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**Passionately Pursue What You LOVE**
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**An Open Heart
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HHI’s sprout and wheatgrass expert, Michael Bergonzi, tells the story of how he learned to nurture his love center.

**Love Thyself**
HHI nurse, Tom Fisher, shares how affirmations can jump-start healing by empowering self-love.

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**A Balancing Act**
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- Mark Handy’s sprout business is taking root and starting to grow.

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Healing Our World — Love: from the Heart

"Love is a many splendor thing," says it well. It is the ultimate aspiration for all and the least achieved. It offers a variety of happiness and a wide array of texture and nuance. From the love of your pet to the intimate relationship with your mate, we long for its reward.

Today’s interpretation of “love” falls far short of its purist expression. At a base level, some think of love as sex, which is only one part of this precious gift. This limited behavior stems from poor education and a shortage of positive role models. To love fully, completely and without judgment, you have to first do so for yourself. Due to the lack of purpose in raising children and the marketing plays of special interests, we have generally developed a warped sense of this treasured feeling. For those who get lost in religious dogma, layers of deception have further obfuscated this emotion. The purveyors of such misinformation teach that it is wrong to love oneself. This—and much more—has confused us to such a level that few of us have ever found true love.

Our world is no greater than the limits we have placed on it. When living with total fulfillment, we attract other fulfilled people who relish an enriched and complete life. On the other hand, if you consistently fall short of living a purposeful existence, you attract and accept others who are equally limited in their ability to express true and passionate love. Most of us fall into the second category. Therefore, when we marry and have children, we teach them the same brokenness by our example. On and on we ride the merry-go-round of the disingenuous life.

We must begin again by replacing the poor lessons we learned with the proper principles of authentic love. Most importantly, we must raise our own self-value by doing what is best in every single action. This documents our genuine intent and raises our self-respect. Naturally and abundantly, our world will begin to open and attract people, places, and things from a heightened level. Continuing on this path will inevitably excite us enough to expect more and receive more in the way of pure love. Here at Hippocrates Health Institute, we practice this every day in our own lives and share it with the guests and staff we work with, as well as the thousands of people worldwide we meet each year. Thank God we learned from our families and mentors that this path of self-love will bring us exactly what we need at the time we need it.

With respect,

Drs. Anna Maria and Brian Clement
I had emergency eye surgery a couple of months ago after my left retina tore and detached. Because it happened suddenly, I couldn’t wait for a “convenient time” to have surgery. It was a serious operation which required me to stay in a position with my head facing the floor for several weeks in order to prevent further damage as I healed. Not always easy. Fortunately, I had just finished putting together the bulk of Healing Our World issue 30 / 3, “Green Foods,” but there were still some edits to be made, not to mention preparing files for the printer.

Luckily, I had the help of Debra Tau, Healing Our World Associate Editor. We worked some very long hours the week following my surgery, me laying face down on my office floor and Debra editing on the computer and preparing the artwork. She did a remarkable job and we managed to get “Green Foods” out on time. We’re very proud of how it turned out and hope our readers enjoyed the issue.

On a personal note, I needed lots of help getting back in the swing of things. I’d had minor surgeries before and basically cared for myself afterward, but the inability to see is really humbling. I welcomed all the help I could get. There are too many individuals to list who helped me with everything— from walking my dogs to giving me eye drops and rides to the doctor. Chief among them, thank you Anna Maria and Brian Clement for all of your generosity during my recovery.

A very big thanks, Rick and Linda Warner, for your gracious hospitality, the delicious vegetarian meals and rides all over town.

Valuable lessons were learned through my eye experience, particularly the importance of family and friends. Since I moved here not too long ago from out of state, my family lives nowhere near South Florida and I don’t have any close friends nearby, either. But now, I’m happy to say, I’ve found great friends here, many of whom I consider family.

Everything is going well with my eye. I’m still recovering, but signs show that my vision will fully restore. I wouldn’t wish eye surgery on anyone, but my silver lining is the new friendships that I treasure. I was already a pretty happy guy, but I feel, literally, like I’m seeing the world with new eyes.

My friends nearby, either. But now, I’m happy to say, I’ve found great friends here, many of whom I consider family.

Doing our parts when people around us need help is critical if we want to improve the world we live in. This became especially apparent to me as the humble beneficiary of such generosity as Gandhi said, “You must be the change you wish to see in the world.” If we want the world to be more loving, it all starts with us and how we treat those around us. This can be done in many ways: helping a coworker or a neighbor when they need a hand, volunteering at the local animal shelter, starting a community garden, donating old clothes to charity. Every little bit helps.

Embracing this philosophy may seem like a chore at first, but I’m finding it pretty easy as I go along. This is because we are loving creatures by nature. While it may take some searching to find love in some of the inhabitants on our planet, I assure you love is in all of us somewhere. When I share my love with others, my love spills over into them and their love spills over into those they’re around. And so on and so forth, until love is all we see.

Browsing this issue of Healing Our World, it will become clear that love truly is all around us. The trick, as my friend Marc Vella so succinctly puts it, is choosing to see the beauty in our world instead of the darkness. It’s easy to get mired in negativity. Watching the evening news will usually do the trick, as atrocity and grimness take front-and-center. As they so forth, until love is all we see.

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Retraining ourselves to see beauty will happen automatically as we share our love. The occasional dark spot that lurs around the corner will be illuminated by love’s light. The darkness will steadily recede into nothingness as it’s surrounded by love from all sides. The whole world will then shine with love— maybe even the evening news.

All this may sound too good to be true, post-op euphoria, but it is real as soon as we— you and I— say it. All we have to do is embrace this simple philosophy and make it our own: “Love starts with us and in us.”

Love is contagious. Pass it on.

Will Burson

From the Publisher

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Contributors

Michael Bergonzi is internationally known as the pre-eminent wheatgrass cultivator. Michael has innovated many of the cutting edge growing systems presently utilized at Hippocrates Health Institute. He also leads classes on wheatgrass, sprouting and the emotions of communication.


Pam Blue works as a therapist at the HHI Oasis Therapy Center and also speaks regularly at Hippocrates on the issues of organics and water. Pam is fully committed to the Hippocrates program and all things which honor and respect the intelligence and benevolence of life.


Dr. Brian Clement is 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 natural health and recovery. His Florida institute has pioneered a life-changing program and established training in active aging and disease prevention that has proven to raise health and happiness levels.

Rabbi Gabriel Cousens, MD, founder and director of The Tree of Life Rejuvenation Center, is a leading author, world renowned spiritual teacher and expert in raw, living foods nutrition. He blesses you with peace, love & joy.

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.

Katharine Clark is Director of the Health Educator Department at HHI. The program has been a great success for over 30 years, with certified Hippocrates Health Educators in nearly every country. Katharine has been living the high raw lifestyle since 1980. She is a teacher, coach and consultant. You may have seen Katharine teaching at various food events in many parts of the world.

Beth Clay is a powerful figure in Washington, representing the citizens’ interest in areas such as alternative medicine (including alternative cancer research), agriculture, public schools, medical injury, FDA regulation, conflicts of interest, health care disparities, disease prevention, integrative medicine and more.

Will Burson 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 noshing 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.

Juliana Erdesz, Miss Nevada USA 2000, is a recent HHI alumna and her passion is helping at-risk children through the arts. Learn more about her journey to beauty queen and her time at Hippocrates on page 28.

Mark Handy eats lots of really good food and feels great because of it. He has studied nutrition extensively at the University of Guelph, the Canadian School of Natural Nutrition and Hippocrates Health Institute. He is also a certified personal trainer and yoga teacher.

Mikaelle Holzer, a Hippocrates Health Educator, facilitates detox cleanses and is a life transformation coach. Budi Leonard 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 20 or visit www.POPcampaign.org.


Rita Robinson, a writer and editor in Laguna Beach, California, fell in love with raw foods more than six years ago. She even got her bikini-body back! Now Kitty and Raw, she will soon have a blog about Building Your Base State — Your Best Guarantee for Right Here, Right Now. Contact Rita at evolvetolove@yahoo.com.

Debra Tass is first and foremost a loving and conscious mother to her 20-month young son, Thaddues, who, like his mom, enjoys plant-based living foods. Debra wears many hats at HHI, including writing for and editing Healing Our World magazine.

Would you like to be a contributor to Healing Our World? Tell us your story. Email Will Burson with the subject line “How Contribution” at WBurson@HippocratesInstitute.org.
**More Proof: Veg-Heads Have Healthier Guts**

“Getting Earthy” is the Healthier Way to Go by Rita Robinson

A vegetarian diet of plants picked close to the vine as possible proves the healthiest, as demonstrated in a recent study comparing the diets of rural African children to that of urban Italian children. Even though infectious diseases such as malaria and malnutrition run rampant, the guts of Mossi children from the village of Boulpon in Burkina Faso, a landlocked agrarian and extremely poor country in West Africa, are healthier because they eat what they grow—foods high in fiber.

The Mossi children were chosen as the study group because their food is similar to the variety of foods eaten 10,000 years ago when farming became a predominant communal occupation. In Boulpon, they eat millet and sorghum wheat, as well as plant-based protein from legumes and vegetables.

Because they eat food picked close to the ground, including the occasional termite or two, they ingest a healthy amount of beneficial bacteria, aka digestive microbes, according to a study conducted last year by the University of Florence in Italy for the National Academy of Sciences in Washington, D.C. (Internet search: PNAS Digestive Microbes).

The analysis compared 15 African children with 15 Italian children aged one to six. The children from Burkina Faso ate a traditional rural African diet rich in starch, fiber and plant polysaccharides. The children from Florence ate a typical Western diet high in animal products, white sugar, white flour, white salt, fat, calories and processed food, and low in plant-based fiber and, consequently, healthy fiber-digesting bacteria.

The fiber-decomposing bacteria, which is not produced by the human body, was completely missing in the children who ate a more modern Western diet. This indicates, the study stated, “the importance of preserving this treasure of microbial diversity from ancient rural communities worldwide.”

The same bacteria protects humans from diarrhea and inflammatory gastrointestinal diseases such as Crohns’ colitis and irritable-bowel syndrome. In combination with high-caloric intake, the study also connected a rise in obesity to the deficiency of these gut microbes.

The Western world’s improvements in sanitation as well as the use of vaccines and antibiotics help control infectious diseases, the study noted, but have now spurned a slew of new plagues associated with lack of healthy bowel bacteria and the globalization of food products—allergies, autoimmune disorders and gastrointestional diseases due to the missing microbes. As a remedy, the study cited the importance of adding probiotics, aka digestive microbes, according to a study conducted last year by the University of Florence in Italy for the National Academy of Sciences in Washington, D.C. (Internet search: PNAS Digestive Microbes).

“Reduction in microbial richness is possibly one of the undesirable effects of globalization and of eating generic, nutrient-rich, uncontaminated foods,” the study stated.

Earlier studies in Africa in the 1960s discovered the “remarkable absence of noninfectious colonic diseases in Africans consuming a traditional diet rich in fiber.”

The study also noted that the Mossi children are breast-fed until two years of age, while the Florence children are typically breast-fed until one. The two groups contained the same healthy immune-system-building bacteria until breast-feeding stopped, and solid foods were ingested.

**The Atmos: an exciting discovery and addition to Hippocrates Health Institute**

by Pam Blue

Water is present on our planet and in our bodies to serve life. Its unique characteristics of absorbing and transferring whatever it encounters makes it a powerful tool in creating wellness for us—as individuals and collectively. Water is the most common molecule, taking part in nearly every chemical reaction as either a medium or a catalyst. It facilitates the release and reception of each cell as it works to enhance the body as a whole. Thus, proper hydration is of great value in enhancing our bodies’ functions.

As water makes its journey from the clouds to our bodies, it is being affected and altered. Ideally, it would be renewed and cleansed by nature, however, the natural process is deteriorating in direct proportion to our desire to consume. Our most precious commodity now has to journey through a vast array of waste, including pharmaceutical drugs in our groundwater, which it absorbs and ultimately shares with us.

As a result, we must seek alternative methods to renovate and cleanse our water.

Many of us have put our faith and our dollars—in the bottled water industry. About $20,000 a minute is spent on bottled water, making it a $9-billion industry. As we realize that bottled water, making it a $9-billion industry. As we realize that water becomes alkaline through this method which has a magnetic quality that reduces the size of the water molecule cluster, altering its shape. This allows the water to be more readily absorbed, providing our cells with greater hydration.

First and foremost, alkaline-ionized water is electron rich. This means it has a generous supply of electrons it can donate to tissues and areas in need, much like the antioxidants and enzymes found in raw fruits and vegetables. These extra electrons give the water a negative Oxidation Reduction Potential (ORP). According to award-winning scientist Ray Kurzweil, “The more negative the ORP of a substance, the more likely it is to engage in reactions that neutralize positive-charged free radicals.” He also states that “by drinking high-negative ORP alkaline water, you combat metabolic acidosis and improve absorption of nutrients.” Simply put, as your body breaks down food and creates energy, a by-product is created. While this by-product serves to destroy pathogens and contributes to cell signaling, it needs to be kept in check due to its oxidative (rusting and deteriorating) nature. An imbalance in the production and removal of this by-product can lead to free radicals, which we know are central to both disease and aging. As our bodies begin to take in alkaline-ionized water, as well as raw plant foods that are rich in enzymes and antioxidants, they serve to neutralize and maintain the balance of these by-products, preventing disease and slowing the aging process.

Second, alkaline-ionized water is restructured. Water can be made alkaline chemically, electronically and by the use of earth-based mineral systems. In both cases, water becomes alkaline through this method which has a magnetic quality that reduces the size of the water molecule cluster, altering its shape. This allows the water to be more readily absorbed, providing our cells with greater hydration.

Finally, alkaline-ionized water has a high pH. This serves to balance the pH in areas of our bodies that have become acidic due to poor diet and/or lifestyle choices. Robey, Baggett, Kirkpatrick, et al. published a paper in the journal, American Association for Cancer Research (AACR) Cancer Research in March 2009, which showed that alkaline water ingestion prevents a cancerous tumor cell from metastasizing. Research revealed that tumors are acidic, and by introducing a higher pH to the body, it directly impacts the tumor’s ability to grow. Don Colbert, MD, author of The Seven Pillars of Health, adds that “an alkaline environment, tissues get rid of impurities more efficiently.”

(cont’d on p.57)
Caution: Toxic Store Receipts
by Rita Robinson

Most grocery stores now offer hand wipes to use before touching shopping cart handles, but hand wipes after touching your receipt? Recent studies show that BPA, a chemical in thermal-paper receipts used by most retail businesses, mimics estrogen and has been linked to a wide variety of health problems from difficult behavior in children to obesity and heart ailments. The adhering process proves ineffective, since the BPA rubs off easily when touched. Actually, if your hands are wet when handling the receipt, it’s better. Water disintegrates the paper fiber and moves the chemical over the skin, not into it. Touching the receipt with dry hands allows the powder to enter the fatty layers of the skin, where it can be absorbed into the bloodstream.

But receipts aren’t the worst place to get exposed to the chemical. Polycarbonate plastics and epoxy resins are at the top of the federal government’s list, which was recently issued as a warning to parents. The most likely products where consumers encounter the chemical are plastic baby bottles and plastic water bottles (look for BPA-free or use glass). Bisphenol A (BPA) is used as a powder and mixed with a dye and a solvent, which releases the ink’s color onto the paper when heat or pressure is applied. Under the worst-case scenario, studies found that a pregnant cashier wearing hand cream, which allows greater permeability, could eventually absorb the maximum tolerable intake of 50 micrograms per two pounds of body weight. Next on the list were compact discs and DVDs (don’t eat off them). The liners of canned foods and drinks (again, look for BPA-free or, better yet, buy fresh) and plastic food storage containers are also culprits (bring your own BPA-free containers and cups to restaurants for your to-go orders, your own cup also works well for the gym, yoga class, car, juice bar, etc.). Other studies found traces of BPA in saliva immediately after dental sealants were applied (more effective might be to brush often, reduce coffee consumption and rinse with water after drinking wheatgrass). Some paper companies are now stepping up and stopping the use of BPA. The problem is that, even though not all receipts are now equal, they still tend to look alike. Consumer awareness is required to demand that companies use a little more BPA-free ink on their receipts by adding the words BPA-free to let us know we’re safe from this hormone-imposter.
Aggressively treating cancer with radiation, chemotherapy and drugs could be prompting cancer to recur, state two reports released recently.1 by Genetic Development, a leading medical research journal that publishes articles on molecular biology and molecular genetics.

A massive die-off of cancer cells, due to chemotherapy, radiation and other treatments, combined with exhausted stem cell reproduction resulting from the treatments may actually cause a recurrence, the reports state. Cancer treatments cause extreme DNA damage. This overworks the body’s surviving stem cells in bone marrow in their exhausting battle to repair DNA damage and reproduce at a forced accelerated rate to prevent anemia. A cell under extreme stress releases a protein called p53, which acts as security and sends in other proteins to correct the damage. As a last resort, p53 releases a protein called Puma that instigates a cell-suicide process called apoptosis. When the blood cells can’t cope, they release the protein Puma and turn on the kameikazie apoptosis reaction, which causes about 80 percent of mature blood cells to die after a massive dose of radiation.

The pressure for the stem cells to rapidly reproduce may result in mutations that cause cancer to recur the next time a heavy workload is put on the stem cells, according to the studies. Prior to the two separate but concurrent studies, removal of damaged cells by the p53 protein was thought to prevent recurring cancerous tumors. The studies were conducted on one group of mice that was bio-engineered to prevent producing the Puma protein, which stimulates apoptosis, and another that was left untouched and wild. The group without the Puma protein did not develop tumors. The wild group, when irradiated, produced recurring tumors. Maintaining stem-cell homeostasis, rather than causing extreme cell reactions by aggressive DNA-damaging treatments, is critical to preventing future cancers, the reports concluded.

by Debra Tau

Recently the 19th annual Canadian Professional Inter-national Wellness Business Conference and Trade Show took place in Toronto with more than 10,000 industry professionals in attendance and over 700 class offerings to enlighten, enrich, and enhance careers in the health and wellness industry. Each year there are countless continuing education conferences offered throughout the industry, and this particular event is by far the largest in the world. This massive conference was covered by the Canadian Broadcast Company as well as countless media organizations and sponsors who covered every angle of this sold out event. Continuing education and professional development is required by licensed professionals to carry out their mission and provide industry services in numerous areas of expertise. Throughout the year, conference delegates write reviews and evaluations of the lectures and classes they attend, rating the presenters to determine the best. This year, one of the big winners was Hippocrates’ own Director of Operations, Scott Josephson, who was honored with a prestigious award as the delegates choice for “Specialty Presenter of the Year.” Scott is a provider of Continuing Education Credits in the field of Health and Wellness. Congratulations Scott!

Scott Josephson Awarded ‘Specialty Presenter of the Year’ by Debra Tau

Chemo and Radiation Can Cause Cancer by Rita Robinson

Medical doctors need to be less aggressive when treating cancerous tumors with radiation, chemotherapy and drugs, new research suggests.

The news this summer was all about the egg recall in Iowa. There has been a media blitz by numerous organizations and legislators and even letters written by the Secretary of Health and the FDA Commissioner stating that this egg recall was exactly the reason that S. 510, the Food Safety Bill, needed to be passed. What was most ignored in their media blitz was that the FDA had already finalized a “safe egg production” rule that went into effect July 9. Both the FDA and the USDA already had jurisdiction and had within their power the ability to stop the sale of salmonella-tainted eggs. Furthermore, we have now learned that the USDA inspectors were aware of sanitation problems at one of the farms and opted not to notify the FDA. We also know that the FDA sat on positive salmonella-test results for a week before requesting the recall. Passing food safety laws and giving the FDA more power is tantamount to rewarding an employee that sleeps on the job with a promotion and pay raise.

Senators Tom Harkin, Chairman of the Health, Education, Labor and Pensions Committee made public the updated version of S. 510 just as the Senate was leaving for their five-week summer break. The new version of the Bill, which is now 228 pages, had many improvements but fails to provide confirmed exemptions for small businesses, the personal garden or the organic farmer. The Senate has opted to leave the development of exemptions to the FDA. I originally thought that the internet discussion about the FDA being given the authority to inspect even backyard gardens was a silly rumor until I sought clarification from a Senate staffer working on the bill.

I was told that the Senators did not want to make a mistake on how they exemptions personal use gardens and small businesses, so they were leaving that to the FDA, which has assured the Senators it has no desire to go after families who grow vegetables in their backyards.

In the past, the FDA has not exempted small businesses, but rather delayed the date for compliance. The Senate Bill, while better than the House version, will require farmers to register with the FDA, develop written standard operating procedures on how they ensure the cleanliness of the food they produce and how they dispose of products that are not clean enough to sell. It also gives the FDA the power to charge “re-inspection fees” to pay for the government to go out to the farm to inspect. These new regulations will have dire effects on farmers’ markets and even the roadside produce stand. It will drive many small businesses out of the marketplace—leading to yet another push for the small family farm to be consumed by the mega-agri-industry like the Iowa egg producer.

Senator Tom Coburn, a Republican from Oklahoma (who is also a physician), has objected to the bill and is keeping it from being brought to the Senate floor for a vote under unanimous consent. On his website, he has published a series of reasons he objects to this Bill to dispel the media report that he simply objects to the cost. He has rightfully pointed out that more regulations are not a solution to a system in which the “FDA is one of the agencies that collectively administer at least 30 laws related to food safety” and “problems with this system—including inconsistent oversight, ineffective coordination and inefficient use of resources.” For the organic community, one of the greatest challenges to this Bill is the instruction to the FDA to develop a “science-based minimum standard for the safe production and harvest of those types of fruits and vegetables, including specific mixes or categories of fruits and vegetables, that are raw agricultural commodities for which the Secretary has determined that such standards minimize the risk of serious adverse health consequences or death.” The Congress then instructed the agency to ensure the same level of protections for organics while not conflicting or duplicating the existing organics standards. The term “science-based” can be misused if we do not hold strong to our values and insist that the standards of sustainable and organic farming are protected and promoted. Science-based could be used to promote irradiation of food as well as the promotion of genetically modified seeds.

It is highly unlikely that the Senate is going to vote on S. 510 before members go home for October and even the roadside produce stand. We will need to watch the Lyme Duck session from early November to the end of the year closely.

Genetically Modified Food: The American people have not even voiced their views, they have shouted their desire to keep genetically modified foods out of the marketplace and, if allowed, to be clearly labeled. An application from AquAdvantage Technologies to market an altered salmon, called AquaAdvantage,2 is currently being considered by the FDA. The FDA approval will come if the US Department of Agriculture determined that the salmon is safe for human consumption and poses no threat to the environment. cont’d on p. 62

What’s the News?

The Washington Report by Beth Clay

September 22, 2010 — Food Safety: the news this summer was all about the egg recall in Iowa. There has been a media blitz by numerous organizations and legislators and even letters written by the Secretary of Health and the FDA Commissioner stating that this egg recall was exactly the reason that S. 510, the Food Safety Bill, needed to be passed. What was most ignored in their media blitz was that the FDA had already finalized a “safe egg production” rule that went into effect July 9. Both the FDA and the USDA already had jurisdiction and had within their power the ability to stop the sale of salmonella-tainted eggs. Furthermore, we have now learned that the USDA inspectors were aware of sanitation problems at one of the farms and opted not to notify the FDA. We also know that the FDA sat on positive salmonella-test results for a week before requesting the recall. Passing food safety laws and giving the FDA more power is tantamount to rewarding an employee that sleeps on the job with a promotion and pay raise.

Senators Tom Harkin, Chairman of the Health, Education, Labor and Pensions Committee made public the updated version of S. 510 just as the Senate was leaving for their five-week summer break. The new version of the Bill, which is now 228 pages, had many improvements but fails to provide confirmed exemptions for small businesses, the personal garden or the organic farmer. The Senate has opted to leave the development of exemptions to the FDA. I originally thought that the internet discussion about the FDA being given the authority to inspect even backyard gardens was a silly rumor until I sought clarification from a Senate staffer working on the bill.

I was told that the Senators did not want to make a mistake on how they exemptions personal use gardens and small businesses, so they were leaving that to the FDA, which has assured the Senators it has no desire to go after families who grow vegetables in their backyards.

In the past, the FDA has not exempted small businesses, but rather delayed the date for compliance. The Senate Bill, while better than the House version, will require farmers to register with the FDA, develop written standard operating procedures on how they ensure the cleanliness of the food they produce and how they dispose of products that are not clean enough to sell. It also gives the FDA the power to charge “re-inspection fees” to pay for the government to go out to the farm to inspect. These new regulations will have dire effects on farmers’ markets and even the roadside produce stand. It will drive many small businesses out of the marketplace—leading to yet another push for the small family farm to be consumed by the mega-agri-industry like the Iowa egg producer.

Senator Tom Coburn, a Republican from Oklahoma (who is also a physician), has objected to the bill and is keeping it from being brought to the Senate floor for a vote under unanimous consent. On his website, he has published a series of reasons he objects to this Bill to dispel the media report that he simply objects to the cost. He has rightfully pointed out that more regulations are not a solution to a system in which the “FDA is one of the agencies that collectively administer at least 30 laws related to food safety” and “problems with this system—including inconsistent oversight, ineffective coordination and inefficient use of resources.” For the organic community, one of the greatest challenges to this Bill is the instruction to the FDA to develop a “science-based minimum standard for the safe production and harvest of those types of fruits and vegetables, including specific mixes or categories of fruits and vegetables, that are raw agricultural commodities for which the Secretary has determined that such standards minimize the risk of serious adverse health consequences or death.” The Congress then instructed the agency to ensure the same level of protections for organics while not conflicting or duplicating the existing organics standards. The term “science-based” can be misused if we do not hold strong to our values and insist that the standards of sustainable and organic farming are protected and promoted. Science-based could be used to promote irradiation of food as well as the promotion of genetically modified seeds.

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When I first caught a glimpse of Marc Vella strolling across campus at Hippocrates Health Institute (HHI), I could immediately tell that there was something different about him. He is one of those people who radiate positive energy everywhere he goes. Marc is always smiling and when you’re near him, you can’t help but smile. This effect is amplified in Marc’s piano workshops. He hosted some workshops at HHI, one of which allowed me to witness the transformative power of his interactive piano playing (more on this later).

I also had the opportunity to attend a solo performance of Marc’s during his visit and later caught up with him at HHI for a conversation. Although Marc’s broken English is far better than my nonexistent French, I enlisted the help of a translator as he explained in detail his philosophy of love and truth, and what he calls “loving eyes.”

Marc Vella, sometimes called the “Nomad Pianist,” sees our planet in a different way than most of its inhabitants—he sees the world with eyes of love. His mission in life is to share this unique vision through his music and workshops. The key is for people to see the beauty of humanity and of everything around them. This vision, Marc says, is only obtained through “loving eyes.”

Marc’s mission has taken him through 40 countries. He has traveled more than 170,000 kilometers with his piano in tow. In 2002, he made a film, Le Pianist Nomad, which documented his journey across the Sahara. Along with his baby grand piano and a team of seven cameramen and film technicians, he traversed the vast desert, meeting with nomadic musicians along the way. Marc and his piano have also appeared in such unlikely places as African villages, in the slums of Pakistan and on the beaches of Afghanistan.

Recently, Marc Vella and his baby grand piano made their way to HHI, where he held workshops for Hippocrates guests. While the core of these sessions was the interactive piano playing, his words of wisdom and his personal mission were equally inspiring. Marc sits before his piano unthered, allowing the notes simply to come to him by tuning in to the present moment. He explains that each time he puts his hands over the keys, it feels like he’s playing with child’s clay, receiving the notes to the song in his hands, and then pushing, pulling and molding them into various forms. He does not think before he plays, but rather listens to these forms, changing them and moving them in complete freedom and welcoming their harmony.

Marc acknowledges the great work of people like Mozart and Beethoven, but doesn’t put these individuals on pedestals. Through his “loving eyes,” he is able to see grace and dignity in all people. He knows that while no one is perfect, we each have something extraordinary to offer the world. Many people are afraid to tap into their own power and truly be themselves. They tend to either imitate those who are idolized or suffer from herd mentality, mimicking each other. Marc says, “Imitation makes limitation.” He believes that when you die, God does not want to see you’ve spent your life emulating Ghandi or Mother Teresa. God will ask you, “Why haven’t you been you?”

The trick to using loving eyes is getting the “ordinary parts” out of the way to find the unique traits in ourselves and in others. When we learn to appreciate our differences, Marc says, we will see each person as an integral part of nature. We will recognize that together we comprise the vast landscape of humankind, giving it depth and texture. Marc feels this terrain is our most precious asset and stresses the importance of protecting its delicate nuances. He says society, education and religion are like bulldozers that aim to destroy our human landscape by devaluing our differences and forcing us to conform. These institutions seek to make everything flat and uniform.

Marc believes that with loving eyes, humankind can be numerous and unique. We all have a function and a role to play. While some look at the earth’s population of seven billion humans as too many, he says, “It really is not too much. With all of us, we are just enough to do the great work that this planet needs to clean it up and repair the oceans, the land and the air. Together, we can transform the world.”
Marc feels that many of the people who have power in the world today are disconnected from the power within themselves. They only have power to place their control on or over someone, as opposed to having the power of something, which happens when someone is tapped into the power inside of themselves. Marc believes we each have power inside of us, and that we can get in touch with our power by shifting our mindset. When we release the system of thinking that judges certain people as “better” and others as “lesser,” then we can see everyone with equal respect and dignity. Grace is truly for everyone, and we can demonstrate this to others by how we live our lives. When we live in the richness of grace, respect and dignity, we tap into the power within—that is the power of love. During Marc’s workshops, he asks for volunteers to come up in front of the group and play his piano. He tells the group that there is no need to have any musical experience, and that he will show them how to play beautifully. Many people are skeptical as to how Marc would be able to teach someone to play the piano in just a few moments in his workshop. Marc especially enjoys working with skeptics. First, he asks his volunteers to play by themselves, to which he often hears, “I cannot do it. I am not good enough.” Marc replies, “Do not be afraid to love life. There are no wrong notes.” So the person plays. If the music is flat and lacks a feeling of peace and beauty, Marc stops them. The piano player is usually disappointed, but then Marc tells them that he would like to play along with them. He asks them to slow down, listen to each note that is played and to give love to each note through each finger. As they accompany each other, the music unfolds like a conversation, with Marc playing a few notes, then his guest responding, and they dance along the keys, back and forth. Marc sees and feels the love and commends the person on how impressed and amazed he is by them. The beauty their music brings forth is so touching that people are often moved to tears. After Marc’s workshops, many people tell him that their health problems have diminished, even disappeared. People report sleeping better, nightmares vanishing, skin problems disappearing and more harmony in relationships where there once was discord. Elin, a guest at Hippocrates who participated in one of Marc’s workshops, was so touched by the experience that she shared her story with us. “Marc asked if anyone would like to come and play with him, even if they didn’t know how to play. I raised my hand thinking that he would just teach me a little piano. Yet I ended up getting a heart-opening therapeutic experience. He told me there are no bad keys or notes and to go ahead and play. I did. Then he stopped me and told me to listen to him first, put my hand on my heart and feel the music, and listen with my heart and play. I started playing again, and oh, my God, what a difference! I really felt like all of a sudden I was able to connect to myself and to him and I poured my heart out through those keys. I let go of my mind and just connected to my heart and the universe, and played the music. Marc is amazingly loving and intuitive as a musician and a human being. His message is divine and his technique gets the best out of people’s creativity.” Marc Vella plans to continue his musical travels. His journey allows him to learn different kinds of music from many cultures and mix them all together. It’s a win-win since he makes a positive difference in the lives of those he encounters around the globe. “I have lived my life with loving eyes and with joyfulness in my heart,” Marc says. “I feel free and feel love all of the time. We must make love to the world and with all of humanity.”
Healing Our World »« Love: from the Heart

by Rudi Leonardi and Mikaële Holzer

The POP Campaign — Working Together to Make a Difference

To keep our voices and choices alive and organic food and standards pure, the POP campaign continues to educate and frame the on-going dialogue between farmers, consumers and policymakers.

The alphabet soup of food-safety issues in the post-translation of Washington’s pre-election politics requires either a quantum spectroscopy or RTLS (Real Time Location System) scanner. To distinguish palpable healthy common sense policy efforts from sophisticated nematodian tactics that undermine the organic quality of our food, we need to decode clues where horse trading is short-selling our food rights for votes and gain. Brain flight and deficit thinking cloud issues and foster overextensions. There were dramatic House hearings on egg salmonellosa outbreaks, worried groups of consumers testifying with Congressional calls to urgently pass bills, power grabs among the FDA and HHS and, now, the concern is that the Justice Department is trying to gain food control through the Food Safety Bill S. 510, which could skyrocket costs. Frenzied, reactionary “headline grabbing” decision-making does not result in sound food health and safety policy. Holding on to a “one size fits all” and “chainsaw where a scalpel is needed” approach does not advance any truthful or sustainable consumer protection. Rather than being pinched in a circle, it makes the most sense right now to just stop and re-think this major overhaul of the American food system.

As organic food stakeholders, it is essential to preserve a healthy economy as a legacy for our children. As the POP Campaign, we stand with you to cement this legacy. We continue tracking the food policy dashboard, connecting the issues and sharing information to embrace common sense strategies regarding food safety and supplements.

Key Issues — Food Safety Bill

The mindset of policy makers continues to be that the exceptions to the rule make the rule. Senator Harkin’s Manager’s Amendment presented just before the summer recess and after the HELP Committee hearings grew by more than 70 pages — this full substitute version resulted in a 228-page bill with little time to digest details. In the heat of discussions with a strong overlay of election posturing, the following issues have created a controversial mesh of authentic concerns, consumer upgrades and downgrades, and fine print maneuvers. Beth Clay has worked diligently to ensure that the unanimous consent strategy would be delayed and to clearly articulate key issues in dialogues with Senators, as summarized below:

- Unanimous Consent: In the peak election commute hour, there was an attempt to rush a vote through the Senate by unanimous consent. This was blocked by Senator Coburn (R)— an unlikely ally — not necessarily as concerned about quality of food issues as the sticking point that empowering the FDA will drive up annual government costs by millions — $30 million a year in just one section and 1,000 new inspectors. Yes, consumers will take it on the chin.
- Regulations Drive Up Food Costs: Food businesses must comply with new regulations, including tracking systems, registration fees, lab testing, performance measures and facilities corrections; all food costs will increase which is not a good thing for consumers or businesses, especially during an economic recovery.
- Privacy and Surveillance: There is a lot to be concerned about here. There will be a Mega Center for gathering data, establishment of local surveillance systems, coordinated matrix of certified testing labs, gathering and tracking of food-borne illness and data-collection, including the CDC contracting to monitor 5% of the public’s medical files to study food related issues. Phew!
- International Development: Section 303 instructs the Secretary of Health to develop a domestic capacity relative to food safety with foreign governments for U.S. exports — protecting food from any contamination may result in hidden Codes bleed through restrictions to domestic farming and consumption.
- Small Farmers and Businesses: In section 101, there is a provision for the FDA to establish and implement hazard analysis and risk-based preventative controls, record keeping, registration, etc. for a “small facility” and a “very small facility” Rule-making will not have a boundary and the bill does not clearly define or exempt the smallest of the small businesses or growers.
- Amendments: Senators Jon Tester and Kay Hagan have two amendments for S. 510 that were not included in the current Manager’s Amendment that would prohibit the FDA from imposing: (i) additional produce regulations on small farms and (ii) industrial-sized safety plans on small food businesses.

Backyard Gardens

In S. 510, the FDA is allowed to set standards and regulations for backyard gardens. “I remember my grandmother carefully shepherding me through the lush rows of greens in her 20-foot by 40-foot garden,” recalls Rudi Leonardi. “She was proud that she fed all of her 16 children from this patch of land and half of the neighborhood.” Many of our parents and grandparents grew gardens. This is their legacy. It is an American legacy. One cannot imagine an FDA inspector swashbuckling through the rows of a home garden to take carrot samples as evidence or a uniformed officer leaping over a deer fence to write a ticket. The idea of this is preposterous. “Back channel conversations between Congress and the FDA and HHS have made it clear that this has not been spelled out in the bill,” shared Beth Clay. “The Administration has said in these conversations that they have no intention to begin inspecting backyard gardens — they have not guaranteed, however, that an adequate exemption will be provided.”

An Ally Dance and Bisphenol A (BPA)

Often while everyone is standing on it, we bump heads while looking for the manmmoth in the room. We suddenly were spinning on our toes when allies of the new pioneer spirit of “greening” America took a stand. Senator Dianne Feinstein initiated banning BPA from baby bottles, sippy cups and water bottles, and wanted to tag this on to S. 510. “Great idea; bad vehicle,” were the cries from around the country from the foodies. “Food and plastic do not go together.”

Phew!

As I speak around the world nearly 150 days a year, I am more and more optimistic that every day people are “getting it”—that live organic food is medicine for health. Now, it is essential to stand up to be heard on food issues—a tipping point of this awareness is within our grasp, but only if we step up now to seize it.” — Dr. Brian Clement

Frankly, Congress just needs to put off food safety legislation until 2011 and the 112th Congress.

This ‘ripped from the headlines’ legislative approach is not good for the country.” — Beth Clay

“Our health is not a competition; our food is not a pet project — both are a legacy we want to pass on to our children and grandchildren.” — Mikaële Holzer

(a) By Rudi Leonardi and Mikaële Holzer

The POP Campaign — Working Together to Make a Difference

To keep our voices and choices alive and organic food and standards pure, the POP campaign continues to educate and frame the on-going dialogue between farmers, consumers and policymakers.
We are born emotional beings, like sponges that are simultaneously dry and saturated. This duality gives us the endless ability to give and receive. Early in life, our inclination is to equalize these processes. As we become indoctrinated with education, religious dogma and social conventions, our natural equilibrium gets skewed. As this happens, most people start utilizing the dry-sponge part of their personality, absorbing and taking far more than they give to others. For some people, it becomes a matter of pride to accumulate things and show them off. Unfortunately, this pridefulness can lead to environmental degradation, family disharmony, poor social interaction, and even sexism, racism, religious prejudice and war. We've become saturated with our possessions, yet we haven't fulfilled our heart's needs. It seems the more we take, the greater the compulsion to have more, and the less we feel satisfied because blind consumption seems to leave us feeling oddly empty.

“WHAT CAN I GIVE,” has become the mantra of modern society. The idea of a more altruistic mantra, “WHAT CAN I GIVE,” has been eroded by often misguided focus on consumerism. When we analyze this new ideology, we find we left behind the simple life of sustainability: growing our food, nurturing those we love, and appreciating nature and our surroundings. We lost our ability to feel connected to each other and our planet. This departure from our roots occurred only a little more than a century ago when we began embracing the conveniences and distractions brought on by industrial advancement. Over these last 100 years, we transformed from simple, pure, community-oriented people to “solo acts” trying to upstage each other with fancy material possessions. Although it’s tempting to suggest that we all give up what we’re doing and return to the simple and natural way, it’s certainly not desirable or realistic for most people. The good news is there is a reasonable and attainable way to find our true essence and still function in our times.

When you wake up, ask yourself this, “If I were to do only things I love, what would today’s to-do list look like?” This practice might seem awkward, maybe even guilt ridden, at first, but as days become weeks and weeks become months, its grounded and powerful benefits will emerge. Soon, we might start noticing items on our list that we don’t attain due to lack of interest. Conversely, these may be clear and enriching goals we’re consistently achieving. Of course, this is where we need to spend our time. When we’re true to our progress, the process of doing more of that which we love will start to produce a life of more passion, fulfillment and true contentment.

Many of you might think this is an untenable proposition. Discord, suffering and negativity are so commonplace today that it can be hard to muster the strength and confidence to pursue loving activities. There are so many people who spend their time blaming others for their problems. This presents the illusion that a discontented life is normal since so few people seem to be happy and loved. In fact, when people live an exemplary existence of happiness, they’re even thought of as odd. As we clear the deck and begin the extraordinary process of reestablishing our lives by cleansing and improving our lifestyle, love emerges as a beacon lighting the way. With renewed loneliness and pure emotions pouring from our hearts, we’re returned to a place of concrete sincerity.

Being true to what our heart is telling us is the greatest asset we possess, not our material possessions. It is foolish to cherish the mind more than the heart. This is like being caught in a storm in the middle of the ocean, pondering whether to stay in the boat (heart) or jump overboard to hold onto the rudder (mind). This choice is really a no-brainer because following the heart, which sometimes says “yes” and sometimes says “no,” we would all remain afloat and free sailing. This doesn’t mean the mind is insignificant. It only means the mind is a tool to fulfilling the heart’s desires.

PASSIONATELY PURSUE WHAT YOU LOVE

by Dr. Brian Clement

We are born emotional beings, like sponges that are simultaneously dry and saturated. This duality gives us the endless ability to give and receive. Early in life, our inclination is to equalize these processes. As we become indoctrinated with education, religious dogma and social conventions, our natural equilibrium gets skewed. As this happens, most people start utilizing the dry-sponge part of their personality, absorbing and taking far more than they give to others. For some people, it becomes a matter of pride to accumulate things and show them off. Unfortunately, this pridefulness can lead to environmental degradation, family disharmony, poor social interaction, and even sexism, racism, religious prejudice and war. We’ve become saturated with our possessions, yet we haven’t fulfilled our heart’s needs. It seems the more we take, the greater the compulsion to have more, and the less we feel satisfied because blind consumption seems to leave us feeling oddly empty.

Love is who we are—even if it does take peeling off the layers to find it deep down inside us. When I was visiting the county pound one day, the caretaker pointed out several animals who had been abused. She commented that all these animals had ever needed was to be cared for. In spite of the fact that many of them had been beaten and starved, they still wanted to be loved.
**Hippocrates Health Educator Program**

*In their own words...*

Through detoxification and education, I have brought my mind, body and emotions into alignment with my spirit. My assets are clear to me as is life’s purpose. I am bursting with enthusiasm and ideas as I fulfill my dreams and provide valuable services to others.

— Greg Weinstein, Hippocrates Health Educator

For more information on the Hippocrates Health Educator program, contact Katharine Clark at KClark@HippocratesInst.org.

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**Dozens of Diets Didn’t Work!**

*Interview by Babs E. Keller*

Billie Stanger is a massage therapist from central Washington State and, for her 73rd birthday, she treated herself to a week at Hippocrates Health Institute (HHI). She came with her good friend, Hazel, who had arthritis of the arteries at the temples, a serious condition that can result in blindness and loss of hearing. It was Billie’s intention to be supportive to her and at the same time try to educate herself about getting healthy.

Billie was not in the best of health herself with high blood pressure and high cholesterol, aches and pains and too much candida. She also had a polyp removed from her descending colon four times and it kept growing back.

Billie had always struggled with a weight problem, and obesity was greatly affecting her movement. She had tried every kind of diet in the world but would gain the weight back faster than it took to take it off. She was convinced that it was her metabolism. She thought she had always eaten a healthy diet, though she admits that she did eat some meat and a lot of cheese.

While she was in the Life Change Program at HHI, she didn’t miss a single lecture. She found it fascinating. One thing she found fascinating was that staff members were not only trim, slim and happy, but they were thriving, which is what impressed Billie the most.

“My 2009 visit to Hippocrates was a pivotal point in my life. I only wonder why it took so long,” she said. Something happened to Billie during her stay at Hippocrates... much like an electrical switch being turned on in my head. Somewhere, it just changed in me. I became totally absorbed and accepted the entire Life Change Program 100% and over the next five months the weight just fell off naturally” Billie said she didn’t feel like she had dieted one day “I didn’t let the challenges along the way distract me. Many of my family and friends disagreed with what I was doing and said I needed to eat ‘real’ food.” They thought I was crazy! It wasn’t long, though, before they wanted to know more about what I was doing. Now I have several siblings, a number of clients and even my daughter (who used to consume one pound of meat per day) juicing and changing her eating habits.”

“I am now 74 and I’m full of energy and my health has improved so much. I swim daily and just recently I land-scaaped, painted and remodeled the outside of my entire house. It’s a year later and I just returned to Hippocrates for my annual tune up and to learn more so that I can share it with others. That’s my mission. My energy continues to be high and my attitude about living is exuberant. I continue working four days a week as a massage therapist. Blessed was the day that I learned about Hippocrates.” By the way, Billie was also happy to add that Hazel’s condition has improved greatly!

The proof is in the pudding. Just look at her. Billie encourages you to contact her for inspirational support at stanger8@verizon.net.

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**Hippocrates Health Educator Program**

*On a personal level, the emotional healing and physical healing I underwent has enticed my best self to re-emerge. Because I am now on my life path, I can now be of service to the world. I have been liberated and freed from the old stuff that was holding me down.*

— Robyn Lieberman, Hippocrates Health Educator

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**Human Nature**

**What Kind of Creature Are We?**

*by John Robbins*

These days, many of us tend to think that human nature is inherently competitive and destructive. We hear about “selfish genes,” about our genetic makeup that predetermines that we will be egotistic people and that we will fight with one another. We’re told that our species contains a built-in “killer instinct,” that we are descended from apes who needed to be brutal and ferociously aggressive to survive the hostile conditions of prehistoric times. According to such notions, the natural world is an unrelenting battle for survival, and it is mere wishful thinking to believe that people can live in peace with one another and with their environment for any significant length of time. “War,” said Dick Cheney, seeking to justify the invasion of Iraq, “is the natural state of man.”

Cheney and others who think like him believe that the human condition is inherently and inexorably competitive, and that all of human experience is an expression of the Darwinian principle of “survival of the fittest.” If they are correct, then given the existence of nuclear weapons, our species is almost certainly doomed. But Charles Darwin himself would not agree. In fact, in *The Descent of Man*, Darwin mentioned the survival of the fittest only twice, and one of those times was to apologize for using what he had come to feel was an unfortunate and misleading phrase. By contrast, he wrote 95 times about love. In his later writings, Darwin repeatedly stressed that the “survival of the fittest” model of natural selection dropped away in importance at the level of human evolution and was replaced by moral sensitivity, education and cooperation.

It’s true that chimpanzees, whose genetics are very similar to ours, have quite a propensity for deceit, violence, theft, infanticide and even cannibalism. But it’s equally true that chimpanzees, the toughest rivals will reconcile after a fight, stretching out their hands to each other, smiling, kissing and hugging. And besides, there is another primate who is as genetically similar to us as the chimpanzee— the bonobo, an ape species native to the Congo. If, instead of studying chimps for clues to the origins of human behavior, we had been studying bonobos, we would have come to very different conclusions. Instead of the killer-ape model, we would have had the lover-ape model, for these primates show a phenomenal sensitivity to the well-being of others. And trust among your friends and family members, and in your larger community, may be among the most important acts you can undertake in the economy and the world. More and more so that I can share it with others. That’s my mission. My energy continues to be high and my attitude about living is exuberant. I continue working four days a week as a massage therapist. Blessed was the day that I learned about Hippocrates.” By the way, Billie was also happy to add that Hazel’s condition has improved greatly!

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"Primateologists," writes author Marc Barasch in his book, *Field Notes on the Compassionate Life,* “are finding in the bonobos evidence that it is not tooth-and-nail competition, but conciliation, cuddling and cooperation, that may be the central organizing principle of human evolution.” One of the world’s leading experts on primate behavior, Frans de Waal, calls it “survival of the kindest.”

What kind of creature, then, are we? There are those who believe human beings are fundamentally selfish and there are those who believe we are essentially kindly creatures who need only love to flourish; but I stand in neither camp, or maybe I should say I stand in both camps. It appears to me that we have nearly infinite potential in both directions. Part ego and part divinely inspired, we have both the potential to compete and the potential to cooperate. There are in each of us forces that can produce a Bernard Madoff, and also those that can produce a Martin Luther King. Depending on what we choose to accept and cultivate within ourselves and our children, we can collectively turn this planet into a hell or a heaven. Whether we like it or not, and whether we accept it or not, our choices make an enormous difference.

In these deeply uncertain times, I believe that the effort to create a web of caring, support, authenticity and trust among your friends and family members, and in your larger community, may be among the most important acts you can undertake in the economy and the world. More and more so that I can share it with others. That’s my mission. My energy continues to be high and my attitude about living is exuberant. I continue working four days a week as a massage therapist. Blessed was the day that I learned about Hippocrates.” By the way, Billie was also happy to add that Hazel’s condition has improved greatly!

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**Dozens of Diets Didn’t Work!**

Interview by Babs E. Keller

Billie Stanger is a massage therapist from central Washington State and, for her 73rd birthday, she treated herself to a week at Hippocrates Health Institute (HHI). She came with her good friend, Hazel, who had arthritis of the arteries at the temples, a serious condition that can result in blindness and loss of hearing. It was Billie’s intention to be supportive to her and at the same time try to educate herself about getting healthy.

Billie was not in the best of health herself with high blood pressure and high cholesterol, aches and pains and too much candida. She also had a polyp removed from her descending colon four times and it kept growing back.

Billie had always struggled with a weight problem, and obesity was greatly affecting her movement. She had tried every kind of diet in the world but would gain the weight back faster than it took to take it off. She was convinced that it was her metabolism. She thought she had always eaten a healthy diet, though she admits that she did eat some meat and a lot of cheese.

While she was in the Life Change Program at HHI, she didn’t miss a single lecture. She found it fascinating. One thing she found fascinating was that staff members were not only trim, slim and happy, but they were thriving, which is what impressed Billie the most.

“My 2009 visit to Hippocrates was a pivotal point in my life. I only wonder why it took so long,” she said. Something happened to Billie during her stay at Hippocrates... much like an electrical switch being turned on in your head. Something had just changed in me. I became totally absorbed and accepted the entire Life Change Program 100% and over the next five months the weight just fell off naturally” Billie said she didn’t feel like she had dieted one day “I didn’t let the challenges along the way distract me. Many of my family and friends disagreed with what I was doing and said I needed to eat ‘real’ food.” They thought I was crazy! It wasn’t long, though, before they wanted to know more about what I was doing. Now I have several siblings, a number of clients and even my daughter (who used to consume one pound of meat per day) juicing and changing her eating habits.”

“I am now 74 and I’m full of energy and my health has improved so much. I swim daily and just recently I land-scaaped, painted and remodeled the outside of my entire house. It’s a year later and I just returned to Hippocrates for my annual tune up and to learn more so that I can share it with others. That’s my mission. My energy continues to be high and my attitude about living is exuberant. I continue working four days a week as a massage therapist. Blessed was the day that I learned about Hippocrates.” By the way, Billie was also happy to add that Hazel’s condition has improved greatly!

The proof is in the pudding. Just look at her. Billie encourages you to contact her for inspirational support at stanger8@verizon.net.
When I think of love, I think of an unconditional energy that is all around us and, even more powerful, inside of us. This love energy is communicated and experienced through our physical hearts. If love, then, is an unlimited source of energy, so is the energy we generate from our hearts.

The heart rules all things in our bodies, big and small, as well as in our lives. Many of us think of our head, our brains, or our thoughts hold the most power over us, that all emotion starts with a thought. And, a lot of times, that’s true. Because our thoughts tend to become our reality, we need to observe and be discerning with what we think. But, once we let our hearts lead, our hearts will begin to determine what goes in our heads.

At Hippocrates Health Institute, we receive hundreds of phone calls everyday, many from people saying they were given only months to live and asking what they should do. My response is always the same. “First, quit repeating what you were told so it won’t become your reality.” Instead, try looking at it this way: “I have a condition I would like to correct and would like some direction.” State your intention in a positive way.

One of my favorite people to ever come through our Life Change Program is Kris Carr (creator of the documentary Crazy Sexy Cancer). Kris was diagnosed with a rare type of cancer in stage four. What did she do? She walked out of the hospital. There is no stage five, so what was she waiting for?

Kris overcame the fear and found the power of her heart center that knows no fear. She trusted unconditional love and went on an amazing journey, learning about healthier foods, green juices, yoga and meditation, everything that strengthened her health and her heart center.

She took a negative—cancer—breathed deeply and turned it around. She didn’t let this health blip define her happiness. She didn’t let the medical world define her time in this life. She chose love over fear.

Cancer patients often hear, “There is no hope,” which steals time and can irrevocably taint and greatly weaken our heart-centered strength. The truth is there is always hope. The heart is a complex organ. On several levels, it feels more than we know. It feels the strain of the un-lived life. It does its best to keep beating and pumping blood to our body even during traumas. When it feels our emotional pain, it actually, physically hurts.

How can you help support your precious heart? By loving yourself. The importance of loving ourselves first is that it allows us to express more love to others and to the world. The love we emanate from our hearts extends to the rest of our body and spreads out to others. Our connection to the energy in our heart center ultimately heals our bodies and overcomes the detrimental thoughts in our head.

Here’s how it worked for me when I began a journey away from my head and back to my heart.

In 1990, a friend gave me the book You Can Heal Your Life by Louise Hay (Thank you, Dawn Marie Keller!). In the book, Louise offers an alphabetical list of health issues and the corresponding emotional causes. I looked up my problem, asthma, and read that it relates to “suppressed crying.” Being a guy, that was interesting because we’re constantly told to “hide our feelings” because “boys don’t cry.”

That same week I met a yogi who was also a wrestling coach, an intriguing combination. I was talking to him because I thought he’d be able to help with my sore lower back. I pulled a muscle so years earlier that had never healed, putting me in bed for days.

Playing basketball again, I re-injured the muscle. After talking with this lovely yogi for a few minutes, he said he could help.

He told me to lie down on my back, put my hands up in the air and take some deep breaths. I thought it was an odd request and a strange way to help my lower back, but what did I know? He knelt beside me, making circular motions over my body and touching points on my hands, feet, eyes and head. Twenty minutes later, he said, “Ok, you’re good to go.” I stood up and asked, “What about my back?” He smiled, told me to put my hands across my chest, take a deep breath, and then he adjusted me from the back, which, as I think about it now, seemed to be merely for my amusement (or his). I left the room and felt my energy start to flow. Later that day, my friend and spiritual guide, Lenedra Carroll, came over and, suddenly, I started crying like a baby. It lasted 50 minutes. She sat with me, quietly letting me cry. I finally pulled myself together—and cried some more.

I cried for three days. Every time I was alone, driving, walking, eating, I started crying. On the fourth day, I went to see the yogi, thinking he had something to do with it. When I opened the door, I grabbed the front of his shirt and, shaking him, said, “What did you do to me? I haven’t stopped crying for days.” He said, “Great! Come back later tonight and we’ll do some more work.”

What? Please, no more! But I went back later, of course, and you can assume what happened next. Yes, I cried like a baby again, this time for three hours nonstop.

I started to feel a strange tingling feeling all over, almost numbing and, afterwards, I felt strangely different. I could “feel” people now. I felt their energy levels or if they were in a good or bad mood. I felt their hearts, that unconditional love force. I could talk to a complete stranger and, after just minutes of talking, they, too, could feel it. I started to talk to people about their struggle and, even those who had never heard of life change or healing, could feel the energy and the heart starts opening. Emotions need to be recognized and then released for any kind of healing to take place in our physical body.

A supportive, naturally therapeutic atmosphere, raw, living foods and green juices nourish the body by reducing stress, particularly of digestion, which gives the body the time and energy to heal. Stuffed emotions are released and the heart starts opening. Now, instead of letting the medical community define your time here or letting your health blip define your happiness, I often go to the cause of the problem and say to people, “Don’t let food define your happiness.” Nourish your body with the highest-quality living foods and allow your love to shine from an enegetic, healthy and happy heart. Know no fear. ☼

Editor’s Note: This story and others like it can be found in Michael’s lectures at Hippocrates Health Institute and on DVD.

You can contact Michael Bergonzi through his personal website: www.WheatgrassGreenhouse.com.
The most frequent questions I get when competing for a pageant are about diet and exercise and getting into competition shape. With the obesity rate in America at an all-time high, weight-loss tactics and tricks are on the cover of every magazine—suggesting everything from no-carb diets to high-protein, Atkins-style diets.

I am an accidental beauty queen. I had never dreamed of being Miss America nor did I compete in pageants when I was younger. I was 19 at my first beauty competition. In 2003, a teacher suggested that I participate in a local Miss America pageant, Miss Reno/Sparks, to try to win a $5,000 scholarship. I had no idea what I was doing, yet I wound up winning, braces, frizzy hair and all! Little did I know where it would end up taking me, so many opportunities would come my way. Not only did I win the $5,000 scholarship, but the chance to compete for Miss Nevada and, if I won that pageant, the chance to go on to Miss America. I fell in love with everything the organization was about and was inspired by the impact it had on me. I continued following my newfound dream and competed every year I was eligible. I held the titles Miss Reno/Sparks 2003, Miss University of Nevada, Reno 2004, and was 3rd runner-up at Miss Nevada 2004. I competed again in 2005 and 2006, only making it as far as first runner-up in two local competitions, unable to go on to the state level. Then, in 2008 (my last year of eligibility), I won the local Miss Carson City 2008 title. I went on to compete at the state level and finally achieved my dream of being Miss Nevada.

I have always been the kind of girl that was never skinny but never overweight, just kind of “in the middle.” Healthy, energetic, and happy. I was a dancer and swimmer growing up. I was always active, but nowhere near the level that would be expected to win a national pageant. I followed the traditional high animal-protein diet and drank lots of meal replacement shakes, with less than stellar results.

I have always enjoyed food and found it to be a great personal comfort. I know that many people are comfort-eaters and, as much as I hated to admit it, that’s what I was becoming. After I was crowned Miss Nevada 2008, I found it to be a daily struggle. I was dealing with a lot of stress preparing for Miss America and, once again, food had become my escape. I ended up gaining weight before Miss America and have always regretted not being at my best for competition.

Four months after giving up my title, I decided to compete for Miss Nevada USA, and the chance to compete in Miss USA. To my amazement, on November 7, 2009, I won Miss Nevada USA 2010. I was getting my second chance! I had the opportunity to compete in Nationals once more and a chance to prove to myself that I was capable of anything I set my mind to. And this time, I knew from experience what not to do. I knew I had to compete in Miss USA 2010, and that, crowned a winner or not, I would leave the pageant with no regrets and my head held high.

In preparation for Miss Nevada USA, I enrolled in the Life Change Program at Hippocrates Health Institute. I had no idea what I was in for! I knew a little bit about what it entailed, but I had no idea how much it would enrich my life. Spending time at Hippocrates was truly one of the best things I could have done for myself. Not only did I learn what my body needed and the truth about what I had been putting into my system, but I also learned a lot about myself. The “comfort” I thought I was getting by indulging in pizza, cookies and ice cream was no longer necessary. This is because the Life Change Program taught me to deal with my emotions and feelings in a constructive way.

I became familiar with Hippocrates Health Institute (HHI) after my aunt and cousin attended the Life Change Program. My cousin had gone through chemotherapy and it had been suggested that he undergo a very drastic surgery to remove all of his lymph nodes. After extensive research, my aunt learned about HHI and decided to give the Hippocrates Life Change Program a try before going through with the surgery. After just three weeks, my aunt and cousin saw such amazing results that they have both stuck with the program fully and my cousin’s cancer is now in remission.

Having grown up around hospitals, I know the healthcare system all too well. When I was a child, my father was very ill and my mother and I would often visit him in the hospital. I soon became numb to it because it was all I knew. I only knew what it was like to have a sick father, not a healthy one. My dad’s problems were mostly digestive issues—bleeding ulcers to diverticulitis and more. He was constantly on liquid diets because he hardly had any of his stomach left. My grandma also had her share of health issues, many of them similar to my dad’s.

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—JULIANNA ERDESZ, MISS NEVADA USA 2010

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There is no greater force in the world than love. It is the most divine vibration that we can experience. Be it love for self or love for another, to give and share unconditionally as well as to receive with an open heart is, indeed, the most precious gift and personal practice. The study of most myths and religions will reveal a foundational rock of belief... in love for self and all life. While the spectrum of love is vast, it is the loving care of the body and mind that will accelerate one into a state of wholeness and an optimal feeling of oneness. Mainstream society encourages the “herd mentality.” Air, water and food are chemically saturated and/or pasteurized. Mindless distractions and propaganda bombard the senses via television, internet, cell phones and radio. With the misguided educational system and unfulfilling, revolving-door 9-to-5 jobs, it’s not surprising that the majority of people would rather play video games, watch “American Idol” or send text messages than go for a walk in the woods or dance in the moonlight! When it comes to claiming our birthright of health, wealth and happiness, a divine alchemy occurs through the internal journey of a love-giving raw foods lifestyle. Lifelong, instilled patterns begin to heal and vanish as nutritional manna is embraced. This is the Lover’s Diet. Multiple Blessings expand forth from the heart center as a result of this biochemically based, enzyme-driven sacred communion of living food and body. This union has the power to pierce through illusions of separation and reclaim the essence of spirit within. In my internationally best-selling book, Survival in the 21st Century, I explore and share a wealth of wisdom and methods that will assist you in finding your path to wellness. Equally important to nourishing the body is “food” for the mind. If one’s thoughts are habitually agitated or heart is discontented, then one would be unable to experience the balanced state of true health. Productive affirmations and a quest for knowledge and understanding of the food-mind-mood connection are essential factors in attaining higher energy levels of love within and around us. The heritage of the Ancient Essenes understood the importance of diet in union with mental and spiritual discipline. In the book, The Essene Gospel of Peace, is the wisdom of the Communions. The Angel of Love Communion says, “Healing waters flow in a never-ending stream from the Sea of Eternity... For without love, a man’s heart is parched and cracked as the bottom of a dry well, and his words are empty as a hollow gourd. But loving words are as a honeycomb sweet to the soul.” Honor and praises to the angelic elements of nature and the cosmic spirit of life were a daily philosophy and exercise for the mind in the life of the Essenes. They knew there was no love for others without love for the self. In the book, The Gift of Life in the Humble Grass, Jesus is quoted as saying, “And I did moisten a handful of wheat, that the angel of Water entered into it. The angel of Air did also embrace it, and the angel of Sun, and the power of the three angels awakened also the angel of Life within the wheat, and sprout and root were born in each grain.”

cont’d on p. 60

Love is within
All are one

by Rev. Viktoras Kulvinskas, MS, Hippocrates Health Educator

“Love for yourself means love for all, love for animals, love for everything, for you are all one.”
– Swami Vivekananda

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30 Healing Our World — Love from the Heart
How to Grow Microgreens
Cheeply, cleanly and easily
by Mark Mathew Braunstein

Microgreens start as sprouts and then keep on growing. Sprouts are footloose wanderers, while microgreens decide to put down some roots and to settle down. Sprouts grow on thin air and thrive under the cover of darkness. Microgreens grow on soil, and yearn for the light of day. Sprouts are very forgiving, but microgreens can be very demanding.

The CONTAINER
1. First, an apology I apologize to all of advanced civilization which measures with the metric system, namely the rest of the human world outside the intransigent USA. I offer my sincere apology for the archaic American use of the insufferably outdated English system of measurement, which years ago even England abandoned. Please forgive my obscure references to pesky pint containers.
2. One pint = 2 cups = 16 fluid ounces = 473.18 milliliters (mL), which rounds off to 500 mL.
3. A half-pint = 1 cup = 8 fluid ounces = 236.59 mL, which rounds off to 250 mL.

The SOIL
1. Procure fertile soil. Either potting soil or seedling mix will provide ample nourishment for microgreens. Potting soil works well, but seedling mix usually produces even better results. Adding boosts such as backyard compost or liquid kelp or mineral dust is optional. The more fertile the soil, the shorter the growing time. More importantly, well nourished greens may better nourish you too. If you intend to purchase soil by the bale, be aware that seedling mixes are sold by the bale only during the spring “growing” season, so plan accordingly.
2. Prepare your soil. Remove any undesirable fibrous objects (UFOs) such as leaves or twigs. Before placing the soil into the pint or half-pint containers, place it into a bucket and stir water into the soil, fully moistening it.

The one book about growing microgreens is addressed to commercial growers, and instructs to use trays of soil and to water them from above. Instead, this method employs repurposed compact food containers placed every one or two days into dishes of water, so that water is absorbed from below. This clean and cheap technique for home gardening is adapted from that employed by many commercial microgreen farmers. I owe my adaptation to Lauri Roberts of Farming Turtles (www.farmingturtles.com) of Exeter, RI, who grows microgreens for sale to restaurants and stores throughout New England. Lauri provided me with a tutorial and a tour of her greenhouse and indoor farm, and inspired me to grow microgreens at home. Thank you, Lauri!

Having grown microgreens for one year, I now feel qualified to share this technique so that you, too, can grow microgreens at home. You will need:
• CONTAINERS—pint size or half-pint size
• SOIL—preferably potting soil and seedling soil, but just one will do
• SEEDS—preferably organically grown
• WATER, SUNLIGHT, WARMTH, and AIR—the usual suspects

1. Place two containers together, one inside the other. This assures rigidity so that the soil does not shift in which will anchor the microgreens’ fragile rootlets.
2. After multiple re-uses, the plastic does tend to fall apart, but you probably never will retain them that long. By attrition, you’ll be starting anew with a fresh batch of containers every three or four cycles. That’s because for every tray of six containers that you grow, you’ll surely bestow one or two as gifts upon eager recipients.
3. Cut off the lids of the plastic containers, and save half of those lids. As its blades will become dull, an old pair of scissors should be designated for this function.
4. The plastic taste of bottled water. At moderate room temperatures and for short durations, however, PET does not affect its solid contents. Hence blueberries and cherry tomatoes do not taste of plastic. Moist soil might be considered semi-liquid, in which case purists might wish to avoid the use of plastic. While other containers with holes on their bottoms, for which case purists might wish to avoid the use of plastic. While other containers with holes on their bottoms, for instance terracotta flower pots, may be safer, they obstruct your view of the rootlets, and they are heavy, bulky, and costly. Plastic containers come to you for free, and so are “good for nothing.”
The use of love makes me feel good; it is an expression of my inner joy.

I love myself; therefore, I forgive and totally release the past and all past experiences and am free.

I love myself; therefore, I forgive and totally release the past and all past experiences and am free.

I love myself; therefore, I take loving care of my body.

I lovingly feed it nourishing food and beverages.

I lovingly groom it and dress it and my body lovingly responds to me with vibrant health and energy.

I love myself; therefore, I provide for myself a comfortable home, one that fills all my needs and is a pleasure to be in.

I fill the rooms with the vibration of love so that all who enter, myself included, will feel this love and be nourished by it.

I love myself; therefore, I work at a job that I truly enjoy doing, one that uses all my talents and abilities, working with and for people that I love and love me, and earning a good income.

I love myself; therefore, I behave in a loving way to all people for I know that that which I give out returns to me multiplied.

I only attract loving people in my world for they are a mirror of what I am.

I love myself; therefore, I forgive and totally release the past and all past experiences and am free.

I love myself; therefore, I live totally in the now, experiencing each moment as good and knowing that my future is bright, and joyful and secure.

I am a beloved child of the universe and the universe lovingly takes care of me now and forever more.

And so it is.


Louise Hay, internationally known author of many books, including You Can Heal Your Life, “If you really love yourself, everything in your life works. No matter what the problem, the main issue to work on is loving the self.”

According to Louise Hay, internationally renowned author and speaker in the field of self-development, “You’ve been provided with a perfect body to house your soul for a few brief moments in eternity. So regardless of its size, shape, color, or any imagined infirmities, you can honor the temple that houses you by eating healthfully, exercising, listening to your body’s needs, and treating it with dignity and love.”

During my experience with Stage IV cancer (lymphoma) it was the love and support from family and friends that was integral to my survival. After my experience with cancer, I found Hippocrates Health Institute to be the pinnacle of teaching for the living foods lifestyle and integrated these principles into my daily life to keep healthy and happy. I am grateful for my experience with cancer because I believe I would not have found my true passion without it, which is empowering people with the living foods lifestyle.

Viktor E. Frankl’s book, Man’s Search for Meaning, is among the most influential works of psychiatric literature since Freud. In the book, Frankl discusses his struggle to find reasons to live during his five-year imprisonment in Auschwitz and other concentration camps. His training as a psychiatrist afforded him a remarkable vantage point on the psychology of survival. The psychotherapeutic method called logotherapy, pioneered by Frankl, was a result of his experiences in the concentration camps.

Frankl believes that man’s deepest desire is to search for meaning and purpose. He further contends that “He who has a ‘why’ to live for can bear almost any ‘how.’” Frankl concludes that the meaning of life is found in every moment of living, life never ceases to have meaning, even in suffering and death.

According to logotherapy, concentrating on the meaning of one’s life, maintaining some hope for the future, and holding on to anything that is positive in the present, helps one’s soul to overcome immense difficulties and personal suffering. All we want is love and happiness. And being loved has profound meaning.

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The more love I use and give, the more I have to give. The supply is endless. According to Louise Hay, internationally renowned author and speaker in the field of self-development, “You’ve been provided with a perfect body to house your soul for a few brief moments in eternity. So regardless of its size, shape, color, or any imagined infirmities, you can honor the temple that houses you by eating healthfully, exercising, listening to your body’s needs, and treating it with dignity and love.”

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The Power of Positive Thinking, and Norman Vincent Peale’s book, The Power of Positive Thinking, are great examples of what a positive attitude can do. According to Dr. Wayne Dyer, an internationally renowned author and speaker in the field of self-development, “You’ve been provided with a perfect body to house your soul for a few brief moments in eternity. So regardless of its size, shape, color, or any imagined infirmities, you can honor the temple that houses you by eating healthfully, exercising, listening to your body’s needs, and treating it with dignity and love.”

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According to logotherapy, concentrating on the meaning of one’s life, maintaining some hope for the future, and holding on to anything that is positive in the present, helps one’s soul to overcome immense difficulties and personal suffering. All we want is love and happiness. And being loved has profound meaning.

The more love I use and give, the more I have to give. The supply is endless. According to Louise Hay, internationally renowned author and speaker in the field of self-development, “You’ve been provided with a perfect body to house your soul for a few brief moments in eternity. So regardless of its size, shape, color, or any imagined infirmities, you can honor the temple that houses you by eating healthfully, exercising, listening to your body’s needs, and treating it with dignity and love.”

During my experience with Stage IV cancer (lymphoma) it was the love and support from family and friends that was integral to my survival. After my experience with cancer, I found Hippocrates Health Institute to be the pinnacle of teaching for the living foods lifestyle and integrated these principles into my daily life to keep healthy and happy. I am grateful for my experience with cancer because I believe I would not have found my true passion without it, which is empowering people with the living foods lifestyle.

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The Power of Positive Thinking, and Norman Vincent Peale’s book, The Power of Positive Thinking, are great examples of what a positive attitude can do. According to Dr. Wayne Dyer, an internationally renowned author and speaker in the field of self-development, “You’ve been provided with a perfect body to house your soul for a few brief moments in eternity. So regardless of its size, shape, color, or any imagined infirmities, you can honor the temple that houses you by eating healthfully, exercising, listening to your body’s needs, and treating it with dignity and love.”

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Everlasting Life
Raw Diamond In A Rough Neighborhood
by Rita Robinson

It didn’t look like much at first. In fact, it was almost menacing with its barred roll-doors and empty storefront window, especially to a couple of neophytes visiting Washington, D.C., from the seemingly more welcoming environs of a SoCal beach town.

But it was the only vegan or raw vegan restaurant within miles of the National Mall. Just to get there, we had to take two metro lines from across town and a bus all the way up Georgia Avenue, passing the iconic and fenced Howard University and entering a neighborhood infamous for its crime rate. It was getting late; Phoenix Cultural, the one-love Jamaican shop next to the café, provided a soothing sight of relief. Even though it looked like a neighborhood infamous for its crime rate, it was getting late; Phoenix Cultural, the one-love Jamaican shop next to the café, provided a soothing sight of relief. Even though a neighborhood infamous for its crime rate, it was getting late; Phoenix Cultural, the one-love Jamaican shop next to the café, provided a soothing sight of relief. Even though Baruch was on a mission to take this symbolic mausoleum of death in the black American culture and infuse it with life—a natural health foods grocery store, juice bar and eventually full-service café. “It wasn’t good enough for me to eat healthy and then see people around me deteriorate,” he said. “Why not be healthier? Why not more raw vegan?”

But he knew it would be a figurative and literal battle to get there, especially after dark. Baruch recalled one particular night of typical tyrannical crossfire: “We could hear the guns going off out on the streets. We had to go outside while they were out there shooting at one another and pull down our roll-doors. When we came back inside, a bullet came right through the steel grate, through the thick glass and into the store.” The bullet holes were left in the walls as a testament to the deadly street life.

Even though African-Americans comprised only 12.9% of the total U.S. population in 2009 (down from 15.5% in 2007), 44% of all murder victims in the U.S. were African-Americans, according to 2007 statistics compiled by the Black on Black Crime Coalition. Of that homicide percentage, 93% were killed by another black American.

“Racism has sent the specific message to members of the black community that our lives are worthless,” commented Dan Bell, publisher of Beloved Community magazine and chairman of the Oregon chapter of the Southern Christian Leadership Conference. “By acting out against others in our community with violence, we are acting on the beliefs that have been drilled into our heads that our lives are not precious. We have to release that energy somewhere.” Bell, an advocate for Partnership for Safety and Justice, says the whole black-on-black violence argument is overblown. “It’s more the case of people who are harmed by people they know,” she said. A truism, she points out, that crosses racial lines. Regardless of why it occurs, the fact that intraracial violence is occurring motivates Baruch to facilitate change, at least in his section of D.C.’s northwest quadrant.

“This was a community that was being underserved and dis-served,” he said. “This was a food desert where you have Crack-Donald’s, Murder King, Taco Hell, Win-disease, Chokers and Bo-Strangles. “If we didn’t step up to the plate and provide the healthier alternative, then we were going to see the diseases and illnesses and the decrease in life-expectancy in this community continue to get worse. We became that safe-house, if you will.”

African-Americans are prone to certain diseases, specifically cardiovascular disease, high blood pressure, diabetes and obesity, according to the American Heart Association (AHA). The AHA listed cardiovascular disease as the major cause of death in African-American adults. In 2006, 47.9% black men or 52% of the black American adult population and 50.7% black women or 56% died from the disease. An even greater percentage—43% of men and 44.8% of women—were diagnosed with high blood pressure. On top of that, 75% of the adult black population was deemed sedentary and inactive. More than 70% are overweight and, of that percentage, 35% of men and 55% of women are obese.

It appears the illnesses are associated with genealogy. Baruch proffered, “when in fact it’s illnesses are associated with culture and customs — what we’re accustomed to doing because of our food choices and lifestyle.” The lifestyle, he said, is sedentary and stressed, which becomes a vicious circle. 

Baruch attributes the imbalance to an overall breakdown in humanity in black communities. “We don’t have the joy,” he said. “We’re not with people who can absorb the stresses and challenges in their lives. Just seeing these people can help overcome the dis-ease you are experiencing inside of your body.”

The distress, he said, comes from broken homes, drugs and violence. “Our communities are now inundated by drugs and guns that are brought in by people who don’t look like us,” he said, “and we are victimizing one another to supposedly get ahead, but that’s not really where we’re getting.” Baruch, whose style is unafraid, attributes a good part of the problem to a cultural philosophical abyss that has led to poor health choices based on low self-worth.

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“Cont’d on P. 59"
Love is vital to optimal functioning. Love lends its energy to means everything in the arena of healing. In practical, albeit mysterious, ways, biology, biochemistry, brain anatomy and social science, tells us that love got to do with it? Isn’t it just some woo-woo, New Age wishful thinking that The Beatles sang “All You Need Is Love,” but when it comes to health, what’s love got to do with it? Isn’t it just some woo-woo, New Age wishful thinking that says love cures all ills? Evidently not. More and more hard science, in the areas of biology, biochemistry, brain anatomy and social science, tells us that love means everything in the arena of healing. In practical, albeit mysterious, ways, love lends its energy to—and optimizes—the body’s natural healing response. Love is vital to optimal functioning.

First of all, what is love? People have waxed poetic about this topic for centuries, but scientifically, what exactly is it? Is something as esoteric as love even acknowledged scientifically? We may not be able to pin it down to a single chemical, but we are able to attribute certain biochemical changes to what we might call “being in love” or “being loved.” In its own meager way science is confirming what our hearts already know to be true: love reigns and love heals!

Brain Chemistry
In his book, The Biology of Love, Arthur Janov (of Primal Therapy fame), correlates the release of the hormone oxytocin with the experience of loving and feeling loved. Oxytocin stimulates contractions in childbirth and induces healthy lactation. When serum oxytocin levels are high, feelings of warmth, solidarity, unity and nurturing flow. You could say nature placed it in the mother’s body and then the infant’s life for the sake of the baby’s survival. In addition, we know that certain neurotransmitters like serotonin and dopamine play vital roles in a person’s sense of well-being. Serotonin levels go up when people are “in love.” The pharmaceutical industry capitalizes on this with their redactionistic science approach by dispensing serotonin-reuptake inhibitor anti-depressants and mood altering drugs as the way to reestablish the brain’s chemical balance. Our chemistry, however, doesn’t take place in a vacuum. It takes place in the context of our humanity and in the meaning matrix of our lives. Balance, in the larger picture, is reflected in how well we live and how well we love. Sorry, no shortcuts here. Healthy living and good loving are essential.

Brain Physiology
In their book, A General Theory of Love, authors Thomas Lewis and Fari Amini write about love as an outcropping of mammalian brain structures, specifically the limbic system seated deep in the mid-brain, discovered in 1897 by the French surgeon and neuroanatomist, Paul Broca. These structures evolved to coincide with mammals’ ability for bonding and ongoing parental care. We feel feelings because of these brain structures, and we feel “love” as a reflection of things being in order biologically and relationally. Love then, becomes the body’s marker of “all is well.” It’s why we like love, strive for it, and feel bad without it.

Love and Pain Relief
Do we not all know the healing power of a parent’s kiss on a scraped knee? Real and direct pain relief from the light touch of lips on an injury! A gentle, loving touch actually overrides the body’s sympathetic nervous system pain response, and shifts the dominance in that precise moment of contact into the parasympathetic nervous system, the branch of the central nervous system that governs rest, regeneration, digestion, sleep and healing. Loving on a kid’s boo-boo really does minimize pain perception and mobilizes the body’s restorative response! Massage, another form of gentle touch, not only feels good while switching on the parasympathetic body response, but also facilitates healing by stimulating thymopoetin, a hormone that helps white blood cells mature in the thymus gland.

Social Studies
Shifting beyond the purely biological, Ashley Montagu, an English anthropologist and humanist who published numerous studies on the significant relationship of mother and infant, and who championed the humanizing effects of touch in his Time-Life documentary Rock A Bye Baby, and in his famous book, Touching: The Human Significance of The Skin, offered this definition of love. “Love is the demonstrative expression of a feeling centered on the welfare of another person.” That is, we tend to feel loved when we sense that another person cares about our welfare and shows it. Love itself, he says, is not just a warm, fuzzy feeling, but is a demonstration of that warm, fuzzy feeling in action.

In his now classic study with baby rhesus monkeys, psychologist Harry Harlow showed that when separated from their mothers and faced with a choice of a wire-meshed, milk-producing mother surrogate or a soft, terryclothed, non-milk-producing mother surrogate, the babies consistently chose soft, cuddly touch over food! The invisible factor of “love” evidently triumphs over the need for food when it comes to survival. Or as John Lennon crooned in one of his songs: “Love is touch, touch is love.” Newborn kittens separated from their mother and not licked will die; that’s how basic the need is. Love and touch are fundamental to well-being and even survival.

Love rules over our lives as humans, and not just when we’re babies. The realization and fulfillment of love do us good regardless of age. Socially, relationally, and even biologically, love, in all its mystery, stands paramount in the area of well-being.

In an experiment done in a retirement home, a group of boy scouts and girl scouts was enlisted to help out the elderly folks for an afternoon. The goal was to measure the elderly people’s immune functions via certain blood markers and to see if receiving help or being served changed anything. And just on a lark, at the beginning of the exercise, the scientists also took baseline samples of the young helpers’ immune blood markers. Lo and behold after only a few hours of loving, helpful attention, all the old timers’ immune functions were statistically significantly improved! And lo and behold, the same was true for the boy scouts and girl scouts! Love, it seems, helps out both giver and receiver.

What’s Love Got to Do With It?
by Andy Bernay-Roman, LMHC
A Balancing Act
by Scott Josephson

Are you trying to juggle your time, career, family and perhaps your exercise regime? Well, rest assured, you’re certainly not alone! In the many stages of life, balance is a never-ending act. In fact, take a good look at your own daily timetable. Life’s challenges come in all shapes and sizes and the delicate demands of work, family and relationships are always ongoing. So, what can you do when the scales of life tip over, leaving you stressed, unfulfilled and totally exhausted? Wouldn’t it be nice to feel the connection more often and deflect the stress from life’s overload?

Finding true balance with your professional and personal life is achieved by making the connection and building your “to-do” list into a healthy, well-rounded action plan. You can have it all, not necessarily at once, but in a balanced flow that tips the scales in your favor. Building this balance will help you break down your lifestyle, evaluate your priorities and make adjustments accordingly. But first, you need to make some self-prioritizing choices. Ask yourself, “What does organizational balance and self balance mean to you?” Take a look at some of the commitments that you make on a regular basis, including family, work, social, physical and spiritual. Next, examine your balancing act. Knowing that these are priorities in your life, do any of these categories need adjusting? Unquestionably, the first priority must be your health. Many times, we take our health for granted and forget that our body, emotional and mental health will follow, allowing you to perform at your best. But remember, by maintaining such a balance, it manifests a work in progress.

Finding Organizational Balance
Often, juggling the responsibilities of work and family life can be difficult. There just never seems to be enough time to get it all done. So, how do you balance your 15 hours spent, on average per day, getting ready, commuting, working and so on with your scant bookends of life and time on either side? How do you meaningfully interact with your kids, significant other or pets more than a couple of hours each day? Can you somehow fit into your daily cycles, removing all mundane catch-up conversations and chores, to optimally maximize your time? Can you leave work and really leave it there?

To make matters worse, too often, we sacrifice sleep, relaxation and recreation. What’s wrong with this picture? Trying to slow down the pace of life is no simple matter. However, it’s crucial for you to take some time to rethink your priorities and evaluate how you use them. In some situations, it may take a great deal of energy to sort out and simplify, so you must continuously tweak your goals and priorities.

Often, work goals tend to be well-defined, and it’s easy to let them take priority over family and your own self-care. So you need to be your own boss when it comes to your family goals and self balance. It is important to remember that family activities are just as important as your work activities.

Therefore, your organizational plan must include “realistic expectations.” Can you fit everything in? If you’re like most people, then probably not! Are some of your expectations unachievable in your present situation? Can you change the situation? If not, you may need to adjust your expectations and bring them closer to reality.

The Challenge
Finding and maintaining a comfortable balance in life is a universal challenge. As a professional, you’re always aware of your work in the scheme of your life, and how your goals are, and set aside time to reflect. Spend time evaluating your vision, mission, goals and performance. Consider if your work is right for him or her at the moment. You have to prioritize your own life and decide what is most important to you. Where do you want to spend your time and energy? How important is your career in the scheme of your life, and how will you define success? These steps will help you ensure that you are achieving and maintaining the proper balance for yourself in your professional and personal life.

Keep focused on your mission. Make your decisions based on what you want to accomplish. Consider if your goals are, and set aside time to reflect. Spend time evaluating your vision, mission, goals and performance. Consider if you’re on the most appropriate path for you. Determine if your daily activities are aligned with what you truly want to accomplish.

- Mentally plan your time, and be sure to include your personal appointments. Look for ways to eliminate time-bandits by using technology and saying no to requests that don’t fit with your master plan. Set reasonable timelines for project completion.
- Emotionally monitor what you feel. Take time to process what you observe, and take a break before dealing with an emotionally charged situation so you can respond in an appropriate manner.
- Physically live your life, and add elements of enjoyable fitness. Rest figures into the equation as well. Pay attention to what you are doing and the people you are with. This will help reduce feelings of stress and unproductive thoughts.

This is your life! Learn to laugh… It’s painless!
Life is the Flower of which Love is the Honey

by Antony Chatham, MSW, MTh, MPhil

Hunger for power is the opposite of the hunger for love. As Carl Jung notes, “Where love rules, there is no will to power; and where power predominates, there love is lacking. The one is the shadow of the other.” Where love rules, there is no will to power; and where power predominates, hunger for power is the opposite of the hunger for love. As Carl Jung notes, arise when a couple who has been in love for many years “fall out of love” all of a sudden. These couples often fail to acknowledge the wonderful love life they had, in the past, enjoyed once this arises. Of course, a major deprivation is felt by those who cannot maintain steady relationships. All of these conditions deserve attention and support. Some of the major spiritual teachings on this subject may help us to look for support.

Love, the core of religious teachings, Judaism teaches about the covenant of God for his people: the true model of love. St. John sums up Jesus’ teaching on love when he says, “God is love.” Jesus interpreted the Jewish faith he inherited when answering a question of a Pharisaic lawyer who once asked Jesus, “Teacher, which is the great commandment in the law?” Jesus said to him, “You shall love the Lord your God with all your heart, with all your soul, and with all your mind.” This is the first and greatest commandment. And the second is like it: “You shall love your neighbor as yourself.” On these two commandments hang all the Laws of the Prophets. (Matthew 22:36–40)

One of the best written poems on love, ever, is that of St. Paul in his first letter to the Corinthians (Ch. 13): “If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but do not have love, I gain nothing. If I interpret all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing.”

Hunger for love is also the hunger for the universe. She continued to wait for him. She waited for him. He overcame his desire for the “dharma” pulled them apart. He went together and really wanted to be close to each other. They danced, they fought, they grew close to each other, and they played, like a playmate; since childhood they were partial to each other. Therefore, she could call their own. Therefore, she could call their own. She continued to wait for him. Although he married Rukmini and Satyabhama and raised a family of his own, she still waited. One day these two lovers came together for a final meeting—for a ‘Gandharva’ wedding (spiritual) in the presence of all his people and all the gods and goddesses of heaven. This evergreen love theme has been celebrated by numerous poets, painters, musicians and all Krishna devotes alike. Radha’s commitment to the love of Krishna is what is recognized and remembered, eternalizing the romance in the Indian culture.

Love between people, including the romantic love, according to Hindu teaching, is the symbol of the connection between human and the divine. When it has the quality of divine love, love will bring peace and joy.

Compassion and love are fundamental to our survival. The eternal rule of love, according to Buddhism, is that hatred does not cease with hatred, but with love. Dalai Lama, who is probably the most popular interpreter of Buddhist teaching today, says: “Compassion and love are not mere luxuries. As the source both of inner and external peace, they are fundamental to the continued survival of our species.” Dalai Lama also holds the view that all major religious traditions carry basically the same message, that is love, compassion and forgiveness. According to him the purpose of life is to find happiness. If you want others to be happy, he suggests, practice compassion, if you want to be happy, practice compassion.

Victor Hugo described the beauty of love when he said: “Life is the flower for which love is the honey.” Other descriptions include: looking at love as a feeling of strong attachment to a person or people which brings joy, preeminent kindness or devotion to another or as affection, tenderness and the like.

The true love is selfless love: the kind of love expected of parents for their children, of a lover for the beloved, of a brother or sister for another sibling, of a true friend for a friend. Many of the problems surrounding love can be resolved if we take a spiritual approach to love: when we experience love as selfless, love as compassion, love as forgiveness, love as joy. In his book, The Path to Love, Deepak Chopra describes it beautifully when he writes: “Love is meant to heal, love is meant to renew, love is meant to make us safe, love is meant to inspire us with its power, love is meant to make us certain, without doubt, love is meant to oust all fear, love is meant to unveil immortality, love is meant to bring peace, love is meant to harmonize differences, love is meant to bring us closer to God.”

On Love and Hormones When you have the intoxication of love, your body makes dopamine, opiates, serotonin, and oxytocin. These hormones are not only antidepressants, but also immunomodulators. They modify, modulate, and fortify your immune system, so you’re a much healthier person. When people are experiencing either the giving or receiving of love, their body starts to self-regulate and restore homeostasis, which means that all your bodily systems are performing at a peak level.

— DEEPAK CHOPRA

The Vedic prayer on love is well known: “Love is the first born, lofter than the Gods, the Fathers and men. You O Love, are the eldest of all, altogether mighty. To you we pay homage! In many forms of goodness, O Love, you show your face. Grant that these forms may penetrate our hearts.” (Atharva Veda IX 2:19.) However, the embodiment of this love is expressed more attractively in the story of Krishna, the incarnation of God, and Radha, a cowherd girl: The story of Lord Krishna and Radha is an enchanting love story from the Hindu literature. Radha was Lord Krishna’s playmate; since childhood they were evergreen love theme from the Hindu literature. Radha was Lord Krishna’s playmate; since childhood they were close to each other, and they played, they danced, they fought, they grew up together and really wanted to be together forever. However, the fate of ‘dharma’ pulled them apart. He went to safeguard the virtues of truth, he waited for him. He overcame his enemies, became the king, and came to be worshipped as the “lord of the universe.” She continued to wait for
FDA: Who Are We Really Up Against?
by Ryan Piela

When I think about the Food and Drug Administration (FDA), the first thoughts that come to mind are the safety and protection of people through the testing of harmful drugs and the elimination of those that are not favorable. Before the recent egg recall, I remembered the spinach E. coli scare. I thought, “Now that is how the FDA is supposed to work”—it takes control, removes the harmful spinach from the market, and keeps people healthy and alive. Regarding pharmaceutical drugs, similar to the spinach, I thought the FDA kept drug companies and products in line. However, I discovered that the pharmaceutical aspect of the FDA is one of the most commonly misunderstood realms. In fact, instead of protecting people like you and me, the FDA is in cohorts with the drug companies. The companies that the FDA purports to protect us from are often the same companies that are in charge of the FDA itself. Although the FDA does efficiently prosecute many drug companies, it also prosecutes people who are focused on the well being of their customers. For example, in 2009 the FDA sent multiple letters to cherry companies nationwide proposing legal action. The rationale was that the cherry growers had published information on their website about the health benefits in cherries—their anti-inflammatory properties. The FDA had threatened the cherry companies to keep growers from promoting the healthy benefits. This seems unjust to me, but it doesn’t stop with just cherry growers. The FDA squelches the voices of the natural food and supplement proponents, and the FDA fails to provide protection to the American people due to its inability to put limits on the drug companies. I found it shocking when I learned the Food and Drug Administration does not conduct any scientific trials on the effects of drugs; this is appalling considering that the point of the FDA is to protect us. So where is the FDA getting its information on drugs? The answer is just as surprising: the FDA gets all of its information about drugs from the companies that produce the drugs. For the FDA to authorize a drug for the market, it needs to be given studies concerning the effectiveness of the drug. The studies are required only to provide the FDA an outline of the “successes” of the drug and how the drug hit the one positive marker that is needed for approval—even if it happened to miss twenty-five others. The report does not announce any of the failed trials and markers. The report does not recount any of the side effects. The report does not publicize any of the drawbacks. What makes me wary of this situation is that a drug as common as a very popular anti-inflammatory can slip through the research system in spite of its negative side effects. Take the over-the-counter drug Advil as an example. While it was shown to be beneficial in one area, it has the apparent side-effect of increased risk of cardiovascular disease. Ultimately, the FDA’s drug approval system adheres to the motto, “Tell us if your drug is unsafe. Otherwise we will assume that it is safe.” However, if any, drug companies will ever tell the FDA their drug is unsafe—especially when a company spends around $600 million dollars in order to get one single drug on the market. No wonder the drug companies forgo mentioning the negative effects. Ultimately, this problem can be traced back to the profit-driven ethos of the drug companies and the failure of the FDA’s drug approval system to provide support for our health and safety. Despite the ominous nature of this situation, people are fighting back in order to ensure our rights. For example, Jonathan Woodruff, a lawyer from Washington, D.C., has been fighting the FDA for years. He has won seven large cases against the FDA. They range from legal arguments about labeling and supplements—similar to the cherry grower example mentioned earlier—to the assurance that certain dietary supplements can stay on the market. Personally, I refuse to give up hope as long as people like Jonathan and the PDPA campaign continue to fight.

References

PEACE IN THE MODERN WORLD
by Rabbi Gabriel Cousens, MD

The holistic approach of the Sevenfold Path of Peace often contrasts with what commonly happens today among people working for a peaceful planet. Many such people are working against the grain, single-issue, perspective. In the intensity of their effort, it is easy to forget, not acknowledge, or even be unaware of the other elements of the Sevenfold Path of Peace.
For example, after finishing a Tree of Life seminar in Anchorage, Alaska, the author attended the evening entertainment for a conference on bioregionalism and ecology. One of the lead speakers, who was more than a bit overweight, came onto the stage in an integrated state. The author couldn’t help but contrast the speaker’s keen awareness and knowledge of bioregionalism and ecology with his obvious abuse and mismanagement of the immediate bioregion of his own body. In his inebriated state, the speaker was hardly an example of a course of action that would lead to a balanced world peace. Our talk about world peace has little meaning if we are not willing to create peace in our own immediate lives the best that we can, while at the same time having the compassion for ourselves and others as imperfections, as it teaches in the Torah that none of the patriarchs or matriarchs of the lineage were perfect.

Creating Peace by Being Peace
The author’s interest in the Sevenfold Path of Peace came as a result of taking a hard look at the peace in his own life after many years of political activism. The author had worked with black teen gangs in Southside Chicago, on school health issues in Central Harlem in New York City, and on antiwar issues in San Francisco and Boston. He painfully realized that he and most of his fellow social activists, despite high ideals and desire for social justice, had not attained any lasting peace in their own lives. What concerned the author even more was that activist approaches and tactics were not particularly different from those of the opposition, including the thinking of being on the “right side.” Like the opposition, activists were still operating on the principle that the “end justifies the means.” Most of us, the author realized, have been limiting ourselves with a narrow, self-righteous political focus that does not include the other six aspects of the Sevenfold Path of Peace. This single-focus view, while effective in a limited way, did not and does not create the overall harmony needed to achieve a life of total and lasting peace on either an individual or planetary level. After contemplating this ancient seeding the new. So, like the lives of the Essenes of old, our lives, nurtured by the understanding of the Sevenfold Path of Peace, can become spiritual testaments to the total and lasting peace this world so desperately needs.

Peace is not something we need to run away from the world to find. It involves us as fully mature and present human beings and requires of us a full, integrated relationship to the world on every level. Past Secretary General of the United Nations, U Thant, added to this understanding of peace when he said: “Humans should have multiple allegiances to oneself, to the family, to the culture, to the world, and to the universe.” The text for these multiple allegiances was clarified by Dag Hammarskjöld before he died: “We have tried to make peace by every possible means, and we have failed. We can only succeed if there is a spiritual renaissance on this planet.” These multiple allegiances to peace are based on our direct, spiritual understanding of our inherent connectiveness to all life. The Sevenfold Path of Peace is part of the blossoming of planetary consciousness as we flower into this spiritual renaissance. It is the ancient seedling that the blossoming of Peace is part of our understanding of the Sevenfold Path of Peace often contrasts with what commonly Peace and Drug Administration (FDA), the first thoughts that come to mind are the safety and protection of people through the testing of harmful drugs and the elimination of those that are not favorable. Before the recent egg recall, I remembered the spinach E. coli scare. I thought, “Now that is how the FDA is supposed to work”—it takes control, removes the harmful spinach from the market, and keeps people healthy and alive. Regarding pharmaceutical drugs, similar to the spinach, I thought the FDA kept drug companies and products in line. However, I discovered that the pharmaceutical aspect of the FDA is one of the most commonly misunderstood realms. In fact, instead of protecting people like you and me, the FDA is in cohorts with the drug companies. The companies that the FDA purports to protect us from are often the same companies that are in charge of the FDA itself. Although the FDA does efficiently prosecute many drug companies, it also prosecutes people who are focused on the well being of their customers. For example, in 2009 the FDA sent multiple letters to cherry companies nationwide proposing legal action. The rationale was that the cherry growers had published information on their website about the health benefits in cherries—their anti-inflammatory properties. The FDA had threatened the cherry companies to keep growers from promoting the healthy benefits. This seems unjust to me, but it doesn’t stop with just cherry growers. The FDA squelches the voices of the natural food and supplement proponents, and the FDA fails to provide protection to the American people due to its inability to put limits on the drug companies. I found it shocking when I learned the Food and Drug Administration does not conduct any scientific trials on the effects of drugs; this is appalling considering that the point of the FDA is to protect us. So where is the FDA getting its information on drugs? The answer is just as surprising: the FDA gets all of its information about drugs from the companies that produce the drugs. For the FDA to authorize a drug for the market, it needs to be given studies concerning the effectiveness of the drug. The studies are required only to provide the FDA an outline of the “successes” of the drug and how the drug hit the one positive marker that is needed for approval—even if it happened to miss twenty-five others. The report does not announce any of the failed trials and markers. The report does not recount any of the side effects. The report does not publicize any of the drawbacks. What makes
Where Are They Now?

Winnie: Tuning the Bentley
by Babs E. Keller

Winifred “Winnie” Marie Loving, or Winnie as her friends call her, is absolutely loving her life in retirement after teaching public school in the Caribbean for over 30 years. Born in Boston, MA, she received a Bachelor of Arts degree from Newton College of the Sacred Heart and a Masters of Science degree, specializing in Early Childhood Development from Wheelock College. In 1972, she moved to her current home on the island of St. Croix, the largest of the U.S. Virgin Islands. Winnie took the pen-name Oyoko, meaning member of a royal clan, while visiting Ghana, West Africa.

Winnie loves basking in the beauty of the lush tropical island doing all the things she ever dreamed of doing: writing books and poetry, enjoying gospel music, staying healthy in body and happy in mind. Always proactive regarding her health and considering it her greatest treasure, Winnie heard about Ann Wigmore through a friend when she was a young girl in College and acting on her curiosity, visited the site in the South End. She’s been on the raw path ever since. Her first visit to Hippocrates Health Institute in West Palm Beach was in the early 90’s. Since then she has returned ten times and plans to continue coming back.

“I always feel so great after a three-week sojourn at Hippocrates. I see myself as a gorgeous, old Bentley. I tune up the engine periodically, get the sludge out, change the oil and filters, and let her hum,” she muses. One of the things she enjoys most at Hippocrates is Yvonne’s fantastic water aerobics class and the great music in her gym classes, which according to Winnie, cannot be beat! In 2006, Winnie published her first book entitled My Name is Freedom, a children’s book about unusual names. Recently, Winnie proudly represented the Virgin Islands during the national Ms. Senior America Pageant held at Harrah’s Hotel and Casino in Atlantic City, New Jersey, where she read an original poem, Wish You Were Here, about her “love affair with St. Croix.”

This year she published a book of poetry called Spontaneous: Redefining Poetry, 49 delicious poems about love, loss and all the foibles of life. When visiting Hippocrates, Winnie spends a lot of time sitting quietly under a tree, writing down her ideas and thoughts, poems and story plots. It’s a peaceful, green space with lots of love everywhere. She thanks Hippocrates for being there when “this old Bentley veers off the road a bit, and needs a little looking after. The cuisine is delicious and the lectures are always on the cutting edge.”

When at home on her tropical island, Winnie buys locally-made chlorophyll drinks and is conscious of everything she eats. She hopes to return soon to Hippocrates infamous Thanksgiving Day feast. We look forward to having her with us again!

Upon graduating from Hippocrates Health Institute (HHI), I made a commitment to myself to look deeply into my heart and never settle for anything less than the best. I have since turned my health around and I am truly thriving (see Healing Our World Volume 30, Issue 1, “Remarkable Recoveries” for full story). I’ve shed the last few unhealthy pounds of extra body fat, along with the toxins it held onto. This has brought my body fat percentage well into the single digits, while my strength is continuing to increase. I am now stronger than I was in university, when I weighed 195 pounds and was a certifiable body building supplement junkie. From my current perspective, I know that everything I have been through in life has been an education—a training ground for what I am currently experiencing. I found the love of my life and she challenges and supports me beyond what I had ever dreamed possible. Together, we balance many projects; our six children, our thriving business, our training regimen, not to mention finding time to relax while making conscious choices and creating more joy in the world.

One of the projects I am most passionate about is our sprout growing operation. We are growing the best sprouts and wheatgrass in the greater Toronto area and possibly the world (next to Michael Bergonzi’s, of course) and sharing our amazing bounty with other HHI alumni. Our most inspirational client is a wonderful man — and a fellow HHI alumnus — who is speedily recovering from pancreatic cancer. He single-handedly eats and juices 25 pounds of our sprouts and wheatgrass every week. He always has a smile on his face and he is truly appreciative of life!

We have nearly perfected the art of growing the most nutrient dense sprouts, bursting with life and energy. We use only certified organic Canadian seeds and soak them in water from a deep well aquifer in the heart of the Hockley Valley World Biosphere Reserve, supplemented with ocean trace minerals. We sterilize the traps with high grade hydrogen peroxide, plant the seeds in certified organic soil and mist with ocean water to ensure maximum mineral content. We ozonate and circulate the air to control the growing conditions. The greens grow with natural light and are supplemented in spring, fall and winter with full spectrum grow lights. We hand harvest using ceramic knives to minimize oxidation then package in breathable bags to maximize longevity and freshness. Our customers say our sprouts are the best they’ve ever eaten. We think it’s because they can taste the love! We have the capacity to accommodate a few more “regulars” as we are keeping our operation small to ensure the highest quality sprouts available. I can be reached at mark@mbchocolate.ca.

Mark Handy
m&b alchemy inc.
The Raw Kitchen is a 5-star experience. Before opening, the owners Iris Garcia, Brenda Kunkler and Gigi Garcia spent months installing the equipment, painting, decorating and setting the stage for a culinary showcase of the most original, creative, beautiful and delicious un-cooked cuisine ever. The pleasing environment is so perfect that you relax as soon as you enter the restaurant. It is as if a feng shui expert designed this beautiful eatery.

Brenda, who is now cancer-free, was a chef at the Colony Hotel in Palm Beach before being diagnosed with breast cancer in 2006. When she and her partner, Iris, decided to go raw at Hippocrates Health Institute, Brenda thought her career was over. Iris encouraged her to continue to explore her passion for food by creating new raw dishes. She’s a real professional. I’ve been raw for 30 years, dining at almost every raw restaurant from Portland and Ashland, Oregon, down to San Francisco, LA, San Diego and all across the country from Phoenix to Dallas to Manhattan’s finest. All I can say is, we are lucky to have such a fine establishment in South Florida. Their food is unsurpassed. Brenda and Iris are Hippocrates alumni and have lived the “Hippocrates Diet” so they—and their staff—know what is and what is not on “the diet.” They are happy to tailor their offerings for Hippocrates diners.

The food at The Raw Kitchen is moderately priced. It is a real bargain, considering you are getting the healthiest of the healthy and the best of the best. Before dinner, guests can start off with freshly made wheatgrass juice. From 4—7 pm, you can have two wheatgrass shots for the price of one! Beverage options include fresh juices, coconut water, purified water and lemonade. In place of a meal on a plate, you could enjoy a glass of fresh juice. The Aerator is a collection of green juices known for oxygenating the blood. It is a general tonic made from organic celery, spinach, cucumber, kale and fennel. It is a delicious green drink that could stand in for a whole meal. The Purifier is made from organic root vegetables known to be tonifying for the blood: beet, carrot, ginger and a little apple for flavor. Those who love a cold, creamy beverage can choose either the Almond Nut milk with traditional Indian flavors or my favorite, the Chocolate Almond Milk Delight. Oo la la! It is frosty, tasty and nutritious.

More than one diner has told me the house salad is their favorite dish! It takes a very special salad for a salad eater to make it their favorite entree! This salad is one of three, and it has fresh crisp romaine lettuce chopped and topped with rows of chopped red pepper, cauliflower, avocado and olives along with diced farm fresh vegetables. The beautiful presentation and the choice of delicious dressings can’t be beat. Choose from Catalina dressing, Sesame dressing, the Pad Thai almond dressing and the special of the day. We don’t have to worry about digestion, as the juices start flowing just looking at this beautiful salad. When you taste it, your taste buds will rejoice.

Several of my friends recommended the pasta primavera. I resisted because I’m not big on zucchini. I thought, “I can make that at home.” I am so happy I tried the Primavera. This dish is a meal in itself—it is a large portion. Like all the offerings, it is colorful and visually pleasing, but the taste is mind-blowing. There were no tomatoes or sweeteners. I cannot imagine how they make it so wonderful but Iris told me that the bite sized zucchini noodles are covered with a marinated fresh veggie medley: fresh basil, garlic infused olive oil and a dash of real sea salt. If you’re really hungry, this entrée is guaranteed to fill you up!

The Raw Kitchen is becoming famous for their pizza. The favorite seems to be the ELT Pizza. Brenda slices the fresh Asian eggplant into paper thin strips. Then she marinates them before dehydrating them. They are tasty! The crust is mostly sprouted buckwheat. Remember, there’s no gluten served in The Raw Kitchen.

The Asian Wrap is a nori roll filled with fresh coconut meat, marinated sprouted millet, white sesame seeds and julienne市场 vegetables with a sesame ginger sauce. When it comes to dessert, you will be delighted. You can tantalize your taste buds with the chocolate coconut parfait, which is a delectable chocolate mousse with fresh coconut, goji berries and vanilla cream. This is not on the Hippocrates diet, but you can make it a whole meal. The last time I was there in the afternoon and ordered a Chocolate Almond Milk Delight and the Parfait, I had to take half the parfait home with me because I was too satisfied to finish.

The Raw Kitchen is a great place to gather before the Thursday or Friday night street party on Clematis or to cool off with a great treat after all that dancing... or both! It’s quite likely you’ll run into friends there, too. So, spread the word. Let’s show our support for The Raw Kitchen. Call to be sure their hours are the same, but at present they open for Lunch Monday thru Sunday 11:30 am—4:00 pm and for Dinner Wednesday, Thursday, Friday and Saturday 5:00 pm—10:00 pm.

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Is Depression a Thing of the Past for Most Sufferers?
Fisher Wallace Cranial Stimulator
by Jacob Benson

A doctor-prescribed treatment for depression with no serious side effects. Relief from anxiety with no serious side effects. Insomnia treatment with no side effects.

If a patient doesn’t experience results within 60 days of purchasing the device, (s)he may return it for a full refund. Another advantage of the technology is its wide variety of application. In a 2009 study, Phoenix House, which provides substance abuse treatment programs to over 2,000 patients in New York every year, found the Fisher Wallace Cranial Stimulator to be extremely successful in increasing 90-day patient retention.

Safe and effective, the device is also easy to use. There are three simple parts: the base unit, a headset and a headband to hold the sponge electrodes in place. The device may be used only once a day for 20 minutes, or twice a day for acute symptom relief. Non-intrusive and lightweight, the device can be conveniently used while relaxing, working on the computer, reading or doing pretty much anything that isn’t physically demanding.

While the company and its product may still be considered “alternative,” there are currently over a hundred top doctors who regularly prescribe the device — a list that is growing every month. But even with the support of peer-reviewed research and top doctors, many people still choose pharmaceutical drugs as the treatment of first resort. Despite this market reality, Fisher Wallace Laboratories will continue to produce a safe and effective alternative and market it to the millions who suffer from depression, anxiety and insomnia so they can learn that there is a legitimate drug-free option for them. Serious and harmful side effects no longer need to be a part of recovery.
Unresolved are many issues in the licensing of supplements to the FDA itself. Title 18, the Criminal Code, Chapter 47, Section 113 makes it a crime to place a false language on a label or the packaging of any product, to defraud the consumer. This Bill was introduced, modifying Title 18, the Criminal Code, Chapter 47, the Fraud and False Statements section to include mislabeling and food-borne illnesses penalties. A new player is involved—the Justice Department. It remains to be seen whether this bill stands alone or is a maneuver for S. 510 passage. This is what the FDA uses when it does not agree with the language on a label or the packaging of a supplement. One can only wonder what precedent might be set for criminalizing the actions of any agency or business involved in food—from the smallest farms to corporate testing of supplements to the FDA itself. Unresolved are many issues in the middle, including a clear basis for the crime and “scientific-based” standards as criteria.

“Scientific-Based” Standards—Implications on Supplements and Organic Farms:

The term “scientific-based” is still left open for the FDA to define in section 491. This red flag is up for debate and needs to be addressed diligently to avoid any overlap or conflict on supplements. Issues of “new dietary ingredients” continue to be an unresolved matter along with how much impact there may be on existing supplements and organic growers. The instruction on “scientific-based” minimum standards states: “science-based minimum standards for the safe production and harvesting of those types of fruits and vegetables, including specific mixes or categories of fruits and vegetables, that are raw agricultural commodities for which the Secretary has determined that such standards minimize the risk of serious adverse health consequences or death.”

According to a report from Capitol Strategy Consultants, science in its purest meaning is “knowledge attained through study or practice.” Using dietary supplements as an example, the report continues “a single government funded study, even if poorly designed and executed, if the outcome is negative will be used to discount dozens of other studies, and hundreds and sometimes thousands of years of traditional use by Herbalists, Naturopaths and Traditional healers from around the world. In essence, unless the practice or study comes from the ‘mainstream,’ discrimination against the practice or product is rampant.”

Food-borne illness statistics that are cited as argument in support of these bills by the FDA and policy makers are out of date as much as 20 years and “wordsmithed” to effect desired advantages. The FDA itself chooses to ignore facts from its own studies—new chemicals introduced to the public in new drugs after scientific testing on both animals and humans. According to the U.S. General Accounting Office, “of 198 new drugs entering the market between 1976 and 1985, 102, nearly 52 percent, caused adverse reactions that pre-market tests had failed to predict.” (U.S. General Accounting Office, FDA Drug Review: Post Approval Risks 1976–85. U.S. General Accounting Office, Washington, DC, 1990.) These drugs were sedatives, such as Valium and Librium, antidepressants, variations of cephalosporin antibiotics, ignored by the FDA but successfully sold to gain significant market share and profit. Capitol Strategy Consultants’ report states: “Pasteurization has been common place in the dairy industry for decades…milk is heated to just below boiling in order to kill any potential harmful germs. In just the same way that washing your hands with anti-bacterial soap kills both the good and the bad germs, pasteurization kills all bacteria as well as some enzymes in milk. It is in essence a trade off, improving the safety while lessening the potential nutrient value.” This desire by some to prevent access to raw milk products is a good example of how ‘science-based’ practices such as pasteurization ends up. These practices are used in broad strokes and force other products out of the marketplace.

Regarding the Term “Scientific-Based”:

“The same perspective holds true for antibiotic use in animals being raised for human consumption, the use of natural fertilizers and pest control measures in sustainable farming, as well as heritage seeds rather than GMO seeds are all examples of where the broad strokes put forth in the typical ‘science-based’ policy development are adversely affected,” the report continues.

Without a clear definition and instructions from Congress to the FDA, many of our traditional uses, choices and personal views risk being “broad-stroked” away. Can we trust that the FDA will get it right? If so, why not trust the organic grower instead? If human nature in scientific experiments and studies goes too far, isn’t it reasonable to assume that the same tendency to go too far inherently exists in unaccounted-for policy control?

Would the Food Safety Bill have Prevented the Egg Recall?

Simply put, “No!” The FDA had all it needed, including the knowledge of past violations, to prevent the egg recall. The owner of the farm was a habitual violator of rules and was charged and fined in the past. When asked to comply with lab testing after this last event, compliance was immediate. When asked before the House Committee, the head of the FDA stated that there was not sufficient communications with other departments. Provisions for compliance have not been implemented for years, according to questioning from the committee. Therefore, the internal FDA mechanism needs to be fixed and brought up to speed before giving it more money and power. It has what it needs now to do the job; it just has to figure out how to do it better. Unfortunately, attitude cannot be legislated.

Future Action

Strategically, there are many challenges in moving forward. The POP Campaign will diligently continue to track the food safety and supplement legislation, voice our concerns and educate on issues every step of the way. Contact your representative during the campaign break, if food safety is held off until the 112th Congressional session, this will allow more time to frame questions and seek a more balanced piece of legislation. There are many opportunities when the bill comes to the Senate floor in December and room for input in the Joint Conference Committee.

Continuing, speaking with your friends and neighbors — in hair salons, grocery stores and family gatherings. Get involved. Become aware of your food, it keeps you alive.

Please support the POP Campaign: donate at www.POPCampaign.org, call (415) 999-9414 or email rudi@POPcampaign.org.

“Frankly, food is no longer a hospitable game. We can no longer walk hand in hand blindly and expect the right mix to come along and the right policy to support us—we can no longer be victims of a ‘Food & Health Deficit Disorder’ mentality in any movement.” — Rudi Leonardi
1. The WATER

2. Microgreens

3. The SEED

4. Microgreen container setup

The SUNLIGHT & WARMTH & AIR

While full-spectrum grow lights are worthy substitutes, exposure to direct sunlight filtered through glass is the ideal toward which to aspire. Indirect sunlight will suffice if that's all your window sills will allow. You simply will need more days to grow your greens, and your greens will grow longer stems in an effort to reach for the sun. If to follow the sunlight you must move your trays of containers from window to window, then try your best to do so.

While I peddle my manuscripts to publishers, I try not to peddle my books to readers. Nevertheless, for discussion about Warmth and about Air, rather than repeat myself, I humbly refer you to my book titled SPROUT GARDEN www.markbraunstein.org/bookspoutgarden.htm, specifically the sections about Air and Warmth on pages 14 to 16, and about The Soil Method on pages 44 to 53. There too you'll find ample discussion about the ever important Harvest, because regardless of the diversity of methods of gardening, your labors will reap rewards—an abundance of excellence.

You may not need a green thumb to achieve fruition. Even a pink pinky will suffice. But you do need patience and persistence. Tending to your microgreens will be a joy, not a chore. Grow them knowing that you are being good to them, and thank them knowing that they will be good for you.

This article is posted both as text and as a PDF at: www.markbraunstein.org/growmicrogreens.htm
Passionately Pursue, cont’d from p. 23

If people could be genuine enough to allow this inherent instinct to guide them, many of our problems would wash away. During WWII there was a well-funded Catholic orphanage in South America. Hundreds of orphans were well-fed and well-clothed and lived in comfortable quarters, but because there were only a handful of nurses to attend to them, the children lacked human touch and consistent, loving attention.

A group of sociologists and psychologists followed the life patterns of this group and found there was an exceptionally high level of basic criminal behavior. The study showed that when loving attention is lacking early in life, people do not see the world as safe and secure. “This developed perception caused these people to strike out at others and institutions, demonstrating their outrage for the lack of love that they had suffered,” the study stated.

Fortunately, most of us were not orphans. Even still, few of our parents spent the time needed to nurture us properly and give us loving and reinforcing touch. This is not because they lacked the desire to nurture us or were unloving, but because of the demands and the societal indoctrination imposed on them. It’s rare to find a mom and dad who not only have the wisdom and fortitude to work with conflicts as they arise in Independently, as well as to lovingly out their own emotional baggage with examples of humanity’s failures, that it can seem like a childish fantasy to still root for all that is good in us. But I believe the real news on this planet is love—why it exists, where it came from and where it is going. This is why, even though I fail at it far more than I succeed, I still try to follow the advice of the author Og Mandino, who wrote, “Treat everyone you meet as if he or she were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do so with no thought of reward. Your life will never be the same.”

Human Nature, cont’d from p. 25

We have a choice whether to succumb to the consumer trance, identify our self-worth by our net worth, and race by each other in the night — or to build lives of caring, substance and beauty.

In our so very troubled times, hope itself can seem like a romantic fallacy. The news we hear is so filled with horrors and tragedies, so replete with examples of humanity’s failures, that it can seem like a childish fantasy to still root for all that is good in us. But I believe the real news on this planet is love—why it exists, where it came from and where it is going. This is why, even though I fail at it far more than I succeed, I still try to follow the advice of the author Og Mandino, who wrote, “Treat everyone you meet as if he or she were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do so with no thought of reward. Your life will never be the same.”

Dr. Colbert found that when cancer patients first visit his office, they are almost always very acidic and toxic. His first task is to get their tissues more alkaline.

A clear advantage of atmospheric water generators like the Atmos system is that the water is not only purified by its multi-stage filtration system and UV lights, but it bypasses many of the contaminants and impurities found in pipes and soil because it is derived directly from the air. This alleviates several of the primary sources of Total Dissolved Solids in water — things like agricultural runoff, soil contamination, and pollution from industrial and sewage plants and pesticides. As it generates and filters the water, the system de-humidifies and cleans the air as well. Thus, the Atmos is not only supporting our bodies, it is supporting our environment.

Our water is precious. It naturally absorbs and transfers components of its environment, bringing back to us all that we give out. Dr. Masaru Emoto, author of Messages From Water says, “Water is the mirror reflecting the level of our consciousness.” As we become more aware of ways to support ourselves and our planet, our water will begin to reflect that support and share it with all of life. Let us all partake in water’s journey by finding ways of cleansing and renewing it and by recognizing and valuing its unique receptivity to our choices.

Call (561) 471-8876, ext. 171, to learn more about the Atmos.
“I can’t imagine we got this philosophy from any high spiritual source,” he prefaced, “and that philosophy is that ‘I’m going to die from something anyway so it doesn’t matter and I might as well enjoy myself.’

“So we’ll eat anything. The major criteria in determining what we’re going to eat are: Does it taste good? Is it close by? Is it inexpensive and is it something we’re all eating anyway? It’s greasy food, it’s that comfort food, and there are heavy amounts of sugar, salt and the blood of animal, which we seem to be addicted to. It has become a part of our culture. The stereotype has become the reality.”

For Baruch, there’s a pervasive and covert method to the madness as old as society itself. “Bad-for-you foods are made more available to people who are less desirable by those who think they’re in control,” he claimed, citing the pharmaceutical approach as an example of veiled but obvious bad-for-you food. But, like the remodeling of his café, there’s order beyond the chaos.

“I want to get black people back to the point where they recognize food is their medicine and also their poison and that we should just make better choices because food should nourish us and keep us healthy, and keep us strong and vibrant and virile. The reality is I don’t know anything cheaper than growing it in your backyard.”

Baruch has plans to return black Americans to the basics of good living by offering affordable weekend health resort retreats in the country just outside the Beltway. “We have some nice rural areas where they could get away from the city and the bad-for-you food,” he explained. He said proof of eating healthier pudding would be seen. “We could show them in three days that if they eat this way, wow, what vital statistics! Look at how much better it is just because you haven’t consumed that junk you’re accustomed to. Look at how your feel. Look at how much weight you’ve lost. And you haven’t missed anything in taste not to mention satisfaction.”

Learn more on Baruch’s website, Iamnotamedicaldoctor.com

At the café, Naraki Nu, 16, an 11th grader who’s been a vegetarian “since before I was born,” was stepping over two-by-fours, picking up dinner to go. “I eat this way because it feels good, my body flows right,” he said, calling himself a “soul vegetarian.”

“It helps you mentally, you feel more civilized,” he added. As he heads out the grated front door, he turns, smiles deeply, flashes the peace sign and says, “One love.”
Accidental Beauty Queen, cont’d from p. 28

With my family history, I wanted to take every step possible to make sure I remained healthy. I knew my genes were “stacked against me,” so I was determined not to follow in my family’s footsteps regarding lifestyle and food choices. I have always been conscious of my health and have tried to live and eat “healthy.” I had not been eating awful, but in no way was I near a raw vegan diet.

While at Hippocrates, I met some of the most amazing and inspirational people. I learned to open up to strangers, to new experiences and also to who I was without so much of the outside world influencing me. I focused on me, checking in with myself emotionally. I learned to release all the stress I had encountered, the judgments the pageants had put me through and all the emotional baggage I didn’t even know I was carrying. My dad passed away in 2003 and, until I came to Hippocrates, I had not realized I still needed to deal with the loss. Once I stopped trying to gain comfort from food and spent time meditating and listening to my body, I finally became truly healthy. I have been raw vegan since October 2009 and know I could never go back to the way I was eating. I have stuck to this lifestyle as closely as possible. I still laugh when people look at me like I’m crazy when I tell them I am vegan. Once I tell them how amazing I feel from the inside out and the difference I saw in my outer appearance, they begin to see it’s the standard Western diet that’s ultimately depleting. I know my new lifestyle is the right choice for me—not only did I go into Miss USA 2010 looking like I needed and wanted to, but I was also exactly where I needed to be emotionally and mentally for such a fierce competition.

I now describe myself as an accidental beauty queen, world peace hopeful and a vegan activist—all three titles that I am very proud of. I

Love Is Within, cont’d from p. 30

“Then I put the awakened wheat into the soil of the angel of Earth, and the power of the Earthly Mother and all her angels entered into the wheat, and when the sun had risen four times the grains had become grass. I tell you truly, there is no greater miracle than this.”

The Essenes were known as master healers and were fueled by the Biogenic Wisdom Jesus shared when he returned from India. They lived in the desert yet thrived on bountiful gardens.

On a diet of raw foods, sprouted grains and grasses, they knew the key to optimal longevity and lived four times longer and healthier than the average person in that era. You can learn more about the Essenes belief system and their writings at www.thenazareneway.com.

The practice of Bhakti Yoga includes visualizing, thinking about and feeling the sacred in all. That is love, adoration and continued awareness. This is the yogic path through which human sentiments and emotions are integrated into an expansive universal divine love that gives us peace beyond understanding.

Forming beliefs and an optimal philosophy in life should be an ever-present quest. Embracing knowledge that can uplift our souls and give our bodies cosmic infinite vitality is what everyone is seeking on some level. On our journey of remembering our divine essence, there is no more powerful practice than that of retaining one’s life force.

Tantra yoga is the practice and study of the life force energy as it is perceived and expressed through the human body, both individually and as experienced with others. Higher planes of awareness are revealed when the energy of body fluids are not released during orgasm. While indeed tantra is an infinite world to explore, it is the raw foods and, especially, sprouted grains that provide not only incredible stamina, but the spiritual strength to ascend above the physical realm experience and expand your energy to an all-encompassing experience. Sprouted food is the nourishment of the root chakra, whereas wheatgrass is the food of lovers and the heart. Dr. Benet Luchion, a tantric priest, chemist, teacher and author in his 60s, has been living exclusively on wheatgrass and wheat sprouts for more than 50 years. His appearance, energy and libido are like those of a teenager. He says: “Wheat is the highest vibrational food on the planet. One can live on wheat alone. Wheat makes you feel like it’s spring inside you all the time.

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Food, Your Health and the Free Enterprise System: In today's political climate, wealthy and successful businesses have become "enemies of the week" for politicians looking to score a few media points. As the first series of new regulations on health care reform begin to take place, and with Americans three months away from the largest tax increase in the history of the country, many are realizing that the ideals of our founding fathers about the importance of the free market system are exactly what made us great and what will bring us back to the top — not the march to socialism. What does that mean for the natural health community? It means that each individual maintains personal responsibility for their maximum wellness. Rather than becoming dependent on a governmental body to make decisions for them, each individual regulates the food industry with his or her wallet. It is this method of "voting with our dollars" that has caused the organics industry to grow from a $1 billion industry in 1990 to a $25 billion industry this year. Approximately 12% of all produce sold is organic.

Educational campaigns offered by well-respected health institutes and organizations, not the federal government, have empowered individuals to seek a higher level of wellness through a healthy lifestyle. As Congress breaks for the home stretch of campaigning, it is your right to speak out, to inform those who seek your vote that you want organics protected, and any genetically altered foods to be clearly labeled as such.

Therapeutic Touch, developed by Dora Kunz and Dolores Krieger in the 1970s. In Therapeutic Touch (TT), the practitioner passes her hands through the energy field just outside the skin level of the patient for the sake of unraveling or mending it. A double-blind study was conducted to determine the effects of TT on hemoglobin levels. Some patients received "real" TT treatments and some received what looked like real TT treatments but weren't, because those nurses were doing math problems in their heads while moving their hands over the patient's skin. The real TT practitioners were, in their minds, focusing on a loving, helping and healing intent for their patient. The outcome showed a vast difference between the real and the pseudo-TT treatments; the hemoglobin levels of the recipients of the real TT treatments rose statistically significantly, whereas the hemoglobin levels of the recipients of the pseudo-TT treatments remained the same. The only difference was the loving, healing intent of the nurse. Ah, the power of love.

Self-love
Self-love comes from knowing the self independent of all the messages gathered and absorbed over time, especially during childhood. Because our nervous systems are so wide open to suggestion when we're infants and children, whatever we're exposed to, especially information about our self, basically goes in and takes root as self image. Sometimes that self-image is lovable and sometimes it isn't. The original self, on the other hand, is always lovable, but the more hidden we are to ourselves, the more elusive that natural loveliness is. If we're lucky, we'll find people in our lives to love us, but even still, self-love can elude us. Again, because self love comes from self knowledge, knowledge of the original self is key. That original spark of life that animated us in the very beginning is the same one that keeps us alive all of the days of our lives. Here's the good news that spark is knowable. And to know it is to know love. God is love. And once we know our self as a spark of God, everything changes. Self-care is no longer seen as selfish. Eating right is no longer seen as a chore that involves deprivation or a discipline that requires vigilance and work, but rather as doing the righteous thing out of love for our own being.

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