Water

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Godliness of Water
Dr. Brian Clement explains the importance of water to humans—both culturally and for proper nutrition.

Solving for Pattern
Sustainable farming expert Michael Ableman discusses how to address water shortages.

The Fourth Phase of Water
Gerald H. Pollack, PhD, explains the fourth phase of water and what it could mean for water and energy issues.

Ocean Health
Maria Krajnak describes how man-made disasters have affected the health of our oceans.

Desertification
“Mad Cowboy” Howard Lyman explains how the American West is becoming a vast desert—and the politics behind it.

Water Pollution
Will Burson discusses the many types of water pollution and offers simple tips for how we can clean up our acts.

Like Water for Sex
Before you approach that “tall drink of water,” you’d better have a tall drink of water. Dr. Edwin Riley explains why.

Swimming in an Ocean of Qi
Keith Cim, HHI’s acupuncture physician, shares tips for maintaining optimum kidney health.

Our Drinking Water
HHI water expert Pam Blue shares her knowledge about water filtration.

Algae Offer Superior Foods with No Freshwater Waste
Algae expert Dr. Mark Edwards explains how algae can help us address freshwater shortages.

Stand Like Mountain, Move Like Water
HHI psychotherapist Antony Chatham believes we have much to learn from water.

Our Healing Waters
Pam Blue describes the water features and therapies guests enjoy at Hippocrates Health Institute.

Gardens Need Filtered Water, Too
John Kohler reminds us not to forget our gardens when it comes to filtered water.

Water and Sprouts
Mark Handy shares tips for “souping up” sprouting water.

Water Memory, Water Magic
HHI psychotherapist Andy Bernay-Roman gets in touch with the emotional side of water—and tells us how he feels about it.

Drugged Waters
Hippocrates staffer Diane Lahoski delivers the straight dope on pharmaceuticals and other chemicals in drinking water.

Frankly Speaking
Rita Robinson catches up with Frank Ferrante, of May I Be Frank? fame.

Interview with Dr. John Lubeck
Dr. Anna Maria Clement visits with Dr. John Lubeck as he explains his revolutionary treatment methods.

Choosing the Right Milk for Your Baby
Got questions about breast milk alternatives? High raw vegan mom Debra Tau has answers.

Living Your Passion
Barry Koral is a raw foods activist and artist in San Diego. C.L. Lynne talks with him about his journey to raw foods.

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Our endless global travels have taught us something about our own needs over the decades. We appreciate inlands and deserts, but surely do not want to reside there for more than just a few days. It is clear to us that we are water people.

As the stargazers say, November and March babies are born under water signs. Although we grew up thousands of miles apart, on different continents, one of our greatest joys throughout life has been gazing at seas, lakes, streams and rivers, which often provokes a quick dip or a scuba diving adventure.

We ask ourselves, “What is it about water that attracts us?” For us, it is like returning to the womb. Both of us were close to our mothers, and although they are deceased, we send them our love daily. The nine months we spent floating inside them had a big influence on us.

I, Brian, began diving as a boy in the 1950s. My dad would strap a tank to my back, put a regulator in my mouth and submerge me, saying, “Look at this, boy.” A wondrous world unfolded before me, and I felt as if I was witnessing the secret of the universe. I observed schools of fish, squid, mammals and other creatures symbiotically dancing together. Their bodies moved in the water with sublime coordination, displaying mono-consciousness. There were often tens of thousands of participants in their promenade. Decades later, when Anna Maria migrated to the states, I could not wait to offer her the opportunity to take scuba diving lessons. Little did we know that her trainer would be a former Navy SEAL who believed he was training his students to prepare for war.

Anna Maria would come home and tell me what her course entailed. Judging from the instructor’s methods, I thought her final exam would involve jumping out of a helicopter into icy waters. I at least had the cold part right… her final training and test was conducted in Provincetown, Massachusetts, on a cold winter day. Visibility was no more than two feet, yet, Anna Maria was excited to truly feel like a fish for the first time in her life.

When Anna Maria obtained her certification, we booked a trip to the Florida Keys so she could see why she had endured the relentless torture. It was there, under 100 feet of tropical water, as the dayglow colors mixed with watery pastels and shimmered silver and gold, that we fell even further in love.

Water has always been, and will always be, a big part of our lives. This may be why there are now eight pools, including hot tubs, a reflexology stream and a Steiner pod fountain adorning Hippocrates Health Institute’s lush 50-acre campus. We hope that you spend more time exploring the past, present and future relationship you have with H2O. Make it an important part of your life and it will bring you great physical, emotional and spiritual benefits.

Blessings,

Drs. Anna Maria and Brian Clement
Guest Letters

Dear Brian and Anna Maria,

I want to thank you for giving us time in your office. I was really discouraged because of my macular degeneration. In the dining room, I could not see what was on the plate. I could not recognize people coming into the dining room even if they were a few feet from me. With the help of the complete care team from Hippocrates and Diane translating from English, my vision improved a lot. Sometimes I removed my glasses and I saw much better. I wanted to mention this at graduation during my testimonial but I was too moved. I will continue this nutritional regimen at home and will send you results.

My husband Gabriel and I are so happy to have shared this experience at our ages of 79 and 80. We are certain we will live much healthier, longer lives.

We are looking forward to seeing you in Montreal in October 2011.

Carmen Jutras and Gabriel Doyon

P.S. What a great victory!

Dear Anna Maria and Brian,

I attended one week at Hippocrates last April. While the first few days were a bit of an adjustment, it was, overall, truly a wonderful experience. I want to share with you some background, and what has happened since then.

In early February, 2010, I had surgery for colorectal cancer. They were unable to remove all of the tumors, and they found cancer cells in my abdominal fluid. Not good news. I started a regimen of chemotherapy every other week. The doctors said to expect to do this for the rest of my life.

I went to Hippocrates for one week, during a chemo “off-week.” When I returned to Boston and Mass General, the doctors and nurses all commented that my blood numbers were fantastic and to keep doing whatever I was doing. If I needed any motivation to continue regular juicing and a raw vegan diet, that was it. As you recommended, I totally cut out wheat, sugar (okay, I do have an occasional piece of dark chocolate), vinegars and fruits.

If I needed any motivation to do this, it was very much demand for groundwater. Since the farmers were virtually the only ones using the water, the law said they could use as much as they wanted, but that they had to maintain their level of usage to keep their “water right.” In other words, if they started to use less water, they would be limited to that amount for future use. Obviously, this arrangement, which still stands, is not conducive to conservation.

Because over 60% of the world’s wetlands have been destroyed in the past 100 years, the freshwater cannot be fully recycled. Our finite amount of freshwater is being polluted and depleted so fast that we are relying more and more heavily on the mining of groundwater. This dependence on groundwater isn’t only alarming because the ground is falling beneath us, but because we don’t know how much groundwater there is.

Some water naturally percolates back into aquifers during pumping. This is called “recharge” or “return flows.” Ideally, we’d limit the pumping to an amount of water equal to the return flow. This would be sustainable. But we’re pumping up to 15 times as much as is being recharged. This leads to soil erosion. The ground is hardening to the extent that rain doesn’t easily penetrate it. This problem is known as desertification.

It is time to take responsibility for the usable freshwater we have left and take steps to normalize our planet’s water cycle. Groundwater pumping is just part of the water issue we are facing, but the problem essentially boils down to the fact that we are using too much freshwater. Inefficient farming methods are the biggest culprit. Shipping food around the world, so the US can eat fresh tomatoes in January is a huge contributor, and meat-based diets require exponentially more water use than do plant-centered diets. Browsing this issue of Healing Our World, it’s clear to see that if we work together, there are solutions within our grasp. It just requires becoming informed, informing others and doing our part. Shorter showers and eating seasonally may seem like a sacrifice at first, but it is worth it. There is nothing more essential to life than clean water.

Be well,

Will Barson

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A note regarding Aniello Richiutili:

Aniello Richiutili’s name was misspelled in Healing Our World Volume 31, Issue 1 (Recovery 11). Aniello would like to mention that a big factor in his decision to seek alternative methods for his cancer treatment was his father, who was diagnosed with leukemia 25 years ago. His father underwent chemotherapy and passed away a few years after his diagnosis. Aniello had tried to convince him to consider alternative methods, but his father was determined to do whatever the allopathic doctors told him to. After seeing what chemotherapy did to his father, Aniello vowed to never go that route if he ever had cancer.

In the early 1990s, the collapsed city of Ubar in Southern Oman was rediscovered from space using remote sensing data. Ancient records and folklore spoke of the wealthy desert outpost, but until this “lost city” was found, it was thought to be a figment of mythical tales. Archaeologists learned that Ubar fell beneath the desert sand due to groundwater pumping.

The phenomenon of vanishing cities isn’t limited to the far reaches of desert peninsulas. Areas are sinking in North America, as well. Giant sinkholes have emerged in Florida. In the San Joaquin Valley in California, an entire region sank over 28 feet as the watershed was depleted (see inset photo), marking the largest human alteration of the Earth’s surface. Mexico City is sinking, too. Humans have been tapping into aquifers beneath the earth’s surface for thousands of years (Ubar disappeared around 300 A.D.), but modern technology allows us to exploit these precious resources at a startling rate. We now pump approximately 30 billion (with a “B”) gallons of groundwater every day.

When farming operations began relying on aquifers, there wasn’t much demand for groundwater. Since the farmers were virtually the only ones using the water, the law said they could use as much as they wanted, but that they had to maintain their level of usage to keep their “water right.” In other words, if they started to use less water, they would be limited to that amount for future use. Obviously, this arrangement, which still stands, is not conducive to conservation.

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Be well,

Will Barson

FROM THE PUBLISHER

Aniello Richiutili vowed to never go that route if he ever had cancer.
Contributors

Michael Ableman is a farmer, educator, and founder of the Center for Urban Agriculture at Fairview Gardens where he farmed from 1981–2001. He is the author and photographer of *From the Good Earth*, *On Good Land and Fields of Plenty.* Ableman is currently co-directing SOILwood and is farming at Foxglove Farm where he also directs the Centre For Arts, Ecology, and Agriculture. www.foxglovefarmbc.com, www.fieldsofplenty.com


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

Will Bursen 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, enjoying the Florida sun.

Antony Chatham, a Florida licensed psychotherapist, has worked with Hippocrates guests since 1993. He draws his inspiration from Eastern and Western traditions of holistic healing and integrates knowledge and experience from psychology, philosophy and theology, in which he holds Master’s degrees and doctoral course work.

Dr. Keith Cini is a licensed Acupuncture Physician, a practitioner and teacher of the Oriental Healing Arts with over 25 years experience. Keith utilizes Medical Qigong, Asian Bodywork and Chi Nei Tsang, a Therapeutic Internal Organ Massage. He also teaches Tai Chi Chuan, Qigong and Meditation. His Qigong Basics DVD is available in the Hippocrates store and webstore.

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.

Dr. Anna Maria Clement kicked off her career in natural health advocacy by founding the first living food organization in Scandinavia and was a member of the Natural Health Care Coalition, a government-supported effort in unifying the field of complementary health care in her native Sweden.

Dr. Mark Edwards writes, speaks and consults globally on sustainable food and energy. Mark graduated from the U.S. Naval Academy in mechanical engineering, oceanography and meteorology. He holds an MBA and PhD in marketing and consumer behavior and has taught strategic marketing, leadership, sustainability and entrepreneurship at Arizona State University for more than 30 years.

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

John Kohler hosts a popular internet show, Growing Your Greens, about his bountiful front-yard garden in the suburbs of Northern California. When he’s not busy harvesting greens, beans, marigolds and peppers, John offers lectures on raw foods. Learn more at GrowingYourGreens.com.

Gurunam Kaur Khalsa wears many hats at Hippocrates Health Institute, including that of writing and editing for Healing Our World magazine, and has a history with HHI that reaches back to the early days in Boston.

Maria Krajnak graduated from Kent State University with a journalism degree. Working at HHI has aligned her with her life mission—to be of service and to help empower others. Maria’s spiritual path has taken her to places such as Peru, Brazil, Mexico, England and Morocco.

Diane Lahoski has been with Hippocrates Health Institute for the last twelve years in many different positions. She is currently the librarian for the institute. Diane is an accomplished musician and as such has played in many venues in the southeast United States and in the Caribbean.

Howard Lyman is a fourth generation family farmer. After 20 years of operating a feed lot, he sold his ranch and started working for farmers in financial trouble, becoming a lobbyist in Washington. Howard made headlines as he and Oprah Winfrey were co-defendants in the infamous “veggie libel” lawsuit after he spoke openly about Mad Cow disease on her show. He has written two books, *Mad Cowboy* and *No More Bull!* Learn more at MadCowboy.com.

C.L. Lyne is a freelance writer of almost 20 years—with a focus on holistic health, nature and the arts. Based in Arizona, her feature articles with photography have appeared nationally in newspapers and magazines. She “gratefully gains knowledge and inspiration” with every assignment.

Yvonne Pratt has facilitated fitness classes at Hippocrates Health Institute since 1989. Yvonne is trained and certified in numerous modalities of fitness including: personal fitness training, Pilates, yoga and aqua fitness. She is passionate about integrating movement and breath. Yvonne’s focus on core strengthening exercises allows the body to move with power, ease and grace.

Dr. Edwin Riley is author of *Strength Rx,* and a doctor of Mind/Body Medicine, Transpersonal Psychology and Integrative Health Care. In addition to his private practice in Palm Beach County, Florida, he periodically conducts “Stress Reduction Vacations” in the tropical mountains outside Cuernavaca, Mexico. Learn more at StressReduction.com.

Rita Robinson, a writer in Laguna Beach, California, fell in love with raw foods seven years ago and it’s still love! Her back. In natural health for 25 years, she’s showing baby boomers how to keep their mojo kickin’ by lightening up in body, mind and spirit. Healthy reveals is the best pro-test. Contact Rita at evolvetogether@yahoo.com.

Debra Tau is a raw-vegan mom with a dedication to raising her son truly healthy and happy, while helping other moms do the same for their children. She is honored to offer support to mothers via email at taustau@gmail.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 Wburson@HippocratesInstitute.org.
Don’t Just Get Fit, Get HHI-Fit
by Yvonne Pratt

Feeling good, experiencing beauty and being part of nature are all important priorities in life. Hippocrates Health Institute’s newly-opened fitness center, called HHI-Fit (High-Fit), fulfills these basic human needs—and more.

When exercising aerobically on your favorite piece of equipment, you can look outside and witness Mother Nature at her best. A newly planted tree comes into view, attracting beautiful yellow butterflies. As you listen to your iPod, breathe deeply using the oxygen machine, knowing you have just found a little piece of paradise.

HHI-Fit is equipped with Precor aerobic strength training equipment, including the Adaptive Motion Trainer (AMT). The AMT has variable stride lengths. You can change your workouts at will by simply moving naturally. With the AMT, you can go from short to long strides, walking to running and climbing to lunging smoothly, easily and spontaneously. You feel like you’re moving on air.

The FreeMotion Dual Cable Cross strength training machine is another favorite, enhancing strength by allowing users to perform movements that mimic activities in both sports and life. It functionally trains the muscles of the entire body to work together while building stability and coordination.

HHI-Fit is also equipped with an exercise pool, hot tub, infrared sauna and color therapy steam room. Infrared sauna benefits include relaxation, detoxification, increased blood circulation, pain relief, stress relief and decreased joint stiffness. Color therapy steam room benefits include lymph, kidney and lung detoxification, as well as relief from stiff joints, sinus congestion and muscle soreness.

These wonderful amenities are situated around a beautiful courtyard, featuring archways lined with flowered vines, sounds of running water from a nearby fountain and graceful palm trees swaying in the South Florida breeze. Come and bathe in the beauty of a tropical oasis and restore your strength, body and soul.

What’s the News?

Childhood Obesity Linked to Early Introduction of Solid Food
by Dallas Lasalle

Feeding practices during early infancy, including the introduction of solid food before the age of four months, may be a key factor in childhood obesity. In several recent studies, the early use of solid foods is associated with increased body fat and greater weight gain during infancy. If an infant was never breastfed, or the breastfeeding stopped before four months of age, the introduction of solid foods has been associated with a six-fold increase in the odds of obesity by the age of three years.

The Journal of the Royal Society for the Promotion of Health notes the following: “the health benefits of breastfeeding for babies and mothers have long been recognized and it is now globally recommended that it be continued exclusively for a minimum of six months. Although there are few controlled trials to support this recommendation, the most important advantage is less morbidity (death) from gastrointestinal infection in developing countries. There is also evidence that respiratory tract infections and atopic dermatitis is reduced and the maternal risk of breast cancer decreases, particularly with a longer duration of breastfeeding and a high parity.” Partly refers to the number of times a mother has given birth.

When you are feeding an infant, you are controlling the amounts he/she is eating. A baby must learn to determine his own state of readiness for solid foods. These include all foods in any language. When you are feeding an infant, you are controlling the amounts he/she is eating. A baby must learn to determine his own state of readiness for solid foods. These include all foods in any language.

Complete Lymph Node Removal Unnecessary for Breast Cancer
by Dallas Lasalle

For decades, surgeons have removed all the lymph nodes to determine how far a breast cancer has spread, to eradicate any stray malignant cells that may cause a recurrence of the cancer. A new study shows that this is not necessary for most patients. With therapies such as chemotherapy, radiation and hormonal therapy, the focus has shifted to treating those cells that may have gone to other organs. A study published in the Journal of the American Medical Association found that women who had multiple lymph nodes removed were no more likely to survive than patients who had one or two of the nodes closest to the cancer taken for testing.

The removal of lymph nodes has many negative side effects including swelling and limited arm mobility. Swelling from excess fluid in the lymph tissue is called lymphedema and can persist long after the cancer is halted. Implementation of the new practice of not removing all of the lymph nodes would improve clinical outcome in thousands of women each year and the changes at hospitals would reduce surgical complications and improve quality of life.

*Mainstream medical practitioners* now believe that with advances in treatments such as chemotherapy and hormonal therapy, patients do not need to have more aggressive surgical procedures and will be able to recover much more quickly. This is a great improvement for women suffering from breast cancer and the subsequent treatments.

Dr. Brian Clement’s Speaking Schedule*

**Spring/Summer/Fall**

May: CA/OR/WA
May: Canada
May: Florida
June: Ireland/England
June: Finland/Sweden
June: Norway
June: Spain/Portugal
July: South America
August: Malibu, California (Hippocrates West)
September: Arizona (Tree of Life)
September: New England, USA
October: Canada
November: NY/NJ/PA/MD/DC
November: TX


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**Say It With Flowers?**
by Diane Lahoski

Seventy percent of North America’s and Europe’s flowers are grown in Colombia under extremely horrendous conditions. Two-thirds of the flower workers suffer from work-related health problems which include headaches, nausea, impaired vision, conjunctivitis, rashes, asthma, still births, miscarriages, congenital malformations and respiratory and neurological problems. Many pesticides used in Colombian flower production are known carcinogens or toxins that have been banned in Europe and North America.

Colombian labor laws define the working day as 6 a.m. to 10 p.m., so overtime pay is virtually non-existent. Most of the workers receive minimum wage and sometimes must work unpaid overtime so they will not lose their jobs.

Women are especially vulnerable, many of them being single mothers. It has been reported that a majority of women must undergo a pregnancy test for employment. Some were also asked to present proof of sterilization and many have been fired after becoming pregnant. Flower workers often experience varicose veins and kidney problems as a result of standing for long hours and restriction of restroom breaks.

The tremendous growth in the flower industry began in 1971 in order to limit coca farming and expand job opportunities. To lend a hand in this endeavor, the United States suspended import duties on Colombian flowers. This, of course, was disastrous for American flower growers. In that year, the U.S. produced 500 million blooms of major flowers, including roses, carnations and chrysanthemums, and imported only 100 million. By 2003, the U.S. imported two billion major blooms and grew only 200 million. The inexpensive imported products take their toll on the environment—and the people who work in the industry.

Flower certification programs include labels such as USDA Organic, Florverde, FlorEcuador, Fair Trade, Veriflora, Sierra Eco, and many European labels. For more details, internet search “Green Flower Certification.”

Flower certification programs are competing with Ecuador and Kenya for the global market. There are now certification programs that offer the hope of worldwide sustainability. In order to obtain certifications, the workers health and safety, and their quality of life, is taken into consideration. When we buy lovely flowers in the grocery or order them on the internet, we need to take the time to check and see where they were grown and if they are certified (see below). That way we can do our part to stop the proliferation of toxic chemicals and unethical labor practices.
Without water, there is no life. Humans can only survive for a few days without consuming this nectar of the Gods. Much of this liquid nourishment comes from the food we eat. The most water-rich foods—and therefore the most healthy—are plant-based, organic and raw. With their electromagnetic ionic charges, the juices extracted from fresh, vegan fare fulfills the need for hydration while supplying high-level nutrition. Water constitutes a significant portion of the body mass in every living thing. It is so central to our physical and spiritual needs that to ignore the importance of water may cause disaster—both personally and globally.

If wars have been fought over oil—a substance that we merely invented a need for—what are we willing to do for access to that which makes all life possible? In this century, this question will manifest into reality, becoming a critical factor in international affairs. It is important we all realize that water is a sacred substance. After all, each of us resided in water in our mothers’ wombs for nine months. Unfortunately, many of us consider H2O an abundant substance that does not deserve respect.

In many indigenous cultures, water is a carrier of disease. For this reason, “Civilized Man,” began assauling water’s potential microbes with deadly, man-made chemicals. This resulted in a myriad of new problems rooted in this extraordinary elixir. Cancer and many other illnesses are directly connected to the fluoride, chlorine and chemical debris that float within drinking water. As far back as 1990, the United States Environmental Protection Agency concluded that chemicals such as fluoride, which is an aluminum industry byproduct, and intentionally placed in municipal water systems, causes tumor growth. Chlorine (another intentional additive) is far from harmless. It has been directly linked to the risk of miscarriage, birth defects, and weakening of the immune system. The average public water supply contains a minimum of 27 different chemicals. Pharmaceutical drugs, including steroids, insect repellents, pesticides, fungicides and herbicides, as well as many more organic and inorganic chemicals, reside not only in municipal water, but in Earth’s waters. Contamination isn’t only a concern when drinking; bathing and showering in this toxic stew allows even more of these vile substances through your skin.

Globally, our aquatic ecosystems are slowly but surely being destroyed by man-made chemicals. Our greed and carelessness also cause weather-related disorder. The idea that we can pour pollution into our water and air and then simply “strain it out” is absurd. Such thinking must be abandoned. Nearly every lake, river, stream and pond in Europe and North America contain mercury. We must immediately begin to treat water with the same respect that we aspire to be treated with.

How can we deny that water possesses character and energy? When observing waves crashing on the shore or whirlpools that dot rivers, brooks and streams, we see that the power of water is tremendous. This wondrous substance has the potential to stir us, calm us, frighten us or awaken us. Water is the primal element we all spring from and ultimately return to, as we break apart and become part of Earth’s great system of water. Much of the oxygen we need comes from water—another reason we should drink copious amounts. Surprisingly, an average daily intake of water for an adult contains approximately three times as many molecules of oxygen as are consumed through respiratory metabolism. A person who is not living in an arid climate and/or active in the outdoors should consume a minimum of 1⁄2 ounce per pound of body weight per day. For very active individuals, and those residing in the desert, more is required. cont’d on p. 64

Godliness of Water

by Dr. Brian Clement

Without water, there is no life. Humans can only survive for a few days without consuming this nectar of the Gods. Much of this liquid nourishment comes from the food we eat. The most water-rich foods—and therefore the most healthy—are plant-based, organic and raw. With their electromagnetic ionic charges, the juices extracted from fresh, vegan fare fulfills the need for hydration while supplying high-level nutrition. Water constitutes a significant portion of the body mass in every living thing. It is so central to our physical and spiritual needs that to ignore the importance of water may cause disaster—both personally and globally.
Solving for Pattern
by Michael Ableman

In the mid-1980s, the coastal community in southern California where I lived and farmed was faced with two significant challenges: a multi-year drought and high fecal coliform rates in the waters off its shores. Due to its reputation as a well-known tourist destination, beach closures due to human waste and major water restrictions were making an impact on the local economy, and on the public perception of this beachside paradise.

Considering both issues, I sent a proposal to the county’s environmental health department, requesting that they partner with our farm in building a public waterless compost toilet facility. Our farm received thousands of visitors per year and needed improved facilities, and the community required a model for how to better deal with their waste, rather than using half of its fresh water to flush the waste into its creeks and oceans.

The response to my letter was not only a refusal to collaborate, but also a warning that we would never receive a permit for a composting toilet. We exposed this rejection to the public through the local media, just as we had in previous years when I was threatened with jail time over our farm-based composting operation and the crowing of our roosters. After spending thousands of dollars and more than a year engaged in public debate, we received a permit and eventually installed what became California’s first permitted public compost toilet facility.

Farming in California for over thirty years made me acutely aware of water issues. Despite the manufactured landscapes that make some regions look like a tropical paradise, much of the state is essentially a desert. At the peak of the drought, we were forced to cut our water use by half, and discovered a number of creative techniques and simple technologies to do so. We discovered that the less water we used on certain crops, the better those crops tasted. We started dry-farming our melons, tomatoes, beans, and some varieties of corn, and the public responded with enthusiasm to the more concentrated flavors and sugars. We not only conserved water, we demonstrated how to do so within a commercial farming context, while increasing the quality of our products and inspiring others to do the same.

Our approach was not readily accepted by everyone. I attended meetings where ideas such as towing icebergs from Alaska, building multi-million dollar desalination plants, building a pipeline to Northern California and diverting more rivers than we could come up with. This was a prime and common example of how often what we think of as “solutions” can actually create more problems, ecologically, socially and economically.

The desalination plant was eventually built, at the cost of $34 million dollars, and a 102-mile pipeline was constructed, at the cost of more than 400 million dollars, to carry water from Northern California. Neither solution worked. The desalination plant remains in mothballs at the state water system did not have enough water to fill the pipe. Fast forward 30 years and 1400 miles north. The pages of the local newspaper on the northwest island where I now live are telling a similar story to what happened in California.

The headline, “Water District Looks At Dramatic Water Scenarios,” projects major water shortages. A report titled, “Algal Bloom Prompts Water Advisory,” brings water quality under scrutiny. The newspaper announces, “Riparian Areas Stir Up Islanders’ Concerns,” and folks are up in arms over the possibility that they might not be able to do anything they want near a riparian zone.

The solutions proposed for these local island issues are of the same complex and costly nature as my experience in California, with little discussion of personal responsibility: a massive public works project that will turn our most pristine lake into a giant water storage unit, more expensive water treatment facilities (likely using more chemicals) and restrictions on what we can do near the natural places where our water travels, percolates, oxygenates and regenerates.

There is nothing more fundamental and basic to our well-being than good food, clean air, and safe drinking water. We now live in a time when all three of these basic human rights are under assault. The solutions we come up with are often too top down, imposing and disruptive, and often create a host of new problems. If we shift the responsibility to the individual and require that each of us participate in solutions through our own households and businesses, we have the opportunity not only to solve one problem, but to also, as Wendell Berry describes it, “solve for pattern.”

“The solving for pattern requires that we lift our heads up above the issue at hand, and see how one challenge interconnects to other challenges. As such, unsafe drinking water, insufficient future water supplies, and the health of our riparian world (wetlands) all become part of one larger problem, and require that we think in larger, more circular ways rather than in a linear manner.”

cont’d on p. 54
Frank Ferrante, the Frank in the movie May I Be Frank — A Film about Sex, Drugs and Transformation, becomes instantly endeared to women as well as men every time the amateur-video-turned-documentary is shown to a multiplying-like-rabbits number of fans.

Not only because Frank takes a deteriorating 54-year-old body and a pharmaceutically precarious lifestyle and turns them around, albeit with some major bumps in the road, but for having said two particular things in the movie: He wants to fall in love again. And... He saw a glimpse of his foreskin.

And then there was that classic scene, like with Jack Nicholson in Something’s Gotta Give, where all you see is Frank’s bare full-size derriere peeking out from a hospital gown as he quickly trots down the hall from the colon-ics treatment room to the bathroom. Suddenly, he turns around, faces the camera saying a few choice “pardon my Italian” words and... Well, we’ll save that for the movie.

Before filming all of that, at 280 pounds, the refreshingly frank Frank was a struggling recovering alcoholic, former heroin addict and Hepatitis C patient taking a mind-boggling array of high-powered prescriptions when he mistakenly stepped into Café Gratitude, a raw and vegan restaurant in San Francisco, five years ago. He thought the name was a cute take on the attitude-of-gratitude tool inherent to the Alcoholics Anonymous 12-Step program.

Per Café Gratitude’s signature style, Frank was greeted with “the question of fans. The attraction, fatal or not, at-proves how he’s changed...” Frank still has a hard time believing what he’s seeing. “Everyone has a photo of themselves that makes them cringe,” he says. “Well, imagine that photograph in technicolor with sound, 90 minutes long.”

Frank replied in self-revealing AA-honesty, “I would like to fall in love again but I don’t think anyone would love me with this body because I don’t love myself.” That was all he needed to say.

After a brief confab between Frank’s waiter, Ryland Engelhart, and coworkers Cary Mosier and Conor Gaffrey, Ryland, eyes dancing with anticipation, came over to Frank and asked another unassuming question. “Do you want to do an experiment?” And down the rabbit’s hole Frank and his new best buddies agreed to go.

With Frank’s glib personality, his distressed health and the kismet of a street-wise Italian construction contractor from Brooklyn accidentally bumping into three boys thriving in a community that embraces vulnerability, genuineness and the non-dog-eating world of sacred commerce, the fire of transformation was lit. The “lion of the mid-size cubs,” as Frank affectionately describes his life-saving astronauts, set out to fulfill Frank’s greatest desire. A 42-day quest to reclaim one man’s love of life started on Valentine’s Day 2006. In this world of divine alliance, there are no accidents.

After nearly a year of screenings in towns from California to Maine, with crowd-pleasing surprise appearances by the resculpted, 110-pounder lighter and bashfully flirtatious Frank himself, the obvious question now becomes: With his trim body and fully functioning mojo, has he fallen in love again?

“I’ve had everything short of boiling the bunny,” Frank comments about the ups as well as the onus of newfound recognition from sometimes overly amorous fans. The attraction, fatal or not, attests to the universally uplifting appeal of a person willing and able to change. Frank, a complex man, admittedly loves the attention. “It’s nice,” he says. “It feels good. I don’t act on it but who doesn’t like that? I totally love it.”

Since the movie, Frank said his life has “radically changed.” And, yes, he’s fallen in love and out, and then in again, this time just like in the movies. “It was electric,” Frank effuses, his still-beaming response almost palpable through cordless EMFs. It happened as he was walking to the front of the theater after one of the movie’s screenings. People were whooping and applauding his “roadiant” countenance, something he learned to embrace on his 42-day reclamation. And then he sees her.

“I didn’t hear the room, I stopped hearing the applause. All I saw was her,” he recalls. Earlier that day, she later told him, she read a newspaper ad for the screening of May I Be Frank and immediately got goose bumps. “She called a friend and said, ‘We have to go see this film tonight.’ She wasn’t asking a question. She was making a declaration. They went to the theater, but the show was sold out.”

There happened to be two seats left, the implored theater manager discovered, right in front of where Frank ended up standing: “If she were anywhere else, I might not have seen her,” he says.

One of the things Frank likes most about his amata is that “She’s not crazy. I love that about her.” He also likes that she’s compassionate, grounded and studies medicinal herbs. “She’s incredibly healthy physically and emotionally, which leaves me perplexed as to why she’s attracted to me,” he says, self-effacingly, a habit he’s still breaking as part of Café Gratitude’s “I love me” practice. And, surprise, surprise, she’s in his age bracket. Not bad for a rising underground spiritual pop-star. “You all thought she was going to be 25, I know,” he chides.

The film has played 60 times in 10 states so far. Frank still has a hard time believing what he’s seeing. “Everyone has a photo of themselves that makes them cringe,” he says. “Well, imagine that photograph in technicolor with sound, 90 minutes long.”

The film started out as a let-the-camera-roll home video on very basic equipment. cont’d on p. 53
Recent findings from our laboratory provide fresh foundational insight into the inner workings of water, and how it impacts nature, technology, and health.

School children learn that water has three phases: solid, liquid, and vapor, but we have recently uncovered what appears to be a fourth phase. This fourth phase occurs next to water-loving (hydrophilic) surfaces. It is surprisingly extensive, projecting out from the surface by up to millions of molecular layers. And it is ordered: a liquid-crystalline structure resembling ice.

A summary of the core findings can be obtained from a public lecture given recently. Simply perform an internet video search for “Pollack Water, Energy, and Life” to locate the video. The talk deals with the nature of this fourth phase, why it has been missed until recently, and how profound are its implications. Water behavior exhibits numerous anomalies, like why ice floats and why water in a hot pot can take so much time to heat up. Many of these anomalies are readily understood if one takes into account the existence of this “new” phase.

Of particular significance is the observation that this liquid-crystalline phase is charged, whereas the water just beyond is oppositely charged. This creates a battery, which can produce electrical current. We found that the interfacial water is not only ordered, but charged, and we know the kind of structure that creates the charge. It is fully described in a book that is soon to be published. We also know that charge separation between this fourth phase and the water beyond is substantial, and we are almost certain that this potential energy is used as fuel by cells. We know that it can be recharged not only by food, but also by ambient radiant energy, including light. Absorption of radiant energy is surprisingly important. These are newly appreciated phenomena which cannot help but have deep implications for the nature of cellular function—and dysfunction.

We are prepared to take this new understanding of water to the next level for solving some of humanity’s most urgent problems. Here are three examples inside and outside of biology.

1. Drinking water. Water has become a critical issue for society. Drinking water is increasingly tainted and increasingly scarce. We have invented a simple new means for obtaining pure water, for which a patent was recently awarded. In this “filterless filtration,” purification takes place because the charged phase of water acts like a sieve, separating water molecules from particulate debris. In particular, the role of the ordered phase of water is pinpointed as a central feature of cellular action.

2. Clean Energy. Fed by light, the water-based battery described early in this piece offers the possibility of obtaining renewable energy in much the same way that green plants use photosynthesis for obtaining energy. An early step in photosynthesis is charge separation in water. It is work efficient. This step resembles what happens in the water battery. The sun’s energy falls on water adjacent to some hydrophilic surface (which could be natural), and charge is separated. We have been pursuing this approach to check practicality, but at a pace limited by resources and time. If this process is as efficient as the early step of photosynthesis, then it holds considerable promise for supplying clean energy to our planet.

3. Human Health. With the newly revealed roles of light and charge separation, we are on the verge of unveiling a fundamentally new paradigm of life, which allows us to approach human health in an entirely new and perhaps more effective way. The approach is based on the centrality of ordered water for function, and focuses on the factors necessary for maintaining this ordered phase. Some of these factors are known to be therapeutic (e.g., heat, light, good water), but the “scientific” basis has been absent, and hence the public has remained properly skeptical.

The new paradigm offers a scientific foundation on which understanding of these and newer therapeutics can be developed and exploited. The goal is an array of cheap, effective and understandable therapies that do not have the side effects common in conventional therapies. In other words, various traditional therapies may take on a new and possibly more powerful role.

In sum, we are on the verge of a new understanding of water. Most lay people presume that scientists must know all there is to know about this fundamental molecule; but that is not the case at all. Understanding has remained surprisingly primitive.

What have we discovered is a first step toward achieving a fuller understanding. We think it is an important step because it teaches us that water does not have three phases, but has a distinct fourth phase that lies in between solid and liquid. It is an extensive phase whose properties are becoming clearer every day. Perhaps the mystery of water will soon be fully solved
In mid-2010, we received a call from the grandmother of an alumnus, who had healed herself on the Hippocrates program. Her three-year-old grandchild had visited the institute a year earlier with a brain tumor and has since resisted the progression of cancer. Unfortunately, she experienced coma periodically. When one day it was ugly, her children’s neighbor, on the coast of California, suggested that they drive three hours inland to see Dr. John Lubecki. After he treated the beautiful little girl with energy medicine, including a non-invasive laser, her coma let up. Many times a week they still do the long drive to utilize the machine that has been a savior for her.

Dr. John Lubecki Interview
with Dr. Anna Maria Clement

Dr. Anna Maria Clement: Knowing and trusting the family as much as I do, I had to arrange a trip to Sacramento so that I could meet and experience this remarkable man. After three days of application and education and listening to a trilogy of stories from patients that had reversed a full spectrum of disorders, I ordered the applicable equipment and invited Dr. Lubecki to come and share his knowledge with the doctors, team members and resident guests at Hippocrates Health Institute.

During Dr. Lubecki’s time with us, we were able to witness firsthand with the sun pouring down from the sky, I sat and interviewed the renowned doctor. His formidable work in NUCCA (National Upper Cervical Chiropractic Association) Structural adjustment and non-invasive laser therapy is known worldwide.

Dr. John Lubecki: When I became a doctor, I found that the techniques that are commonly offered are not the most helpful ones. There are techniques like NUCCA and cold lasers, which were often utilized by alternative doctors, osteopathic and chiropractic physicians that proved to be quite effective. Before becoming a chiropractor I practiced veterinary medicine and also enjoyed my time as a jockey. My interest in health began as a little boy in Poland, where I loved animals and people. My way changed when my parents picked us all up and moved to Britain. This is where my studies equipped me in animal husbandry in the mid-20th century.

England’s cultural atmosphere provided a rich learning environment. In spite of the industrial revolution, with its spawned mechanisms, there was still a significant dependency on our fellow creatures. Longing for a larger format to pursue my dreams, I moved to the United States in 1973 and began my studies at Palmer Chiropractic College in Iowa and later in Chicago, Illinois. Little did I know that my training in animal medicine afforded me a great foundation for my new work in the human realm. With a little practice and a lot of perseverance, as a physician, I knew within a short time that I had to find a method that would be universally effective.

This is when I discovered NUCCA, after taking an eye-opening educational series from a renowned teacher, Dr. Ralph Gregory. NUCCA’s focus is on a small misalignment of the bone structure that connects the head and neck, a trigger called the Atlas Subluxation Complex. These treatments can free the nervous system of interference by using a precise, non-invasive, gentle touch technique. Since the central nervous system affects all human function, when it is inhibited, varying conditions, or problems may result.

With my thirst to find the best tools that I felt confident about, I continued to explore and learn as much as I could possibly absorb. Dr. Reinhold Voll exposed me to a new and exciting world of Chinese medicine and Homeopathy that finally resonated with me. Going well beyond the confines of traditional thinking, he articulated energy physics that consequently proved that all ill-health was the blockage of energy. When applying the meridian (electrical pathway) from traditional Asian medicine but using homeopathic frequencies, you can achieve more than needles need.

My machine of choice in the quest to transfer homeopathic medicine into the cell is an “Imprinter.” This has remained a staple in the work I do. When cold laser technology was refined, this brilliant method became central to my technique. This 21st century approach recaptures disordered cells, the carrier of disease. When the switch is turned back on within these renegade vessels, it quite often rehabilitates and normalizes cellular function.

Now in my 80s my work week consists of 7 days and generally a minimum of 12 hours per day. Combining NUCCA, cold laser and homeopathic imprinting along with mathematics remains the core of my work. When applying these methods with earth elements and detoxification techniques like aqua chi, we have hundreds of patients that report the resolution of their disease. Although therapies are essential in the process of healing, first and foremost is a willing patient who believes enough in themselves to heal.

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If someone had never left the state of Kansas asked, “What is the ocean,” how could one really describe it? No matter how many charts and statistics this person read, no matter how many Latin words they learned to describe marine life, the ocean has to be witnessed firsthand to be understood. One has to see its majesty, taste its currents, hear its waves crash, smell its breeze and feel its power to truly understand the sea.

Peopler spend a great deal of time talking about the quality of the freshwater in our rivers, lakes and streams, and about the cleanliness of municipal water, but unless someone lives in a coastal community (where inhabitants are all too-familiar with the amount of trash washed up on beaches), not many people dwell on the health of our oceans until a major disaster strikes. This is ironic since every breath we take and every drop we drink depends on a healthy ocean.

In recent years, our oceans have been dealt one hard blow after another. Oil spills, tsunami and nuclear meltdowns have all made headlines in the past year, bringing seawater back to the forefront of people’s consciousness.

On April 20, 2010, the Deepwater Horizon drilling rig, working on a well for the oil company BP, exploded, killing 11 men and pouring 200 million gallons of oil into the Gulf of Mexico. The spill impacted the watersheds for one-half of U.S. fisheries, beaches and wetlands in five states. The National Oceanic and Atmospheric Administration detected deepwater plumes of dispersed oil up to 30 miles long, seven miles wide and hundreds of feet thick.

The depth of the oil spill was unprecedented and more threatening than traditional shoreline effects because it threatened organisms of all kinds. The oil, coupled with the chemical dispersants designed to break it up, will negatively impact the foundation of the ecosystem: the tiny plants and animals known as phytoplankton and zooplankton.

On March 11, 2011, Northeast Japan suffered a triple disaster: a 9.0 earthquake, a tsunami and damage to the Fukushima Dai-ichi nuclear power plant. Japanese police estimate more than 13,000 people died in the quake and tsunami, and the World Bank said re-building could cost up to $255 billion.

While damage from the earthquake and tsunami was instantly visible, the nuclear impact will take time to unfold, and could affect far larger swaths of Japan and neighboring countries. While the nuclear power plant meltdown may have been averted, there are mounting concerns that radioactive particles already released into the atmosphere could have contaminated food and water supplies.

According to an Associated Press report, in the province of Ibaraki, a center of vegetable production, tests found radioactive iodine levels in spinach that were 27 times the accepted limit. The contamination also spread to canola and chrysanthemum greens. Iodine and caesium have been detected in Tokyo’s tap water, and the air has been contaminated.

According to research from the European Project on Ocean Acidification (EPOCA), in the past 200 years, humans have impaired seawater chemistry at a rate that has not occurred for at least 20 million years. As carbon dioxide levels in the atmosphere rise, the seas absorb greater amounts of gas, which reacts with water to form carbonic acid. The EPOCA data shows that surface waters today are 30 percent more acidic than at the dawn of the Industrial Revolution.

Coz levels are projected to rise another 40 percent over the next two decades. The impact of ocean acidification on marine species and food webs will affect major economic interests and could increasingly put food security at risk. How does human behavior threaten our oceans? And what can we do to save the ocean’s fish population will have a chance to return. If each of us, all the way from Kansas to Calcutta, takes responsibility for our planet, our children and grandchildren can inherit a clean earth with thriving oceans.

Ocean Health
by Maria Krajnak

There is no alternative that truly duplicates the nutritional perfection of breast milk or offers the other benefits that breastfeeding provides, such as the nurturing and bonding that takes place between a mother and her child during nursing. Although it is usually not needed, mothers may also supplement their breast milk with health-building sources. Additionally, breast milk alternatives provide transitional liquid foods for babies who are starting to wean. When using these alternatives, optimal nutrition may be gained by offering a variety of the liquid nourishment options throughout the day.

The following liquid foods are the “top picks” for babies and young children: mother’s breast milk, rice milk, soy milk, and formula made from sunflower seeds, sesame seeds, pecans, hazelnuts, pine nuts or macadamia nuts. Breast milk alternatives that should be avoided are cow’s milk, soy milk, and formula made from either of these. Rice milk is usually best avoided, as well as nut and seed milks made from any nuts or seeds not mentioned above.

Milk for your baby

Choosing the Right Milk for your Baby

by Debra Tau

Breast milk is the most nourishing, but there are also many health-conscious milk alternatives. Breast milk is more than 80% water in its makeup, providing a great deal of hydration. Therefore, supplemental water is not needed for infants six months and younger. All of the liquid nourishment milk alternatives consist of a majority of water as well. Here is a comprehensive look at all the options so that each family can make an informed choice that is right for them.

Breast Milk Alternatives

There is no alternative that truly duplicates the nutritional perfection of breast milk or offers the other benefits that breastfeeding provides, such as the nurturing and bonding that takes place between a mother and her child during nursing. Although it is usually not needed, mothers may also supplement their breast milk with health-building sources. Additionally, breast milk alternatives provide transitional liquid foods for babies who are starting to wean. When using these alternatives, optimal nutrition may be gained by offering a variety of the liquid nourishment options throughout the day.

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GOT BREAST MILK?

Breast milk is the natural source of nourishment for a baby, providing much more than just a raw “food” and hydration. Breast milk offers the perfect balance of living enzymes, antibodies, vitamins, minerals, proteins, carbohy-

drates and fats that a baby needs for optimal digestion, immune support, brain development and proper growth. While breast milk is optimum, there are a variety of circumstances which may prevent some mothers from breastfeeding, not to mention that some babies are not in the care of their mothers to receive her milk in the first place. Mothers who desire to breastfeed sometimes experience challenges and therefore may find it helpful to contact their local La Leche League for support. lll.org. Many health experts agree that breastfeeding should be continued from birth through two years and beyond. It’s no wonder breastfeeding is so important when it is recommended to extend over such a long time span! As many moth-

ers choose not to breastfeed this long (or at all), the questions arise, “What are the alternatives?” and “What’s next for babies after early weaning?” When considering the alternatives, it’s important to keep in mind the ultimate model that breast milk presents.

The Importance of pH

The human body thrives in its health in an alkaline environment. In fact, an adult human body is always trying to main-

tain a blood pH of 7.365. Babies are born with a slightly more alkaline pH of around 7.3 which over time reduces to 7.365 as well. The more acidic foods one consumes, the more acidic the body becomes, and thus the harder the body has to work to maintain its ideal pH. Therefore, giving a baby or young child an acidic food (such as cow’s milk) as his/her main source of nutrition sets child up for health challenges in the future. Cow’s milk ranges in pH and averages around a 6.6 acid (10 times more acidic than the pH of a healthy baby). Meanwhile, it’s important to note that human breast milk also ranges in pH and averages around a 7.3 alkaline. The author tested the pH of her own breast milk, curious if her high-

alkaline living foods diet would affect it. She was amazed that her breast milk tested around a 7.98 alkaline. In fact, an adult human body is always trying to main-

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Alkaline foods consist of a majority of water as well. Here is how they work to maintain its ideal pH. Therefore, giving a baby or young child an acidic food (such as cow’s milk) as his/her main source of nutrition sets child up for health challenges in the future. Cow’s milk ranges in pH and averages around a 6.6 acid (10 times more acidic than the pH of a healthy baby). Meanwhile, it’s important to note that human breast milk also ranges in pH and averages around a 7.3 alkaline. The author tested the pH of her own breast milk, curious if her high-

alkaline living foods diet would affect it. She was amazed that her breast milk tested around a 7.98 alkaline. Thus proving that a high raw, high alkaline vegan diet really does make a difference, not only for her, but for her breastfed baby! The importance of pH shown here is also why it’s vital to select an alkaline pH water for making any of the milk alternatives outlined in this article.

BoosM Buddies

When a mother cannot breastfeed her baby, there are alternative ways of obtaining human breast milk. That’s right, even if a baby is not being breast-

fed by his/her own mother, breast milk is still a viable option during the first two years of a baby’s life. Alternative sources of breast milk may be obtained by way of breast milk banks (where lactating women who breast their breast milk freeze it and donate it for other babies to consume) or wet nurses (lactating women who breastfeed babies who are not their own). Although both of these options are typically expensive and do have drawbacks, they also have many benefits and can be the right option for some families. Obviously, since it is still human breast milk, the baby will receive the optimum nutrition that would have come from the mother. One important drawback to note is that banked breast milk is pasteurized; therefore it is no longer a living/raw food. For more information on breast milk banks, see breastfeeding-mom.com/milk-banks and for info on wet nurses, see breastfeeding-mom.com/wet-nurse.

Cow’s Milk

The American Academy of Pediatrics does not recommend cow’s milk for children under the age of one. First and foremost, cow’s milk is deficient in iron for infants (as well as vitamin E and essential fatty acids) and increases the risk of severe dehydra-

tion as the body has to work overtime excreting the excessive amounts of certain minerals (like calcium, sodium and potassium). Furthermore, the high amounts of protein and fat in cow’s milk are difficult for infants to digest and absorb. The fact that most cow’s milk is pasteurized exacerbates the digestion problem since all of the enzymes and many nutrients are de-

strogen and the protein structure is al-

tered. Even in the case of raw cow’s milk, there is the issue that dairy is highly mucus-forming and acid-forming. This creates an unhealthy environment in the body that leads to disease. Some other common problems associated with cow’s milk consumption are aller-

gies, inflammation, bloating, cramps, gas, asthma, tumor growth and respira-
tory problems. Cow’s milk may also contribute to health challenges such as bowel disorders, headaches and bacteria overgrowth, just to name a few. For more information on why humans (not just infants) should not be consuming cow’s milk, visit notomilk.com. One further point to ponder is that the mother cow’s milk is intended for a baby calf who will grow to be 700 – 1,500 pounds (depending on breed). Therefore cow’s milk doesn’t make any sense as an optimal choice for the significantly smaller human! Which leads to the next milk alternative coming from a mammal closer to human size — goat’s milk.
A FORMULA FOR DIS-EASE

Since infant formula is mostly made of either cow’s milk or soy milk, it is not recommended as a suitable breast milk alternative when it comes from either of these sources. In addition to the above-stated dangers of cow’s milk and soy milk, there are some other significant health considerations regarding infant formula. Most formulas are fortified with iron and other nutrients to appear as if the optimal amounts are being provided to the baby. However, these fortified nutrients come from synthetic forms that are not fully bioavailable in the body and thus difficult to assimilate. Furthermore, for infants who are fed the same formula day in and day out, it does not change with the baby’s nutritional needs like breast milk naturally does. Formula also tastes the same and flows from the beginning to the end of the bottle, thus lacking the variety that is part of the breast milk experience for a baby. Of course, this issue would also be true for any of the breast milk alternatives, since they are all consumed from bottles or sippy cups.

Since goat’s milk is one of the few breast milk alternatives that is recommended, one natural formula option is goat’s milk formula. When using powdered formulas, it’s important to use a purified water that is at least a neutral pH to slightly alkaline of 7.3–8.0, thus keeping the baby’s body in a healthy alkaline state. Beware that most bottled waters are acidic, which is important to note, since they are often most recommended for babies by pediatricians. Proper filters ionize and purify the tap water, getting rid of harmful chlorine, medical drugs and fluoride. They also offer an adjustable pH (See page 25 sidebar, The Importance of pH). Getting back to the keypad of breast milk alternatives, the next alternative uncovers the truth about another popular milk that is available in most markets — rice milk.

RICE MILK: AN INFLAMED IDEA

Rice milk is generally made of cooked rice blended with water and strained of all the fiber to leave a milky liquid. Pre-packaged rice milk may also contain unwanted ingredients, such as added sugars and preservatives. A cooked food base means that the enzymes in the rice are destroyed and the proteins and nutrients are altered, making digestion somewhat difficult. Rice is predominately made up of carbohydrates, with a small amount of protein and even less fat, thus it does not provide the right balance of nutrients for babies. Additionally, rice is moderately inflammat-ory, meaning that it causes moderate inflammation in the body, and can therefore contribute to digestive problems. Although a little rice milk now and then may not be too harmful, it is not recommended that rice milk be consumed in large amounts by babies and young children. Rice milk also contains natural amounts of arsenic, another reason not to consume too much. But what if one goes “vegan the grain” and considers some other grain milks, the next milk alternatives?

GOING “AGAINST THE GRAIN” WITH BENEFICIAL GRAIN MILKS

Going “against the grain,” and thus contrary to what one might think, there are some grain milks one can make at home that are actually beneficial. The four most common highly nutritious grains are quinoa, millet, buckwheat and amaranth (note: buck- wheat is a fruit seed and amaranth is an herb, but they are often treated as cereal grains). None of these plant foods cause inflammation in the body like rice does. They are all easily digested, gluten-free, low in (or free of) sugar content and are good sources of complete protein, as well as many other nutrients, including fiber, calcium, iron, magnesium, manganese, phosphorous and vitamin E. These grain milks may be soaked overnight (or approximately eight hours) before cooking them to reduce the overall cooking time, thus maintaining as many nutrients as possible. When cooking soaked grains, use twice as much fresh water as the amount of grains and bring to a boil. Cover and turn the heat off and then simply allow the grains to soak up the rest of the water. After the grains are softened, even a little water remains in the pot, blend them with additional water until smooth (at least four times more water than grains). Finally, strain the grain pulp, reserving only the milky liquid for consumption. Alternatively, all of these grains can be soaked and then blended with water to make a raw grain milk. It takes a couple of days to sprout the grains, but the increased nutrition from doing so makes it worth the wait. Another plant food that can be soaked and sprouted is almonds, which leads to the next milk alternative — almond milk.

PASS THE ALMOND MILK, PLEASE

Almond milk is made of soaked, raw almonds blended with water and strained of all the fiber to leave a milky liquid. Although almonds may be labeled “raw,” almonds grown in the U.S. are required by law to be pasteurized. Nonorganic almonds are irradiated. Organic almonds are steam treated. This processing destroys many of the living enzymes and alters the nutrients, making them difficult to digest and assimilate. There are still U.S. sources for purchasing truly raw almonds that can be found for purchase at a good price. Read labels carefully. Research one would need to be sure to properly store raw almonds in an air-tight container away from heat and light in order to prevent them from going rancid.andin the proper storage of the fats contained within almonds.

Truly raw almond milk can be a good liquid food option for babies and young children since it contains a number of healthy nutrients. As a breast milk alternative, it should only be used moderately and supplemented with other liquid nutrients.

Making almond milk at home is the best, since store bought brands use pasteurized almonds and may contain added sugars and preservatives. Start by soaking almonds in water for 8–12 hours. Drain off the soaked water and rinse the almonds. Blend the almonds until smooth (about 1 liter of almond milk using a blender) with at least four parts water, getting rid of harmful chlorine, and dilute the almonds at least two hours in addition to the soak time. The added step of straining the almonds increases the ease of digestion, which can be helpful for more sensitive babies. When it comes to the nutrient content of almonds, they do contain high amounts of omega-6 fatty acids, but are low in the omega-3. DHA is one par- ticular type of omega-3 fatty acid that is needed for healthy brain development. Since almonds are lacking in DHA, one should consider other nuts and seeds for making nut milks that naturally contain higher amounts of DHA. Which leads to looking at some of the more unusual breast milk alternatives — nut milks and seed milks.
Nut and seed milks are out of the box ways to make breast milk alternatives that are nutrient-rich living foods and include plenty of DHA for brain development. Walnuts and hemp seeds are among the best, as they are both naturally high in DHA. Hemp seed milk is available pre-packaged (though homemade is more ideal) and has recently gained popularity with increased awareness of hemp seeds as an excellent source of DHA. Just like almonds, milk, one can make their own nut or seed milk at home using soaked nuts or seeds (although hemp seeds should not be soaked), blending them with at least four parts of water to one part nut or seed, and then straining the liquid milk to remove the unwanted pulp.

Chia seeds and flax seeds are also high in DHA. They both naturally swell up when mixed with water, making a jelly-like substance. They pull water into themselves, including when they pass through the digestive tract, therefore, one would not want to feed the seeds directly to a baby or young child. Instead, they can be soaked in water with a very large ratio of one part water to 3/4 cup of seeds. After the seeds have soaked, strain the seeds and save the soaked water for consumption. When a baby is over the age of one, her/his can consume a flax seed milk or chia seed milk on occasion that is made with the same preparation as the other nut milks. Just be sure not to overdose it with flax and chia seeds!

Since breast milk is naturally sweet-tasting, some babies may prefer their nut or seed milk to be slightly sweetened. Fresh stevia leaf is an herb that is naturally high in DHA, are hulled sunflower seeds, hulled but that do not contain high levels of that may be used to make milks with, more palatable for some babies.

Flax and chia seeds!

Pumpkin seeds, sesame seeds, pecans, pistachios, hazelnuts, pine nuts, and macadamia nuts. Some of these nuts do not require soaking, while the others vary in the length of time to be soaked. These nuts do not sprout easily (if at all), so the sprouting step may be skipped altogether when using them for nut milks. All other nuts and seeds not mentioned are best avoided due to required pasteurization and/or various toxins that are naturally present in them. Remember to properly store all nuts and seeds to prevent them from going rancid.

Coconuts are considered the largest nut in the nut family, but are technical-ly a fruit. They can be used for coconut water or coconut milk as great sources of liquid nourishment to consider feeding to some babies and young children. Coconuts have less sugar and more protein and fat than most fruits. They also contain relatively high amounts of minerals such as iron, phosphorus, and zinc. Fresh young coconuts may be cut open and the coconut water consumed to help boost hydration, as it is an excellent source of enzymes and electrolytes. Mature coconuts are best used for the “meat” inside, which may be blend-ed with the coconut water (and added water if necessary) and then strained to make coconut milk. Coconut water and coconut milk should be used in moderation as they are high in fat. They should also be used with caution as they can be allergenic for some people.

Additionally, the imported young Thai coconuts have an anti-fungal agent applied on the outside of them which has been tested and shown to permeate through the shell and into the coconut water. Additives can be avoided if fresh-ly-picked coconuts are used, but this can be a challenge unless one lives in a tropical or sub-tropical climate. Those who don’t live in climates suitable for coconut palms need not fret. There is a health-boosting drink with ingredients that can grow just about anywhere. And tropical people can join in the fun, too. For this next health-building beverage, think green — and think juicy.

I expanded our operation to the point where I was raising thousands of cattle and farming thousands of acres of crops. I thought I was the Donald Trump of agriculture. This came to a halt when I was paralyzed from the waist down due to a tumor on my spinal cord. During this time in my life I made a commitment to never again do anything that I believed was detrimental to the Earth.

During my recovery, I admitted to myself that throughout my management of the farm — and our switch to organic production — I had seen the birds die, the trees die, and the soil change to a lifeless form of dirt. After this realization, I tried to raise enough money to change our farm back to organic production. Unable to afford such an expensive conversion, I sold my farm in 1983. After the sale, I vowed to help prevent other producers from making the mistakes I had made. This led me to working in Washington, D.C. as a representative of small farmers on Capitol Hill.

After five years of working with politicians, I became convinced we would never change the downward spiral of our environment through the political system. I learned that for real change to occur, the public needs to fully understand how conventional farming and ranching operations are impacting our planet. Until that understanding is reached, we will continue to lose ground.

With that in mind, here is my attempt to explain our destruction of public lands and those ramifications to the productive capacities of all agricultural land in the world.

Many years ago, I was in the Museum of Natural History in Mexico City. I was reading a report to the king from the Spanish governor reporting the calving percentages. He told the king that they were achieving a 40% calf crop, which would be astounding even by today’s standards. The report showed that with the outstanding forage of long ago, the cattle were in a wonderful condition. If we compared it to the calving percentage today, the same area would achieve less than half the calf crop due to the degradation of the grass and soil.

In the Western United States, about 70% of the land in the eleven western states is owned by some form of public government. This land, for the most part, is held in allotments received by non-competitive bidding for terms of five to ten years. These allotments, in many cases, fail to return the cost to taxpayers and most often fees paid are far below private land lease returns. Many politicians love to use public lands as a way to reward financial supporters. It costs them nothing and very few of the general public are ever aware of the behind the scenes collusion. Most allotments of public land are held in the same hands generation after generation. In- ventory of public lands shows the land is in a degraded condition and it is not unusual that the existing forage is so sparse it will not support burning of wild fires.

It takes about one acre of grass in Iowa to support one cow for one year. In the west it takes from 20 acres in Colorado to 100 acres in Nevada.

I was raised as a fourth generation farmer and rancher in Montana. Growing up on the land, I fully expected to spend the rest of my life tending livestock and growing crops. To prepare myself for this life, I attended Montana State University and received a BS degree in Agriculture. I fully embraced what I was taught and after graduation I took our organic farm into the chemical revolution.

Desertification by Howard F. Lyman, LL.D.

In the Western United States, about 70% of all land in the United States is grazed and another 15% grows feed for livestock. Over 70% of the grain crops are fed to livestock to prepare them for our dinner tables.
Water Pollution
by Will Burson

Water is, without a doubt, our planet’s most precious natural resource. Water covers over 70% of the Earth’s surface, supporting all its known forms of life. Although access to safe drinking water has improved from where it used to be, the Pulitzer Center on Crisis Reporting estimates that almost 900 million people worldwide (roughly 13% of all humans) still lack access to safe water that is free from disease and industrial waste.1 According to the World Health Organization, 4,500 children under 14 years of age die every day from waterborne diseases, more than from HIV-AIDS, malaria, and tuberculosis combined.2 Another recent report (November 2009) suggests that by 2030, in some developing regions of the world, water demand will exceed supply by 50%.3

Let’s assume you live in a part of the world with access to “safe” drinking water. If you’re reading this article, it’s likely that you are near a faucet or a grocery or convenience store with bottled water. The problem is, unless the water has been distilled (and stored in glass), there are still contaminants in it. Many people, water municipalities included, argue that our tap water — and the chlorine and fluoride that are added to it — are safe to consume and bathe in, but the NRDC (Natural Resources Defense Council) looked at drinking water systems in 19 U.S. cities and found that pollution, old pipes and outdated treatment methods pose health risks to most residents. It’s certainly not just land-dwellers who need worry about polluted water. Organisms that call our rivers, lakes and oceans home suffer an even greater impact than do humans, resulting in more and more endangered marine species.

Types of Water Pollution
Polluted water, by definition, is water that is so dirty it’s unfit for its intended use. There are two types of water pollutants: point and nonpoint. Point sources of pollution occur when harmful substances are introduced directly into a body of water. Oil spills best illustrate this type of pollution. A nonpoint pollution source delivers pollutants indirectly through environmental changes. Fertilizer being carried from a field into a stream by the rain (runoff) is an example of nonpoint pollution. While point sources of pollution are more easily monitored and regulated than nonpoint sources, they are both serious threats to our water supply and environment.

Causes of Pollution
Sewage (pathogens, nitrates, phosphates): Sewage introduces pathogens (bacteria, viruses and protozoan) to the water that can cause sickness. It may also contain nitrates and phosphates (more on this under “runoff”). These pollutants can enter water as a result of runoff from livestock feedlots and pastures or from human waste. In the developed world, many feedlot operations employ temporary storage ponds to capture cattle waste, but these ponds sometimes leak, tainting the water supply. In the developing world, 90% of all wastewater (this includes raw sewage, human waste) and municipal and industrial waste) still goes untreated into local rivers and streams.

Runoff: Fertilizers can cause excess levels of nitrates and phosphates in water, resulting in overgrowth of aquatic plants and algae. Silt, soil and other organic matter wash into the water from plowed fields, construction and logging sites, urban areas and eroded river banks when it rains. While it is natural for bodies of water to slowly fill in with sediment and organic matter (through a process called eutrophication), the overgrowth of plants and algae and excess sediment caused by runoff can result in major problems. Waterways can become clogged, light can be blocked from reaching deeper waters and dissolved oxygen can be used up through abnormally high amounts of decomposition. This usurpation of oxygen can kill fish and bottom-dwellers and disrupt the food chain.

Chemicals: There are several categories of chemicals in drinking water. These include disinfection byproducts, disinfectants and inorganic and organic chemicals. Radionuclides (from the decay of radioactive mineral deposits) can also cause kidney problems and elevate cancer risk.

Disinfection byproducts enter the water supply as a result of water disinfection. Examples of these are bromate and chlorite and this family of contaminants can increase risk of cancer and lead to anemia and liver, kidney or nervous system problems.

Disinfectants are direct additives to drinking water to control microbes. “The water issue affects us all, and we all contribute to it. We are all downstream.”

These include chloramines, chlorine and chlorine dioxide. Long-term exposure to these disinfectants can cause eye/nose irritation, stomach discomfort, anemia, and negative nervous system effects in infants and young children.

Inorganic chemicals can enter the water supply as discharge from refineries, factories, mills and electric, aerospace and defense industries. Other sources include runoff from waste batteries and paints, decay in water mains, drilling waste, corrosion in pipes and erosion of natural deposits. These chemicals include antimony, arsenic, asbestos, barium, beryllium, cadmium, chromium, copper, cyanide, fluoride (a municipal drinking water additive), lead, mercury, nitrate, nitrite, selenium and thallium. A few of the deleterious effects of these contaminants are increased risk of cancer, nerve damage, kidney and liver problems, hair and fingernail loss and death in infants below the age of six months.

Organic chemicals come from many of the same sources as their inorganic counterparts, and cause many similar negative effects. Many organic chemicals get into the water supply through crop runoff. There are too many of these contaminants to list here. A full list of drinking water contaminants and potential health effects can be viewed by visiting the EPA’s Drinking Water Contaminant webpage at water.epa.gov/drink/contaminants. cont’d on p. 60.
Hippocrates Health Institute  » «  www.HippocratesInstitute.org

London’s Soho district, with its historic reputation, was a fitting place for me to stumble upon one of Britain’s best keep secrets. Vantra Organic Restaurant & Juice Bar, offering raw and vegan fare, was exactly what my palate and tummy was calling out for.

Upon meeting Phong, the proprietor of Vantra, he was very excited to learn that I wanted to write an all raw meal. He jumped into action and pulled together some of the most delicious, enriching, disease-fighting, youth-building, and sexy morsels that render vitality.

Vantra periodically hosts events and gatherings that attract health-minded people. There is no doubt that England is blessed to have Vantra in the bosom of its mother city.

As I left the restaurant, filled with sustenance and joy, I imagined how nice it would be if all our global neighborhoods had such a well-tuned and nourishing restaurant. There would be less disease and more youthful expressions of the planet.

Phong and his family have been restaurant purveyors for a number of years. They recently moved their café to a new location on the Piccadilly Square Corridor of the more regional Soho District. Vantra’s spacious and comfortable setting, with all sustainable decor, offers a wide array of organic foods and juices. The restaurant’s environmentally-friendly design is bright, fresh, and current.

More Water, More Sex

In my book Stress Rx: 103 Prescriptions for Overcoming Stress and Achieving Lifelong Happiness, I devote an entire chapter to overcoming sexual stress. As a therapist, I work with individuals and couples on divisive sexual issues.

Actually, when you think about it, water is the defining source for sexual satisfaction. The penis is mostly comprised of water at peak performance. Water also increases blood flow, circulation and vein enlargement. Likewise with females, the vagina requires water for sufficient lubrication.

Hydration

Without adequate fluid intake (water), a woman has problems producing her own secretions. The inability to lubricate is perhaps the most common lovemaking discomfort among women. Sexuality, like water, will seek its own level. But this requires hydration or adequate water intake.

The general rule of thumb is daily consumption of half an ounce of water for every pound you weigh. Water is second only to oxygen as an essential for life, and sexual activity requires hydration or adequate intake for sufficient lubrication.

Water is the defining source for sexual satisfaction. The penis is mostly composed of water at peak performance. Water also increases blood flow, circulation and vein enlargement. Likewise with females, the vagina requires water for sufficient lubrication.

Stress Reduction

Sexual stress is more common than you can imagine and is one of the primary issues related to separation and divorce. Almost everyone has some fear relating to intimacy and almost everyone will experience arousal problems at some point in time.

The bottom line is that one of the primary causes of stress, depression and reduced libido, often resulting in erectile dysfunction, is dehydration. Sip water to make love.

Like Water for Sex

by Dr. Edwin Riley

Drink water and reduce your stress. Seriously! The link is well documented. If you’re dehydrated, your body isn’t performing well. Cortisol levels rise and heart rate increases, as does breathing. It’s a vicious cycle: dehydration can cause stress and stress causes dehydration. Heavy breathing for the right reasons at the right time can be a good thing. But I don’t know too many women or men who enjoy the noise of a nasal freight train in their ears while making love. There is a big difference between hydrated and dehydrated sounds of breath. One is melodic, the other strained and downright scary.

Your body needs fluids — clean water! Without water, you put stress on the body and it reacts.

Vantra Organic Restaurant & Juice Bar

by Dr. Clark Ranzat

London’s Soho district, with its historic reputation, was a fitting place for me to stumble upon one of Britain’s best kept secrets.
Swimming in an Ocean of Qi

by Keith Cini, Acupuncture Physician

Ancient fossils remind us how fish crawled out of water, spread their fins and made their way onto land. We humans eventually evolved from these beginnings—from the amniotic womb of the ocean. We lived in our mother’s ocean in utero. After birth, we still find that water is essential to living. Our bodies are a sea of fluids made up of what the Chinese would call “Jin Ye.” These bodily fluids include blood, sweat and tears, as well as cerebral spinal fluids, lymphatic fluids, urine and the overall hydration of each individual cellulose membrane.

According to the Chinese philosophy of the Five Phases, the water element is associated with our kidneys. The kidneys store our primal essence or “jing.” Kidneys nourish our brain, bones, bone marrow and reproductive health. Our teeth are the body tissue or external expression of the kidneys. Ours ears are the mirror of our kidneys. Our kidneys are also paired with the urinary bladder. The kidneys are strongest from 1–3 p.m. They are at their weakest and most susceptible from 1–3 a.m.

The archetype for people with a water element constitution are “Philosophers.” Their virtues are wisdom & introspection. They tend to have a pear-shaped body. Winter, the season of ice and snow, is associated with the water element. This is a time to rest after the autumn harvest, like a hibernating bear. Water element archetypes are disturbed by cold and can be inhibited by the emotion of fear, like a deer frozen in the headlights. Dolphins, as well as whales, in particular the blue whale, are the animal totem of the water element. This is a time of rest after the autumn harvest, like a hibernating bear. Water element archetypes are disturbed by cold and can be inhibited by the emotion of fear, like a deer frozen in the headlights.

Kidneys nourish our brain, bones, bone marrow and reproductive health. Our teeth are the body tissue or external expression of the kidneys. Ours ears are the mirror of our kidneys. Our kidneys are also paired with the urinary bladder. The kidneys are strongest from 1–3 p.m. They are at their weakest and most susceptible from 1–3 a.m.

Kidneys can burn out from stress, such as staying up late into the night studying or partying. Listening to loud music on headphones also harms renal function. Drinking coffee over-stimulates the adrenals, which sit atop our kidneys. Drinking alcohol is also very toxic to the kidneys and urinary bladder, which are our water filtration systems. Suggestions to nourish and strengthen the kidneys:

• Practice standing qigong postures, such as “Standing like a Mountain to Embrace a Tree.”
• Take a salt bath or swim in the ocean. Swimming with dolphins is highly recommended.
• Rub your kidneys to keep warm. Also “Dragon Shaking Its Tail” Qigong exercise is a gentle kidney tapping exercise. You can find that and others on my Qigong Basics DVD, available in the HHI store and webstore. Shaking Qigong activates the acupuncture point Ki, “Bubbling Well,” located on the soles of our feet, stimulating the kidney meridian or energetic pathway.
• Massage your ears, which are a mirror of your kidneys, to lower blood pressure and alleviate lower back pain. The lower back is the house of the kidneys. You’ll notice people with big ears live longer. There is a Chinese saying which states that rubbing your ears a hundred times a day will lead to a long life.
• Kidney nourishing foods include sea vegetables, sprouted adzuki beans, walnuts, nettles and green leafy vegetables and sprouts.
• Use a good water filtration system.

“Understanding the fact that we are essentially water is the key to uncovering the mysteries of the universe.”

—Dr. Masaru Emoto, The Hidden Messages in Water
Vanishing of the Bees
by Gurunam Kaur Khalsa

Beautifully produced and visually stunning, this documentary takes us on a world-wide tour to uncover the mystery and discover the cause of the sudden vanishing of bees. In the process we learn bee facts that we can hardly “bee-lieve”! Did you know that a single bee might visit 100,000 flowers in a single day? They earn their “busy-as-a-bee” reputation, indeed.

In 2007, beekeeper David Hackenberg started to notice the complete vanishing of bees from his hives. No dead bees all around, just no bees. At first others just called him a bad beekeeper, but as more and more reports confirmed what he saw, he took the lead in making it known and the papers picked it up and news spread like wildfire. Remember: no bees = no fruits and vegetables! The phenomenon came to be called Colony Collapse Disorder (CCD). In 2008, it came to light that this phenomenon was occurring all around the world, with no obvious common link. 40,000 hives were empty within a couple of weeks. Two billion bees disappeared — like a bee Holocaust.

Interesting fact: beekeepers don’t make their money so much from honey, but from pollination: for example, crates of bees are shipped to California for the almond crop, then up to Maine for blueberry season, then they’re off to Massachusetts for cranberry pollination. They go through quite a disorientation when they show up in new locales — where are the flowers they navigated their way to before? At one point there weren’t enough domestic bees to pollinate the California almond crop so bees boarded a 747 from Australia! Boy, were they confused — it was the opposite season! In the film, we’re also given a tour of the significance of bees throughout history and different cultures, as well as beautiful quotes about bees and natural philosophy from the likes of Albert Einstein, Mark Twain, Martin Luther King, Thomas Jefferson and many others.

Want to hear some horrifying honey facts? There’s a big difference between industrial and holistic/organic beekeeping practices. The industrial guys steal the honey and replace it with sugar water for the hive to live on. After a few generations this has a serious effect on the physiology of the bee community. There is also “Funny Honey” coming in from China — blended with High Fructose Corn Syrup, beet sugar, or lactose. Want to hear some horrifying honey facts? There’s a big difference between industrial and holistic/organic beekeeping practices. The industrial guys steal the honey and replace it with sugar water for the hive to live on. After a few generations this has a serious effect on the physiology of the bee community. There is also “Funny Honey” coming in from China — blended with High Fructose Corn Syrup, beet sugar, or lactose.

Farming practices were investigated as a potential cause of CCD. We used to have small, diversified farms. Now there are huge, monoculture, industrial farms.

Our Drinking Water
by Pam Blue

Water is a precious resource that supports life and vitality on our planet as well as in our bodies. Most of us are aware of the need to hydrate our bodies. We hear general guidelines about drinking one-half ounce of water per pound of body weight. We hear about the benefits of drinking small amounts frequently throughout the day and of drinking room temperature water. We recognize that we are 75% water and that our bodies use this water for everything from cleansing toxins and regulating temperature to supporting the chemical reactions that make our bodies work. In fact, if our cells do not receive proper hydration, they become unable to release that which they do not need or receive that which they do need which begins a process of stagnation not conducive to health and wellness. We also have come to realize that our tap water has become a carrier of many toxins. So, in our desire to give our body fresh pure water, we look for direction and understanding.

Filmmakers George Langworthy and Maryam Henein at Gurunam Khalsa’s Spikenard Farm in Illinois © Lisa Myatt

Documentary Review:
Vanishing of the Bees
by Gurunam Kaur Khalsa

by Pam Blue
Algae Offer Superior Foods with No Freshwater Waste

by Dr. Mark Edwards

Modern food production depends on freshwater—massive amounts of water. People consume about one gallon of water a day in their beverages but growing food for one day requires about 500 times more water; 528 gallons. A single acre of corn grown in irrigated fields consumes over three acre-feet for each crop, or roughly one million gallons. Unfortunately, we are running out of available freshwater—quickly.

Over one-third of productive cropland depends on irrigation. Globally, irrigation for crop production claims about 70% of all freshwater and about 80% in the U.S. The history of irrigation is replete with failures of cities and societies due to soil waterlogging, salt invasion, and depletion of water supplies. With the demand for water growing steadily among the major consumers—agriculture, residential and industry—competition is intensifying. In water wars, growers usually lose to money—cities and industry.

Our planet held far too little freshwater to support food production for expanding populations, even before global warming began melting and evaporating our ice caps, glaciers, snowpack, and reservoirs. Our faucets and fountains are already going dry because farmers extract stored fossil groundwater reserves that were laid down millions of years ago. Fossil aquifers that do not recharge were laid down millions of years ago. Many aquifers will go dry because farmers extract stored freshwater before the water reaches the crops from pipelines and canals. Aquifers. Floods create chaos as they break dams, fill reservoirs and canals with silt, destroy irrigation systems, and devastate crops, farm animals, equipment and houses.

Rational government policy would limit irrigation to sustainable yields from surface sources and groundwater held in aquifers. Instead, government policies in the U.S. and globally have encouraged maximizing short-term food production by subsidizing water, including transportation, delivery and the energy needed for pumping. When a commodity has a near-zero cost, users waste it. Inefficient over-irrigation wastes trillions of gallons of freshwater each year. Over-pumping scarcity has struck countries in the Middle East and North Africa, as well as Mexico, Pakistan, South Africa, the United States and large parts of China and India. Iran was forced to import over one million tons of grain from the U.S. in 2007 because their crops failed due to heat and drought. The 2010 floods in China, India and Pakistan would seem to break the water scarcity problem. Unfortunately, floods more enormous amounts of water, mud, and debris at very high speed that does not percolate into aquifers. Floods create chaos as they break dams, fill reservoirs and canals with silt, destroy irrigation systems, and devastate crops, farm animals, equipment and houses.

Abundance growers recycle organic nutrients, which saves money. Abundance also avoids ecosystem pollution, as the only thing that exits the production system is pure oxygen to the atmosphere. Each pound of algae production sequesters two pounds of CO2. Growers practicing abundance use 360 microfarms to close the nutrient loop (creating a full 360) by using wastewater or rainwater, brine or ocean water. Abundance growers recycle organic nutrients. Most of the weight in production comes from water. Abundance growers use non-potable, surplus water sources, which saves freshwater for human consumption and conventional food production. Abundance mimics nature as it leverages the robust characteristics of nature’s first, simplest, and most efficient food production system—algae. Abundance captures and stores solar energy, using photosynthesis in the most bountiful green plant on earth. Growers practicing abundance are essentially green solar farmers as they transform solar energy to rich biomass. The green biomass serves energy in chemical bonds that are portable and useful for food and many other forms of energy.

Abundance growers use 360 microfarms to transform microalgae to become biofactories that produce food and a wide diversity of valuable products using primarily plentiful resources—sunshine, CO2, waste, brine or ocean water. Abundance growers recycle organic nutrients, which saves money. Abundance also avoids ecosystem pollution, as the only thing that exits the production system is pure oxygen to the atmosphere. Each pound of algae production sequesters two pounds of CO2. Growers practicing abundance use 360 microfarms to close the nutrient loop (creating a full 360) by using wastewater or rainwater, brine or ocean water. Abundance growers recycle organic nutrients.

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Growing food requires water because plants use water to transport nutrients. Most of the weight in production comes from water. Abundance growers use non-potable, surplus water sources, which saves freshwater for human consumption and conventional food production. Abundance mimics nature as it leverages the robust characteristics of nature’s first, simplest, and most efficient food production system—algae. Abundance captures and stores solar energy, using photosynthesis in the most bountiful green plant on earth. Growers practicing abundance are essentially green solar farmers as they transform solar energy to rich biomass. The green biomass serves energy in chemical bonds that are portable and useful for food and many other forms of energy.

Abundance growers use 360 microfarms to transform microalgae to become biofactories that produce food and a wide diversity of valuable products using primarily plentiful resources—sunshine, CO2, waste, brine or ocean water. Abundance growers recycle organic nutrients, which saves money. Abundance also avoids ecosystem pollution, as the only thing that exits the production system is pure oxygen to the atmosphere. Each pound of algae production sequesters two pounds of CO2. Growers practicing abundance use 360 microfarms to close the nutrient loop (creating a full 360) by using wastewater or rainwater, brine or ocean water. Abundance growers recycle organic nutrients.
For Barry Koral, “going raw” has been a major contributor toward self-discovery and less pre-occupation with the material world. “Adopting this lifestyle gets you more into the essence of who you are,” says the tropical fruit farmer and artist based in Vista, California. “It helps actualize yourself into your body.” Koral, a raw foods activist, experienced a significant sense of peace and strengthening while transitioning from vegetarianism since 1968 to totally raw over 10 years ago. “I became less angry and stabilized to a lighter weight.”

Koral migrated west from Chicago over 40 years ago with $300 and three suitcases and has “never looked back.” He joined a vegetarian commune in San Francisco and worked in their garden—learning how to grow and prepare foods. “I became more emotionally balanced on a diet of natural foods, eliminating any animal products or byproducts,” Koral says. After two-and-a-half years in San Francisco, he spent a year at an Essene community in the Napa Valley, experiencing “esoteric ways to awaken humanity, while living close to nature and God.” Koral settled in Southern California a year later, where he co-owned a natural foods store and juice company for 10 years. It was David Wolfe who introduced him to raw foods in 2000.

“The vegan raw food lifestyle is a way of thinking; a credo for living and making a difference in one’s health—by solely eating live food, I have elevated my well-being, vitality and productivity.” Koral has eliminated many symptoms associated with aging. “I’ve been allowed to evolve more gracefully,” he says, now a youthful 68.

“Nature is the source of our nutrition, and the more you alter your food—the more it alters you. Nature does not process, cook, can, bottle, box or bag anything,” Koral says. “If your food comes in any form other than from the ground, it has been de-natured and is no longer natural.”

It has been natural for Koral to have reached a higher sense of “purpose on the planet” where his role as ‘communicator’ is fired with passion. “Personal expression is my driving force,” he says, continually motivated in mentoring others to become “clear within,” by sharing his own life practices, processes—thoughts and insights.

“With the consumption of living foods, you have greater clarity of thought and the opportunity to really be connected to yourself,” Koral says. He believes in “living very much in the moment” like creatures in the wild, which has much to do with survival. “Man was meant to be closer to nature.”

Koral’s Tropical Fruit Farm in San Diego’s North County is a piece of nature which serves as an oasis to his mind, body and soul. “This is where I integrate myself with the earth.” He purchased the property in 1998 and spent the first three years developing the ground soil with rock dust and worm casting. “Healthy soil is the foundation for sustainable agriculture.”

It was five years before Koral reached a sense of productivity in under two acres from just over 175 fruit trees. From 10 varieties of figs, to guavas, sapotes, four kinds of avocados, loquats, kumquats, persimmons and pomegranates, Koral’s farm certainly bears fruit. Oranges and lemons, four kinds of apples, lime, passion fruit, tomatoes, aloe vera and cherimoya also are birthed on his land; among other exotic fruits. Koral became a major player—contributing to nine farmer’s markets throughout Southern California for 14 years, while leasing four other local properties for additional produce. He now participates solely in San Diego’s Hillcrest farmer’s market, where his weekly spread of exotic fruit plus vegetables is artistically displayed with baskets and tapestries. “Engage in the moment—support your local farmer!” Koral is known to bellow. “It’s an honor to sell our fruit to the public.” He has also found additional honor in having expanded the business internationally. Koral expanded his land where a 1500-square-foot domicile is surrounded by assorted cacti, a hot tub and an individual outdoor bath, shower, kitchen and art studio. CONT’D ON P. 62

Stress Management 101

by Antony Chatham, MPhil, MSW, MT

Water is fluid. It can also adapt to the environment. In a cylinder vessel it takes a cylindrical shape, in a cone it is conic, in a sphere it is spherical, because it is adaptable. A mountain is strong, but it is also stiff. Do mountain and water connect? Yes, they do. The expression, “Stand like mountain, move like water” is an ancient proverb from the Taoist tradition. Balance, students of t’ai chi know, is a fundamental skill required to do t’ai chi. It is also fundamental to the Taoist philosophy.

Taoism considers life and death as two aspects of the same universal reality, the reality also referred to as Tao. Taoism understands death as a shift from yang to yin, just as a phase of transformation, eliminating any fear or desire for death. Taoism believes that everything has an opposite, and therefore, Taoism does not struggle or oppose any of the dualities. A perfect understanding of this duality, according to this tradition, is believed to generate immortality and superhuman ability. Maintaining a balanced diet, regulating breath, creating harmony, etc. are part of this attempt to create balance. If we look into various cultural traditions, they all have some teachings related to the concept of balance. Interestingly enough, the ability to stand firm while adapting to the situation at hand is the solution to the omnipresent problem of stress.

Almost 10 years ago, Brian Luke Seaard, the author of many books on stress management (including Stand Like Mountain, Move Like Water), said that balance is the key to stress management. Stress is a lack of balance—flat tires, delayed flights, bounced checks, phone tag, long checkout lines, backed up traffic, cancerous tumors, broken relationships, job losses, natural disasters, childhood traumas—and the list goes on. Stress management is creating balance—being able to stand firm like a mountain, and being able to flow like water.

Reinhold Niebuhr’s prayer, known as The Serenity Prayer and popularized by the tradition of Alcoholics Anonymous reads: “God, grant me the serenity to accept the things I cannot change; courage to change the things I can, and wisdom to know the difference,” is a good foundation for learning stress management. It is important to understand which are things we cannot change— the fact that we have been diagnosed with an illness, the fact that we have a disabled child, the fact that the economy is facing a crisis or that the stock market crashed, or even the fact that we have been abused as children, cannot be changed. We have to accept the given, and then work beyond it to control the negative effects. But there are things we can change—we can change our diet to deal with health challenges, we can choose to consume purified water and avoid putting toxins from polluted water into our bodies, we can build up family relationships so they don’t break down, we can avoid risky behaviors to prevent crimes and exploitation and we can teach our children to be independent and responsible rather than lazy and careless—the list is endless! Balance is the key to health, according to Ayurveda (the medical system native to India, which is also practiced in many parts of the world and called “the complete knowledge of longevity”). Ayurveda emphasizes the balance of three elemental energies or humors: vata (air & space—wind), pitta (fire & water—“bile”) and kapha (water and earth—“phlegm”).
Hippocrates, the Greek founder of modern medicine, promoted bathing as a means to wellness over 2,000 years ago and for centuries, there have been many cultures who utilized immersing the body in water as a way to promote health. A technique we use at Hippocrates Health Institute is a contrasting hot and cold water plunge, made possible by our jacuzzi and cold pool. The recommendation involves immersing the body in the jacuzzi for 3–4 minutes and then taking a gradual plunge into the cold pool for 1–2 minutes. This process is repeated seven times, with the cold pool being the final plunge. Here, the body, which responds more quickly to water temperature than air temperature, is slowly warmed and quickly cooled. This is very supportive to the immune function for a number of reasons. Most importantly, it increases blood flow. Studies have shown that when the body is exposed to this process for 30 minutes there is a 95% increased blood flow. The hot water stimulates blood to flow to the surface of the body and the cold water stimulates the blood to flow to the core all the while carrying oxygen and nutrients in and toxins and pathogens out. Our blood is detoxified as blood flow is increased because more blood is traveling through our kidneys and liver. And, because the metabolic rate is affected, there is an increase in the number of virus fighting white blood cells, which can last up to 24 hours as shown in a study in 1995 by the Thrombosis Research Institute in England. This same study concluded that the cold water plunge also stimulates the brain’s primary source of noradrenaline which is a chemical that helps mitigate depression and increases testosterone production in men. This boosts libido, strength and energy levels. The cold plunge also causes the skin and nervous system to interact. The second your skin is in cold water, the receptors are firing to the nervous system, and there are more cold receptors on the skin than heat receptors. This serves to strengthen both the sympathetic and parasympathetic nervous systems. So, we exhale and relax and the body at the same time. We can imitate a less intense version of this healing modality in our showers if we end our shower with extremely cold water for a minimum of 30–45 seconds making sure to cool armpits, genitals, head, hands, and feet which are centers of lymph drainage! Right beside our jacuzzi and cold pool sits our salt pool. Our salt pool is maintained at 100 degrees Fahrenheit and is infused with dead sea salts, which offer the body a multitude of benefits. The waters from the Dead Sea are unique in that they contain 27% of various salts as compared to 3% in normal sea water. Sodium accounts for about 80 percent of the salt content in normal sea water and only accounts for about 2 to 3 percent of the salt content in Dead Sea water according to an analysis taken in 2006. CONT’D ON p. 64

How did you hear about Hippocrates Health Institute (HHI)?
From my daughter, who is very well-versed in alternative treatments and the holistic approach to health. I was open to the idea of HHI because I was exposed to many specialized spas in Germany. I was with my late husband for 30 years. He was very ill and I traveled around the world with him from spa to spa and treatment to treatment. But none of the spas I’d seen were as comprehensive as HHI. I have been very impressed with the multitude of treatments offered here and the true professionalism and expertise that I’ve come across. My experience here has been amazing in every category.

Why did you come to HHI?
I was so ill that I crawled in here on my eyebrows. I was determined to come to HHI, and my daughter pushed me onto the first available airplane in a wheelchair. By the time we got here, I was suffering so badly I couldn’t even make decisions for myself. Fortunately my daughter helped me because I couldn’t even walk to get from here to there. I had just had a kidney stone removed surgically and my psoriasis had reached the point that it had paralyzed me. It all came crashing down on me at that point. Three days after the stent (from the kidney stone) came out, I was on an airplane heading to Florida—and it’s a good thing I made the trip.

So your daughter was here with you for part of your visit?
Yes. She traveled here with me and checked me in. Then she got enthusiastic about the possibility of improving her own health and stayed for some treatments. She is totally into this. She is coming back this weekend and bringing my son, who has other issues. He was a tough sell, but I think he saw my progress and it inspired him. He also brought some friends in need of therapy along.

I think I inspired many guests here, as well. They witnessed my transformative recovery and were in awe and somehow wanted to go on that same journey.

Our Healing Waters
by Pam Blue

Water is our primary source of hydration and is vital for our bodies to function and maintain wellness. However, water can provide a multitude of far reaching benefits beyond its ability to hydrate. Here at Hippocrates Health Institute (HHI), we optimize on water’s ability to heal by integrating various water therapies into our Life Change Program. Let’s dive into some of these therapies and develop an understanding of them and their unique benefits.

The Wiltraud Salm Interview
by Will Burson

Wiltraud Salm came to Hippocrates Health Institute in a wheelchair, hardly able to move. Her body was immobilized by arthritis, riddled with psoriasis and covered with terrible sores. She is preparing to leave on her own two feet, with clear skin. Wiltraud is ready to move on with her life, pursuing the activities she thought she may have to give up. Her recovery has been an inspiration to the directors, staff and guests alike at our South Florida campus. I caught up with her as her sixth week at the institute was drawing to a close and we had a chat about her stay at Hippocrates.
Wiltraud—Before and After

It can take a while before you get it together. The emphasis here is on healing yourself, on finding out what heals you and listening to your body. As opposed to visiting a doctor who says, “You must do this,” and sends you the bill. Some of the people I helped were newcomers. Others had been here a while, but were too weak or close-minded to make great progress. Some were too shy to do what was good for them. I think I inspired a few.

Your most noticeable recovery was from psoriasis. Can you talk about that and your other conditions? In addition to healing my psoriasis, I lost 50 pounds during my six-weeks visit at HHI. Something really unexpected happened for me here. I have connective tissue disease and have been around the world looking for a way to fix it — catheters, experimental procedures, anything the cardiologists could think of. My heart starts racing just as promptly, sometimes after hours. Totally unrelated to what I’m thinking, what I’m doing, where I am, what I ate — it has nothing to do with anything. One of the things the doctors gave me for my heart were beta blockers. One of the side effects of beta blockers is psoriasis. In Germany, information about side effects is more available than in the United States. On top of this, I had Lyme disease and anaplasmosis (human granulocytic anaplasmosis [HGA] (previously known as Human granulocytic ehrlichiosis, or HGE)), which is also transmitted by ticks. It reached a level where I was treated with intravenous antibiotics for a month. Between the antibiotics and beta blockers, I had a total collapse. The psoriasis started on my shins and eventually took over 80% of my body. I had it on my shins for three years and on my whole body for three months by the time I got to HHI. My body was inflamed. My back was a minefield. The skin on my legs literally had craters. It was horrific. The itch was very persistent and completely unbearable. I underwent a lot of psychotherapy to try to break the habit of scratching. This was impossible. I would scratch in my sleep, to the point of becoming bloody. Every morning, my sheets were a sea of blood. My shirt looked like a Jackson Pollock painting. It was really bad.

Before I came to HHI, I was diagnosed with psoriatic arthritis. The arthritis was largely caused by the Lyme disease. The allopathic doctors said the only thing that could fix it was chemotherapy such as methotrexate.

Can you tell us how your emotional state changed during your stay, and what parts of the Hippocrates program stood out the most to you? When I arrived at HHI, I was so ill I had fever chills. I couldn’t walk or even stand, and I was really miserable. There was no diet that worked. Gradually, I started getting better. The key was allowing my mind to detoxify so I could open myself up to a new, holistic healing process.

The minute I laid eyes on the wheatgrass juice bar and the awesome living food buffet I knew I was in the right place. It was time for my healing to begin. The various, highly sophisticated blood tests and well-targeted supplements were also most effective. The choices and quality of therapies offered as well as the therapeutic technology available are surely unique in the world. I am speaking from years of experiences with health institutes and spas worldwide.

I found that every aspect of this process was supported by a loving and caring staff who offered spiritual guidance as well as professional medical advice. This facilitated profound soul-searching on my part. In the course of my learning experience, I found out that one’s skin mirrors the condition of their intestinal lining. The healing had to come from the inside. Anything I applied to my skin had little positive effect, if any effect at all. It could even worsen my condition. I also learned that I must avoid chlorinated water (both drinking and skin exposure) and be cautious about the types of detergent I use. The food did a lot, and made a big impact. I’m not a junk food junkie. I live on a farm and grow my own fruits and vegetables. I think my diet was pretty solid, but it did include dairy and meat, which I’ve learned is toxic. I’ve learned my old culture is for the birds. It just doesn’t work any more. Except for the plant foods I was growing, everything was polluted and adulterated and compromised. It’s very sad. I feel like I’m relearning how to eat at my ripe age. I thank the HHI staff for all their help. There are too many to list them all, but I would especially like to thank Nurse Tom for the knowledgeable guidance that facilitated my relearning. He’s just amazing. All the therapists are also outstanding. The colonics with Lynne and especially Elfriede were very important, as well as the lymph drainage with Linda. Abdominal massage with Dr. Keith was a great help. Reflexology and other massages were also wonderful. I did some great work with Bodhi to get my body back in shape. Spiritual guidance with Antony and Andy was phenomenal. As I went along, sharing experiences and stories with other guests taught me a great deal, too.

I plan to take what I learned home to Long Island, New York. I’ve already ordered a dehydrator and water filter and will replace the juicer I have at home with one that can handle wheatgrass. I’ve also found a local source for sprouts. The biggest challenge I face at home is water pollution. We used to have our own well on our farm, but when the water became polluted from conventional farming, we signed up for town water, which of course is chlorinated. The negative effect of the chemically treated water on my skin prompted me to install a very sophisticated purification system, especially after learning that it takes no more than two minutes for a human body to absorb all the chlorine from the bath water through the skin. It has been great spending time at Hippocrates Health Institute, especially sharing the experience with my daughter and my son. I just wish my husband had found out about Hippocrates in time. It might have saved his life.
I f you are a home gardener, do you water your plants with unfiltered tap water from the faucet? If so, you may want to reconsider. If you would never personally drink unfiltered tap water, why would you feed it to your plants? If you are on a municipal water system, your water may contain additives like chlorine and fluoride, which we know are toxic for humans. This kind of water is toxic for plants, as well. This issue is especially critical if you plan to eat the plants. Did you know that commercial farmers as a rule do not use chlorinated municipal water? I have grown food for over a decade, and filter my water for my whole house. When I water my sprouts in my kitchen, the water is pre-filtered. I also use a filter outside for my garden. The two main contaminants in tap water—which are actually additives— occur in nature in small amounts. Plants actually utilize small amounts of natural chlorine. When man gets involved and concentrates these additives in much higher amounts they become dangerous.

Chlorine derivatives used by municipal water systems are designed to kill bacteria and other living organisms. This can be beneficial to prevent disease, but chlorine is not good for the garden. This is because it kills the beneficial bacteria, mold and fungus in soil, essentially making soil “inert.” Plants work in symbiosis with the beneficial bacteria and fungus to digest and convert compost rich humus into nutrients for the plants. If the soil is not teeming with these natural elements, your plant will not be able to make its own nutrients! One of the keys to growing organically is building soil fertility through the use of things like compost, humus, rock dust or ocean-grown minerals. What use is rebuilding the soil if you are just going to water it with unfiltered tap water that will kill the beneficial organisms? Some symptoms of over-chlorinated water can be root damage, smaller leaves and overall reduced plant growth.

Fluoride is another toxin that is added to some municipal water systems. I’m not a fan of adding fluoride to water systems, and do not think we should drink it. In addition, I’m a firm believer that we should not feed it to our plants. Fluoride in gardening water is more sinister than over-chlorination because it can more directly impact our health. This is because excesses of fluoride will accumulate in plant tissues. When you eat the plants, you ingest the fluoride second hand. Excess fluoride in plants can also cause root damage and leaf browning.

In addition to chlorine and fluoride, other contaminants in our water include industrial chemicals and pharmaceutical drugs. These are also not good for us—or for our plants. All is not lost! There are some easy ways you can still grow food with clean water. These two options have to do with using water other than municipal tap water to water your garden.

I like to look to nature for answers. Nature’s way of watering plants is rain, so I feel that rainwater is probably the best hydration for our plants.

At Hippocrates Health Institute, people learn that one of the easiest ways to grow food in your home is through an indoor sprout garden. Popular sprout varieties include pea greens, wheatgrass, clover, broccoli, mung and many others.

What is the best water for growing sprouts? Like every other topic in our current society, you are faced with a potentially overwhelming amount of information and different choices for the water you use. Some theories are really solid, others are nothing more than snake oil. Options are often presented by highly-funded marketing campaigns spinning information to make you feel as though you are incomplete without their gizmo. If sense were more common, your choices may seem much clearer.

Sprouts have a short growing cycle. They start as tiny seeds. Most of the nutrition in the sprout comes from the seed’s reserves which were taken in from the soil of the field it grew in. The first step in the life of a sprout is taking on large amounts of water; the higher quality the water, the higher quality the sprout.

Ideally the water will be pure and free of pathogens, chemicals and the other nasty things found in most water sources. Many great options exist to enhance your water. These include UV light to kill pathogens, ionization to increase water’s electric potential, and mineralization to supply the sprouts—and ultimately you—with better nutrition. More esoteric practices such as praying over your water, playing music to it or charging it in Mircon glass can all increase the energy of your water as well.

Using ocean minerals can be an easy and effective method of improving your greens. Adding a small amount of concentrated ocean solution to your soaking water will potentially deliver every single mineral to your sprouts. There are currently several different products on the market. Such a small amount is needed that a little bottle will go a long way. Generally, the sodium content of the ocean water has evaporated, eliminating the risk of “burning” the plants.

I have experimented with many different trays of sprouts, watering each with different water: city water, spring water, filtered water and ocean mineral enhanced water. I wish I could say the more enhanced and more loved the water was, the better the greens grew. However, contrary to all the theory, the sprouts that looked the best—not by much, but subtly—were the city water sprouts.

That said, I do recommend using the best water possible. While my experiment showed that sprouts look about the same whether using city water or “super water,” it’s important to remember that contaminants in water are absorbed by sprouts, and then by you when you eat them. The sprouts in the experiment looked great in spite of the city water, not because of it. I believe this is because the life force in the seeds can overcome the obstacles of the contaminants. The lesson is not to use unfiltered city tap water, but to relax, do the best you can and trust that everything is alright. At the very least, city water should be filtered before drinking it or using it on plants.

Living in a world that is continually bombarding you with a potentially overwhelming amount of information, my advice is to do what is underwhelming. Take steps at a pace that is sustainable for you to maintain growth, as well as sanity.

My family lives in the country and we are able to use water from a deep aquifer in a world biosphere reserve. Our UV light ensures no critters are growing in the water, and we add ocean minerals. We infuse maximum amounts of love in every tray of sprouts, which you can do, as well! The best water for growing sprouts is the water you use. If you are using water for sprouts it means you are growing sprouts! Be well, eat green.

Do you grow your food at home? Congratulations if you do. More and more people are starting a home garden. This allows them the luxury of knowing exactly what is in their food. “Growing your own” is much easier than you may think.
Water is Strange

If all the elements on earth, water is the most prevalent, and perhaps the strangest. It is the only substance that naturally occurs in at least three forms: gas, liquid, and solid (for information on a newly hypothesized fourth state of water, see Dr. Pollack’s article on page 20). It is the only liquid whose density decreases when cooled. It contains properties of capillary action and surface tension that allow it to rise upwards in trees and plants, defying gravity. As they say on TV infomercials, “But that’s not all…”

Water is Sensitive and So Are We

Japanese researcher Dr. Masaru Emoto has demonstrated with his experiments that water changes its molecular structure in response to thought. In his book, Hidden Messages in Water, he shows photos of ice crystals formed from water exposed to people’s focused thoughts; the ones exposed to positive words like “love,” gelled into bright, symmetrical crystals, and the ones exposed to negative words like “fool” or “hate” conglomerated into asymmetrical masses. His work has been replicated by others who compared “holy water” that was blessed or prayed over to regular water. These experiments had the same results: the blessed water crystallized symmetrically into beautiful snowflake-like shapes whereas the regular water did not. Water is sensitive that way.

Water Remembers Everything and So Do We

Claims do not come much more controversial than the idea that water might retain a memory of substances once dissolved in it. Although the notion is central to the widespread practice of homeopathy, it is generally ridiculed by conservative, mainstream scientists. The most prominent advocate of this idea of water memory was Jacques Benveniste, a French immunologist. His team at the French National Institute of Health and Medical Research (Inserm) demonstrated that human basophils responded to diluted solutions of antibodies with the same dismantling response as to the original 100% antibody solution. In his paper published in the highly reputable science journal, Nature, Benveniste reasoned that the consistent antibody effect, even with drastic levels of dilution, pointed to transmission of biological information via some molecular organization going on in water. An article in the journal Physio, confirmed via other experiments, that in fact the molecular organization of regular water and homeopathically diluted solutions are different, although scientifically they are both just water. The medical world was confounded by Benveniste’s conclusions. How, they asked, can a biological system respond to an antigen when no molecules of it can be detected in solution? It goes against the accepted “lock-and-key” principle, which states that molecules must be in contact and structurally match before information can be exchanged. Such thinking has dominated the biological sciences for more than four decades, and is itself rooted in the views of the 17th-century French philosopher Rene Descartes.

The idea of water memory, at the heart of homeopathy, states that no matter to what level a substance is diluted in water, even to the degree where there is no longer a measurable quantity of that substance remaining, the water it was immersed in retains the properties of that substance. The hint or essence of that substance, as carried purely by the memory of water, delivers the therapeutic effects in a way that massive quantities of that substance could not. Water is the harbinger of essence-messages. Less is more. The idea of water memory rocks our 17th century mind-set! But that’s not all…

Although challenged every step of the way by conventional scientists, Benveniste took his research even further; he developed a method of deriving an audible signature from his massively diluted antibody solutions, and then transmitted this frequency over the phone or over the internet to untreated, “regular” water. That water, then exposed to basophils in a distant location from the original experiment, had the same antibody effect! Water not only retains memory of everything ever immersed within it, but can transfer that information to other water, without even having to be in physical contact with that new water! That rocks even our regular, 21st century mind-set and joins the ranks of quantum physics.

Let’s Get Physical: The Earth, Our Body, Our Blood

The earth itself, covered over 70% by water, lives by a dynamic water cycle. From ocean to sky via evaporation, from sky to ground via condensation, from ground to ocean via gravity and flow. All plants and animals depend on this water cycle, as does the atmosphere itself. Water is the earth’s blood.

Now let’s look at the human body, built out of a myriad of elements, with water as its most important nutrient and most abundant substance, measures up to 60% water by volume. The brain is composed of 80% water, and the lungs are nearly 90% water. Lean muscle tissue contains about 75% water by weight, body fat contains 10% water, and bone has 21% water. Each day humans must replace 2.4 liters of water, some through drinking and the rest taken in from the foods eaten. Body water is distributed in precise proportions and with a delicate balance. Our skin, for example, requires a constant state of hydration from the inside to maintain its healthy integrity, but if submerged in water too long, skin from the outside, mere millimeters away from the inside, will lose its integrity and break down.

Blood, which helps digest our food, transport waste, and control body temperature, is 85% water. It flows within a closed hydraulic system of vessels which must remain separated from fluid-filled cells via millimeter-thin cellular membranes, or else edema, massive fluid shifts, or even congestive heart failure can result.

The body must maintain a dynamic relationship with its own water, continually segmenting it to keep it from stagnating or dangerously intermingling. Too much or too little in the right or wrong place, jeopardizes the balance. Just like for the planet, fluid in the body also has its own cycles, and the body as a complex container, must maintain a delicate, stable, yet fluid (pun intended) compartmentalization.

Water Babies

We humans may have evolved out of the ocean and thereby left the water element to live on land, but we carry the sea within us, and are water beings nonetheless. Water is sensitive by nature, and remembers everything. So are we, and so do we. We resonate to the vibrations in our environment, to the feelings in our locale, and we start imprinting experiences at a cellular level from a very early age. Water needs “good vibes” to crystalize properly, and so do we. Water imprints an essence-memory of everything ever immersed within it, and so do we. That means at a deep level, we might be carrying imprinted memories of bad vibes, that in the present keep us from gelling into the true being of joy and fulfillment we are meant to be.

The Needs of Water, The Needs of Us

If water doesn’t flow, it stagnates. Same with us. If we do not receive lots of support and love from outside, especially during the formative early years of our life, and also express our innermost feelings, we tend to get stuck. When things within us don’t move, we don’t move forward. “Emotion” has the word “motion” at its core. Feelings need to flow in a healthy rhythm of receiving and processing, and expressing. That’s why relationship health is so important to physical health; it’s all part of the same whole.

Go With The Flow

To stay true to our nature is to be true to nature itself! Deep within us we embody the qualities of water, a deep sensitivity to what is, and an abiding memory of what was. Our task is to cleanse and revitalize to the deepest levels of return to the pristine state of wholeness and health. Please raise your glass with me. Let’s all drink to that! ✨
It is well documented that the presence of hundreds of unregulated pharmaceuticals and man-made chemicals are increasing in our surface, ground, waste and drinking water. Current conventional treatment does not remove them and it is time to take action to clean these contaminants out of our water supply. There are literally no regulatory requirements regarding the majority of pharmaceuticals in any type of water: surface, ground, drinking or waste water.

Pharmaceutical drugs are designed to be biologically active. Studies have shown they are already affecting wildlife. In rivers, seas, and oceans, anti-depressants are thought to be the cause of altered sperm levels and spawning patterns in marine life. British studies suggest that estrogen is responsible for deforming reproductive organs of fish. The blood plasma from male trout that live below sewage treatment plants had the female egg protein vitellogenin in it. The blood plasma from male trout that live below sewage treatment plants had the female egg protein vitellogenin in it.

The pharmaceutical industries, hospitals and medical facilities aren’t the only contributors to the problem. People often dispose of unused medicines by flushing them down toilets. Not to mention the fact that medicine passes through people’s bodies largely unused. This “leftover” medicine is passed into the water supply through their stools. Since current water filtration technology isn’t able to eliminate all these drugs, we are literally drinking other people’s medicine. The ingredients in personal care products such as nitro musks and other ingredients have adverse environmental impacts. Some countries have taken action to ban nitro musks. The health journal, Environmental Health Perspectives, reports that the amount of pharmaceuticals and personal care products entering the environment annually is about equal to the amount of pesticides used each year. In Germany, scientists found clofibric acid, a cholesterol lowering drug, in groundwater beneath a water treatment plant. They also found clofibric acid in local waters, and further investigation revealed phenozone, fenofibrate and analgesics such as ibuprofen and diclofenac in the groundwater. If these drugs can pass through a sewage plant undetected, more attention should be paid to what is allowable in our water.

Other pollutants such as codeine, cholesterol lowering agents, anti depressants and chemotherapy agents have been found downstream from hospitals. The release of antibiotics into waterways is the primary concern of some scientists as they fear the release may result in bacteria becoming immune to treatment. Chlorine and its derivatives are used to kill bacteria and other microbes in drinking water supplies and public swimming pools. Chlorine has a number of negative consequences for humans, including the fact that it is a free radical initiator, which can lead to increased risk of heart disease and various cancers, elevated cholesterol and accelerated aging. A European study concluded that rates of childhood asthma and wheeze rose by two to three percent for every indoor swimming pool per 100,000 people.

Fluoride is a drinking water additive purported to reduce tooth decay, but those who have studied tooth decay in children have found no significant difference in those who drink fluoridated water and those who do not. There are a number of good reasons why fluoride should not be added to water supplies. It is a halogen and acts like a heavy metal in inhibiting and damaging important enzymes in the brain. Fluoride also lowers IQs. Pesticides inevitably end up in our water supply as runoff from fields where crops are sprayed makes its way into reservoirs. Included in this class of chemicals is atrazine, which is sprayed on grain crops, fruits and vegetables. Others include chlordane and lindane. Pesticides are particularly hazardous because they cannot be completely detoxified by the body. They accumulate in the tissues, where they cause continual dysfunction and disease.

Fertilizers enter the water supply much the same way as pesticides. Fertilizer use has increased by a factor of 10 since World War II and the amounts used are far in excess of what can reasonably be taken up by the crops to which they are applied. The major chemical ingredient of fertilizers is nitrogen, and this can have a serious impact on health when ingested. Levels in drinking water are frequently found to be above safe levels set by governments in industrialized nations.

The most unsettling thing about heavy metals is the fact that the body has difficulty excreting them. Heavy metals accumulate in the tissues of humans and animals. Once these metals build up in the tissues, they interfere with normal biological processes. If elemental mercury gets in the water system it can be transformed by natural processes into methylated forms, which are highly toxic. One out of every three lakes and one-quarter of the nation’s rivers contain enough pollution that no one should eat the fish caught in these areas.

Everyone knows the dangers of lead contamination, which is still in pipes and plumbing fixtures installed many years ago. When ingested, lead can cause serious damage to the brain, nervous system and red blood cells. It also causes disruption of enzymes and other biochemical processes with damaging effects on the kidneys, gastrointestinal tract, joints and reproductive system.

Cadmium batteries used in cordless electronics may end up in the water supply as a result of various industrial processes such as welding, soldering, and the production of iron, steel, zinc and cement. Cadmium is similar to zinc and chronic ingestion of cadmium from the water supply may cause gastrointestinal disorder and flu-like illnesses, eventually causing kidney failure.

Dioxins are compounds produced during chlorine bleaching, paper processing, waste incinerators, the production of pesticides and the burning of wood for fuel. Dioxins in the air can enter the water supply through fog and rain. Dioxins cause continual dysfunction and disease.
It’s not the way nature intended. Pests that like a particular crop take over and their populations explode. That requires pesticides. The science of pesticides came out of chemical warfare born in Germany in World War I. After the war they looked for a civil use for these toxic concoctions. Instead of using them to kill people, they were used to kill bugs—and then we eat the toxins in our food! DDT was massively sprayed. The pesticide residue clings to the bugs and they bring it back to the hive. The low level, sub-lethal doses weaken the bees over time.

In Europe they take a “precautionary” approach. In 1994 beekeepers in France had concerns. The bees that went to organic sunflowers were “organised” whereas the bees that visited the plants that were sprayed with pesticides like GAUCHO and PANCHO (pesticide) were “confused”. (The DVD has some great shots of this difference in the patterns). The science of pesticides looks for letters and media—make them aware. If you have space to plant a garden, plant flowers that attract bees—in fact, there has been a big surge in the hobby of wholistic beekeeping! Our mind-set has to transform so that we are good stewards. If we take care of the bees, they will take care of us. We could learn a lot from bees. Everyone in the bee community works for the good of the whole.

Franky Speaking, cont’d from p. 18

The master-mind who tied all the pieces together so neatly, weaving in the perfect score and shooting 60 more hours of compelling interviews, is first-time filmmaker and manager of all things Franky Gregg Marks.

A three-way convergence of affirmations, manifestations and intentions brought Frank, the Café Gratitude team and Gregg together. “I wasn’t really happy with the New York scene or the charlatans who were in the music industry there, just venturing into filmmaking. “My affirmation was ‘I want to go to San Francisco and I want to make meaningful films and music.’ A week after I got there, they were the first guys I met at an underground fundraiser.”

After finding out that Gregg wanted to make films, Ryland, Conan and Cary handed him a big box of tapes. “I watched for days, I just watched it over and over,” Gregg says. “I cried and I laughed, and every emotion that was possible came out. I called them up, and I said, ‘Don’t you think guys realize you have a hit here?’

Putting a trailer together to raise money to help complete the project caught Jason Mirza’s attention, who wrote “What Would Love Do Now?” for the film, as well as Alanis Morissette’s, who gave Gregg the rights to use “That I Would Be Good.”

Gregg said watching the raw footage of Frank’s struggle got personal for him. “His story isn’t just entertaining,” he remarks. “I had the exact same childhood, abusive and violent. I started doing drugs when I was 13 years old. I was an addict and an alcoholic up until the age of 28.

Traveling with the film has bonded the two on a mission of continuing healing. “Ultimately, Frank became pretty much my surrogate dad,” says Gregg. “The healing for me was when I saw Frank’s willingness to take on all of his stuff because he just wanted to have his heart show up for his daughter and for his brother. That allowed me to forgive my father.”

Matthew Engelhart, co-owner with Frank of all things Café Gratitude, explains: “It’s not the only bees. We’ve seen devastating population losses in bats and monarch butterflies. We’ve also seen alarming increases in autism and learning disabilities. Between pesticides and genetic modifications, we’re interfering with nature and inverting unpredictable and irreversible consequences. When humans are out of balance with nature, nature steps in. You don’t find mono-cultures in Nature. You find cooperative ecosystems that have evolved over eons. How quickly can we ruin it all?

What can we do? We can vote with our fork—buy local and organic whenever possible. Politicians respond to letters and media—make them aware. If you have space to plant a garden, plant flowers that attract bees—in fact, there has been a big surge in the hobby of wholistic beekeeping! Our mind-set has to transform so that we are good stewards. If we take care of the bees, they will take care of us. We could learn a lot from bees. Everyone in the bee community works for the good of the whole.

To buy the DVD or host a screening, please visit the website: www.vanishingbees.com.
Solving for Pattern, cont’d from p. 17

If each household on the island was required to take a water awareness workshop, illuminating how our water comes to us, where it goes when we use it, and how we can use it more efficiently, we could likely avoid the destruction of a lake’s ecology, the build-up of dead zones in the ocean, and the potential for the water shortage to multiply over the whole population, creating dramatic results.

During that extended drought in California, we learned that we could manage an entire farm growing numerous crops on a small area of land. We learned to use drip tape, raise our soil’s organic matter content so it acted as a sponge, use mulch, select appropriate cultivars and plant and cultivate for water conservation and drought tolerance. We learned because we had to, and when the drought was over, knowing it was possible, we kept our usage at that low level.

Stand Like Mountain, cont’d from p. 41

According to Ayurveda, these three regulatory principles — doshas (literally which deteriorate) are important for health, because when they are in a more balanced state, the body will function to its fullest, and when imbalanced, the body will be affected in negative ways. Thus traditional Indian wisdom holds that each human possesses a unique combination of doshas. Ayurveda holds that building healthy metabolic systems and an understanding of your doshas will function to your health.

Frankly Speaking, cont’d from p. 53

The film has had a validating effect on Café Gratitude’s ability to provide a healthier choice not just for eating but for believing life is more than just a slow numbing process. “Because Frank is pointing to the recovery crowd and the metaphysical crowd,” says Matthew, “it’s bringing people to Café Gratitude that might not necessarily have come, it’s bringing people to our workshops that might not have found us.”

One of the biggest contributions Frank feels his story is making is its ability to relate to everyone. “Sometimes it feels like the universe is saying, ‘Look, man, we know you have some deep wounds and some issues you’ve got to deal with so here’s what we’re going to do. We’re going to send you more love than you can possibly imagine to help you heal this stuff because we have work for you to do and we need you intact.’”

In other words, he has to pinch himself to make sure this new life of radiant beauty, unlimited love and naturally high spirits is real. “You look at my past, it’s not exactly something I’d put on a resume,” he explains. “Some of the facts are not something to be proud of, you know. Yet, they’ve become my greatest assets. They’ve enabled me to relate to people in a way that’s real. More importantly, to let them know there’s a way out.”

Even though the raw-food experience saved Frank’s life and completely altered his perspective, he doesn’t give it full credit. He believes living a healthy lifestyle is about becoming whole in body, mind and spirit. Eating nutrient-rich food is only one aspect and, for him, it was his turbo-powered launching pad. Since his 42-day sojourn, Frank has found that exercise and daily spiritual and healing practices are equally important.

“One of the things I encounter on the road during the Q&A is that people often look for the magic bullet,” he says. “There’s a saying in the 12-step world: ‘If you take the booze away from a drunken horse thief, what you have is a sober horse thief.’”

One of the greatest contributions the experience has had on Frank’s well-being is the ability to love himself. “When I made that statement about wanting to fall in love again, which is true, I found out that the journey is really about self-love,” he says. “I was always looking outside of myself for that fulfillment rather than finding it within, which isn’t to say self-love precludes falling in love and all the joy of that dance. What it means is it enables me to be much more fully engaged and present when that opportunity comes along.”

Even though the film can now be purchased on DVD with soundtrack soon to follow, seeing it in a group with Frank walking in as a real-life “After” testimonial is still the ultimate experience. Frank in-the-flesh brings the story home as a real life-in-progress.

“I have a collective experience in the theater,” Frank comments. “It’s almost as if a community instantaneously emerges after the film. That’s one of the things we’re about, generating desire for people to create community. That happens when we go to the theater.”

As for his everyday experience, Frank says he still struggles. “It depends on what day,” he says. “There are days when I’m practically in tears with gratitude for just being alive and there are days when I wake up frightened and concerned about my life and its direction.” And so, the dance, never boring, unfolds.

Now, the question to you is: What do you want to do before you die?
Another purification option is reverse osmosis. It forces water, under high pressure, through a synthetic semi-permeable membrane and is able to reduce inorganic contaminants. It is affected by water pressure, temperature and pH. It usually employs pre- and post-filters to remove the organic contaminants and protect the vulnerable membrane. The quality of the membrane and the pressure of the water determine how effective the machine is at separating contami- nants. Reverse osmosis systems can be integrated into the entire home and some machines are certified by the NSF (National Sanitation Foundation), giving the consumer insight into the integrity of the product. Because reverse osmosis removes two forms of purification (filters and reverse osmosis), a well made system can provide up to 90% purification of things like mineral, organic and bio- logical contaminants. Unfortunately, 90% is still not enough.

Another purification option is distillation, which simulates na- ture’s hydrological cycle. It removes the contaminants from the water by heating the water in the originating container to 102 degrees, at which point it rises in the form of steam, condenses and then precipitates into a second container. This process requires about four hours to produce one gallon of water and can provide 99.9% purification of all types of contaminants and dissolved minerals. It is good to note here that our bodies are designed to acquire minerals from plant based sources, so we look to our food for our mineral supply. In fact, the successful removal of inorganic minerals in our water supply results in improved absorption of all nutri- ents—including the organic mineral- als our bodies utilize. Distillation is a good low-cost choice.

The last — and best — option is a newer technology: Atmospheric water generators, like the Atmos system used at Hippocrates Health Institute, extract water directly from the air, bypassing many of the costly contaminants and impurities, such as those found in soil and old pipes. After extraction, the water undergoes multi-stage filtration and is ionized and alkalized. Systems like these achieve 99.9% purification.

Now let’s look briefly at the options that are available to enhance our water. Here we are seeking something from our water other than hydration. The water ionizer is one such example. It takes the water molecule and changes it through a process we call electrol- ysis. During this process molecules of water either gain or lose electrons. The molecule that gains electrons can then donate to areas in need, thus support- ing organs and tissues much like an antioxidant. These extra electrons give the water molecules an enduring, neutral Oxygen Reduc- tion Potential (ORP) which allows it to neutralize positively charged free radi- cals. It is useful to note that green juice naturally carries this negative ORP. Water ionizers, at best, are not water purifiers, but post-filtration units.

Another way of enhancing or chang- ing water comes from nature herself in what we will call “reprogramming.” This is done in a number of ways. First, it is done through magnetic fields which can be produced by certain rocks and minerals. This field is able to erase frequencies left behind by toxic substances, and it is also able to alter the structure of the water in such a way that it is more readily ab- sorbed by the body. The water becomes organized and cohesive. There are fil- ters made of these rocks and minerals that recreate this energy in our water. Reprogramming can also occur through movement. Swirling vortexes and natural curves serve to oxygen- ate water. We can “move” our water by simply stirring it, or by using machines that recreate these speciﬁc motions. Another way water is reprogrammed is through the far infrared energy of the sun. This energy is sometimes called the wavelength (or frequency) of life. It inﬂuences the water molecule with life force and imprints it with healing frequencies.

Thanks to the work of quantum science, we also realize that what we think, and subsequently how we feel, has an ability to enhance water. Beautiful thoughts created beautiful structures within the water molecule. What an empowering awareness to conclude with: We can purify and enhance water everywhere including our bodies, which are comprised of 75% water, as we choose thoughts that create in us feelings of love, compassion and harmony.
Desertification, cont’d from p. 29

The land that produces forage continues to degrade and has moved from the support of millions of bison to a near image of a growing desert. The sea of grass is becoming a sea of sand. In the 1990s, Lynn Jacobs wrote the best description of public land in his book Waste of the West. This book was a wake up call to the American taxpayer. It is sad to say not much has improved since this book was published.

We see television reports from Iraq and Afghanistan, and the landscape is devoid of plant growth. At one time, this land was considered the cradle of civilization and the Garden of Eden. Today it is barren wasteland with little hope of feeding the local population. We should take heed of the cost of abusing the natural resource of living soil because we are perilously headed toward the same situation.

Because of disrupted weather patterns, the change in weather patterns is a true threat to the arid grasslands of the Western United States. By allowing grazing beyond the capacity of the range, and without shade, we also allow the soil temperature to rise significantly. The native grasses cannot compete with the invaders such as cheatgrass and knapweed. Cheatgrass is an annual and is only palatable to livestock less than one month a year. After that it is dangerous due to the spines on its seeds and it will burn the range, and without shade, we also allow the soil temperature to rise significantly. The native grasses cannot compete with the invaders such as cheatgrass and knapweed. Cheatgrass is an annual and is only palatable to livestock less than one month a year. After that it is dangerous due to the spines on its seeds and it will burn the range, and without shade, we also allow the soil temperature to rise significantly. The native grasses cannot compete with the invaders such as cheatgrass and knapweed. Cheatgrass is an annual and is only palatable to livestock less than one month a year. After that it is dangerous due to the spines on its seeds and it will burn the range, and without shade, we also allow the soil temperature to rise significantly. The native grasses cannot compete with the invaders such as cheatgrass and knapweed. Cheatgrass is an annual and is only palatable to livestock less than one month a year. After that it is dangerous due to the spines on its seeds and it will burn the range.

The governing agencies consider the range to be satisfactory if the land is only 50% destroyed. This formula guarantees we will lose one of our largest natural resources into a second Sahara Desert.

The greatest threat to the sustainability of land and soil quality is the dietary addiction to flesh. The standard American diet, rich in fat and animal protein, has caused the U.S. population to become overweight, obese, diabetic and afflicted with cancer. 60% of Americans are overweight or obese, 50% are dying from heart disease and 38% have cancer. Diabetes is also growing at alarming rates in the United States and other Western countries. America is becoming the most unhealthy nation on the face of the earth. Dr. T. Colin Campbell’s book, The China Study, the largest diet study in the world, shows the Western diet is the cause of our health problems, and animal products are at the top of the list of dietary culprits.

Cheap animal flesh is a high priority with most American consumers. This demand for inexpensive flesh is a driving force with the animal industry and most politicians. Every time environmental concerns are raised about farming and ranching lands, cries about “higher priced food” are shouted from the Halls of Congress. This is a false issue, but it has allowed those who support the destruction of our grasslands to prevail. The perceived “low cost” of animal foods doesn’t reflect subsidies paid for with tax dollars, much less the destruction of the planet and absorb amount of resources that are inherent to producing food. It seems that the animal industry ignores facts as much as smokers are in denial about their addiction and their increased risk of lung cancer. The desertification of the American West could occur at any time. It did not begin at night follows day. I still pray common sense will prevail before it is too late.

The key to resolving the soil quality issue is citizens taking action to save this most valuable natural resource. Educating yourself—and others—about the facts is the first step toward a practical solution.

Adopting a plant-based diet will be a giant step for you, for your family, and for the earth. By reducing the animal foods in your diet, you will improve your health and set a great example for your circle of friends and family.

Sharing this message about desertification of the American West will raise the likelihood that enough pressure can be brought to bear to effect change before it’s too late.
Pharmaceutical drugs: The presence of human and veterinary medicine (steroids, antibiotics, anti-depressants, hormones, etc.), personal care products and various industrial and commercial products in water is a growing problem. The primary sources of these pollutants are wastewater from pharmaceuticals excrated unchanged by humans, industrial discharge and disposal of unused drugs) and agricultural runoff (from biocides and manure used as fertilizer and waste from animal feedlots). It is expected that the concentrations and numbers of pharmaceuticals in the water supply will increase, giving ongoing "medical advances" and increased reliance on water reuse as demand for water grows and the supply diminishes. While the health effects of these contaminants at medical doses are relatively well known, their ecological and public health impacts, especially their side, cumulative, and synergistic effects at lower doses, are largely unknown. Read more about this problem on page 50.

Petroleum: Large-scale accidental discharges of petroleum are a preventable cause of pollution along shore lines. These discharges can come from tankers, as was the case with the Exxon Valdez oil spill (which spilled 10.9 million gallons of oil in Prince William Sound in 1989), or from off-shore drilling operations, like the recent Deepwater Horizon (BP) oil spill (which spilled 205.8 million gallons of oil into the Gulf of Mexico in 2010). It is estimated that for every million tons of oil carried, one ton is spilled through washouts.6

Thermal Pollution: Changes in ambient water temperature can degrade water quality in many ways. A common cause of thermal pollution is the use of water as a coolant by power plants (such as the Dai-ichi nuclear power plant in Japan) and industrial manufacturers.

In this case, the water released to the natural environment is heated. Urban runoff—stormwater discharged to surface waters from roads and parking lots—can also be a source of elevated water temperatures. Rises in water temperature decreases dissolved oxygen in the water. It also affects ecosystem composition. When a power plant first opens or shuts down for repair or other causes, fish and other organisms adapted to a particular temperature range can be killed by the abrupt rise in water temperature known as the "thermal shock." Releases of unnaturally cold water from reservoirs can also dramatically change the fish and macroinvertebrate fauna of rivers, and reduce river productivity.

WHAT YOU CAN DO

Research water filtration systems to find one to fit your needs and budget. Using a glass or stainless steel container to carry water with you is an easy way to avoid bottled water. Not only will this save you money, but the filtered water from your house will probably be cleaner than the typical plastic bottle of water. Not to mention the environmental impact that bottled water has (energy consumed to bottle it and plastic to dispose of once the water is consumed). There is a great article on page 37 of this magazine that discusses water filtration systems.

Conserving water will help keep supply high while limiting demand. Obvious solutions are not running the tap while you wash dishes or brush your teeth and only washing laundry when the machine is full. Other ways include upgrading to air-cooled appliances, considering a xeriscaped yard, and composting vegetable food waste rather than running the garbage disposal.

Use less and fewer chemicals. There are all kinds of safer alternatives available these days (household cleansers, personal care products, fertilizers, etc.) The less junk we use, the less we end up drinking in our water.

Vote with your dollars. By doing business with "green" companies instead of known polluters, you can shape the marketplace and encourage more eco-friendly business practices across the board. This can be anything from the kind of flooring you put in your house to the shampoo you put in your hair to the food you put on your plate. Putting more fruits and vegetables on your table—and less animal products—is definitely good for our water, since feedlots are among the most detrimental water polluters.

Ride a bike or catch a bus. Less dependency on oil is a sure way to boost the health of our oceans and waterways—and save plenty of money for water filters!

5. National Research Council (2003) How to boost the health of our oceans and waterways—and save plenty of money for water filters!
6. Robert Bos, Fiona Gore, Sarah Darmanin (2011) Inorganic chemistry. The less junk we use, the less we end up drinking in our water.

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Living Your Passion, cont’d from p. 40

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Gardens Need Filtered Water, Too, cont’d from p. 46

We can collect the rainwater in barrels or totes and use it to waters the garden. This is the most natural option and the best solution, in my opinion. You can water your crops with well water. This option requires installation of a well if you don’t already have access to one. Depending on where you live, this may require permits and hiring a company to dig the well. You also run the risk of contamination. If this is the case, you can filter the well water.

If you are unable to collect rainwater or dig a well, the other option is to filter your tap water. Let’s review some common types of filters that can purify water for your garden.

KDF filter: There is a “garden filter” on the market that uses KDF as the filter media. The KDF media basically converts harmful chlorine into harmless chloride. The garden version of this filter can get expensive. I purchased a Sprite High Output Shower Filter (uses the same technology) and adapted it with fittings so I can use it at my community garden. This style of filter will only remove chlorine.

Carbon Block Filter: This style of filter is more like the type you would use to filter the drinking water. Besides being effective at removing chlorine, it will also remove other toxins and chemicals from the water. After spending a significant amount of time researching the various carbon block filters on the market, I found that the best value is the KX Matrixx KDF Filter. This carbon block filter is rated for 20,000 gallons of chlorine removal. Most other carbon block filters are rated for only 500 to 1,000 gallons.

Ditech AAL Activated Alumina Filter: This filter removes fluoride and arsenic. It is recommended to use this filter before the carbon block filter (above) to remove the fluoride. This filter is rated for only 1,000 gallons. Another way to remove chlorine, I learned as a kid. We found that if you put goldfish in tap water, they would not survive, due to the chlorine. So we would just fill up a container with tap water and let the water sit for 24 hours. Much of the chlorine will dissipate during this time. To speed up the process, you may add an “air-stone” bubbler (as used in aquariums). Another thing to consider is washing your produce in pure, clean water. Many times, I see people spend their hard-earned money on organic produce—or grow their own—only to use unfiltered municipal water to wash it. Washing produce with unfiltered water will add contaminants, reducing the health advantage organic produce has. A saying I once heard from a water filter salesman is sad but true: “Invest in a water filter, or you will be the filter.”

Another thing to consider is filtering your drinking water. The garden version of a Sprite High Output Shower Filter (uses the same technology) and adapted it with fittings so I can use it at my community garden. This style of filter will only remove chlorine.

“Love represents the driving force of human motivation. All living creatures exhibit this quality of expression and often it is very complex in nature.” Koral does not pre-plan his artwork. “One shape, form and color guides me to do the next thing,” he says. As an artist, Koral is deliberate in making a statement. “Love says it all and the need for its manifestation remains.” Through his art, Koral strives to communicate a sense of upliftment and adventure. The most meaningful life adventure for Koral has been “clearing the path for a new form of expression.” As pioneers have led the pathway to California, this tropical fruit farmer and artist has cleared the way for others to create a healthier perspective on life with raw foods, adopt alternative ways of living and move toward reaching their full potential.

“There are choices out there,” he says—and Koral himself, has made choices based on his passion of communicating his truth. “There can never be enough of us expressing truth.”
Many humans throughout history have understood the central need for H₂O. It is used to baptize newborns and some cultures send elders off in boats to the “Aqua Yonder.” Nothing is more calming than staking at the ripples in the lake or even a contemplation pond. Water respects people so much that it manifests our images as we gaze through the transparent liquid. Swimming in clean water has proven to be the only exercise that utilizes every muscle in complete coordination with all parts of the brain. Therapeutically, it calms the muscles, releases pain, and activates the lymphatic system and bloodstream. Cleansing our bodies of the many ounces of waste that leave through our skin each day is possibly the second most important function of water. When we choose the purest water, our bodies hydrate, function, and excrete at maximum levels. There is actually a well-established science surrounding the therapeutic benefits of bathing in healing waters, including mineral springs, jacuzzis and hot tubs. The health of our water is the health of our species.

Allow yourself to rekindle a healthy and balanced relationship with water, our second most important element only trumped by oxygen. When you learn to utilize this phenomenal gift in a kind and respectful way, you will gain the benefits that it is here to offer.

Our Healing Waters, cont’d from p. 42

What remains are minerals that are naturally present in skin cells but get depleted for a variety of reasons. The minerals consist of magnesium, calcium chloride, potassium and bromide. Magnesium is important for combatting stress and fluid retention, slowing skin aging and calming the nervous system. Calcium is effective at preventing water retention, increasing circulation and strengthening bones and nails. Potassium energizes the body, helps to balance skin moisture and is a crucial mineral to replenish following intense exercise. Bromides act to ease muscle stiffness and relax muscles. Sodium is important for the lymphatic fluid balance (this in turn is important for immune system function). Proper balance of these minerals is vital for the skin metabolism and overall wellness. As a result, these dead sea salts are quite healing to skin conditions and are even recommended by the International Psoriasis Committee and the National Psoriasis Foundation.

Behind the Oasis Therapy Center, we have also designed a “reflexology stream.” This stream serves to stimulate the reflex system through the feet as you walk through it. There are points on your feet that when stimulated by the various pebbles and stones lining the stream, initiate a response within the body. This response is generated at the foot, but travels via the reflex system to all the organs and tissues within the body. The response itself serves to remove inner stress and tension, which acts somewhat like a tourniquet on various pathways within the body. When we consider that 90 percent of disease can be attributed to stress, this is a valuable way to release. It also serves to improve blood supply, as well as promote homeostasis or balance for organs that may be over or under-worked. So much like an inner massage, initiating this reflex response via the foot brings balance and vitality. Also, the earth emits an electromagnetic frequency that as we connect to it through our feet, supports our energy field. Our bodies emit an electromagnetic field and it is designed to be in harmony with the earth’s geomagnetic field. However, today there are man-made magnetic fields that are in direct opposition to our bodies’ magnetic fields, which equates to stress. The earth is a geomagnetic power source that is constantly available and vital to the existence of every living thing on this planet. The iron, cobalt and nickel in the middle of the earth unite to generate a geomagnetic field that our body’s magnetic field can align with to function optimally. If it is comfortable for you to do so, take a moment to walk barefoot on the earth, find your own “reflexology stream”, and create harmony for your energy field and your inner body!

Additional Water Therapies offered at HHI’s Oasis Therapy Center:

Hippocrates Tropical Rainfall Therapy
Rainfall Therapy is a combination of three incredibly healing therapies; hydrotherapy, aromatherapy and touch therapy all in one treatment. This signature therapy developed at Hippocrates has proven to be the ultimate in relaxation and a feeling of well being. Custom selection of aromatherapy oils allows you to adjust the treatment to fit your needs. Body scrub with Pink Himalayan salt prepares your skin to absorb the oils for a more effective treatment.

Oasis Therapy Bath (hydration therapy)
This treatment includes a full body exfoliation with an individually tailored clay or essential oil bath. An application of an invigorating moisturizer completes this detoxifying and refreshing experience.
LifeGive™ CardioKick is a biologically active supplement that is specifically formulated to support cardiovascular health, naturally assisting blood fluidity and reducing platelet aggregation.

Supplemental enzymes may play an important role in minimizing the effects of heart disease and in the prevention of heart attacks. A chief effect of heart disease is blockage of blood flow to the heart, either by a blood clot or by aggregated arterial plaques (atherosclerosis). Excessive clotting or systemic inflammation greatly increase the risk of heart attack and stroke.

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