Recovery 11: Consciousness Raised
Fourteen accounts of Healing, The Hippocrates Way

POP CAMPAIGN UPDATES:
POP Campaign Post-Election Impact,
The Political Landscape for the POP Campaign

ALSO: Can Caloric Restriction Reverse Cancer?,
John Robbins: How Bad is McDonald’s Food?,
Health Educator Stories, Living Foods for Cold Weather,
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This must-read exposé on how clothing creates disease is the latest in a series from the directors of Hippocrates Health Institute. Get your copy while supplies last.
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Our bodies are ever-changing, biological powerhouses that rebuild worn out parts at a cellular level. Not long ago, one of the grand mysteries was why we age. The root of this mystery was the fact that our cells should be developing and dying at the same pace.

Karolinska Institutet (KI), the renowned Swedish research center, discovered that we harm our chromosomes (genetics) by overeating, lack of restful (deep phase) sleep, and toxic overload. Of course, all these problems can be linked to our estrangement from simple living. Here at Hippocrates Health Institute (HHI), we re-confirm KI’s premise by studying the processes that create health for our guests at various stages of myriad, often catastrophic, diseases. In the past, we would have had to live hard lives for a long time to acquire serious illnesses. Today, it is commonplace to find our babies, children and young adults suffering the same ailments that, two generations ago, took a lifetime to develop.

These days, everywhere you turn you will find a disease-ridden person. Sadly, we have come to accept this as a normal part of life. By definition, a “disease” is an abnormality, which means it is the opposite of normal, regardless of how often we see it. Until we find our base again and re-establish our core values, balanced equilibrium cannot be achieved. Every day, HHI works toward the restoration of our suffering humanity. From this we gain a stronger understanding of these “commonplace” disorders, which manifest to awaken us. It is difficult to receive this wake-up call when in the throes of disease, but this is the very moment when consciousness is required. When succumbing to illness, we virtually implode, cutting ourselves off from the viability of healthy lives. This kind of submission can only lead to the proliferation of disorder. We must raise ourselves above any circumstance to be able to understand it. When doing so, we will become fully aware of the endless vista of possibilities that can bring about recovery. There is only one way to reach this zenith of understanding. We must open our eyes, open our hearts, release our fears and gain confidence. This formula can take us to the pinnacle of healing. All that we need to know is naturally available to each of us within our personal faculties. We must permit ourselves to gather our internal strength and unify. Within ourselves, our passionate power awaits. Upon awakening this power, we will be unstoppable, even in the face of catastrophic disease.

Drs. Anna Maria and Brian Clement
Can Caloric Restriction Reverse Cancer?

Dr. George Yu: Since 2002, I have been auditing and reviewing cases for nutritional centers such as Hippocrates Health Institute (HHI) and Kushi Institute (KI). I have seen sufficient successful cases to become a believer, both intellectually and emotionally, in the health benefits provided by low calorie diets.

The institutes I’ve worked with have unique philosophies, but there are several common denominators:
- The diets they prescribe are simple and easy to digest.
- The foods comprising these diets are abundant with nutrition.
- Participants who eat such diets lose about 10% of their body weight.

This weight loss differs from cachexia of terminal cancer patients, as these individuals’ serum insulin and cortisol levels are not elevated (Amer. J. Clin. Nut. 1987:45:236-242).
- Dr. Peter Choyke, radiologist for the National Cancer Institute, noted that CAT scans of patients on nutritional interventions all lose visceral fat simultaneously with cancer shrinkage and necrosis about three to six months into the program.
- There are 20% reversals and the rest have partial remissions requiring adjuvant combination treatments.
- Each participant on these regimens consumes 1,000 to 1,800 calories per day.

Caloric Restriction (CR): The Common Denominator

After a chance meeting with the late Dr. David Kritchevsky of the University of Pennsylvania and reading a publication by Dr. Stephen Spindler (PNAS Sept. 11, 2001, Vol. 98, No.19, 10631), I began to answer what had been puzzling me: Why do all these institutes with differing nutritional programs all produce the same results despite different philosophies?

Dr. Kritchevsky noted that caloric restriction arrested all induced or spontaneous animal cancer growths.

Stephen Spindler, a protégé of Dr. Roy Walford of Biosphere 2, showed that CR could reverse genetic expressions of cell replication, cell death, and cell detoxification back to a “healthier and younger” state even in a short time frame of three to six months.

So gene expressions are dynamic and ever changing depending on the environment!

Oddly enough, three to six months is the same time interval that, clinically, we see cancer and visceral fat shrinkage on CAT scans of patients using nutritional intervention (audit for the Best Case Series Feb. 25, 2002). This could be a “phenomenon looking for a reason.”

With advances in research in genetic expressions using the most sophisticated reproducible tools such as the Parallel Sequencing Assays, we are now exploring the genetic reasons of the “whys” of nutritional interventions.

The George W. Yu Foundation is generously funding the Dr. S. Spindler group at University of California, Riverside, to conduct a joint study on patients with melanoma and breast cancers. We will provide “Bridge Funding” to do a pilot study on six individual volunteers who intend to start a CR raw food or CR macrobiotic diet. We will examine changes in their genetic expressions during short term nutritional intervention.
Healing Our World » Consciousness Raised Healing Our World » Consciousness Raised

**Contributors**

Rita Anthoine learned about Hippocrates Health Institute (HHI), through her husband, Robert Anthoine, a long-time friend of the institute. Rita’s daughter, Suzanne, recently healed herself after a visit to HHI. See Suzanne’s story on page 22 and Rita’s story on page 24.

Gina Brandon, a Hippocrates Health Educator, has practiced massage therapy and Hatha yoga for over eleven years. She has distilled her years of education and practice into The Sunflower Crusade, an all-inclusive spa-at-sea experience on an intimate catamaran. Learn more on page 45 or visit SunflowerCrusade.com.

Will Burson is Art Director of Hippocrates Health Institute (HHI). After 15 years in the advertising business, the casual HHI lifestyle is a welcome change for Will. A recent transplant from Texas, he lives near the beach with his two dogs, enjoying the Florida sun.

Antony Chatham, a Florida-licensed psychotherapist, has worked with Hippocrates’ guests since 1996. He draws 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.

Rennie Brewer is Director of Guest Services at Hippocrates, where she spends her time “Helping People Help Themselves.” She is also an Awareness Advocate against teen violence. Rennie is organizing a website also an Awareness Advocate against teen violence. Reenie is organizing a website SunflowerCrusade.com.

Katharine Clark is Director of the Hippocrates Health Academy at HHI. The academy 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 and treatment), pediatrics, medical injury, FDA regulation, conflicts of interest, health care disparities, disease prevention, integrative medicine and more.

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 health maintenance 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.

Ron English created MC Supersized, the obese fast-food mascot featured in the hit movie Super Size Me (see page 33). Also famous for his Abraham Obama art project, Ron has created illegal murals and billboards that blend stunning visuals with biting political statements, hijacking public space for the sake of art since the 1980s. Learn more at Popaganda.com.

Linda Frees, Hippocrates Health Educator, is teaching Living Food classes in Quebec and developing her DVD series, One Easy Thing! Visit HealthyEasyGreen.com to learn more or contact her via email at Linda@HealthyEasyGreen.com for class and weekend retreat dates.

Mikaelie Holzer, a Hippocrates Health Educator, facilitates detox cleanses and is a life transformation coach. Rudi Leonardt 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 46 or visit POPCampaing.com.

Kathryn Lippman is an advocate for alternative health, nutrition and wellness. Her belief that “Life is a journey of continuous transformation” arises from her inspiring life experiences. In consultations her goal is to reach out and enlighten clients by way of her experiences and training. She provides hands-on tools, knowledge and motivation to assist individuals with the healthy transformation in their lives. Read more about her Life Change Take-It-Home Program on page 47.

John Robbins is the author of the just-released tenth anniversary edition of The Food Revolution, as well as many other bestsellers, including the classic, Diet For A New America; and The New Good Life. John is the recipient of the Easternsson Award, the Albert Schweitzer Humanitarian Award, the Peace Abbey’s Courage of Conscience Award, and Green America’s Lifetime Achievement Award. To learn more, or to join John’s email list, visit www.johnrobbins.info.

Debra Tau is first and foremost a loving and conscious mother to her 21-month young son, Thaddeus, who, like his mom, enjoys plant-based living foods. Debra wears many hats at HHI, including writing for and editing Healing Our World magazine.

Roxane Vezina, a Hippocrates Health Educator, hosts trips to HHI for guests from her native Quebec. See Roxane’s French Hippocrates schedule on page 63 or contact her at (418) 870-4334 or Roxanevezina@hotmail.com

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 Will@HippocratesInstitute.org.
**Winter / Spring**

*Subject to change.

**June:**
- California/Malibu
- Toronto/Montreal

**May:**
- Canada/Martinique

**April:**
- California
- Canada/Vancouver

**March:**
- Europe

**Jan/Feb:**
- FL/CA/AZ

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**Hippocrates “Guest of the Year”**

by Reenie Brewer

Mary Walker is the recipient of the “Guest of the Year” award. She cared for and supported her husband Jordy in a way that inspired everyone. Mary taught us all the meaning of true love and commitment. Jordy always came first, no matter what. Mary also mentored many of our staff and our Health Educator class, always with a smile and an internal grace. She is what all women aspire to be.

Receiving honorary mention were Amy Joseph, Bromwyn Holmes and Eddie Brill, all noted for their ability to fight, move on, and laugh at life. Thank you all for the lessons you left us with!

---

**Hippocrates “Employee of the Year”**

by Debra Tau

Each year, Hippocrates employees (by secret ballot) and guests (through guest comment cards) vote for who they think deserves the honorable title, “Employee of the Year.” All of the votes are tallied, then the directors get together to review the employee votes and guest comments and reach a decision.

Congratulations, Rick Warner, who was selected as Employee of the Year! Rick is the Shipping and Receiving Manager at Hippocrates Health Institute. He works diligently to ensure that all guests and staff have their shipping needs met in a timely manner. Rick is also in charge of the mailing list and distribution of Healing Our World magazine. Rick is an easy-going, likable guy. His hard work and dedication to serving the guests with “The New Gold Standard” are truly what has won him this honorable title.

Rick is quick to say he couldn’t do his job half as well as he does without his faithful team, Larry Rosenbaum and Eddie Brill, all noted for their ability to fight, move on, and laugh at life. Thank you all for the lessons you left us with!

---

**Scholarship Fund**

by Will Burson

Hippocrates Health Institute (HHI) thanks the Hippocrates alumni, the friends and staff of the institute and the other generous contributors who donate to the Hippocrates Scholarship Fund. The generosity of these individuals and organizations makes attending Hippocrates a reality for people who wouldn’t otherwise be able to visit the institute.

Their kindness and consideration for others affords individuals like Jonah M. (see page 34) the opportunity to change their lives and overcome many of life’s challenges.

If you would like to touch the lives of others by donating to the Hippocrates Scholarship Fund, please call (561) 471-8876, ext. 129, for more information.

---

**Alcohol Named Most Dangerous Drug**

by Harry Marin

Alcohol is more destructive than heroin or crack when the overall harm to the individual and society are factored in, according to a recent study. The study ranked 20 drugs on 16 measures of harm — to both the users and society as a whole.

Here’s how the most harmful drugs stacked up in the study:
- Heroin, crack and crystal meth are worst for individuals.
- Alcohol, heroin and crack cocaine are worst for society.
- Alcohol is the worst overall.

The study by the Independent Scientific Committee on Drugs also said tobacco and cocaine were judged to be equally harmful, while ecstasy and LSD were among the least damaging.

The report, published in the medical journal, The Lancet, is co-authored by Professor David Nutt, the UK’s former chief drugs adviser, who was dismissed after he released a controversial pamphlet in 2009, titled Estimating drug harms: a risky business?

Nutt’s view is that illicit drugs should be classified according to the actual evidence of the harm they cause. Imagine for a moment how this classification would affect the purveyors of alcohol beverages, in light of the new evidence regarding alcohol’s impact on individuals and society (see chart below).

Nutt went on to form the Independent Scientific Committee on Drugs, which says it aims to investigate the drug issue without any political interference.

Another member of the committee is Dr Les King, a former government adviser who quit over Professor Nutt’s treatment.

Members of the group, joined by two other experts, scored each drug for harms including mental and physical damage, addiction, crime and costs to the economy and communities.

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### Most Harmful Drugs

<table>
<thead>
<tr>
<th>Overall Harm Score</th>
<th>Harm to others (CW*54)</th>
<th>Harm to users (CW*46)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>80</td>
<td>80</td>
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<tr>
<td>Heroin</td>
<td>70</td>
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<td>Crack</td>
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<td>Methylamphetamine</td>
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<td>Cocaine</td>
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<td>Tobacco</td>
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<td>Amphetamine</td>
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<td>GHB</td>
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<td>Benzodiazepines</td>
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<td>Ketamine</td>
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<td>Butane</td>
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<td>Anabolic steroids</td>
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<td>Ecstasy</td>
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<td>LSD</td>
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<td>Buprenorphine</td>
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<tr>
<td>Mushrooms</td>
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*Cumulative Weight

Source: The Lancet
Only 5% of Americans Get Proper Exercise
Too Much Time Spent Cooking and Snacking, Too Little Time Exercising
by Harry Marin

A new study presents alarming statistics concerning the percentage of Americans who exercise each day. A report published in the October issue of the American Journal of Preventive Medicine summarizes the daily nonwork, nonsleep activities of 80,000 American adults, and sorts them based on relative intensities (sedentary, light, moderate, and vigorous).

Only 5% of people evaluated got any vigorous activity—such as running, cycling, or strength training—in a given day. Food and drink preparation, on the other hand, was the most frequent “moderately vigorous” behavior, reported by study participants.

While we weren’t “working up a sweat” stirring margarine into our mashed potatoes, we were probably making phone calls, watching TV, reading (the one healthy activity in this list), or preparing snacks. All these daily activities ranked high on people’s preferred lists. 80% of Americans engaged in daily TV watching, while only 3% spent time in the kitchen.

It’s advised that American adults get around 75 weekly minutes of vigorous aerobic activity and another 150 minutes of moderately intense activity. Unfortunately, cooking doesn’t count—unless you’re on your treadmill when you do it.

Is it Vigorous?
“Moderate intense aerobic activity means you’re working hard enough to raise your heart rate and break a sweat,” read the Center for Disease Control and Prevention’s exercise guidelines. “One way to tell is that you’ll be able to talk, but not sing the words to your favorite song.”

Cooking burns around 68 calories an hour for a 150-pound adult, according to data from CalorieLab. By contrast, an hour of running burns closer to 600 calories.

Heavily Used Chemicals Overwhelmingly Untested
Only a tiny fraction of the compounds around us have been tested for safety by Harry Marin

Experts say roughly 50,000 chemicals are used in U.S. consumer products and industrial processes. This is their best estimate, since they don’t have a precise number. Their uncertainty is due to the fact that the 1976 Toxic Substances Control Act does not require chemicals to be registered or proven safe before use. The Environmental Protection Agency (EPA) has to show, after the fact, that a substance is dangerous. Thus, the EPA has managed to require testing of only about 300 substances that have been in circulation for decades. It has restricted applications of only five. The House Toxics Chemicals Safety Act of 2010 and the Senate Safe Chemicals Act of 2010 could eliminate this problem, requiring manufacturers to prove that existing and new chemicals meet specific safety criteria. More rigorous scrutiny in Europe and Canada suggests that “10–50% of U.S. chemicals would need some additional level of control,” says Richard Denison, a molecular biochemist at the Environmental Defense Fund. That would be 5,000 to 15,000 chemicals, rather than five.

The EPA has managed to require testing of only about 300 substances (of an estimated 50,000 in use). It has restricted applications of five.

Leaves it to Beaver wins costume contest at Hippocrates Health Institute’s 8th Annual Rawfest

Costume contest winners Eileen Erbeck and Dave King as June Cleaver and The Beaver.
by Judy Pokras

WEST PALM BEACH, FL — Judges chose Eileen Erbeck, of Harding Township, NJ, and Dave King, of West Palm Beach, FL, as the first prize winners in Hippocrates Health Institute’s Halloween costume contest on Saturday, October 30, 2010. Erbeck was dressed as June Cleaver, and King (who looked to be on the far side of middle age) was dressed as her little boy, “The Beaver,” from the classic TV show Leave it to Beaver. They won a $500 Hippocrates gift card. Erbeck and King competed with approximately two dozen contest entrants at Hippocrates’ 8th Annual Rawfest. Hundreds of people attended the free event, which was open to the public and included a delicious raw vegan lunch (and raw vegan ice cream was available for a small donation to the HHI scholarship fund). The theme of the occasion (which was organized by Reenie Brewer, HHI’s Director of Guest Relations) was “Fictional Characters.” Guests also enjoyed fascinating lectures on the topic of health and walked the sprawling grounds, festooned with artwork, vendors and beautiful greenery.

“We have people apply the Hippocrates program and heal themselves. This protocol has been the most effective in history,” said HHI Director Dr. Brian Clement, back from his 200-day-a-year travels. Clement said, “We’re the only organization in history that has conducted clinical research on humans for more than half a century.” A dynamic speaker, he said many of the people who go to Hippocrates have previously spent lots of money on conventional medicine, that was not able to help them.

Clement said the four essentials to reversing poor health are to “(1) love and respect yourself; (2) eat a 100% raw, vegan, living food diet; (3) get adequate exercise; and (4) release and let go.”

“A lot of people think that healthy eating is all about organic and raw foods,” Clement said. “It’s not about eating food, it’s about what you do. You have to spend 35 minutes a day, five days a week doing aerobic exercise, plus weightlifting.”

Rest and sleep are also necessary. Clement said, with most people need eight to eight and a half hours of sleep a night on average. Depression (which can cause people to sleep for 10 hours or more) and lack of sleep depress the immune system in the same way, he said.

Clement emphasized the power of the mind in the healing process: “It’s your thought processes that heal you. Blind faith and trust in yourself are the tickets to healing,” he said.

Other Rawfest speakers included Dr. Anna Maria Clement and Viktoras Kulvinskas, cofounder of Hippocrates Health Institute, who dressed like author Mickey Spillane.

Wigmore Hall Dedication

At noon, the crowd at HHI’s Rawfest drew near to witness the dedication of the institute’s newest building, Wigmore Hall. Dr. Brian Clement (pictured right), along with codirector Dr. Anna Maria Clement and Viktoras Kulvinskis, who cofounded the institute with Ann Wigmore five decades ago, spoke about Dr Wigmore and unveiled a plaque that will be displayed in the building that carries her name.

Wigmore Hall now houses many HHI activities, as well as the kitchen and dining room. This expansive facility had been in the planning and building stages for years.
Bringing Self Back
by Dr. Brian Clement

To recover is to regain one’s truest self. In the disconnected culture that we reside in, it is easy to lose direction. When we become lost, it is harder to make positive choices. Most of us seem to be grabbing at straws, engaged in a lottery rather than drawing up a concise, proactive plan to get back on track. We add more and more layers onto a shaky foundation. This results in problems that can be a breeding ground for disease.

Only you can change your circumstances. This is not a philosophical ideology. It is a law of nature. Observing tens of thousands of Hippocrates guests who have raised themselves from disease to health is nothing less than magical. When I was young, I viewed this ascension as an entirely tangible process.

I thought it was a physical conquest, wholly rooted in the foods one ate and the external actions one performed. As time passed, I realized that the transformations I saw were simply acceptances of one’s core self. There is a rudimentary understanding in the practice of psychology that the most vulnerable individuals are the greatest victims. Quantum knowledge allows us to further understand the laws of attraction.

When speaking with a friend who had grown up with privilege, I inquired how she perceived her noted successes. She grew up with privilege, I inquired how she understood the laws of attraction. Individuals are the greatest victims. When Joseph mentioned that he began asking about his recent activities, his doctor went through the series of tests, he finally drew his stethoscope to check the heartbeat. Joseph knew something was wrong when the physician stopped being his jovial self and began asking about his recent activities. When Joseph mentioned that he had played basketball the night before, the doctor immediately asked him to visit the cardiologist down the hall. Upon examining Joseph, the cardiologist lost his smile and took on a somber tone. Soon after, Joseph found himself in the hospital where he spent several days being probed, poked, and tested.

When Joseph’s specialist received his medical reports, Joseph was told that he may not survive since he had recently suffered several minor heart attacks. These either created—or were caused by—an enlarged heart. The doctor went on to say, “There is so much plaque and scar tissue that I cannot offer any viable solution for this problem.” The last words that were uttered to Joseph by the doctor as he stumbled out of the hospital were, “Take it easy and let us know if there is anything we can do to make this time easier for you.” Joseph was a thirty-seven year old man who, a week before, thought he was healthy. Now facing death, it was apparent that some soul searching had to occur. He finally concluded that, although he had armed himself with a tough exterior, when his wife left him for another man two years before, it had virtually killed him. Since he chose not to deal with this enormous burden, he was now allowing it to literally kill him. Fortunately, he found a competent and sensible psychologist who worked with him step by step to retrace what had happened.

One day Joseph had a revelation: “I really stopped caring for myself long before my wife left me. No wonder she fled.” With few options left, he began to relinquish the things that were not serving him and utilize those that did. Once again, he began to feel himself come back to life. Needless to say, the lifestyle choices he was now making excluded unhealthy food and negative thoughts and activities. Four months after recovering his death sentence, Joseph’s friends prompted him to again visit his cardiologist. He did, and his fifteen minute appointment ended up being a five-hour battery of tests. He was then called into the doctor’s consultation room. Joseph thought he was going to be told he was dead since the specialist looked at him as if he had just been hit by lightning. Instead, his doctor said, “We can find nothing wrong. When comparing the scans, it appears that there has been a spontaneous remission since we cannot find any blockages and only the slightest sign of scar tissue.” Joseph had recovered in the same way that all of us must. By finding ourselves, accepting ourselves, improving ourselves, and honoring ourselves, we give ourselves the necessary tools to live with unequivocal integrity.

“Heal thyself,” was consistently articulated by Hippocrates, the father of western medicine. In this tradition, our mission statement at Hippocrates Health Institute is “Helping people help themselves.”

Limited perception forestalls decisive action. When we spend more time in the darkness than in the sunlight, the world begins to appear gloomy. This gloominess narrows our perception, diminishing our ability to function at full capacity. By embracing our heart’s desire, we can step back into the light, reclaiming our imagination and realizing that our true potential is as boundless as the clear sky overhead.
Stage IV Melanoma
Cindy Nevills : Lakeland, Florida

I was diagnosed in 2005 with melanoma. I didn’t know much about the disease, so I had never realized how serious it was. I had skin cancer. After having surgery to remove a mole from my knee, I thought I was cured and on my way to a long and happy life. The only reminder I had was an ugly scar. That all changed when, three years later, I felt a little lump above the scar. I didn’t think it was anything to worry about, but my husband insisted that I get it checked out. It turned out to be melanoma that had metastasized up my leg. I went through surgery again and was put on interferon treatments that were supposed to last a year. Two months into the treatment I found another lump on my upper back. The biopsy came back and it was positive for melanoma. That’s when everything changed.

Scans showed that melanoma had begun to take over my body. For the next 18 months I endured six more surgeries and my cancer elevated to Stage IV. I tried different treatments, all unsuccessful, and was told by my doctors I had little chance of recovery. How was it possible that I couldn’t find anyone who had been able to conquer this disease? I began searching everywhere to find hope.

On January 29, 2010, I was given the dreaded news that the cancer had spread to my lungs and liver and multiple other locations — too many to count—and surgery was no longer an option. There was nothing that could be done except for clinical trials that had very aggressive side effects that I knew I wouldn’t be able to recover from. I was confused and I didn’t know what to do. I felt that if I did the clinical trials I might be able to help someone else in the future with this disease but I was not ready to sacrifice myself. My head was spinning. There had to be a way that I could beat this. My competitive nature kicked in and I gathered myself and decided I was going to do my own “clinical trial.” I remembered reading about Hippocrates Health Institute (HHI) in Kris Carr’s book Crazy Sexy Cancer. I was on the phone with HHI by the end of the day January 29 and visited the campus on February 4th. I enrolled in the three-week Life Change Program and began my journey on February 7, 2010. I will never forget that day. It was Super Bowl Sunday. Having grown up in Pittsburgh, I’m a huge football fan. I was driving alongside of them scared excited about the big game, and here I was driving alongside of them scared to death—in search of a bonafide miracle. Millions of questions were popping into my head. Would my clinical trial work? Was this the right decision? If my doctors only knew what I was doing what would they say? Would I ever be able to see my new grandson who was due in August? I had no choice but to save my life and I knew I could do it. I had way too much to live for. I arrived at HHI around 2 p.m. Sunday. The grounds were absolutely beautiful and there was a peaceful calm over the entire area. In the entrance door there was a sign that read “Welcome to Life.” I knew I was in the right place.

The first evening was orientation. I met other people —like me— had absolutely no idea what or where to begin. So we started and got started. I knew it was right. You just know. I received a schedule for what was expected to get results. There would be no distractions, no television, no computer (they are available but I chose not to partake) and limited cell phone usage. I made it a practice to call my husband once a day and have him call the family with updates.

I graduated from the Hippocrates Life Change Program February 27, 2010. The experience was beyond mind-boggling. I actually felt like I was healing even though my tumors were swelling and my body was detoxing. It is so hard to explain but you can just feel it. By graduation day I felt sad to leave, but I knew it was time to bring this new lifestyle home with me.

I honestly didn’t know how I could fit everything in. I would be spending the next three weeks focusing on my healing and that alone. I had to become selfish for this experience if I expected to get results. There would be no distractions, no television, no computer (they are available but I chose not to partake) and limited cell phone usage. I made it a practice to call my husband once a day and have him call the family with updates.

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The grassroots POP Campaign keeps our voices and choices alive and organic food and standards pure — providing a new Consensus Platform for policy-makers and launching a MOMS4POP initiative in 2011. Be involved! Read below and go to POPcampaign.org.

The Climate of Food for 2011 — Life After S. 310

It is essential to constantly remind ourselves that the politics of food are driven by the power of self-interest. Too often these interests are profit-driven, with huge appetites for our pocketbooks as their feasts. Well-financed challenges these days are unprecedented, carefully crafted, and massively deployed. Most evident has been the inevitable (as of the time of this article) passage of the Food Safety Bill.

The mid-term change in Congress, with 40% of the Senate and 20% of the House membership considered fresh—man — and with its growth towards the conservative movement — presented a new stage for fresh perspectives regarding many regulations and restrictions on our food and the price tag exceeding $6 Billion over five years. It was hoped that this change would greatly help health freedom, dietary supplements and food dialogue. Yet, the “sweet spots” of food regulation regarding safety, control, and choice re-assertion was too tempting and bridged the gap between the parties. The food fight continues with bipartisan mouths still chowing on passage issues.

Nevertheless, the POP Campaign will continue to carve out a crucial watch- dog role — being defensive, aware of tactics, outbakes, and orchestrated headlines that will set the stage for public comment and reactionary new lawmaking regarding the regulatory process — and offensive, developing creative strategies such as living, quality organic food educational guidelines for Congressional decision makers, a consensus food platform, and the MOMS4POP initiative (described below). In this manner, with all of us taking a stand together, 2011 can be a pivotal banner year for food quality and dietary supplement freedom on a stage where optimism and effective action play a role, effecting a tipping point toward solid victories.

A Key Driver to Sustainable Action

“Living as if the future matters,” shouted sixteen-year-old high school student Alec Loorz in his speech at the Bioneers Conference in November, 2010, on the i-Matter March.

Millions of Americans and people around the globe are taking steps to improve their well-being, life force, and health. This is a force to be acknowledged. Our hunger for the truth about what we put in our mouths is outpacing our appetites for garbage. Organic is becoming more mainstream. We are turning to natural remedies, organic products, living food, and quality lifestyles. Through books like Supplements Exposed by Dr. Brian Clement, we are discovering the hidden secrets behind the industry and what we buy. Concerns about the costs of organic food are rising with our desire for health. Our hunger for the truth about what we put in our mouths is outpacing our appetites for garbage. Organic is becoming more mainstream. We are turning to natural remedies, organic products, living food, and quality lifestyles. Through books like Supplements Exposed by Dr. Brian Clement, we are discovering the hidden secrets behind the industry and what we buy. Concerns about the costs of organic food are rising with our desire for health.

The setting still presents an opportunity to discuss and reframe issues around food issues and healthy supplements, re-surface common sense solutions and options in biocompatible approaches to farming, promote further education and local responsibility of growers, and formulate new laws and policies that support a healthy future and free choice. This is the basic consensus of many of us, with some thoughts below regarding the POP Campaign strategies and issues.

Participating in the Orientation of New Members of Congress

One of the POP Campaign’s main agendas is to provide Congress, especially new members; the knowledge, examples; and options so that members can formulate any other food policy related bills or amendments that are truly health-driven and have our interests in mind. For every Member, not just the newly elected, the Congressional policy making process and the sheer volumes of analyses and bundles of daily documents, complex language, and huge volume of pages of the bills themselves, sometimes thousands of pages, is extremely overwhelming to manage and understand. The self-interests are complex, camouflaged in the grass, and hidden behind crafted language. Decision-making by category and relying upon the research of other legislators and special interests is the only anchor for many legislators — they just cannot do all or digest most of it. Yes, Congressional indigestion exists! You can participate with the POP Campaign as a remedy for this indigestion. We propose a consensus Congressional framework document. (Please see the article by Beth Clay, “The Washington Report,” in Healing Our World Volume 30, Issue 4 for more details.) This consensus document can serve as a food guide to help members discern issues and make good policy decisions. It will be simple and easy to follow with the necessary backup information. We will still remain knee- deep in discussions, work with allies, and continue to put together in-depth white papers, clarify issues, and have pointed conversations with legislators. Since nearly 100% of the research results and studies that are presented are influenced by big money and whoever backs the study, the proposed consensus views will serve as the lenses of truth to filter the facts and set the framework for more balanced conversations and decisions. To do this, the POP Campaign will initiate a series of powerful, yet simple, online surveys to gather information from you including some of the following concepts — accurate labeling, preserving choices, pure raw food options, decision- making, transparency. Stay tuned.

Options: Facing Issues Head-on... and telling the truth as fast as you can!

Fortified with your brilliant survey answers, the POP Campaign’s intention is to be present and address all living food and organic issues. We will face these issues head on, utilizing our grassroots built body of evidence and offering true “common sense” options to policy-makers.

For example, at the Bioneers Conference at the end of 2010, John Warner, one of the pioneers of “green chemistry,” in a discussion of bio-mimicry, stated that “nature is the highest teacher”—this is it’s destiny and its miracle — so let it be a clear measure. The comedic tragedy of food and supplements is that industry and big business spend millions to improve and reassemble nature’s deepest molecules to create bigger profits “just because we can.” This happens with our food, the original instructions are interfered and with the vital life force is compromised. Nature seeds it itself, grows, nourishes and adapts — this is it’s truth. By aligning the integrity of green chemistry with common sense solutions, once and for all, we can establish a constituent-backed toxology for foods. Do we know kids are obese? We know how they get that way. We do know who is lying and who is not. We know what pollutes our fields. We know what weakens us. To know this is to be “bio-smart.” To ignore this is to be reckless. To weave off this course in food policy-making will initiate a series of powerful, yet simple, online surveys to gather information from you including some of the following concepts — accurate labeling, preserving choices, pure raw food options, decision-making, transparency. Stay tuned.

“Some food issues and agendas just go on and on for years and get snarly—the “fat cat-like” approach where “those who can afford it, wait” or the “boil the frog slowly” approach where the frog fails to jump out of the boiling water because of the slow increase in temperature—either way—we must stand firm and persevere, we must be defensive when necessary and a pro-active voice when called. We must be bio-smart in every way and remain optimistic.” — RUDI LEONARDI
“We need to develop a simple consensus document that outlines the organic communities basic beliefs and desires, a document that every legislator can say, let us play put forward fits within the parameters of the POP Campaign’s framework.”

— BETH CLAY

Sorting through the nuts and bolts of a “bio-smart” healthy policy that reflects the natural processes will offer a new norm that reflects a true ecological conundrums for the food production and supply. This is the “re-think” that is possible when facing issues head-on. A “bio-smart” policy approach will frame the power and quality of food production that “preserves the Organic Power” of nature’s food supply and strengthens our course towards healthy living.

Preventative measures in one industry can greatly reduce safety concerns for organisms such as egg recalls and cattle manure contamination. Therefore, an approach greatly reduces safety concerns for all of us in all of our food choices — chemical cravings still cry out. In our core relationship with our Provision, the power and quality of food choices are crucial to the health of our nation and the world. The right to healthy food, knowledge, and choices for children is a human rights issue and a civil rights issue for all of us. The POP Campaign intends to strengthen our rights by gathering more information from those affected and proposing the following actions:

- A UN Amendment to the Human Rights Declaration pertaining to the right to Choose Quality Food — including backup country legislation.
- Formulate a National Children’s Food Rights Declaration that young children at an early age are to be taught the truth about healthy food and given options.
- That young children be protected under the law from being given GMO food.
- Establish an International Organic Living Foods Week in every country in the world where education about health and quality food choices are presented.
- One Blind Curve — It is going to become a local food fight — get ready.

The freedom of choice for the young people and children may be different. The real safety and protection concern surrounds their education — or lack of education — that children are too often cajoled to forces around them, convenience and habit, marketing and greed, cartoon commercials, limited parental time, and let their children grow up with the same mindset, beliefs, and addictive hangers for toxic foods that they have. It may be time to just “Stop It!” It is very important for children to be given the opportunity to eat healthy and grow-up healthy. While many children around the world go with too little food, too many children in our country and other developed nations continue to be wrongly-fed. The right to healthy food, knowledge, and choices for children is a human rights issue and a civil rights issue for all of us. The POP Campaign intends to strengthen our rights by gathering more information from those affected and proposing the following actions:

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Codex continues to be a threat. Some products that have become issues are Noni and Kava, for example. More research is being done on these.

The POP Campaign also has sent out a survey to all member countries “to gauge the use of Codex standards and related texts at the national and regional levels,” as well as to learn about nutritional issues within the region which were described as, “obesity, nutritional profiles, and any public health-oriented actions taken, including the use of nutritional labeling and claims.” This means that the long arm is reaching into our backyards and is setting the stage for action. It is important to pay attention to what local governments might do in response to Codex — especially at the state level. The issue of climate change has surfaced in discussions at Codex meetings and among staff — which is an opportunity to bring forth food related growing issues, “bio-smart” farming, water rights and sustainable agriculture, and discussions about sustainability.

MOMS&POP Launches

Hundreds of thousands of moms in this country are getting outraged about their food choices. This has ignited a fire that the POP Campaign intends to fuel. The moms of this country are the ones who can set the blueprint for healthy food choices. They are the major stakeholders and have a growing hunger for organics. They want to bring into their daily lives the honest truth about food, eating “common sense” shopping methods and prudent food choices. Nearly 80% of the people who shop in this country are women — and most of them are mothers.

While we do not have the funding for millions of dollars in research, we will trust the instincts of moms across this country. Informed moms are truth gauges. Moms really is the one who truly cares. It is their mothers who gave us our first feeding experience — all of us. We value what she says — at least to a certain age — and we trust her voice.

We know the power of this self-interest. Every mom wants their child and family to stay away from that which harms them — it is instinctual. Moms who stand up against toxic food and for organic and living food can make a huge difference. Moms tell good stories and challenge myths. We are asking moms to speak up and show up for POP — Preserving Organic Power. We are launching MOMS&POP. Please join us — visit www.POPcampaign.org.

MOMS&POP will:

- Support a place where moms can share their stories and strategies around healthy living food and elevate awareness.
- Engage in “Shop Talk” — moms share what they know with at least one other cart-pusher in the market by pointing out “bad” food and suggesting healthier options.
- Hand out a simple information card on the same healthy issues that the POP Campaign will hand out to Congressional members.
- MOMS&POP will support each other — and the POP Campaign — through their efforts and networks and become a driving, self-sufficient economic force.
- MOMS&POP will hold politicians and policy makers accountable by showing up en masse when necessary.
- A call on mothers to take a stand against toxic food and for organic, healthy food.
- MOMS&POP will schedule Organic Mondays — eating organic is a health event.
- Myth-busting evening discussions, lunches and meetup groups and share true stories of what is possible. Policy and regulations are based upon attitudes and beliefs, as well as facts. Your voices are very important in holding the FDA accountable to our organic food and freedom of choice principles. We have worked well with Congress and will go back to them if the FDA goes too far in its regulatory process. We intend to continue breaking new ground in our country, showing the benefits of living healthy, organic food access and choices. It is essential that you participate and work with us to educate policy-makers at every level and support each other.


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The next six months were nothing short of miserable. I steadily gained weight, slept up to twenty hours a day and had debilitating body aches, heart palpitations and episodes of profuse perspiration—as well as something my family and I called “cold nose,” a symptom which caused my nose to become icy immediately prior to my body breaking out in a cold sweat. All this was interspersed with bouts of bronchitis.

I also suffered from severe depression while I spent my days isolated from friends and family and unable to work out of embarrassment, exhaustion and the unpredictability of when my symptoms would flare up. My affliction with these symptoms continued in spite of being placed on varying doses of hormone replacement, steroids and medications to regulate my heart rate. I also consulted three endocrinologists as well as my primary care physician, and was undergoing a plethora of diagnostic tests. Longing for normalcy and a return to health, I visited my primary care physician up to three times a week. After much head-scratching on his part, my doctor told me that I would just have to wait three to six months for my Thyroiditis to “burn out.” Not sure what that meant, I waited nearly six months, anticipating some sort of switch to turn off the sickness so that I could get back to life as I knew it.

Six months came and went without any change for the better. It was then that I finally heeded my mother’s advice about how I might regain my health. Although she had been trying to tell me for six months, I finally listened to what she had to say about Hippocrates Health Institute (HHI). At that point I was willing to try anything to get my health back. I had ignored her voice because, like many good patients, I had faith in whatever my doctors told me and never attempted to second guess their “expertise.” But during six months of getting progressively more ill, not one of my doctors had inquired about my diet or the fact that I smoked. I had long eaten a Standard American Diet (SAD) consisting of fast food, meat, cheese, dairy, refined sugars and processed anything and everything. I had never thought about buying organic or locally grown produce. I was basically oblivious to what I was putting into my body—and so were my doctors.

Three days after finally accepting my mother’s advice and armed only with the knowledge that HHI was in West Palm Beach and that I would be on a strictly raw vegan diet, I traveled from my home in New York to Florida to begin my renewal. On Saturday, June 5, 2010, I ended the carnivorous chapter of my life with a bacon blue-cheese burger, though I hardly had the energy to eat.

On Sunday, June 6, 2010, I started the three-week Life Change Program at HHI. Even though I was entirely new to the raw vegan lifestyle, I instantly surrendered to the program upon my arrival. This was especially easy to do after I saw my first live blood cell analysis, which showed clumps of red blood cells starving for oxygen as well as yeast and parasites. Unlike many people, during the first week I experienced very few detoxification problems as I believe my body was elated to be without all the toxic foods and cigarettes I had left behind just a few days earlier. I took every opportunity to learn the new raw vegan and holistic lingo and food preparation techniques, and I enjoyed sharing stories with the other guests. I learned how to grow wheatgrass and sprouts. I made friendships I will treasure forever.
How had I heard about Hippocrates? By the pure luck of meeting and marrying Robert Anthoine in New York City in 2006. He told me he owned a condo in West Palm Beach. “Oh, it’s just a little place I bought when I was doing legal work in Florida. “What the hell is that?”

By 2009, I still hadn’t seen the condo, so we went down to check it out. It needed work but it had good bones and a peaceful, beautiful lake setting. We decided to renovate. During one of the decorating trips, my older daughter, Mary, and I went next door to see the campus of Hippocrates and we discovered The Oasis Therapy Center, which is open to the public. It is wonderful! We booked some treatments as a “treat” for working on the condo; then we stayed for the raw, vegan lunch (open to the public as well). I became more curious about what else went on at Hippocrates, which I quickly learned by reading Healing Our World magazine

Condo Renovation Leads to Lifestyle Renovation
by Rita Anthoine, Mother of Suzanne Hamilton

I seemed Robert had actually attended the Life Change Program about 13 years ago just for fun, so he was a graduate. One of his classmates was the famous Heather Mills, who had lost the lower part of her leg in a terrible accident in London and who was destined to become the second member of the royal family in 2011, when I turn 60 and Robert will be 62. How had I heard about Hippocrates? By the pure luck of meeting and marrying Robert Anthoine in New York City in 2006. He told me he owned a condo in West Palm Beach. “Oh, it’s just a little place I bought when I was doing legal work in Florida. “What the hell is that?”

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I seemed Robert had actually attended the Life Change Program about 13 years ago just for fun, so he was a graduate. One of his classmates was the famous Heather Mills, who had lost the lower part of her leg in a terrible accident in London and who was destined to become the second member of the royal family. I was so grateful to the visionaries, Drs. Brian and Anna Maria Clement, for giving Suzanne, who I once feared might remain chronically ill, back to us.

I was inspired that Robert and I might be able to detoxify my body and without other lifestyle changes, I would "detoxify" myself. You can now research every ingredient in your favorite products online at www.CosmeticsDatabase.com. The primary ingredients I am wary of are alcohol, sodium lauryl sulfate, or any other "big words". What is the raw food movement all about anyway? It’s about getting back to nature and eating whole, uncooked and minimally processed foods. I believe that in every aspect of life, we should reduce toxins in our environment, just as many of us strive to do with our diets. We can do this by using minimally processed products and by selecting the most natural options available.

Avoiding Toxic Products
by John Kohler

I have become aware of many things on my journey to optimum health and a strong immune system. For me, a living and raw foods diet was just the first step down the proverbial “rabbit hole.” Once I got into raw foods, I learned about many other lifestyle choices we make every day that can have long-term impacts on our health.

I would like to share with you some of the non-food related changes I have made in my lifestyle to optimize my health, energy and well-being.

When I first went raw, I used all the “standard” bathroom products from the supermarket or big box store. These included Aquafresh® toothpaste, Paul Mitchell® shampoo, Ivory® soap, Edge® shaving gel, etc. I had no idea how bad these products were for my health!

As I became more serious about detoxifying my body, I learned that many of these products contain some nasty ingredients. I didn’t feel these ingredients—with five- or six-syllable names I couldn’t pronounce—were good for my system. After all, I was supposed to be detoxifying my body, and without other lifestyle changes, I would “detoxify” myself. You can now research every ingredient in your favorite products online at www.CosmeticsDatabase.com. The primary ingredients I am wary of are alcohol, sodium lauryl sulfate, or any other “big words.” I can’t identify what is the raw food movement all about anyway? It’s about getting back to nature and eating whole, uncooked and minimally processed foods. I believe that in every aspect of life, we should reduce toxins in our environment, just as many of us strive to do with our diets. We can do this by using minimally processed products and by selecting the most natural options available.

Skin is the largest organ of the body. Many think this delicate armor is impermeable, but they could be wrong. Skin is extremely permeable, some areas more than others, and things we put on the surface of our bodies are absorbed into us. It works the other way, too. The skin also excretes toxins if it is not clogged up. To properly cleanse the skin, I recommend dry skin brushing with a skin brush.

These are some of the areas that I have changed in my own life:

SHOWERING: Chlorine is found in many municipal water systems is really toxic stuff. Most people know they should drink purified water, but many over look something very important. Why put chlorinated water on your skin or breathe it? That’s what you are doing every time you take a shower in unfiltered water. Here is a quote: “Chlorine is not only absorbed through the skin, but also vaporizes in the shower, where it is inhaled into the lungs and transferred directly into the blood system. In fact, chlorine exposure from one shower is equal to an entire day’s amount of drinking the same water. Therefore, drinking filtered or bottled water addresses only half the problem.” At my residence, I have installed a shower filter, and when I travel, I take a shower filter with me to install at the hotel. I have noticed softer skin and more vibrant hair since I began using the filter.

CONT’D ON P. 54

Endocrine disrupting chemicals About 90 hormone-disrupting chemicals are found in products sold as non-organic. You won’t hear that in the jingle for your favorite shampoo.

Endocrine disrupting chemicals About 90 hormone-disrupting chemicals are found in products sold as non-organic. You won’t hear that in the jingle for your favorite shampoo.
I started to eat better and did some light walking to get my blood flowing. Little by little I built up a good pace and a great attitude and started to lose weight and get control of my life. I am no stranger to being healthy. I had been a pro at losing weight—and big weight—and a veteran at putting all of that weight back on, plus some.

In 2008, I had lost eighty pounds, but subsequently gained back 95, tipping the scales at 365.

At the end of June, I felt really good after losing about 25 pounds, but in the back of my mind I was worried that when I reached a comfort level, all of the weight would begin to come back. I needed help and I wasn’t afraid to seek it out.

I had remembered a chat with a friend who had gone to a place called Hippocrates Health Institute (HHI). She had beaten cervical cancer as a result of her stay. I did some research about HHI and it seemed very interesting. Many people had gone there and learned to take charge of their lives and embrace proper nutrition. It sounded like the perfect place for me to learn a new strategy.

The problem was my busy schedule. I am a stand-up comedian and a workaholic, and among my many other jobs, I work for the Late Show with David Letterman as both the audience warm-up and the talent coordinator for the stand-up comedians. This leaves me with very little time to get away and do a three-week program. Well, lo and behold, the show’s hiatus week in July and the two hiatus weeks in August, which had been booked with stand-up comedy gigs, all of a sudden opened up. This left a gaping hole in my schedule, which I took as a sign to visit HHI. I called Hippocrates to see if they could accommodate me by letting me break up the three weeks to fit the program in. Luckily for me, they were delighted to help.

I started my new found freedom on July 4th and took to the program and the staff immediately. One of the first people I met was a wizard of a man named Viktoras Kulvinskas. We hit it off immediately. I didn’t know much about him except that I wanted to learn from him. It turns out that Viktoras is not only one of the innovators of this kind of work, but he is also a cofounder of HHI.

Every person who takes hold of his or her life has a defining moment that shocks them into doing so. Mine came in threes. In May of 2010, my best friend in the world went into the hospital for high blood pressure and had to stay overnight. I was afraid to lose him and it scared the hell out of me. The next day, another friend, who recently retired from baseball, died of a heart attack at 37 years old, making me ponder my own mortality. The next night, I went to a Broadway play and had trouble fitting into my seat because I was so overweight. That was the moment that I made “Promises, Promises” to get my life in order!
Prior to becoming ill, I lived on the Standard American Diet (SAD). This meant consuming copious amounts of meat, dairy and sugar. However, having been a collegiate athlete, I also exercised a great deal. I played basketball and, after college, I organized many teams that played in YMCA leagues. On weekends, I would go out with friends and consume alcohol for mindless fun. Like many young men, I had a sense of invincibility. I believed that I couldn’t get sick, and that I could eat and do whatever I wanted with no detrimental consequences.

I enjoyed helping others and worked in healthcare for many years, in many different roles. Tired of being broke, I decided to leave

"Do you know of anyone who has come to Hippocrates and recovered from Stage IV Cancer?"

"Have you seen anyone who recovered from Chronic Fatigue?"

"How do people with MS fare here?"

An essential aspect of recovery
by Antony Chatham, MPhil, MSW, MTh

"Has anyone ever gotten off all medications for known causes of their illness?"

An inquiry about someone in remission, only to find out in a few months’ time that they were sick again. In this scenario, it would not be unusual for this person to exhibit fear concerning their condition, no matter what they tell them otherwise. Fear may also come from the myths people believe about illnesses, such as: “There is no cure for MS,” or “There is no real cure for asthma.” Statements like these are reinforced by stories of failures, deepening the fear and further hindering healing. Fear may also come from some health practitioners who coerce patients to engage in certain “preferred” treatment modalities (according to their belief—or their convenience) by stating, “If you don’t do X and Y, don’t expect to live much longer than Z.” Fear may also arise from one’s pessimistic view of the world: “That’s always my luck. He or she may heal, but for me, nothing will work.”

True recovery involves erasing fear. How do we do this? There are many proven methods. Here are four I find especially powerful:

1. Learn to relax. You cannot be scared and relaxed at the same time. Some consistent practice of relaxation using any of the numerous relaxation methods like listening to music, doing progressive muscle relaxation, meditation, yoga, tai chi, and Guided Imagery will help reinforce the healing experience.
2. Undo the effects of the past failures. Depending on the gravity of the past negative experiences one may simply use affirmations, or use professional help to identify and eradicate the lingering effects of past failures using regression, NLP, EMDR, or any other effective modalities.
3. Focus on the positive. Even if you are ill and certain aspects of your health are challenged, there are many other aspects of your health—or many other functions in your body—which are still working very well. Focusing on the strengths will help overcome fear. Taking an inventory of your current positive experiences can also help.
4. Reinterpret the meaning of illness. Those who interpret illness as punishment, even if it is done in a subtle way, will increase guilt and fear. By reinterpreting the illness as part of their life journey, they will reduce or even eliminate fear and increase confidence in the healing process. Fear and stress retard the healing process, confidence and relaxation accelerate it. This is why we include the mind-body work in the recovery process at Hippocrates Health Institute.

Reinterpreting the meaning of illness.
At Hippocrates, one of our first steps in any treatment is for the patients to be involved in the process of reinterpreting the meaning of illness. Fear may arise from one’s pessimistic view of the world: “That’s always my luck. He or she may heal, but for me, nothing will work.”

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An essential aspect of recovery by Antony Chatham, MPhil, MSW, MTh

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Betsy Bragg: Waltham, Massachusetts

I started what became the Dinner Speaker Series—having gourmet, raw vegan potlucks that also featured national and international speakers to help others learn about the living foods lifestyle.

Education requires more than a monthly meeting. The word “educa- tion” is derived from the Latin word “educare” meaning “to draw out.” “E” means “from” and “duco” means “to lead, conduct or guide.” Knowing that everyone possesses the healing power of life-force within them and, with a background of 55 years of teaching and counseling, my goal is to help people realize that healing force within them and to rebuild their immune system.

To accomplish this, I took the nine-week Health Educator’s Certifica- tion program at Hippocrates Health Institute (HHI) in 2008 and, combined with my intimate knowledge of the 12 steps, I wrote the syllabus and curric- ulum for the 10-week (30-hour) course in them and to rebuild their immune system.

I was diagnosed as having ADHD and dyslexia at age 12 and later began abusing medications. I was addicted to nicotine, sugars, caffeine, alcohol, and medication cravings by drinking only wheatgrass juice, green juices and water. Eating sprouts, leafy greens and other living, vegan foods was also a great help. Regularly exercis- ing was a big part of my recovery, as well, and it filled me with vitality.

Individual and group therapy released the biochemical trauma that works in harmony so that it may live in harmony, in balance and at peace. 

Impersonal, customers, colleagues, strangers, and even people you think you know, all have different levels of health. I believe in the holistic approach to healing.

I look forward to a long relationship with HHI and my friends and teach- ers at Yoga Source. I am also commit- ted to continuing my use of wheat- grass— the ultimate medicine.

Living Foods and Yoga Work Wonders

Laura Eisenberg: Lauderdale, Florida

Hippocrates teaches us: “It’s not the food in your life. It’s the life in your food.” I have lost 113 pounds by taking this simple mantra to heart. As soon as I began attending the Hippocrates Life Change Program, the message of Drs. Brian and Anna Maria Clement became clear. Symptoms cannot be treated as discrete entities. They must be addressed as part of a whole physiology that works in harmony so that it may live in harmony, in balance and at peace.

My own mantra is “The excess weight I was carrying had become layers of unnecessary foods heal and which foods harm. Obesity 

Laura Eisenberg

Namaste
Laura Eisenberg

A t my own behest, I cooper- ated with some basic tenets of restoring my health. I gave up meat, dairy, chickens, eggs and fish. I juiced wheatgrass and green drinks and, with the help of Michael Bergonzini, I became a grass grower and a sprouter. Chef Ken Blue taught me the medicinal properties of food. Ken’s entire being radiated — or should I say emanated — truth, regarding which foods heal and which foods harm.

The excess weight I was carrying had become layers of unnecessary adipose tissue that made me sluggish and weak. After consuming the Standard Western Diet, and years of smoking, I began to feel lumps in my breasts and a tightness in my chest and abdomen. I could see the road I was on led to disease, and chose to take a detour, also steering clear of the “magnificent creations” on it. Many thanks to Brian, Anna Maria, my father, and my friend Dennis, who supported this quest. Thank you to the very special women at Yoga Source in Broward County. Through the teachings of Hippocrates Health Institute (HHI), the use of wheatgrass and raw, living, plant-based foods, and the practice of yoga, I have undergone a wonderful transformation.

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Dr. Brian Clement's words: “It’s not the food in your life. It’s the life in your food.” 

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Namaste
Laura Eisenberg

Laura Eisenberg (far right) getting some sun with her friends.
Consequences McDonald’s Food?
by John Robbins

Morgan Spurlock sought to find out in his 2004 documentary, Super Size Me. In his film, I was interviewed and spoke about the role McDonald’s food is playing in our epidemic of obesity and diabetes.

For 30 days, Spurlock ate only McDonald’s food. All of us involved in the film, including Spurlock’s doctors, were shocked at the amount that his health deteriorated in such a short time. Before the 30 days started, we each predicted what changes we expected to see in his weight, cholesterol levels, liver enzymes and other biomarkers, but even one of us substantially underestimated how severely his health would be jeopardized. It turned out that in the 30 days, the then 32-year-old man gained 50 pounds, his cholesterol levels rose dangerously as did fatty accumulations in his liver, and he experienced mood swings, depression, heart palpitations and sexual dysfunction.

Some have said Spurlock was an idiot for eating that way, and it’s true that he did himself some major damage in those 30 days. But I’ve always felt that the suffering he took upon himself by eating all his meals for that month at McDonald’s was admirable, because it served to warn millions of all the real health dangers of eating too much fast food.

Super Size Me struck a chord for too few. That was Spurlock’s point; even if the underlying critique of the dangers of hamburgers and other fast food is valid, does the ad accomplish its purpose, or is it too emotionally manipulative? The ad ends by telling us “to make vegetarian,” making it obvious that PCRM has a pro-vegetarian orientation. But with good reason. The evidence is consistent and compelling that vegetarians suffer less from the diseases associated with the typical Western diet. Vegetarians have repeatedly been shown to have lower rates of obesity, coronary heart disease, hypertension, type II diabetes, diverticular disease, constipation and gall stones. They also have lower rates of many kinds of cancer, including colon cancer and the hormone-dependent cancers such as prostate cancer, breast cancer, uterine cancer and ovarian cancer.

Do you have to be a strict vegetarian to enjoy the considerable health benefits of a vegetarian diet? No, you do not. What’s important is to eat a plant-strong diet, with a high percentage of your calories coming from whole foods such as fruits, vegetables and whole grains, and a low percentage coming from processed foods, sugars, unhealthy fats and animal products.

The standard American diet — in which 66 percent of calories come from processed foods, 25 percent from animal products and only 5 percent from fruits and vegetables — is nothing less than a health travesty. Our fast-food culture has produced a population with widespread chronic illness and is a primary reason that health care costs are taking a devastating toll on just about everyone.

The annual health insurance premiums paid by the average American family now exceed the gross yearly income of a full-time minimum wage worker. Every 30 seconds, someone in the U.S. files for bankruptcy due to the costs of treating a health problem. Starbucks spends more on the health insurance of its workers than it does on coffee.

Medical care costs in the U.S. have not always been this excessive. This year, we will spend more than $2.5 trillion on medical care. But in 1950, five years before Kay Kroc opened the first franchised McDonald’s restaurant, we spent only $8 billion ($310 billion in today’s dollars). Even after adjusting for inflation, we now spend as much on health care every 10 days as we did in the entire year of 1950.

Has this enormous increase in spending made us healthier? Earlier this year, when the World Health Organization assessed the overall health outcomes of different nations, it placed 36 other nations ahead of the United States.

Today, we have an epidemic of largely preventable diseases. To these illnesses, Americans are losing not only their health but also their life savings. Meanwhile, the evidence keeps growing that the path to improved health lies in eating more vegetables, fruits, whole grains and legumes, and eating far less processed foods, sugars and animal products.

It’s striking to me that in all the heated debates we have had about health care reform, one basic fact has rarely been discussed, and that is the one thing that could dramatically bring down the costs of health care while improving the health of our people.

Studies have shown that 50 to 70 percent of the nation’s health care costs are preventable, and the single most effective step most people can take to improve their health is to eat a healthier diet. If Americans were to stop overeating, to stop eating unhealthy foods and to instead eat more foods with higher nutrient densities and cancer protective properties, we could have a more affordable, sustainable and effective health care system.

Is it McDonald’s fault that more than 6% of Americans are overweight or obese, making us, per capita, the fattest nation in the history of the world? I don’t think so, because each of us is responsible for what we put in our mouths and in the mouths of our children. Plus many other fast food chains serve food that is just as harmful. But the company is playing a significant role in generating our national appetite for unhealthy foods.

McDonald’s is by far the largest food advertiser in the country, spending more than $1 billion a year on direct media advertising. Much of McDonald’s advertising is aimed at children, and it’s been effective. Every month, approximately nine out of 10 American children eat at a McDonald’s restaurant. Most U.S. children can recognize McDonald’s before they can speak. Tragically, one in every three children born this year in the U.S. will develop diabetes in their lifetime.

Of course, fast food is not the only cause of the tragic rise of obesity and diabetes in our society. Our culture has become pathologically sedentary. Watching television and sitting in front of computer monitors for hours upon hours doesn’t help. But the high sugar and high fat foods sold by McDonald’s and the other fast food restaurants is certainly a major part of the problem. You would have to walk for seven hours without stopping to burn off the calories from a Big Mac, a Coke and an order of fries.
How did I get to this point? The initial training to become a SEAL is about 9–12 months and is geared towards putting the body and mind into a sense of constant battle. Week five of training is Hellweek with 5 1⁄2 days of no sleep, wet and sandy conditions, and near constant “exercise,” often pushing the edge of hypothermia. Through this week, seven men carry a zodiac boat on their heads when moving about. The constant bouncing puts a large strain on their necks. When the week is done, their legs are swollen twice as large as usual from the fluids in their bodies that usually balance while sleeping. The men look like they have been tortured for a week. They have open sores where sand has rubbed away their skin and they can barely walk. This is only one week of roughly a year of SEAL training, though it was not my toughest week. The biggest issue for the body is there is never a time—or even the intention—to recover. This rigorous training is designed to break down the body so soldiers will fight harder to be faster and stronger. You would think when you got to the SEAL Teams that training would spend more time in recovery but that’s not the case. Training in small tactical teams requires you to work together, and you never really slow down. You are now a professional and it is expected of you to push new boundaries on a weekly basis. You aren’t afforded the time the body needs to return to a state of stasis, or even the time to think about needing recovery. After training, SEALs are deployed to war zones and expected to perform at levels far surpassing what training ever mimicked. During my first mission in Afghanistan we were dropped off on a mountainside by a helo that landed so hard, the five of us rolled out the back and onto the ground. When I got up my ankle was sprained, and I hiked all night with a 120 lb. pack to our mission location. There is no stopping, no quitting. You have to complete all tasks, no matter what it takes.

I finished my service by deploying to Afghanistan and Iraq. I was 6’3” and 250 lbs. of muscle (I weigh 207 lbs now). On occasion, I had to get shots of Toradol, a strong painkiller, into my neck just to get through a mission. During our first mission in Iraq, I was weighed with my gear to see how many guys can fit on a helo. I was 425 lbs, this was a light load built for moving quickly.

"HHI offered their Life Change Program to me simply because they want to give something back to the Vets who served and now can’t find healing.”

I spent 8 1⁄2 years in the military, the majority as a U.S. Navy SEAL. I loved the work. My entire experience will always be a blessing and I often wish I were still in the thick of it. While I served in the Teams, our motto was always “sack up” and deal with it. Time is a luxury we weren’t afforded when it came to being in pain or attempting to heal. I was frequently suffering from massive headaches, which turned out to be an indication of severe muscular tension in my body. I was treating the headaches as prescribed—with large quantities of Motrin—to the point that my stool would occasionally be black from the bleeding in my stomach.

Debilitating Headaches
Jonah M. : San Diego, California
The Political Landscape for the POP Campaign
by Beth Clay

The 2010 elections—with the shift in power in the House and a con-
tinuation of Democratic control of the Senate—may provide a valuable
opportunity for promoting an agenda that both protects and promotes organ-
ics. The conservative Republicans who are now stepping into leadership roles
hold the strong belief that government should not create regulations for any
industry to the extent that it destroys it or costs that industry jobs. Further, there
is increased awareness and acceptance of the value of organics.

Organics Are Now Mainstream

Congratulations—organics are firmly a mainstream choice. Last year, over half
of organics were sold in mass market venues. While much of the economy is
challenged, the organic industry is now a $27 billion a year industry with a
growth rate of more than five percent last year. Furthermore, almost half
a million acres of land in the United States is now farmed organically.

It Is Time to Set the Framework

It is time for our community to develop a simple framework which can become
the measuring stick by which legislators and policy makers measure draft
legislation and regulations. With this document, we can educate new legisla-
tors and help protect and promote the organic community.

The following concepts are likely to be included in such a document.

Preserve Our Choices: We believe strongly that no local, state, federal
or international laws or regulations should be instituted that curtail or
limit our choices to seed, grow, buy, sell, and consume organic foods including
vegetables, fruits, seeds, nuts, legumes, grains and dietary supplements.

Promote Personal Food Production: We believe that backyard gardens, bee
keeping and other food production methods are a backbone to the ideals of
our society and should be promoted—not curtailed—by local, state, federal
and international governments.

Accurate Labeling: We believe that product labels should be accurate. If a
product has been or contains genetically modified or genetically engineered
materials the label should be marked clearly on the label. Any product that contains
mercury or was produced containing mercury should state this on the label.

Raw is Raw: We believe that those who desire to have raw, untreated foods
should have that right.

Sustainability: We believe in the promotion of sustainable agricultural and
food production methods within the entire food industry, an ideal put
forward through organics.

Decision Making: We believe that the decision on what foods to consume
is a personal choice and should not be mandated by any government body. We
strongly believe that parents—not a government authority—should make their children’s food choices. The role
of government is to provide accurate infor-
mation to promote better dietary choices
including whole and organic foods.

Preserve Organic Standards: No
measure should be taken that pollutes or
dilutes the organic standard.

Clear Accurate Health Benefits

Allowed: We believe that the current health claims structure is ineffective, that federal food laws should be modi-
fied to allow for clear, accurate information on labels and labeling regarding all
of the health benefits of foods, including dietary supplements where the manu-
facturer or distributor has evidence in
their files (before market) to show that the food or dietary ingredient provides
improvement to health, including prevention and mitigation of diseases
or medical conditions. This information may be from published peer reviewed
journals as well as historical texts.

Cultural Compassion: We believe that all food laws and regulations
should be developed with an acknowledgement of the various cultural viewpoints such as Hawaiian, Native American, Chinese, etc. Different “philosophical approaches” to health,
healing, and diet should also be re-
spected to accurately reflect the views
of the public. These approaches include organic and sustainable food that
is not grown conventionally and exemptions for small businesses.

Transparency and Inclusion: At every phase of development, government officials
should operate with full trans-
parency and include the public in the
crafting and decision making process.

Oppose Harmonization of Interna-
tional Food Standards: The development
of laws of the United States is the responsibility of the United States Congress, not an international,
unelected organization. Harmonization
of international standards developed through international bodies such as the Codex is not desired.

The 112th Congressional session and the two years leading up to the 2012
election will be vibrant and interesting
times in which the POP Campaign has
an opportunity to broaden the understand-
ing of the organics community. Further through educating legislators, the com-
munity educates the public at large by
raising awareness of issues and becom-
ing a part of the civic discussion.

Please send financial support to HHI, who is solely funding this battle.
Call (561) 471-8876, ext. 129, for details.

My husband, Juvenal, and I
would like to share the story of our daughter Luna
Stela, our 100% organic, vegan baby. She was born June 2009 under a full
moon. Just two and a half years before that, our doctors had told us that we
would never be able to achieve preg-
nancy in the traditional way. Ever. We were left with two choices:

attempts to achieve pregnancy (IVF). Our search for a child took
us through two cycles of trying IVF, many thousands of dollars and
immense heartache.

The enormous amounts of drugs from the IVF attempts took a toll
on my body, mind and spirit. Fed up
with mainstream society’s solution to infertility, my husband, Juvenal, and I
sought out answers. Those answers
led us to becoming vegans. We had
met a vegetarian couple while going
through our first IVF attempt, and
this piqued my curiosity about the
vegetarian lifestyle.

Our vegan lives started January
2008. We did our best at the begin-
ing and then one day a dear cowork-
er and friend, also vegetarian, gave
me my first copy of Healing Our World
magazine. We came to Hippocrates
Health Institute looking for a miracle.

Our first visit to Hippocrates was
in April 2008 for a one-week stay. We
learned a tremendous amount in
that short time and made many
adjustments to our diet. We started
having wheatgrass every day, green
juices, lots of sprouts and consider-
ably reduced the amount of fruit we
consumed. We not only changed our
diet, we changed our lifestyle. We got
rid of the microwave, plastic food con-
tainers, the television in our bedroom
and the cordless phones. We threw
out all the toxic grooming products and replaced them with organic ones.
We stopped swimming in chlorinated pools and bought a new non-metal
organic mattress and organic linens. And it worked. Five months later we
found out we were expecting our first baby.

Our friends and family who knew about our ordeal assumed that we
would go back to our old ways. Why
would we do that after seeing how
green living had improved our lives
and our bodies? I couldn’t do that
to my baby and I wouldn’t do that to
myself. We are presently about 75% raw and
feel wonderful. My husband lost about
20 pounds and 70 points off his choles-
terol. More important is what we have
 gained. Our baby girl is now 18 months
old and thriving. A true miracle of
nature, vegan nature, that is.

We believe nature, vegan nature, that is.

Healthy Changes Spark New Life

Iuliana Santana - Pembroke Pines, Florida
A Husband’s Story

Ovarian Cancer

James Margolis and Eva Wasserman Margolis: Givatayim, Israel

“...A Husband’s Story” is my story, but it could also be yours. It is part recollection and part commitment to a better now and a healthier future. Though I believe we can address numerous medical challenges through diet, exercise, and lifestyle choices, there is no sure method, no panacea, no one way that works for all of us. Thus is where A Husband’s Story begins. It begins with an information overload. It begins with people on opposite sides of the fence telling me that they are right and those on the other side of the fence are wrong. Each has their proof. Each has their research studies. Each is convincing. Thus, in many ways, it is a story of choices and living with the consequences that result from these choices, both good and bad.

After my wife, Eva, had an operation was enough and that cancer. We decided that the trauma before we even told her that she had anesthesia. It would be several days but wait for her to awaken from the overwhelming that for a brief amount of time.

This husband’s first reaction was so force of fear and confusion, to the force of gravity, or more honestly, by the need to roam when looking for information on cancer, and even scarier when you research specific cancers which have a name that now connects you to them. It made me even sicker, but through my web research, I quickly comprehended the magnitude of this problem and for the first time understood that cancer is much more than an occasional fundraiser where people spend a day standing up to it, then go back to their own lives. It was here and there was no other option than to educate myself about traditional and alternative methods that were being discussed throughout the internet and the books that were now pouring into our lives. Now this is where A Husband’s Story gets a little bit hypocritical, please don’t judge me too harshly. I listened to our doctor and his recommendation for chemotherapy, the only option I had ever heard from our medical team, and it sounded like the right thing to do. I was confused by some of the medical issues I was being asked to process. Though I live in Israel, my Hebrew is poor. Much of what was being told to me was in both Hebrew and broken English. Also, I was unable to read the medical reports. This Husband needed, clarity and things to be spelled out for him. Even the stage of Eva’s cancer was unclear to me. In fact, I believed for months that it was a much worse stage of cancer than it actually was — due to miscommunication. I would ironically find myself relieved that it was “only” Stage X cancer and not Stage Y as I had first believed.1

So we began to get ready for chemo. I had heard about it, but I knew few people who had gone through it. Until I read more, I did not truly understand how much this chemical could impact your body. I researched information about the immune system, too, and decided that we would do everything we could to ensure that Eva’s remained as strong as possible. Specific supplements were selected after careful research and consultation. Though some people cited studies telling us that they might interfere with the chemo, we decided to proceed with supplementation, but several days before and after these treatments, all supplements were discontinued. I realize there are many of you out there who totally disagree with us for going this route, but this is the path we chose, with the hope that our “modifications” would mollify some of the harmful effects of the chemo. I’m still not sure if we did the right thing. I also don’t know if we did the wrong thing either. In the end, we tried to address the problem from many different angles.

1 I do not believe that listing one’s Stage of cancer is needed as this, for some, is extremely personal and, at times, irrelevant.

Thanks, Eva Wasserman Margolis

Hippocrates Health Institute

“If this article of Jamie’s helps to give energies or saves one life, then both of us have done an important mitzvah in this world!”

Eva and James enjoying a day in the park.
Minty Wellness
by Christina Abt

For spa goers, the enjoyment of their experience traditionally centers on treatments that soothe and relax, rejuvenating the body. Yet there is a growing trend of spas focused on nourishing as well as soothing their guests, adding good nutrition to the mix.

Minty Wellness is a newly developed Western New York hotel/spa set on 100 scenic acres in Darien Center, centrally located between Buffalo and Rochester. What makes this resort unique is that owners, Mary Minihane and Linda Tyczka, have turned their personal dedication to good health and nutrition into the focus of their pictureque retreat. So while Minty Wellness vacationers experience the serene atmosphere, luxurious accommodations and rejuvenating spa services of upscale resort hotels, they are also treated to the uniquely healthy element of the Minty Wellness restaurant, where only vegan and raw foods are served.

According to Linda, the story of Minty Wellness is one of serendipity. “Mary and I met at a raw food seminar in Maine, as we were both interested in incorporating raw food into our lives,” Linda said. “By the end of the seminar, we agreed to stay in touch and quickly formed a strong friendship. When Mary proposed partnering in a hotel focused on good nutrition as well as spa services, I immediately agreed. We both felt strongly that people would be drawn to the healthy benefit of such a vacation retreat.”

For patrons new to raw and vegan dining, Minty Wellness delivers healthy cuisine with gourmet aplomb. The hotel’s raw menu offerings are clearly different in that they are not served warm, since cooking diminishes the food’s nutritional value. Yet, from appetizers to dessert, Minty’s culinary creations look and taste as delicious as any fine dining fare. Each dish is made fresh to order, using local and organic ingredients in recipes tastefully created by the hotel’s in-house chef. Especially enticing is the nacho appetizer of zesty guacamole served with chips made from pureed vegetables. The Fettuccine Alfredo is another “must taste” treat, featuring zucchini “fettuccine” topped with a raw cashew and mushroom sauce.

In serving their spa guests, Minty Wellness provides the same high quality care and attention to detail as delivered in their restaurant. Each masseuse and skin care specialist is licensed and expert at providing treatments professionally and with a genuine interest in individual guest’s needs and concerns. Spa services range from facials, hot tub soaks with shoulder massage and varied body massages. Particularly popular is the Vichy skin glow treatment that both relaxes and rehydrates the entire body. Reflexology and colon hydrotherapy are available along with a wide range of healthy body analyses/services, conducted by a degree Doctor of Naturopathy/Certified Herbalist.

All spa rooms offer a soothing elegance in both color and design, including charming inspirational quotes stenciled on the walls. Spa linens and sheets are 100% organic cotton, providing added luxury to the treatments. Organic and vegan products are used in all services, whenever possible.

While Minty Wellness excels in offering tastefully healthy foods and rejuvenating spa services, the hotel itself should not be overlooked. This is a charming retreat set in a wooded wilderness, perfectly accented with a scenic pond and picturesque dock. Each Minty guest room is complemented by a small balcony overlooking either the pond or woods—ideal spots for early morning or evening reflections.

There are eight guest suites at Minty Wellness, each delightfully distinct. From palates of retro blue or red-orange to restful greens and browns, the rooms boast queen- or king-sized beds, all accessorized in sumptuous 100% natural and organic linens. The well-thought out décor includes hardwood floors, unique lighting fixtures and distinct accent pieces. Giving a nod to the technological realities of life, flat screen televisions are unobtrusively mounted on suite walls, phones are tucked neatly by the bedside and Wi-Fi runs throughout the hotel. CONT'D ON P. 52

The Soccer Legend of Sleepy Hollow

Follicular Lymphoma

I t was September 2008 when I noticed a lump on my neck. I wasn’t experiencing any pain so I didn’t bother telling anyone. I continued with my life doing what I love — playing soccer three times a week and coaching my son’s soccer team. I lead a busy life. I’m a mechanic and a board of a monthly automotive train- ing seminar. I didn’t say anything to anyone about the lump on my neck because I had to prepare for a good friend’s wedding. Also, upon my return, I would help set a new Guinness World Record for the longest indoor soccer game. The previous record was 30 hours and we completed 34 hours. I went to the doctor and had a biopsy done. They removed my lymph node and found a cancer called follicular lymphoma. There were two more swollen lymph nodes in my abdomen and in my chest. I told a couple of my doctors had told me it was a slow-growing cancer and I could live for 25–30 years as long as it didn’t prog- ress. A year passed and I was tested every three months. There was no change until January 2010. While I was waiting to speak to the doctor for my results I saw a yoga magazine. I opened it up and I saw an ad for Hippocrates Health Institute (HHI). My wife suggested I have the receptionist make me a copy of the ad. I got the copy but I still didn’t think it was for me. When I spoke to the doctor I changed my mind. He told me that I had a lymph growing next to my heart. That’s when I decided to give HHI a try. I came to Hippocrates for one week in February 2010. Upon arrival, my cho- lest erol was 239 and my live blood cell analysis showed that the cells were all clumped together. I began drinking green juices and eating sprouts for that week. I had to go home for a month then returned to complete the three-week Life Change Program. After completing the program, my cholesterol went down 50 points and my blood cells separated and floated freely as they should. My first week at Hippocrates I lost nine pounds. Within five weeks, I had lost another 12 pounds. I’ve felt great throughout the entire process. I do not have to deal with some of the detox symptoms that others have experi- enced. I think this is because I prepared my body initially with healthy food. I visited HHI a third time before my next scan. When I visited my doc- tor, I found out the lymph nodes in my abdomen had gone back to normal. One in my chest shrunk, one stayed the same, and the one next to my heart lightened. Five months later — after eating about 80% raw — I came back to Hippocrates again before a five month scan and the doctor told me that it’s still shrinking. Now I don’t have to see the doctor for another six months and I am planning on making it once a year. My life changed after coming to Hippocrates Health Institute. I have spoken to many people with cancer and told them about HHI. I would like to enroll in the Hippocrates Health Educator Program to help spread the word even more.
It’s Not Just About the Food

2nd and 3rd Degree Burns

Mike Brewer: West Palm Beach, Florida

My name is Valerie Brewer. I have been employed at Hippocrates Health Institute for 7 years. On October 12, 2009, my son, Michael, was surrounded by five of his peers. They poured a flammable liquid on him and set him on fire, and then left him for dead. After weeks of not knowing if Michael would live or die, the doctors finally said he was going to make it. Michael spent five weeks in an induced coma because this was the only way he would have a chance of surviving this horrific ordeal. His body blew up beyond recognition, his head was the size of a basketball and 65% of his body had 2nd and 3rd degree burns on it. As difficult as it was for all of us to see Michael in this condition, this, as the doctors and nurses told us, was the easy part. The time came to wake Michael up from his drug-induced coma. We literally did not sleep for four days. Michael’s flashbacks over the next four days became more and more intense. On the fourth day, the flashbacks were so bad they considered putting Michael back on life support. This was the start of the hard part. He was now awake and could feel the pain. They had him on three different pain killers. Nothing could completely take away this pain. He suffered through bandage changes and shower time (better known as torture time). This alone lasted for 2–3 hours and then he had physical therapy. Michael was in the hospital for three months. He was released on December 29, 2009. We moved to the Ronald McDonald House on the Property of Jackson Memorial. Michael had another 2 months of outpatient therapy 5 days a week. On the weekends, we would go to my mother in law’s house for a well-deserved break. We would also visit Hippocrates on those days. Michael, his father and I would go to the HHI gym to work with Michael on the exercise equipment. We finally came home for good February 16, 2010. I took another 2 ½ months off of work to continue working with Michael. He needed to stretch every day. We continued to visit Hippocrates, using the exercise balls, several of the machines and the mineral pools. The first time Michael submerged himself in the mineral pool I stood poolside, holding my breath. I was waiting for him to cry out in pain, as he still had open wounds and I was certain that it would be painful. Again, he surprised me. I stood there crying tears of joy watching him submerge himself and then float effortlessly in the mineral pool. During the third month of recovery, I started giving Michael LifeGive supplements that Drs. Brian and Anna Maria Clement recommended. These included Chlorella, Sun-D, Vitamin C, etc. There are about 40 different supplements that he still takes. Michael gets weekly massages with magnesium oil to help his skin. He uses an H-Ware machine provided by Kevin Rohoe to stimulate healing, has had acupuncture by Dr. Keith Cini and laser treatments by Dr. Navarro. The laser treatments have made a big difference in the texture and coloration of Michael’s skin. He also sees Anthony Chatham to help heal his deep mental scars. Michael is now 16. While his recovery is ongoing, we are thrilled that he is moving on with his life and putting the ordeal behind him. We all want to thank everyone for the love, the prayers and the other gestures of kindness and generosity during our most difficult life challenge. Your support has helped us immensely this past year and made it much easier for us to cope. Thank you from the bottom of our hearts.

Three Free Tips to Thrive

by Katharine Clark, Director, Hippocrates Health Academy

Combining my nursing education and raw and living foods training and experience, I’ve come up with three simple tips that will help you help yourself function more optimally.

1. BEFORE YOU START EATING, make sure you pause to stop everything else going on and acknowledge that you will eat. Consider what you will eat, focusing on your food. If you feel like it, give thanks that you have food when so many do not have enough to eat. Imagine that the food will digest easily and satisfy you completely. Notice that you begin to salivate just reading this? Yes, in order to digest your food properly, you need to get your digestive juices going before you eat. Many times we eat while driving, walking, talking, reading or even fighting with someone or ourselves. Obviously this is not ideal for digestion, we all are guilty of doing it. All this tip takes is a few seconds of your time. Take a deep breath, let it out and be conscious that you are about to eat. Notice your mouth starts to water.

2. INTENTIONALLY CHEW YOUR FOOD until there are no lumps, clumps or chunks left in your mouth, then swallow. You might be amazed to find how much better everything works when you chew your food adequately four or five chews are not enough. Mishio Kushi, the founder of Macrobiotics recommended chewing 100 times. I say, experiment for yourself. Count and be aware of chewing! Food should be chewed until it is liquefied. Digestion begins in the mouth, then swallow. You might be hung up somewhere in all your digestive enzymes.

3. STAY HYDRATED. According to Dr. Batmangali, 80% of hunger is really thirst. Every cell in your body has to be hydrated to function. When we are born we are 80% water content and as we age we frequently dry out. This leaves us vulnerable not only to looking old and dried out, but to feeling tired, head- achy, and worse. Often headaches or constipation are healed by drinking a large glass of pure water or two. Aches, pains and/ or stress or fatigue can be relieved by staying hydrated. Coffee, tea, soda and carbonated or alcoholic beverages are dehydrating. Pure water or pure water with a spritz of fresh lemon or lime to taste is the best hydration you can get! Drink at least ½ ounce of water for every pound of body weight. For example, if you weigh 150 pounds, you should drink just at least 75 ounces of pure water daily. Liquids are best consumed between meals rather than with meals.

Drink before meals and never during digestion, as this dilutes your digestive enzymes.

Call (Bqg) 882-2125 or see ad below to learn more about the Hippocrates Health Educator Program.
BECOMING A CATALYST OF CHANGE  
by Roxane Vezina, Hippocrates Health Educator

Following my first visit to Hippocrates Health Institute (HHI) in 1998 and my Hippocrates Health Educator certification ten years later, I began to teach and share the institute’s teachings here in Quebec, Canada. This may have been an unusual career change for an engineer and business executive, but I feel that I’m fulfilling my true destiny. I certainly never thought that my career path would bring me in front of an audience to prepare green soups or vegan sushi! Or to bring groups to Hippocrates.

Last week, I received a phone call from one of the participants of a one-week Living Lifestyle Retreat I organized and held last spring. She phoned to thank me because the cleansing of her body and her cells that she experienced allowed her to become pregnant at age 40, even though she had been told she could never have a baby! Her story is a testament to what hope and proper nutrition can do. Real life situations like these have a tremendous impact on my beliefs. Recoveries like this one fill me with joy and gratitude.

What would you like to do? 
Sip a fresh, living juice as you relax in a hammock?
Swim with the colorful inhabitants of the sea?
Bicycle through mangroves?
Align your body in a daily yoga practice?
Meditate?

The Sunflower Crusade is an all inclusive spa-at-sea experience on an intimate catamaran.

The Sunflower Crusade
by Gina Brandon, Hippocrates Health Educator

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Bicycle through mangroves?
Align your body in a daily yoga practice?
Meditate?
Enjoy a deep tissue massage?

The Sunflower Crusade
by Gina Brandon, Hippocrates Health Educator

We offer a unique home for your renewed self, a place where everything is possible. Visit our website to reserve your experience...SunflowerCrusade.com.

See Roxane’s French Hippocrates schedule on page 65 or contact her at (418) 670-2334 or roxanevezina@hotmail.com

“I wish to act as an enzyme for those around me… and become a catalyst of change!”

Gina Brandon, a Hippocrates Health Educator, has practiced massage therapy and Hatha yoga for over eleven years. She has distilled her years of education and practice into The Sunflower Crusade, offering a unique home for your renewed self, a place where everything is possible.

This is our vision of this coming spring. Life exists at your fingertips... come join us as we set sail for health and adventure.

SunflowerCrusade.com
**Almond, Hemp or Buckwheat Milk**

A good cup of warm almond or hemp milk with a dash of cinnamon and a drop of stevia is always a treat that offers protein, calcium and warmth on a cold morning. The kids love this, too!

**Almond milk:** Soak almonds overnight; drain, rinse, and blend with 2 times the quantity of water. (Mix 2 cups almonds to 4 cups water.)

**Hemp milk:** Hemp seeds can be blended without soaking (so it’s great when you want quick milk); same ratio of seed to water as for the almond milk.

**Buckwheat milk:** Sprout buckwheat groats for 2 days; use dehydrated sprouted buckwheat. Same ratio of grain to water as for the almond milk. Once blended, place mesh bag over a bowl, pour in the almond, hemp or buckwheat and water mixture and squeeze through the bag. The milk will form in the fridge for 3–4 days. Keep the remaining pulp as it can be used in cracker, cookie and burger recipes. I love my milk plain, but you can add a drop of stevia and a dash of cinnamon to taste.

I warm my almond, buckwheat and hemp milks by putting them in a small pan and stirring with my finger over a low heat until my finger says it’s hot, which happens at about 105 degrees.

**Favorite Winter Salad**

Prepare a large bowl of salad greens and sprouts, and add veggies of choice such as:

- ½ chopped red pepper
- ¼ purple onion sliced thin
- A few thin slices of purple cabbage
- ½ sliced zucchini
- 2 veggie/nut burgers, warmed and cut into cubes, crust-on size. You can find a great recipe for veggie burgers in Hippocrates’ Healthful Cuisine (see ad, page 4).

Toss all with your favorite dressing and add the warmed burger cubes just before serving. Here’s a quick trick I discovered the other day: I had a few dehydrated veggie/nut burgers in the fridge, and when I was ready to serve my salad, I took two of the burgers and popped them into my toaster for 30 seconds (luckily they didn’t fall apart). Voila! Warm morsels to add to my salad that really warmed up the meal and made that salad into a hearty and satisfying raw winter meal. You can also use your dehydrator to warm up your burgers.

**Roasted Veggie Salad**

Cut veggies (red peppers, red onions, zucchini, mushrooms, kale) into chunks or cubes with and toss with:

- 1 olive oil
- 1/4 Bragg Liquid Aminos
- Sprinkle of dulse
- 1 garlic clove, crushed
- Juice of ½ lemon
- ½ tsp. of Italian herbs

Dehydrate for 3 hours or until tender. Add to your favorite green and sprout salad and serve while the veggies are still warm. These do not go in the toaster.

**Warm and Creamy Morning Cereal**

Serves 2

1 T. 2-day sprouted quinoa

1 T. 2-day sprouted buckwheat groats or dehydrated “buckwheaties”

1 T. freshly ground flax seeds, chia seeds or hemp seeds, or a mixture of all three

1 tsp. lemon juice

½ C. warm water or warm buckwheat milk (add more liquid as needed for personal preference as chia and flax seeds will thicken within minutes of blending).

Optional:
- one small apple chopped, dash of cinnamon and/or a drip of stevia, and a drizzle of Hippocrates PhyNeur oil.

Blend until creamy and serve warm.

Visit HealthyEasyGreen.com for more raw food tips and tricks.
I was a picture of perfect health. I thought my diet was good, consisting of chicken, fish, a little red meat, dairy, and a few salads per week…ugh! At the time, I had a very good spiritual awareness enough to listen to some of the signals and messages from nature. Nature was about to give me a rude awakening. Without going into too much detail, here’s a list of some of the so-called “diseases” I was labeled with:

- Chronic fatigue.
- Depression.
- Sleep apnea and severe allergies.
- Dangerously high cholesterol (270).
- Digestive problems.

At the time, I was living in Palo Alto, California, so my doctors were part of the Stanford University Medical System—one of the best in the world. The system was very helpful in analyzing the status of my body chemistry, however the solutions offered were mostly the status quo, dealing only with the symptoms and not the underlying causes and conditions. These included the all-too-common fare of pharmaceuticals and other synthetic supplements. Fortunately, I was awake and aware enough to listen to some of the signals and messages from nature. Stanford University had one of the finest Alternative Health Care units in the country. This was helpful, however, there is not a Hippocrates Health Institute campus—yet! It really helped that I had friends who guided me to the Hippocrates lifestyle.

Despite the fact that I first visited HHI in 1992, my first real attempt at the living foods lifestyle wasn’t until 2004. It wasn’t until I attended the Hippocrates Life Change Program in 2007 that I started to experience real internal health and wellness. My firm belief is that it requires a holistic approach to obtain health-creating, full-dimensional living. A great attitude and high level exercise program (including yoga) will not overcome an unnatural nutrition program. Today I have no signs of chronic fatigue, depression, sleep apnea, or severe allergies. My body’s cholesterol has gone from 270 to 170, just by adhering to a living foods program. The other key component for me has been systemic and digestive enzymes. Listed below are some of the most important beliefs that Drs. Brian and Anna Maria Clement have instilled in me.

1. A pure, enzyme-rich diet, complimentary of WMDs (Weapons of Mass Deception). I must emphasize that during this time I had a very good spiritual and meta-physical practice, including yoga and alternative therapies.

2. Nature was about to give me a rude awakening. Without going into too much detail, here’s a list of some of the so-called “diseases” I was labeled with:

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2. Chronic fatigue.
3. Cooking kills any life left in food.
4. Exercise, oxygen, trace minerals, hormones, and enzymes are very important to vibrant living.
5. Physical and emotional cleansing are key components to optimal wellness. This includes detoxing from limiting thoughts and beliefs.
6. Alcohol is a highly toxic drug.
7. There is no separation between mind and body.

I have deep gratitude for the Life Change Program that was created by Drs. Brian and Anna Maria Clement. For me, there are really only a few underlying causes and conditions of physical disease: toxemia, unhealthy stress, false beliefs, and improper nutrition. No more “dead animal flesh” for me. I also feel the need to emphasize that my five year journey of nutritional change has not been easy. In the long run, however, I believe the Hippocrates lifestyle is the easiest, most effective, most fulfilling way to go. When I compare the costs and benefits to the alternative—the “Standard Consumerism Lifestyle”—the choice is clear.

On October 2, I celebrated my 50th birthday by competing in the Walt Disney World® 5K through the Magic Kingdom. Since I’ve upgraded—and embraced—what my perception of good health is, I happily finished in the top 5% in a field of 2,200 runners (many were half my “earth age”) and felt “the real lifeforce” flowing through my body & spirit. Special thanks to the Hippocrates staff for helping to take my lifeforce to a whole new level. A special thanks to Drs. Brian and Anna Maria Clement for their vision, passion and brilliance. The program has allowed me to be of greater service to the global family and to support the emerging paradigm of a sustainable society.

A special note of gratitude to my Italian grandmother for “growing” such a lovely family and amazing organic garden in the 1960s. To my loving mother who inspired me to rediscover holistic living in the 1970s. Love and gratitude to Viktoras Kulvinskas and all who have helped others to “Thrive in the 21st Century”.

I used to think my changes were miraculous, but really I’m just a product of the Hippocrates Lifestyle. It’s just about applying “New Thought and Ancient Wisdom.”

Life is good.

Phil Deliberato

Some may say I had “chronic fatigue” (and other issues), but I believe I just needed the Hippocrates Life Change Program.
My name is Dr. William M. Comfort and I am 76 years of age. At the beginning of January 2010, I thought I was in tremendous physical shape. I was doing pushups, lifting weights, and building up my legs on a difficult resistance stepper. My arms and chest muscles were big, and I must confess that I was a little proud of it. I guess I forgot the warning that said, "Pride goes before a fall" (an abrasion of Proverbs 16:18).

Tuesday, January 18, 2010, I woke up with spasms of the back that were so acute that I screamed every time that I moved. Three months later I was diagnosed with multiple myeloma of the spine. Wow! I sure did take a big fall because I was never tempted to go with me. My husband, Dr. William M. Comfort, couldn’t go with me. My husband, Dr. William Comfort, couldn’t join me, as he was in the middle of working on his doctor’s degree. He wanted to, but it was just too worn out from his studies and from pastoring our church. My girlfriend, however, was having a fantastic time. She loved the environment — I loved it! I brought the program home and changed program and for what it was doing in the body in healing itself. God created the body to work this way — give the body plant-based foods in their natural form and the body will not only heal itself, but maintain an optimal state of well-being. Another good reason to eat more raw greens, vegetables, sprouts, fruits, nuts, and seeds is that they are the easiest way to maintain optimal weight. Additionally, they have vitamins, minerals, phytonutrients, enzymes, and fiber—all essential for good health and healing if you want to live a long, healthy life.

Now Hippocrates is located in beautiful, sunny Florida. What a wonderful place for healing! My husband, Dr. William Comfort, was diagnosed with bone cancer in early 2010. I immediately wanted to have him go to Hippocrates. I just knew this was the place for him to heal, and indeed it was.

Genesis 1:29 says, ‘And God said, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed, to you it shall be for food.”’ This was God’s way for man to eat from the beginning. We need to get back on the right path again!

I in 1985, I was diagnosed with breast cancer and my doctor said it was a fast-growing tumor. It soon had grown to the size of an orange and I was getting very concerned. I was held up in prayer by my family, many pastors, and friends; God was about to do a miracle! I had been interested in nutrition for some time and knew that I did not want to go the medical route for my healing, which would have been surgery, chemotherapy and/or radiation. I had heard about Hippocrates Health Institute, so I decided to go there and learn their program. They were located in Boston at the time and my girlfriend Lue Roberson was willing to go with me. My husband, Dr. William Comfort, couldn’t join me, as he was in the middle of working on his doctor’s degree. He wanted to, but it was just too worn out from his studies and from pastoring our church.

I did not love Connie? She was so beautiful! Our mother was Beatrice Cannizaro, raised in a convent and knew nothing of the outside world. While there, she mastered three languages — English, French and Italian. At age 17, her father came and took her out of the convent to be the daughter of his new wife. Beatrice was shocked by the violence in Brooklyn. There were drive by shootings, gang wars, murders and bloodshed right on the streets in open daylight! She never could adjust to life outside of the convent and eventually died at age 81 in a mental institution.

I am so grateful to God for His healing power and for Hippocrates Health Institute (HHI).

I hope you have given every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed, to you it shall be for food.”

Thank you, Drs. Brian and Anna Maria Clement for all of your love and concern for us. We love you.” — William and Shirley

Breast Cancer

Dr. E. Shirley Comfort : Ridgely, Maryland

Multiple Myeloma

Dr. William M. Comfort : Ridgely, Maryland

Husband & Wife Find Miraculous Healing

Dr. William M. Comfort : Ridgely, Maryland

Multiple Myeloma

Dr. William M. Comfort : Ridgely, Maryland

Breast Cancer

Dr. E. Shirley Comfort : Ridgely, Maryland
Part of my healing focused on exercise, meditation, and peace of mind. A Husband’s Story is not only his story; it is the story of those who lend their support. Though we had been told that Eva would most likely need to do eight chemo treatments, after six of those we were told that things were “fine” and that additional treatments would not be needed. She was also told that she needed a PET Scan, but she had had enough of such procedures. For our goal for many months had been that we would go to Hippocrates Health Institute (HHI). Eva would attend the three-week Life Change Program and I would join her for two of the weeks. I had decided that A Husband’s Story could never be complete if he did not learn and participate in all aspects of his wife’s recovery. I couldn’t do chemo, but I certainly could follow the HHI protocol—I believed that this was the smartest course of action that we could take. Our oncologist, in between sips of Sprite, had basically told us to go and have a good life and make no changes in how we had lived previously. It felt wrong. It was wrong.

As with any hotel, staff can greatly add to, or spoil, a vacation getaway. The good news is that everyone at Minty Wellness is welcoming and service-oriented. Linda serves as the concierge manager since her partner, Mary, actually lives in Cork, Ireland. Everyday you will find Linda enjoying conversation with her guests, introducing her staff and answering questions.

Since Mary and Linda opened Minty Wellness in early 2010, the resort has also become a center for seminars on natural health and holistic practices. Their programs highlight speakers of international renown. Future plans call for continued health and wellness programming, along with the addition of an indoor pool and more guest rooms. In the meantime, these two forward thinking women are redefining the success of their healthy food and wellness programs and the pampered Minty Wellness guests who love to keep returning.

Part of my healing focused on exercise, meditation, and peace of mind. I will continue to fight this battle every day—even after the day I’m told I’m cancer free. I will keep doing what I’m doing, doctors orders.

As of this writing, in late November, I have now lost 113 pounds and I stand taller and I have a confidence and a strength I have never had before. Through my incredible education at HHI, I know more about nutrition and the human body than most doctors who have spent seven years in Medical School. I have a steady influence on the people around me and that makes me feel good. I even got David Letterman to try wheatgrass and he passed it on to Donald Trump and Charles Barkley live on the show. I became a full-time vegan; I eat mostly raw food, and I have never had so much energy in my life. I drink my wheatgrass and keep up with my supplements and workouts. My skin is amazing. My sleep apnea is gone and my new worldview looks so good on me.

One thing to remember about Hippocrates: they do not “cure” anything. They help you to help yourself. If you want it badly enough, they give you all the tools to help you heal yourself. There are so many lies and so much greed and ill-gotten money surrounding disease that it is hard to know what is right for our lives. I have now seen the light and have learned the truth...it is in my heart and in my soul.

Thank you, Hippocrates.

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Thank you, Hippocrates.
To more effectively change the lifestyle of children, I came to realize that the entire family needs to be educated. According to a recent study by the University of North Dakota, School of Nursing, “Obese parents have obese children. This warrants intervention.” Therefore, OHS is planning a research study of parents who are struggling with obesity who have a child in kindergarten or first grade who is also obese. OHS is offering a 10-week (50 hour) educational program for parents and will then work to further support families by conducting a monthly “Healthy Eating Family Club” for the kids. Parents need to be educated about healthy nutrition and healthy living in order to properly guide their children. Part of the education they receive addresses real life challenges such as how to keep the living food lifestyle going on a limited income. OHS plans to enlist: 1. A graduate student to do the statistical analysis and write up the study. 2. A medical facility to do pre and post blood tests along with a six month follow-up. 3. Funding for the study and for Community Supported Agriculture shares of food for the families that can’t afford them.

If you wish to help, please call (617) 835-2919 or email Betsy@OptimumHealthSolution.org.
Toilet Paper: Many toilet paper and paper towels are made from "virgin" (non-recycled) paper. These products are bleached and may contain toxic dioxins that will wipe some of the most sensitive areas of your body with. I now use a bidet, which is a device that allows me to spray water to clean myself off instead of using toilet paper. I still use a small amount of toilet paper to blot dry. The toilet paper I use is recycled toilet paper that is not bleached with chlorine (bleaching releases toxic dioxins into the environment).

Cleaning Products: Standard cleaning products from the supermarket or big box store are toxic. I recommend cleaning products that are from yesteryear, like grandma used to use—things like lemon juice, vinegar, baking soda, etc. There are also less toxic cleaners available in health food stores. Hopefully after reading about these alternatives, you will slowly but surely replace all the toxic products in your life with safer, more environmentally friendly alternatives. I have and I am healthier because of it.

When I got home from the wars I was in serious daily pain. I had a very visible neck tick every four seconds, and I was only sleeping about four hours a night before the pain was too much to rest anymore.

“Life Change Program”

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As a result of this eye-opening experience, I refused the training. I didn’t feel that according to Bernie Siegel, MD, it is impossible to help people recover from illness, especially spiritual to be spiritual (you do not need to be religious to be spiritual).

When I go into this charming, family-owned shop, I am greeted with an abundance of all-organic product choices, as well as an all-friendly, smiling staff who offer amazing service.

4TH GENERATION ORGANIC MARKET
by Debra Tau

Buying all organic food is a great goal to have, especially when you understand what’s in and on non-organic produce. In an effort to keep my family healthy and our bodies free from chemical pesticides and genetically modified foods, I try to purchase as much produce as I can that has been organically grown.

Although organic food is sometimes more expensive than non-organic, I feel that the benefits more than outweigh the cost difference. Nonetheless, I am always looking for a great deal when shopping for organics. I am happy to report that I have found a little gem of a store that sells a lot of organic jewels! 4th Generation Organic Market is in the heart of downtown Boca Raton, Florida, where they sell exclusively organic foods and products. The store offers a wide variety of organic produce as well as organic body and household products, organic packaged foods and prepared foods, including raw and vegan foods. Some of my favorite vegan selections are the raw kale salad, raw enchiladas, vegan mushroom burgers, and, for a sweet treat, the raw macaroons.

Diet:

Eat a vegan, enzyme-rich diet. The book, Lifeforce, by Dr. Brian Clement’s book, Lifeforce, by Hippocrates Health Institute, discusses the power of enzyme-rich foods. I try to incorporate enzyme-rich foods into my diet as much as possible. This helps me to keep my positive attitude on healing and getting better. I believe that the body heals faster when you eat a diet that is rich in enzymes. Enzymes are an affordable way to take out the undesirable chemicals.

affirmations:

Physical:

1. Diet: Eat a vegan, enzyme-rich living food diet, as established by Hippocrates Health Institute.
2. Supplements: Take supplements made only from whole food sources.
3. Water: Pure water is key. Distillers are an affordable way to take out undesirable chemicals.
4. Exercise: Aerobic exercise is especially beneficial. Getting more oxygen is important. Work out within your limits, and always consult your doctor before beginning a new routine.
5. Skin brush: Always brush toward the heart. Skin brush in the shower or before a shower. This practice helps get the lymphatic system moving.
6. Sleep: Eight hours is optimal for most people. The body heals faster when resting.
7. Sunshine: Exposure to the sun helps the body produce vitamin D. Only get sun during non-peak daytime hours, before 10 a.m. and after 4 p.m.

Visualization:

Imagine positive things. It is also helpful to incorporate deep breathing and calm music. For example, visualize your immune system working to reduce the cancer.

Support Groups:

Get support from family, friends, and loved ones. Support groups have been shown to help people recover from illness according to Bernie Siegel, M.D., author of Love, Medicine, and Miracles: Lessons Learned about Self-Healing from a Surgeon’s Experience with Exceptional Patients.

Affirmations:

This is a great way to keep your positive attitude on course. Affirmations can be any statement. Repeating an affirmation in front of a mirror, and saying it with feeling using the present tense, has been shown to have the greatest benefit.

MIND-BODY RELATIONSHIP:

1. Mind: Try to stay positive and develop positive mental habits.
2. Laugh: Find funny movies, jokes, people, and anything that makes you laugh. Studies show this has a positive effect on healing according to Dr. Mark Liponis and Dr. Mark Hyman in their book, Ultra Prevention.
3. Meditation: Relaxing the body and mind is a great way to reduce stress.
5. Visualization: Imagine positive things. It is also helpful to incorporate deep breathing and calm music. For example, visualize your immune system working to reduce the cancer.
6. Support Groups: Get support from family, friends, and loved ones. Support groups have been shown to help people recover from illness according to Dr. Mark Liponis and Dr. Mark Hyman in their book, Ultra Prevention.

As a result of this eye-opening experience, I went back to school to become a registered nurse because I wanted to help others. After my training, I worked in a hospital on a medical/surgical/oncology floor. During my one-year review, my manager commended me for doing a good job but said that I needed to get certified in giving chemotherapy firsthand and seeing the poor results in the hospital. I refused the training. I didn’t feel that I was truly helping people in the hospital. The healthcare system is based on treating symptoms rather than the cause of disease, so we would see the same people come back—even sicker than before. The education people would get from the hospital was little. So, I knew I needed to leave that counterproductive environment.

A Higher Calling, cont’d from p. 28

I quit my job to enter the Hippocrates Health Educator Program. It deals extensively with the practice and teachings of the living foods lifestyle and also covers many areas of the complementary healthcare field. The program was great and gave me a new direction in my life. Not long after completing the Health Educator Program I got a job working at Hippocrates Health Institute. I love my work. Here I get to do guest health consultations and biofeedback using the ONDAMED® machine. The living foods lifestyle has kept me in remission for over ten years and I feel better than ever. With out cancer I would never have found my true passion, which is teaching the living foods lifestyle and helping people in an authentic way. Focusing on the following areas of my life has helped me stay healthy and happy.

Mind-Body Relationship:

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Physical:

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2. Supplements: Take supplements made only from whole food sources. Supplements Exposed, by Dr. Brian Clement, is an excellent guide to differentiate between synthetic- and whole food-based supplements.
3. Water: Pure water is key. Distillers are an affordable way to take out undesirable chemicals.
4. Exercise: Aerobic exercise is especially beneficial. Getting more oxygen is important. Work out within your limits, and always consult your doctor before beginning a new routine.
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He was constantly running away from home and at age 17 got a bar maid job at a saloon where the mafia planned their robberies. One day, Billy was warned that the mafia intended to kill him because they thought he was listening to their plans. He immediately went to my mother and told her that he was moving to Elmira, New York, at once. Billy gave my Mom enough money for bus fare to Elmira. She arrived the next day and we set up our living quarters there. It was at this time that Ronnie and later Connie were born. Our home was explosive and I decided to ship Eleanor, Ronnie and me to Asheville, North Carolina. They were living in Elms and Mom decided to ship Eleanor, Ronnie and me to our father. She kept Connie, who was only two years old at the time and too young to travel. This was the last time we saw Connie. We were not allowed to grow up together and this is one of the deepest hurts we ever had to endure.

To make a long story shorter, we were reunited with Dad and Roxie became our new Mom. We moved to Asheville, North Carolina, where our lives were wonderful. Both Ronnie and I soared in our lives outside the home. Ronnie got into music and was later billed as “the Boy Wonder of the world.” I soared in sports, becoming the city ping pong champion in my age division. My baseball teams won the city championship in two age divisions. I got a job and earned my own money to buy clothes, sporting equipment, a bicycle and, later, a car. All of a sudden everything changed! Eleanor, at age 16, left home to marry Sergeant George Erwin of the U.S. Air Force. Dad and Roxie got in a fight, and then Dad drove Ron and me back to Elmira. By now I was 17, and I decided to quit high school and leave home to join the Air Force. This was in 1953, at the beginning of the Korean War. Now my life was more uncertain than ever! After Basic Training I received my orders to Tyndall Air Force Base in Panama City, Florida and was placed on permanent KP (kitchen patrol) as an OJT (on the job training) cook. Misery, misery, misery!

Then one Saturday night, everything suddenly changed again! I rode into town with a friend and we happened to wander into an outdoor worship service. There was a lady on stage with a microphone singing a song entitled, “The Love of God.” She sang, “The love of God, how rich and pure, how measureless and strong. It shall forever more endure, the saints’ and angels’ song.” I sat there spellbound and got to thinking how much I craved the love of God. Then an evangelist got up and said, “If there is anyone here tonight that would like to be saved, come forward after the service and we will pray for you.” That stuck in my mind and I thought, “maybe this guy can help me.” After the sermon I went forward and told the evangelist that I wanted to be saved. He spoke to some men and told them to take me and pray for me. These men began to pray for me and I was in the center of the circle, not knowing what to do or say. I thought: “Man, I’ve got to pray,” but I did not know how. Then I thought: “Now I lay me down to sleep, I pray the Lord my soul to keep.” Nah, that won’t work! What about: “God is great and God is good. And we thank Him for our food.” Or maybe: “Hail Mary, mother of God. Our Father which art in heaven.” Finally, a man behind me put his hand on my shoulder and said, “Son, say ‘Jesus save me.’” I tried to say those words but nothing would come out of my mouth. I could not pray because my whole life came before my mind.

Healing Our World »» Consciousness Raised Healing Our World »» Consciousness Raised

“A never forget that one step and one person at a time brings us closer to the world that we are meant to live in.”

— Dr. Brian Clement
It was a life of lying, cheating, stealing, sex, and other sins, and I was guilty as could be. Suddenly, I saw myself in hell. I was being tormented, and I was filled with hate. I was so pure and I was so sinful. He loved me. He was dying on the cross and human hope and then Jesus appeared. He was the one to pull me out, but there was no one there to help. I gave up all human hope and then Jesus appeared to me. He was answering the cross and love was streaming down on me. He was mine. I gave my life to Him to save me, then suddenly I felt something that was very dark and evil leave my body. Then a glorious light from heaven came into my heart. I jumped up on my feet and screamed it. Many times I have heard people say, “Jesus save me, Jesus save me.” I begged and pleaded with Him to save me, then suddenly I felt something that was very dark and evil leave my body. Then a glorious light from heaven came into my heart. I jumped up on my feet and screamed it. Many times I have heard people say, “Jesus save me, Jesus save me.”

When I got off my knees, I was 5‘ 5”, 17 lbs, and 5 years old and 130 lbs, but inside I was bigger than all of Tyndall Air Force Base. That was 58 years ago.

I took the GED and other tests, making the highest grades one could make. I was discharged after the Korean War and have served since earned a Doctor of Philosophy Degree, Doctor of Naturopathy Degree, Doctor of Letters Degree, Master of Arts Degree, Master of Theological Studies Degree, Bachelor of Arts Degree, Fellow of the International Biography, Cambridge, England, Teaching Fellow of the Oxford Educational Network, with studies taken at Oxford University. Only Jesus could realize such a fate for an insecure, 17 year old street kid. Therefore, everywhere I go I spread the good news of what Jesus Christ can and will do for anyone an open heart.

A Husband’s Story, cont’d from p. 53

Husband and Wife, cont’d from p. 60

Theological Studies Degree, Bachelor of Arts Degree, Fellow of the Interna- tional Biography, Cambridge, England, Teaching Fellow of the Oxford Educa- tional Network, with studies taken at Oxford University. Only Jesus could realize such a fate for an insecure, 17 year old street kid. Therefore, everywhere I go I spread the good news of what Jesus Christ can and will do for anyone an open heart.

Alissa enjoyed my life story so much, she brought Keesie Brewer into our room the next day with Clara and some other ladies. They wanted to hear my story, too. So for the next several hours, they got an ear full too! In all of my life, I have never met so many loving and caring people in one place. Here, Derrick, Shirley and I were in the modern Garden of Eden, situated on 50 acres of lush land, housing 100 workers and nearly as many guests. Not only were we loved, but we received professional counseling and therapies, enjoyed a plant-based, living foods diet, and learned about a whole new lifestyle. Nancy Fusco Baldwin became my personal trainer and Shirley and I love her as we would our daughter. She is wonderful! Keith Cin and Jenny Lee were our acupuncture doctors and they were great. Kevin, Barry and the ladies in the therapy room were always there for us. Rosemary Davila is a sweetheart who is a wonderful overseer of HHI’s Oasis Therapy Center. We made many lifelong friends at Hippocrates and six weeks later I was able to walk out of the institute on my own two feet—with no walker! Shirley and I are adhering to the Hippocrates lifestyle and we are both making steady progress. We are grateful for all the friends that we have made, the lessons that we have learned, and the new lifestyle.

I have told many people about Hippocrates Health Institute and many have been receptive and followed up. How could we ever thank all of the staff and our friends at HHI for all they do for us and for others? We love you and treasure your friendships.

Dr. William M. Comfort
President
Chesapeake Bible College & Seminary
(410) 634-9005
www.chesapeakebiblecollege.org

A Husband’s Story straddles time, as well as drinking other green drinks and drinking raw soups. She was relaxing without me hovering over her and causing her to worry. I was happy. We are now going on year three of our marriage. We shop organic and the bulk of all our food is in our house or in our mouths these days. A Husband’s Story straddles time, painfully aware of the past, yet hopefully optimistic about the future. This is A Husband’s Story and one that is repeated by so many others as well, whether they are wives, sons, daughters, lovers or friends.

personal trainer and Shirley and I love her as we would our daughter. She is wonderful! Keith Cin and Jenny Lee were our acupuncture doctors and they were great. Kevin, Barry and the ladies in the therapy room were always there for us. Rosemary Davila is a sweetheart who is a wonderful overseer of HHI’s Oasis Therapy Center. We made many lifelong friends at Hippocrates and six weeks later I was able to walk out of the institute on my own two feet—with no walker! Shirley and I are adhering to the Hippocrates lifestyle and we are both making steady progress. We are grateful for all the friends that we have made, the lessons that we have learned, and the new lifestyle.

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Dr. George Yu (cont’d): Dr. Brian Clement (HHI), Marlène Boudreault, ND (Hippocrates Health Educator), Michio Kushi (KI) and Olaf Fisher (KI) are all contributing funds to make this study a success. For me, this is a dream come true and an opportunity to show the science and medical community—and the rest of the world—what I have witnessed in the past ten years as a surgeon and doctor studying the brave individuals associated with these institutes.

Marliène Boudreault, ND: It’s a special day for me to write about this exciting study being conducted at HHI after a long journey of my own recovery from thyroid cancer.

This study is an opportunity to highlight the science involved in the raw food diet at Hippocrates Health Institute. This will be a chance to prove to the world what Hippocrates has been teaching for over 50 years is extraordinary. This caloric restriction study (MBCS) will be a tremendous help in understanding the importance of reducing the quantity of food eaten while increasing the quality and nutrient content of the diet.

As my health needed a radical change, I left my job working in the Fraud Division of the Montreal Police and established my career as a naturopath, with promoting health as my most important goal. For the past ten years I have worked with HHI and I now work closely with Dr. George Yu of Washington, DC.

An Opportunity in Science

It is well known to all of us that many cases of cancers have improved and others have been healed by using a raw food Hippocrates diet. There is a scientific explanation for this.

Coincidently, the HHI diet is high in nutrition and high in volume of food, yet low in calories. There has been 70 years of research to show that Caloric Restriction (CR) has prolonged life for creatures such as worms, rats and monkeys. Now we know it is as effective in humans. They all lose weight compared to control subjects who eat ad libitum.

We also know that within the initial three to six months of a low calorie diet, many gene expressions revert to a healthier profile (Spindler).

Many risk factor measurements in humans, as seen in the Biosphere 2 project in the 1990s, also revert to a healthier profile. These measurements include blood sugar, blood lipids and blood pressure. In addition, there is evidence in animal studies that cancer growths arrest or slow down when CR diets are imposed on study subjects.

Together, Dr. Brian Clement, Dr. George Yu, Dr. Stephen Spindler and Marliène Boudreault, ND, are beginning a study to record gene expression changes in cancer patients—in this case, melanoma and breast cancer.

We are studying the effect of CR on gene expression of patients with malignant melanoma or breast cancer.

Hippocrates Health Institute is seeking three participants meeting the following requirements:

1. Patients newly diagnosed with melanoma or breast cancer with residual skin lesions of disease who have had no previous treatment and do not elect conventional treatment.

2. Patients who have been diagnosed with melanoma or breast cancer with residual skin lesions of disease and have received conventional treatment such as chemotherapy, radiation, and surgery. However, the treatments failed and they are now electing to use nutritional intervention as their only treatment for cancer.

3. Patients must be active and have good performance measurements. In other words, they must be able to eat, walk and travel.

Research will study gene expression before and after a six month period. Participants will undergo skin biopsy of their lesion performed by a medical surgeon. During the six month period, participants will follow a raw food diet plan designed for them by the Hippocrates Health Institute team. In the initial study period of three weeks at the Hippocrates Health Institute, candidates will learn how to follow the recommendations at home.

To assure compliance to the diet, HHI research staff will monitor each candidate on a weekly basis. Participants in the study will do so voluntarily and will not be compensated in any way. The participants may discontinue participation in the study at any time.

INTERESTED CANDIDATES: Please call (561) 471-8876, ext. 186.
ARE YOUR ADRENALS UNDER PRESSURE?

PREVENT STRESS FROM HARMING YOUR ADRENAL GLANDS

LifeGive™ AdrenaSupport™ is a traditional, herbal formula that helps to support and balance natural, healthy adrenal function and offers a nutritional healing approach for long-term adrenal strengthening.

Proper care of adrenal function is important for good health. The adrenals respond well to proper rest and sleep routines. One should avoid toxic stimulants, acidic foods, and excessive sugars and focus on proper nutritional support such as raw foods and herbal supplements. Certain items such as tobacco, coffee, chocolate, sodas and similar toxins should be avoided to improve adrenal function.

To order call (561) 471-8876, ext. 171
Monday, 10am–5pm | Tuesday–Friday, 10am–6:30pm | Saturday, 10am–3pm

Made solely from Holy basil leaf and a blend of natural, traditional herbs. No additives, excipients or binders.