Blood: The Conductor

The Science Behind Wellness and Disorder

Explained by Leading Doctors, Nutritionists, Nurses and Scientists

Also: Declan Joyce, John Robbins, POP Campaign Updates, and more!
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This must-read exposé on how clothing creates disease is the latest in a series from the directors of Hippocrates Health Institute. Get your copy while supplies last.
Editor’s note: Get out your reading glasses. You are about to learn everything you ever wanted to know about blood. To discuss this wondrous fluid, we’ve pulled together a panel of leading medical and scientific experts with specialties in all aspects of blood health. These articles deal with some very technical material, but we’ve worked hard to put forth content that will be enjoyable and informative for all our readers. — WB

Dark Field Microscopy
Daniel J. Dunphy, ND, PA-C, discusses the holographic nature of your cells, your body and the universe.

Blood Balance
Dr. Todd Rappaport explains proper B-12 absorption.

What Mystery Does Our Blood Hold?
Caron Barr, RN, shares the basics of optimum blood health.

Hypertension (High Blood Pressure)
John A. McDougall, MD, explains why blood pressure medication is over-prescribed, and how to get off of it.

Live Blood Cell Analysis
Dr. Anna Maria Clement discusses the wondrous diagnostic capabilities of live blood cell analysis.

Wheatgrass: Nature’s Perfect Blood Builder?
Bodi Deliberato examines the connection between wheatgrass and blood health.

The River of Life and the Three Treasures
Keith Cini, HHI’s acupuncture physician, takes us on a trip to the Far East as he explains blood’s role in Chinese medicine.

H-Wave® and Blood Flow
Kevin Kehoe discusses H-Wave therapy and blood health.

One Blood, One Heart, One Mind
HHI psychiatrist Andy Bernay-Roman tells the story of O Carl Simonston, MD and the mind/blood connection in healing.

Is There One Blood Type that Does Better on Raw?
Rita Robinson separates fact from fiction regarding blood type and dietary needs.

Does Stress Cause High Blood Pressure?
Dr. Edwin Riley weighs in on a long-debated topic.

Our Emotions Can Create White Blood Cells
HHI psychotherapist Antony Chatham explains how emotions manifest in our bodies—and in our blood.

Measuring Blood Health
Paul Nixon offers tips for accurately interpreting blood tests.

Blood Builders
Tom Fisher, RN, discusses foods and supplements that promote blood health.

Health Educators in the News
HHI Health Educator Felicity Corbin-Wheeler shares her success story.

POF Campaign (Preserve Organic Power)
Rudi Leonard, Mikaële Holzer and Beth Clay offer food and supplements legislation updates.

Being Fat in America
John Robbins explores the cultural stigma surrounding obesity.

Finding a Healthy Self and Maintaining It
Katherine C. Powell, EdD, shares tips to excel in life and in health.

What Do You Run On?
Robyn Thomas offers tips on transitioning to a healthier diet.

Jocelyne Gravel Recovery Story
Roxane Vézina translates and shares her friend Jocelyne Gravel’s story of recovery after her visit to Hippocrates Health Institute.

Quantum Biology
Dr. Brian Clement discusses the electrical web of life.

Letter from the Directors

Letter from the Publisher

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Documentary film and book review by Diane Lahoski.

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ANNOUNCING THE 2012 PROGRAM IN REGENERATION MEDICINE FOR OPTIMAL LONGEVITY

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ALSO FEATURING JAYNIE HEANICKY, PhD (The Younger You™ Program in Anti-Aging & Integrative Regeneration Medicine), VIKTORIA KULINSKA (Hippocrates Co-Founder) AND DANIELLA FRADIS (Yoga Instructor, Acupuncturist & Oriental Medicine Doctor)

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- Kitchen techniques and instruction on preparing delicious living food
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- Far infrared sauna
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- Exercise classes, yoga and meditation

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Hippocrates Health Institute (HHI) values the contributions of its contributors in Healing Our World magazine. While HHI appreciates the work of each contributor, some of the food items discussed in Healing Our World magazine are not included in the Hippocrates Life Transformation Program’s dietary protocol.

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From the Directors

Call (561) 471-8876 ext. 177 for more information.

Although you think of yourself as a woman, man or child, you are really a gathering of one hundred trillion cells. These cells make up your skeleton, your organs and all else that relates to your biochemistry, physiology and anatomy. There are many types of cells, each playing a unique and significant role in the consistent building and deconstruction of your person. Each cell is like a universe unto itself that thinks, relates and connects with the totality of you and everything outside of you.

Current biological theory considers cells and their matter structure to be the whole story; whereas, these carriers of life are actually vehicles for electromagnetic energy. Each cell appears to create structure, yet in reality they are purveyors of the web of life, woven with frequencies and currents. Since our body is foremost electric it is not hard to understand this simple concept. Western medicine often fails in its matter-based approach due to the fact that it does not acknowledge disorder in terms of either adequate or deficient electromagnetic energy.

Some of the most advanced and widely used allopathic tests: MRIs, CAT scans, PET scans, ultrasound, etc. all measure energy of the cellular organ and bone structure. Since there seems to be a disconnect from diagnosis to treatment, there is often much left to be desired in the conquest of positive results.

It is time that we begin to acknowledge and treat the energetic body with energy, not chemistry. Here at Hippocrates Health Institute we have been doing so for more than half a century. Advancements in electromagnetic and cold laser technology have helped rebuild and normalize the bodily systems so they can function independently and as a unit once again.

Food that is fresh, plant-based and living is the optimum nutrition to enhance and maintain the electromagnetic cell. Once cooked, processed, or irradiated—or chemically altered—these vital providers of sustenance become deterrents to frequency and health.

For more than three decades, we have been observing cells microscopically and cataloguing the magnificence of the energy that motivates normality. As you will read in this volume, we can even determine emotional traumas that may have occurred years ago since they are etched into the energetics of an individual cell.

We hope this century will liberate the minds of academics so they can advance into the world that we live in everyday. The fact that all life is fed by frequencies is apparent to any thinking person. We should maintain this energy at the most viable and consistent level possible.

In the future, the foremost treatment of physical disorder will certainly be light (cold laser) and electromagnetic. Let go of your biology and become the totality of your body. There is no doubt that the invisible wires that spark our bodily machine can also reanimate our health and revitalize humanity.

Be well,

Dr. Brian and Anna Maria Clement

Publishers, Editors, and Directors

Hippocrates Health Institute
Healing Our World = Blood
Alumni Letters

COMMUNION
by Sandra Boston 3/3/11

Communion—coming together in sacred space—opening to the Divine in the present moment—I come. I come. I stand, one hand holding the potent green drink, the other raised above my head to better draw down the energy to which I am reaching. I lift the chalice to my lips. The surface is a swirl of emerald-green, beet-red, and cauliflower-white foam. I hesitate. I breathe into this moment before I drink, to remember the soil, the sun, the rain, the minerals, the microbes—such a vastness of presence gathered in this sacred cup. I drink this miracle of life. I feel it flowing down the back of my throat, entering the mystery that is my body, beginning its long dark journey through channels thin and wide, until its final passage through each cell wall into the domain of the life force itself.

Here, in the Temple of All Being, this mighty elixir will deposit its gifts on the altar of Life. Life giving Life to Life, and I the witness. Here, in this Temple of All Being, this mighty elixir will deposit its gifts on the altar of Life. Life giving Life to Life, and I the witness. life's dark journey through channels thin and wide, until its final passage through each cell wall into the domain of the life force itself.

The communion is complete. My body radiates with the oxygen miraculously released as the vine presence now lives in every cell of my body. I am made holy.

A smile arises as I empty the vessel. The body and blood of the Di-gifts on the altar of Life. Life giving Life to Life, and I the witness.

By Sandra Boston

The Magic of Hippocrates

Right now, in this perfect moment, time has slowed down so I can experience it fully. I'm clear, I'm clean and I am focused. The magic of Hippocrates descends upon me. Light glows from every green frond and raspberry colored bougainvillea. Blue and purple flowers catch my eye and touch me where I'm walking, no, floating, back to the pool.

In my hand is a treasured piece of raw vegan pizza. I smell the rich sauce dripping down my fingers as I get into position to eat. It is a tranquil, heavenly, Friday afternoon.

I sit down under a canopy and realize I'm very hungry. Not out of control, blood sugar dropping hungry, just a healthy, balanced hungry.

I look at the pizza. It's beautiful. I bite the crunchy, nutritious crust with its creamy sauce. Juice from the red pepper sauce is coating my fingers. The cream on the crust is soft and melting in my mouth in a divine blend of Italian spices. It is too perfect to describe. I experience magic. I am actually floating up and away from the pizza to moments in high school, long ago, when the “gang” was together. Then I am back chewing and chewing the mouth-watering crust. I savor the experience as I savor my green juice every day.

The sun is going down on another day and I lick my fingers and wipe them off.

I enter the salt pool like a deep meditation and I remain in the magic. Heaven and earth are brought together in the glowing colors of life here. I'm soaking in bliss and the Magic of Hippocrates flows over me.

A healthy alternative to traditional pizza, Hippocrates’ raw vegan pizza is always a hit.

Red Cross Blood Donation Requirements

Almost anyone who is between the age of 17 and 60 (or 16, with parental consent in some states) and is “healthy” can give blood. The Red Cross defines healthy as “feeling well and able to perform normal activities.” Adult donors must weigh at least 110 lbs. There are additional weight requirements for those under 18 years of age and high school donors.

Because donors must have a minimum “blood volume” to tolerate the donation, potential high school donors who are short in stature have to make up in girth what they lack in height. For example, a female who is 4’10” would have to weigh 146 lbs. (an obese weight for her height) to be allowed to give blood, while a female who is 5’6” or taller would only have to weigh 110 lbs. (very underweight for her height).

It’s important to point out the weight requirements for giving blood should not be viewed as healthy weights for people to seek. If a community-minded person is a healthy weight for their height, but underweight for donation requirements, they certainly should not gain weight in order to give blood. If someone is ineligible for any reason, they can always help the Red Cross by organizing a blood drive in their area (learn how at www.redcrossblood.org / hosting-blood-drive).

They can also give to their community in another way: helping out at a homeless or animal shelter, being a big brother or sister, volunteering at a hospital or nursing home, picking up trash at a local beach or park, etc.

I personally give blood every chance I get. We all need to do our part since a blood donation is needed every two seconds in the U.S. alone. Just one donation can save up to three lives. You can learn more about blood donations at www.redcrossblood.org.

Yours in health,

Will Bursen

Personal health benefits of donating blood:
From bloodogy.com.

• Physical Benefits: Each time a person donates blood he / she can have a regular check of their own health, as a basic physical examination is given by the health care provider at the clinic. This helps in keeping track of blood pressure levels, pulse and other vital signs. A healthy donor can donate blood once every 36 days and can have a physical examination six times in a year.

• Lowering Iron Levels: Regular donation of blood helps in reducing iron levels. This, in turn, helps reduce the risk of heart attacks and heart disease, since too much iron increase the process of oxidation of cholesterol in the body.

• Lowered Cancer Risk: The risks of some cancers can be reduced by donating blood regularly. These include lung, liver, colon, throat and stomach cancers.

• Lowered Heart Attack / Stroke Risk: Regular blood donation improves overall cardiovascular health. People who donate blood regularly have 88% lower risk of heart attacks and 33% lower risk of strokes which are caused due to severe cardiovascular events.

• Replenishes Blood: Blood donation helps keep the body efficient at replenishing blood. According to a study by Memorial Sloan-Kettering Cancer Center, a human body replaces the blood volume within 48 hours of donation. The red blood cells lost during donation are replaced completely within four to eight hours. Blood donation also helps in staying fit and healthy.
integrative medicine and more. 

Every practice of medicine is a powerful figure in philosophy and theology, in which he holds knowledge and experience from psychology, traditions of holistic healing and integrates his inspiration from Eastern and Western psychotherapist, has worked with Antony Chatham, a Florida licensed near the beach, enjoying the Florida sun. A recent transplant from Texas, he lives lifestyle is a welcome change for Will. the advertising business, the casual HHI Health Institute (HHI). After 15 years in Will Burson is Art Director of Hippocrates guests since 1990. To find out more about his body-centered, deep feeling style of therapy, read his book, Deep Feeling, Deep Healing: The Heart, Mind, and Soul of Getting Well. Available from the Hippocrates store, visit his website www.DeepFeeling.com and blog at www.blog.DeepFeeling.com.

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

Antony Chatham, a Florida licensed psychotherapist, has worked with Hippocrates guests since 1999. 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.

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

Dr. 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, Qi Gong and Meditation. His Qigong Basics DVD is available in the Hippocrates store and webstore.

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. Anna Maria is one of the leading experts in live blood cell analysis and is Co-Director and Chief Health Administrator of Hippocrates Health Institute.

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.

Rabbi Gabriel Cousens, MD, founder and director of The Tree of Life Rejuvenation Center, is one of the leading live-food medical doctors and spiritual nutrition experts in the world. He is the bestselling author of books such as Spiritual Nutrition, Conscious Eating, Rainbow Green Live Food Cuisine, and There’s a Cure for Diabetes. www.treesoflife.us

Alea Deeter, BEd is Director of HHI’s Health Educator Program. Alea brings to Hippocrates Health Institute the capacity to research cutting edge raw food information and assimilate, synthesize and relay the information in an educational forum that facilitates growth and understanding.

Bodi Deliberato has been a triathlete and wellness advocate for the past 24 years. As a yoga practitioner and Hippocrates alumus, he brings a fresh perspective to the New Thought, Ancient Wisdom movement. Bodi@me.com

Daniel I. Duphy, PA-C brings over thirty years experience in both western and biologic medical traditions to his practice at San Francisco Preventive Medical Group. Daniel has been studying and adapting multi-cultural healing arts to the unique needs of his patients since 1976. He holds a Physician Associate family practice degree from Touro College in New York. www.sfpmg.com

Dr. Howard W. Fisher, BSc, BEd, DC, is a natural physician with degrees in medicine and chiropractic; specializing in anti-aging medicine. This highly sought after lecturer is on a mission to educate and enlighten the world about the toxic factors that exist in our environment and their direct relationship to our health and functional metabolism. www.FisherClinic.com

Tom Fisher, RN, BA, is a registered nurse, Hippocrates Health Educator and Stage IV cancer survivor. He is passionate about empowering people with the living foods lifestyle, and enjoys his work, including providing HHI guests with live blood cell consultations.

Mikaële Holzer, a Hippocrates Health Educator, facilitates detox cleanses and is a life transformation coach. Rudi Leonardi is a business consultant, mediator and advocate. He works to create a lasting impact on businesses, communities and society through collaborative approaches and healthy sustainable values. The POP Campaign invites you to participate and engage your power. Read the full article on page 18 or visit www.POPcampaign.org

Declan Joyce has acted in 17 films, is active with fellow Irishman Bono’s charity ONE.org & rides a Harley with Jay Lenoy every year in the Love Ride to support Autism Speaks. The actor/activist has three movies set to release soon, Now Here, which focuses on consciousness and puts raw food in the spotlight, is among them.

Kevin Kehoe has been associated with Hippocrates Health Institute and helping guests improve their quality of life for the last twelve years. Kevin brings to Hippocrates 26 years of hands-on experience facilitating patient relief in difficult or resistant pathologies, both acute and chronic. He lives in Jupiter, Florida.

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.

Sarah Naugler, a traditionally-trained chef, works in the kitchen at Hippocrates Health Institute. In her spare time, she writes a raw vegan and fitness blog. The Intuitive Food and Fitness Fanatic. Sarah also enjoys redesigning recipes to fit specific nutritional needs. Learn more at theintuitivefoodandfitnessfanatic.blogspot.com.

Mike Deeter is the founder of Healing Our World. He is a former corporate executive who left the corporate world to work with children suffering from autism due to a personal experience with this illness in his family.

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@HippocratesInst.org.
Contributors (Continued from previous page)

John A. McDougall, MD, is a physician and nutrition expert who teaches better health through vegetarian cuisine. Dr. McDougall has been studying, writing, and "speaking out" about the effects of nutrition on disease for over 34 years. Dr. McDougall is the author of several national bestsellers: His latest ground-breaking book is The McDougall Program for a Healthy Heart. Learn more at DrMcDougall.com.

Paul Nison is a raw foods author, chef and educator who travels the world giving lectures on raw food nutrition and raw food prep classes to show people how easy and fun the raw life can be. He has written eight books about the raw food diet. Learn more at www.PaulNison.com or www.HealthWatchman.com.

Katherine C. Powell, EdD has written many articles and books investigating how people develop confidence, a strong sense of self, and openness to discovering their true self or potential. Since 2004, Dr. Powell has taught graduate and undergraduate courses at FAU as a fulltime instructor. Her classes prepare teachers in the psychology of teaching, learning theories, classroom management and self-assessment.

Todd Rappaport, MD, is a board-certified anesthesiologist, practices preventive and functional medicine and treats patients using personalized wellness programs that pinpoint and address the needs of each patient on an individual basis. In addition to holding medical licenses in Florida, North Carolina, and New York, Dr. Rappaport is a Health Educator lecturer at Hippocrates Health Institute.

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

Dr. Edwin Riley is author of Stress 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.

Robyn I. Thomas traveled often to Palm Beach and is now proud to be a local. After a friend directed her to Hippocrates, her personal mission of detoxification has developed into a rasion of wellness for all. She now enjoys the benefits of living foods and being an employee of HHI. AwesomeRobyn@LIVE.com

Roxane Vezina, a Hippocrates Health Educator, hosts trips to HHI for guests from her native Quebec. See Roxane’s French Hippocrates schedule on page 62 or contact her at (418) 570-4345 or roxanevezina@hotmail.com.

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

Miracles Start at Hippocrates

by Declan Joyce

Hippocrates woke me up to what’s important!

I live in Malibu, California, and my parents live in Palm Beach, Florida, so I went to Hippocrates in the beginning of the year. My sister had previously visited the institute, as well as other people I know. It’s not easy writing about experiences with people you meet at Hippocrates. They come from everywhere, and many are fighting for their lives.

Being at Hippocrates eliminates what is not important and throws me into what is. I learned what matters is our common bond as human beings and the ability to love one another. Everyone matters. We are all connected and need to try and take the time to get to know each other. We are all so delicate!

Raw food, health, meditation, yoga—all these things get us back to our divinity that otherwise is forgotten in this world.

When I left Hippocrates, amazing people and events came into my life, showing me I have a role to play in making this a better world. Sacred teachings show me to look after the widow, the orphan and the stranger. I have felt like a stranger most of my life, which is probably why I am an actor.

While I was in Dublin, Ireland, I spent time with famous Irish painter Guggi, whose love for humanity and childlike faith shows up in all his paintings. His work is breathtaking! www.Guggi.com

Shortly after, Bono invited me to his last U2 concert in America in Pittsburgh, Pennsylvania, July 26, 2011. His support towards Africa, defending those who can’t defend themselves, is beyond words! He genuinely wants to help people! Through his example, I now support www.ONE.org.

Jay leno has been involved with the “Love Ride” for 27 years, and is the Grand Marshall of this event, which has donated nearly $14 million to children’s charities. It is one of the largest motorcycle charities in the world.

I’ve been involved with the Love Ride as a participant for several years. Peter Fonda and I have lent our names to this year’s event, through public service announcements, to help raise awareness.

This years Love Ride beneficiary is “Autism Speaks.” Autism affects one in 110 children. It affects one in 70 boys.

I have acted in 17 films to date but realize that most of the films I’ve done have not made an impact. In touching people in a real radical, inspirational, moving way I have three movies set to be released soon and I am waiting on movies in pre-production.

One was recently released through Warner Bros. Digital, a comedy I acted in called Not Another Not Another Movie with Chevy Chase, Burt Reynolds, Vinnie Jones and Michael Madsen. It is available on Video On Demand and DVD. Laughter is good for the soul! www.NotAnotherMovie.com

Though I act, I also produce films as well. From now on, when I produce a film, there must be a profound message that makes an impact on people. As a filmmaker, I do not want to make films that just fall into a niche with set projections. I want to make noise that paints love into the tapestry of life and can heal.

I have nearly finished an inspirational movie I produced and acted in. It is about consciousness and “waking up” and is called Now Here. It even has me eating raw food in the movie! www.NowHereMovie.com

The bottom line is, miracles start at Hippocrates and then go worldwide!

Email: onlymalibu@gmail.com
Facebook: www.Facebook.com/DeclanJoyce
Twitter: www.twitter.com/declanjoyce
What's the News?

Dr. Brian Clement’s Speaking Schedule*

November
11–12 Malvern, Pennsylvania
13–14 New York (Buffalo area)
15 New Jersey
16 New York City
17 Towson, Maryland
December
3–4 Texas
16–17 Stockholm, Sweden

January
28–29 Grand Martindale
February
3–5 Florida (west coast)
March
3–4 Brazil
6–7 Switzerland
10–11 Paris, France
12–13 Brussels, Belgium
13–14 Denmark
16–18 London, England

*Subject to change. Please check www.HippocratesInstitute.org for current schedule.

Exciting Results from New Supplements by Dr. Brian Clement

ASEA®

This state-of-the-art, advanced liquid supplement has been studied by Hippocrates Health Institute for nearly a year. We conducted double blind research to see if people with similar health profiles and comparable diseases who were both living on the Hippocrates program would find a different degree of benefit when one group was taking the ASEA supplement. We were pleased to find that there was clearly superior improvement of the immune system for those using this advanced product. There were also a number of verbal reports of how people felt more energy and stronger via the consumption of this powerful liquid. After immersing ourselves in both the science behind ASEA and the empirical evidence that has emerged we would strongly advise those in the conquest of disease to consider utilizing this important contribution to human health.

MaxOne™

For more than two decades we have been utilizing glutathione to help elevate people’s immune systems and improve cellular health. For a great part of this time we were forced to ask people to take this powerhouse protein intravenously. All science led us to believe that this was the only viable way to utilize this nutrient. Approximately eight years ago we began using a skin patch to afford people this essential element. This was only after an in-house study we conducted to confirm its viability. We have just completed a six-month review studying the blood profiles of people who were taking an oral form of MaxOne. We found the average glutathione increase after only two months taking MaxOne was 200%. We can now strongly advise people to consider utilizing MaxOne. This oral glutathione supplement can support both health maintenance and recovery. Glutathione has emerged as a central nutrient in the body’s mechanics and functionality.

FDA Finally Admits Chicken Meat Contains Cancer-Causing Arsenic by Mike Adams, the Health Ranger

Reprinted courtesy of NaturalNews.com

FDA: Chicken litter is a subsidiary of Arsenaux chicken feed is a subsidiary of Alpharma. The currently used in many flocks grown and sold as chicken meat in the United States. The National Chicken Council agrees with the FDA. In a statement issued in response to the news that Roxarsone would be pulled from feed store shelves, it stated, “Chicken is safe to eat” even while admitting arsenic was used in many flocks grown and sold as chicken meat in the United States. That’s the FDA, killing off Americans one meal at a time while protecting the profits of the very companies that are poisoning us with their deadly ingredients.

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Which drugs would those be? The elderberry juice, explains Dr. Mike Adams. You see, the elderberry juice magically becomes a “drug” if you tell people how it can help support good health. The FDA has also gone after dozens of other companies for selling natural herbal products or nutritional products that enhance and support health. Plus, it’s waging a war on raw milk which it says is dangerous. So now in America, we have a food and drug regulatory agency that says it’s okay to eat arsenic, but dangerous to drink elderberry juice or raw milk.

Eat more poison, in other words, but don’t consume any healing foods. That’s the FDA, killing off Americans one meal at a time while protecting the profits of the very companies that are poisoning us with their deadly ingredients.

Exciting Results from New Supplements by Dr. Brian Clement

ASEA®

This state-of-the-art, advanced liquid supplement has been studied by Hippocrates Health Institute for nearly a year. We conducted double blind research to see if people with similar health profiles and comparable diseases who were both living on the Hippocrates program would find a different degree of benefit when one group was taking the ASEA supplement. We were pleased to find that there was clearly superior improvement of the immune system for those using this advanced product. There were also a number of verbal reports of how people felt more energy and stronger via the consumption of this powerful liquid. After immersing ourselves in both the science behind ASEA and the empirical evidence that has emerged we would strongly advise those in the conquest of disease to consider utilizing this important contribution to human health.

MaxOne™

For more than two decades we have been utilizing glutathione to help elevate people’s immune systems and improve cellular health. For a great part of this time we were forced to ask people to take this powerhouse protein intravenously. All science led us to believe that this was the only viable way to utilize this nutrient. Approximately eight years ago we began using a skin patch to afford people this essential element. This was only after an in-house study we conducted to confirm its viability. We have just completed a six-month review studying the blood profiles of people who were taking an oral form of MaxOne. We found the average glutathione increase after only two months taking MaxOne was 200%. We can now strongly advise people to consider utilizing MaxOne. This oral glutathione supplement can support both health maintenance and recovery. Glutathione has emerged as a central nutrient in the body’s mechanics and functionality.

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Eat more poison, in other words, but don’t consume any healing foods. That’s the FDA, killing off Americans one meal at a time while protecting the profits of the very companies that are poisoning us with their deadly ingredients.
Fractal geometry is the mathematically expression of this holography inherent throughout nature. Fractals are parts of a greater reality whose form reflects and is reflected by the whole. If you were to look at a holographic plate, for example a photo of your mother, and you illuminated that plate with a diffused laser light, you would see an image like the ones on your credit card. You would see dimensionality. You could look around your mother’s face and see the sides of her cheeks and earrings. Now, if you took that same holographic plate and you directed a narrow beam of light from a laser through just a point on the plate you would see a close-up of a part of your mother’s face? No! She would seem entire face but with less detail, less density of photons. So photons, by their nature, collect as much information in 360 degrees as they can hold. Every photon contains the entire picture but in less detail than billions of photons flowing together and collecting information. The part contains the whole, and the whole the part. So it is with healing.

Holography exists in the fractal expression of cells in our body holding their particular hologram and acting together to keep you alive and healing. When my patients see their blood under a dark field microscope, I remind them that, “All those millions of individual cells you are seeing are all you. They have your imprint, they act in unison to maintain your equilibrium, your life. When they ail, you ail. When your consciousness is distressed, they become stressed, and when you act in healing ways, they heal.” It’s true, our bodies are self-healing, from the inside out and from the cellular level up to organ and structure levels and, of course, in mental, emotional and spiritual levels. There is a fractal and holographic nature to healing which underlies our own life experiences of getting better, returning to normal, getting our energy back, starting to use the right hand again, not being in pain anymore or making a change for the better.

Seen from this perspective one can observe how our bodies reflect a greater cosmic reality. All of what we call time / space four dimensional phenomena come out of the holographic, fractal nature of this universe we have emerged from and into which we remerge with when our bodies are recycled by what humans call “death.”

Physicians, clinicians and practitioners of medical arts must incorporate disciplines from many sciences, cultures and traditions every day. In order to fully understand any complex system from a vernal pond to a governmental bureaucracy, subatomic particle physics to cosmology, sand-wiches to stem cells, evolutionary diversity to the digestion of your lunch, many disciplines or ways of knowing must be used simultaneously. Emergence is a natural consequence of a system achieving a critical mass of complexity giving rise to another level of phenomena. For example, thought itself is an emergence from the complexity of holographic neuronatomy preceded by a billion years of life on the planet which itself emerged from the complexity of a timeless, evolving universe.

The macro cosmos not only reflects the micro cosmos but one creates or emerges from the other. The quest for the ultimate elemental particle has brought us to string theory, or resonance, from which emerges at least eleven dimensions of reality. Ultimately all things — cosmic to microscopic — begin and end with resonance and harmonics. The mathematical expression of these phenomena in emergence in nature is found in fractal geometry, which is the geometry of a holographic universe.

So when someone says to me, “How can you see distressed organs and structures of the body in dark field examination of blood?” I always answer the same way, “Why not? It’s part of the same universe we all inhabit and that universe is both fractal and holographic.”

The mathematical expression of a fundamentally holographic universe is fractal geometry. Once there is an accumulated diversity, a system goes through a phase transition where there is an enormous proliferation of things at that level. Scale and complexity create what is called an emergent phenomenon. This is the appearance of a characteristic or a quality that emerges unexpectedly from a complex system. The proliferation of members of a complex system produce things at more complex and higher energetic levels than the individual components of the system alone could produce. These systems are stable enough to store information yet evanescent enough to transmit it. These systems can be organized to perform complex computations, react to the world and be spontaneous, adaptive, and alive. Evolution thrives in systems with a bottom up approach in a way that doesn’t destroy the organization. There has to be a hierarchy of control with information flowing from the bottom up as well as from the top down. This is a holographic system and holographic phenomena occur in phase transition systems. This reality of organization in the cosmos represents, in essence, an alteration of the second law of thermodynamics — not only is entropy inexorable, so is self organization in this universe, including consciousness.

Fractal patterns appear ubiquitous in nature. They occur on the level of the distribution of galaxies throughout the cosmos, geometric shapes mirrored macro and microscopically, the shape of coastlines from three hundred miles in space or the edge of a blood slide, clouds, waves, string harmonics, subatomic particles, atoms, molecules, living cells, multi-cellular organisms, cultures, ecosystems, planets, solar systems, galaxies, galactic clusters, and universes.

One form emerges from another: living cells, organisms, cultures, planets, solar systems. Ultimately, all return to harmonics and each new emerging level of organization is alive in the same sense as its components — by virtue of being on or near an abyss of chaos.
A Day in the Life of Vitamin B-12

by Dr. Todd Rappaport

Absorbing an adequate amount of vitamin B-12 (B-12), in a form which can be utilized by the body, is essential for optimal health. B-12 normally combines and forms a strong complex with a glycoprotein called Intrinsic Factor (IF) when it travels through the stomach. If there is inadequate B-12 intake, or inadequate IF produced by specialized cells of the stomach, a deficiency of the B-12 will result. B-12 not bound to Intrinsic Factor is highly susceptible to degradation by digestive enzymes as it travels through the intestine.

When the B-12-Intrinsic Factor complex arrives in the jejunum (the last part of the small intestine), special receptors bind the complex and ultimately B-12 is passed through the gut wall into the bloodstream.

Only active B-12 is utilized by all human cells, including red blood cells (RBCs). B-12 is crucial in the normal formation of DNA, the blueprint of our biochemistry. If the RBC has inadequate folate (Vitamin B7) and/or B-12, abnormal DNA is formed and delayed maturation of the RBC occurs. This is called pernicious anemia.

The prolonged development results in large, abnormally shaped cells called macrocytes. The cell wall of the macrocyte is flimsy and the cell is susceptible to hemolysis (destruction) in the capillaries.

The RBCs account for one of every four cells in the body, with a normal life span of 120 days. The size of an RBC can be seen microscopically. Specifically the mean corpuscular volume (MCV) measures the average size of the RBC. Corpuscle is a synonym for red blood cell. The red blood cell distribution width (RDW) is also measured in the complete blood count. An elevated RDW indicates that there is a large difference in the size from RBC to RBC. This could indicate the presence of small RBCs as well as large RBCs in the blood at the same time. This occurs most commonly when there are macrocytes (small blood cells) due to iron deficiency as well as macrocytes due to folate, B-12 and/or intrinsic factor deficiency simultaneously. Macrocytes live only one-third to one-half as long as normally formed RBCs. Therefore they have to be replaced at the same rate to keep the blood count normal. The extra biochemical energy involved in making up to three times as many red blood cells has to come at the expense of some other metabolic need. This is analogous to patients who have the figurative equivalent of the special forces of their white blood cells dealing with toxic chemicals and compounds. While part of the immune system is tied up, some other invader, such as cancer, may succeed in sneaking by the body’s defenses.

Obtaining adequate dietary B-12 is difficult for portions of the general population (animal-based eaters included), and is particularly challenging for most vegans. B-12 is produced by soil bacteria. B-12 is the only vitamin that most vegans cannot obtain in adequate quantity without supplementation. In addition, cyanocobalamin, hydroxycobalamin, methylcobalamin, adenosylcobalamin are the only biologically active forms, and therefore can be recognized by intrinsic factor. Cyanocobalamin should be avoided due to harmful metabolites. Most people would do well by taking a daily supplement of B-12 extracted from Saccharomyces cerevisiae. Preliminary studies demonstrate the cyanobacterium Aphanizomenon flos-aquae is a good source of active B-12. Sea vegetables are also thought to provide usable B-12. Vegans can obtain biologically active B-12 supplements synthesized by bacteria, a non-animal origin. cont’d on p. 55
Health Educators in the News

As Director of the Hippocrates Health Educator Program, it brings me great pleasure to introduce one of our recent graduates, Felicity Corbin-Wheeler.

As a Hippocrates Health Educator I am able to help thousands of people in Europe regain their health with the tools I learned at Hippocrates Health Institute in West Palm Beach, Florida. I have over two thousand contacts and am teaching classes at my homes in Jersey, Channel Islands, and in Portugal. Originally a British Red Cross nurse with practical experience in London teaching hospitals, I lost one of my daughters to chemotherapy for Hodgkin’s Disease in 1989. Since then, I have been researching alternative, immune boosting therapies for cancer, heart disease, arthritis and all other degenerative disease. What I discovered amazed me.

When we eliminate toxins and restore the electricity, oxygen, and hydration to our cells through living phytonutrients, the body heals itself. What I learned at Hippocrates was the scientific proof behind this theory, which earned Dr. Paul Kouchakoff and Dr. Otto Warburg two Nobel Peace Prizes.

Since winning the Derrick Brockie Award, I have launched my Delicious Detox and Get Well—Stay Well courses. Delicious Detox is a basic three-session course covering the holistic building of the immune system. Students learn to eliminate toxins, avoid leukocytosis with living foods and juicing, handle stress and grow their own wheatgrass and sprouts at home. The Get Well—Stay Well course features the same curriculum as Delicious Detox, with additional sessions covering the prevention of recurrence and advanced stress handling techniques as practiced by Hippocrates Health Institute, as well as Recipes for Life. Therefore in five sessions, which can take place in the mornings or evenings, I am providing people with the tools to heal themselves.

I made over one hundred new contacts in September at the inaugural WellBeing World Fair in Jersey. One attendee had a small white terrier called Snoopy who stood on his hind legs to sniff the wheatgrass. When I cut some and gave it to him he absolutely wolfed it down! This brought even more people to the stand, and I shall definitely use this photo in future publicity! Ann Wigmore’s approval was tangible!

I am now back in Portugal planning more events. I am spreading the word about living foods and wheatgrass and have several politicians and other high profile people attending my courses. This is great as their weight loss and improved fitness will be a huge advertisement. My programs have also been featured in the press, including television and radio shows. We can eradicate disease and starvation in our generation with this vegan, living food diet if we get enough publicity!

I am living 90% raw myself and have continued to improve my own health and fitness since my nine week training. I am playing golf and just competed in a ProAm tournament with lady golf professionals from around the world. It is so good to know that in my seventh decade I can still wear the same size golf shorts that I wore as a twenty-year-old! It is also great to be a highly active grandmother to my beautiful vegan grandchildren, and give them a legacy of health!

God tells us to follow this diet in Genesis 1:29 and 30, just as Hippocrates did later! That is why I called my book God’s Healing Word! The first edition of the book sold out in six months and I had to publish a second edition. We must win the world and I find the younger generations are very open to this program. I am excited at the prospect of Drs. Brian and Anna Maria coming to speak at my venues in Jersey, Channel Islands and in Algarve, Portugal.

Get well and stay well! Felicity Corbin Wheeler
www.felicitycorbinwheeler.org

“Having overcome my own diagnosis of pancreatic cancer in 2003 with the program I am absolutely dedicated to spreading this healing word which of course is ancient wisdom. We shall win the war against disease, one person at a time.” —Felicity Corbin-Wheeler.

Learn more about the Hippocrates Health Educator Program by calling (800) 842.2125.

Also see the ad on page 12.

Alea M. Deeter, Eds, MA, BS
Director,
Hippocrates Health Educator Program

Felicity Corbin-Wheeler
What Mystery Does Our Blood Hold?

by Caron Barr, RN

Blood is made up of approximately 50% water, which comes in the form of plasma. Plasma is the transport system for the cells and keeps them moving on their journey through the twists and turns of what we call our bloodstream. The other 50% is made up of white blood cells, red blood cells and platelets. These are the key players of the immune system.

While blood cells should float freely, platelets need to be sticky. Platelets rush to the rescue when injuries occur. They clot the blood so that the wound can seal and heal quickly. If the blood is too thin, this process cannot happen.

White blood cells keep “invaders” at bay by releasing proteins that kill viruses, bacteria, yeast and parasites. At the first sign of trouble, these soldiers are sent out to fight. If the immune system is vigilant, the war will be won. If not, the body will succumb to disease. When the immune system is compromised, parasites and yeast are able to enter the bloodstream quite easily. They thrive inside of us and multiply quickly. If you have one, you most likely have the other. Both thrive on sugar and enjoy living in an oxygen-deprived, acidic body. To keep the immune system strong, you must keep the body slightly alkaline (pH 7.0 – 7.5) and keep oxygen levels high. Oxygen can be obtained by eating living foods, as well as exercising and meditating on a regular basis.

The red blood cells are responsible for transporting this oxygen and other vital nutrients throughout the body. If there is any residue or “sludge” from toxic wastes such as medications, excess fats and sugars or heavy metals from fish, fluorinated water, etc., proper oxygen exchange within the cells is impeded. This residue eventually turns to acid and leaves you susceptible to disease.

Common Symptoms of Yeast / Candidiasis include:
- Frequent colds / flu
- Fatigue / irritability
- Brain fog
- Inability to concentrate
- Mood swings
- Yeast and parasites go hand in hand — if you have one, you most likely have the other. Both thrive on sugar and enjoy living in an oxygen-deprived, acidic body.

In order to remove debris from the blood you need to remove it from your diet. Dairy and other foods that turn into sugar (or are high in sugar) top the list of offenders that create unwanted acid and inflammation. Milk and its derivatives are also mucolytic, which means they create mucus in the body. This inflammatory response affects the stomach, joints, intestines and sinuses. It even affects the stickiness of your cells. Other highly acid-forming / inflammatory consumables include all meat, eggs, drugs, cigarettes, alcohol and coffee.

Blood is an incredible liquid! It is cleansing, hydrating and nourishing. Without it we cannot survive. Our bodies know exactly what to do to regenerate and heal, all we have to do is treat it with kindness and give it the tools it needs to do its perfect work.
Hippocrates Health Institute

Hippocrates Health Institute (HHI) is strongly rooted in tradition. That is why we have stayed true to the concept the institute was founded on over half a century ago: “Let food be thy medicine and medicine be thy food.” This idea was first voiced by Hippocrates, the father of modern medicine, nearly 2,500 years ago and it rings true to this day.

Here at Hippocrates, we strive to build on our tradition every day, incorporating the latest therapies and technologies to lead the world in active aging and disease prevention, while enabling those who employ our program to reverse catastrophic disease. Our eye to the future is what inspired the new name of our ground-breaking program. The program may have been established over 50 years ago, but, as its name suggests, it is ever-evolving—just like any of the health-minded individuals who utilize its principles.

Guests from all over the world benefit from health and nutritional counseling, non-invasive remedial and youth-enhancing therapies, state-of-the-art spa services, inspiring talks on life principles and a tantalizing daily buffet of enzyme-rich, organic meals. Health-minded people attend the program in equal numbers to those who visit to reverse disease. For those who are new to the living food lifestyle, The Hippocrates Life Transformation Program makes this a comfortable transition. The medical team and professional care servers support guests as they transform their lives in an encouraging environment, along with others who are recovering from similar challenges. HHI alumni are people from all walks of life who have benefited from the institute’s blueprint. They share stories of recovery like any of the health-minded individuals who utilize its principles.

A n important medical review concerned with the treatment of blood pressure with drugs came to the following conclusions: “There will be no appreciable benefit to an individual patient from treating a diastolic pressure of less than 100 mm Hg.”

“Secondly, there is no evidence that any particular level of systolic pressure should be treated, and thus there is no reason to treat patients with isolated systolic hypertension, however that might be defined.”

“Thirdly, blood pressure varies. It is prudent to check the pressure on several occasions before deciding whether to treat...”

“Fourthly, it is probably more important to help a patient stop smoking than to treat his mildly raised blood pressure.”

Overzealous treatment of high blood pressure with medications results in an increased risk of heart attacks, strokes and death, especially when with those drugs the diastolic pressure is lowered below 85 – 90 mm Hg. Some investigators even declare that lowering blood pressure below 105 mm Hg with drugs is associated with an increased risk of heart attack. Possibly this ill effect of reaching too low a blood pressure by treatment with drugs is the result of a sudden critical decrease in the flow of blood to the heart muscle. (This relationship is true only for lower blood pressures in people on medication—a low pressure of 110 / 70, with no medication, is a sign of good health.)

Elevated blood pressure is not a natural disease of inevitable dysfunction, dependent upon aging. Rather, high blood pressure is the sign of a life-threatening sickness of the blood vessel system itself. The blood vessels are clogged with the plaques of atherosclerosis; the fats in our diet cause the blood to thicken and clog the blood vessels, and the sludged blood in them, and that underlying disease must be corrected or the patient’s life will end in tragedy.

When a physician evaluates the risk of stroke, heart attack, or death for a patient, elevated blood pressure is only one sign of the extent of disease in the blood vessels. Other indicators of risk include blood levels of cholesterol and triglycerides, obesity, family history, and age.

The main cause for the development of high blood pressure is a few short years of living too luxuriously, gobbling down all those rich tempting foods, full of fats and salt, that you simply haven’t the strength, or the sense, to refuse.
It is essential to continue taking strong stands and paying attention to actions of policy makers in Washington, especially in setting the stage for an election year. Too often, in the creases behind major headlines from balancing the budget, to disasters, to international upheavals, to political posturing, your health freedom for generations to come can become hugely compromised, and we often do not become aware until it is too late. The stakes are very high, and the tipping point is right now. The POP (Preserve Organic Power) Campaign is tracking the following key issues and committing a voice to make a difference.

Responding to the FDA’s NDI Guidance Document: URGENT CALL TO ACTION!

It has been 17 years since the 1994 passage of DSHEA (the Dietary Supplement Health and Education Act) and the FDA finally issued a Draft Guidance Document on New Dietary Ingredients (NDI) [Docket No. FDA 2011-D-0376]. “Couched as a “non-binding” guidance document, these 86 pages with 58 attachments represent the FDA’s current thinking on new dietary ingredients. If finalized in its current form, it likely would curtail innovation and potentially cause many products introduced after 1994 to come off the market until they went through the NDI process. It could force small companies to go out of business and to fight the FDA in court to keep products in the marketplace. In this FDA strategy, there is a massive economic benefit for the drug industry. Health-conscious Americans who properly use supplements slash their risk of degenerative disease. However, the FDA’s new rules would undermine this freedom of choice.

- Implementation would result in a stymie on the dietary supplement industry by requiring costly, excessive and exorbitant testing
- Guidelines would force the price of many supplements to surge upwards
- Rules would remove from the marketplace many effective supplements

This means that more aging people (including baby boomers) would be forced to rely on side effect laden prescription drugs to treat the degenerative diseases they may contract because they will be denied access to health-promoting nutrients. There also may be legal challenges to these regulations as to violating the original intent of DSHEA by the 112th Congress if these regulations stay too far and if ludicrous safety thresholds are excessive.

Tricky Responses to a Monsanto Revolving Door Culture

This exorbitant document is highly technical with many nuances. It basically provides the FDA’s current thinking regarding every question ever asked about NDI applications. Specific responses are needed that address all specific proposed areas—massive petitions and form letter responses will not be effective.

There is an extended time until December 2, 2011, since the original ninety days were not adequate to evaluate and comment on such a complex, extensive and important document.

Have a voice; be informed; ACT.

Go to www.popcampaign.org for more information. up.

DSHEA defined “dietary supplement” for the first time and laid the foundation for how supplements are regulated. Without DSHEA, there would be no structure/function claims, no Office of Dietary Supplements, no GMPs (good manufacturing practices) specific to supplements, no process to introduce new ingredients, no use of scientific literature in conjunction with products, and many of the products taken for granted today would not be available.

"The DSHEA legacy of a healthy generation is being topped... a military-precision sabotage of our basic rights is afoot. Just say ‘NO’ to being part of this huge experiment and the massive economic stimulus package for Big Pharma and Big Chema." — Dr. Brian Clement

The grassroots POP Campaign keeps our voices and choices alive, organic food pure, and regulations aligned while educating and watch-dogging policy makers.

Senate Bill 110, The Dietary Supplement Labeling Act of 2011 – A Dangerous Fast Track

Another most pressing issue is S.1310 introduced by Senators Durbin and Blumenthal to increase the regulatory burden to manufacturers of dietary supplements, moving the U.S. laws in closer alignment with those in the European Union and handing power to the Institute of Medicine (IOM). This dangerous bill would be a fast track for the FDA to eliminate many good products by deeming them “misbranded” if they do not comply.

This bill attempts to draw a hard line between “conventional food” and “supplements.” This may appear harmless on the surface; however, there is a huge concern about harming the food and supplement industry. Food and supplements are inextricably linked, as many dietary supplement ingredients are food based. It was never the intention of DSHEA to force a hard line between the two. This legislation could eliminate supplements from the market place such as Lazy Cakes, energy drinks, etc., and deter innovative nutritional supplements, such as nutritional powders mixed into bottles of water, or products that are not a typical pill or capsule.

The biggest strategy concern is that Senator Durbin may circumvent the normal legislative process and attempt to insert all or part of the language into another piece of legislation. We must all remain alert.

A CODEX Victory for Consumers sets the stage for a new GE / GMO labeling food-fight

After 20 years of attempting to come up with a consensus on genetically modified or genetically engineered (GMO / GE) food labeling, in July 2011, we saw an unusual Codex victory in Geneva as the U.S. ended opposition to genetically modified labeling guidelines. Subsequently, the official position is one where Codex has agreed that the decision to mandate GM labeling is a nation’s own decision and that it will not face a legal challenge from the WTO (World Trade Organization). This clears the way for a National GE / GMO labeling law—clearly a most crucial juncture for our right to choose, now and in the future. Matters appear to be getting worse on the GE / GMO front, as reported by Mira Oberman (AFP) on August 29, 2011 (CHICAGO): “A voracious pest which has long plagued corn farmers is devouring a widely-used variety that was genetically modified to thwart the rootworms, raising fears of a new superbug. cont’d on p. 53

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Top Issues by Beth Clay

The role of nutrition in health promotion has never been more important than now. Yesterday on national television Dr. Mehmet Oz declared that food is medicine. This is the message that Dr. Brian Clement and Hippocrates Health Institute have embodied and implemented for 57 years.

At the same time that the integral role of our diet and supplements is mainstream, government bodies are trying to create barriers. They still want to force everything through the drug regulatory model. We cannot let this happen!

- The FDA has increasingly attempted to abridge consumers’ rights to share testimonials regarding health and disease reversal/prevention.

- In Response, Congressman Ron Paul has introduced HR 2908: Testimonial Free Speech Act of 2011.

This short simple bill reaffirms the Free Speech Rights of Americans about using foods including dietary supplements for healing purposes. We need to call and write our Congressmen to get co-sponsors.

- The FDA recently issued the New Dietary Ingredient Guideline Draft, for which we have succeeded in getting the comment period extended to December 2. They prove in this document they simply do not ‘get it’ when it comes to understanding the intention of Congress and the desires of the American people.

If finalized in its current form, the FDA would create chaos within the industry, force many to take the agency to court, and stymie innovation.

Senator Durbin introduced S. 1310: Dietary Supplement Labeling Act of 2011 over the summer in his latest attempt to undermine the Dietary Supplement Health and Education Act. We are working aggressively to alert legislators so they do not fall prey to any attempt he may put forward to insert this bill into an appropriations bill or continuing resolution.

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Live Blood Cell Analysis

by Dr. Anna Maria Clement

During our half century of exploring human health and the components that promote disease prevention and elimination, as well as prevent premature aging, 30 years ago we began to use microscopic blood research to determine the best course of action for those aspiring to superior health. This tool has afforded us significant insight into the workings of the human body and mind. We have discovered that every experience, be it physical, emotional or mental, impacts human cells, which of course are the structure of our total anatomy. After conducting tens of thousands of studies, a clear pattern has emerged and now we can apply these findings in the quest to guide people in every aspect of their lives.

In 1946 a French scientist named Gaston Naessens noted some unusual particles in blood samples he was studying. Because they are barely visible with standard light microscopes, he set out to develop a different type of microscope. He developed a special type of ‘dark field’ microscope in which one could see the interior of living cells in their live state. (Light microscopes require that the tissues be killed and dyed with stains to reveal their internal parts.) Using this high powered dark field he defined the particles which he called somatids (small bodies). Naessens found that these somatids were capable of pleomorphism, meaning they could change their shape and size. They could change from particles the size of viruses to bacteria, yeast and fungal forms. He also noted that chronic diseases such as rheumatoid arthritis, multiple sclerosis, lupus and cancer showed fungal forms in the blood cells.

Another view I have gained insight from is that of Norman Allan. A second approach to live-blood analysis has been assembled via sources of Professor Lida Mattman of the Wayne State University and her colleague, Dr. Phil Hockstra. Microorganisms, when challenged, shed their cell walls. While this leaves them less virulent, it also makes them less vulnerable. By shedding their skins, they lose most of the markers that identify them as foreign bodies to our immune systems. This also allows them to change their shape, easily invading and hiding in the body’s own cells.

In live blood analysis as taught by Dr. Hockstra, attention is paid to the microbes and to the shape and activity of the white blood cells and red blood cells. By observing the red cells we can tell a lot about the state of metabolism in general and of the liver in particular. Meanwhile, observing the white cells gives us a reading on the state of the immune system, and the pattern of microbes tells us if disease is overwhelming the body’s defense. Note that while we call this ‘live blood’ analysis, it is really dying blood that we are observing. In a sense we are watching how quickly decay sets in after we take the drop of blood out of the body, and this tells us how much resilience and vitality there is in the body. It is a measure of the body’s health.

Live blood cell analysis is a way to screen hematological status by using phase contrast and dark field microscopy. We use phase contrast in viewing fungus, bacteria and crystallized structure living cells and to see details which we could not see otherwise. Dark field especially illuminates low contrast crystallized forms that phase contrast would hardly pick up. It is an indispensable tool at Hippocrates Health Institute, especially in choosing supplements and therapies for our individualized protocols. It is not a conventional diagnostic tool. What we observe in dried blood (we use droplets of capillary blood from the top of the pinkie finger) are biochemical reactions which leave cellular patterns that correlate with an anatomical and emotional history. From this, one can gain extraordinary insight into the current functions and dysfunctions of the total physical person.

One of the consistent observations gleaned from repeat testing of those who adopt a living food diet is the evidence of greatly reduced stress and widely enhanced nutritional gains. This is exceptionally true when one maintains the raw/living lifestyle since they can dramatically reduce negative patterns that have impacted the cellular system throughout the body. Most interesting in the observation of live blood is the consistent increase of electrical frequency in and around the cells after a person continues a green living food diet over time. This phenomenon is significant since this electrical shield prevents free radicals from killing healthy red blood cells. It is free radical damage that causes all premature aging and disease. Antioxidants, phytochemicals, proteins, vitamins, minerals, hormones, oxygen and enzymes inherent to living food are the contributing factors to this high frequency savior of the cells. When food is cooked it is either void or greatly lacking in these essential elements.

After seeing multitudes of people’s blood microscopically, the most common sight is rouleaux, which is the sticking together and stacking of red blood cells. This is an indication of the lack of life and oxygen that these cells suffer, in great part due to the absence of protein, excessive fats and sugars and prescription medications.

One of the most common maladies today is accumulated plaque. Through-out the ventricular system this reflects in the live cells as large crystal. This plaque reduces blood flow, preventing full nourishment and oxygenation of the organs throughout the body. Additionally, it greatly increases the possibility of cardiovascular disease, heart attack, strokes, phlebitis, etc. Platelets made in bone marrow have a lifespan of 11 days. They circulate in the blood and form a plug if vascular damage has occurred. They also promote coagulation. Seen under the microscope, they appear to be one third the size of blood cells (small discs). When platelets have been mutated they look like spider webs under the microscope. It is usually an indication of liver stress, infections, alcohol, medications, etc. These days, this is a much more frequent event due to increasingly poor diets, air and water pollution, pharmaceuticals, lack of exercise and emotional stress. Problems with excess fat in the blood stream may cause platelets to stick together which promotes capillary blockage and may cause strokes or heart attacks.

Nutritional deficiencies are also exposed in both live and dried blood tests. These deficiencies either reflect as chronic (long-term) or recent. When the cells lack essential nutrients, their structure is impaired and their ability to function is reduced. One of the most revealing aspects of microscopic observation is the magnificence of the immune system. The most important being T-cells, B-cells (lymphocytes) and leucocytes. Leucocytes are reminiscent of rabbits foraging for food on an open field, they rapidly surround the fare and consume it. This process begins with the head rabbit (T-cells) direct- ing them to quickly and effectively consume all that they can, clearing the field (plasma). During this time, B-cells are acting as assistants of the active rabbits making sure that they find every morsel. They also protect the rabbit by secreting protective cells (antibodies), so that the rabbits (leucocytes) can focus on their food consumption (debris, bacteria, yeast, viruses, cancer cells, parasites, etc.)

Dark field live blood analysis is a way of monitoring general health. It is particularly useful in tracking a person’s response over time to the treatments they employ. This reveals signs so that one can alter those treatments depending upon the findings. In certain conditions, especially cancer or other life threatening disease where time is a crucial factor, dark field microscopy can possibly be of help in choosing and monitoring the effect of therapy.

Out of all the remarkable discoveries we have made by studying the blood cells of each and every participant who has attended the Hippocrates program, it is a stunning fact that our health history (body and mind) is reflected in a clear pattern of Caldwell loops. This is achieved by blotting blood droplets on a microscope glass slide, dried and viewed under a high-definition microscope. cont’d on p. 62
Wheatgrass: Nature’s Perfect Blood Builder?

by Bodi Deliberato

Wheatgrass juice meets all the above criteria … and more.

Just like everything else in the universe, wheatgrass has physical and meta-physical properties. Let’s get physical first.

A very succinct source of wheatgrass information is the “Wheatgrass Permacart” from the Hippocrates Health Institute store. It states the following:

1. Wheatgrass has a long tradition as a blood cleanser.
2. It is a powerful, detoxifying agent that builds red blood cells.
3. It feeds the body by activating the white blood cells, which boosts the body’s immune system.
4. Wheatgrass is high in chlorophyll and has been called the “blood” of the plant with a molecular structure almost identical to the hemoglobin molecule of human blood.
5. One ounce of wheatgrass contains 103 vitamins, minerals, and amino acids. What a powerful & efficient way to improve the quality of our blood!

Another great wheatgrass resource is the book Wheatgrass: Nature’s Finest Medicine by Steve “Spyoutman” Meyrowitz.

Wheatgrass juice meets all the above criteria … and more.

Henley of the Eagles wrote, “There are those in the know who say wheatgrass is the best way to energize and put a spark in your neck after drinking it.

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The Centers for Disease Control tell us that obese people have a substantially higher risk not only for heart attacks, but also for diabetes, most cancers, and many other types of cardiovascular disease.

Heart Attack Grill owner Basso doesn’t plan any changes on account of the young man’s death. Scantily-clad waitresses will still regularly escort customers to eat all they can. He’s making money, and thinks the restaurant is great fun.

But is it funny that we have become the most obese society in the history of the world? Two-thirds of the citizens of the United States are now either overweight or obese. So many children are developing the most common type of diabetes that medical authorities have had to change the name of the disease. What was formerly called “adult-onset diabetes” is now called “type 2 diabetes.” It accounts for 90 percent of the diabetes in the country, and the incidence in children is skyrocketing. It’s easy to point our fingers and pass judgment. We can blame fast food companies that aggressively market unhealthy foods to children, we can blame parents for feeding their kids poorly. We can blame harmful ingredients such as trans-fats and high-fructose corn syrup, and we can blame the pressures of modern life that turn people into addicts of one kind or another. It’s all made to seem sexy, too. Waitresses are dressed as scantily clad nurses, resembling healthy on the menu.

At nearly 6000 pounds, Blair River ate all his meals free at the restaurant. Heart Attack Grill owner Jon Basso did not deny the link between the young man’s excessive weight and his tragically premature death. “I hired him to promote my food,” said Basso, “(but) his life was cut short because he carried extra weight.” Ironically, the restaurant’s motto is “Food Worth Dying For.” Of course, no one is forcing anyone to eat at the Heart Attack Grill or to stuff themselves full of unhealthy food. It’s a free country, in theory anyway, and we’re free to eat ourselves to death if we want to do so.

Some would say that the Heart Attack Grill steps over a line, to the point of enabling dangerous food addictions. There is certainly nothing remotely resembling healthy on the menu. Customers can purchase cigarettes, but only the non-filtered type. On the wall are prominent displays advertising menu items such as “Quadruple Bypass Burgers” that carry 8,000 calories, and “Flatliner Fries” that are deep-fried in pure lard. Perhaps joking, owner Basso says, “We’re in the front lines of the battle against anorexia.”

But Blair River’s death is no joke. And it would be a mistake to make light of the medical consequences of obesity.
I n the international best selling book, The Holy Blood and the Holy Grail, the authors hypothesized the legendary Holy Grail symbolized the sacred royal bloodline of the historical Jesus of Nazareth. According to some other traditions, the Holy Grail was the cup from which Jesus and his disciples drank at the Last Supper, in which Joseph of Arimathea caught Jesus’ blood as he hung on the cross. Deeply ingrained, blood-driven mythological stories pervade our consciousness.

Blood is the essence of life. It carries our heritage in each strand of DNA, our literal life-line that spirals along from generation to generation. In China, blood is called Xue (pronounced “shway”) and is considered the most precious essence. Blood is the material aspect of Qi, which is life force energy that surges through us and all living things. According to Chinese Medicine, blood is the material aspect of Qi. Our blood would be inert if not infused with Qi. Blood and qi, like day and night, or fire and water, are all expressions of Yin and Yang philosophy. Jing is essence. It is most closely represented in a material form by the matter which sperm and ovum are derived from. Literally life from creative material: our sexual essence. In blood, it would be represented as the nutritive value of the blood or the nutrients which make up the blood, in particular the red blood cells as they are our body’s oxygen and nutrient carrier. Jing is more closely associated with the sperm or ovum that combines to form life. In Ayurvedic medicine, semen is the most precious essence extracted from blood in its most refined form. It takes 40 drops of blood to secrete one drop of semen. You can only imagine the importance of the role blood plays in regards to women’s health. A woman’s menstrual cycle is totally dependent upon the health of the blood from menarche to menopause: PMS, menorrhagia, amenor- rhoea, dysmenorrhoea and postpartum depression are all signs and symp- tomatology of blood disorders of the female reproductive system. Breast milk is also produced and extracted from the mother’s blood. Therefore, breast-feeding mother’s menstrues are suspended until the mother ceases to breast feed her child. Our shen (spirit) is carried in our blood, according to traditional Chinese medicine. Not only does our blood carry nutrients and hormones, but also our intelligence. The Chinese Classic, “Ling Shu” (Simple Questions) states, “the blood is the mind of a person.” It is interesting to think of our blood as mind and it is easy to imagine that what we eat directly influences our mind-state. Why do vegetarians seem much more calm, peaceful and compassionate than carnivores?

Stagnation, Deficiency and Heat

Clearly, caring for this mighty river is paramount if we seek to avoid the three main blood disorders and disharmonies: stagnation, deficiency and excessive heat. Let’s look at each of them more closely.

Blood stagnation occurs when Qi (our vital energy) is obstructed by trauma, whether physical, emotional or environmental. An example of (and qi) stagnation would be a headache or a bruise. The principle behind the treatment of a bruise would be to move blood and qi through the use of Acupuncture and herbs. In addition, treatment may include live raw foods, which retain more “life” or energy to encourage our bodies to release obstructions. These living foods activate our lymph with their potent enzymatic sparks. Releasing stagnation on all levels and letting go of what is no longer serving our highest purpose or well-being allows our inner waters to flow more freely. Long term stagnation leads to necrosis (cell / tissue death). Blood stagnation, also usually accompanied by qi deficiency, can be identified by unusual sweating, inability to cool the body, resulting in the body fluids escaping, weakness of limbs and dryness of the eyes. Due to the deficiency of blood, the blood is not able to grasp the bodily fluids to nourish or moisten. Paleness, numbness, anemia and palpitations are other symptoms. Menstrual and menopausal symptoms such as irregular periods, also result from blood deficiency. The bodily fluids contained in the blood are responsible for cooling the body and when the body is depleted of these fluids, we can experience hot flashes or night sweats. Finally, heat in the blood disturbs the mind. It may result in insomnia and can manifest as psychological disorders such as schizophrenia, manic or delirium. Blood stagnation and blood deficiency are both possible root causes of heat in the blood. If you have ever experienced the proverbial “broken heart” after the breakup of a relationship or the death of a loved one, you may notice that it can be very difficult to sleep. Your heart may feel aflame, disturbing your shen (spirit). The tip of your tongue would be red, an indication of excessive heat in the heart.

The consumption of raw living foods stimulates red blood cell productivity and increases their ability to carry oxygen and cool the blood by nourishing our body fluids. Adequate hydration and clean, optimally alkalized water is very important to the formation of blood. Reportedly during WWII, the British and Japanese used an emergency IV of coconut water to replace plasma and hydrate their military forces. We may have to nourish our blood through supplementation, such as Floradix® or LifeGive® OceanEnergy®, which contains the vitamin B-12, to improve stamina and energy.

by Keith Cini, Acupuncture Physician

“The River of Life and the Three Treasures

by Keith Cini, Acupuncture Physician

“Who has fully realized that history is not contained in thick books but lives in our very blood?” – Carl Jung

I
H-Wave and Blood Flow

by Kevin Kehoe, Director of H-Wave Therapy, Hippocrates Health Institute

For optimum health, people need proper blood flow and lymphatic exchange. Nothing facilitates better blood flow and lymphatic exchange than H-Wave therapy.

Our body has approximately sixty thousand miles of blood vessels. If you think that’s impressive, consider that we have three times that distance (180,000 miles) of lymphatic vessels. "Homeostasis" is considered to be the fundamental basis of all healthy tissue and all tissue healing. In order to achieve homeostasis you have to get the good blood and oxygen in, and equally as important, get the bad blood and waste out. This physiological function is called "fluid dynamics." The successful result of healthy circulation fluid dynamics is the sodium potassium balance, oxygenated and nourished cells and blood tissue chemistry, aka, Homeostasis.

So what does H-Wave have to do with blood or circulation? Absolutely everything! The core function of H-Wave is the facilitation of fluid dynamics. This dynamic exchange of interstitial fluids will help to achieve homeostasis, as described above. H-Wave uses technology that is patented, trademarked, and uniquely different than all other electronic waveform technologies. H-Wave helps to facilitate a "dynamic" (no tetany or spasm) muscle contraction which is the primary physiologic catalyst to increased circulation and lymphatic drainage. The increased blood flow from the force of a full cycle "dynamic" muscle contraction naturally provides the transportation to purge and rinse the tissues of metabolites, chemical irritants and other toxic fluid pressures, using a lymphokinetic action. H-Wave is published in PubMed (a publication of the National Institutes of Health’s U.S. National Library of Medicine) as increasing blood flow as much as 247% in the lower extremities.

In our body we have synapses. Synapses are, at one level, how our cells communicate with each other and are similar in shape to a wishbone. They are like little spark plugs. Our synapses have a pre-synaptic area and a post-synaptic area. The space in between the pre-synaptic and post-synaptic area is called a synaptic cleft. Just like the spark from a spark plug ignites the combustion motor, the spark in the synaptic cleft ignites sensory and motor response in the body. H-Wave so closely resembles this electrical spark or synaptic output, the body seems to recognize H-Wave as inherently like its own electronic language and does not resist the electronic signal. This represents a major breakthrough in electrotherapy and provides the "missing link" on how to get into the body without the body perceiving the waveform as a threat or enemy.

The History Of H-Wave Therapy:

No one in this industry really understood the power of the human body to resist foreign electricity until the H-Wave was discovered. The human body considers most other electrical waveform technologies to be a threat or enemy and therefore goes into a defensive mode by initiating a powerful resistance shield. This resistance barrier is so powerful that it greatly reduces the effectiveness of traditional electrical waveforms. In order to punch through this resistance barrier, engineers ramped up the voltage of their devices to force compliance from the body. We all know it is not good to force nature to do something it does not want to do. Excess voltage creates a tetanic contraction. It is an unnatural forced contraction. It’s sometimes uncomfortable, sometimes dangerous and has no real basis in facilitating blood circulation and lymphatic exchange. Conversely, with H-Wave, the body recognizes the waveform as inherently like its own electricity and sees H-Wave as a friend, not an enemy. There is virtually no resistance. We are able to get full cooperation from the muscles, nerves and lymphatic system. Now we can orchestrate fluid transportation to purge and rinse the tissues of metabolites, chemical irritants and other toxic fluid pressures, using a lymphokinetic action. H-Wave helps to facilitate lymphokinetic exchange of tissue chemistry from "bad" to "good." The force of a dynamic contraction provides the lymphokinetic exchange of blood and waste in and out and all around the interstitium (the interstitium represents the spaces between the trillions of cell we have in our body). This purging or cleansing action of the interstitium is of paramount importance to our everyday health.

When blood travels to the cells to deliver oxygen and nutrition, the cell uptakes the oxygenated blood nutrition and metabolizes all the nutrients. cont’d on p. 54

The progress of alternative medicine in fighting these problems is reaptured by the investigative powers of the authors and filmmakers, who went back to the early days of the movement and diagrammed its progress over the years. The medical establishment has long lost sight of the dictum, "Let Food be Your Medicine"—an idea first promulgated by Hippocrates. Alopatic doctors look to pills, potions and often unnecessary surgeries for answers. Their "no hope" diagnoses for problems that can often be corrected with simple lifestyle adjustments is disheartening, especially in the light of proven alternative ideas that are rejected by the "status quo" group.

Studies show that adopting a low-fat diet with no animal products or added oils ensures that individuals can lower their cholesterol, reduce their blood pressure and lose weight. These simple dietary changes can help fight disease, attain better health and reverse the aging process. Forks Over Knives will show you the way to become the person you want to be in a simple and easy to understand format, using tried and true methods backed by years of investigative research. In addition to learning about health and lifestyle principles, readers and viewers will witness the history of the alternative health movement, which has grown from a few “oddballs” to an ever-growing sector of the population who aim to fight disease, regain health and secure a vibrant future.

Forks Over Knives
Documentary film and book review
by Diane Lahoski

Forks Over Knives gives a comprehensive overview of how diet relates to disease. Studies and research over the years have proven vegan and vegetarian diets to be beneficial in every way to ones general health. Adopting a plant-based diet can reverse the effects of diabetes, heart problems, nerve damage, stroke and many other physical ailments. It goes without saying, avoiding animal foods is far gentler on the environment, as well as the animals themselves.
A n experiment was conducted with a seven-year-old boy suffering from severe asthma, his symptoms logically cleaned up when he was removed from pet hairs or dust or something in the air in his home environment. But when researchers collected all sorts of environmen tally elements from his home and secretly introduced those ele ments into the hospital room where he was staying, the boy showed no allergic asthma response. They postu lated that his asthma symptoms had more to do with the dishar monous emotional environment at home, and that the absence of those symptoms had more to do with the stability and calm the hospital setting afforded him, rather than the medicine.

Physical symptoms of a disease triggered by an emotional response? Treatment of a disease focusing on emotional environments? Enter the new medical model of mind / body connec tion and psychoneuroimmunology.

Placebo

The placebo effect shines a strong light on the mind / body connection. Based solely on the belief that one is getting treatment, the body responds as if treatment has been taken. In a study conducted by Dr. Shunji Nakagawa and Dr. Yujiro Ikemi (founder of the Institute of Psychosomatic Medicine at Kyushu University in Fukuoka, Japan) with people allergic to poison ivy, one group was exposed to actual poison ivy leaves and told it was a benevo lent plant, and another was exposed to a neutral plant that simply looked like poison ivy, and told it was real poison ivy. The results favored the beliefs of the participants, defying the “logical” biochemical response!

My wife’s sister-in-law was a cancer researcher, and one day she was telling me about a promising new chemotherapy drug that worked thir ty-five percent of the time. She then spontaneously remembered that the placebo effect works on the average population thirty-three percent of the time! Now that’s a promising drug!

Here’s my first professional encounter with the placebo effect: when I first worked as a nurse in the orthopedic ward of a large hospital, I was tasked with dispensing a lot of pain medicine. One young patient of mine who’d broken both legs and a hip in a motorcycle accident, called me into his room, crying with pain.

“You’ve got to give me another pain shot. I can’t stand it any more,” he wailed.

I checked his chart and discovered I’d given him his last dose only two hours earlier, and it was simply too soon to administer again. “You’ve got to do something,” he whimmed. “I can’t stand the pain.”

So I called the doctor, who agreed that it was too early to give him more narcotics. “Just give him a shot of water,” he said.

“Well you say that as a medical order?”

“Sure. One cc of sterile water intra muscularly, now.”

“OK, if you say so. You think this will work?”

“Give it a try.”

So I drew up one cc of sterile water into my syringe, brought it to my patient, and gave him the shot in his left butt cheek.

“Thanks,” he said, and within ten minutes, was sound asleep.

Three hours later I went in to check on him, and he was chipper and pain-free. “That shot really did the trick,” he exclaimed. “In fact, it was better than the demerol from before. Thanks so much for calling the doctor for me.”

“Don’t mention it,” I said. “It was nothing.”

One Blood, One Heart, One Mind

O. Carl Simonton, MD, and the Mind / Body Connection in Healing

by Andy Bernary-Roman

The Rastafarians in Jamaica say, “One blood, Mon” to signify the unity of all peoples. I say, “One system, Mon” to signify the unity of what we call mind and body. In the 1940s, the medical world coined the phrase, “Psychosomatic Seven,” referring not to a super hero group, but rather to a group of seven particular medical diagnoses that seemed to carry strong psychosomatic components. Among those conditions were asthma and migraine headaches.

It was an early evening and I had to make sure I was not late because I did not want to miss a single beat of Chef Renate Wallner’s production. The house was immaculate and Steve, Renate’s husband, comrade and counterpart, was awaiting my arrival. After all, I was the special guest for the night.

Renate’s Raw Food Kitchen

by Sarah Naugler

I stepped into the open kitchen, I encountered Chef Renate diligently applying the finishing touches to her masterpiece. The guests would be arriving in less than thirty minutes. The plates were neatly aligned across the bar and an intimate table for two was prepared across from the area Renate would be performing. There would be seven guests traveling together from Hippocrates Health Institute.

Chef Renate has been with Hippocrates Health Institute (HHI) since 2005. She started by taking classes on campus and, soon thereafter, took to working in the kitchen alongside Executive Chef Ken Blue. At HHI, her talent grew stronger and her passion and desire to embrace the raw food lifestyle expanded into her own kitchen. Renate and her husband, Steve, continued to teach and share their inspiring story. Renate and Steve moved to South Florida from Virginia in 2005, and began formal raw food instruction. This was a natural progression of the “new” life they began 15 years ago. Back in Virginia, the “Raw Food Couple” would invite guests to their home, just as they do now. Steve made phone calls and did the secretarial work while Renate designed the menu and prepared for hands-on instruction.

In the beginning, Renate would strictly educate guests on the importance of “going raw” and what it could do for their bodies from a health standpoint. To this day, Renate begins her classes with a short ten to fifteen minute lecture as people gather in their seats to begin the evening’s festivities—the kick off. Additionally, Steve recites an eloquent poem to set the evening’s tone. One such poem is Derek Walcott’s Love after Love. How romantic and what a perfect first moment! Renate addresses her class beautifully. Her speech is eloquent as she honors the food in front of her. It is truly a dance and all eyes are on her. As I sat in the corner with my notepad, writing diligently, I glanced up ever so often to see the reactions of each of the seven guests, who were mesmerized, inspired and awed by Chef Renate’s hypnosis. Her passion is almost indescribable.

Chef Renate lives by her own words what you put into your body and how you feel on a daily basis. She says it is important not to stress about what to eat, because it defeats the purpose of striving to perfect a healthy and happy raw food lifestyle.

The Cuisine

Cream of Celery Soup: Smooth and silky, cool and inviting. The soup is vi brant, green and filled with vitality. The soup is silky, cool and inviting. The soup in front of her. It is truly a dance and all eyes are on her. As I sat in the corner with my notepad, writing diligently, I glanced up ever so often to see the reactions of each of the seven guests, who were mesmerized, inspired and awed by Chef Renate’s hypnosis. Her passion is almost indescribable. Chef Renate lives by her own words what you put into your body and how you feel on a daily basis. She says it is important not to stress about what to eat, because it defeats the purpose of striving to perfect a healthy and happy raw food lifestyle.

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Cannibal Lectins

Lectins are becoming the bad boys when it comes to blood types

For a raw foodist, the bigger issue, it seems, isn’t eating according to your blood type but whether you’re eating food that produces lectins because of your blood type.

“There’s a thing called lectins,” explained Gabriel Cousens, M.D., founder of the Tree of Life Raw-vegan rejuvenation retreat, according to your blood type but whether you’re eating what your body needs. “If you’re eating meat, it’s going to be a meat-eater’s blood type. If you’re eating beans, it’s going to be a bean-eater’s blood type.”

Tour of Lectins

T

ype O is known as the meat-eaters because they purportedly need a higher percentage of protein. Ironically, or maybe more tellingly, they also run rampant in the raw-food world. “Fifty percent of raw vegans are Type O,” according to Gabriel Cousens, M.D., founder of the Tree of Life raw-vegan rejuvenation retreat in Arizona. Including himself. It’s also true that 47 percent of the U.S. population is Type O, so there’s simply more of this blood type around.

But it’s interesting to note that some of the more widely known raw-vegan leaders are Type O — in addition to Cousens, there’s Brian Clement, Ph.D., director of Hippocrates Health Institute in Florida, and David Wolfe, founder of the Longevity Now conferences.

Without taking a comprehensive tally, even some of the more national and regional vegan and raw-food teachers and representatives who have taken on the vegan and plant-based lifestyle to creative heights, are also Type O. They include Matthew and Terces Engelhart, the husband-wife team who founded Café Gratitude based in Northern California, Lou Corona, a health coach in Southern California, John Kohler out of Sonoma, California, who offers more than 500 YouTube videos on a myriad of raw-vegan lifestyle topics, Alissa Cohen, a raw-food chef and restaurateur, and Frank Ferrante, a New York tough guy who unwittingly tipped onto the raw-vegan lifestyle and became the break-out star of a grassroots documentary titled May I Be Frank.

Even so, Neal Barnard, M.D., says making a big deal out of being Type O is like making a big deal out of people being right-handed (even though the odds are slimmer with four blood-type choices rather than just two). Bernard, a soft-spoken but outspoken vegan and a Type O, takes it seriously. However, he champions the vegan lifestyle and its environmental and health benefits at the national legislative level. Raised on a Midwestern farm where he ate the typical meat-at-every-meal diet, he has since established the Physicians’ Committee for Responsible Medicine in Washington, D.C., to advocate for plant-based eating principles elbow-to-elbow with federal policy-makers.

“A well-meaning book entitled Diet Right for Your Type suggested that people with different blood types need to follow different diets,” Barnard said.

“Type A blood meant a vegetarian diet was good. Type O meant you needed meat, etc. However, research studies have shown that people who begin plant-based diets do well regardless of their blood type and no one has been shown to need meat at all.”

Cousens goes even further by stating that any diet based on blood type and endorsing meat-eating is “biased material against vegans and is serious misinformation.”

“The idea that Type O need meat is ludicrous,” asserts Cousens, who’s been a vegan for 38 years.

“When you organize your diet to your ‘constitutional type,’ he says, “everybody does better on a life vegan diet, without a doubt.” Cousens, an expert in Ayurvedic principles, adds that “99.99 percent” of people who want to be vegan are successful when they eat according to their “constitution,” rather than their blood type.

“Thriving is the right word,” surmises Cousens. “I’m doing 10 times more push-ups at 68 than when I was a football player at 20. That’s called thriving. This is an important topic because it’s been abused and used inappropriately to justify eating meat. People will use anything; we have to understand it’s part of the game.”

With the assistance of students in his master’s program, Cousens is compiling data on “constitution types” that he asserts will debunk blood-type eating programs, particularly ones that delineate blood types according to meat and dairy products.

“We’re coming up with new data that will be appropriate for live-fooders,” he said. “We’re doing experiments properly. We’re going to have probably 60 live-food types for pure, organic food,” adding that commercial breakfast cereals don’t qualify as quality vegetarian or vegan fare.

Close-mouthed on the details, Cousens says he doesn’t want to “pre-empt” his findings or dilute the juice of the forthcoming book, which he says will be completed in two more years.

But he does unabashedly state that all blood types are better off on a raw vegan diet. “There are a variety of systems to how to organize your diet,” he says. “Of those systems, the most inconsequential is blood type.”

As agrees Jacob Swilling, a PhD in clinical nutrition and a lacto-ovo-vegetarian for 40 years. “I do not believe diet should be chosen according to blood type,” said Swilling, an author with more than 25 years in biochemistry research and founder of Know Your Options Center in Costa Mesa, California. “I don’t find any kind of science that validates that from a biochemistry point of view.”

Swilling said his patients’ conditions were actually aggravated by following a blood-type diet. “It flies in the face of the evidence I give patients with different kinds of cancer and other diseases where they’ve been trying to follow a proper diet according to their blood types. The outcome of that has been a very bad experience.”

A greater truth, he points out, is that no two people on this planet are alike. It’s called bio-individuality. “There are so many people who don’t fit the model,” he says.

Swilling, whose latest book is about balancing the body’s pH, HCl and blood sugar levels, said the bigger point is healthy longevity. The formula, he said, is twofold: keeping blood-sugar levels stable throughout the day and electrolytes balanced.

“It’s the protein that maintains the blood sugar control throughout the day,” asserts Swilling.

Cont’d on p. 51

Isn’t There One Does Better on Raw

by Rita Robinson

Ask that one of leading-edge vegetarian experts and you’ll most likely get “the hand.” Although they may not agree on ultimately what’s best to eat, they do agree that meat is something most humans do better, much better, without and that, despite popular notions, blood type has nothing to do with it. In fact, it seems that the commonly believed meat-eater, Type O, thrives on a vegan diet.
Most everyone believes stress, the underlying cause of most disease, also causes hypertension. Guess again.

The medical jury is still out. This is a real medical conundrum. While stress doesn’t directly cause hypertension, systemic organ damage due to prolonged stress can cause hypertension.

Scientific research has shown an increased risk of hypertension as a result of long-term stress. Scientific research is also quick to point out that excess stress itself leads to other contributing factors of hypertension. For example, overly stressed people generally tend to self-medicate by over-eating, smoking, drinking alcohol and ignoring normal exercise routines. These unhealthy habits create more stress as the immune system gets bogged down, creating a vicious cycle.

Long Term And Situational Stress Factors

An established role stress plays in elevating blood pressure is the temporary increase in blood pressure levels during times of high stress. Blood pressure levels revert to normal once the source of this stress, often referred to as “situational stress,” is removed.

In my book, Stress Rx: 103 Prescriptions for Overcoming Stress and Achieving Lifelong Happiness, I provide anecdotes and awareness antidotes to relieve and release stresses before stress becomes chronic. There is a proven correlation between chronic stress and changes in the way blood clots. Clotting abnormalities can increase the risk of heart attack. Chronic or prolonged stress also prevents elevated blood pressure levels from receding. This perpetuates raised hormone levels of adrenaline and cortisol, poisoning the system and damaging the organs, as well as increasing the risk for stroke and heart attack.

Common stressors include financial strain, relationship turmoil, job-related stress and emotional unrest. Regardless of the cause of the stress, the outcome is the same. Extended stress stimulates the nervous system, which causes arteries to tighten and increases blood pressure. Finding solutions to take much needed “stress breaks” is mandatory for the stabilization of blood flow and pressure.

Remember, stress can be mental, physical or a combination of both. When stress takes us into the fight-or-flight response, glucose and fat cells flood the blood. If stress levels are sustained over long periods of time rather than brief instances, as intended by this mechanism, then high glucose levels are the result. Warning signs of being “stressed out” include:

- Mental — worry, lack of concentration and creativity, difficulty making decisions, forgetfulness, lack of interest in life in general
- Physical — headaches, digestive problems, anxiety, insomnia, restlessness, tension, dizziness, shakiness, temporomandibular joint disorder (TMJ)
- Emotional — depression, bouts of crying, mood swings, anger, sadness, nervousness, irritability
- Behavioral — overeating, excessive use of alcohol or drugs, judgmental attitude, withdrawal from social activities

While change is inevitable, it is usually not easy. Preventive change through stress reduction techniques that include meditation, tai chi/qigong, exercise, green diet and the cultivation of peace, love and compassion for oneself and others will keep the blood flowing freely and normalize pressure both in your life and blood.

When one’s body reacts to a frightening or stressful situation, the brain sends alert messages to the body: “fight or flight” are the options. For the caveman’s world it could have been the sight of a ferocious animal that elicited such a response, but for the modern world it could be an urgent deadline, a relationship conflict or financial worries.

When pumped into the blood, adrenal hormones provide a burst of energy, enabling the stressed person to fight or run away (flight) to create a safe environment. This is where the term “adrenaline rush” comes from. This reaction suppresses many normal functions of the body such as digestion, the libido and immune function because they are not immediately necessary for surviving the crisis. The blood carrying the stress hormones is responsible for many chemical changes in the body, including raising cortisol levels in the bloodstream.

While this adrenaline rush provided a life-saving advantage for the caveman, it can cause modern humans more harm than good. This is because humankind’s modern enemy, stress, rears its head far more often than a saber-toothed cat. As stated, the stress doesn’t have to be life-threatening to create the adrenal response, and these frequent raises in cortisol can become chronic, inhibiting the immune system’s ability to deal with micro enemies like bacteria, virus or fungi.

The immune function of the White Blood Cells (WBCs) is noteworthy even though blood, in general, has several functions in the body. They transport oxygen and carbon dioxide, nutrition and the assimilation of nutrients in the bloodstream. They also defend the body against infections and other foreign materials. The latter function is performed by the WBCs (leukocytes), which fight the pathogens.

A healthy person has an average of about 7,000 WBCs per microliter of blood (normal range is 4,000 to 11,000). When there is an increase in WBCs, it is an indication that the body is fighting some sort of infection.

There are many types of WBCs, of which lymphocytes and neutrophils are the most common. Lymphocytes are made in the lymphoid tissue in the spleen, lymph nodes, and thymus gland, whereas neutrophils are made in the bone marrow and circulate in the bloodstream. While the lymphocytes identify foreign substances such as germs in the body and produce antibodies that specifically target them, the neutrophils directly attack the bacteria.

Psychoneuroimmunology (PNI) is a scientific field dealing with the relationships between the mind (psyche), the brain (cerebrum) and the immune system (immunology). Specifically, PNI focuses on how these relationships affect health and susceptibility to disease. This approach encourages disease prevention and promotion of optimal performance by maintaining a positive mental and emotional state.

Our Emotions Can Create White Blood Cells

Antony Chatham, MPhil, MTh, MSW

Have you ever caught a cold after a very stressful event? If so, you are not alone. There is plenty of research to show that stressful experiences suppress the body’s immune response.
Wireless Technology and Blood by Dr. Howard W. Fisher

Blood is the most unique “organ” in the body and all physiological functions are totally dependent on the capability of this diverse fluid to carry out a number of functions. In optimal blood cell formations, the erythrocytes (red blood cells) are singular, free moving and often colliding with one another. Blood is responsible for the distribution and transport of oxygen from the lungs to the cells of the body and to remove carbon dioxide from the cells and transport it back to the lungs. Blood is also responsible for the transportation of nutrients, hormones and wastes, temperature control, pH, electrolyte balance and the immune system function of the white blood cell components.

The ability of blood to carry out these functions is dependent upon a plethora of factors, however abnormal spatial orientations, rouleau (sticking together or “stacking” of erythrocytes) and erythrocyte aggregation (EA), significantly inhibit these functions. Erythrocyte aggregation is the tendency of erythrocytes to form aggregates (clumps) whose shapes change according to normal variations or pathological conditions. Consequently, these anomalies cause changes to flow dynamics and predispose the cell to the inability to carry out transportation activities. They also decrease functional capillary density (FCD) or decrease erythrocyte surface area, also decreasing functional efficiency. Functional capillary density (FCD) is the determination of the number of capillaries in an area that has erythrocyte flow and relates to the subsequent ability of the blood to deliver nutrients, fluid and solute exchange, and waste product excretion. Red blood cell aggregation has a significant impact on functional capillary density.

Live blood cell analysis using dark-field microscopy is a well documented method to demonstrate subtle effects that may be caused by nutritional deficiencies or environmental factors such as electromagnetic radiation. It is now common knowledge that there are negative physiological effects of cell phone usage, and, as a matter of fact, the World Health Organization has recently listed it as a possible carcinogen. Darkfield microscopy can be used to document the changes to blood such as erythrocyte aggregation and rouleau which are caused by the combination of factors related to electromagnetic radiation and cell phone usage.

By examining all live blood samples and comparing the control, and EMF (electromagnetic field) exposed samples to the standard accepted value for optimum appearance of blood samples via darkfield microscopy, one can see that the radiation effects from the combination of the cell phone, carrier wave and concomitantly transported information packets cause adverse effects to blood. Since radiation effects were evident in the blood, the radiation effects by the EMFs to the entire organism must be considered to have occurred simultaneously. Limitations to experimental conditions involving human subjects may not be conclusive, but they certainly indicate a trend that indicates potential danger over the long term exposure.

Currently investigators have corroborated the previous epidemiological research, including the nearly decade-long thirteen-country Interphone study, and have identified an undeniable link between the full spectrum of electromagnetic radiation (EMRs) and a diverse range of diseases such as cancer, leukemia, neurodegenerative disorders, impaired fertility and hormonal disruption. With the inundation of our environment by several pervasive forms of wireless technology, investigator findings have been able to determine a relationship between radio frequency magnetic fields such as those generated by cell phones and their towers and disease related to documented genetic damage to peripheral blood lymphocytes, micronuclei, blood brain barrier (BBB) leakage and brain tumors. Further research has implicated radio frequency radiation in causing sleep disorders and many other physiological anomalies.

Live blood cell analysis acts as a screening format for haematological status, which is representative of nutritional and environmental effects on the health of an individual. The procedure, using a darkfield microscope, is significantly different from standard microscopy. With this technique, light does not travel directly through the specimen, but comes in from the sides and only the light which is reflected by the specimen is viewed against a dark background creating a highly contrasted image. cont’d on p. 64

There are several issues that merit discussion since the experimental design intended to examine the effect of radio frequency (RF) radiation emitted by cell phone usage on live blood. Despite the control appearance of all subjects in this investigation, the cell phone effects consistently led to documented findings of rouleau, and erythrocyte aggregation and a far more abnormal haematological appearance. See the results below.
The blood is the messenger of the body. It tells us what’s happening and helps us monitor our progress in our health journey. One issue, though, is that many doctors do not understand how to properly read blood test results. Another issue is that not all laboratories use the same methods to achieve their results. Both these issues can leave a person very confused, and, even worse, they can give them a false idea of what is really happening. Averages for blood tests are usually taken from the general public, not just “healthy people.” Let’s see a healthy raw foodist takes a blood test and appears to be low in a certain vitamin. It is possible that everyone who was sampled to obtain this “healthy average” was eating an unhealthy diet, resulting in a skewed measurement. The healthy raw foodist’s sample may be ok, or they may actually be too low in this vitamin. How does a person know?

It is important to search and find a doctor or professional who understands a healthy diet versus an unhealthy diet and can translate the blood tests correctly. There aren’t many people out there, but I’ve been blessed to find several doctors and specialists who understand these factors. I put them on my website: www.paulnison.com.

I am a very big advocate of blood testing and I understand how important it is to have the right person interpret the results. Please do not just let any doctor look at the paper and potentially misinterpret your results. There is more to the big picture. The laboratories often use different averages to decide what a “normal” range is. It is important and helpful to study, understand and be consistent in where you get your blood work done.

For me personally, I was blessed to find Dr. Schandl in Hollywood, Florida: www.americanmetabolclaboratories.net. I conducted a lot of research to find a reliable doctor, and I have not found a better test than the Complete Longevity Blood Test Dr. Schandl put together to monitor my health. The most basic blood test can be a waste of money and time because they test for so little. The more testing you can do, the better chance you have of obtaining the most accurate results. I think Dr. Schandl’s Complete Longevity Blood Test is a great example of a complete blood profile to help people see the bigger picture. As a health consultant, I am often asked about the different raw food institutes, retreats and healing centers around the world. cont’d on p. 56
Food is our fuel. You don’t select your gasoline based on the color of your car. So too our fuel choices should be based on what we know our body needs. We have all indulged in something that brings a smile to our face, from sight or thought alone. All too often, we are drawn in by catchy jingles and TV spots. Only to know that aching belly or extra trip to the lavatory was a result. Factors such as time, price, mood, upbringing, present company and habit influence our meal choices. Many of us try healthier options when they are presented, and may even notice differences or slight improvements in our health. Switching from soda pop to V8 is likely a step in the right direction, but it is basically like trading a can full of sugar and acid for a bottle of salt and vegetables not suitable for sale whole.

We humans are a progressive race. Here in America, majority rules and the majority of us are not well. However, each one of us makes daily choices that will sustain us, to at least some degree. More and more of us are selecting greener options, buying organic, educating ourselves on how food gets from farm to table today and making informed, responsible choices. Food should make us feel good for more than a few moments and market trends support these advances in health and sustainability. As we elevate our standards of what fuels us, a new dimension of pleasure is achieved. The senses are still pleased with aroma, taste, texture and sight. Just knowing that the body is being fueled properly on a cellular level with food that only perpetuates good feelings, is a satisfaction that no guilty pleasure can fill.

Pure health lies in pure happiness and pure food. Eat well, live well and be well.

by Robyn J. Thomas

What do you run on?

Best Choices

Good Choices

Transitional Choices

Bad Choices

Soda Pop / Energy Drinks / Coffee

Sports Beverages / Flavored Waters

Cheeseburger

Frozen Veggie Burger

French Fries / Potato Chips

Baked Corn or Tortilla Chips

Ice Cream / Gelato

Sorbet / Vegan “Ice Cream” / Italian Ices

Freshly-Squeezed Fruit Juices / Green Tea

Marinated Mushroom Burger on Sprouted Bun

Baked Sweet Potato Fries

Whole Food, Vegan Fruit Smoothies

Green Juices / Coconut Water / Pure Water

Avocado Sandwich on Dehydrated Flax Bread

Dehydrated Veggie / Root / Kale Chips Dehydrated Dulse

Nut Milk or Seed Milk “Ice Cream”
The primary function of red blood cells is the transport of oxygen from the lungs to the cells of the body. Red blood cells contain a protein called hemoglobin that actually carries the oxygen. In the capillaries, the oxygen is released to be used by the cells of the body. Ninety-seven percent of the oxygen that is carried by the blood from the lungs is carried by hemoglobin, the other three percent is dissolved in the plasma. Hemoglobin allows the blood to transport 90 to 100 times more oxygen than could be dissolved in the plasma alone. The iron in hemoglobin gives blood its red color.

White blood cells (WBCs) are a part of the immune system that keeps us alive. They help our bodies fight infection and other disorders. They circulate in the blood so that they can be transported to an area where an infection has developed. In a normal adult human body, there are approximately 4,000 to 10,000 WBCs per microliter of blood. During infections, these cells divide and are drawn into the blood stream and lymph fluids to combat the infection.

At Hippocrates Health Institute (HHI), I analyze blood under a microscope and generate live blood cell analyses during their health objectives, I make recommendations on foods, therapies and whole food supplementation to help guests achieve their health goals.

One supplement that boosts blood is blue-green algae, or spirulina. These are tiny, blue-green microalgae, which are among the most ancient of all living organisms. Blue-green microalgae have provided oxygen to Earth’s atmosphere and nutrients to marine life for over 3.5 billion years. Algae are the basis of the entire food chain—the foundational nutrient source for creating and renewing all life on Earth. Blue-green microalgae are one of the richest sources of chlorophyll, a well-known agent for its antibacterial, anti-fungal, anti-inflammatory, and blood building benefits.

AFA are fresh water nutritional plankton, referred to as cyanophyta. Cyanophyta grow in nearly all drops of sunlight water, in every gram of soil, on the bark of trees and on the surfaces of rocks. It is estimated that there are as many as 50,000 species, including various seaweeds and plankton.

What is astonishing is that, collectively, cyanophyta are responsible for 90 percent of the Earth’s oxygen and 80 percent of its food supply. The cyanophyta community is also perhaps the most interesting of the unicellular plants, of which there are about 100 species. AFA is a very special form of cyanophyta. All foods reflect the environment in which they are grown. The beautiful, unpolluted Upper Klamath Lake, Oregon, one of the few remaining alkaline lakes on the planet, holds the key to its remarkable potency.

An extensive research project carried out at the Royal Victoria Hospital in Montreal, produced some remarkable results. The research project studied the effect of blue-green microalgae (AFA) on the immune and endocrine systems, as well as on general blood physiology. It was discovered that eating AFA had a profound and unique effect on the Natural Killer (NK) cells. NK cells have the ability to search for and recognize cells that are cancerous, or have been infected by a virus, and kill them. A team of research scientists at the Royal Victoria Hospital discovered that eating AFA triggers the movement of 40 percent of the circulating NK cells from the blood to the tissues where their main function is to perform immune surveillance and eliminate cancerous and virally-infected cells. No other substance is known to trigger such a movement of NK cells in the body. Research done at McGill University, Montreal, showed the effects on the immune system after consuming AFA. The consumption of AFA leads to rapid changes in immune cell trafficking, but not direct activation of lymphocytes. Therefore, AFA increases the immune surveillance without directly stimulating the immune system. Thus, AFA strengthens immune function.

In August, Jocelyne’s wound opens. She can hardly walk and can’t eat. She told me, “She cancer was biting my belly from the inside.” Jocelyne stopped working and has been unable to work since then. With no health insurance, Jocelyne also fears radiotherapy damaged her bladder.

2007: She goes to live her dream, just in one year. Jocelyne was discouraged, but she could feel the supporting presence of her father. “Don’t worry, you’ll get better!” By December, she thinks she is in remission.

2006: In August, Jocelyne’s wound opens. She can hardly walk and can’t eat. She told me, “She cancer was biting my belly from the inside.” Jocelyne stopped working and has been unable to work since then. With no health insurance, Jocelyne also fears radiotherapy damaged her bladder.

Seven-year medical path from 2004 to 2011

2004: Something inside Jocelyne’s belly “feels weird.” She visits her gynecologist and he discovers a four inch cyst on her ovary. She has surgery and the doctor tells her it should be okay.

2005: Abnormal cells known as granulosa cells were discovered on Jocelyne’s ovary. Only three days after the death of her father, she discovers she has ovarian cancer. Jocelyne goes through six months of chemotherapy and ten rounds of radiotherapy. She also received megadose of hormones. All this in just one year. Jocelyne was discouraging, but she could feel the supporting presence of her father. “Don’t worry, you’ll get better!” By December, she thinks she is in remission.

2006: In August, Jocelyne’s wound opens. She can hardly walk and can’t eat. She told me, “She cancer was biting my belly from the inside.” Jocelyne stopped working and has been unable to work since then.

With no health insurance, Jocelyne also fears radiotherapy damaged her bladder.

2007: She goes to live her dream, to see and hear Celine Dion in Las Vegas, but she is very sick. She feels it is near the end.

2008: Finding inspiration in a young mother of twins who went to Hippocrates Health Institute to have her bladder. Following Jocelyne’s surgery, she had to retire earlier than planned, in her late forties. This certainly created some financial challenges. Even so, she found the money within three days of expressing her deep wish to come to Florida and to experience Hippocrates because of the strength of her faith.

Messages and learning

Jocelyne said, “My body got used to having cancer. I decided to stop focusing on ‘healing’ and start focusing on living a healthy and happy life, accepting my state of being. Once I made that decision, I realized I no longer had to die of cancer. I had a solution!”

Two Helpful Hints:

Message 1:

Jocelyne said to me that what kept her going in the worst periods she went through was setting new and achievable goals every day. She told me one of these goals was to see her grandchildren grow up.

Many medical doctors and oncologists could not believe the improvements Jocelyne was experiencing, were coming from her lifestyle changes alone. They believed they needed to prescribe very expensive drugs. She feels cancer patients who follow a holistic path become a source of frustration for allopathic doctors because the doctors feel put aside, not to mention these “holistic patients” represent a major revenue loss for the medical industry.

Expressed Gratitude

Jocelyne said, “It felt like home when I went to Hippocrates Health Institute in 2008. From now on, I know that I have a second home.” She went on to thank the Hippocrates medical team and staff, especially Chef Ken Blue for the wonderful food. She knows the beautifully presented cuisine was one of the keys to her healing.

Jocelyne Gravel Recovery Story

Blood Builders by Tom Fisher, RN

Blood is truly the river of life. Every cell in the body gets its nutrients from blood. This essential fluid carries out the critical functions of transporting oxygen and nutrients to our cells and getting rid of carbon dioxide and other waste products. According to Carl Djerassi, MD, blood is approximately 5 liters (5.3 quarts) of blood; making up seven to eight percent of a person’s body weight. Four of the most important components of blood are red cells, white cells, platelets and plasma.

by Roxane Vézina, Hippocrates Health Educator

I met Jocelyne Gravel in March 2012 during a visit to Hippocrates Health Institute (HHI). Since becoming certified as a Hippocrates Health Educator, I visit the institute every year for the 21-Day Life Transformation Program. I facilitate tours for guests from Quebec and Europe so they can experience the benefits of the institute in their native language. Jocelyne lives in Canada, so we share the same origins. She wanted to come back to Hippocrates exactly three years after her initial visit, as a very symbolic gesture, almost like a pilgrim coming back to the site of a miracle.

I phoned Jocelyne in July to see how she was doing. She told me she had just come back from a camping trip, fully enjoying the summer season. Her level of energy is high, she feels great and she is very hopeful for the future.
During the last few months I have taken individual threads that have been hanging around in my mind for years and began to weave them into a book that I expect to finish by 2014. After four decades of working on the front lines of disease reversal and life prolonging with pure organic and plant-based methods, a vivid pattern of cause and effect has emerged. For so long, my mind labored in the arena that caged me from going beyond the concept of flesh and blood anatomy. It often reminded me of beginning school at a first grade level and wanting to read Socrates without the ability to do so. Like a bolt of lightning, many revelations came together and began to expose the cycle of life which is the true engine that runs our bodies and the total universe that we reside with; on and in.

Quantum Biology
by Dr. Brian Clement

During the last few months I have taken individual threads that have been hanging around in my mind for years and began to weave them into a book that I expect to finish by 2014. After four decades of working on the front lines of disease reversal and life prolonging with pure organic and plant-based methods, a vivid pattern of cause and effect has emerged. For so long, my mind labored in the arena that caged me from going beyond the concept of flesh and blood anatomy. It often reminded me of beginning school at a first grade level and wanting to read Socrates without the ability to do so. Like a bolt of lightning, many revelations came together and began to expose the cycle of life which is the true engine that runs our bodies and the total universe that we reside with; on and in.
Cannibal Lectins, cont’d from p. 36

They are:

• Blood Type A1, the European type whose ancient ancestors hailed from Northern Europe and fare included beans and grains, which is why he grows his own.

• Blood Type A2, the Artic-eaters or North, Central or South America, whose ancient ancestors hailed from Northern Europe and fare included beans and grains, which is why he grows his own.

• Blood Type B, the Asian genotype whose ancient ancestors hailed from Northern Europe and fare included beans and grains, which is why he grows his own.

• Blood Type AB, the Middle-Eastern genotype whose ancient ancestors hailed from Northern Europe and fare included beans and grains, which is why he grows his own.

• Blood Type O, the tropical-food eater who thrives on foods eaten by ancestors hailing from southern India, Indonesia, Africa or North, Central or South America, including coconuts (O is do best on these), yams, leafy greens and tropical fruits.

Cousens explained that dietary lectins, 30 percent can be found in standard American foods with about half clumping the blood of all blood types, according to Power’s research paper. “Specific blood-type lectins are stronger,” said Power, of which there are 62. And all blood types eat mass react negatively to a slew of foods.

When you eat food that produces lectins because of your blood type, it creates a negative antiresponse, according to the report. “Lectins cause antigen-antibody interactions,” explained Cousens. “If you eat more than 5 percent of lectin foods, and they’re not all protein, like cauliflower and cacao, that actually can cause micro-clogs and particularly affect the digestive system. Basically, that’s the problem.” Cousens, a Type O, said he occasionally eats only a handful of raw or sprouted seeds and completely avoids cacao.

“Cacao is bad for everybody,” he said. According to Power’s report, all blood types react to a plethora of foods if eaten in excess. It seems we only need a little of a good thing, such as cherries, bananas, asparagus. There’s something, then, to be said about eating seasonally and sensibly while still having fun — all good things in moderation, lest we get sick, eh? And sickness is never fun. There’s also something to be said about eating fresh, fresh, fresh and ripe. Which means local, preferably from your own backyard (or front yard if you’re that lucky and that friendly with your neighbors), right off the vine, stalk or tree.

Tom Baba, a wholistic dentist in Laguna Beach, California, and vegan who owns an organic farm in north San Diego County, counters Power’s proposal. Baba, who also ran a health foods store and suffered severe food reactions and allergies for eight years, is an advocate of eating fresh (in the literal sense, not as in packaging hype), including beans and grains, which is why he grows his own.

He contends that practically no nontoxic food can hurt you if eaten right off the plant, including cherries, bananas, asparagus, beans, coconut, cucumber, pumpkin seeds, curcums, radish, rice germ, rutabaga, grapes, yam germ, hazelnuts, strawberries, sweet peppers, Swiss chard, tomatoes, lentils and lentil sprouts, tetracile, walnuts and wheat germ.

In addition to that list of don’ts, the specific blood types include a few more all-allergen-producing bad boys.

Blood Type A1, the European-food eater: blackberries, string beans, soy beans and soy bean sprouts, and a variety of other common foods that need faster energy-producing foods such as vegetable juices, more salads and greens that are light and watery.

When it comes to the argument that different blood types need different types of food, and animal products, Cousens said that was done only when vegetables were scarce. “The idea that they were heavy meat-eaters is simply not true,” he said. “They’re soft and easy to chew,” particularly important to a dentist.

Baba closed his store, bought a farm and kept his dental practice. His “go to” food is blackberries, string beans, soy beans and soy bean sprouts, which are all common foods that need faster energy-producing foods such as vegetable juices, more salads and greens that are light and watery.

Blood Type A2, the artic-food eater: all the Type A foods plus French mushrooms and particularly gluten grains.

Blood Type AB, the Asian-food eater: bitter-pea melon, black-eyed peas, cocoa, pomegranate, a variety of beans and nuts, mint bean sprouts, sesame seeds and soy beans.

Blood Type O, the tropical-food eater: blackberries, asparagus peas, cocoa, French mushrooms and avocados.

If you’re RH-negative, the Basque-food eater: all the foods on the A and B lists, especially cashews.

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In 1971, Dr. O. Carl Simonton, a radiologist at the University of Texas, took the mind/body approach in medicine a quantum step forward. While treating a 61-year-old patient who had advanced throat cancer, Dr. Simonton, in desperation, suggested the man try visualization as a means of enhancing his medical treatment. He advised him to visualize his cancer cells as vividly as possible, and picture his immune system and his white blood cells succeeding in killing the bad cells.

In a few weeks, despite his original poor prognosis, the man’s tumor had virtually shrunk away and he was free of side effects from his radiation therapy. After two months, his tumor was gone.

Dr. Simonton was elated but puzzled. Could an inner image held with healing intent actually counteract cancer? The patient accepted his cure in stride. In fact, he told Dr. Simonton that he would also try visualization on the arthritis in his legs.

Within a few more weeks, he succeeded, and continued to remain free of the former cancer and arthritis throughout the follow-up period of the next six years.

Simonton Cancer Center

Dr. Simonton went on to develop an entire mental, emotional, and social approach to enhancing medical treatment for his cancer patients. The program focuses on the influence of beliefs and belief systems. Participants enrich their lives and promote their health through lifestyle counseling, relaxation and mental imagery or meditating on the deepest held beliefs about the self and about life itself. To unleash the body’s unlimited ability to heal itself, we must unleash ourselves from our own limited beliefs and defenses against self-change. By doing so, we can feel good about who we really are.

In November, 1997, Dr. Simonton was honored by the American Medical Association for his film, Affirmations For Getting Well by Touchstar Productions.

Tenets of the Simonton Program

1. Our emotions significantly influence health and recovery from disease (including cancer). Emotions are a strong driving force in the immune system and other healing systems.

2. Our beliefs and attitudes influence our emotions thereby affecting our health and healing systems.

3. We can significantly influence our beliefs and attitudes. As a result we shape our emotions, and therefore, significantly influence our health.

4. Ways of influencing beliefs, attitudes and emotions can be readily taught and learned by using a variety of accessible methods that are presented in this program.

5. All of our function as physical, mental, social and spiritual/philosophical beings. These aspects need to be addressed in the broad context of healing, with a focus on the particular needs of a person who is ill, and that person’s family, community, and culture.

6. Harmony is central to health — balance among the physical, mental, and spiritual/philosophical aspects of being. This extends to relationships with self, family, friends, community, planet, and universe.

We have general tendencies and intrinsic abilities that aid us in moving in the direction of health and harmony (including physical, mental, spiritual and social aspects).

8. These abilities can be developed and implemented in meaningful ways through existing techniques and methods that are presented in this program.

9. As these abilities are developed, proficiency evolves, as when learning other skills. The result is greater harmony and improved quality of life, which significantly impacts one’s state of health.

10. These skills and insights also change our relationship with death by lessening our fear and pain, and freeing more energy for getting well and living life more fully today.

Deep Feeling and the Invisible Factors of Healing

At Hippocrates Health Institute, we embrace the mind/body approach to healing at the very heart of our program. We recognize that healing comes from within, and that simply changing what we eat without changing what we think and feel is not enough.

We help our guests unburden themselves of inner blockages to full life, and that sometimes means confronting the deepest held beliefs about the self and about life itself. To unleash the body’s unlimited ability to heal itself, we must unleash ourselves from our own limited beliefs and defenses against self-change. By doing so, we can feel good about who we really are.

Cont’d from p. 34

POP Campaign

Cont’d from p. 25

Experts warn that farmers may be forced to resume the heavy use of pesticides if ancient bugs become widespread and farmers may be using genetically modified crops in ways that hasten the development of resistant bugs.”

In the case of OME labeling is a tipping point issue. This will set up a completely new framework for consumer rights. Support the POP Campaign’s and other efforts to label GMO & GE foods.

Testimonial Free Speech Act — A Powerful Consumer Tool


The River of Life, cont’d from p. 31

Blood and our Organs

The three major organs involved with the process of blood are the heart, the liver and the spleen. They all have their own unique function and responsibility. The heart rules our blood and blood vessels. Our liver stores and detoxifies our blood. The spleen stores and releases the main source of blood which generates the creative soup of nutritive materials from the food we eat.

Water is transformed into Qi, Fire is transformed into Blood. Blood and Fire are both red in color. Fire resides in the Heart where it governs Blood, which moistens the whole body. Fire is Yang, and it generates Blood that is Yin.”

—From Discusion on Blood by Tang Zong Hai, 1884.

The emotions of joy, love and passion are associated with the heart. Lack of one of these emotions can result in imbalance. In life it is essential to feel safe, loved, guided and supported. Just as the banks of a river guide the waters to their source, our self-love guides us to the infinite well of nourishment that is immanent. By doing so, we accept the feelings of joy, love and passion that are so key that our hearts may blossum open, like a rose bud blossoming open on an early spring morning. As our hearts blossum open we can share our love with others. The essential oil (blood) from a rose, nature’s expression of love in liquid form, or rose water spray are both nourishing and cooling to our hearts.

A tea of valerian is also good for sleep as it calms the spirit and roshes help build blood.

Dietary recommendations for nourishing the heart and blood are bitter greens, such as dandelion, broccoli rabe, kale and spinach. The Chinese have a saying, “to eat bitter,” and they have many ways of preparing bitter foods. For example, the 16th Century alchemist and physician, Paracelsus, used bitters as a healing remedy.

The liver is responsible for detoxifying our blood as our blood and blood vessels — a blatant example cited is where armed federal agents raided the headquarters of Maxam Nutraceuticals, a company producing nutritional supplements for people with autism spectrum disorder and Alzheimer’s disease. The raid was based on Maxam’s alleged failure to comply with a warning letter from the FDA regarding “improper labels.” The labels were simply counts from Maxam customers describing their experiences with Maxam products. Your donations are greatly appreciated and necessary to further our efforts. Please send tax deductible donations to:

POP Campaign
20 Sunnyside Ave, Suite A13
Mill Valley, CA 94941

Visit www.popcampaign.org or call (415) 999-9414 or email rud@popcampaign.org.

The spleen produces blood from the food we eat to nourish and strengthen our muscles. The blood is transformed and transported to the muscles to hold up the organs in their proper place. Prolapse of the uterus, hemorrhoids, chronic fatigue syndrome and fibromyalgia are signs of imbalance of the spleen. Sweet corn and peppers nourish the spleen. Asparagus and high fructose corn syrup are detrimental to our spleen and the production of blood and energy. Sitting meditation is useful to calm the mind and increase spleen qi energy.

In conclusion, the three treasures are represented in many different facets of blood, including our red blood cells and plasma. Our foods are signs of blood deficiency of the spleen. Sweet corn and peppers nourish the spleen. Asparagus and high fructose corn syrup are detrimental to our spleen and the production of blood and energy. Sitting meditation is useful to calm the mind and increase spleen qi energy.

Note: Reported in the Journal of the American Medical Association, midlife and Alzheimer’s disease was a chance of developing high blood pressure (hypertension), which is a major risk factor of heart attack and stroke.

Cont’d on p. 54
Harmful Lifetime

The

55

wood

exposure

Warranty

relearned.

and that's good news, because

No baby is born with low self-esteem,

, cont'd from p. 52

One Blood

full empowered living. We facilitate

atic dismantling of each of our guest's

At Hippocrates, our understanding of

free; anything less gets us into trouble.

Tissue Disorders, Acute and Chronic

Wound Care Problems, Delayed Heal-

stagnation and the potential environ-

cells start to die. Now you have a fluid

ygen and nutrition to the cell and the

congest the spaces around the cells,

blood waste starts to accumulate and

your cells start functioning poorly

flammation, Musculoskeletal and Connective

Pain, Acute and Chronic Edema. This

happens to so many people because

because of poor blood circulation and

Pain, Acute and Chronic Edema. This

... and hence lead to osteoporosis.

levels of HC 8 – 10

leading to defective bone matrix,

abnormal cross-linking of collagen,

for heart disease versus choles-

powerhouse) damage. It can cause neuro and neuropsychi-

body. In the brain homocysteine can cause neuron (brain

B-12 will have a buildup of HC and therefore elevated

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intracelluarly because B-12 is a cofactor in its metabo-

at the cellular level.

evaluated to give a clearer picture of what is occurring

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B-12 should be taken along with whole B complex for

Blood Balance, cont'd from p. 17

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It means it demonstrates the importance of B-12 in our

blood. B-12 levels can be measured in the blood, but there

is a pitfall. Blood levels of B-12 may represent active as well

as inactive B-12, the latter of which cannot be utilized by

human cells. Blood B-12 can actually paradoxically increase

because it cannot be taken into the cell, where it has

its physiologic effect. Intracellular analysis of B-12, or

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evaluated to give a clearer picture of what is occurring

at the cellular level.

HC, an amino acid, is a proxy measure of B-12 function

inter cellularily because B-12 is a cofactor in its metabo-

lism. A normal HC establishes that adequate active B-12

is absorbed, circulates through the blood, and is utilized

biochemically in the cell. Those with inadequate active

B-12 will have a buildup of HC and therefore elevated

blood levels.

Excess HC can have grave consequences throughout the

body. In the brain homocysteine can cause neuron (brain

cell) DNA damage and neuronal mitochondria (cellular

powerhouse) damage. It can cause neuro and neurosurgi-

atic disorders including memory problems and Alzheim-

er's dementia. Elevated HC is much more predictive as a risk factor

for heart disease versus choles-

terol testing. Elevated HC can cause abnormal cross-linking of collagens,

leading to defective bone matrix,

and hence lead to osteoporosis.

Normal reference values reported by

the larger laboratories are often

unacceptable. The ideal level of

blood HC is 6 – 7. Levels of HC 8 – 10

are okay, and any level above 10 is

unacceptable. An MCV value on the

complete blood count above 95 is

suspicious for inadequate folate or

B-12 utilization. An MCV above 100

probably increase blood circulation and

lymphatic drainage to help you achieve a better quality of life. B

If you would like to learn more about H-Wave and how you would benefit personally, contact Kevin Kehoe at

(561) 471-8876, ext 136.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, or prevent any disease.

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Emotions Can Create White Blood Cells, cont’d from p. 39

Emotions affect our immune system through neurotransmitters such as serotonin, dopamine, and nor-epinephrine, which are injected into the blood and act on white blood cells. WBCs and antibodies (immunoglobulins) are produced by the body’s immune system in response to threats. Serotonin, dopamine, and nor-adrenaline are key chemicals that affect the immune system and can influence the body’s response to stress.

Chef Renate’s Kitchen

Renate to indulge us in her pastry talents. Her raw take on an American classic was revealed in all its glory. A succulent, subtle lime mousse set atop a crumbly, thin layer of crust, and a lovely aromatic meringue finished off the dessert. The synergy of the three components—the mousse, the crust and the meringue—brought the pie to a level of eloquence and elegance.

Satisfyingly full, we all left in awe of Chef Renate’s talents. Questions and comments and all sorts of discussion about the night only ceased when it was time for the guests to head back to Hippocrates. It was a night to remember and definitely a night to discuss while entertaining your own friends and family.

Chef Renate’s classes help ease the transition to the raw food life. She demystifies the preparation of beautiful, healthful food and applies her personal touch as she tells her story.

For more information on Chef Renate’s classes, please contact her at RenateWallner@comcast.net or (561) 798-4400.

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Hippocrates Health Institute » www.HippocratesInstitute.org

we were instead to learn from those who have taken the arduous, difficult, and ultimately joyful journey from obesity to health?

We can play the blame game ad infinitum, but who does that help? Does it help those with weight problems that leave them vulnerable to disease and prone to feelings of shame? What if we were instead to learn from those people who have taken the arduous, difficult, and ultimately joyful journey from obesity to health?

I have had the wonderfully good fortune recently to become friends with a young woman named Natala Constantine and her husband Matt. They’ve been married for seven and a half years. At their wedding, Natala was morbidly obese.

She knew something about the abuse endured by obese people in our society. By then, she had lost track of the number of times she had been humiliated in public, called ugly names by strangers, and been physically hurt by people who felt entitled to treat her as less than human because of her weight.

People constantly told Natala she was lucky Matt had fallen in love with her, and that he must be amazing to be able to look past her weight. A week after the wedding, she was diagnosed with severe diabetes. Her blood had become so acidic that her organs were shutting down, and doctors seriously doubted whether she would survive. She was 25 years old.

Five years later, Natala was taking up to 19 different medications and as much as 200 units of insulin a day. She ate what many people would call a healthy diet—lots of animal protein, and almost no carbohydrates. She had a hold on me that I could not even conceptualize prior to those three weeks. I would sit in my car and cry outside of sub shops, just wanting a tuna melt.

It was very rough, but Natala stayed with it and the results were nothing short of miraculous. In 30 days, she was off all insulin.

The physicians she was seeing for her diabetes took a look at her numbers, were amazed, and wanted to know how she did it. “I told them I had adopted a completely plant-based diet.” They didn’t seem surprised at all, and told me that plant-based diets were helping to reverse diabetes. When I asked why they hadn’t suggested it, they told me because it isn’t practical.

Aghast, she asked her doctor, “Do you think it’s practical to be 30 years old and lose a leg?”

She walked out of that doctor’s office and never went back. “Everything changed from that moment,” she recalls. “I slowly decreased all the other diabetes medications I was on. I lowered my blood cholesterol without drugs. I lowered my blood pressure without drugs. I corrected my hormonal problems without drugs. Many diabetics go blind, but I reversed the nerve damage in my eyes. And that infection in my leg? It completely healed. The arthritis in my feet? It went away.”

Today, Natala Constantine has lost almost 200 pounds, is medicine-free, and continues to make great strides toward her ideal weight. Her diabetes is in complete remission. I’ve met her and I can attest that she is one of the happiest and most radiant people you could hope to meet. A concert violinist, she exudes joy.

And her husband, Matt? While Natala was dealing with diabetes, he was not only obese but also suffered from severe food allergies. Eating a few tomatoes would send him to the emergency room. His food allergies dominated his life. And now? His improvement, on a 100-percent healthy plant-strong diet, is almost as miraculous as his wife’s. A concert pianist, he has lost 50 pounds, is now a healthy weight, and his food allergies are entirely behind him.

It’s quite a world we live in, isn’t it? On the one hand, we have the Heart Attack Grill, whose 570-pound spokesman died this month at the age of 29. On the other hand, we have people like Natala and Matt Constantine, who have taken a different path. We live in a society that tends to cruelly stigmatize the obese. The Heart Attack Grill represents one form of response. It can feel empowering to turn shame into defiance. When society points its finger at you, blaming you and denying its own illness, there is a natural urge to send a message back to society with your middle finger.

But is there a healthier alternative? What about turning shame into a commitment to greater well-being and happiness? What about refusing to internalize society’s negative messages, and instead building a healthy life of joy, confidence, and beauty?

Cutting back on heavily sweetened beverages like sodas and juice-like drinks is a good place to start. Eating less processed foods and more whole foods is another good step. Getting exercise helps a lot. And the more of your nutrients you can get from plant sources, the better.

Eat a healthy plant-strong diet, and your body will thank you for the rest of your life.

Sweating… the body’s natural way to heal & prevent illness

mPulse™ Full Spectrum Sauna

Continue your life transformation at home with the ONLY sauna to deliver blends of near, mid and far infrared.

- Clinically-backed health benefits are safe & effective
- Fractal programs target detoxification, weight loss and more
- Customizable settings for changing health needs
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Hey, baby… Got Sprouts?

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Got Sprouts?
Chlorophyll is also a very important part of the algae. Its molecular structure is almost the same as that of the hemoglobin, which is responsible for carrying oxygen throughout the body. Chlorophyll is built around a structure known as the porphyrin ring, which is common to a variety of natural organic molecules. The main difference between them is the porphyrin ring of hemoglobin is built around iron (Fe) and the porphyrin ring of chlorophyll is built around magnesium (Mg). Research suggests a relationship between the chlorophyll component phophytin and hemoglobin generaof hemoglobin is built around iron carrying oxygen throughout the body. Chlorophyll is built around a structure of hemoglobin, which is responsible for oxygenating the blood. All body cells need folate, but folate is even more important for women who are trying to get pregnant. When a woman has enough folate in her body before and during pregnancy, it can prevent major birth defects. These birth defects include spina bifida and anencephaly. Spina bifida occurs when an unborn baby’s spinal column does not close to protect the spinal cord. As a result, the nerves that control leg movements and other functions do not work. Children with spina bifida often have lifelong disabilities. Anencephaly occurs when most or all of the brain does not develop. Babies with this problem die before or shortly after birth. Good food sources of folate include: wheatgrass, sprouted lentils, romaine lettuce, spinach, sunflower seeds, to name a few. If one needs supplemental folate, I recommend a whole food source of folate such as Lifegive Men’s and Women’s formula. Women considering getting pregnant should consult with their doctor about a whole food based prenatal vitamin.

When I worked in hospitals, there were many patients with severe vitamin B12 deficiencies. These were disturbing conditions to witness. That’s why, here at Hippocrates, we recommend vitamin B12 in its soil-based form. Consume foods and supplements rich in iron, folate, Vitamin B-12, blue-green algae, chlorophyll and wheatgrass will help keep your river of life flowing strong.

References:

Blood Builders, cont’d from p. 46

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Another blood building supplement and B vitamin is folate. It helps the body make healthy new cells. Folate is needed to make normal blood cells and prevent anaemia. All people need folate, but folate is even more important for women who are trying to get pregnant. When a woman has enough folate in her body before and during pregnancy, it can prevent major birth defects. These birth defects include spina bifida and anencephaly. Spina bifida occurs when an unborn baby’s spinal column does not close to protect the spinal cord. As a result, the nerves that control leg movements and other functions do not work. Children with spina bifida often have lifelong disabilities. Anencephaly occurs when most or all of the brain does not develop. Babies with this problem die before or shortly after birth. Good food sources of folate include: wheatgrass, sprouted lentils, romaine lettuce, spinach, sunflower seeds, to name a few. If one needs supplemental folate, I recommend a whole food source of folate such as Lifegive Men’s and Women’s formula. Women considering getting pregnant should consult with their doctor about a whole food based prenatal vitamin.

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References:
Blood and Organs

The relationship between function capillary density and erythrocyte aggregation has been established. A functional magnetic resonance imaging study involving cell phone usage effects on cerebral blood flow demonstrated findings similar to the extrapolated findings of erythrocyte aggregation decreased cerebral vascular blood during cell phone usage.

The effects of RF radiation have been linked to many diseases and disorders and a relationship has been established to the potential for even greater physiological damage. One must assume that not only has there been changes to the live blood constituents’ spatial orientation, but that other effects and subsequent physiological implications and health risks that were not evaluated in the realm of this study were also affected.

The significance of the change in any resultant parameter of an investigation yields a physiological indicator which can then be used merely to interpret the validity of whether or not a change has occurred. The subsequent interpretation of the nature of this change, based on reproducibility will give us insights into the value of the phenomenon.

Bearing in mind that researchers have not been able to determine the actual physiological mechanisms or incubation periods involved in the disease process for many cancers, and the fact that there is a documented relationship between cell phone usage and brain tumors, one must consider that the strategic functions of blood may play a probable cause in this, especially if a dynamic change occurs under radio frequency radiation influence.

The interpretation of the darkfield microscopic evaluation imaging results demonstrated that cell phone usage (RF) causes erythrocyte aggregation and rouleaux effects to the blood samples of all subjects. Therefore has an effect on the functional capillary density and the overall health and well being of the individual.
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