance, plus there is no cholesterol.

Protein. Protein is found throughout the body in hair, nails, outer layers of skin, muscle tissue, the inner structure of bones, and red blood cells. Protein is used by the body to perform many functions in the body including building and repairing body tissues, hormone production and carrying nutrients throughout the body. Mila is a great source of protein and contains both essential and non-essential amino acids.

Fiber. A number of studies have found that a high intake of total fiber contributes to a healthy heart and circulatory system. High-fiber diets may also modulate blood sugar levels. Since fiber is filling and has very few calories, high-fiber foods may also help with weight loss.

Antioxidants & Phytonutrients. These two components have recently been recognized as being important to human health, but are not necessary for life. Of interest is the fact that phytonutrients may act as antioxidants, but not all phytonutrients are antioxidants. Antioxidants in foods can be divided into two main groups or categories, with each having similar, as well as different, benefits in terms of human health. The two groups are Vitamins and Minerals and Phenolic Compounds.

Antioxidant & Phytonutrient Benefits
• Phytonutrients provide a natural defense against cancer. They are the natural cancer preventatives that you inherited from your parents. They have been perfectly designed by nature to provide protection against the adverse effects of chemical toxins and environmental factors.
• Phytonutrients are powerful cellular antioxidants that protect against negative effects of free radicals, which are generated by the body’s own processes.
• Phytonutrients provide a natural defense against heart disease. They are the natural heart protectors that you inherited from your parents.
• Phytonutrients help the body combat the effects of ozone, pollution, and other environmental toxins. They are the natural environmental protectors that you inherited from your parents.
• Phytonutrients are the natural stress protectors that you inherited from your parents.

For More Information Visit
www.Lifemax.net/HealthCity

Lifemax Story
Welcome to Lifemax... We all want to live a healthy, long, and vibrant life. Unfortunately, for many countries around the world, life spans are decreasing rather than increasing. The experts agree that the changes to the traditional western diet are largely to blame. The negative effects of high fructose corn syrup, sugar, salt, fast food, saturated fats and lack of exercise have brought society to its knees.

More drugs will not cure this decline. We need to provide the body with the nutrition that it has lost. With the introduction of Mila, we are making a bold step forward in helping the body to heal itself by providing the essential nutrition that it needs to be healthy.

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Dullness
Dryness
Redness
Wrinkle
Age

LifeGive Radiance
Give your skin a truly radiant glow

Offering raw, vegan, vegetarian and gluten-free cuisine, 4th Generation Organic Market in downtown Boca Raton is Southeast Florida’s premier organic market. They opened their doors over a year ago and have since delighted, educated and, most importantly, fed their devoted customers on a daily basis.

The prepared food menu is available daily from 11 a.m.

To order call (561) 471 8876

4 Reasons to Visit 4th Generation Organic Market:

- Monthly Raw Food Prep Classes
- Summer Cooking Series
- 100% Organic: Grocery, Produce & Prepared Foods
- 100% Organic Juice Bar

Located in East Boca on the corner of SE 3rd Street and Federal Highway in front of Royal Palm Place. Open Monday–Saturday 9 a.m.–7 p.m. and Sunday 10 a.m.–6 p.m. Stop in today and sample any item from the prepared foods section. You’ll see for yourself—their selection of mouth-watering dishes please even the most discerning palate. Raw food devotees will be pleased to find offerings such as raw vegan blissed out brownies, raw hemp burgers, raw zucchini hemp hummus and raw falafel wraps.

If you want something lighter, you can order a 100% Organic Juice from the juice and Smoothie Bar, which features delicious smoothies made with dairy alternatives such as hemp milk. Of course, it doesn’t stop there; they feature all organic produce, keeping it local when they can, as well as grocery items.

Come tour the market and meet the friendly staff, including Ashley and Bryan, who are the 4th Generation. You’ll quickly see just how easy it can be to go organic!

4th Generation Organic Market...
More than a Market, a Place to Be!
by Alissa Helene

Mention Chrystal’s Corner Ad and receive 10% OFF LifeGive Radiance.

To order call (561) 471 8876
Monday–Tuesday 10 a.m.–5 p.m., ext 171
Wednesday–Friday 10 a.m.–5 p.m., ext 171 & 124
Saturday 10 a.m.–4 p.m., ext 124

Your Favorite Protein Powder, cont’d from p. 33
While casein can encourage the growth of cancer, certain components in rice protein can help prevent cancer. Sadly, these beneficial elements in rice are greatly reduced, or removed altogether, by the time it gets to the plate. Rice bran is the brown coating between the rice kernel and its protective hull. Brown rice maintains a thin layer of rice bran around the seed, but in the case of white rice, this nutrient dense layer is polished off. This is why white rice is a nutritionally deficient, low-sodium dish, high sugar food.

Inositol hexaphosphate acid (IP-6) is a potent antioxidant found in rice bran. In addition to its cancer-fighting properties, many experts also believe IP-6 can prevent and treat heart disease, kidney stones and liver disease. The process isn’t fully understood, but IP-6 suppresses the production and activity of cancer-causing free radicals. It also reduces the abnormal rate of cell division that defines cancer and tumor growth, allowing cells to normalize and return to regular, controlled growth. Additionally, IP-6 enhances the body’s potential to kill existing tumor cells by stimulating the activity of the immune system’s natural killer cells, called lymphocytes.

Arabinofuranosyl compound is produced by altering the outer shell of rice bran using enzymes from Hyphomycetes mycelia mushroom extract. This compound is a major component in a popular alternative cancer treatment called MGN-3 (known as BioIran® in Japan). More clinical trials are needed, but arabinosylxan has shown promise in improving immune reactions in cancer and diabetes patients. Also, pre-clinical experiments suggest that MGN-3 may also be of potential value in treating AIDS patients.

Rice bran looks to have a very promising future not only as an alternative cancer treatment, but as a treatment for a host of other diseases and conditions. While brown grain rice also makes a fantastic protein supplement. There is a great protein product on the market today called Sun Warrior. Naturally rich in vitamins and minerals, Sun Warrior rice protein provides a complete amino acid profile. Their old world process combines the sprouted endosperm with the bran from raw, sprouted whole grain brown rice to offer a protein with a 98% correlation to mother’s milk and a 98.2% digestion efficiency. Sun Warrior is raw, vegan and GMO-free. See Sun Warrior’s ad on this page to learn more about their line of products. Sun Warrior is available in the Hippocrates store.

5. Inositol hexaphosphate acid (IP-6) is a potent antioxidant found in rice bran. In addition to its cancer-fighting properties, many experts also believe IP-6 can prevent and treat heart disease, kidney stones and liver disease. The process isn’t fully understood, but IP-6 suppresses the production and activity of cancer-causing free radicals. It also reduces the abnormal rate of cell division that defines cancer and tumor growth, allowing cells to normalize and return to regular, controlled growth. Additionally, IP-6 enhances the body’s potential to kill existing tumor cells by stimulating the activity of the immune system’s natural killer cells, called lymphocytes.
even though I could often play circles around them. In the 1980s, while renegotiating a deal with a prominent record label, their lawyer asked me why “a woman like me” would need royalties. He said, “You have a rich boyfriend. So why do you even care about your royalty rate?” The big labels were notorious for neglecting to pay classical artists their due royalties. Other managers and agents in LA employed the old “casting couch system” which cost me—and surely many other women of integrity—undeserved career opportunities. In spite of these chauvinistic industry politics, I managed to appear three times on The Tonight Show with Johnny Carson. In all fairness, I probably had more opportunities for magazine covers and TV specials precisely because of being a woman. Being an independent woman with my own label, I was in some ways a pioneer. Women composers and performers can bring sensitivities and energies to music that men just can’t offer. We are the healers, after all, and have a very special role to play.

Would you like to share some insights into your creative process?

When I compose a classical piece or a song, my best work materializes when I’m expressing a true feeling. When I don’t feel that natural, God-given inspiration flowing and it starts to feel like work instead of fun, I’ve learned to hang it up, because I know it won’t be my best work. So there’s a degree of honesty there—honesty with myself.

As a composer, I’m aware that I tap into some other dimension in the process. In some of my best concert performances I’ve had what felt like an “out of body” experience—as though the music was effortlessly flowing through me. And now it’s interesting that many of my best lyrics were written while flying on planes. Maybe being freed from the earth’s gravity lets go of something deeper inside us. Perhaps escaping the distractions of modern life triggers a creative release—while high above the clouds! Your music is very emotive. Can you talk about how human emotion affects great music—and the effect music can have on the human condition?

Art, and particularly classical music, always finds a way to enrich our days and refine our emotions. One cannot write phony music or it simply will not ring true in people’s hearts. A great melody is not something a computer can spit out—it needs a human emotion to create it. Maurice Jarre told me how he came up with “Laurea’s Theme” after many failed attempts. The director, David Lean, desperate for the love theme of his epic film, Dr Zhivago, finally asked Jarre to take his new girlfriend up into the mountains for the weekend and not even think about music.

Miraculously, Jarre came back with that incredible theme. One of my best melodies ever, “Lullaby For My Love,” was inspired by falling in love. When you write something holding love in your heart, it seems to flow effortlessly, as though one has tapped into a divine well of creativity. Ironically, when suffering heartbreak and anguish some of the most profound music also comes forth. Great examples of this are Beethoven’s great symphonies and Rodrigo’s Aranjuez Concierto, both written after the death of his infant son. Experiencing either end of the emotional spectrum seems to draw the best music out composers.

So much of today’s pop music has a plastic, disposable sameness. Much of it is not healing to our souls and indeed has quite the opposite effect. Although I’m obviously prejudiced, I sometimes think there’s nothing more evocative than a simple voice and an acoustic guitar! At HHI, music plays a subtle role in healing. The wind chimes, drum circles and ambient massage music are all highly therapeutic. The peaceful surroundings at the institute also lets one hear the voices of nature: the splashing water in the Oasis therapy center’s fountain; the early morning birdsongs; the evening crickets. It’s a lovely tapestry of sounds indeed. As you can see I’m already missing Hippocrates! 12
We Know That Women Really Are Built Quite Differently Than Men...

Avoid Genetically Modified Food, cont’d from p. 21

Animals dying in large numbers
In India, animals graze on cotton plants after harvest. But when shepherds let sheep graze on Bt cotton plants, thousands died. Investigators said preliminary evidence "strongly suggests that the sheep mortality was due to a toxin...possibly Bt-toxin."**10** In one small study, all sheep fed Bt cotton plants died; those fed natural plants remained healthy.

In an Andhra Pradesh village, buffalo grazed on cotton plants for eight years without incident. On January 3rd, 2008, 13 buffalo grazed on Bt cotton plants for the first time. All died within three days.**10** Bt corn is also implicated in the deaths of cows in Germany, and horses, water buffaloes, and chickens in the Philippines.**10**

In lab studies, twice the number of chickens fed Liberty Link corn died; of 40 rats fed a GM tomato died within two weeks.**12** Those rats refused to eat the tomato and had to be force fed.

Worst finding of all—GM foods remain inside of us
The only published human feeding study revealed that even after we stop eating GMOs, harmful GM proteins may be produced continuously inside of us, genes inserted into GM soy transfer into bacteria inside our intestines and continue to function.**12** If Bt genes also transfer, eating GM corn chips might transform our intestinal bacteria into living pesticide factories.

Warnings by government scientists ignored and denied
According to documents released from a lawsuit, in 1991–92 scientists at the FDA repeatedly warned that GM foods might create allergies, poisons, new diseases, and nutritional problems.**12** But the White House ordered the agency to promote biotechnology, and Michael Taylor, Monsanto’s former attorney, headed up the FDA’s GM policy. That 1992 policy—still in effect today—declares that no safety studies on GMOs are required. Monsanto and other producers determine if their foods are safe. Taylor later became Monsanto’s vice president, and was reinstated at the FDA in 2009 by the Obama administration as the US Food Safety Czar.

Opting out as guinea pigs
Biologist Dr. David Schubert of the Salk Institute says, ‘if there are problems [with GMOs], we will probably never know because the cause will not be traceable and many diseases take a very long time to develop.’ In the 9 years after GM crops were introduced in 1996, Americans with three or more chronic diseases jumped from 7% to 16%.**22** Allergies doubled in less time. And the incidence of low birth weight babies, infertility and infant mortality are all escalating. But without any human clinical trials or post marketing surveillance, we may never know if these or other disorders like autism, obesity and diabetes, are triggered or made worse by GM foods.

We don’t need to wait for more research to learn our lesson from the animals and the doctors. Consult the Non-GMO Shopping Guide (www.NonGMOshoppingguide.com) to learn how to avoid GMOs. Even a small percentage of people choosing non-GMO brands could force the food industry to remove all GM ingredients. By doing so, you are not only being careful about your own health, you are being compassionate to the environment and future generations—since GMOs wreak long term havoc in our ecosystem as well.

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Harmonization of Codex

The Codex Alimentarius Commission (CAC) is an intergovernmental body with over 170 members, within the Joint Food Standards Program established by the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO), with the purpose of “protecting the health of consumers and ensuring fair practices in the food trade.” The Commission also promotes coordination of all food standards work undertaken by international governmental and nongovernmental organizations. There are general, commodity, regional committees and task forces involved.

Codex is the code of rules over nutrients, supplements, food, herbs, nuts and fruit. Codex standards have been dictated, written, argued and pressured by global corporations and larger governments that seek greater compliance, uniformity, and control. NAFTA, CFTA, the UN, WHO and the WTO have adapted codex standards, every major piece of legislation in the U.S. that may bump up against the scope of any of these bodies and or treaties has a Codex provision included to ensure “harmony.” The FDA is one of the enforcers of Codex and has failed to protect our needs... from dangerous drugs, genetically modified foods, dangerous pesticides and other chemicals in the food supply. Meanwhile they waste public funds attacking safe, healthy foods and dietary supplements,” as one Congressman states.

No institutional arrogance or strength can match our numbers and pooled talent. Requests for consumer input are being published and the POP Campaign will submit positions. Our lobbyist, Beth Clay, once was a national representative to Codex committees and understands the inner workings and navigation of the system—this is a huge plus for the POP Campaign.

We cannot do this alone—we need ideas, resources, support, and participation from you and your contacts—celebrities, songwriters, producers, poets and other influential individuals. We are also seeking health experts, talented technicians, researchers and volunteers. We most importantly need monetary support. Look at our shoestring victories and imagine how much we can accomplish with a little more help! Please donate at www.POPcampaign.org. For more information, call (415) 999-9414 or email info@popcampaign.org.

For more information, call (415) 999-9414 or email info@popcampaign.org.
The Truth About Self-acceptance, cont’d from p. 38

Let’s go a little deeper. I say in order for there to be true, lasting self-acceptance, there must be knowledge of the core self. If I base my self-acceptance on momentary success, fame, ideas, feelings, or even the acceptance of others, it’s subject to change, and then I’m subject to suffering. I must know the self that abides amidst the changes, but doesn’t change. And, frankly, that self is so lovely, deep, and peaceful, that self-acceptance hangs like heavy fruit on its branches, waiting to be picked. No need to chant, “I love myself, I love myself” in this scenario. Just reach for the fruit, pluck, and enjoy! Those of you who aren’t currently eating fruit, please pardon the metaphor.

How to come by this core self, you ask? It is found in quietude, when the mind finally settles down. It is in those little moments when stillness breaks through the commotion, when each breath signals “I am alive.” That is when you will find your core self and feel its full measure! Even though self-acceptance is like the natural sweetness of a natural fruit off a natural tree, and even though it’s my own tree on my own property it still takes effort to be with it. I still have to reach for it.

The quest for self-acceptance is a noble search for peace, truth and enlightenment. It’s the element we seek out in everything we pursue: vitality, fun, joy, depth, love, rest. If only we could have that feeling without being anchored to our forms! Then we’d be in heaven! Having that experience, and knowing the self as part of that joy, containing that love, and being contained by that exuberance—then we’re right there plucking the fruit off that tree and enjoying the sweetness of the moment.

Sometimes the love and acceptance of others is a good place to start. We see that in the Healing Circle at Hippocrates week after week—people sharing and accepting supposedly “unacceptable” things about each other. That kind of concentrated love and kindness can bust through years of isolation, negativity and self-condemnation. That kind of support heals hearts and lives. When others reach out to us with unconditional acceptance, it helps us reach in and find it within ourselves.

Did you know that Mahatma Gandhi beat his wife? How do I know that? He wrote it in his autobiography, fully confessing that he not only contained the seeds of violence within himself, but had acted on them in his life. I honor the man who admits his dark side, then through sheer determination, transforms it into humility. I accept Gandhi as my hero, not because he was so perfect, but because he persevered. He used his flaws as tools to reach deep into his soul and resurface as a better person.
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