Human Sexuality

How Cultivating Love Inward Manifests Loving Outward

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Love is like the tree of life, with its trunk, roots, branches, leaves and fruit. Sexual energy is like the sap moving within this tree. It is the current that transports nourishment and vitality to every cell of the whole.

—John Robbins, page 26
Most often sex is presented in one of two extremes. It is either suppressed by finger-pointing factions (who ironically make headlines every few years for not practicing what they preach) or, at the other end of the spectrum, it is overhyped in a cheap frenzy by tawdry zealots who parade themselves around as sex objects.

Like it or not, we have been influenced by these fabricated perceptions and notions. This can lead to a lack of fulfillment in our central biological need. Our common education generally comes from our parents and their way of dealing with their own sexuality. If they are cold and estranged from one another and do not show tenderness freely, we most likely will morph into a similar pattern.

On the other hand, if our parents flaunted their sexuality and distributed it like water, we may harbor the idea that we can gain attention and love through perpetual promiscuity. If we, as children, see our parents using sexuality to manipulate or gain an advantage this can cause serious problems as well. Girls in particular may get trapped in this mindset and never discover the fulfillment and true power of their own maternal strength. Layered on top of these personal experiences comes the often rigid doctrine of quasi-spirituality. These typically puritanical views warp our understanding of sexuality, telling us it is a bad thing.

Although we are living in the twenty-first century, we seem to be lost and confused about sex and its vital importance in the human experience. Our foremost purpose is to illuminate and perpetuate humanity. An unwavering biological drive is the guiding force for practically every thought, action and experience in our lives.

It is often said that if our sex hormones were missing, life would be mundane and dull. Right up the hundred-year-old men and women who still dress up to go out on dates, our innate, powerful internal force still drives us to grow and interact.

Several years ago, we recognized that people were greatly confused about the act of unity and thought it best that we write our newest book, *The Seven Keys to Lifelong Sexual Vitality*. Our knowledge on this subject comes not only from the endless learning we acquire during health consultations, but from our own experience as parents, grandparents and fellow humans.

As important as it is to have a positive mindset, exercise and eat well, it is even more important to recognize your sexuality. Become comfortable with it; utilize its every nuance in a proper, positive way so that you can gain the spectacular advantages that it affords you.

This issue of *Healing Our World* is rich with ideas and perceptions from a wide variety of contributors. Our ultimate desire is that these words will impel you enough to liberate that beautiful, giving person deep in your soul.

Once you energize the force of nature, you will almost instantly become conscious of your ultimate life’s purpose. We once asked our married friends who were in their nineties about their sex life. They smiled and said, “We are doing well; that is why we decided to remain alive.” Although their story may be rare, your aspiration should be the same: aspire to lifelong intimacy, tenderness, companionship, love, sharing, exploration and joy. Become yourself in the way that nature has intended from the time you were conceived.

Blessings,

Drs. Anna Maria and Brian Clement
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In the words of Maude Lebowski (of The Big Lebowski fame), “It’s a male myth about feminists that we hate sex. It can be a natural, zesty enterprise. But unfortunately there are some people—it is called satyriasis in men, nymphomania in women—who engage in it compulsively and without joy.”

Sex is, indeed, one of the most joyful acts humans can engage in. Without a doubt, it is every bit as natural as breathing or eating, as none of us would be here to eat and breathe without it. Maude is also dead-on about her last point — unhealthy sexual compulsion can be very problematic.

Sex is an essential part of life — and not just for procreation. To achieve optimum health, sexuality must be treated with the same respect as other human necessities, such as proper nourishment, exercise and sunshine. Too little or too much, as well as the wrong types, of any of these human essentials can diminish our health, but judicious amounts can increase our life-force.

A healthy sex life can benefit people in every regard, including: stress reduction, heightened immunity, improved heart health, boosted self-esteem, improved immunity, reduction of pain, lowered risk of prostate cancer and improved sleep, not to mention the fact that many view sex as the best form of exercise.

The dangerous side of sexuality has some similarities to the dangerous side of food. People can certainly become addicted to unhealthy sexual practices, just as they can to junk food. Similarly, there is no shortage of misinformation that can alter people’s perception of sex. Especially evident in many children today, unhealthy sexual attitudes are imprinted just as early in life as unhealthy eating habits.

The key to healthy sexual balance is the same as in any pursuit. Loving yourself and making your own well-being your number one priority will guide you to wise decisions in all arenas. We all have our own natural sexual preferences, including those of us in same-sex relationships. Gay people and heterosexuals alike can find our paths to healthy sexuality by quieting the external pressures and distortions of society and following the voice within. In this regard, we can all take a cue from The Big Lebowski quote: “The Dude abides.”

Yours in health,
Will Burson

Open dialogue about sexuality removes the stigma that so many human institutions have shackled it with. This doesn’t just mean saying what you think about sex, but accepting the views and practices of others, so long as they don’t harm anyone else.
Andy Bernay Roman is a Florida licensed Mental Health Counselor, a Registered Nurse and a Licensed Massage Therapist, who has practiced his unique form of body-oriented psychotherapy at HHI since December 1990. Find out more about Andy’s work through his book, Deep Feeling, Deep Healing: The Heart, Mind, and Soul of Getting Well, available through the HHI store. www.deepfeeling.com

Robby Besner is the CEO of Therasage, LLC, a Florida based company dedicated to providing natural, safe, affordable, therapeutic home and office healthcare products. The company’s mission is to elevate consciousness to a cleaner environment and raise awareness of the positive natural health and wellness effects of Far Infrared heat and Negative Ion Therapy, restoring personal wellbeing. www.therasage.com

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

Will Burson is Art Director of Hippocrates Health Institute (HHI). While he’s not busy putting together Healing Our World magazine or attending to his other duties at HHI, Will enjoys cycling and reading. Bicycle advocacy and promoting plant-based diets is his passion.

Dr. David John Carmonas began studying yoga in 1993 and became vegetarian in 1995. He writes, researches and spends his time studying ancient healing concepts, nutrition, mythology, weights, cycling, yoga and the healing secrets of the ancient Essenes. He is an Essene Bishop. David co-authored You’re Never Too Old To Become Young.

Antony Chatham, a Florida licensed psychotherapist, has worked with Hippocrates guests since 1994. 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 coursework.

Katharine Clark, RN, founded her company, HealthWorks, Inc., in 1987. Her specialties include organic and wild-crafted super foods, raw and living foods, oggins and natural healing. Katharine consults privately as well as in different workshops. HealthWorks60@gmail.com

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 a leading expert diagnostician and is Co-Director and Chief Health Administrator of Hippocrates Health Institute.

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

Rachel Doran is a social worker in beautiful Lake Worth, Florida. Her clients are adults with developmental disabilities and she assists them in maintaining independent lives. Rachel enjoys cycling and being with family and friends. Due to illness, she was recently introduced to the benefits of raw food juicing and it has become a part of her daily health regimen.

Safa Fisher, MA, received her masters degree in Education from Columbia University. Her own health challenges and journey to Hippocrates led her to new ground, pursuing a MS in Nutrition. She shares on approaching health through mind, body and nutrition. at www.safasf.com.

Laura Grammatico is a Hippocrates Health Educator, international speakers and certified raw food chef. She facilitates cleansing retreats, raw food workshops and guided meditations throughout the U.S. and Europe. Her presentation titled Love Your Body—Love Your Life is an all-encompassing package creating harmony and vitality within the body, mind and spirit.

Steven Halpern is the #1 best-selling recording artist of music for health and well-being. A visionary composer and pioneering sound healer, he introduced the concept of ‘sound health’ to mainstream audiences. His music is played at leading health and healing centers worldwide. His debut release, Chakra Suite, was named “the most influential New Age/healing album of all time.” His latest releases include Deep Theta and Paradigm Shift.

Mikaelie Holzer, a Hippocrates Health Educator, facilitates detox cleanses and is a life transformation coach. Rudi Leonardt is a business consultant, mediator and advocate. He works to create a lasting impact on businesses, communities and society through collaborative approaches and healthy sustainable values. The POP Campaign invites you to participate and engage your power. Read the full article on page 16 or visit www.POPCampaign.org.

Rudy Leonardi is a Florida licensed Physician, a practitioner and teacher of the renowned Hippocrates Health Institute (HHI), the world’s foremost complementary residential health center. He and his team at HHI have developed a state-of-the-art program for health maintenance and recovery. His Florida institute has pioneered a life-changing program and established training in active aging and disease prevention that has proven to raise health and happiness levels.

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

Viktora Kubrinjak is the international best-selling author of Survival in the 21st Century. He had a career in mathematics and was a successful computer consultant prior to cofounding Hippocrates Health Institute with Ann Wigmore in Boston. Learn more at www.survivalthes21stcentury.com.

Diane Laboski 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.

Dr. Steve Lemberg received his M.D. from the Columbia University College of Physicians and Surgeons in 1978, with honors in neurology and pediatrics. He is a raw, living foods vegan and expert in meditation who has lived a wellness lifestyle for decades. He directs the Oxygen Therapy Center at HHI, and his goal is to bridge the gap between conventional medicine and natural healing.

Cindy Neville is a Stage IV melanoma survivor. Two years ago, doctors had nothing to offer except experimental treatments with no success records and very aggressive side effects. Cindy decided to put her healing in her own hands by attending Hippocrates Health Institute’s three-week Life Transformation Program and learned how to heal the mind, body and spirit by adopting a raw vegan lifestyle. She has been able to continue her new diet and has amazed the medical field by stopping and reversing her cancer.

Rachel Doran is a social worker in beautiful Lake Worth, Florida. Her clients are adults with developmental disabilities and she assists them in maintaining independent lives. Rachel enjoys cycling and being with family and friends. Due to illness, she was recently introduced to the benefits of raw food juicing and it has become a part of her daily health regimen.

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@HippocratesInstit.org.
Eating Raw Fruits And Vegetables May Alter Heart Disease Gene

Reprinted courtesy of The Huffington Post

Just when the old adage “an apple a day keeps the doctor away” seems to lose any real meaning behind that condensing rhyme, science steps in to revive the proverb with relevance. While you can’t change your genes, new research suggests that you can turn them off by spending more time in the produce aisle with Granny Smith.

According to a new study out of McMaster and McGill Universities led by an international team of scientists, eating fresh fruits and vegetables can help turn off one of the most potent genetic associations with heart disease, a gene more affectionately known in the medical world as the 9p21 gene.

Through one of the largest gene-diet interaction studies ever conducted on cardiovascular disease, the researchers analyzed more than 27,000 people from various ethnicities around the world and the effects their diet had on the 9p21 gene.

“We often think of genetic factors as being unmodifiable factors,” Dr. Sonia Anand, a joint principal investigator of the study and professor of medicine and epidemiology, told ABC News. “But lifestyle factors can actually change the gene.”

The results of the global retrospective supported the “five a day” recommendation, finding that diets high in fresh fruits and vegetables actually mitigate the effect of 9p21, regardless of the individual’s genetic disposition.

Individuals with the high risk genotype could reduce their risk factor to the same level as those with the low risk genotype when following a “prudent diet,” one composed of mainly raw fruits, berries, and vegetables.

“What this study seems to imply is that you shouldn’t throw in the towel if you have a family history or are at risk for heart disease because healthy living with a healthy diet, in addition to other lifestyle changes such as exercise and maintaining a healthy body weight, can take away from the risk that genes give you,” Beth Abramson, a cardiologist at St. Michael’s Hospital in Toronto who was not involved in the research, told The Canadian Press. This is all welcomed news as in the U.S. alone, coronary heart disease is the leading cause of death, with stroke, another cardiovascular disease, ranking third on the list of killers.

Regardless if you have the high risk gene or not, previous research shows that every additional serving of fruits or vegetables can bring about a four percent decrease in the rate of heart disease related deaths.

“Future research is necessary to understand the mechanism of this interaction, which will shed light on the underlying metabolic processes that the 9p21 gene is involved in,” the study’s lead author, Dr. Ron Do, notes in the joint university press release. Meanwhile, the report advises consumption of “more than five fruits or vegetables” daily to promote good health.

So in the interim, consider making that “apple a day” an additional serving, rather than your one and only.

Contributors (Continued from previous page)

Dr. Wayne Pickering faced the prognosis of death at age 30. Now at 63 years young, he is an award-winning triathlete, double nominee for the Healthy American Fitness Leader Award, nutritional performance coach and disease prevention specialist. He’s authored 21 books, 32 audio learning programs, two DVD series, 50 health systems and over 400 articles on fitness, stress and nutrition. Learn more at HealthAtLast.com.

Rita Robinson fell in love with raw foods eight years ago and it’s still love her back. In natural health for 25 years, she founded the “Sexy Boomers’ Club — Healthy, Whole-some, Vibrant and Vital, The Real Sexy” to show baby-boomers how to keep their mojo flowing by lightening up in body, mind and spirit. Health revery is the best pre-test. Contact Rita at evolvetolove@yahoo.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 2003, Dr. Powell has taught graduate and undergraduate courses at FAU as a full-time instructor. Her classes prepare teachers in the psychology of teaching, learning theories, classroom management and self-assessment.

Gary L. Samuelson, PhD in Atomic/ Medical Physics. Geverts his career to the advancement of promising technologies addressing major health issues. Some of his successes include the production of safe, stable nanoparticle structures capable of disabling viruses and attacking bacteria. Lately his focus has been on applications for the emerging science of Redox Signaling.

Dr. Edwin Riley is author of Stress Rx, and a doctor of Mind / Body Medicine, Transper- sonal 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.

Robbins is the author of nine bestsell- ers that have collectively sold more than 2 million copies and been translated into 30 languages. These include Diet for a New America; The Food Revolution, and his latest book, No Happy Cows: Dispatches from the Frontlines of the Food Revolution. To learn more, or to join John’s email list, visit www.johnrobbins.info.

Lauren Walker is a writer and musician from central Vermont. She runs the Energy Medicine Yoga program at Norwich University for military cadets, civilians and veterans. She publishes widely, including features in The New York Times, The Jerusalem Post and Salon.com. Her original musical StAM the Hockey Rock Opera, will be in the inaugural Pitch festival in Auburn NY this summer. You can read her work at LKWalker.com.


Dr. Will Tuttle is a former Zen monk and author of the #1 Amazon best-seller, The World Peace Diet, a former Zen monk and author of, and Compassion ministry, and an acclaimed pianist and composer. Read more at www.WorldPeaceDiet.org.

Sheila Skrobek is a Yoga Alliance 200hrs certified yoga teacher with 15 years experience. She is a full-time Program Consultant and vinyasa flow yoga teacher at Hippocrates Health Institute.

Dr. Sonia Anand, a joint principal investigator of the study and professor of medicine and epidemiology, told ABC News. “But lifestyle factors can actually change the gene.”
Obesity During Pregnancy Increases Autism Risk

A new study suggests obesity during pregnancy may increase chances for having a child with autism. Parents today face an average of 1 in 88 chance of having a child with autism. The study’s results suggest that obese during pregnancy would increase the average rate to 1 in 53 chance.

More than one-third of U.S. women of child-bearing age are obese. The study’s results add yet another incentive for maintaining a normal weight, said researcher Paula Xrakwski, a study co-author and scientist at UC Davis. •

Brain Tumors linked to Dental X-rays

Exposure to ionizing radiation, such as from X-rays, is the greatest known environmental risk factor for largely non-malignant meningioma brain tumors. Routine dental X-rays are one of the most common sources of radiation for most healthy people in the U.S.

A new study suggests that performing frequent X-rays could expose dental patients to unnecessary risk.

Survival in Breast Cancer Patients Boosted by Cruciferous Veggies

According to a new study, consuming cruciferous vegetables may have a positive impact on survival in breast cancer patients. A large population-based prospective cohort study of Chinese breast cancer survivors, called the Shanghai Breast Cancer Survival Study, showed that eating cruciferous vegetables after a diagnosis of breast cancer was associated with improved survival. The study results were presented at the American Association for Cancer Research (AACR) Annual Meeting.

Dr. Sarah J. Nechuta, MPH, PhD, a postdoctoral research fellow at Vanderbilt University in Nashville, Tennessee, led the researchers, who found that, even after adjusting for demographics and lifestyle factors, cruciferous vegetable intake during the first 36 months after diagnosis was associated with a reduced risk for total mortality, breast-cancer-specific mortality, and recurrence of breast cancer in the Chinese women.

The team observed that across increasing quartiles of cruciferous vegetable consumption, the risk for total mortality decreased by 8% (to 63%), the risk for breast-cancer-specific mortality decreased by 22% (to 61%), and the risk for recurrence decreased by 21% (to 15%).

Dr. Brian Clement’s Speaking Schedule

**Health Educator Certification Program**

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- Nine week program includes three week HHI Life Transformation Program® and six weeks of curriculum and lectures
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In honor of the Hippocrates Health Educators Program’s 30th Anniversary, Health Educator graduates are eligible for a 30% discount on our expanded nine-week program.

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**9-week Start Dates**

- June 17, 2012
- July 8, 2012
- Sept. 16, 2012
- Oct. 7, 2012

**6-week Start Dates**

- Feb. 17, 2013
- March 10, 2013

Call today to register or learn more.

(800) 842-2125

www.HippocratesInstitute.org

**What’s the News?**

**What’s the News?**

Here is a little introduction to a beautiful soul. Our Beloved Pioneer, Ann Wigmore, inarated on planet earth in the Pleiku Village of Lithuania on March 3, 1909. At the age of 15, she sailed to the United States, reuniting with her parents who had already been living in the state of Massachusetts. She later married and gave birth to a daughter, Wilma, and lived a simple, humble family life.

Years later, in poor health and suffering from colon cancer, Ann started incorporating the wisdom learned from her brilliant Lithuanian surrogate grandmother and began using wheatgrass and wheatgrass to heal herself. It wasn’t until her divorce that her vision really began to mold and form. And so for the next 56 years she studied and spread the natural healing and optimal nutrition message.

From 1956 until 1964, Ann took her inspiration from the United Nations, served all equally.

It was her strong intentions and the짝짝 limiting our own greatness.

Dr. Ann" being presented the 1970–1980 Woman of the Decade Award by The Humanitarian International Association. Ann’s achievements are far too numerous to mention in one article, but it should be said that because of Dr. Ann’s humble nature she never bragged about her recognition letter from the presenters of the Nobel Peace Prize. No, it was buried in a drawer of her office desk and was seemingly unimportant.

Dr. Ann, throughout the years, continued to research, innovate and simplify the living food experience. It is certainly Ann’s legacy that we now have bountiful indoor gardens in our own kitchens, be it in the country or a city apartment.

Dr. Ann was legendary for creating a jungle of greens. She also revolutionized indoor compost production complete with worms! cont’d on p. 50
We were inspired to write this book in the hope of guiding the masses away from believing in the lies of the conventional wisdom. There have been many books written that present the idea that sexual and fertile potential are just the result of physical and chemical laws. These books have failed because they do not consider the human being’s spiritual nature. This can be seen in key two, key four, key five, and key six, which are the key things that have the potential to improve fertility and sexual potency.

KEY TWO: Desire starts in the mind.

Sex is first and foremost a psychological issue, affirms Dr. Barratt, President of the American Association of Sex Educators. When developing a sane and sound vision of sexuality, your inhibitions and restrictions will melt away. There is so much more to sexual desire than just the vision that turns you on. It is essential to redefine your view on intimacy that your life can literally depend upon it.

As a young child, you were not sexual, but certainly inquisitive until your hormones railed and sexuality rose. If at this time you were discouraged from expressing yourself, it created the beginnings of an unhappy and unfulfilled life. You need to open your mind to guided imagery, which will inevitably dispel your current misunderstandings and open a world of possibilities.

KEY THREE: Express your sexuality.

Most of us find it difficult to fantasize and share our fantasies with our partners, yet study after study reveals that this is healthy and helpful in keeping relationships from breaking up. There is no such thing as too much sexual activity you have, the less ability you have to have sex. It is almost like the body shuts itself off waiting for you to turn it on again.

Exercise is also extremely important in keeping the engine tuned and running. A study recently published in LiveScience shows that women who conduct certain abdominal exercises often can bring themselves to orgasm. This may be a healthy and viable way to fulfill your desire without resorting to less desirable means.

KEY FIVE: Nourish your sexuality.

Even infertility can be conquered, as we see time and time again here at Hippocrates Health Institute. Most couples who are infertile resort to fertility medicine, which has a long list of side effects. Simple natural suggestions to increase sperm and egg counts and healthy conception range from ginger for men to cauliflower consumption for women. Researchers at Texas A&M University recently showed that watermelon was as effective as Viagra in assisting libido. Only in the case of this superior food, it worked for both genders.

We conducted a survey of guests and employees (four couples and four singles) to gauge how the Hippocrates diet affects sexual vitality. There was widespread agreement that it enhances libido, sensitivity, intimacy and, ultimately, fertility. There are also several foods and nutrients we have discovered that will help you regain physical and emotional strength in sexuality.

KEY SIX: Channel sexual energy in your mind.

This is not a new concept. Its roots began thousands of years ago in the east. Tantra grew out of this and became the first map to conscious intimacy and sexuality. This was the first map to consciousness and shared this knowledge with the general population. The core reason that these burdens affect your sexuality is that they are disruptive. This manifests as low sperm counts in males and low egg counts in females. There has been a plethora of research that established this concrete conclusion. Even one’s desire for intimacy and libido response is disturbed by everything from perfumes to sunscreens to lipsticks.

Beyond these man-made factors, another contributor to loss of sexual interest is lack of participation. This comes from disorders of desire, disorders of arousal and disorders of orgasm. As far back as the mid-twentieth century, anatomical biologist exposed the disheartening fact that the less sexual activity you have, the less ability you have to have sex. It is almost like the body shuts itself off waiting for you to turn it on again. Exercise is also extremely important in keeping the engine tuned and running. A study recently published in LiveScience shows that women who conduct certain abdominal exercises often can bring themselves to orgasm. This may be a healthy and
The POP Campaign (Preserve Organic Power) is a national non-profit organization focused on keeping organic standards pure (nationally and internationally); keeping clear voices and choices in the marketplace; and educating the public and policy makers. The Campaign and its thousands of members desire to see mandatory GE food labeling and to see more aggressive action to protect organic farms, foods, supplements and standards.

"If we do not stand up today and demand 100% labeling of GE food to know honestly and clearly what products we are buying, we are complicit criminals in creating a slippery slope that will reduce Homo Erectus to Homo Extinctus."
— DR. BRIAN CLEMENT, Hippocrates Health Institute

From the "Sky Is Falling" to "Frankenfish" Overnight
Over twenty years ago, Genetically Engineered food had been significantly introduced into our food chain. Concerns were raised then regarding the science, health effects and safety of GE food and organisms. These concerns were dismissed as "the sky is falling" paranoia with no satisfactory answers.

Whether you think genetic engineering is good or bad, the fact is the jury is still out on the subject. The purported benefits of GE foods, like so much of the information that comes out of the biotech industry, will take years of observation to confirm, and that is assuming there is no manipulation of GE research. In the meantime, it is crucial to move forward cautiously with judicious GE labeling.

Today, we know the horrible stories are no longer myths. It is a fact that if you eat anything containing soy or corn, 80% of the time you are eating GE materials. By the way, when reading ingredients, you will find virtually all processed food contains soy and/or corn, which essentially guarantees your exposure to genetic engineering.

GE "Frankenfish" is allowed to be used in food without labeling. Agro bacterium is used in creating GE crops and is linked to Morgellons disease (Vitaly Citovsky, Stony Brook University, New York); gut permeability and disruption in kids is becoming common and thought to be connected with consumption of GE foods. "pink slime" beef containing ammonia is infiltrating school lunches; a GE corn chip will actually produce a toxin in the body; more olive oil in the world is being sold than is grown and harvested (meaning other types of oil are used as "filler"); as animals are taken from being dishonest about its effects is an acute genocide of our fundamental birthright to choose healthy, alive and safe food."
— RUDI LEONARDI, POP Campaign

"There is a new activism that is taking hold — a grassroots genuine caring to make a difference and to take correct action. It’s our love rather than out of fear.”
— RACHEL PACHIVAS, East Bay Area Coordinator for California’s Label GMOs Campaign

"Genetic engineering" defines any process that alters an organism at the molecular or cellular level by means that are not possible under natural conditions or processes. Such means include, but are not limited to, recombinant DNA and RNA techniques, cell fusion, microencapsulation, macroencapsulation, gene deletion and doubling, introducing a foreign gene, and changing the position of genes. Genetic engineering does not include modification that consists exclusively of breeding, conjugation, fermentation, hybridization, in vitro fertilization or tissue culture.
— CITIZENS PETITION TO THE FDA, 2012
Doctors and Pharmaceuicals: Money Making Opportunities?
by Dallas Lasalle

It’s common knowledge that pharmaceutical companies frequently send drugs to doctors for them to distribute to their patients free of charge. Fewer people realize these same pharmaceutical companies also hold seminars and courses that are not monitored for objectivity and may not be relevant to the doctor’s specialties. There is a required disclosure of who finances a course and any ties to corporate sponsors, but classes are not monitored for bias. The classes are “taught” by pharma-funded doctors, but classes are not monitored for veracity or the pharmaceuticals they are teaching. What’s worse is doctors are required to sit through these seminars (which sound more like time-share presentations) and answer a quiz just to keep their state licenses and sometimes their malpractice insurance policies.

Advertising of pharmaceuticals on television and radio is another growing problem. The TV and radio spots (paid for by the same corporations who “taught” the doctors at their unmonitored courses and seminars) encourage listeners to “ask your doctor if drugs X, Y and Z are right for you.” When one considers how doctors get their information regarding the drugs their patients are asking them to prescribe, a serious conflict of interest emerges. Long ago, pharmaceutical companies were not allowed to advertise. Their sole outlet for promoting new products was the doctors. The pharmaceutical companies had to give specific information to the doctors in order for them to prescribe a new drug. Now, in a market saturated with new drugs, it is much more difficult for doctors to keep up with the products and find out which are best to help their patients.

Prescription drugs, used as directed, are safe for the vast majority of people. Melody Petersen, former New York Times reporter and author of Our Daily Meds adds, “The study estimating that 100,000 Americans die each year from their prescriptions looked only at deaths from known side effects. That is, those deaths didn’t happen because the doctor made a mistake and prescribed the wrong drug, or the pharmacist made a mistake in filling the prescription, or the patient accidentally took too much. Unfortunately, thousands of patients die from such mistakes too, but this study looked only at deaths where our present medical system wouldn’t fault anyone. Tens of thousands of people are dying every year from drugs they took just as the doctor directed.

This shows you how dangerous medications are.”

Doctors need to question the veracity and the veracity of the pharmaceuticals because the primary motivation of the pharmaceutical companies is selling a product. AstraZeneca, GlaxoSmithKline, Janssen, Vovartis, Pfizer, Bristol Myers Squibb, Eli Lily, Shire and others are all in the business to make money for their investors. The responsibility of these firms is to market drugs, not to dispense information about the drugs and their potential side effects to the general public.

This environment doesn’t encourage doctors or patients to make informed decisions. In the eyes of the pharmaceuticals, this is a business. They conduct it like any business — not for the good of the people, but for the good of the company, and business is booming.

Americans spent $307.4 billion on pharmaceutical drugs in 2010, according to a recent report from the consulting firm IMS Health.

Pharmaceuticals need more regulation, but a federal appeals court turned away the Food and Drug Administration’s bid for oversight of the industry on the grounds of freedom of speech. This ruling keeps the claims of pharmaceutical companies above scrutiny, with no guarantee their products can do what they claim to. The use of hyperbole in the publicity for a new product is not subject to an informational check and the advertising is free to mention only the positive effects of the product and then in tiny print or indiscernible voice-over list the side effects, which often include death.

When, the patients must research the drugs anyone proposes we use. It’s our responsibility to find out if they are truly beneficial and specific to our problem. We cannot let ourselves be persuaded by advertisements or publicity to take a product we might not even benefit from.

Following a healthful diet and exercise program is the best basis for a life free of disease and drugs. But, if we do have a disease and a doctor prescribes a drug, there is information available to us regarding benefits and detriments of the product. We must take it upon ourselves to find out if the product would truly help in our search for good health and a great life.

References:
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“Who’s teaching the doctors? Drug firms sponsor doctors” by Martha Rosenberg, Epoch Times

“I am talk to them about women in their 60s, 70s and 80s. The normal, healthy woman wants not just a “cuddle” but full out sex with her partner. Researchers have found that contrary to popular belief, a very large percentage of people aged from 60 to 85 and in good health have a satisfying sex life.”

When researching this article, I found it amazing that some in the media consider over 40 to be “older”! Au contraire! I am talking about women in their 60s, 70s and 80s. The normal, healthy woman wants not just a “cuddle” but full out sex with her partner. Researchers have found that contrary to popular belief, a very large percentage of people aged from 60 to 85 and in good health have a satisfying sex life.

There is a difference in the genders in senior sexuality. Part of the difference is there are many more single women in this category due to women living longer than men. In adult living communities there will be many more women living alone than men, and most of these women desire a satisfying relationship.

Some of the disparity of men being more satisfied with their sexual- ity than women has to do with the fact that women are generally more satisfied with their sexual activity. They find it too embarrassing or maybe even a bit boring. Some of the disparity is there are many more women in their 60s, 70s and 80s. This certainly adds, “The study...”

Without a doubt, this is the most exciting time of life. It’s a time when we can be an integral and fun part of life. Unfortunately, with age some people do have health issues that must be considered. Also, too many older people are prescribed medication that kills their libido and energy and therefore they spend too much time sitting in front of the TV. The sad part of life today is the prevalence of sexually transmitted diseases (STDs). Believe it or not, STDs are increasing exponentially in the elderly population. Studies have shown that syphilis, chlamydia and gonorrhea have increased in adults over 55. HIV rates in seniors have also risen. Information about these problems needs to be distributed to stop the escalation of these dangerous diseases. Many of the baby boomer generation still think the rules of sexual practices they learned as teens are still in effect today. Times have changed and people need to learn the “new facts of life.”

One reason for the low use of condoms among seniors is the fact that they no longer have to worry about getting pregnant. The fact is they do need to worry about STDs! One study showed that men who took Cialis, Levitra or Viagra had almost twice the risk of being diagnosed with an STD as men who did not. Most seniors do not talk with their doctors about their sexual activity. They find it too embarrassing and feel it’s nobody’s business but their own. The truth of the matter is they need to know the risks and they need to protect themselves from STDs in order to enjoy a long and healthy life. Sex is exciting and wonderful and it is a pleasure at any age. Enjoy!

“Is it not strange that desire should so many years outlive performance?”

— William Shakespeare

by Diane Lahoski

Sexy Seniors

18 Hippocrates Health Institute >> www.HippocratesInstitute.org
19 Healing Our World >> Human Sexuality
Sex, like food, also has an emotional component. As such, the act of sex can take us to extreme joy and height and also plunge us into deep despair. To build intimacy, start by opening lines of communication. Share a desire and encourage your partner to do the same. Studies have shown that simply telling your partner what you want in bed leads to deeper emotional intimacy. Enjoy time together without interruption, both in and out of the bedroom, to promote a connection.

So why is sex such a big problem with so much misunderstanding and emotional charge surrounding the topic? Let’s first look at the common theme of “What Men Need to Know About Women” and then look at the flip side of “What Women Need to Know About Men.”

What Women Need to Know About Men

Women need kissing and cuddling. While women need physical stroking and verbal stroking before, during and after sex, like food, also has an emotional component. As such, the act of sex can take us to extreme joy and height and also plunge us into deep despair. To build intimacy, start by opening lines of communication. Share a desire and encourage your partner to do the same. Studies have shown that simply telling your partner what you want in bed leads to deeper emotional intimacy. Enjoy time together without interruption, both in and out of the bedroom, to promote a connection.

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What Men Need to Know About Women

Men (and often older men) have a greater need for emotional stroking in addition to physical stroking. Emotional self-esteem becomes more of an issue when a woman or man reaches their fifties and beyond and can often escalate as one ages. A man can make a woman feel sexy by telling her how much she turns him on and holding steady eye contact. He can also make her feel loved by appreciating her (not just as a sexual partner).

Women need emotional intimacy more than men. There is a spiritual exchange that needs to take place before a meaningful sexual connection can occur. For some men, but for most women, they need to feel they’re reaching a higher plane than a quickie roll in the sack provides. They connect with the heart and head before sex even factors into the equation.

Both physically and spiritually, men and women need to be satisfied emotionally, not just sexually. One of the most important messages about sex is that it is immediately assimilated upon entering the body and provides maximum benefit when shared with a loving partner.

Sexual self-esteem becomes more important, and being a considerate lover adds to their sense of pride. Since most sex requires two people, it stands to reason that if the more positive reinforcement a man receives from his partner in a loving relationship, he will become. Positive (and passionate) reinforcement sends the message to a man that he is fulfilling her needs—and that’s a good thing for the man. If your partner is not touching you the right way, tell him what you need, not what turns you off. Some men like hearing a woman moan, sigh and groan. It tells him he’s on the right track. If a woman is not making sounds, the man might think his partner is not enjoying herself. But some women are just quiet during the sexual act, and it does not mean that they are unhappy with their partner’s performance. Discussing this often helps to ease concerns a partner may have.

Now that we’ve looked at both the men’s and women’s need to know lists, let me add that, as a therapist, I work with individuals and couples on divisive sexual issues. I have learned there is more to sex than sex itself. Sex for the sake of sex usually won’t sustain over time. Intimacy and communication, however, will last indefinitely when properly nurtured. The willingness to work, love, invent, create and enjoy sex as a couple is truly fulfilling, both physically and spiritually.

Fix your spiritual, emotional, mental and physical self and appropriate sexuality will usually follow. Hallelujah!

Women need kissing and cuddling. While women need physical stroking and verbal stroking before, during and even after sex. As a man gets older he may require more physical stimulation due to physical changes. Sexual health and mental well-being are also dependent on physical factors such as high blood pressure or diabetes, and may play a role in what is required to stimulate the man.

Young men (womansizers in particular) often don’t care how they perform as long as they add a notch to their belt. But as men mature, fulfilling a woman’s sexual needs becomes more important, and being a considerate lover adds to their sense of pride. Since most sex requires two people, it stands to reason that the more positive reinforcement a man receives from his partner in a loving relationship, he will become. Positive (and passionate) reinforcement sends the message to a man that he is fulfilling her needs—and that’s a good thing for the man. If your partner is not touching you the right way, tell him what you need, not what turns you off. Some men like hearing a woman moan, sigh and groan. It tells him he’s on the right track. If a woman is not making sounds, the man might think his partner is not enjoying herself. But some women are just quiet during the sexual act, and it does not mean that they are unhappy with their partner’s performance. Discussing this often helps to ease concerns a partner may have.

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Plant-based nutrition is a philosophy that regards the body as a whole and promotes the growth and consumption of natural foods, urging maximum intake of fresh, raw, living produce with minimal use of cooking and other forms of processing. The diet incorporates a healthy balance of vibrantly organic fruits, vegetables, sprouts, seeds, nuts, algae, grains, flowers, sea vegetables, grains and legumes. This dietary lifestyle is optimal in promoting the necessary elements for humans to thrive, including vitamins, minerals, fibers, enzymes, oils, proteins and carbohydrates in bio-available form. Perhaps the single most essential nutritional substance in a plant-based diet is chlorophyll, which transforms sunlight into proteins, starches and sugars. Its molecules are almost identical to human hemoglobin, therefore it is immediately assimilated upon consumption.

The History of Plant-Based Nutrition

Eating a plant-based diet has a rich and diverse history. Many cultures and civilizations around the world have been eating plant-based and raw diets for thousands of years. Their diets are largely regarded as a key contributor to their longevity and health.

Some of our greatest thinkers, peacemakers and teachers in the past 2500 years have eaten predominantly plant-based diets. Among them are Buddha, Socrates, Leonardo da Vinci, Gandhi and Einstein. 2400 years ago Hippocrates stated, “Let thy food be your medicine, and medicine be thy food.” Mahatma Gandhi was called to become vegetarian in 1913 and his focus was a pre-cursor to the ideas of the vegan Society in 1944. The term “vegan” was coined in England in 1944 by Donald Watson, co-founder of the British Vegan Society, to mean “non-dairy vegetarian.” The society also opposed the use of eggs as food. In 1991, the society clarified the definition of “veganism” to mean “the doctrine that man should live without exploiting animals.” During the vast majority of our existence on this planet, the original diet for humans consisted primarily of vegetables, fruits and nuts. Many cultures today and throughout time have sustained themselves with plants, seeds, grains, roots and fruits. The diet of early humans provided little starch and no refined sugar or salt. Plant-based foods such as fruit, vegetables, nuts, vegetable oils and grains, are important components of traditional diets in Mediterranean and Asian regions. Skeletal remains of ancient humans show us that our dental structure has changed very little over millions of years and indicates that our dental structure was designed to eat fruit, nuts, seeds and greens.

Effective/Benefits of Adopting a Plant-Based Diet

Research supports the idea that plant-based foods protect us against disease, while animal-based foods, which are high in fat, cholesterol and protein, promote disease. Some of the many health benefits of a plant-based diet include reduction of cardiovascular disease, lowered risk of prostate and other cancers, and prevention of diabetes, obesity and diseases related to the bone, kidney, eye and brain. A plant-based diet can afford us longer lives. Quality of life is also sure to improve as we look and feel younger, have more energy and maintain a healthy weight with ease.

Good Sex Makes the World Go Round

by Dr. Edwin Riley

Air, food and sex are three of our most basic human needs, but sex is by far the most complicated. In fact, most statistics blame sexual problems as the primary cause for relationship failure. Because of enormous stress created among couples who fail to communicate their sexual needs and accept their differences with understanding, I devoted an entire chapter to this topic in my book Stress Rx: 103 Prescriptions for Overcoming Stress and Achieving Longing Happiness. (available in the Hippocrates store.)

What is Plant-Based Nutrition?

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Known Effects/Benefits of Adopting a Plant-Based Diet

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Ever noticed those who have big muscles and poor abdominal muscles (abs) don’t look nearly as good as those who have less muscularity but great abs? And the ones with the best abs seem to be more sexually appealing. Since sex is an integral part of life, let’s address this area.

What are the major benefits of good abs relating to our sex life?

Abs Will Improve Your Sex Life
It’s a pretty common fact of human nature that men are physical and women are emotional. Women claim the greatest sex organ is the brain; men say it’s about three feet due south. What say we split the geographic difference and focus on what’s really important to a great sex life — core strength.

You know the old phrase, “It’s not the size of the ship; it’s the motion of the ocean”? Well let’s take that to heart. We can’t improve upon what God gave us but we can rebuild our body to maximize the rocking and rolling that goes on below deck. Here are three benefits that can help you pull that ship into port:

1. Better Stamina: The thrusting power you generate during sex doesn’t come from your legs or arms, rather from your core strength. Strong abdominal and lower back muscles are not only attractive to help stimulate an emotional response from your partner. Most importantly, strong core muscles give you the stamina and strength to try new positions. They also give you the consistency to support your endurance and your partner’s pleasure.

2. Healthier Erections: It’s known that over 30 million American men have some kind of erectile dysfunction. Though it’s caused by many things, one of the major causes is simply poor blood flow. These components are some of the biggest contributors to poor blood flow: inconsistent fitness, poor quality drinking water, negative emotions, inferior air, lack of sound sleep patterns and — very obviously — miserable nutrition!

Greasy foods, white foods and fizzy drinks should never be consumed if you are to have a great, fit, healthy body with good-looking abs (this is the ideal kind of body to have for the best sex). When you are unhealthy, and especially if you are overweight, the “crud in the blood” that gums up the blood vessels leading to your heart and brain also gums up the vessels that lead to your genitals. Plateau forms on the inside of your arteries, narrowing the passageways through which blood must flow. Think of several lanes of traffic narrowing into one. Your blood vessels can become so clogged in your pelvic area that a sufficient supply of blood can’t get through to form an erection.

You don’t need to be a college graduate to understand this equation. Increased fat equals decreased blood flow. Decreased blood flow equals softer (or no) erections. Softer (or no) erections equals a lousy sex life, and that’s just the way it is. Clogged blood vessels have the same effect on women, leading to decreased lubrication, sensitivity and sexual pleasure.

3. “Greater Than Before” Length: If a man has poor abs and has an excess of fat, it will make his privates appear smaller than actual size. The length of the average man’s penis is about three inches while limp, but the fatter he is, the smaller he’ll look. That’s because the fat at the base of a man’s abdomen covers up the base of his penis. Losing just 15 pounds of fat and developing better abs will add up to as much as half an inch to the length of his penis. Although it’s not technically growing, the decreased fat that surrounds it will allow all a guy’s got to actually show. Commit to be fit as stronger, leaner, well-sculpted abs are one sure way to a healthier, more enjoyable sex life.

In our next article on fitness, I will be sharing with you “Why We Need To Change Our Fitness Routines Per Season.” Don’t miss it!

Abs For Great Sex
Sexy Abs Aren’t Just Window Dressing
by Dr. Wayne “The Mango Man” Pickering

Healing Our World » Human Sexuality
Wayne Pickering at 63 years young 23
Yoga Undressed: The Goddess
DVD review by Sheila Skrobeck

Hmm … naked yoga. Admittedly, when I was asked to review this DVD I chuckled. Yoga Undressed? Must be a new gimmick to sell an old practice. The trailer featured two yoginis with unrealistically perfect bodies, so I was further convinced I would be watching a sexy DVD with little substance.

My first thoughts about the merits of nude yoga were skeptical. Freedom of movement came to mind, but meant little to me. After all, yoga clothes are typically comfortable, lightweight and stretchy; I’ve never felt like they constricted my movement.

And what about the belief that yoga is intended to draw us within our bodies, to feel and connect to what is happening inside instead of outside?

Upon review, the Yoga Undressed Beginner DVD was quite the pleasant surprise. It was beautiful to watch and the narrative was superb, offering excellent instruction on breathing and pose sequencing.

The DVD introduced the kundalini yoga philosophy and maintained a soft spiritual dialogue throughout the practice. The production was both tasteful and sensual.

Moving through a flow of naked poses with a heightened sense of awareness, completely free to feel and explore new feelings. Sounds like the perfect way to practice partner yoga, which sounds like the perfect way to practice partner yoga, which comes later in the Yoga Undressed “The Goddess” series.

www.YogaUndressed.com

When we are unwell our entire biological and emotional grid has been disturbed. We walk around unbalanced, disconnected from ourselves and others. Most immediately this resonates as physical pain in our bodies. However, when we look closer at the source of our discomfort we often see that underneath this pain are layers of emotions such as anger, regret, fear, jealousy and sadness that have laid dormant in our bodies.

What we then seek, when we begin a path toward healing, is to take steps that will realign us with who we really are and uncover these pains. We recognize the strong disconnect we have within ourselves and learn to practice self-realization, moving us closer to self-healing.

This process requires us to consider who we are in all aspects of our life: how we live our life, who we have invited to share our life and what we have chosen to make a priority in our goal of self-fulfillment. With this in mind, I believe anyone who has set out on the path toward healing will, at some point in their journey, sit down and reflect on their sex life.

Examining sex as it ebbs and flows in our life has been a priority in my healing. My sex life has undergone radical changes since I was diagnosed with ulcerative colitis ten years ago, in my late twenties. At times I felt completely sexless, wrapped up in my inadequacy and disapproving and unforgiving of my body’s slow healing process.

This sexlessness was due to the loss and gain of my femininity through the transformation of my biological body. My body shriveled to resemble the figure of a young girl, then I regained weight and health, and my menstrual cycle and womanhood returned. This cycle has repeated itself each time my health has been in decline, and at these times I have misplaced my sexual identity.

This has been particularly relevant to my intimate relationships. When we are unwell, our focus is so primal, sometimes our prayer for the day is as simple as, “Please let my body be well enough that I may eat a full meal comfortably.” Taking care of our basic needs becomes our daily life and the life of those who care for us.

In doing so, the intimacy of a romantic relationship can dissolve as the partners take on the roles of patient and caretaker. This change has direct, but often imperceptible, consequences regarding the couple’s sex life. Abandoning ourselves to an illness and taking on different routines can diminish opportunities to be close, to touch and feel one another with passion and, ultimately, to enjoy sexual encounters.

In my own effort to address this dynamic, I have had to confront my addiction to the ill state of being. It has taken ten years, but I have been successful. Today I look forward to sex as a part of being well. Maintaining and nurturing my libido means I am well and strong. It means that my body is healing and that I am turning towards wholesomeness. I talk about sex with my partner; I cry about it and I laugh about it. I have treated sex as I do all other aspects of how my body looks and feels during each stage of my healing because I recognize that sexuality is central to being intimate.

If sex hasn’t been a priority in your healing, make it one. If you haven’t had a conversation about it with your partner, start one. It is essential that we, as leaders of our own health quests, acknowledge sex as a vital part of our well-being. By opening the door to our sexuality we can fully continue the journey of health.

If this seems a bit too much to take on at once, consider saying a little mantra to yourself to get things flowing. I leave you with my own. “I am a young 30-something-year-old woman with ulcerative colitis. I look forward to sex.” I have a blog about health and managing ulcerative colitis. www.safaraf.com. I welcome your posts.

I am also writing a book on being a woman with ulcerative colitis.
Sex & Love

By John Robbins

There is a dynamic relationship between sexual energy and love. They inter-relate deeply; they work together to bind creation into a cohesive whole.

Love is like the tree of life, with its trunk, roots, branches, leaves and fruit. Sexual energy is like the sap moving within this tree. It is the current that transports nourishment and vitality to every cell of the whole.

Sexual energy is not merely the urge toward reproduction. This is but one small expression of its purpose. For just as love is an expression of the ultimate oneness of all life, the sexual force is the living, breathing energy of polarity within that oneness.

It is the energy of attraction and repulsion. It is what draws together and propels apart, what unites and separates. It is a wave that ebbs and flows, that waxes and wanes, that builds and declines, creates and destroys.

The urge toward consummation is where sexual energy is most obviously identified, but it is this same energy that builds temples, plants gardens, writes books and adventures into the unknown. It is this same energy that invents, aspires, inquires and evolves. And it is this same energy, when blocked, that leads to war and destruction, and then once more strives to rebuild.

Sexual energy is the call of the future and the drive toward expansion. It is the ever-present insistence of life that everything continually evolve.

All this action and movement, this pulsating life force, this ongoing transformation, is the flow of sap moving within the eternal tree of life, which is love.

Excerpted from The Awakened Heart by John Robbins and Ann Mortifee.

Is Obesity the “New Smoking”?

by Saul Goodman

Cancer is generally thought of as something that is beyond the realm of human understanding and control. Because there is no “cure,” people often feel helpless when it comes to reversing such a serious disorder. Throw in the odd story about someone who never smoked contracting lung cancer, and this only adds to the confusion.

Fortunately, the cancer mystery is starting to come a bit more into focus. More and more people are learning that certain foods, such as broccoli and other vegetables, can aid in cancer prevention. It is starting to become accepted by the general public that lifestyle and cancer have a strong connection.

Ironically, at the same time this acceptance of cancer’s lifestyle correlation is growing, so is the prevalence of the lifestyle habits that can encourage cancer.

One of the greatest factors that can lead to cancer is obesity in Canada, statistics from 2007 to 2009 showed that approximately 24% of adults and 9% of children are obese. In addition, the obesity rate in Mexico ranks a close second to the United States. According to the Organization for Economic Cooperation and Development, the obesity rate in Mexico was 30% as of 2006, running closely behind the United States at 33.8%. It is commonly known that obese people are at a high risk for heart disease, stroke and type 2 diabetes, but it may be news to some that obesity also increases the risk for uterine, cervical, breast, ovarian, colon, rectal and prostate cancers (source: MayoClinic.com).

While obesity is now largely considered to have more deleterious effects on health than cigarette smoking (source: American Journal of Preventive Medicine), an interesting fact is that obesity is about to outpace cigarettes in causing cancer. That’s right—being obese is just about as likely to cause cancer as smoking cigarettes. According to Professor Jeffrey M. P. Holly, a Clinical Sciences Professor at the University of Bristol, U.K., is examining how fatty acids affect the actions of insulin-like growth factors, which may promote cancer.

There is also a growing body of evidence that diabetes is linked with cancer. The correlation between obesity and diabetes has long been established, and it’s becoming common knowledge that type 2 diabetes is a lifestyle disorder and can always be reversed through adopting a healthier lifestyle.

Vuk Stambolic, a cancer researcher at the University of Toronto in Canada, has been studying the effect of insulin on breast cancer tumors. Add a large dose of glucose, a growth factor called EGF and insulin to a tissue culture, and tumor cells will be fruitful and multiply. When you try to wear the tumor cells off the insulin, they “drop off and die,” says Stambolic.

When one considers today’s public rejection of smoking, there are some interesting implications. Over the past few decades, smokers have been confined to smaller and smaller designated areas and it is now illegal to smoke in virtually all restaurants and bars, not to mention many outdoor public areas. These smoking bans are largely due to the link between secondhand smoke and cancer.

For the first time since the mid-1960s, the number of adult smokers in the United States has recently fallen below 20% (source: CDC, Morbidity and Mortality Weekly Report). Considering there are now more that 50% more obese adult Americans than there are adult Americans who smoke cigarettes, it will be interesting to see how government oversight plays into the growing obesity epidemic. Everyone remembers what happened with cigarette advertising. When Joe Camel and the Marlboro Man were no longer allowed on billboards, the news made headlines. How long will cookie-baking elves and cola-swigging polar bears be allowed to peddle their wares to our citizenry, tempting our children with their sugary products?

Then there’s the product packaging to consider. The warning labels citing smoking’s link to cancer and other diseases keeps getting larger, taking up nearly the whole package in many European countries. Other countries have proposed putting pictures of diseased lungs on cigarette packs. Imagine a box of cookies with large cancer warnings on health care and insurance bills for the sake of their less responsible neighbors.

As of November 2011, Statistics Canada reported cancer was the leading cause of death in every province and territory for the first time in the United States, cancer deaths are outnumbered only by those from heart disease.
Fertility and the Plant-Based Diet

Are Vegetarians and Vegans More Fertile Than Others?
by Steven Lemberg, MD

Current research has found that eating more foods from the vegetable kingdom while reducing consumption of foods of animal origin may improve fertility. There are those who question whether a vegan diet, one that eschews all meat, poultry, fish, dairy products and eggs actually works against one’s ability to conceive, or is, in some way, too extreme. The answer to this question is a resounding “NO!” In fact, more and more evidence suggests the opposite is true: plant-based foods enhance fertility. Therefore, vegans and vegetarians are actually at an advantage when it comes to fertility.

In my 34 years of medical practice, I have never seen a healthier diet than the raw, living foods vegan diet outlined by Hippocrates Health Institute. I have happily embraced this fare in my own life. Every one of these plant foods is powerful, nourishing and loaded with oxygen, enzymes, alkalinity, antioxidants, phytochemicals and healthy hormones.

It makes sense that the human body, and all of our organs, thrive on this type of nourishment, made up of the best foods from the land, the oceans and fresh water. This food irrigates our bodies, which are often depleted from toxic exposure to the environment, improper nutrition, chronic stress, lack of exercise, poor sleep and inadequate relaxation.

These nutrients provide energy and myriad healing factors to organs that have been operating under stress and poor nutrition for a long time. All the tissues and organs of the body respond to better nutrition; these are, in fact, the building blocks of the organs themselves. If you provide the best construction materials, you build the strongest, best-functioning organs. This applies to our reproductive systems, as well.

Men who are vegan have lost the excess fat that impedes athletic performance. Sexual vigor increases as the man has more energy, better circulation and a better self-image. All these factors improve libido. The same is true for both sexes, the healthier functioning ovaries in women should produce healthier eggs and the male should make healthier sperm. Ultimately, even the egg and sperm are made up of the nutrients we consume.

A well-planned vegan diet includes all the special nutrients needed for conceiving a child and maintaining a healthy pregnancy. In fact, this is the healthiest diet for humans in all stages of life.

The important thing is to be nutritionally balanced and — especially for women — to maintain a healthy weight while trying to conceive. By incorporating great variety in one’s plant-based diet and exercising effective supplementation, all vital specific nutrients can be obtained, curbing infertility. These nutrients include:

1. **Millet**: Good for insulin function. These include millet, quinoa, buckwheat and amaranth.
2. **Avocados and Almonds**: Reduce inflammation and increase insulin sensitivity. These include avocados, nuts and sesame and pumpkin seeds.
3. **Folate**: Is an important nutrient to load up on before pregnancy to prevent birth defects. Folate-rich foods include green leafy vegetables, strawberries and citrus fruits such as oranges.
4. **Protein**: From plant sources such as beans, peas, nuts, sprouts and algae (both sea and fresh water varieties).

There may be several reasons why plant-based diets inherently have some advantage to those wanting to conceive. People eating a plant-based diet generally maintain a healthier weight than those consuming foods of animal origin. Maintaining a healthy weight confers some advantage when it comes to fertility. Conversely, the evidence shows that being overweight or obese decreases fertility in men and women.

Animal protein, which is high in saturated fats, can increase insulin resistance, a known culprit in infertility. There may be several reasons why plant-based diets inherently have some advantage to those wanting to conceive. People eating a plant-based diet generally maintain a healthier weight than those consuming foods of animal origin. Maintaining a healthy weight confers some advantage when it comes to fertility. Conversely, the evidence shows that being overweight or obese decreases fertility in men and women.

One component of polycystic ovary syndrome (PCOS), another leading cause of infertility in women, Seafood, meat, and poultry also contain chemicals such as dioxin, which can adversely affect hormones. Vegetables, on the other hand, contain more protective antioxidants, alkalinity and phytochemicals.

The key with any health-enhancing program is balance. If your nutritional program is well-balanced, including adequate supplementation, exercise, stress reduction through yoga and meditation, adequate sleep, rest and recreation, you can improve your health so much that “everything” functions better, including your reproductive health.

Enjoy the process!
FUNDAMENTALS OF CELL HEALTH — REDOX SIGNALING
by Dr. Gary L. Samelson

It has been a lifetime pursuit of mine to find promising technologies that have the potential to make a real, positive impact on humanity and to help get them to the people who need them. As an atomic physicist and medical researcher, I typically study the processes of life on the fundamental molecular level. I have found that it is extremely rare to find something that is safe, non-toxic, and yet has clear benefits toward advancing health. Historically, when found, such discoveries have fueled some of the greatest advances in health science.

Recently, I have been studying a technology that holds such promise. About four years ago, I was introduced to a method of producing a certain balanced set of reactive molecules (over 15 different kinds) from salt and water. Though I was very skeptical, I was convinced to read over 17 years of comprehensive studies that established that this particular set of reactive molecules is completely safe, non-toxic, soothing and supports the immune system and the normal healing process. My curiosity was piqued.

As I put the puzzle together, I discovered that this specific set of molecules was identical to the redox signaling complexes that are native to our body and are naturally produced by the mitochondria in the saltwater fluids inside all the cells in our body. Typically, some of the individual components are short-lived and difficult to produce outside of living cells. However, the proprietary production method solved this problem and, in effect, was able to produce highly stable redox signaling complexes outside of the body; the same molecular complexes that are the fundamental components of cellular communication networks, as well as being the primary weapon of choice for the immune system.

Redox signaling molecules are the most fundamental messengers inside all types of cells in all forms of life on earth. In fact, redox signaling is an entire subfield of science in redox biochemistry, studied worldwide with hundreds of scientific articles published per month. These tiny redox signaling molecules surround and mediate all inner cell communication, damage control, defense, repair, and replacement on the cellular level throughout the whole organism. The wonderful thing about this is that our cells are naturally programmed with the ability to fix themselves, to fight off the threats, and to repair damage. Proper redox signaling makes all this possible. But as we age or are stressed, our cells produce less of these redox signaling molecules and the whole process slows down.

To better see how important cell communication is to our health, we can think of the communities of cells in our tissues as microscopic communities of houses along streets. The blood vessels, just like streets, connect all of the living cells in our tissues in order to bring them the supplies they need to live and carry away the waste that they generate. Communication lines are built into our cells and along our nerves and blood vessels, similar to the phone lines, mail systems and electronic communication systems that connect the houses along streets. When any individual cell becomes stressed, damaged or threatened it sends messages to surrounding cells and the immune system about its state of affairs. If these messages are clear, appropriate responses are facilitated.

Imagine how important effective communication is to these cell communities, especially in the case of emergency response. Billions of these cells are damaged every day by infections, for example, or DNA damage, environmental toxins, injuries, malfunctioning cells, or lack of nutrients. The damage must be detected and repaired or the cells must be replaced. The role of these tiny redox signaling molecules is to make the communication system (I like to think of them as “cell” phone systems) work efficiently, allowing the cells to efficiently do what they are designed to do: get rid of bad tissue and rebuild healthy tissue. It is not hard to see that a technology that creates these redox signaling molecules outside the body and delivers them in supplement form has incredible potential.

This potential is just starting to be realized. Four years ago, I was fortunate to be part of a team that, after additional years of development, and much effort, further stabilized that redox signaling compound and created an oral redox signaling supplement: ASEA. ASEA, simply put, is a redox signaling supplement that replenishes the redox signaling molecules lost by natural aging and stress. ASEA has the potential of helping billions of people worldwide. It is my hope that ASEA will be able to find its way to all those who need it.

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There are many ancient philosophical writings in the Taoist, Hindu, and Western Alchemi
coustical mystical traditions on the subject of sexual energy. These teachings promote the union of polar energies to cultivate our own vital life force energy. Harnessing these energies and stimulating the union of Heaven and Earth through the meeting and merging of masculine and feminine polarities. It’s as combustible as rubbing two sticks together to start a fire, generating the spark of life. The union of sperm and ovum into a circular embryo. A new life created.

Taoist sages created the Microcosmic Orbit of energy circulation also called Small Earth Heavenly Cycle Meditation. This practice promotes the circulation of Qi from the Du (Governing Vessel) to the Ren (Con
eceptions Vessel).Originating from our Du Vessel (or Tan-tien), located three finger breadths below our navel, half way between our front body and back body, also referred to as the HarA in Japan. The energy descends from our Navel Psychic Center to the perineum, at the base of our pelvic floor, rising to pierce the coccyx where it is able to enter our spine, continuing to pass through the sacrum, lumbar, thoracic and cervical vertebrae to the top of the head, at the fontanel. This point is called Du Mai 20, translated as One

Heaven & Earth Making Love
by Keith Cini, Acupuncture Physician

Take note next time it rains as you become the witness of Heaven and Earth in Holy Union. Heaven rains down upon the earth and the earth brings forth life. A sprouting sunflower seed emerges from the fertile soil after the rain pours down upon it, nourishing and continuing the sustenance of life. There is a natural ebb and flow or rise and fall of these creative life force energies. Birth, death and regeneration.

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The Natural Healing Power of the Sun

Far Infrared Heat Technology: The Key to Heat Therapy
by Bobby Besner, CEO, Therasa, LLC

Far infrared is touted as the safest and “most beneficial” spectrum of natural sunlight. This wavelength can improve circulation, enhance natural detoxification and reinforce our body’s natural immune response. It can deliver healing relief for joint and muscle pain and inflammation, enhance cardiovascular function, lower cholesterol, revitalize skin cells, emulsify fat, increase metabolic rate and curtail the spread of infection. Imagine, far infrared can help us derive many of the benefits of sunshine, even when we don’t have regular access to it, and without any of the damaging effects of ultraviolet rays.

You can bring a positive change to your life with daily, 30 minute far infrared therapy sessions.

What is Far Infrared Heat?
Far infrared heat is a natural form of deep, penetrating, long-lasting heat. It is easily absorbed directly into our muscles and lasts up to four times longer than the actual applied treatment. In contrast to other forms of tactile heat, far infrared does not generate any harmful EMF and is seamlessly absorbed by our bodies. When the heat penetrates through the skin, it miraculously transforms from the spectrum of light energy into heat energy. The far infrared frequency resonates at the same level as the infrared (heat) spectrum of our bodies. Our bodies are more than 70% water so the infrared wave energizes the H2O molecules releasing heat and stimulating our body (on a cellular level) to purge all of its stored toxins (including heavy metals). This form of natural sun energy is so safe it is effectively used in neonatal care in hospitals. Whatever excessive amount of far infrared energy our body absorbs, it simply ends to maintain a constant core temperature.

History of Far Infrared Research
Over mankind’s history, heat therapy has taken different forms. The first documented use dates back to Hippocrates in the fifth century. Greek physicians believed that if one could create a fever, one could cure all illness. The early Romans built on this discipline, using elaborate hot baths and bath houses. Even Native Americans have used “sweat lodges” for both physical and spiritual cleansing practices.

At the start of the 19th century, the English astronomer Sir William Herschel first understood the infrared light spectrum. His experiments with this radiant heat began wide scientific interest, which continues today. Utilizing the early exploratory work of some of the greatest minds of our time, such as Albert Einstein, scientists have researched the positive effects of the sun’s thermals on our own atmosphere and human life. NASA’s own scientists studying the positive attributes of far infrared heat determined it is so important to maintaining health that they incorporated part of the technology into their space shuttle systems. Two of the most prestigous medical publications, The Journal of American Medical Association and The New England Journal of Medicine, have both published volumes on the positive effects of far infrared heat therapy.

On Detox
If you can incorporate some method of detoxification in your daily routine along with your live food nutrition you can improve health exponentially. Our environment is becoming increasingly more toxic despite all humanitarian efforts. Our bodies have become bio-filters that absorb and retain many of these poisons via air, water and food product consumption. When toxins are present, blood circulation is blocked and cellular energy is impaired. Most of our toxic load is stored in fat, muscle, soft tissues and the organs of our bodies. With the increased advancement of modern diseases, science is suggesting that cleansing our bodies on a regular basis will improve overall health and might be a key element for longevity.

As far infrared heat jests loose deep hidden toxins into our bloodstream and interstitial fluids, we then have to shuttle these poisons out of our bodies. Dr. Oz has been quoted as saying that far infrared sauna is the best natural detox device that money can buy because it is the most efficient way to heat and evacuate toxins from the body. Sweating is the best way to get the toxins out of your body. Daily sweating, along with blood circulation and lymphatic flow, releases built-up toxins and waste. The flushing of these toxins from the lymph areas and from our large organ of elimination, the skin, is the source of many health improvements. Medical studies have targeted toxins as the number one reason so many of us become ill. With the elimination of these poisons from deep within the body, the organs become less encumbered and stressed. Measuring a drop of sweat from far infrared sauna indicates 85% more toxins than steam room or hot rock sauna.

On Circulation
If you can improve your circulation, you can improve your long-term health and wellness. Our blood carries all the properties for sustainable health. Nutrition, oxygen, healing properties and genetic information are all communicated in our blood. The thermal effect of far infrared is absorbed within the deep tissue layers, causing the blood vessels to expand or dilate, improving local blood circulation and increasing our metabolic rate, without increasing blood pressure.

As far infrared heat jests loose deep hidden toxins into our bloodstream and interstitial fluids, we then have to shuttle these poisons out of our bodies. Our bodies are more than 70% water so the water molecules in our bodies.

Sex

Sex is an aspect of all creatures from insect to humankind. It is intertwined throughout our philosophies, our theologies, our rituals and our cultures. It is a defining aspect of our human nature, and it can also be the way we as humans express our love, our anger, our desires and our human needs. Sex may also be a manifestation of our frustration, our need to communicate, our need for fulfillment, our need to share and our desire to propagate.

A realization came to me as I meditated several years ago. It defined one difference between love and lust, the realization was “speed.” Another thought to consider is that love gves, while lust takes. For many people what they think of as “making love” involves nothing more than using someone else’s body to help themselves masturbate. When that goal is achieved, they are finished. There is no wish or even attempt to satisfy the other’s desires or needs. This is sex, but it is definitely not love.

We all need to be nurtured. It is among the most essential of our needs. If we do not receive this nurturing from our surroundings, we tend to nurture ourselves on a more personal level. Depending on our individual tendencies, our programming and our availability and access to things we are attracted to, we will begin nurturing ourselves often without any control. The most common way to fulfill our need for nurturing in our society is through eating.

We tend to be oral creatures from the time we first nurse on our mother’s breast, to our first exciting kiss, to munching on a piece of tropical fruit while inhaling its aroma. For many, fulfillment might involve acquiring things ranging from clothing to more expensive “creature comforts.” Yet, all of these acquisitions serve to be only temporary forms of nurturing since they are manifestations—that is, things outside of ourselves. Those things which truly nurture us are those which tend to fulfill us from within—not things which we acquire, but things which we create. All the great philosophers through out time have taught us the development of virtues is the path to spirituality. Many of the great souls who have inhabited our planet became so adept at the development of love, patience, compassion, tolerance, understanding and the more spiritual aspects of our being, that their need for sex was reduced to the point where some actually become celibate. We don’t necessarily have to go that far, but it certainly seems a better alternative to its opposite, where many in our society have become sex addicts who live in a totally uncontrollled existence, destroying their personal relationships and even their friends in their attempt to fulfill the need to be nurtured.

One way of dealing with food ad- diction is eating things that require chewing. The more we tend to chew on something, the less we tend to eat it. This is because chewing satisfies the nurturing gene. Note the foods that tend to put on weight easily, such as ice cream and mashed potatoes. These are things we tend not to chew. Many people can easily polish off a pint of ice cream, yet the equivalent amount of raw carrots (16 oz) would be virtually impossible for the average person to get through in the same amount of time. So when dealing with an aspect of our nature such as physical contact with another creature, instead of the motivation being frustration, anger, rage or desire, it tends to be more in the vein of fulfillment and the nurturing of another. Why? Because in fulfilling the needs of another, that, in itself, nurtures us.

Something to Chew On
by Dr. David John Carmos

We tend to be oral creatures from the time we first nurse on our mother’s breast, to our first exciting kiss, to munching on a piece of tropical fruit while inhaling its aroma. For many, fulfillment might involve acquiring things ranging from clothing to more expensive “creature comforts.” Yet, all of these acquisitions serve to be only temporary forms of nurturing since they are manifestations—that is, things outside of ourselves. Those things which truly nurture us are those which tend to fulfill us from within—not things which we acquire, but things which we create. All the great philosophers through out time have taught us the development of virtues is the path to spirituality. Many of the great souls who have inhabited our planet became so adept at the development of love, patience, compassion, tolerance, understanding and the more spiritual aspects of our being, that their need for sex was reduced to the point where some actually become celibate. We don’t necessarily have to go that far, but it certainly seems a better alternative to its opposite, where many in our society have become sex add...
Suppressing Sophia

Our Misguided Domination of the Feminine

by Dr. Will Tuttle

It’s spring, and the glorious time for planting is here! From one seed spring hundreds, thousands, and millions of seeds, each of which has the same potential. How do we respond to this existential exuberance of life bursting with more life? Strange as it may seem, I believe our response depends on our food.

From the early days, there have been two types of agriculture: plant and animal. Plant agriculture is essentially more feminine work. It involves cooperating with the cycles of nature, nurturing the spontaneous growth of herb-, fruit-, nut-, and seed-bearing plants and saving the precious seeds so they can be planted again the following season. For thousands of years, sacred rituals celebrated the miraculous abundance of the Earth: the powers of rain, sun and green growth, the fecundity of Nature’s ever-giving and replenishing womb, and the joy of receiving a bounty of fragrant, delicious, and life-giving vegetables, fruits, and seeds.

From the beginning, roughly eight to ten thousand years ago, animal agriculture was essentially men’s work, and it required violence and the cruel domination of animals who always resisted as best they could the mutilations, thefts, confinements and killings that were forced on them for their flesh, fur and secretions. It began with wild sheep and goats and spread to cows, pigs, chickens and other animals, and it unfortunately brought out the worst in the people who practiced it. Additionally, it has been the female animals who have been most cruelly treated from the beginning. Their reproductive organs are invaded and manipulated, their milk, eggs and babies are stolen and their sexuality and maternity are exploited. Universally, we feel a sense of wonder and joy upon entering a lovingly tended organic garden. It exudes beauty and abundance, and we instinctively feel grateful, humble (from humus, earth), and blessed in the presence of the gifts we receive so freely from forces that accomplish what we can never do: bring forth new life from seeds, roots and stems. And universally, we are repulsed by the violence that is inevitably required to kill animals for food, and at a deep cultural level, we feel ashamed of our relentless cruelty against animals for our meals. We cannot create life, but we can most certainly cause death, and we do so on an industrial scale. Over the millennia, this mentality of domination has spread to our plant agriculture as well. Today, though we could humbly cooperate with life by creating widespread networks of small-scale organic gardens and orchards, we tend instead to dominate nature violently — the way we dominate animals for food — and create the kind of pesticide-ridden, mono-cropped industrialized agriculture that is actually a manifestation of the same mentality required for our thousands of years of animal agriculture.

As children, we are all taught to disconnect from our natural sense of compassion and mercy, and to participate in eating foods of blood and terror soon after we lose our mother’s breast. We are injected with all the stories that rationalize our violence: animals don’t have souls; if not for animals where would we get our protein; animal flesh, eggs and milk taste good; humans are a superior species who can do with animals as they please. We cling to these baseless stories to armor our true feelings.

cont’d on p. 60
Nonsexual Gratification

by John Kohler

We are all familiar with the term “sexual gratification.” To define the term, let’s look at its individual words. “Sexual” means “of, relating to or involving sex.” “Gratification” means “to be pleased and satisfied.” So sexual gratification means to be pleased and satisfied by means of sex.

Sex is one of the most enjoyable feelings we can experience. Why is this? Simply put, sexual pleasure is hardwired into us as an incentive to procreate. This procreation ensures the survival of our species. In other words, if sex was no more pleasurable than, say, a visit to the dentist, the human race just might become extinct.

In today’s society, we like things fast and easy. Examples of this preference include fast food, fast cars and even fast women. But fastest is not always best. Eating fast food can put you in the hospital. Fast cars can get you plenty of speeding tickets (I know this from first-hand experience). As for fast women, well, I’ll let you know when I figure that one out.

Sex is a very fast and easy way to feel pleased and satisfied, but there are many other ways to achieve similar results. In this article, I will share my thoughts on how we can be gratified without relying solely on sex. Don’t get me wrong; I enjoy sexual gratification as much as the next guy. The problem is that society seems to focus on sex as the only form of gratification.

Everyone has heard the phrase “Sex Sells.” We, and perhaps more importantly the children in our society, see this every day in advertisements on TV, billboards, buses and magazines. When an ad features a scantily clad girl or well-built guy, people tend to tune in.

The “Sex Sells” paradigm is especially apparent on the internet. The popular website, YouTube, that I use to share my wealth of knowledge about growing food, health and appliances is a great example. The majority of YouTube visitors are guys, and videos with half-naked girls have exponentially more views than a video by the same title featuring a male—even if the picture preview does not represent the actual content of the video!

Let’s look at some other areas to focus our energies in today’s fast-paced lifestyle. Probably the next biggest category of human gratification is food. After all, it’s food that sustains us until our next episode of sexual gratification. I constantly indulge in foods that satisfy me. No, I don’t mean candy bars, fast foods and other junk foods. I have learned that the foods that gratify me the most are fresh grown, fresh picked, high quality, good tasting foods. They really “light me up” if you know what I mean.

I strive to grow all my own food when at home in Northern California. While I’m away, I make it a priority to seek out the freshest and highest quality foods. On a recent trip to South Florida, I gratified myself by enjoying tropical fruits such as sapodilla, a delicious fruit that has the consistency of a pear, but the taste of mildly sweet brown sugar. Another gratifying mango was cantaloupe, or egg fruit, which has the texture of a hard boiled egg and is about the same color. While in the tropics, I also get to enjoy one of my favorite perennial edible greens. Katuk (or saurouphus) is a shrubby-type plant that grows year-round in tropical climates. It is a leafy green vegetable that tastes somewhere between a snow pea and peanut butter!

Fruits and vegetables like these may be hard to find, but that only adds to their alluring “gratification factor.” Eating locally and seasonally will introduce all kinds of unique flavors to your life and give you even more to look forward to when you travel. The easiest way to enjoy these “exotic” food gratifications in your home is to start your own garden. When you grow your own food, you can experience thousands of crops that each have unique tastes and, more importantly, different nutrients that can help you obtain excellent health, including sexual health.

Another way I gratify myself is by sleeping. Along with proper nutrition, sleep is very important for good health. Upon waking up in the morning, don’t you often feel great? I don’t know about you, but I love the feeling of waking up in the morning with a full day ahead of me to make the world a better place. I encourage you to get your sleep gratification every night by sleeping the appropriate number of hours for you. How many is that? I use a simple “rule.” When I start to feel tired, it’s my body signaling me that it’s time to go to bed for the evening. Then wake up naturally, without the use of an alarm clock. If you have to go to work in the morning, you can continue to use your alarm and make your goal to wake up just before the alarm goes off—or at least feel rested when it sounds. If you constantly feel like you did not get enough sleep when the alarm goes off, the best thing would be to go to sleep a bit earlier at night.

If you ask most people what first comes to mind in setting the mood for love, you’ll get responses like “Let’s Get It On,” “Sexual Healing” and “Love to Love you, Baby.”

You’ll want to explore the many benefits that adding relaxing and healing music to your romantic playlist after reading this article.

In this article, I’d like to show you why you’d want to include music without pulsing rhythms or suggestive lyrics. What I’m suggesting is a complementary approach to creating a soundtrack for romance, sexuality and well being that pays immediate dividends for you and your partner. As you’ll discover, there’s more to enjoying music than meets the ear.

When we respond to the rhythm of a song, our bodies entrain (synchronize) to the beat of that external stimulus. Your body has no choice but to breathe in sync with the beat. If it feels good, cool. If not, it will work against you, both emotionally and physically. Words also affect our emotional response. In both cases, you’re paying attention to a third party, which makes it difficult to focus on your partner.

On the other hand, when you learn to “tune in” to your partner, rapport increases, your sensitivity to each other increases, and the nature of your connection rises to new heights.

Orchestrating A Loving Connection

When I released my first album for relaxation and meditation back in 1975, I was surprised and delighted how many listeners wrote to me about their non-advertised discovery. A typical letter: “My wife and I want to thank you for helping us bring back romance into our bedroom. Did you know your relaxing music could be used for this purpose?”

Well, yes I did! I always “field test” my recordings, and was likely the first to discover several benefits of setting the mood for love with beautiful, atmospheric music, without words and without pulsing rhythms. The key, I believe, taps into the larger context of the many positive healthful benefits of evoking your innate “relaxation response.”

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You’ll want to explore the many benefits that adding relaxing and healing music to your romantic playlist after reading this article.
Sexuality is one of the great mysteries of life, synonymous with life itself. More than simply creating new life in the form of babies, sexual energy can also be skillfully channeled into creativity, industry and a passion for almost anything. Taoists, Buddhist and Hindu traditions teach us how to harness this powerful energy for the purpose of activating spiritual awakening, vitality and longevity. The level of sexual energy is undeniably related to the vitality and health of the organism, no matter what kind of food is eaten.

I've been asked many times if I think eating raw and living foods increases libido or if I think raw foodists are “horny.” My conclusion is, yes, eating raw is likely not only to support more sexual arousal, but also to enhance sexual satisfaction, and the ability to enjoy sex longer. I conducted an online survey and more than half the respondents noted an increase in sexual energy after starting to eat 80% or more raw vegetarian foods. A few of the respondents over 50 years old stated that their increased interest in sex and sexual sensitivity is often accompanied by and a stronger sense of smell, hearing, taste, touch and a raw and living foods diet, they usually expect. Feel free to take my survey at www.surveymonkey.com/s/JRTNWCG.

A strong sense of self maintains confidence when external events change. A personal formula of knowledge that builds from previous practice and awareness. When playing golf you are in a psychological battle of wills, as each person tries to be on top by getting the other person off balance. A strong sense of self maintains confidence when external events change. When accepting new challenges you can then build upon confident feelings derived from previous experience. Being conscious and aware means you can judge realistically what you can do, and personal sense of accomplishment. Feeling confident through practice and new challenges affects your feelings and emotional balance. The emotional self has no verbal language; however, artistic expression such as poetry can reveal feelings in a musical or rhythmical manner.

Part three in a three-part series:

**Building a Healthy Conscious and Confident Self**

**by Katherine C. Powell, EdD**

A confident person has an integrated, strong sense of self. Self-confidence implies a deep belief in self (internal awareness of capability) and is derived from Latin which means “trust within self.” Dictionaries have defined confidence as a “consciousness of one’s power” and self-reliance in various situations. Self-esteem (how you feel about yourself) and self-concept (what you think about yourself) are interdependent within the realm of self-confidence.

For example, my weakness is my emotional self so I have to calm myself through deep breathing, special exercises and meditation to get into a balanced state and attain a realistic picture of the situation. Balancing your self involves knowing what you can do to build your confidence by compensating for the weaker parts of self. Once weaker parts of self are managed, you can then be open to gain integration, fulfillment and confidence. We build a strong sense of self with balanced emotions. The emotional self is the most powerful part of the integrated self since it is the most hidden and vulnerable. The emotional self has no verbal language, however, artistic expression such as poetry can reveal feelings in a musical or rhythmical manner. The confident self is a function of your personality, emotions, knowledge, and personal sense of accomplishment or talents. Internal awareness and consciousness help build confidence when you do things you know how to do very well. You can then accept more challenging endeavors.

Maintain your confidence and keep your sense of self strong by surrounding yourself with people who support you. Who are you is a summation of all that you do. Keep adding to your talents since each layer builds an arch of self-doubt can hinder your expression of self. Feeling confident through practice can overcome fear and negative messages and aid in self-expression. Integrating the self involves accepting all parts of self (physical, emotional and mental) and feeling centered or unified. Belief in self is dependent upon a strong foundation and a sense of self-balance.

by Katharine Clark, RN, Hippocrates Health Educator

**Can Raw & Living Food Put You “In the Mood?”**

Feeling sexual interest is often accompanied by an increase in sensitivity, related to the vitality and health of the organism, no matter what kind of food is eaten. Increased interest in sex and sexual sensitivity is often accompanied by an increase in sensuality and a stronger sense of smell, hearing, taste, touch and even enhanced visual acuity and an increase in all sensory awareness.

An aroused may be physical or mental in nature. A person may be sexually aroused by particular aspects of a person (cleavage, thighs, muscles, build, smell, smile, hair color, familiarity, etc.) or through the person’s touch. Consider the suggestive nature of food itself and the ritual surrounding the presentation of food. Take into account the shape of an avocado or a papaya — or the beautiful color and fragrance of a strawberry or mango. Certainly many smells, sights, sounds and scenes from nature can arouse your passions.

Since research already shows that eating a plant based diet is helpful for normalizing high blood pressure and reducing stress, increase blood flow and positively affect neurotransmitters. Circulation is very important for sexuality in men and women alike. A diet high in cooked foods, refined carbs and animal proteins can lead to blood thickening, so the blood has difficulty circulating through the smaller vessels of the brain and genitals.

The raw and living food diet provides the nutritional power pack that a long and healthy sex life requires. Abstaining from animal foods and eating primarily raw fruits, vegetables, nuts and seeds will help alkalize and detoxify the body, improving appearance and normalizing weight. Any or all of these effects can improve libido. Obviously these foods are so health-promoting that they not only enhance sexual energy, but could even enhance fertility. (See Dr. Steven Lemberg’s article in this issue for more on fertility.)

Your belief in self implies being aware of your integrated self (physical, emotional and mental) and your capabilities. For example, when you are playing golf, the integrated self remembers that you have done this before and you know you can reach the hole. Thus confidence builds from previous practice and awareness. When playing tennis you are in a psychological battle of wills, as each person tries to be on top by getting the other person off balance.

A strong sense of self maintains confidence when external events change. When accepting new challenges you can then build upon confident feelings derived from previous experience. Being conscious and aware means you can judge realistically what you can do, and personal sense of accomplishment. Feeling confident through practice is difficult to express yourself. Emotional stability and balance in your life aid in building self-worth. Old messages of self-doubt can hinder your expression of self. Feeling confident through practice can overcome fear and negative messages and aid in self-expression. Integrating the self involves accepting all parts of self (physical, emotional and mental) and feeling centered or unified. Belief in self is dependent upon a strong foundation and a sense of self-balance.

...and a stronger sense of smell, hearing, taste, touch and a raw and living foods diet, they usually expect. Feel free to take my survey at www.surveymonkey.com/s/JRTNWCG.
The Scent of a Woman
by LK Walker

There is much grooming advice given to women that undermines our personal power. The first, and most insidious, grooming rule is the required removal of nearly all body hair except on the top of the head.

Women are enjoined to shave, wax, laser, tweeze, put and bleach every hair under their arms and on their faces. There’s the thinning of eyebrows and the removal of all hair from the upper lip and in front of the ears. Not to mention the entire leg and, to varying degrees, the entire pubic area. Some women have even been known to wax their entire arms down to their wrists.

What is this obsession with hairlessness?
In the first place, removing all the underarm, leg and pubic hair creates the look of a person of being a child. Is the abuse of child pornography really surprising in a world that forces all of its women to look as infantile as possible — and then to be sexual beings?

We have been led to view the body as “unclean” in its natural state. The primary ingredient for all perfumes is musk, which was originally collected from the sweat glands around the anus of a musk deer, an endangered deer native to Tibet, India, Pakistan and Mongolia. The animal needs to be killed to extract the musk. Now musk is made with chemicals. The word “musk” comes from the sanskrit word for testicle. Basically, women are putting synthetic testicule juice on their bodies to attract a man.

Parfumiers want you to be so insecure about your own natural body that you put testicule juice behind your ears. They want you to fear you are not enough. They want your senses to be unclear and your confidence low. They want to tell you what to wear, where to live, how to shop, what to look like and how to smell. And then, they tell you, you’ll be happy.

Our bodies are infinitely more intelligent than Madison Avenue marketing ploys. Each person has a signature scent, the same way we have unique fingerprints. There is a natural scent, or perfume, that we put out that is smellable to our conscious minds. But there is also a “secret” scent called pheromones. These are small scent molecules undetectable to our noses, but detectable to the brain stem where the nose brings them upon inhalation.

These “pheromones” have been called the “sex” scent. It is part of that invisible “je ne sais quoi” that attracts or repels us from a person. Some of these research on pheromones has gone so far as to say that people with DNA unmatched to our own will be found repulsive to us through these secret scents.

So many people mask their own natural odors with copious amounts of perfumes that our built-in discernment process is undermined. We can no longer tell, with our most primal instinct, if a person would be a good mate for us.

So we fail for all the usual tricks. And here we are then, walking down the aisle with Mr. or Ms. Right. Fast forward to the weeks after the wedding. Now we are living together. And sleeping together. And showering together. And you don’t always put your perfume or cologne on right away. Sometimes you just climb into bed clean, but smelling like your true natural self. And then, look out. All of a sudden you find out, wow, this guy or this girl really stinks. I didn’t mean he’s got BO, but there is something about him that I just don’t like.

Arm and heart open wide, my movements began to turn expansive, my arms flowing in waves over the ground, my legs beating with the drums, my body lifting and turning, my smile now as big and bright as the sky. I looked at the young man standing next to me, who was trying not to notice, we smiled heart-to-heart and he gave me room. Soon there was a circle of space around me and the kids were joining in with their own version of letting go. It was all right.

That night, I sat outside my tent at the edge of the campground where the sage and prickly pear took on silver hues, eye-locked with the moon. All night. There was no turning back or turning in. It didn’t help that the generator for the entire campground was parked in the middle of the “family” camping area I was in, and complaints from parents with sleepless children could be heard loud and clear the next day.

I couldn’t wait to leave, honestly. My body was overwhelmed, my spirit wrung out. The mood in the camp was still lit up, sparkling, agitated. It wasn’t that. It was me. I don’t drink, smoke or imbibe in anything toxic. And I hadn’t that night. I had simply gotten my mortal butt kicked and was in desperate need of deep rejuvenation.

Since I had driven up with a friend who had slept and was ready to roll the entire weekend, I grabbed the arm of a day-tripping couple I knew and hitched a ride down the concrete car conveyor to South Orange County lat er that day. I went home, and returned to my routine, not really knowing the depth of what was germinating inside of me.
A "sea was stormin' inside of me Baby, I think I'm capsizin' The waves are risin' and risin' And when I get that feeling I want Sexual Healing Sexual Healing is good for me Makes me feel so fine, it's such a rush Helps to relieve the mind."

— Marvin Gaye

Sexual Identity

Sex spans the life span. If the subject did not come up in therapy, I'd be concerned. It is a topic that spills over into therapy in both positive and negative ways. Freud attributed all human motivation from infancy on (referring to the eroticism of babies as, get this, polymorphous perverse!), to the libidinal impulse, and many theorists today basically still agree with him.

Sex Rules

Sex is introduced socially at an early age as we begin to base our sense of self in the world through gender identity. Boys and girls are treated differently, and from an early age are conditioned to perform in the way society perceives them. Our sexual identity eventually extends beyond gender roles into the realm of personal relationships. Orgasm feels good, so good in fact that it is easy to convince ourselves that it is enough of a bond with another. Heart also experiences the urge to unite by knowing and being known, by loving and being loved. Herein lies a problem: sexual urges and heart urges become misaligned, and imbalance and suffering occur. What we won’t do for sex! What we won’t do for love! But what do we do to bond the two?

Excitement and Libido

Let’s back up a bit and look at sexual energy from the body’s point of view. Just what is it? The nervous system runs on bio-electrochemical energy (a fancy euphemism for libido?), which contains all the dynamic energy properties of electrolytes in a fluid system, such as buildup, polariza- tion and depolarization wave (these describe how nerve impulses are generated at a cellular level, and how they move through the body), all of which gets sexualized at puberty. The prepubescent version of this energy experience—excitement—is a measure of aliveness. We can respond to excitement either by embracing it, and riding the wave of creativity and intimacy that comes with it, or we can stifle it. As kids we quickly learn what level of excitement is acceptable, both at home and at school, and generally we are taught to keep excitement levels down. As teens we are collectively compelled by dramatic changes in our own physiology to cut loose and reject the inhibitions imposed on us. Every generation has its “rock ’n’ roll” to help the process along.

Sex Mask

Besides all the wonderfulness about sex, people also become so used to it as a major tool to mask pain. To undo the negative “charge” of certain feelings, people use sex to discharge the discomfort. Sexual stimulation, which provides touch, excitement and a sense of safety and pleasure, is often purposefully introduced into painful feeling situations for the sake of making the pain go away, somehow overriding it. It isn’t too far-fetched, either, to think it possible to balance or neutralize pain by adding pleasure. People who use this strategy in the face of emotional pain are too often disappointed, because in fact one does not cancel out the other.

With the endorphin rush that comes with orgasm, sex is like a drug that can be abused. (Remember, endorphins are primarily painkillers.) In addition, orgasm triggers neurochemical responses that induce sleep, reinforcing sexual release as a form of self-medication.

S

everal events in my early years left me a very frightened and shattered little girl. I often questioned why I was brought into this world. I wondered if I could ever overcome the hurt and if I would ever lead the life I knew I desired. I did my best, with the tools I had available, to forge ahead. Yet, I always felt that painful divide between my inner and outer world. I could see her, that fearful little girl, peering out of life’s window. She stared at me, lifeless and brokenhearted, from inside a solid glass box. I would go in occasion to sit by her side, but I had no idea how to rescue her from that secret hiding place.

Over many years I sought help through therapists, doctors, therapists and books, all of which did help tremendously in my learning to mature and let go. However, the scars went deep and anxiety still had its violent grip on me.

As I grew older, my system grew weaker. I was no longer able to handle stress or to properly digest food, and my adrenals had nothing left to give. I rarely slept and was losing faith and hope.

After 20 years of disillusionment with doctors and well-meaning naturo-pathists, I considered Hippocrates Health Institute. Could I muster enough trust for one more person to take me down this road again, or would another disappointment break my heart for good? I explored the website, where I read every word, listened to every audio recording and watched every YouTube video I could find. Then, I got into my car and drove to a Save Your Life meeting December 28, 2011.

My intent was to arrive early, sit quietly on the grounds and see how the energy resonated with my own.

I walked into Wigmore Hall at three o’clock in the afternoon. Not a soul was around. I saw offices to the left. I gently knocked on a door and walked in. An assistant was on the phone, so I waited patiently and gazed about the room. A door opened directly in front of me and there stood Dr. Brian Clement, the very man I had been listening to through my computer screen for weeks, and the first friendly face to greet me at Hippocrates that day.

He smiled and gently said (as he often does to his guests), “Hello Love, how are you?” I smiled back, “I am well, thank you.” At least that was my outside response. On the inside, however, something very unusual happened. I saw another part of myself collapse to the floor right before me as it say, “Finally I am in the hands of someone that can help.”

I knew then that I was exactly where I was supposed to be. I started the Life Transformation Program four days later.

The food and juice cleansed my body, the lectures educated my mind, the therapies relaxed my soul and the emotional regression healed the hole in my heart. I sat in psychiatrist Antony Chatham’s chair as he led me on a mental journey down the corridor of my “child,” that I didn’t know I had, and told me, “one that you believe is tied to your issues now and look inside. What do you see?” I saw a beautiful little girl, vibrant and hopeful, singing a Whitney Houston song into her hairbrush in one moment and then emotionally shattered by life in the next.

Through his guidance I communicated with her. I wept. I apologized for not comforting her that day or any of the other days that followed. I asked her forgiveness for not knowing how to parent her and abandoning her in that pain.

I told Laura, who was then age 10, I wanted to remove her from that scene and take her back with me to Laura age 41; that I needed her as much as she needed me. I whispered that neither of us could heal without the other. She did not trust me. She did not trust anyone. I slowly convinced her I was not the same person I was thirty years ago, that I knew much more now and together we would be whole.

I left Antony’s office that day knowing I had finally integrated my inner and outer world. I had closed the gap between past and present and reunited with my best friend. She is with me now, that playful young girl excited to experience life. She trusts and loves me and I love her.

All of this took place because a system exists to help each of us heal from the inside out. A team of people show up every day in a spirit of service and compassion to help restore humanity one heart at a time. They have created an environment of peace with a message of health and surrounded it with love. It is a safe haven for any weary soul to find rest and hope. I am grateful beyond measure to my Hippocrates family for the gift I now have. I am grateful for the time spent with all my “brothers and sisters.” I’ve been humbled by their beauty, transparency and unassuming grace.

I am grateful for my loving, kind and ever patient “Aunt” Kathryn Lippman who never ceased in making me feel special. No question went unanswered, no concern ignored.

Laura Grammatico Recovery Story

How do I find words powerful enough to thank an entire team of loving professionals for giving me my life back?

Laura Grammatico (center) with Hippocrates directors Dr. Brian and Anne Maria Clement

by Andy Bernay-Roman

“i miss the warmth and closeness of erotic touching and orgasm, and i want it back!” complained my 93-year-old client. “Our daughter who is five, spends time by Andy Bernay-Roman

Self

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“I miss the warmth and closeness of erotic touching and orgasm, and I want it back!” complained my 93-year-old client. “Our daughter who is five, spends time..."
T his twinge quickly overwhelmed David as the emotion manifested as a physical reaction. The tight sensation in his chest was reminiscent of the immense love and adoration one feels during the early stages of relationships. Just as quickly as it started, the feeling dissipated. Rather than react, David was compelled to fully experience it. He felt no fear, only love and joy. After a few moments, these sensations passed and David was left spellbound. Realizing that he had four days alone, David decided to set out on a personal journey of meditation and introspection in order to discover the source of his experience.

After several days David gained a better understanding of his experience but, other than describing the experience, he was left unable to put into words the spiritual nature of it. He looked forward to Gissela returning home and sharing his story. That day was different. Upon seeing Gissela with her rolling bag, David and Gissela had T-shirts made with the words “Luv I am” printed on them. The message was the most effective way to spread their message. With great enthusiasm, David and Gissela started their own company. Love Resonance became the name, Love I am, the message. It had become clear to them that the “feeling” David had experienced was not a feeling, per se, but energy. An energy of love, to be exact. We, as humans, tend to think of love solely as an emotion felt for people close to us in life. While this is true, it is a limited view. Love is energy. Energy never begins and never ends. David and Gissela believe that if we can begin to see love as energy, we will also begin to see that it exists at a vibrational level that flows through each of us. Love flows through us and connects to the energy of those around us.

After his experience of pure and unadulterated love and joy, everything else became relative. Noticing T-shirts with funny, attention grabbing and generally negative messages, David came to the realization that clothing was the most effective way to spread his message. With great enthusiasm, David and Gissela had T-shirts made with the words “Luv I am” printed on them. I was one of the first people lucky enough to own one of these shirts. I paid close attention while standing by blocking our channels. What if we all let go of our fears, accepted ourselves for who we are and dropped all expectations? What if you could feel that pure and raw love energy, the way that David did at the breakfast table, while with your partner? What if you and your partner made the conscious choice to unblock your channels, allowing your love energy to vibrate freely? David’s sense of euphoria was the channel opening and allowing his love energy to vibrate freely. Now, imagine if Gissela also allowed her channel to open. Love would have resonated.

Being able to be intimate with another human being in body, mind and spirit is just as much sacred and divine as it is earthly and biological. Gone are the “original sin” of Adam and Eve in the days when sex was associated with procreation and not with love and intimacy between two individuals. It is encouraging to note that more and more people are accepting sexual desire and pleasure as normal and positive. The biological and spiritual benefits of sex warrant special attention. A philosophical foundation for the connection between sexuality and spirituality can be seen more clearly in the Eastern religious traditions such as Tantrism (a Hindu tradition) and Taoism than in Western traditions.

An Erotic Ascetic?

Can you imagine an ascetic who is at the time erotic? It sounds like a contradiction, especially from a Christian perspective. An ascetic, from our Western perspective, should be one who completely rejects his or her sexuality. However, from a Hindu perspective, an erotic ascetic, as Lord Shiva symbolizes, is not a contradiction. Of course, the concept of an ascetic is typically that of restraint and denial of comfort, however, in Hinduism in general, and in Tantrism, which is one of its traditions in particular, sex is a cure for desire, and is deeply spiritual. In this view it is possible to attain spirituality through sexuality—not by avoiding it but by valuing it in a controlled form. The Lord Shiva is often depicted along with his consort, Shakti (the iconic representation of lingam (phallus) and yoni (vagina)). These figures are a representation of the source of life, and they are displayed in the “holy place” in Hindu temples, thus “spirituality through sexuality” is not a contradiction. From a Western point of view, which is influenced by Gnostic philosophy of the dichotomy of the body and spirit, the presence of such an icon would make the sacred place “unholy.” The underlying philosophy of such a perspective is that worldly pleasures are bad and that spiritual fulfillment presumes denial of the body and all its pleasures.
Dance brings us face to face with an art form. While dance is the medium, our body is the vehicle that takes us deep into a place where our sensuality, sexuality and gender identity resides. It is there in the body that this identity is intimately explored and presented via the art of dance.

The Sexuality of Dancing

by Pam Blue

Our body, containing all that has been with us since birth, is imbued with a power or force capable of creation and a sacred intelligence. It is activated and influenced by what we feel. So what gives us feeling? What turns us on? The answers to these questions are inevitably leading us into our bodies and, ultimately, into our sexuality.

For many people, music makes us feel. It turns us on with its depth, rhythm and emotion; it gives us the impulse to move in union with it, which becomes something intensely expressive. Anais Nin, a French author of erotic literature, describes it beautifully when she says, “Music melts all the erotic literature, describes it beautifully.”

Specific types of movements initiated through dance tend to free the physical and emotional body, creating a deeply open state within. This total release of inhibitions is the perfect state for desire to awaken and union to occur. Dance enables us to express, honor and open ourselves to our sexuality. It integrates a certain level of acceptance of our bodies. This acceptance and celebration stimulates and fosters an inner confidence in our physicality. In fact, Aimee Mullins, an American athlete and model who had both of her legs amputated believes that “confidence is one of the sexiest things a woman can have, much sexier than any body part.”

When you’re stressed, it makes it hard to open up and warm up to your partner. Thus, reducing stress is now recognized as a vital foundation of a well-rounded healthy lifestyle program. Listening to relaxing music is one of the easiest and most enjoyable ways to help you shift gears from the stresses of the day into a more romantically receptive mood.

With regards to our general health and well being, relaxation supports our body’s innate ability to heal itself, and nurtures body, mind and spirit. When you shift into the state of relaxation, a whole cascade of healthful neuropeptides and endorphins are released by your brain and flood your body with these “feel good” hormones. Organs work together in greater harmony. With less interference, less energy is wasted, thus freeing up more energy for loving.

When you relax, you breathe slowly and deeply. It’s easier to tune in to your partner’s breathing rhythm, and, literally, as you breathe as one, rapport naturally increases. Blood circulation is also enhanced when you relax. Without taking a pharmaceutical supplement, men will typically notice increased blood flow to the genitals. This has the obvious benefit of allowing men to be more comfortable and confident in their state of arousal.

Another benefit of relaxation is that the nerve endings on the surface of the skin become highly sensitized. Stroking and caressing each other feels better than when the nerve endings shut down, which they tend to do when assaulted by loud music, especially if the tone quality of the music is strident and piercing.

The combination of these factors makes it easier and more natural for partners to stay present with each other. The rush to orgasm is replaced with the pleasures of the journey.

And when you’re ready for orgasm, you’ll find that there’s a bigger energetic release than from a rushed “quickie.” You both bask in the afterglow of a truly harmonious blending of energies.

Choosing the right music creates sacred space automatically. That’s why many Tantric and conscious loving instructors include music in their teachings. You’ll want to assemble your own soundtracks. Back in the day, making a mix tape for you and your lover to enjoy was a big deal. Now it’s easier than ever.

As a music producer who began my career when vinyl LP albums were the state of the art, I chose to maintain the mood throughout an entire album. Although some record reviewers might have preferred more variety, my target audience wanted to stay in the groove. That’s why my albums, like Chakra Suite, Relaxation Suite, Music for Lovers and Deva Blues continue to be timeless soundtracks that always create the right mood for love.

Visit www.StevenHalpern.com to hear samples and read other articles on sound healing.

Sex, Music and Healing, cont’d from p. 37
Cindy Nevills
Killing Stage IV Cancer

“The Hippocrates lifestyle isn’t just for those who are fighting disease—it’s also for those health-seeking individuals who understand the importance of protecting their bodies from disease in the first place.”

I know the conversation very well. “I’m very sorry. The scans show that there is now metastatic disease in the liver and lung. We now have to hit this head on. I have a systemic treatment that might slow this down. Surgery is no longer an option.” Those are the words I heard on January 29, 2010. I was already diagnosed as a Stage IV melanoma patient at the time and knew so well what those words meant. I would be blasted with a chemo treatment that most melanoma patients don’t survive. I took a deep breath and knew this was the time to ask the Lord what I should do. I knew God was my only hope. I prayed some very intense prayers. I had already lost hope in my body’s ability to heal since I had been battling this disease for over five years. My prayers were answered. I was led to Hippocrates Health Institute (HHI). That is when I found out there was more to healing than I ever imagined. I continued the Hippocrates lifestyle and saw each scan result over the past two years getting better and better. I am sitting here reflecting on my latest scan on January 31, 2012, showing almost no detectable disease. I am on the verge of being cancer free.

“Cancer” is such a scary word. It’s sickening! It’s ugly to the core! It weakens you! It challenges your mortality! And that’s just the word itself. That was two years ago. I decided not to take the standard treatment approach and instead do what God wanted me to do. I spent three weeks at HHI learning how to fight this disease with what I ate, drank and thought. I learned incredible amounts of life saving information every minute of every day for my entire visit.

My medical doctors were very confused and surprised when they saw my first CT scan only two weeks after my stay at HHI. The results of that appointment, conveyed by my doctor, were, “I don’t feel like treatment is necessary at this time; keep doing what you’re eating.” Some people call it a miracle. I don’t. It’s really quite simple. Fill your body with highly nutritional, cancer-fighting foods and juices, and your body knows what to do. God gave us our bodies; he did not give us cancer. So it’s time to fight this disease the way God intended.

I’m feeling better than I have ever felt. I even have proof. I just finished my seventh half marathon in the last few years with my personal best time of 2:04. I’ve already signed up for my next half marathon, number eight. Two years ago I weighed 35 pounds more than I weigh now. I had high cholesterol and high blood pressure, I was always tired and depressed, I had no hope. I kept searching for any twinkle of hope, and I found it. I now have a positive outlook on everything I do in this life. My weight, cholesterol and blood pressure are all in check. My new life’s mission is to reach out to those who are battling health challenges, both serious and minor, as well as those who have had a health challenge in the past. I want them to know there are options. I know that God is in charge of our destiny. I guess he just wasn’t finished with me here on earth yet.

The Seven Keys to Lifelong Sexual Vitality, cont’d from p. 15

“Giving back in all our relationships is the essence of our integrity, and the pure intention that is deeply embedded in every product we create.”

- Safe, Living Products with Healing Energy & Pure Vitality
- 100% Wildcrafted, Organic & Natural Vegan Ingredients
- Responsibly Harvested, Fair Trade Ingredients
- Made with Cold-Processing For Optimal Activity & Results
- Products Include: 22 Face & Body Products With Inviting Aromatherapy 100% Natural Mineral Make-up Line

We hope that we have stimulated thought and circulated new ideas in your imagination. The Seven Keys to Lifelong Sexual Vitality, the Hippocrates Health Institute’s guide to Sexual, Health and Happiness is our contribution to people’s health, joy, and liberation. It is time that we grow beyond the stigmatized confines of the last generation. We are not discussing sexual liberation, but sexual normalization. Nature and God, if you will, partnered in the process of perpetuation by giving us an instinctual drive, free will and a body that has the ability to reproduce.

We should gain a new respect for these gifts and begin to utilize them in a fruitful, sane and conscious way. Until each of us addresses and resolves our personal issues surrounding intimacy, we will never gain the level of health that we deserve.
Another of Ann’s dearly loved students is Karyn Calabrese (www.karynraw.com), whom she affectionately called one of her “human angels.” At age 65, living on a plant-based diet for 45 years, Karyn’s beauty and vitality shines forth and people think she is in her 40s. A radiant testament to the spiritual seeds Ann provided and dispensed.

At present Karyn is an entrepreneur and the owner of the longest standing raw food restaurant in the country (Karyn’s Fresh Corner). She also runs a thriving, vegan health and wellness company in the city of Chicago. Karyn has done so well, that aside from appearing on the Oprah Show twice with Dr. Ann’s Living Food message, she continues to spread the message to this day, appearing on various TV spots. One of her best memories is when Dr. Ann came to her home and made energy soup in her kitchen with weeds that she brought with her!

Karyn Calabrese: “Everything I do today: my restaurant, my classes, my book, the thousands of people I am able to help year in and year out is because of Dr. Ann’s teachings. She has given us a formula to maintain life and vitality!”

Ann left an influence that presently, a generation later, is becoming an understandable trend. There is a tidal wave of desire for true health, a desire to be the manifestation of the whole.
This enhances blood flow to peripheral vessels, enriching vital oxygen delivery to organs, joints and extremities, speeding the healing of sprains and strains, relieving pain and reducing the time it takes the human body to recover from an injury and heal from wounds. Our body’s absorption increases as we receive the most benefit from nutrition, nutraceuticals, other supplements and in many cases, medications. All of which may be essential for good health.

**On Immune System**

Far infrared heat creates an “Artificial Fever.” A fever is one of the body’s most powerful frontline defenses against viruses, infection and disease. Raising your core temperature, also known as hyperthermia, diminishes the advancement of infection, virus and bacteria growth because most viruses and bacteria cannot thrive above 102°F. As effective as a fever is in curtailing growth, it also super-energizes our body’s natural killer cells or lymphocytes, the active aggressive immune response team within our bodies. Most of this activity occurs when your core temperature is at 101.5°F or higher. A fever can also be artificially induced in patients who are unable to mount a natural fever response by incorporating the deep penetrating heat generated from far infrared rays (FIR) or frequency therapy. Many advancements in cancer treatments also incorporate hyperthermia because we are finding out that many cancers act like viruses in our bodies and cannot thrive in high temperature environments.

**Summary**

In sum, far infrared heat is safe and can benefit all of us in one way or another. It raises our body’s core temperature, inducing an “artificial fever” that helps us naturally detoxify. It supports our immune system and improves our body’s ability to absorb essential nutrition, ease pain and relieve inflammation. Most of all, far infrared heat is all natural, we cannot get too much of it and it sets the stage for our body to heal naturally on its own.

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**The Sexuality of Dancing, cont’d from p. 46**

So sexy. The dance of sexuality is truly a magnificent celebration of eroticism. It is a veiled technique of sexual expression, eliciting excitement and attraction from the opposite sex. The dance historian Curt Sachs said, “Every dance is and gives ecstasy.” Dancing and sexuality become metaphors for eventual climax and ecstasy. Journalist Saneesh Michael says that “Sexuality can never really be extricated from dance, since the sex act itself may be considered as the ultimate form of dance.”

Dancing and sexuality bring awareness of the innate pleasure of being alive and provide us with an avenue through which to express this pleasure. The dance of sexuality is truly an outward expression of an inward experience that, once embarked on, leaves us engaged, empowered and so sexy.

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**The Natural Healing Power of the Sun, cont’d from p. 32**

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No there is no money to be made if a woman feels good about herself, confident in her looks and hearing and sure in her spirit and soul. It is important to remember that Ralph Lauren and Calvin Klein do not have your best interests at heart. They are here to make money; nothing more. The advent of consumerism began with the creation of false needs, and then the design of products to fill them. Humans have always adorned and transformed their bodies. From the lip plates worn by African tribeswomen to the poisonous make-up worn with various colors of red from the time of Cleopatra. But underneath it all, there is no way not to be who you are. And eventually, possibly to your chagrin, your partner will find out. My advice: go unscented the before and after, and save yourself some time and heartache.

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The Scent of a Woman, cont’d from p. 43
I am grateful for my incredibly wise and gentle “Uncle” Anthony Chatham for bringing ashes to elegance and aligning the very fabric of my being in that secret place and helping me find my way to my soul. And I am especially grateful for the “Mama and Papa” of the Hippocrates family Drs. Brian and Anna Maria Clement. They did exactly what they said they would at that Save Your Life Meeting. They were loving parents who gave a child roots and wings for her journey.

Secret Place of the Soul, cont’d from p. 43
I wanted to go. So I let my frumpy writing-mom clothes fall to the floor and jumped into the shower, hoping the cleansing effect of warm water cascading like quicksilver over my skin might revive me.

I dried off, slipped on my red satin pants and black, form-fitting tunic, messed up my short, dark hair and put on some big hoop earrings. Now it was getting funky the way I like it, a little bling-bling glam meets Betty Boop ready to rock-n-roll.

I walked up the wooden stairs to the main stage where the Missiles were fixing full bore; the crowd sang each song by heart. I started moving to the rolling rhythms. This is what I needed.

The people in front of me were passing a joint, right out in public, to the rolling rhythms. This is what I needed. The Scent of a Woman, cont’d from p. 43
Rain: Heaven & Earth Making Love, cont’d from p. 31
The importance of kegel exercises for men and women are essential, in moderation. Kegel exercises should be performed in sets of three, up to thirty repetitions, no more than ninety. You can draw up your perineum towards the Dantien, upon exhalation and after the last contraction hold for 30 seconds, just on the last repetition. Please work your way up slowly. Wheatgrass juice implants are also healthy for maintaining the health of the prostate. These practices will lead to increased energy and vitality using sexual energy to improve our health and overall well being.

It is important to cultivate your sexual energy and keep your organs healthy and happy by learning how to circulate the energy from your Dantien to the five major organs. These organs include the liver, heart, spleen, lungs and kidneys as well as our brain. It is also important to exercise your prostate gland (for men) or strengthen your vaginal walls and pelvic floor (for women), to experience multiple orgasms and become a better lover.

Henry Havelock Ellis wrote that when marriage partners best approach the conjugal mystery as a sacrament, “they are subtly weaving the invisible cords that bind husband and wife together, more truly and more firmly than the priest of any church.” Sexual union with the right partner, with love, respect and tenderness, can open the way to a new dimension in your life. After all, the Universe and everything in it, including human beings, was created through the union of these same Cosmic forces.

A few potent herbs which strengthen our reproductive organs are ginseng, maca, horny goat weed (Yin Yang Huo), Angelica root (Dang Gui) and foods such as asparagus and avocados.

Suggested Resources:
The Tao of Sexology, Dr. Stephen T. Chang
The Alchemy of Sexual Energy, Mantak Chia
The Enlightened Sex Manual, David Dieda
Tantra: The Art of Conscious Loving, Charles and Caroline Muir
Tantra: The Supreme Understanding, Osho

There is a little joke I have been sharing at presentations over the last forty-five years. It refers to the importance of chewing. Most people don’t chew thoroughly. They chew each mouthful only three or four times and then they swallow. It is important to chew, especially in the consumption of carbohydrate foods, because there is an enzyme in the saliva called ptyalin (tie-a-lin). It is a form of amylase, the digestive element for starches. If we do not chew well enough, the ptyalin is not released and mixed into the food, and the digestion of carbohydrates cannot continue further in the intestinal tract or among the visceral organs.

I tell the audience I have a theory on why people don’t chew their food. I think it’s because they remember hearing as children, that too much mastication can cause blindness. Of course, some people tend to chew less than others and they end up wearing glasses. I finalize this story by sharing that statistically, the more you masticate, the greater the tension release. Everyone over twenty-five gets the joke; most under twenty-five don’t. Yet, even this may be used as a guide, that chewing not only helps our digestion, it also helps to nurture us, and that is what the game is all about.

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Tips for Transitioning to a Plant-Based Diet
- Go slowly enough to make your new diet a “norm” in your life.
- Establish connections with outside support. A friend or acquaintance who is already committed to this lifestyle can certainly make the transition easier. There are probably fun, monthly potlucks in your area. You can meet new friends, try a variety of raw, vegan foods and share recipes. Meetup.com is a great resource for finding like-minded acquaintances. Community resources may also be of help.
- Be sure to get adequate nutrition so that your body does not crave the foods you are leaving behind.

Important Foods and Their Benefits
Green juices made from cucumber, celery, and sprouts such as sunflower (complete protein—contains all of the essential amino acids) and sweet clover. To mix things up, try spinach, oregano or parsley. Experiment to your liking.

All greens are a very important part of any plant-based diet, so enjoy a wide variety of green leafy salads, leafy sprouts or other forms of greens, such as spinach pâté.

Sea vegetables are an important source of minerals, especially iodine. Try kelp in salad dressings or sprinkled on your food as a seasoning. Dulse, when dried to a crisp texture, makes a great crunchy snack.

Blue-green/Green Algae can be taken as a drink or supplement. It has a balanced profile of vitamins and minerals and provides protection against free radicals.

Fermented foods such as sauerkraut and kimchi can be made from cabbage with other vegetables added. Fermented foods contain important digestive enzymes and probiotics which contribute to a healthy intestinal tract. These friendly bacteria keep the body operating at an optimal level.

Drink plenty of water throughout the day except at meal times. Allow 30 minutes before and 90 minutes after meals when drinking. Your digestive juices work better undiluted, and your body will receive the desired nourishment you require.

Focus on getting your diet up to about 80% of live plant food on your plate. When shopping, the cart must also be mostly plant foods. Buy leafy greens, a variety of sprouts, cucumber, celery and red or yellow pepper.

Some additional helpful hints: Make a smoothie using a blender or juice using a juicer. There are many interesting “un-cook” books about raw foods on the market. There are support groups, such as “meetup groups,” all over the world that can be located on the internet and via notices at local health food stores.

While the focus of this article is on the consumption of plant-based foods, it must be noted that human health is not dependent on diet alone. One should additionally focus on mental, physical and spiritual well-being. Therefore, important health considerations, beyond diet, include: daily exercise, adequate rest and sleep, attention to positive thoughts and a practice of meditation, prayer or contemplation.

The process can and should be fun. Start your journey today, your body will thank you throughout your life!

Nonsexual Gratification, cont’d from p. 36
Another perk of sleep? If you have a partner, sleep often means sexual gratification just occurred—or is about to upon waking.

Another form of gratification I enjoy is exercise. I exercise every single day. Ever hear the term “runner’s high”? It has been shown that running, or other intense or sustained exercise, release a flood of endorphins in the brain. Endorphins are associated with euphoria and elevated mood, hence the “high” runners feel. Endorphins aside, I just feel satisfied after getting a good physical workout. My workouts don’t take place in an air-conditioned gym; I am out in nature, doing my everyday work, such as when I’m gardening. When I am working up a sweat moving wheelbarrows of compost, I can also feel satisfied knowing that I just planted some food crops, and in about 45 days I will be partaking in food gratification.

One more way I gratify myself is by teaching and sharing what I have learned. One of my mottos in life is to “Live in Service.” I feel both pleased and satisfied when I am able to have a positive impact in helping people and making the planet a better place. It’s really nice to get feedback from some of the 20,000+ people who subscribe to my videos on YouTube. It’s very rewarding to know that I am making a difference in their lives, usually by encouraging them to change their diets and grow their own food.

Hopefully you are now aware of some productive methods of “NonSexual Gratification.” By gratifying yourself in some of the ways I’ve mentioned, you may find a sense of well-being and better health. You, too, can find joy in sharing what you have learned to make the world a better place for everyone. If everyone engaged in this self-fueling act, just imagine what kind of world we would live in today.
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Suppressing Sophia, cont’d from p. 34

As we get older, we are forced by our culture’s institutions to participate in preparing the foods, cutting flesh from bone, hooking unsuspecting fish, stabbing “meat” and learning to harden our hearts to the cries of terrified calves and of the starving children, whose grain we use to fatten our livestock.

All of us, both male and female, have inherent within us what I refer to in The World Peace Diet as Sophia, the sacred feminine. Sophia, the Greek goddess of wisdom, is the dimension of our awareness that years to love, protect, and nurture the life we see around us. If there is one thing in nature that we all know in our bones we should respect, it is not to interfere with, it’s mothers giving birth, and nursing and protecting their offspring.

And yet, with animal agriculture, men have had to repress this natural Sophia wisdom, and abusively violate female cows, sheep, turkeys, and other livestock animals in brutal ways that cause suffering not just to these mothers and their babies, but ironically to the perpetrators as well.

Today, as a culture, we routinely repress the sacred feminine dimension of our consciousness as we unnoticeably consume and kill animals for food and steal milk, eggs, and babies from many millions of animal mothers. Our culture indoctrinates us to consume these foods from infancy, and this systemic repression of our innate Sophia wisdom is perhaps the most grievous wound we suffer. It causes untold disharmony in our relationships, especially between the sexes, and also spurs our violence toward the Earth.

We have cast our culture out of the garden and into the rat race of competition and consumerism. As we repress the routine violence toward nature and animals, our resulting hidden low self-esteem leads the profits of corporations that enrich themselves through our craving for gadgets, drugs and entertain-

ment to help distract us from what we know in our hearts, and to gloss over the violence of our meals. But as we question this mentality of domination and choose compassion, healing and peace by eating plant-based meals, we find our joy rising, our spirit deepening, our mind quickening, our feelings softening, our energy increasing and our creativity flourishing.

We are all connected. At the core of virtually all spiritual teachings are two interdependent directives: to love God (i.e., to connect authentically with the transpersonal dimension) and to love our neighbor (i.e., to treat other expressions of life with kindness and respect).

In the Buddhist tradition, as but one example, these are considered to be mutually supporting, so the more authentic our meditation experience, the more we become spontaneously compassionate, and the more we practice compassion, the deeper our meditation practice will be able to bring us.

At the core of the Buddhist teaching of ethical living is the Five Precepts, which are simply the five universal taboos that virtually every culture on the planet has honored and required of its members: 1. Do not kill. 2. Do not steal. 3. Do not commit sexual violence or misconduct. 4. Do not deceive. 5. Do not force alcohol or drugs on others.

When we act in these violent ways and we not only harm others, we harm ourselves. As we sow, we inevitably reap. In animal agriculture, we routinely break all five of these precepts against animals used for food. Animals are: 1. mutilated and killed by the billions every year; 2. have their babies stolen from them, as well as their milk, their eggs and their freedom; 3. are sexually abused and forcibly inseminated by the billions every year, 4. are deceived by barbed hooks and dark tunnels ending with electroshocks, stun guns and stabbing blades; 5. are forced to take antibiotics, drugs, hormones and psychotropic pharmaceuticals against their will. This violence lurks in all the animal-derived foods we eat, includ-
ing the “humanely-produced” meat, dairy, and eggs that are growing in popularity.

Sophia, the sacred feminine within us all, is resurrecting everywhere today it seems, and as she does, we are witnessing a rising consciousness of wellness, kindness, interconnectedness and peace. We can each be part of this awakening and experience healing on the deeper levels of our being by questioning our culture’s obsolete food dogmas, and partaking of foods given to us from the lovingly tended gardens and orchards of our Earth.

Each of us is a seed who can bless ten thousand, and this is not just our potential but our joy. Mindfulness of our food choices is the key to creating not just outer gardens of beauty, sustainability and nourishment, but to nurturing and healing the inner garden of our hearts.

It is time for us to discover that choosing plant-based meals is the foundation of spiritual awakening, cultural harmony, radiant health and protecting the future of life on Earth—the ten thousands depending on us today. We are all connected.

Sexuality is Spirituality, cont’d from p. 55

It and didn’t stop. Nor did it always involve physical passion. We even experienced what my daughter later told me was the third-eye kiss while standing on the landing of a beach stairs above the surf. Kyle was leaning back on the railing. I wrapped my arms through his and leaned into his body, resting my forehead on his. With a jolt, my consciousness darted like a UFO out into the Milky Way, hovering amongst the stars in timeless space for who knows how long.

When I came back to earth and opened my eyes, he was opening his eyes, too. Nose to nose, he said, “What was that?” I had no clue.

That was many in a long string of what I call sacred sexual experiences that opened my body to heights never anticipated. I had always thought the gushings about the sensations of falling in love were just that, sentimental exaggerations meant to sell songs and books. But it took me 57 years, and, more directly, eight years on nutrient-rich raw fruits and veggies, to be open enough, vulnerable enough, clean enough to be able to experience this depth of sensual spirituality.

Keeping On

The relationship ended as strongly as it began. The fish, as well as fear of the world’s financial future, got the better of him and a shared pesca parasite he was housing put the kabobs on the whole affair. But what Kyle had so generously opened up in me would never leave me. I knew I wanted that and more.

On March 27, I celebrated eight years as a raw vegan, ever fine-tuning the quality of what goes in my body and constantly practicing to improve what comes out in thoughts, emotions and words.

When I went raw, there’s no denying it, cheesy or not, my heart, body and soul opened wide up and the flood gates released. My body became a tuning fork for highly sexual spiritual reception, which is available to us all whether we’re in an intimate relationship or not. It is, after all, how we were born. Full of hormones and light playful energy, which, to me, is our original sexual natures, our life force. As children, and before we became inclined to give up on spontaneous joy, everything we did at us up like little light bulbs. It was sexually (as in life-giving) stimulating to our beings.

It only made sense to me, then, that when all our internal tubes are cleared, when the gunk is gone, everything gets more connected, more alive, more responsive and we become one body, one mind and one spirit. And, in reality, more selective about with whom we choose to innocently cavort.

I have learned to only share intimate sexuality with someone I know well and with whom I am deeply in love and committed to grow and explore ourselves and our lives. Because, in reality, I want to exchange bodily juices and DNA info only with someone I consider remarkable; we all deserve to do that for ourselves, especially if we believe our body is our temple. What I want, ultimately, is to stay active and attractive for as long as I live, and become a high-energy clear, clean, non-toxic, life-loving vessel is my best guarantee.

May the life force be with you.
People treated for compulsive sexual behavior often have difficulties with genuine intimacy and use sex as a means of dealing with other problems: loneliness, depression, anxiety or daily stresses. “They compulsively use sex as a form of physical and psychological release,” Dr. Cooper says.

Pornography also serves as a quick fix to soothe unexpressed disappointments in real relationships, and is used to self-medicate against feelings of anger, disappointment, boredom or sadness. Such mood altering strategies keep individuals from developing healthier ways of managing emotions, and keep them emotionally immature. Personally and professionally we have come to believe that beyond just the category of compulsive sex, what our culture considers a “normal” sex drive, is more addictive and pain-driven than we’d like to admit.

Childhood Sexual Abuse
More than any other sexual experience, childhood sexual abuse sets in dysfunctional patterns which hugely influence one’s sexuality for life, often freezing into space and time the child’s confusion about pleasure (feeling good is bad), embodiment (to survive I must leave my body), gender (bad things happen because I have breasts). Where the body played such a central role in the early trauma, a focus on bodily reality in the healing emerges as paramount. To think intellectually about oneself or understanding alone can heal sexual trauma, without accessing the body’s response, is delusional.

Sexualizing Non-Sexual Experiences
Sexual feelings often get linked to other feelings and “issues.” What are often perceived as sexual issues are not sexual at all, but simply represent the sexualization of deeper pain or unmet needs that are emerging. A woman, for whom sexual intercourse with her husband was painful, finally opened up a Pandora’s Box of feeling when she admitted to feeling used, unloved and unappreciated in her marriage. Her honesty initially led to massive discomfort, but eventually opened a deepening of communication with her husband and a reconnection at a feeling level. Enjoyable sex followed naturally.

Sex as Microcosm
Sexuality has been referred to as a microcosm of our relationship life and cannot be treated as separate. Although sex therapy can correct mechanical sexual dysfunction, it does not necessarily address, or even claim to address, the bigger picture of feeling. Conversely, addressing the big picture of feeling, and integrating repressed pain, often translates directly into sexual healing. Arthur Janov (the creator of primal therapy, a treatment for mental illness that involves repeatedly descending into, feeling, and expressing long-repressed childhood pain) reported that many of his patients had greatly reduced sex drives after primal therapy along with a deeper experience and appreciation of sexual enjoyment. A significant number of his patients reported the erasure of premature ejaculation, frigidity, sexual anhedonia (lack of sexual pleasure, even during orgasm) and some even reported a reversal of homosexuality. That’s how intimately deep feelings and sexuality get interwoven.

My commitment as a therapist is to help unravel the threads that strangle the free-flow of natural health, and help reweave them into a reality that is livable, workable and in alignment with the true destiny of the client. Lust is a many-splendored thing. When it twists into inner and outer misuse and abuse, it cries out to be healed. Our yearnings for closeness and true intimacy beg us to do the inner work to have the happy life and balanced sex life we deserve.
Some particular foods have a heightened effect on your libido. There is centuries of literature about the aphrodisiac properties of certain foods. An aphrodisiac is a substance that increases sexual desire. There are certainly foods for which the argument of their aphrodisiac power can be made soundly. As one example, take fenugreek. This sprouted seed is one of the staples of the Hippocrates buffet. Many lovers enjoy the sweet, spicy aroma of sprouted fenugreek that sweetens the breath and exudes from the pores of fenugreek eaters.

Fenugreek is one of the oldest recorded medicinal and aphrodisiac herbs and is regarded as a treatment for just about every ailment known to man. The Egyptians, Greeks and Romans used the aromatic seeds extensively. It was a staple in the diet of concubines, who used the herb to increase the size and roundness of their breasts. Fenugreek is also said to have beneficial effect on the kidneys. It helps to detoxify the body of impurities and strengthen the kidneys, and anything that nourishes the kidneys contributes to an active sex life. Steroidal saponin diosgenin, choline and trimethylamine (a sex hormone in frogs) are found in fenugreek. Diosgenin is an important precursor for the synthesis of a number of sex hormones and also exhibits estrogenic effects.

Fenugreek is packed with nutrition. Fenugreek is 30–36% protein and loaded with all the essential amino acids. It offers more than 25 different vitamins, essential oils and over 10 essential micro-minerals including zinc. Zinc is lost in ejaculate, so foods rich in zinc are helpful for the sexually active male.

At Hippocrates we eat our fenugreek sprouted. Sprouting means bringing the seed to life by germinating it. Germinated seeds supply predigested nutrients. Predigestion means there is a profound increase in the nutritional and energetic potential of the seed, nut, grain or grass. Foods that are living when you eat them supply an essential energy that contributes to vitality. So, by eating raw living (germinated) seeds, nuts and grains, the life-force nutrient load of the food is maximized.

It may sound like fenugreek is the strongest aphrodisiac of the living raw food diet, but it is not, it was only cited here as an example. Asparagus, bananas, avocados, horny goat weed, saffron, garlic and many more foods have centuries of aphrodisiac fame. Certainly the sprouts, ferments, seaweeds and chlorophyll-rich foods in the raw and living foods diet are supportive to your whole body, which includes your sex system. Your sexuality is connected to your nutrition and a healthy sexual attitude is an important part of a long life. Whatever your goals may be for increasing sexual energy, enjoying a healthy sex life or increased sensuality, or maximizing blood flow or spiritual awareness, evidence shows that some raw and living foods can certainly put you in the mood.
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