Fishy Myths

The Health, Environmental and Ethical Ramifications of Consuming Aquatic Animals

Also: Jonathan Safran Foer, Will Tuttle, Real Kids Real Food, Caffeine & Mental Illness, Memories of Ann Wigmore, MOMS 4 POP and more!
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Mayacamas Ranch is set on a quiet hilltop ridgeline above the town of Calistoga in Napa, California. The resort offers beautiful 360-degree views, creating the perfect backdrop for rejuvenation.
Fishy Myths

Note from the editor: This magazine has so much content to shed light on the misinformation about aquatic animal consumption that it has been divided into three sections: Health, Environment and Ethics. —WB

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Whether we’re talking about fish species, pigs, or some other eaten animal, is such suffering the most important thing in the world? Obviously not. But that’s not the question. Is it more important than sushi, bacon, or chicken nuggets? That’s the question.

—Jonathan Safran Foer, page 35

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KILLER FISH
HOW EATING AQUATIC LIFE ENDANGERS YOUR HEALTH

Drs. Anna Maria and Brian Clement

Over our combined 80 years of work, we have been consistently stunned by how pervasively the idea of fish as health food reigns. Hundreds of times each year, here at Hippocrates Health Institute and around the globe, we are asked why we should not be eating fish and their aquatic friends. There is a myriad of reasons not to consume this non-human food, so we took the time to deeply research the latest findings and write our current book, *Killer Fish*.

Countless people who have been consuming seafood have arrived at Hippocrates with major health disorders. Everything from cancer to memory loss, neuron problems, sterility, impotence, heart disease, etc. can be directly traced to the consumption of sea animals and the endless list of chemicals, heavy metals and radioactive materials they harbor. When removing this from people’s diets, we see immediate improvement in their health. There have even been cases of paralysis that have been reversed by the absence of aquatic food consumption.

There is so much propaganda and misinformation surrounding seafood consumption, that most people fail to see that they have been mentally hijacked into thinking that this non-food is good for them. Fish oil is the most concerning aspect of this hype since — beyond the “usual suspects” that are contained in fish — you have the added attraction of fish oil’s inherent racidity (lipid peroxide), a known cancer-causing property. Parasites and amoebas are other foes found in fish. These microscopic and larger life forms are so commonly consumed while eating this foolish fare that the rate of infection has skyrocketed with the burgeoning consumption of sushi. Time and time again we have explained the hazards of eating this category of food, yet the average person does not comprehend how dangerous it is.

We hope that this edition of *Healing Our World* and our latest offering, *Killer Fish*, will once and for all abolish the trumped-up idea that people need to consume aquatic life to stay healthy. We believe the most health-promoting and environmentally-conscious way to live is through the consumption of a well-balanced vegan diet. We petition you to become part of the human race and abandon the so-called “normal” that has created the catastrophic lifestyle that has all the earmarks to end life as we know it. Make decisions based on compassionate consciousness and you will always know what choice to make.

Blessings,

Drs. Anna Maria and Brian Clement

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But most people, Bill Clinton included, stop a bit short of becoming vegan. Pescetarianism may be a great improvement from the standard Western diet that includes copious amounts of beef, pork, chicken and dairy products, but the consumption of aquatic animals has its own set of problems. It turns out that the promise of fish-eating being more healthy, more environmentally sustainable and more ethical than the consumption of terrestrial animals is nothing more than a fishy myth.

We hear everywhere that fish must be consumed for its fatty acid content, but the fact is we can obtain essential fatty acids from the same place the fish do: plant foods. Plants not only offer a more balanced fatty acid profile, but they do so without the saturated fat and toxic pollutants that are inherent in fish and other seafood. Just like land animals, fish are a filter for nutrients and toxins. As a general rule, the higher a food is on the food chain, the less bioavailable its nutrients and the more saturated its toxins. (Large animals and fish are at the top.) Eating lower on the food chain means more nutrient absorption and less environmental toxins, with the added benefit of exponentially greater sustainability.

The environmental cost of consuming fish is profound. We are looking at the collapse of all fished species in less than 40 years if we don’t make some serious changes. Reducing demand is an obvious solution, but in the absence of everyone coming to their senses and becoming vegan overnight, the fishing industry will have to be more heavily regulated.
**Contributors**

Because Brian David Andersen majored in photo-journalism at the University of Missouri and worked 10 years as a freelance in numerous forms of mass communications, he approached the hard sciences as a self-taught investigator rather than a student. The freedom allowed him to explore all avenues and possibilities in physics, chemistry and all health modalities.

Jenny Berkley, RN, is a nurse and health educator with over 20 years experience in the medical profession. She is the author of two books and the publisher of *Eternity-Watch* Magazine, a Canadian magazine dedicated to promoting a holistic health lifestyle and a plant-based diet. Check her out at www.eating4eternity.org.

Chef Ken Blue, once proprietor of his own award-winning vegetarian restaurant, made Hippocrates his home after completing the Hippocrates Health Educator Program. Ken is now Executive Chef at HHI and has since enriched and expanded the repertoire of delicious, nourishing cuisine served to HHI guests and visitors.

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 are his passion.

Mark Mathew Braustein, a high raw vegan since 1970, lives in a nature preserve in Connecticut. He wrote *Radical Vegetarianism*, among the first books of our generation to espouse vegetarianism. His articles about wildlife have appeared in *Natural Health*, *Animals’ Agenda*, and elsewhere. Read his three previous articles in *HOW* at: www.MarkBraustein.org.

Dr. David John Carmos began studying yoga in 1953 and became vegetarian in 1955. 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*.

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

Dr. 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 co-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.

Tom Fisher, RN, BA, is a Registered Nurse, Hippocrates Health Educator, and stage IV cancer survivor. He is passionate about empowering people with the living foods lifestyle and enjoys his work, which includes providing guests with Oragnamed (biofeedback) and health consultations.

Dr. Will Tuttle, a former Zen monk and author of the #1 Amazon best-seller *The World Peace Diet*, is a recipient of the Peace Abbey’s Courage of Conscience Award, the co-founder of Circle of Compassion ministry, and an acclaimed pianist and composer. Read more at www.WillTuttle.com.

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

The work of Jonathan Safran Foer has appeared in *The Paris Review*, *The New Yorker* and *The New Yorker*. He is the author of two novels: *Everything Is Illuminated and Extremely Loud and Incredibly Close: Eating Animals* is his first work of nonfiction.

Sharon Heller, PhD, is a developmental psychologist who specializes in holistic solutions for anxiety, panic and sensory processing disorder. She is the author of *Anxiety: Hidden Cures (Symmetry, 2001)* and *Too Loud, Too Bright, Too Fast, Too Tight: What to do if you are sensory-sensitive in an overstimulating world* (HarperCollins, 2002). For more information go to www.SharonHeller.net.

Mikaeli Holzer, a Hippocrates Health Educator, facilitates detox cleanses and is a life transformation coach. Rudhi Lenardi 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 solutions for anxiety, panic and sensory processing disorder. She is the author of *Anxiety: Hidden Cures (Symmetry, 2001)* and *Too Loud, Too Bright, Too Fast, Too Tight: What to do if you are sensory-sensitive in an overstimulating world* (HarperCollins, 2002). For more information go to www.SharonHeller.net.

Mira Wiley, Brazilian: bilingual journalist, newspaper reporter, and public relations liaison and photographer for Optimum Health Solution, started her career in Brazil on children’s daily television. She is certified in plant-based nutrition from Cornell and graduated from Hippocrates Health Institute’s Life Transformation Program.

George Yu, MD, has been practicing medicine and surgery for 35 years in the institutional and private sectors. Dr. Yu is senior physician at Angio Medical and Research Associates, in Annapolis, Maryland, and Clinical Professor of Urological Surgery at George Washington University in Washington, DC. Presently he practices medicine focusing on sex hormone endocrinology, nutrition and digestion, and preventive medicine. TotallyYu.com.

Tom Fisher, RN, BA, is a Registered Nurse, Hippocrates Health Educator, and stage IV cancer survivor. He is passionate about empowering people with the living foods lifestyle and enjoys his work, which includes providing guests with Oragnamed (biofeedback) and health consultations.
Walnuts Could Improve Sperm Quality in Young Men

Researchers have found that eating 2.5 ounces of walnuts a day, around two handfuls, for 12 weeks improved sperm quality in healthy young men. The study is published in the journal Biology of Reproduction.

The study included 117 men between 21 and 35 years old who ate a typical Western diet. The group was divided into two with one group adding 2.5 ounces of walnuts a day to their usual diet. The other group continued their regular diet with no nuts.

Researchers said they found a significant improvement in sperm parameters in the group that consumed walnuts.

Researchers found that consuming walnuts had significantly increased levels of omega-6 and omega-3 (ALA) fatty acids and experienced improvement in sperm vitality, motility, and morphology. Those eating walnuts also had fewer chromosomal abnormalities in their sperm following the walnut dietary intervention. The control group, on the other hand, experienced no changes.

What’s the News?

AUSTRALIAN CIGARETTE LOGO BAN LAW UPHeld BY COURT

by Rod McGuirk

CANBERRA, Australia — Australia’s highest court upheld the world’s toughest law on cigarette promotion, prohibiting tobacco company logos on cigarette packs that will instead show cancer-riddled mouths, blinded eyeballs and sickly children.

The High Court rejected a challenge by tobacco companies who argued the value of their trademarks will be destroyed if they are no longer able to display their distinctive colors, brand designs and logos on packs of cigarettes.

Starting in December, packs will instead come in a uniformly drab shade of olive and feature dire health warnings and graphic photographs of smoking’s health effects. The government, which has urged other countries to adopt similar rules, hopes the new packs will make smoking as unglamorous as possible.

For many years, Dr. George W. Yu and Hippocrates Health Institute director Dr. Brian Clement have collaborated on research projects relating to nutrition and disease remission. Recently, Dr. Yu and a Hippocrates Health Institute alumnus, Marlène Boudreault, ND, proposed that we work with the University of California to research the effects of the Hippocrates low-calorie diet on two notable cancers — melanoma and breast cancer.

As a result, we are beginning our search for study participants who would like to not only bring about their own recovery, but also help thousands of people who could learn from their experiences. The contributions of these volunteers will be permanently etched in the archives of modern science. In our quest to concretely establish scientific validation for future generations, we wholeheartedly encourage any legitimate research projects that will help to curb disease and human suffering. We will report to Healing Our World magazine readers and Hippocrates guests any and all findings that will increase our knowledge and practice.

The George W. Yu Foundation is generously funding the Dr. S. Spindler group at the University of California, Riverside, who will conduct a joint study of patients with melanoma and breast cancers. We will provide “bridge funding” to conduct a pilot study on six individual volunteers who intend to start a calorie restriction raw food diet. We will examine changes in their genetic expressions after six months of nutritional modifications.

For this particular study, Hippocrates Health Institute is seeking three participants who meet the following criteria:

1. Patients newly diagnosed with melanoma or breast cancer with residual skin lesions of disease. They have had no previous treatments and have elected to decline conventional treatment.
2. Patients who have been diagnosed with melanoma or breast cancer with residual skin lesions of disease. They have received conventional treatment such as chemotherapy, radiation and surgery. However, their treatments have failed and they are now electing to use nutritional intervention as their only treatment for the cancer.
3. Patients must be active and have good performance measurements. In other words, they must be able to eat, walk and travel.

The patients’ gene expression will be studied by Hippocrates research specialists before and after the six-month study period. A medical surgeon will perform a skin biopsy on each participant’s skin lesions. In addition, blood and urine samples will be collected to study the micro RNA markers. During this six-month period, participants will follow a raw food diet, designed for them by the Hippocrates research staff. We will undertake this study voluntarily and will not be compensated in any way. The participants may also discontinue participation in the study at any time.

If you are an interested candidate, please call Kathryn Lippman at: (561) 471-8876, ext 2221
Each interior is a confluence of unique special places throughout the world. The styles of different motifs were the ideal direction. From the tastefully furnished, providing superb villa is unique in design and has been elegance to unwind and relax. From the utilitarian, rich, heavily embel- design. The Modern villas complement lishments. The Classic villas provide each villa, the chosen decors were a lustrous, calm and natural style. casual aged appearance to reflect lush upholsteries with a classic design, embroidery. The Classic villas provide lush upholsteries with a classic design, along with a great mix of ancient Greek or Roman flair. The Scandinavian villas deliver refined elegance with casual aged appearance to reflect a lustrous, calm and natural style. Birch, white pine and beech were the woods of choice, along with tasteful stripes and some floral decor. Additionally, the antique Biedermeier furnishings add a lovely and soft touch. Throughout the villas and all their various motifs, there is a vibrant combination of textures, colors, fabrics and exquisitely detailed furnishings which help frame a gorgeous panoramic view of Live Lake. For your convenience, your villa accommodations also include juice delivery with housekeeping services, a 100% organic cotton robe, T-Shirt and a gift bag with toiletry amenities. Additionally, you are entitled to discounts in the Oasis Therapy Center and the Hippocrates Store. Staying in the villa of your choice is easy! Contact the Program Consultant team at 1-888-228-1755 extension 2177 for availability. We look forward to serving you soon.

These prestigious and luxurious facilities feature exceptional amenities including:

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- Voice over Internet Protocol Phone
- Eco-Friendly Paint and Tile
- Bamboo Flooring
- Furnished Lake View Patio
- Latex Organic Bedding
- Whirlpool Tubs
- Color Therapy Steam Showers

The Hippocrates campus has Scalar Protection Units to protect guests and employees from harmful EMF waves. All guest rooms feature organic linens.

Have You Seen Our Villas?
by Sheila Skrobeck

A
fter years of building, planning and designing, Hippocrates Health Institute unveiled eight magnificent two- and three-bedroom villas as upscale living accommodations for their guests’ pleasure. These truly beautiful 2,000-square-foot residences provide handicap accessibility, tranquility and beauty from the moment you open the door. Each villa is unique in design and has been tastefully furnished, providing superb elegance to unwind and relax. From the beginning, it was determined that different motifs were the ideal direction for the decor of the villas. The styles of each villa were inspired by various continental luxuries, and reminiscence some special places throughout the world. Each interior is a confluence of unique collections, with an engaging mix of accessories and a stunning variety of treasures. Every villa has a full spec- trum view of Live Lake and is nestled just a short stroll from a large gazebo, the pristine fitness center, sauna, hot tub and chemical free ozone pool.

To mirror the different lifestyles in each villa, the chosen decors were a mix of fashions echoing Modern, Traditional, Classic and Scandinavian design. The Modern villas complement a clean, sleek environment with unique decorative surprises, dazzling colors and a blend of sophistication and casual comfort. The Traditional villas utilize old-world, rich, heavily embel- lished woods accented with exotic details, such as velvets, silks and embroidery. The Classic villas provide lush upholsteries with a classic design, along with a great mix of ancient Greek or Roman flair. The Scandinavian villas deliver refined elegance with casual aged appearance to reflect a lustrous, calm and natural style. Birch, white pine and beech were the woods of choice, along with tasteful stripes and some floral decor. Additionally, the antique Biedermeier furnishings add a lovely and soft touch. Throughout the villas and all their various motifs, there is a vibrant combination of textures, colors, fabrics and exquisitely detailed furnishings which help frame a gorgeous panoramic view of Live Lake. For your convenience, your villa accommodations also include juice delivery with housekeeping services, a 100% organic cotton robe, T-Shirt and a gift bag with toiletry amenities. Additionally, you are entitled to discounts in the Oasis Therapy Center and the Hippocrates Store. Staying in the villa of your choice is easy! Contact the Program Consultant team at 1-888-228-1755 extension 2177 for availability. We look forward to serving you soon.

Real Kids Real Food: From seed to plant to eager minds
by Mirym Wiley

Do real foods stand a chance with children who are accustomed to processed junk foods?

T
o Hippocrates Health Educator Betsy Bragg, of Massachusetts, the answer is a big YES. With support of volunteers, she has just successfully finished the first season of a healthy after-school program called Real Kids Real Food (RKRF). Every two weeks, 40 kids, ages five to 14, met at the Elizabeth Peabody House in Somerville next to Boston. (40,000 people who speak 12 languages live in Somerville within four square miles.) “This has been absolutely wonder- ful,” says Betsy, the executive director of the non-profit Optimum Health Sol- lution, and health educator facilitating an ongoing 10-week course Life Force Energy — The Hippocrates Approach to Optimum Health, in Waltham, Massa- chusetts, since 2004.

Brian Axelrod, the lead volunteer for the classes, stressed that locally grown foods are the best. Currently working for a nonprofit called “Food For Free,” Brian was a fortunate match for this concept, having been able to obtain free produce for RKRF. The generously donated foods included pineapples, ba- nanas, spinach, zucchini and avocados. They had eaten guacamole but none had made it before,” Betsy re- called. “They loved squeezing lemons and mashing up the avocado.” No one guessed how well the students would receive the new food. “Sunflower sprouts and green Nona smoothies were a real hit and asked for over and over again,” said Axelrod, who explained the origins and health benefits of Swiss chard, almonds, dates, sesame seeds, carrots, string beans, strawberries, lettuce, broccoli and other real food.

Each session began with exercise, such as yoga, tai chi, qigong, and im- provisational skits to imitate seeds in search of light and beginning to grow. As the days became warmer, hands-on activities included bringing small plantings to the outdoor garden. The students experimented with their own tiny seeds, first planting them in small containers, then transferring them to their own special outdoor garden, already filled with the organic soil they had examined with a special magne- tifying lens. By the last class, students enjoyed harvesting and feasting from their garden. Though the program is now over for the summer, the kids will continue to care for their plants, as they attend EPH summer camp.

Since this article was written, some incredibly good news has come to the folks who make Real Kids Real Food happen in Massachusetts! Betsy Bragg, executive-director of Optimum Health Solution, attended a special two-day lecture by Brian and Anna Maria Clement in New Jersey and shared with them the brochure of RKRF and the big dream to continue and expand the program in the Fall, with a challenge of raising $3,000 through the end of the summer to fund the two programs in September. “In a spontaneous burst of generosity, Brian offered to cover half of that amount!” We are ecstatic! “says Betsy. “Now we know at least we have one program covered and hope others might feel compelled to contribute as well.” Another piece of good news is that Karen Randzi, author of Creating Healthy Children, who hosted Brian’s two-day event, will use the lesson plans from our website (RealKidsRealFood.org) to launch a similar program in New Jersey. Brian’s talk inspired three other women to volunteer to join Karen in this endeavor.

I think our garden is great!” said Axelrod. “The kale is ready to be har- vested. The soil is so lush and rich. It’s some of the best kale I’ve ever eaten!” Each lesson included reading stories with plant themes, bringing awareness about the wonders of life force and starting conversations about how plant foods are the best for all.

Marcus Gorman, a 15-year veteran of a hospital clown troupe, brought the essential element of fun and joy to the program. His personal collection of puppets played their role as well.

“A few times, when the class was coming back together after exercises, and Brian was having a little trouble quieting [the students], I came behind him with one of the puppets and I in- dicated to the kids not to let him know that the puppet was on his shoulder. They started to quiet down because they wanted to hear what the puppet had to say,” said Gorman.

Real Kids Real Food came to fruition after Betsy shared her dream of bring- ing the lessons of better eating to children and found several of her students and graduates interested in helping to make it happen. For more information, contact the Program Consultant team at 1-888-228-1755 extension 2177 for availability.

We look forward to serving you soon.

Real Kids Real Food: From seed to plant to eager minds
by Mirym Wiley

Do real foods stand a chance with children who are accustomed to processed junk foods?

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A healthy after-school program gains fans among children in Massachusetts

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The MOMS4POP PLEDGE: An Election Time Issue
by Drs. Brian and Anna Maria Clement • Beth Clay • Miakale Holzer • Rudhi Lenardi

The POP Campaign has launched this MOMS4POP PLEDGE and is gathering supporters across the country. As the pledge is taken, every public official, especially during this election period, is asked to participate in signing this pledge or a promise to support all who take this pledge.

By putting everyone on the line, it is the POP Campaign’s intention to build enough support to pass a genetically engineered labeling bill in Congress and move forward toward our human right to quality food. Please go to POPCampaign.org or MOMS4POP.org, sign the pledge and donate. Together we can create a legacy for our children.


The POP Campaign
Preserve Organic Power

Supporters of the Organic Foods Production Act of 1990 are alarmed about growing violations of the law. The campaign to protect our organic foods and to assure the health of our families is under attack. As a consumer, you have the right to know what you are eating. The POP Campaign works to encourage compliance with the law and to protect our right to an organic label.

We need your support.

October 19 – 21, 2012
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One day during her senior year, Ruth Whalen broke out in hives. She assumed she was allergic to the clams she had eaten earlier in the week and an emergency room doctor injected her with epinephrine (adrenaline). She became psychotic. Unknowingly, she had an anaphylactic response — not to eating clams, but to drinking Coca-Cola. Ruth was allergic to caffeine. Already over-stimulated, the adrenaline took her over the edge.

Mental Illness or Caffeine Allergy?
by Dr. Sharon Heller

Unaware of her caffeine allergy, Ruth continued ingesting caf-feinated products for the next 25 years. Her physical and mental health deteriorated, and in 1999 she was di-agnosed with personality disorder and bipolar disorder, which resulted in her being committed to a locked ward. Finally, a wise doctor diagnosed her with caffeine allergy. Her story inspired her to write Welcome to the Dance: Caffeine Allergy — A Masked Cerebral Allergy and Progressive Toxic Dementia. Caffeine Sensitivity/Caffeine Allergy

Caffeine is an addictive stimulant found in coffee, tea, colas, cocoa and chocolate. It is also in some prescribed and over-the-counter drugs. Caffeine drives the adrenal glands to produce stress hormones like cortisol and adrenaline. While some people feel comfortably alert and awake as a result, others are sensitive to this adrenaline rush and experience the flight-or-fight response: fast pulse, rapid heart beat, dizziness, mood swings, anxiety, light headedness and over-the-counter drugs. Caffeine withdrawal would help send caffeine sensitive people like me, and insect larvae. Another serious condition tied to coffee consumption is anorexia, as to encourage loss of appetite, anorexics typically drink loads of coffee and diet sodas and refuse to give them up. The heavy caffeine consumption further deteriorates their body and brain, lock-ing the anorexic further into distorted body image thinking and starvation. Harming Yourself and Not Knowing It Why is caffeine allergy not better known and diagnosed? To start, some-times it can take several hours after caffeine ingestion for allergy symptoms to crop up and you don’t associate caf-feine with the response. Further, people may be unaware that they have ingested caffeine for instance, not everyone knows that chocolate has caffeine or that, contrary to popular belief, coffee enemas are absorbed into the bloodstream and send caffeine sensitive people like me, who haven’t had a cup of coffee in forty years, into overdrive. Also, doctors rarely diagnose caffeine allergy because few know of it. Nor do most doctors rou-tinely inquire about coffee intake. In the dark, people continue to use caffeinated products, wearing down their vital organs, including their brains. In 1984, in an article in Science maga-zine, Harvard Medical School neurolo-gist James A. Nathanson stated that plants use caffeine as a natural insec-ticide to ward off dangerous pests and that these substances interfered with behavior and growth in many insects and insect larvae. 1

One more serious condition tied to caffeine consumption is anorexia, as to encourage loss of appetite, anorexics typically drink loads of coffee and diet sodas and refuse to give them up. The heavy caffeine consumption further deteriorates their body and brain, locking the anorexic further into distorted body image thinking and starvation. Harming Yourself and Not Knowing It Why is caffeine allergy not better known and diagnosed? To start, sometimes it can take several hours after caffeine ingestion for allergy symptoms to crop up and you don’t associate caffeine with the response. Further, people may be unaware that they have ingested caffeine for instance, not everyone knows that chocolate has caffeine or that, contrary to popular belief, coffee enemas are absorbed into the bloodstream and send caffeine sensitive people like me, who haven’t had a cup of coffee in forty years, into overdrive. Also, doctors rarely diagnose caffeine allergy because few know of it. Nor do most doctors routinely inquire about coffee intake. In the dark, people continue to use caffeinated products, wearing down their vital organs, including their brains. In 1984, in an article in Science magazine, Harvard Medical School neurologist James A. Nathanson stated that plants use caffeine as a natural insecticide to ward off dangerous pests and that these substances interfered with behavior and growth in many insects and insect larvae.
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here are three central reasons why one should not be eating fish and other aquatic life. First is the fact that these creatures harbor saturated fats and disease-causing elements derived from the way we prepare them for consumption. Next is the fact that each of these creatures is filled with our industrial waste (chemicals, heavy metals, etc.) and the globally scattered radiation from our endless wars and faulty nuclear energy endeavors. Last, but not least, are the multitude of parasites and amoebas that water-based creatures contain, which are passed to those unfortunate individuals who eat them. This trio of reasons should be enough for a rational person to break the bonds of mainstream thinking. The fact that we are close to turning our global oceans into stagnant ponds is reason enough to stop even the most avid consumer of sea animals from continuing on their path of savagery.

The handful of studies that point to fish as a heart-healthy food are overshadowed by many studies that prove their consumption actually severely increases the chances of heart attacks and strokes. As far back as 2004, *Annals of Internal Medicine* stated, “Americans have heard less about, and have paid less attention to, various health warnings associated with fish consumption. Studies have linked over-consumption of certain popular fish to neurological deficits, cancer, auto-immune and endocrine disorders, and, in addition, heart disease.” Marine scientists recently monitored schools of migratory fish in the Pacific Ocean. Every fish they tested contained the radioactivity spilled from Japan’s nuclear plant. This demonstrates how rapidly and effectively toxins spread throughout the oceans. The BP fiasco in the Gulf of Mexico is still unfolding in the form of diseased fish and other aquatic life, in spite of the British petroleum giant’s multi-billion dollar PR and advertising campaigns that suggest everything is back to normal. Scientists have already exposed that creatures in the Gulf suffer immune system impairment, genetic abnormalities, physical deformities and signs of liver and lung disease.

When searching the waterways of the world to find how these numerous creatures have been infected with maladies, an interesting word arises: *flyers*. “Flyers” are chemicals like pesticides, herbicides and other pollutants, including DDT, that span the world’s atmospheric environment, spilling their disease-causing elements into the aquatic ecosystem. “Hitchhikers” is another interesting term. These are vile elements that jump from air to water, often through temperature fluctuation, precipitation, etc.

Bio-magnification occurs when several slightly contaminated fish are eaten by a larger fish, who in turn is eaten by an even larger fish (or a human). This most often increases the chemical saturation of their bodies by hundreds, if not thousands, of times. Testing has also shown that so-called farm raised fish have significantly higher levels of toxins (both biological and man-made) than fish found in nature. This is because of the common practice of grinding up and dehydrating wild fish that contain these poisonous substances. When the farm raised fish consume these fish pellets, they endure a much higher level of toxic uptake. The vast majority of these fish come out of China where environmental rules are lax, at best.

Myths abound when it comes to fish. The frightening news that by mid-century there will no longer be fish in the ocean as we know it, compiled with the effective job that the fish industry has done in convincing the masses that their products are health foods, impelled me to write *Killer Fish*. A long legacy of people who have contracted disease by consuming aquatic life is my core impetus in offering the truth about this vital subject. Most people are looking for a way to compromise, avoiding the essential steps to adopting a totally health-supporting lifestyle. There is no longer time left for moderation. We must each understand the enormity of the problems we face so that we can take definitive steps in resolving our own damaging issues.
Essential Fatty Acid Recipes

by Hippocrates Health Institute Executive Chef Ken Blue

Essential fatty acids like linoleic acid (LA, omega-6) and alpha-linolenic acid (ALA, omega-3) play a vital role in oxygenating the body and transforming solar energy. They have a special nature which makes them essential to life, and at the same time, causes them to decompose in the presence of light or air. Nature, however, has designed a protection from light and oxygen damage and it is called the seed. Thus, the more whole seed essential fatty acids (EFAs) we eat, the greater the integrity of the EFA, and the end result for our bodies is increased energy and vitality. Some whole seed foods which are high in essential fatty acids are hemp, chia, flax, pumpkin, brazil, pistachio, walnut, hazelnut, almonds and macadamia. Below are some recipes which use whole seed EFAs.

Essential Flaxy Crackers

**Yield:** 8 TRAYS of CRACKERS

- 5 Red Peppers
- 1 1/2 C Flax Seed, ground or oil
- 1/4 C Red Onion
- 5 Cloves Garlic
- 1 T Chili Powder
- 3 T Lakes Celery
- 1/2 C Flax Seed
- 1/2 C Hemp Seed
- 1/2 C Dehydrated Pumpkin Seed
- 1 T Kelp Powder

1. Soak flax seed in water for at least 3 hours.
2. Set Aside.
3. Blend remaining ingredients except hemp and pumpkin seed and add to soaked flax seeds.
4. Mix in ground flax seed.
5. Mix in hemp and dehydrated pumpkin seed.
7. Score to desired size of crackers.
8. Dehydrate overnight then peel off the teflex sheet.
9. Dehydrate again until the crackers are crispy.

Spinach Pumpkin Seed Pâté

**Yield:** 2 – 4 SERVINGS

- 4 C Spinach
- 1 C Pumpkin Seeds, soaked in water
- 1 C Fresh Dill
- 1/4 Tsp of Lemon Juice
- 1 C Pine Nuts
- 1 large stalk of Celery sliced
- 1 Green Onion (Scallion) sliced top and bottom
- 1 T Spiced Garlic
- 1 1/2 T Bragg Aminos, Dulse or Kelp Granules to taste

1. Combine ingredients in a bowl and mix well.
2. Process each pâté mixture using the blank plate of an appropriate juicer.
3. Season to taste.

Hippocrates House Dressing

Although not as well preserved as whole seeds, still beneficial and sometimes more convenient to use are the oils like flax, pumpkin, sesame and olive which also contain essential fatty acids. Our ever popular Hippocrates House Dressing uses many of these oils along with mustard seed, which is also a source of essential fatty acids.

**Yield:** 1/4 CUP DRESSING

- 3 Cloves Garlic
- 1/4 C plus 1 T Lemon Juice
- 1 T Spiced Garlic
- 2 Tsp. Ground yellow mustard seeds
- 1/2 T Water

While blending slowly add:
- 1/4 C of oil blend: olive, flax, hemp

Alpha-linolenic (ALA) acid is a type of omega-3 fatty acid found in plants. It is similar to the omega-3 fatty acids in algal oil, called eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Your body can change alpha-linolenic acid into EPA and DHA. Alpha-linolenic acid is also found in flaxseed oil, hemp oil, marine phytoplankton, AFA Algae (Aphanizomenon flos-aquae), chia seed and walnuts, to name a few sources. These are all good sources of this important nutrient.

Alpha-linolenic acid (ALA) is the first step on the omega-3 pathway. It can be converted to other forms of omega-3 fatty acids. However, omega-3 fatty acids are manufactured in your body as a result of dietary intake. Therefore, it is important to eat a diet rich in omega-3 fatty acids from plant sources. Sources of dietary ALA include flaxseed, chia, walnuts, and canola oil.

One of the primary reasons for the presence of omega-3 fatty acids in fish is because they eat microalgae. By taking algal oil, you get the essential fatty acids EPA and DHA directly from the source, without the heavy metals and other environmental toxins present in fish.

Health issues associated with fatty acids are largely traced to modern dietary habits of low intake of vegetables, algal oil, nuts and seeds, and a high intake of processed and manufactured dietary fats. Long-term restriction of essential fatty acids (EFAs) has been related to several disease conditions, including diabetes, heart disease, genetic diseases such as cystic fibrosis, and autoimmune disorders such as rheumatoid arthritis and multiple sclerosis. Excess animal fats have been strongly correlated to increases in chronic diseases.

Microalgae oil does not contain high levels of ALA but is very rich in DHA, providing 250 percent more DHA per unit than fish oil. This makes microalgae oil the finest source of these essential nutrients available because the oil has the optimum balance of DHA to EPA and your body puts it directly to work without the multi-step conversion processes of other Omega-3 forms.
Is Fish Oil Toxic?

by Rudhi Lenardi

Our stolen birthright is the purity of our oceans. It is folly to preach that fish and fish oil are safe—or necessary—to consume for sufficient quantities of omega-3s. It is a misleading step in the hopscotch of common sense to think that fish living in a contaminated ocean and consuming pollutants such as PCBs, radioactive isotopes, and mercury are toxin-free. These fish—and the oil squeezed from their carcasses—are indeed toxic, as the pollutants in the water are saturated in the tissue of the fish’s bodies.

There are two kinds of people: those “Dorothys in Kansas” who ignore toxic warnings and continue to consume sushi and other fish with the same voracious appetite as ever before, and those who know more research is needed, and are not fooled by safety standards that are lowered to accommodate disasters. The latter group are not moved by FEAR (False Evidence Appearing Real) data from a $10 billion dollar a year fish oil and fishmeal industry and choose a safe, plant-based source of omega-3s and complete protein.

Notwithstanding the environmental impact of the fish industry on the depletion of ocean life, minimally 20 different species of fresh and farmed fish are used in fish oil production. Consider the following TOXIC points to assimilate a new paradigm of healthy choices for yourselves and your children and pets.

Is it for Truth? The truth is clouded about what we really get in fish oil. A lawsuit in 2010 stated that fish oil dietary supplements contain unsafe and illegal levels of polychlorinated biphenyls, PCBs pesticides and DDT; Dieldrin was found in fish oil rarely can avoid heat or air. Oxidation of lipids and DNA of other types have been shown to increase the risk of atherosclerosis and thrombosis in a small number of human trials. As far as the fish oils we’ve seen out there, it’s a very wide gamut of quality and stability and rancidity. I would say [25 to] 50 percent of them are rancid.” Rudi Merck states conservatively.

X Marks the Fine Print: Clinical studies have shown fish oil to be safe, but it is recommended that you get no more than 2 grams (2,000 mg) of omega-3 fatty acids (EPA and DHA) from fish oil supplements per day. Unlike plant based omega-3s where you can safely take as much as you need. Lipid peroxidation risks have not been studied enough but we know they are elevated in fish oil and may have an impact on fetal development as well as mercury and methylmercury-mercury levels in pregnant women. It is also known that these lipids cause cancer.

Is for Injection of Chemicals: Fish oil is extracted through squeezing, centrifuge and solvents. Petrochemicals are often used as solvents to extract as much lipids out of the fish fat as possible. The liquid from the mixture, known as pressing liquor, is squeezed out through a perforated casing. Ethoxyquin (also used as a dog food preservative and pesticide) is often added as an anti-oxidant (still unstable) and yet is toxic to humans. An absorptive bleaching and carbon treatment may be used as well as deodorization in-gredients. Even pure extraction such as toluene, carbon tetrachloride CCFI or FH aromatic hydrocarbons can be toxic to humans.

Is for Contamination of the Oceans: The serious reality of radioactive contamination from the Fukushima fallout already exists and is gradually putting the entire ocean ecosystem in danger. Mercury contamination and pharmaceutical residue are also serious threats to fish and the humans who eat them. Over-fishing to the point of near extinction has reached crisis status.

Don’t I Still Need Fish for Protein?

by Dr. David John Carmos

All life is a change of matter. Nature has certain patterns. Often the pattern followed is the pattern of seven. If we place a seed in the ground, we do not get a seed out. After we place a seed in the ground, within a few days it becomes a sprout. Then it transits into a shoot. Next it becomes a stem. From the stem comes a leaf. Further on appears a bud. The bud becomes a flower. Out of the flower comes a seed. The seed has gone through an evolutionary process of seven stages.

This is an essential and immutable pattern of nature. In the oceans, when the tide is coming in, every seventh wave is larger than the previous six. When the tide is going out, every seventh wave is smaller than the previous six. There are seven notes to a diatonic scale. Repeating the first note forms an octave. There are seven colors to a rainbow. Each phase of the moon has seven days.

In our society we are imbued with the idea that we must have animal protein. The fact that the end result of nutrition creates protein is no indication that we should consume protein directly to have sufficient protein in the body. One hundred years ago studies were conducted by Osborne and Mendel, using rats as subjects. These rats were fed various foodstuffs, and the one that created the fastest growth was egg. As a result, egg became the standard basis in nutrition, and has remained so to this day. So what is protein? It is the end result of digestion, but it shouldn’t be the first step. The important elements are the amino acids, along with the vitamins, minerals and enzymes. What is the difference between protein and the amino acids? If we picture a brick wall, that wall is protein. The individual bricks, which make up the wall, are amino acids.

Early research of about 50–60 years ago suggested that humans must eat all the essential amino acids in one meal in order for them to be absorbed. This “research” was conducted under the auspices of the beef, dairy and poultry industries. The only way we can obtain all the required amino acids in just one food item is to eat animal products. We have since learned that any combination of a legume and grain will also give us all the amino acids. We have also learned it is not necessary to eat these foods in the same meal.

Cooked or sprouted legumes and grains aren’t the only plant foods rich in amino acids. It turns out every natural foodstuff, including vegetables, fruits, nuts and seeds, are all great sources of these building blocks. The standard teaching now is, if we consume a variety of natural foods sufficient in calories to sustain our energy requirements, then we are absorbing sufficient nutrition, including essential amino acids.

In reality, the human structure cannot absorb protein. Once we ingest such a substance, the body must put the material through what is known as inversion. This takes the protein and breaks it down into its component amino acids.
**ANN WIGMORE MEMORIAL COMMEMORATION 2012**

**Sept. 19 - 23 • Krupai Village, Lithuania**

**Event highlights:**
- Unveiling of the Ann Wigmore monument/sculpture at Krupai Village Park in Akmenė Region
- Living food, family fun and health-oriented vendors

Current info & reservations: www.awmef.org

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**ANN WIGMORE**

"You are all invited to join myself, Dr. Brian Clement and other outstanding speakers in Lithuania for the "Ann Wigmore Historic Memorial Commemoration and Festival of Life" September 20-23, 2012. Let us celebrate together for this great humanitarian and manifest a major media event. There will be dance, yoga, music, wheatgrass, raw food, lectures and much more!" — Viktoras Kulvinskas

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**MEMORIES OF ANN WIGMORE**

**Victoria Buentenko Raw Family**

I truly admire Ann Wigmore. Whenever I order a shot of wheatgrass, I feel like I personally connect to “Dr. Ann.” Wheatgrass juice makes me healthier. I owe the opportunity to enjoy its countless healing benefits. I find it amazing how people all over the world can drink wheatgrass juice and realize the first and only person that I ever met and got to know who worked purely on instinct and intuition rather than on intellectual intellect. I worked at her side, traveling the globe with her to spread the message, was one of the most enriching and educational times of my life. As we prepare to honor Ann in her home country, consistent memories and an ever-growing gratitude for her have resurged. This peasant girl from Europe handed the torch to many of us so that we could accomplish her vision. Thank you, Ann, for being an unwavering strength in the middle of the human storm that prevails on earth today.

**Luz Della Gerber Hippiocrates Health Educator**

“Little One Give Your Body to the World!” Looking back at November 1985, I can still see and hear these words, which have inspired and moved me passionately for the last 25+ years. This was the angelic message from Ann Wigmore. She showed me that anything was possible. Energy soup to create gourmet cuisine without cooking at a time when raw foods were used primarily for healing. I used to stay up after hours and experiment in the kitchen to see if I could make these foods taste comforting and delicious. She loved to come downstairs and taste my concoctions and, one day, after tasting a few of the dishes I was experimenting with she said, “You will be a Beacon of light in my teachings!” Shortly after that I wrote my first book, Angel Foods, and with the encouragement of Viktoras Kulvinskas, started the world’s first gourmet raw vegan culinary school, Living Light Culinary Institute. Dr. Ann lives on in the thousands of individuals who worked with her and were inspired by her. She traveled the world’s first gourmet raw vegan culinary school, Living Light Culinary Institute. Dr. Ann lives on in the thousands of individuals who worked with her and were inspired by her. She traveled the world’s first gourmet raw food school, Living Light Culinary Institute. Dr. Ann lives on in the thousands of individuals who worked with her and were inspired by her. She traveled the world’s first gourmet raw food school, Living Light Culinary Institute.

**Loreta Vainius Loreto’s Living Foods**

In April 1991, I met Dr. Ann Wigmore and felt an immediate affinity towards her, since both of us were Lithuanian. She showed me that anything was possible. Energy soup and rejuvelac became staples in my home. One does not have to be sick. If properly nourished, the body can heal itself. I fondly remember, I had the good fortune to be chosen by Ann to review and edit her Precious Pets book manuscripts. It was a fascinating read and for the first time in my life, I was able to appreciate animals in ways as real as human beings — with consciousness and loving, caring relationships. That is the world of Ann Wigmore. She captured it page after page with the stories of her life. As the book came to completion, we sent the manuscripts to President Eisenhower. Sure enough, he responded with kindness. One day Ann came to me with a radiant smile, gave me the biggest hug and said to me, “Victor, dog spelled backwards is God.”

When the president, who has a beautiful dog, endorses me, I know that God approves!”

**Viktoras Kulvinskas Cofounder, Hippocrates Health Institute**

Ann Wigmore’s life centered around giving love, compassion and understanding to animals, abandoned elderly, ill people and neglected children.

I fondly remember, I had the good fortune to be chosen by Ann to review and edit her Precious Pets book manuscripts. It was a fascinating read and for the first time in my life, I was able to appreciate animals in ways as real as human beings — with consciousness and loving, caring relationships. That is the world of Ann Wigmore. She captured it page after page with the stories of her life. As the book came to completion, we sent the manuscripts to President Eisenhower. Sure enough, he responded with kindness. One day Ann came to me with a radiant smile, gave me the biggest hug and said to me, “Victor, dog spelled backwards is God.”

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Thank you Ann for giving me a purpose to my life. God bless you, Dr. Ann Wigmore.
Fish Are Friends, Not Food

by Dr. Will Tuttle

Traveling around North America and speaking to groups of people about the beneficial effects of plant-based cuisine, I occasionally hear from people that they are vegan except they think it’s necessary to eat some fish. I believe that though we’re bombarded with articles and reports touting the supposed advantages of eating seafood, the harm in doing so far outweighs the benefits. In fact, when we look carefully at the negative consequences of eating animal-sourced foods in general, a strong argument can be made that eating seafood is the most damaging of all, in terms of environmental devastation, dietary toxicity, and cruelty to nonhuman animals.

Since the mid-1980s, the international fishing industry’s capacity has increased every year, and yet over the same period, the amount of fish actually caught and killed for food has decreased every year. The reason is obvious: we have overfished the oceans to such an extreme extent that we have forced all the world’s major fisheries into collapse or near-collapse. Our overfishing of large fish like tuna, cod, swordfish, and salmon, as well as end-sized fish and small sea animals like shrimp and krill, is having devastating consequences on marine ecology, and driving many aquatic animals into extinction and near-extinction. You see, the demand for fish is relentless and practically infinite because fish are not just eaten by people, but also by imprisoned cows, pigs, poultry, and factory-farmed fish. Because agribusiness scientists discovered that “enriching” the feed of mammals and birds with fish-meal profitably boosts weight gain and milk and egg output, about half of all the fish brought to shore is fed to imprisoned land animals, and to fish in aquaculture (fish farming) operations. In fact, about two-thirds of the fish and shrimp we consume in the U.S. today come from factory-farm fish operations where fish are confined in often hideous conditions. I’ve seen the concrete pools used for on-shore aquaculture and thought, looking into the thick, black water, that they barely had room to swim at all, and upon closer inspection that the pools were devoid of fish, only to realize that the water was black and opaque because the fish were swimming in their own feces. Workers must add antibiotics and various drugs and chemicals into the water and into the fish’s feed in order to keep them alive until they grow big enough to be killed by painful electrocution or evisceration.

Fish farming has an incredibly devastating effect on ocean fisheries because the fish being grown require large quantities of other fish in their feed. For example, it takes three to five pounds of wild ocean fish to produce one pound of farmed saltwater fish or shrimp. In addition to all this, fish farming fosters disease that can easily spread to wild salmon or other fish and wipe out whole stocks. As one example, parasitic sea lice are rampant in the unnaturally concentrated populations of farmed salmon. The industry uses toxic pesticides and antibiotics in its vain struggle to control the lice, who spread in clouds in the surrounding water, stretching up to nineteen miles around the farms, infesting wild salmon populations in the area and decimating them. In most parts of the world, because of overfishing and near-shore water pollution, it is no longer possible to run profitable fishing operations close to shore. As boats go farther out, they stay out longer. When fish are hauled into the boats, they are dumped in tanks in the hull where they slowly die, defecating on and literally crushing the fish beneath them.

Commercial shrimp farms are another particularly well-known and egregious ecological disaster, causing pollution and destruction that are killing precious coral reefs and coastal mangrove forests worldwide. There is little in any of this that is healthy, sustainable, or humane because both free-living and farmed fish absorb and intensely concentrated toxins like PCBs, dioxins, radioactive substances, and heavy metals such as mercury, lead, cadmium, and arsenic. Instead of land animals, flesh of aquatic creatures contains excessive amounts of cholesterol and acidifying animal protein.

The overfishing of marine life as well as the discharge of pollutants into ocean waters has led to an extreme collapse of ocean life. In most parts of the world, because of overfishing and near-shore water pollution, it is no longer possible to run profitable fishing operations close to shore. As boats go farther out, they stay out longer. When fish are hauled into the boats, they are dumped in tanks in the hull where they slowly die, defecating on and literally crushing the fish beneath them.

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7 Toxic Seafood Chemicals That You Don’t Know About

by Barbara Fenig
Reprinted courtesy of The Huffington Post

1. PBDES: FLAME RETARDANTS
PBDES, a common flame retardant, have been detected in various fish across the West Coast in the United States. A 2006 report from the Environmental Working Group uncovered the flame retardant in Washington rivers and lakes. From 1997 to 2003, levels of PBDES (polybrominated diphenyl ethers) doubled in San Francisco Bay fish, such as striped bass and halibut. PBDES are often used in electronics, furniture, carpets, and textiles. The chemicals are traceable in rivers, estuaries, oceans, house dust, and water.

2. PCBs (POLYCHLORINATED DIPHENYLs)
While PCBs were outlawed from manufacturing in 1977, PCBs continue to reside in the world’s waters. They collect in sediments at the bottoms of rivers, lakes, streams and along coastlines. These highly toxic persistent organic pollutants infiltrate water systems and contaminate wild fish populations accumulating in the fatty tissue of the fish. The industrial chemical is also found in farmed fish. Striped bass, sturgeon, and shrimp are all fishes with dangerous traces of chemicals.

3. CHLORINATED DIOXINS
High levels of chlorinated dioxins, an industrial chemical and known carcinogen, are often detected in wild and farmed fish populations and in most animal based proteins in the average diet. Eggs, milk, butter, turkey, beef and pork. The Environmental Defense Fund advises limiting the intake of farmed or Atlantic salmon because of the elevated dioxin rate.

4. DDT: PESTICIDES
DDT, one of the most infamous pesticides, has infiltrated the aquatic foodchain, impacting most fish, crayfish, and shrimp populations. In 1952, the United States Department of Agriculture celebrated the use of DDT because of its “cost, ease of handling, safety to humans, effectiveness in destroying the pest, and safety to wildlife.” In 1974, DDT was banned by the EPA; however DDT residue remains and the pesticide is still used worldwide.

5. OIL
Amongst the chaos of the gulf oil spill recovery, one “solution” for contamination detection has been the smell test. With fishing permitted again in Louisiana, fishermen have begun to catch redfish, speckled trout and mullet. Oysters and blue crab remain off limits.

6. ARSENIC
Coal ash combustion wastewater does not only disperse mercury but also arsenic, which causes detrimental harm to the environment, fish health, and a variety of human health problems such as liver poisoning, and liver and bladder cancers. With low water levels, arsenic levels rise as occurred in 2007 in Okeechobee, Florida.

7. MELAMINE
In 2008, China’s reputation as the world’s largest fish importer was tarnished by one chemical: melamine. Melamine was often added to fish feed. This industrial chemical is also famous for tainting infant formula. Last month, the United Nations set a maximum level of melamine contamination in the world’s food and infant formula.

Fish Farms

by Will Burson

The issue of aquaculture (fish farming) is not a simple one. When only considering the basic theory of fish farming, and not its ugly real world repercussions, one could put forth the argument that some forms of aquaculture can help take pressure off wild fisheries and provide much-needed income to coastal communities in trying economic times. However, when one takes a closer look at the impact aquaculture has on the environment and wild marine species, it becomes clear that the communities in question can end up suffering rather than thriving.

Of course, coastal communities aren’t the only victims in the destructive path of aquaculture—a path that widens each year in Westerners to eat more and more fish for omega-3 and protein content. Many don’t realize it, but omega-3 and complete proteins are readily available in plant foods, without the deleterious health and environmental effects (see the articles of Tom Fisher, RN, and Dr. David John Carmos in this issue). One also has to consider the effect aquaculture has on marine biodiversity, as wild fish are used to feed many species of farmed fish.

Wild fish populations are already in serious trouble from overfishing. A global collapse of all fished species is predicted by 2050, according to the UN, who estimate 50% of fish stocks have already collapsed. This problem is only exacerbated by fish farming, as it takes up to 20 pounds of wild-caught fish to produce one pound of farmed tuna. Even vegetarian fish species such as tilapia and carp are fed wild fish and fish oil. When there’s the issues of pollution (chemicals, pharmaceuticals, etc.) in wastewater and the welfare of the animals being farmed in filthy and cramped conditions.

It is clear the only ones who come out ahead in the world of modern aquaculture are the captains of the $70 billion/year industry (NOAA Aquaculture Program website, 2009). While the detrimental environmental effects of fish farming vary depending on the species being farmed and the methods being employed, one can be certain that more profit means less environmental stewardship. This is overwhelmingly evidenced in the case of shrimp farms, one of the most destructive forms of aquaculture.

Mangrove forests in Asia and Latin America are being cleared to make room for shrimp farms. These farms protect coastlines, providing food and shelter to countless wildlife and supplying multiple resources to impoverished coastal people who rely on them for daily sustenance. As shrimp farmers uproot mangrove forests and exploit their shrimp populations, they quickly move along for higher production yields, destroying more mangrove forests and displacing more wildlife along the way.

Most fish farms, just like their terrestrial cousins that raise pigs and cows and chickens, are interested in profits above all else. As with sickly factory farmed land animals, farmed fish are fed antibiotics to prevent profits. Toxic by-products and cancer-causing contaminants have been found in factory farmed salmon. Dyes are also used to make the grayish flesh of farmed salmon look pink (like wild salmon). These contaminants aren’t just bad news for those who eat the fish, but for the environment and the wild fish that occupy it.

Farmed fish are prone to parasites such as sea lice, which have become a serious problem in Northern Europe and British Columbia. Before the advent of aquaculture, sea lice were only reported on adult salmon. Now young salmon are severely affected. As salmon eggs hatch and the juvenile fish emerge from the rivers and make their way to the ocean, they pass fish farms, which are typically located on migratory routes. The crowds of captive fish in these farms create a hotbed for sea lice, which attach themselves to the passing wild salmon. Since juvenile pink and chum salmon are smaller than AAA batteries and may not have developed scales yet, these fish can be killed by a single louse. Also a threat to adult salmon, the feeding activity of sea lice can cause serious skin damage, skin erosion, constant bleeding, and deep open wounds, creating a pathway for other pathogens.

cont’d on p. 62
In recent years, it has become alarmingly clear that the food we put on our plate can be devastat-
ing not only to land, but to ocean ecosystems. Canadian marine biologist Dr. Boris Worm at Dalhousie University, Halifax, published a study on global fisheries in Science that stunned the fisheries industry.1 Dr. Worm’s abstract says it all:

*Human-dominated marine ecosystems are experiencing accelerating loss of populations and species, with largely unknown consequences. We analyzed local experiments, long-term regional time series, and global fisheries data to test how biodiversity loss affects marine ecosystem services across temporal and spatial scales. Overall, rates of resource collapse increased and recovery potential, stability, and water quality decreased exponen-
tially with declining diversity. Restoration of biodiversity, in contrast, increased productivity fourfold and decreased variability by 21%, on average. We conclude that marine biodiversity loss is increasingly impairing the ocean’s capacity to provide food, maintain water quality, and recover from perturbations. Yet available data suggest that at this point, these trends are still reversible.*

Dr. Worm warns that if fishing practices continue unabated, there will be a collapse of all fished species by 2050. Take for instance bluefin tuna. Callum Roberts, a professor of marine conservation at England’s University of York and author, has calculated that there is now only one bluefin left for every 500 caught. By 2003, this figure had more than doubled to one for every 29. A 29% collapse.2

This level of collapse has been observed for many years. For the last 25 years, politicians have allowed the fishing industry a one-third larger catch quota on average than scientists have recom-

D

mended as safe.3 Such tactics make landowners 

a Ponzi scheme. 

Ponzi schemes work by paying 

investors from the capital in a fund 

rather than from returns made 

on their investments. Similarly 

dependent on a constant input of 

new capital, the fishing industry 

is hunting fish to the farthest limits 

of the oceans and to depths where 

productivity slows to a trickle. 

Pauly says the jig is almost up: In 1950, the 

newly constituted Food and Agricul-
ture Organization (FAO) of the United 

Nations estimated that, globally, we 

were catching about 20 million metric 

tons of fish (cod, mackerel, tuna, etc.) 

and invertebrates (lobster, squid, 

clams, etc.) That catch peaked at 90 

million tons per year in the late 1980s, 

and it has been declining ever since.4 

Fishes are now failing because, 

like in a Ponzi scheme, they are run-

ning out of new capital. The real cost 

of these exhausting fishing efforts is 

hidden from consumers, as Ameri-

can fishing fleets are very heavily 

subsidized. The United States provides 

nearly $50 billion in subsidies each 

year—about one-third of the value 

of the global catch. (Do this level 

of federal financial aid is mind-boggling 

when one considers that the fishing 

industry’s contribution to the GDP in 

the United States is less than half that 

of the hair salon industry.)5 

Some researchers, Dr. Boris Worm 

among them, feel that an emerging 

fishery management system called 

“catch share” holds promise for cur-

tailing overfishing. Catch share limits 

the annual tonnage of a particular 

species that can be taken, and the to-

tal number of fisherman who can take 

them. Licensed fisherman own shares 

of each total permitted catch. Similar 

to a corporate stock, shares can be 

bought, sold or traded, and their value 

fluctuates. The more fish there are, 

the more the shares are worth. While the 

name of this system is new—and its 

practice is new to the United States, 
similar systems have long been in 

use in other parts of the world, dating 

back to feudal times in Japan. 

Supporters of catch share programs 

put forth the logic that if you own 
something (in this case, the shares 

of a permitted catch), you are more 

likely to take care of it. (Think of own-

ing a house as opposed to renting an 
apartment; if you don’t take care of 
your house it loses value.) Another 
advantage is that catch shares would 
end the race to fish. Bluefin tuna are 

huge and valuable (partly because they 

are now so rare) so instead of allow-

ing stocks to recover (as scientists 

recommend) countries are competing 

for the few available fish. 

Critics of such programs don’t think 

the catch share logic adds up. Callum 

Roberts says catch shares are oversold. 

He warns that buying and selling 

of catch shares means small family 

businesses would be selling out to 

larger firms, putting the ownerships 
of fisheries into fewer and larger 

hands. Further, Roberts says, “there is 

little evidence that the new owners 
of catch shares feel any responsibil-

ity for long-term stewardship of the 

sea—or instead that catch shares offer 

up any wider environmental benefit.”6 

Having given away public property, it will cost society dear 

to get it back if we change our 

minds. Imagine how you would feel 

if your government gave away all 

the national forests to industry 

and then twenty years later used 

your taxes to buy chunks back to turn 

them into nature reserves or return 

them to the public amenities they 

once were.”

Seth Macinko of the University of Rhode Island sums up the problem of politicians ignoring scientific advice when he says, “Catch shares are seen as a solution to the problem of fisher-

ies management, but we haven’t tried management yet!”

Some look to aquaculture (fish farming) as a means to reduce the 

burden on our oceans, but these farms are far from efficient, as it takes five 

pounds of wild fish (fed to farmed fish) to produce just one pound of 

farmed fish. Fishmeal from wild fish isn’t only fed to farmed fish, it is also 

fed to livestock for meat, dairy and egg production. In fact, one-third of 

the world’s fish catch is fed directly to livestock.7 For more on fish farms, see 

the article in this magazine.
The Dangers of GM Fish

by Jenny Berkeley, RN

Some people are concerned about the dangers of Genetically Modified (GM) fish, while others are blissfully unaware of what is going on in the field of genetics and animal breeding. In this article, I’ll attempt to answer one simple question: If left to play out to its natural outcome, what consequences could government-sanctioned production of GM fish entail?

W

What is the motivation for creating genetically modified organisms?

The official public relations line is “to reduce the threat of starvation by creating “super” plants and animals that will grow faster, feed more people, and be bigger, thus providing enough food for growing populations.” This noble aspiration makes it easy for people to get on the bandwagon, but the sad reality is that GM food manufacturers are only interested in making money. They aim to corner the market by creating consumer-dependent products they own. (Fish that are genetically modified can’t be patented.)

Just as Monsanto is engineering patented self-terminating seeds that require farmers to buy new seeds for each harvest instead of using seeds from previous crops, GM fish manufacturers are producing fish that cannot reproduce among themselves.

Critics of these methods are concerned that GM fish would escape into wild waters and interbreed with the wild fish, leading to species extinction. Disease and ecosystem disruption is already a huge problem with GM crops, so one can only imagine what could happen if GM fish were released into the wild. GM salmon would be able to interbreed with other marine wild life. Even though the GM salmon manufacturer claims that those fish will be raised in land-locked breeding apparatus, who can say if those fish will not at some point find a way to the oceans, especially from fisheries that are non-compliant with the guidelines. The live GM salmon may become predators of natural non-GM salmon.

Suppose no GM fish escape into the wild and they were processed as normal salmon. What about the fish waste products like the heads, fins, guts, bones, etc.?

The GM salmon manufacturer claims that those fish will be raised in land-locked breeding apparatus, who can say if those fish will not at some point find a way to the oceans, especially from fisheries that are non-compliant with the guidelines. The live GM salmon may become predators of natural non-GM salmon.

What about the GM fish parts that are incinerated or simply added to feed that would be fed to other GM fish? The GM fish parts would not be found in the wild and would be processed as normal salmon. What about the fish waste products like the heads, fins, guts, bones, etc. from traditional fish processing?

Would these GM fish parts be processed in the same way as non-GM fish parts?

The GM salmon manufacturer claims that those fish will be raised in land-locked breeding apparatus, who can say if those fish will not at some point find a way to the oceans, especially from fisheries that are non-compliant with the guidelines. The live GM salmon may become predators of natural non-GM salmon.

In a New Zealand report, Professor of Genetics and Molecular biology at Canterbury University, Jack Heinemann, stated, “The cumulative strength of the positive evidence reviewed...leave me no reasonable uncertainty that GM plant material can transfer to animals exposed to GM feed...” Professor Heinemann was engaged to look into the possibility of whether a meat producer can claim their chicken is truly GMO free if the hens are fed a mixture containing GM ingredient.

The implications of Heinemann’s findings on our GM fish discussion is that a salmon predator like a shark or other big fish, or even a human being, can be affected by the transfer of cellular material.

Additionally, one major consideration thatethical, conscious human beings must consider is the possible negative impact of GM fish on other marine wild life. Even though the GM salmon manufacturer claims that those fish will be raised in land-locked breeding apparatus, who can say if those fish will not at some point find a way to the oceans, especially from fisheries that are non-compliant with the guidelines. The live GM salmon may become predators of natural non-GM salmon.

WANTED TEXT A

For over a year I was exhausted!

I thought I ate right and exercised regularly. All my blood tests from the doctor were good, but I was always tired and my bowels were not moving properly. I visited a nutritionist to see if they could help, thinking my problem was stress. I have four children, all in competitive sports, a husband who travels a lot and two German Shepherd Dogs that kept me very, very busy. I tried hard to keep up, thinking this was the norm and that it would eventually get easier.

In February 2010, I found a lump in my groin area. I immediately went to the doctor. She told me it was moveable and not to worry. She felt nothing else my abdomen. A few months passed and I felt something just wasn’t right, so I asked to get an ultrasound and further blood tests. All the blood tests came back normal, but, being in Canada I had to wait three weeks for an ultrasound. The week before my ultrasound, I noticed that I had a large lump in my abdomen.

The morning of the ultrasound I had to get up very early. When the technician asked if I had ever had a vaginal ultrasound and said she would like to conduct one. The exam only took 5-10 minutes, and I knew it couldn’t be good news. I had many ultrasounds during my pregnancies and they always took over an hour to complete. The technician had found something, and she didn’t need to take the time to look any further.

The next morning, I met with my doctor and she advised me that I had large masses on my ovaries and it was highly likely I had ovarian cancer. I thought this can’t be happening, but I never suspected cancer! Other than fatigue and constipation, I thought I was very healthy. I was never one to get sick with the flu or a cold.

The next month was a whirlwind. I was immediately sent to the Cancer Centre in Toronto. A biopsy on the original lump in my groin confirmed it was cancerous. The tumors on my ovaries were 12 cm and 5 cm. The oncologist advised me to have surgery and the next available time was three weeks later. The surgery was scheduled one day before my family was supposed to go on a Disney Cruise. My parents were about to celebrate their 50th wedding anniversary and my sister and I had been planning the family vacation for almost a year. Needless to say, we had to cancel. Our lives had literally turned upside down in one week!

I was shocked. As I lay down for my husband, Rob. It became his sole mission to research everything he could about ways to reverse my cancer. On the way home from the oncologist’s office, we were both in shock and worried about our future together and with our children. I believe the shock lasted a little longer than it did for my husband, Rob. He was convinced that we were going to beat this. Rob would always say, “You’re the love of my life, and together we’re going to beat this!” He repeated it often, and talked to me about all the positive things available. My husband shared his belief so much that I started to believe it too!

Knowing that proper nutrition is key in reversing illness, I contacted Susan Wilson, a nutritionist in my hometown. She came over immediately and suggested Hippocrates Health Institute right off the bat. Susan was able to set up a phone call with Dr. Brian Clement, the director of the institute, and we spent half an hour talking with him. He, too, felt confident that I could beat this, but he told me I would have to change a few things in my life in order to do so.

Rob and I were scared because we could lose the tumor growth. They had become so large, it looked like I was pregnant. We just wanted the tumors out before they spread any more. We decided to proceed with the surgery, while still trying might be the case. We could receive the drugs directly into my veins; another through a port that could be good news. I had many ultrasounds during my pregnancies and they always took over an hour to complete. The technician had found something, and she didn’t need to take the time to look any further.

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A Father’s Love by Laura Fenoglio

Monaco 1928:

A young man was hesitating in front of his doctor’s office. Finally, he mustered all his strength, pushed open the door and entered the waiting room with butterflies in his stomach. He was about to turn away and leave when he heard the nurse’s voice greeting him from behind the counter, “How are you Mr. Fenoglio?”

Too late to turn and run away, he was trapped, so inside he went. Before he sat down on the doctor, he could already hear the doctor’s voice commenting, “You do not seem happy to see me.”

“You do not seem happy to see me.”

My father, Andre Fenoglio, had to set eyes on the doctor, he could already tell, “You have a baby girl who is only a few months old. If you want to see her grow up and become a healthy adult this is the price you have to pay.”

This was the one thing that changed my father’s attitude. As a responsible human being, and for the love of that little baby girl, his decision was made. He and his family would become natural healers. Needless to say, my mother was rather anxious when it came to eliminating all the troubles of the day. We do not need TVs, radios, night lights, etc. in our bedroom. We sleep much better without them.

At age 85 I eat a sensible diet, get physical exercise followed by a cold shower and drink wheatgrass juice as well as vegetable juices. I do not need glasses. I always met the right people when I needed to, which is a blessing. A friend of mine introduced me to Hippocrates Health Institute, where I found a pure jewel of freshness and enhanced my balanced life.

Mental health plays a prodigious role in optimum health. Many people forget or ignore the power of laughter. Long before I could read, my father had pinned on the wall facing my bed a card in English and French saying “Keep Smiling” and “Gardez Le Sourire.” This is the reason I always see the funniest side in any situation.

Thanks Dad!

TRI-VIBES

Dr. Brian Clement of Hippocrates Health Institute and Brian David Andersen, founder, researcher and inventor of Tri-Vortex Technology, announce a joint project regarding a new health modality known as Tri-Vibes. Now one can wear their vitamins, minerals and nutrients to support their current supplementation and dietary regimen.

Tri-Vibes are available in the Hippocrates store. Call today for more information (877) 582-5850

Hippocrates strongly advises the Tri-Vibes be used in combination with whole food, plant-based supplements.

Tribes is a stainless steel amulet that is worn either over the chest area or placed in a pocket of one’s clothing. Inside the Tri-Vibes amulet are minute amounts of every known vitamin, mineral and nutrient. The amulet and nutrients are exposed to special kinds of frequencies generated inside the Tri-Vortex Technology treatment chamber for 24 hours. When the amulet and nutrients emerge from the treatment chamber, they have very special abilities of transferring the light particles of the vitamins, minerals and nutrients through the Phosphorous sheath covering every human cell.

The electromagnetic fields of the body transport the Tri-Vibes nutrient light particles to every human cell. If a cell needs a vitamin, mineral or nutrient, then the light particle of the Tri-Vibes nutrient is allowed to transport through the Phosphorous sheath. If the light particle of a vitamin, mineral or nutrient is not needed by the cell, that specific light particle is not transferred through the Phosphorous sheath. This dynamic has been named, Light Particle Assimilation or LPA by Dr. Brian Clement of Hippocrates Health Institute and Brian David Andersen. The Tri-Vibes will effectively emit the light particles of the vitamins, minerals and nutrients for a minimum of five years.

Dr. Brian Clement became interested in the Tri-Vibes when he reviewed the very impressive Spectra-Cell blood test results of two individuals. The first test subject was in remission from ovarian cancer and her Spectra-Cell test results indicated she was overdosing on various kinds of whole food vitamins and minerals. Spectra-Cell recommended her medical doctor to conduct toxicity tests. Her physician was shocked when the test subject declared she had never orally taken any kind of supplements her entire life but had been wearing the Tri-Vibes for two months. All toxicity tests were negative.

The second test subject did not take any supplements for 40 days and her results stated she was not too low nor was she too high on any of her values. Only one Hippocrates Health Institute (HHI) member has had the same test results because most individuals are deficient in one or more of their values. An employee of HHI gave blood for an initial Spectra-Cell test in July of 2011 and then did not orally take any kind of supplements for 40 days. The first test indicated she was deficient in D3 by five points but sufficient in all other values. Normally she should have been deficient in numerous values with the second test because she did not consume any supplements. The second test stated her D3 level increased three points despite not taking any supplements and getting very little exposure to the sun. All of her other values were sufficient.

A second HHI employee gave blood for a second Spectra-Cell test in June of 2012 and did not take those nutrients, nor any other nutrients, orally for six months. After this test subject wore the Tri-Vibes at least three hours per day, the second test stated all the above deficiencies were corrected but the test subject was deficient in Vitamin B12 and D3 by one percentile point in the second test.

A 61-year-old test subject did not take nutrients orally for six months while wearing the Tri-Vibes at least three hours per day. The test subject had a hip replacement surgery during the period and was deficient in Vitamins B12 and D3 by one percentile point in the second test.

“This is a new era for nutrition” states Dr. Brian Clement.

Dr. Brian Clement of Hippocrates Health Institute and Brian David Andersen, founder, researcher and inventor of Tri-Vortex Technology, announce a joint project regarding a new health modality known as Tri-Vibes. Now one can wear their vitamins, minerals and nutrients to support their current supplementation and dietary regimens.

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The differences between dogs and fish couldn’t seem more profound. Fish signify an unimaginable plurality of kinds, an ocean of more than 31,000 different species unleashed by language each time we use the word. Dogs, by contrast, are decisively singular: one species and often known by personal names, e.g., George. I am among the 95 percent of male dog owners who talk to their dogs—if not the 87 percent who believe their dogs talk back. But it’s hard to imagine what a fish’s internal experience of perception is like, much less try to engage with it.

Fish are precisely attuned to changes in water pressure, can cue in to a diverse array of chemicals released by the bodies of other sea animals, and respond to sounds from as far away as twelve miles. Dogs are here, pad-ding mud-pawed through our living rooms, snoring under our desks. Fish are always in another element, silent and unsmiling, legless and dead-eyed. They were created, in the Bible, on a different day, and are thought of as an unflatteringly early stop in the evolutionary march toward the human.

Historically, tuna — I’ll use the tuna as the ambassador of the fish world, as it’s the most eaten fish in the United States — were caught with individual hooks and lines, ultimately controlled by individual fishermen. A hooked fish might bleed to death or drown (fish drown when unable to move), and then be hauled into the boat. Larger fish (including not only tuna, but swordfish and marlin) would often only be injured by the hook, their wounded bodies still more than capable of resisting the pull of the line for hours or days. The massive power of larger fish meant that two and sometimes three men were required to pull in a single animal. Special pickax tools called gaffs were (and still are) used to pull in large fish once they were within reach. Slamming a gaff into the side, fin, or even the eye of a fish creates a bloody but effective handle to help haul it on deck. Some claim that it’s most effective to place the hook of the gaff under the backbone. Others — like the authors of a United Nations manual for fishing — argue, “If possible gaff it by the head.”

In the old days, fishermen painstakingly located schools of tuna and then muscled in one after another with pole, line, and gaff. The tuna on our plates today, though, is almost never caught with simple “pole and line” equipment, but with one of two modern methods: the purse seine or the longline. Since I wanted to learn about the most common techniques for bringing the most commonly eaten sea animals to market, my research ultimately turned to these dominant methods of tuna fishing — and I’ll describe them later. But I had plenty to consider first.

The Internet is overflowing with video footage of fishing. Bad B rock as soundtracks to men behaving as if they just saved someone’s life after reeling in a wearied marlin or bluefin. And then there are the subgenres of bikini-clad women gaffing, very young children gaffing, first-time gaffers. Looking past the bizarre ritualism, my mind kept returning to the fish in these videos, to the moment when the gaff is between the fisher’s hand and the creature’s eye…

No reader of these words would tolerate someone swinging a pickax at a dog’s face. Nothing could be more obvious or less in need of explanation. Is such concern morally out of place when applied to fish, or are we silly to have such unquestioning concern about dogs? Is the suffering of a drawn-out death something that is cruel to inflict on any animal that can experience it, or just some animals?

Can the familiarity of the animals we have come to know as companions be a guide to us as we think about the animals we eat? Just how distant are fish (or cows, pigs, or chickens) for bringing the most commonly eaten sea animals to market, my research ultimately turned to these dominant methods of tuna fishing — and I’ll describe them later. But I had plenty to consider first.

The Internet is overflowing with video footage of fishing. Bad B rock as soundtracks to men behaving as if they just saved someone’s life after reeling in a wearied marlin or bluefin. And then there are the subgenres of bikini-clad women gaffing, very young children gaffing, first-time gaffers. Looking past the bizarre ritualism, my mind kept returning to the fish in these videos, to the moment when the gaff is between the fisher’s hand and the creature’s eye…

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Can the familiarity of the animals we have come to know as companions be a guide to us as we think about the animals we eat? Just how distant are fish (or cows, pigs, or chickens)
The lives of billions of animals a year and the health of the large est ecosystems on our planet hang on the thorny reasoned answers we give these questions. Such global concerns can themselves be distant, though. We care most about what’s close to us, and have a remarkably easy time forgetting everything else. We also have a strong impulse to do what others around us are doing, especially when it comes to food. Food ethics are so complex because food is bound to both tastes and tides, to individual biographies and social histories. The choice-obsessed modern world has engendered, restricted in mobility, and fed unnatural diets (which almost always include various drugs, like antimicrobials). Globally, roughly 450 billion land animals are now factory farmed every year. (There is no tally of fish.) Ninety-six percent of all land animals eaten or used to produce milk and eggs in the United States are factory farmed. So although there are important exceptions, to speak about eating animals today is to speak about factory farming. Technologies of war have literally and systematically been applied to fishing. Radar, echo sounders (once used to locate enemy submarines), nancy-developed electronic navigation systems, and, in the last decade of the twentieth century, satellite-based GPS gives fishers unprecedented abilities to identify and return to fish hot spots. Lately, factory-farmed images of ocean temperatures are used to identify fish schools. Its so extreme that research scientists at the Fisheries Centre of the Universi ty of British Columbia argue that our interactions with food—what we eat (also known as fish) have come to resemble “wars of extermination.”

As I came to see, war is precisely the right word to describe our relationship to fish—it is a contradiction of the technolo gies and techniques brought to bear on them, and the spirit of domination. As my experience with the world of animal agriculture deepened, I saw that the radical trans formations fishing has undergone in the past fifty years are representative of something much larger. We have waged war, or rather let a war be waged, against all of the animals we eat. This war is new and has a name: factory farming. Like pornography, factory farming is hard to define but easy to identify. In a narrow sense it is a system of industrialized agriculture. In a broader sense, it is a culture in which animals — often housed by the tens or even hundreds of thousands — are genetically engineered, restricted in mobility, and fed unnatural diets (which almost always include various drugs, like antimicrobials). Globally, roughly 450 billion land animals are now factory farmed every year. (There is no tally of fish.) Ninety-six percent of all land animals eaten or used to produce milk and eggs in the United States are factory farmed. So although there are important exceptions, to speak about eating animals today is to speak about factory farming. Technologies of war have literally and systematically been applied to fishing. Radar, echo sounders (once used to locate enemy submarines), nancy-developed electronic navigation systems, and, in the last decade of the twentieth century, satellite-based GPS gives fishers unprecedented abilities to identify and return to fish hot spots. Lately, factory-farmed images of ocean temperatures are used to identify fish schools. Factory farming’s success depends on consumers’ nostalgic images of food production — the fisherman that raises his pig farmers know ing each of his pigs as individuals, the turkey rancher watching beaks break through eggs — because these images correspond to something we respect. But these persistent images are also factory farmers’ worst night mares: they have the power to remind the world that what is now 99 percent of farming was not long ago less than 1 percent. The takeover of the factory farm could itself be taken over. What might inspire such change? Few know the details about the contemporary meat and seafood in dustries, but most know the gist—at least that something isn’t right. The details are important, but they prob ably won’t, on their own, persuade most people to change. Something else is needed. Our Underwater Sadism (A Central Aside) The stories of animal abuse and pol lution I’ve related in the context of pig farming are, in most of the ways that matter, representative of factory farming as a whole. Factory-farmed chickens, turkeys, and cattle do not produce or suffer from the exact same problems, but they all suffer in fundamentally similar ways. So, you turn it, do fish. We tend not to think of fish and land animals in the same way, but “aquaculture”—the intensive rearing of sea animals in confinement—is essentially underwater factory farming. Many of the sea animals we eat, including the vast majority of salmon, come to us from aquaculture. Initially, aquaculture presented itself as a solution to the depletion of wild fish populations. But far from reducing demand for wild salmon, as some have said, factory farming actually fueled the international exploatation of and demand for wild salmon. Wild salmon catches worldwide rose 27 percent between 1988 and 1997, precisely as salmon aquaculture expanded.

The welfare issues associated with fish farms will sound familiar. The Handbook of Salmon Farming, an industry how-to book, details six “key stressors in salmon production” — “water quality,” “crowding,” “handling,” “disturbance,” “nutrition,” and “hierarchy.” To translate into plain language, those six sources of suffering for salmon are: (a) water so fouled that it makes it hard to breathe; (b) crowding so intense that animals begin to cannibalize one another; (c) handling so invasive that physiological measures of stress are evident a day later; (d) disturbance by farmworkers and wild animals; (e) nut ritional deficiencies that weaken the immune system; and (f) the inability to form a stable social hierarchy, re sulting in fighting. These problems are typical. The handbook calls them “integral components of fish farming.” A major source of suffering for salmon and other farmed fish is the abundant presence of sea lice, which thrive in the filthy water. These lice create open lesions and sometimes eat down to the bones on a fish’s “face,” a phenomenon common enough that it is known as the “death crown” in the industry. A single salm on farm generates swarming clouds of sea lice in numbers thirty thousand times higher than naturally occur. The fish that survive these condi tions (a 10 to 30 percent death rate is seen as good by many in the salmon industry) are likely to be starved for seven to ten days to diminish their bodily waste during transport to slaughter and then killed by having their gills sliced before being tossed into a tank of water to bleed death. Others are stunned with a dart, often conscious and convulsing in pain as they die.
We look around, and suddenly dolphins are appearing everywhere. Some of them come to join the boat, swimming here and there, in perfect synchronicity.

I have been studying wild dolphins in their natural open ocean habitat for the past 12 years. The focus of my research is solitary dolphins — wild dolphins that choose to interact with humans. They have invited me into their world to share their lives, allowing me to gain unique expertise, insights and understanding about wild dolphins.

The ocean is my second habitat. I get into the sea year round, weather permitting, enduring hail storms, snow and lashing rain, and enjoying the sunshine and rainbows that often follow.

Some of the dolphins choose to live in one place; others have been traveling at various distances. Fungie, a dolphin who lives off the west coast of Ireland, has made a small town his home, where he has lived for more than 25 years. He accompanies boats and plays with sailors, often he can be seen jumping.

Another dolphin, Dony, was first spotted off the coast of western Ireland. He has since been seen off the coast of several European countries, exploring yacht and commercial harbors, crowded beaches and remote islands.

Some of the dolphins stay for decades; others might be around for a few months. It all varies, as it is what they choose to do. I have been with several of the solitary dolphins as they joined a dolphin pod and allowed me to be part of their group. They even introduced me to the other dolphins, bridging worlds between their own kind and that of the human — two species they know so well.

During those encounters the dolphins often come into shallow waters. Sometimes they have left me in the open ocean and other times they have accompanied me back to shore.

The dolphin I spend the most time with is a female bottlenose dolphin named Mara. Witnessing Mara in her aquatic environment has opened up new horizons for my understanding of wild dolphins.

Freediving in the sea with dolphins is a form of nonverbal communication. It involves listening to them, watching them closely, tuning into their minds and being open-hearted and blank-minded at the same time.

Mara has visited many places in the past decade. She has spent time in both busy beaches and remote places, participating with people as they bathe, surf, dive, kayak and boat.

Mara likes to guide me and show me around, sometimes in caves and canyons, which can be exciting new playgrounds. Like the other dolphins, Mara has made many friends. The art of play is a great way to get to know each other. Some favorite games around rocks and in canyons and kelp forests include hide and seek and catch-me-if-you-can (have a guess who wins).

Dolphins have an incredible sense of humor and can be a big tease. When Mara mimics the human way of swimming, it is hilarious. She likes to surprise me by jumping over me then landing at the tip of my fins and looking at me with eager anticipation of an “ocean race,” during which we criss-cross and continue our way along the ocean shore.

Interspecies interaction and communication is a privilege the dolphins are sharing too. On a bitter, cold New Year’s Day I spotted Mara far out at sea. Something else was there, but what? I was curious, but I didn’t want to swim too far out to sea. Mara noticed me and came to say hello. She made her way into the ocean again, inviting me to join in. I followed her, realizing she was in the company of a seal, who had just caught a pollack, and was pleased about me joining in. I swam with the seal and the dolphin for two hours before my body told me it was time to go back to shore.

It is a beautiful, picture-perfect morning off the west coast of Ireland as we leave the picturesque harbor to spend the day out on the Atlantic Ocean. As our boat nears the water we shout in unison, “Dolphins!”
Vegetarianism must be very fashionable, because so many people brand themselves veg even when they are not. Even when they eat fish and other sea animals. Indeed, eating fish and clams may appear benign compared to consuming calves and lambs. Fish after all are a world apart from farm animals, as fish live in water while farms sit on land. Fish also are a class apart, as fish are cold-blooded and most dwell in the wild, while calves and lambs (and humans, too) are warm-blooded and domesticated (as are humans, too).

One of the most haunting of Bruegel's images, Big Fish Eat Little Fish is among the first of the artist's many treatments of predators in paintings or prints. The image reveals many small and huge fish tumbling out of the mouth of an enormous beached fish. A small, flattened figure with an oversized barrel voice open the big fish's mouth. The lividity of the marine creatures that glisten and water seem to be overrun by an odd assortment of real and fantastic fish, while in the foreground a man, accompanied by his son, gestures toward the scene. The meaning of his gesture is conveyed in the Flemish inscription below which translates: 'look, I have long known that the big fish eat the small.' This versatile form of the ancient Latin proverb, which appears in majuscule lettering just above, relates to the theme of a senseless world in which the powerful instinctively and consistently prey on the weak. That the son understands the lesson is apparent from his gesture toward the huge fish. The print's publisher, Hieronymus Cock, was probably responsible for replacing Bruegel's name with that of the more famous and salable Bosch, who had died in 1516. The print's publisher, Hieronymus Cock, was probably responsible for replacing Bruegel's name with that of the more famous and salable Bosch, who had died in 1516. The print's publisher, Hieronymus Cock, was probably responsible for replacing Bruegel's name with that of the more famous and salable Bosch, who had died in 1516. The print's publisher, Hieronymus Cock, was probably responsible for replacing Bruegel's name with that of the more famous and salable Bosch, who had died in 1516. The print's publisher, Hieronymus Cock, was probably responsible for replacing Bruegel's name with that of the more famous and salable Bosch, who had died in 1516. The print's publisher, Hieronymus Cock, was probably responsible for replacing Bruegel's name with that of the more famous and salable Bosch, who had died in 1516. 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Fish Intelligence

Reprinted courtesy of FishPain.com

Fish are not the mindless automatons that they are often portrayed as. They often have complex social lives, take great care of their young, and sometimes pair for life.

Cooperative Hunting Between Groupers and Moray Eels
Groupers cooperate with moray eels in hunting other fish. Groupers are adept at hunting in open water, while moray eels are able to find prey in crevices. The groupers swim to resting eels and invite them to hunt by shaking their heads. Scientists have observed the partnership for up to 44 minutes (Ishimatsu, 1998).

Fish Use Tool
It was once thought that only humans used tools. However, other animals, such as chimpanzees and birds have been observed using them. The Sydney Morning Herald reported, that off the Great Barrier Reef, tunks fish were seen using rocks to break open cockle shells.

Angelfish Learn Meal Times
Scientists in Spain were able to teach angelfish to come to different parts of a tank at different times of the day to feed. The fish learn to go to one corner in the morning and the opposite corner in the afternoon (Gomez-Lapaz, 2005).

Judging Mesh Size by Watching Other Fish
Haddock were taught to swim across a pool for food. A large mesh net was put across the area that the fish had to swim through. The mesh got trapped in a small pool. When prodded, the fish were able to jump to other pools with extreme accuracy, sometimes jumping up to six times to return to open water. The fish had been able to memorize the layout of the sea when it had swum through. The mesh got smaller each time. Fish were able to learn whether they could make it through by waiting and watching other more experienced fish try it first (Glass, 1992).

French Grunt Learn Route by Watching Others
The French grunt, a coral reef fish, at twilight, follows traditional migration routes between its daylight nesting site and the night time feeding area. The routes can be complex and a kilometer long. Researchers moved one group of fish from one population to another. The transplanted fish, after only two days, were able to find their way by waiting and watching the established population, and were still able to do so on their own when the established fish themselves were removed (Helfman, 1984).

Sea Bass To Push a Lever to Obtain Food; Other Bass Watch and Learn
Scientists in Strasbourg were able to train sea bass to push a lever to obtain food. Other bass were allowed to watch this. When they were given the opportunity to press the lever themselves, they were then much quicker to learn how to do it (Anthouard, 1987).

Frillfish Goby Learn Layout Pools for Low Tide
The frillfish goby at low tide can be trapped in a small pool. When prodded, the fish were able to jump to other pools with extreme accuracy, sometimes jumping up to six times to return to open water. The fish had been able to memorize the layout of the sea when it had swum through (Axonson, 1971).

Minnows Learn the Danger of Pike from Watching Others
Fathead minnows cannot recognize the predatory nature of pike, unless they have had an encounter with one. Scientists introduced the smell of pike into the water where some minnows had experienced the danger of pike, and some had not. The inexperienced minnow learned to react with fear from the experienced fish. When the experienced fish were removed and the smell was introduced again, the fish still felt the danger—even though they had never seen a pike (Mathis, 1996).

Magnetic Detectors
Salmon have magnetic sensors in their heads. These cells are connected by a special nerve to the brain to detect magnetic anomalies in their environment. Salmon use this ability to navigate using the earth’s magnetic poles in long journeys to their spawning grounds. Rainbow trout and leopard sharks can also detect magnetic fields (Reebs, 2001).

Tuna Find Their Way Back After 5000 kilometers
In New Zealand, small mottled triple-fins normally spend their adult life in a two-meter-square area of water. Some of them were transported, in an experiment, more than 700 meters along a rocky reef. Most were able to find their way back after 4 to 6 days. Other fish have found their way back from longer distances: flathead catfish, 1 kilometer, sundfish and bass, 3.5 kilometers, yellowtail rockfish 22 kilometers, and skipjack tuna 35 kilometers (Reebs, 2001).

Boundary Walls Built
When mudskippers start to live at high densities, they build mud walls 3 to 4 centimeters high at the boundaries to their territories (Clayton, 1986).

Nests From Glue, Mud and Bubbles
Male sticklebacks build nests of plant material with the help of a glue produced by a special gland. Gouramis build nests from air bubbles and then blow them to the surface (Reebs, 2001).

Aired Brought Back to Burrow
A species of mudskippers in Southeast Asia builds burrows. It can take air into its mouth and then dive down into the burrow to diffuse it into the water. This can also help the young, who are born in the burrow (Ishimatsu, 1998).

Protecting Young
If a Siamese fighting fish senses danger, he shakes his pectoral fins close to the surface of the water. This wave can be detected by his young, who then swim to him. He then sucks them into his mouth for protection and carries them safely back to the nest (Reebs, 2001).

Rainbow Trout Watch Other Trout Through Partition to Learn Social Order
In an experiment, individual rainbow trout were able to observe the interaction of two other rainbow trout behind a partition. The observing fish, when later put with one of the fish, was able to realize whether that fish was more likely to be dominant or not, and acted accordingly (Johnson, 1997).

Fish Talk to Each Other
Some fish can produce sounds to communicate with each other. Swim bladders can be made to vibrate by rapid contractions of special muscles, in, for example, the oyster toadfish. Other fish can grunt, croak, hum, moan, thump, buzz, click, and howl. These sounds may be territorial during the mating season, as by the moray m big fish, and the intertidal plentifulmidshipman. This last fish is called the Californian singing fish by fishermen. It hums to attract females, lasting sometimes for as long as an hour without pause. The John Dory grunts loudly when it is lifted out of water (Reebs, 2001).

Most Rapid Form of Communication in the Animal Kingdom
Elephant fish can communicate with each other using electrical signals. The response time from one fish to another is extremely short—approximately 12 milliseconds. This is probably the most rapid form of communication in the animal kingdom (Reebs, 2001).

Learning a Maze
Scientists in Spain were able to train goldfish to learn a four-arm maze (Rodriguez, 1994).

Fishy Myths

Hippocrates Health Institute »» www.HippocratesInstitute.org

Healing Our World »» Fishy Myths
creatures who are highly sentient, fish are intelligent, complex social creatures. Recent years have discovered that some of the consequences of eating sea turtles every year. Shrimp trawling throws away a creature that’s not commercially desirable. Shrimp trawling throws away a desirable. Shrimp trawling throws away a vast amount of dead and mostly dead or severely wounded. This so-called “bycatch” of certain fish, including up to 150,000 endangered species, is where fish get the omega-3 lipids derived directly from plankton, which can synthesize from ALA) that are of omega-3s, both of which humans can do than this. Our bodies are expressions of respect for spirits and we can all celebrate.

**SUBSTANCE P**

Substance P is an important element in pain perception. The sensory function of substance P is thought to be related to the transmission of pain information into the central nervous system. Brown ghost knifefish have been found to contain substance P in their brains (Weld, 1992).

**NOCICEPTORS**

A nociceptor is a sensory receptor that reacts to potentially damaging stimuli by sending nerve signals to the spinal cord and brain. This process, called nociception, usually causes the perception of pain.

**TWENTY-TWO PAIN RECEPTORS FOUND IN FACE OF FISH**

Researchers in Scotland located fifty-eight receptors in the face and head of rainbow trout. Twenty-two of these were pain receptors. The receptors were similar to those found in amphibians, birds and mammals. Moreover, response to heat and pressure were similar to those in higher vertebrates. Sensitivity to pressure was higher than in humans and mammalian eyes (Sneddon, 2003).

**PAIN SIGNALS TRAVEL TO FOREBRAIN**

In Ireland, goldfish were subjected to heat, pin-pricks and pressure. Nerve responses were recorded from the spinal cord, cerebellum, mid-brain and forebrain. A harmful stimulus produced greater neuronal activity than a mechanoreceptive stimulus.
Eating Animals
Available in paperback
eatinganimals.com

Friends and Enemies, cont’d from p. 37

In other cases, they may be stunned, but current stunning methods are unreliable and can lead to some animals suffering more. As is the case with chickens and turkeys, no law requires the humane slaughter of fish.

So are wild-caught fish a more humane alternative? They certainly have better lives before they are caught, since they do not live in cramped, filthy enclosures. That is a difference that matters. But consider the most common ways of catching the sea animals most commonly eaten in America: tuna, shrimp, and salmon. Three methods are dominant: longline fishing, trawling, and the use of purse seines. A longline looks something like a telephone line running through the water suspended by buoys rather than poles. At periodic intervals along this main line, smaller “branch” lines are strung—each branch line bristling with hooks. Now picture not just one of these multi-hook longlines, but dozens or hundreds deployed one after the other by a single boat. GPS locators and other electronic communication gear are attached to the buoys so that fishers can return to them later. And, of course, there is not one boat deploying longlines, but dozens, hundreds, or even thousands in the largest commercial fleets.

Longlines today can reach seventy-five miles—that’s enough line to cross the English Channel more than three times. An estimated 27 million hooks are deployed every day. And longlines don’t kill just their “target species,” but 145 others as well. One study found that roughly 4.5 million sea animals are killed as bycatch in longline fishing every year, including roughly 3.3 million sharks, 1 million marlins, 60,000 sea turtles, 75,000 albatrosses, and 20,000 dolphins and whales.

Even longlines, though, don’t produce the immense bycatch associated with trawling. The most common type of modern shrimp trawler sweeps an area roughly twenty-five to thirty meters wide. The trawl is pulled along the ocean bottom at 4.5 to 6.5 km for several hours, sweeping shrimp (and everything else) into the far end of a funnel-shaped net. Trawling, almost always for shrimp, is the marine equivalent of clear-cutting rain forest. Whatever they target, trawlers sweep up fish, sharks, rays, crabs, squid, scallops—typically about a hundred different fish and other species. Virtually all die.

There is something quite sinister about this scorched-earth style of “harvesting” sea animals. The average trawling operation throws 80 to 90 percent of the sea animals it captures as bycatch overboard. The least efficient operations actually throw more than 98 percent of captured sea animals, dead, back into the ocean.

We are literally reducing the diversity and vibrancy of ocean life as a whole (something scientists only recently learned to measure). Modern fishing techniques are destroying the ecosystems that sustain more complex vertebrates (like salmon and tuna), leaving in their wake only the few species that can survive on plants and plankton, if that. As we gobbles up the most desired fish, which are usually top-of-the-food-chain carnivores like tuna and salmon, we eliminate predators and cause a short-lived boom of the species one notch lower on the food chain. We then fish that species into oblivion and move on order lower.

The generational speed of the process makes it hard to see the changes (do you know what fish your grandparents ate?), and the fact that catches themselves don’t decline in volume gives a deceptive impression of sustainability. No one person plans the destruction, but the economics of the market inevitably lead toward instability. We aren’t exactly emptying the oceans; it’s more like clear-cutting a forest with thousands of species to create massive fields with one type of soybean.

Trawling and longline fishing aren’t only ecologically worrisome; they are also cruel. In trawlers, hundreds of different species are crushed together, gashed on corals, bashed on rocks—for hours—and then hauled from the water, causing painful decompression (the decompression sometimes causes the animals’ eyes to pop out or their internal organs to come out their mouths). On longlines, too, the deaths animals face are generally slow. Some are simply held there and die only when removed from the lines. Some die from the injury caused by the hook in their mouths or by trying to get away. Some are unable to escape attack by predators.

Purse seines, the final fishing method I’m going to discuss, are the main technology used for catching America’s most popular seafood, tuna. A net wall is deployed around a school of target fish, and once the school is encircled, the bottom of the net is pulled together as if the fishers were tugging on a giant purse string. The trapped target fish and any other creatures in the vicinity are then winched together and hauled onto the deck. Fish tangled in the net may be slowly pulled apart in the process. Most of these sea animals, though, die on the ship itself, where they will slowly suffocate or have their gills cut while conscious. In some cases, the fish are tossed onto ice, which can actually prolong their deaths. According to a recent study published in Applied Animal Behaviour Science, fish die slowly and painfully over a period as long as fourteen minutes after being tossed fully conscious into an ice slurry (something that happens to both wild-caught and farmed fish).

There are some things, though, we don’t need labels to know. Although one can realistically expect that at least some percentage of cows and pigs are slaughtered with speed and care, no fish gets a good death. Not a single one. You never have to wonder if the fish on your plate had to suffer. It did.

Whether we’re talking about fish species, pigs, or some other eaten animal, is such suffering the most important thing in the world? Obviously not. But that’s not the question. Is it more important than sushi, bacon, or chicken nuggets? That’s the question.
The functions of fatty acids:

- **Reduce PMS symptoms**
- **Decrease arrhythmias**
- **Helps substances in the cells to pass into the blood**
- **Assists in cell-to-cell communication**
- **Breaks cell walls — more phytosterols**
- **Blends even better than its palm kernel oil and coconut oil.**
- **Frequent harvesting diminishes the potential stresses to our food chain and Environmental and humanitarian causes.**
- **Algae can be grown in marginal lands, rather than oilseed crops grown on land.**
- **Microalgae allow a cost-effective, renewable biofuel feedstock and offer many advantages over traditional oil crops such as corn, soybeans or rapeseed.**
- **Algae yield far more oil than traditional oil crops (such as canola)**.
- **Fatty acids help us in many ways.**
- **EPA is the parent of the 3-series eicosanoids that moderate the pro-inflammatory effects that are derived from arachidonic acid. Arachidonic acid occurs in peanuts, meats and animal products.**
- **An entire generation of anti-inflammatory drugs (Cyclooxygenase-2 inhibitors) is based on the synthesis of inflammatory eicosanoids.**
- **Reduces inflammation**
- **Lowers triglycerides**
- **Positive hypolipidemic effect on the heart**
- **Increases the concentration of positive EFA.**
- **Algae can prevent the degradation of EFA status.**
Fish Farms
Ocean fish catches diminish in their haul year after year. This is due both to depletion and to pollution. When an oil spill occurs off the coast of Louisiana or Alaska the news media bemoans the damage to the fishing industry. Not to the fish, but to the fishing industry. Step in human ingenuity. Some species of marketed fish now are raised in open pens. Fishing has fast become farming. Farmed salmon constitute half of all salmon sales. But there is a catch.

Aquatic farming techniques generate a sort of sewage accumulation that is inherent to terrestrial factory farms (see the “Fish Farms” article in this magazine for more details). During the nearly three years necessary for a salmon to achieve maximum body size, its food is fortified with synthetic and laced with drugs. Still it suffers high susceptibility to disease and parasites. And due to overcrowding, it displays an abnormal behavior of self-mutilation and cannibalism. A true Chicken of the Sea.

Invertebrate Sea Animals
Lobster and crab. Oyster and clam. Scallop and squid and shrimp. Some possess eyes, others not. Those we cannot look into the eye we may view as less than animals and treat accordingly. We even call them seafood, not sea animals. While none may scratch its head over issues beyond the attainment of sustenance and shelter, nor shed a tear for its poisoned peers in the Chesapeake or Louisiana or Alaska the news media is so fortunate that my amazing parents and husband held down the fort while my other sister, a teacher, had to stay home with her students. My sister, Kim came along for support, everything here and as much as I want.”

My Recovery, cont’d from P. 31
Within a couple of weeks, I started to incorporate more greens and raw foods. I was so thankful that Susan opened her café just in time. All her dishes were raw and the change in taste and texture was great. It really helped me get over the hump. I even started having wheatgrass juice a couple times a week. I stopped all my pain medication with permission from my doctors. I am at how great I felt during my treatments. I really felt like my new eating regimen was supporting my body and keeping it alive; while the awful poison was killing the cancer. I had moved away from raw, healthy foods, the more we believed in Hippocrates Health Institute. I decided I would finish my chemotherapy treatments and then go to Hippocrates to help my body heal. In November 2011, I arrived at Hippocrates. As I walked through the doors of Wigmore Hall and saw the beautiful buffet, my first thought was, “I can eat everything I want as much as I want.” My sister, Kim came along for support, while my other sister, a teacher, had to stay home with her students.

I stayed at Hippocrates for three weeks. I was so fortunate away from my four children and my husband. I was so fortunate that my amazing parents and husband held down the fort while I was away, so I could still and completely focus on educating myself and healing my body.

It was amazing! The support and knowledge from the experienced staff lifted me to a place I never thought I would be. Knowledge is everything and, boy, I was getting a ton of it. Everything made perfect sense to me. Your body is equipped with every tool you need to heal, it’s just up to you to figure it out and use it. Hippocrates isn’t all about the lovely scenery, it’s so much more. It is about the whole body, mind and spirit. Hippocrates Health Institute is like a one-stop shop for everything your body needs to truly be alive! I was told that getting cancer would be a gift, but I really had no idea what that meant. For years, I was always taking care of everyone else. I felt overwhelmed on many occasions, but thought it was because I wasn’t good enough. I felt like I had to work harder to get it all done. At Hippocrates I learned that this is not the case and deserved to take care of myself first. Once my needs were met, I was able to offer even more help to others without exhausting my energy.

In February 2011, my scans showed no sign of disease. When retested in October 2011, all my tests were once again clear! I am a survivor of this horrible disease. My daily regimen consists of wheatgrass (a splash of fresh lemon makes it taste pretty good) and raw vegetables. I now do it twice a day for daily meditation and “me” time. I can tell you, in more ways than one, this scary diagnosis has definitely turned out to be a beautiful gift.

I have been educated about what is really important in life and provided with the best tools in helping to achieve it. I have to thank Michelle, Susan and Heather who have helped me understand how spiritually, physically and nutritionally I can battle this! Education is such a powerful tool and, unfortunately, the current medical system does not agree with it. Educate yourself, never doubt what you feel, and do what you feel is best for you. Just realize that you can heal yourself. My family continues to read and expand our knowledge daily, ensuring we are forever learning. I am blessed with the support of the most amazing people. I now have a family of friends who love me, rather than feel sorry for me. It is a huge difference. I live and love life to the fullest! I find a reason and I got this disease to awaken me to the gifts and true splendor of all that life has to offer. Now it’s time to share what I know with all those who are open and willing to receive it!
Mental Illness or Caffeine Allergy, cont’d from p. 15

For example, after being given a caffeine compound, larvae showed signs of confusion. Little wonder, humans, too, can experience confusion and even psychosis.

Caffeine destabilizes your nervous system in other ways. A diuretic, caffeine speeds elimination of many minerals and vitamins, such as potassium, zinc, magnesium, calcium, vitamin C and the B vitamins (especially the anti-stress vitamin B6). This can lead to deficiencies, which increase anxiety, panic, mood swings and fatigue. The problem is compounded as caffeine causes blood sugar to rise in the first hour after consumption, creating an initial buzz, and then drops to subnormal levels, causing an energy crash.

Coffee: the Worst Offender

Coffee is especially bad because it contains two other stimulants: theophylline and theobromine. A mere four cups per day can make a person nervous and jittery, while eight cups will send some into a panic attack. Caffeine injections also produce panic in healthy volunteers participating in anxiety studies. If you are already suffering anxiety and panic episodes, even a little caffeine will make you feel uncomfortable and jittery and aggravate the frequency and severity of episodes. Caffeine causes panic attacks by interfering with adenosine, a brain chemical that normally has a calming effect, and by raising levels of lactate, a biochemical implicated in producing panic attacks. The effect can last for as long as six hours and interfere with sleep.

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But what about caffeine junkies who can’t live without their fix and appear to tolerate caffeine well? Apparently, these folks are also getting into a tizzy. In a study published in the American Journal of Psychiatry, 1,500 psychology students were divided into four categories based on coffee intake: abstainers, low consumers (one cup or equivalent a day), moderate (one to five cups a day) and high (five cups or more a day). The moderate and high consumers demonstrated higher levels of anxiety and depression than the abstainers. Further, the high consumers had higher incidence of stress-related medical problems and lower academic performance.

This tells us that even if you are not caffeine sensitive, consuming large amounts of caffeine—usually more than 250 mg per day—can be dangerous for your physical and mental health.

Give Up Caffeine

To break the caffeine habit, start by cutting out caffeine products. These include:

- All coffee (de-cafinated coffee still contains some caffeine)
- Tea: black, green, kombucha, yerba mate
- Soft drinks
- Energy drinks: Red Bull, Monster, Full Throttle, etc.
- Caffeinated waters
- Frozen desserts containing coffee, mocha, or cappuccino
- Chocolate, including raw cacao (which contains theophylline with a similar effect as caffeine)
- OTC drugs: NoDoz, Excedrin, Anacin, Dextroin, Midol, etc.

Check labels. Few know, for instance, that One A Day vitamins for women contain the caffeine equivalent of one cup of coffee. Yes, even some vitamin pills are caffeinated!

Withdraw Slowly

If you are addicted to caffeine, you must reduce your consumption gradually to avoid caffeine withdrawal symptoms like fatigue, shakiness and headaches. In most, withdrawal takes around four to six days. If you are allergic, physical withdrawal could take 12 months or longer, and recovery symptoms can be severe, including: memory loss, confusion, tremors, agitated states, insomnia/somnolence and nightmares.

Tips to help you kick the caffeine habit:

- Replace caffeine with healthy products.
- Drink an herbal coffee substitute like Teecino. Eat carob in place of chocolate and cacao. Include arousing spices like ginger, cayenne and peppermint in your diet.
- Start your morning with natural energizers.
- Drink something with intense flavor like pure cranberry juice, or suck on a lemon.
- Eat something that makes you chomp and bite, like an apple, as heavy work to the jaw is energizing and alerting.
- Take a cold shower.
- Do quick, intense physical activity, like jumping jacks or push-ups.
- Listen to upbeat music.
- Use herbal energizers and adaptogens to stay alert. These include: ginseng, ashwagandha (winter cherry), licorice root, reishi mushroom, rhodiola rosea and St. John’s Wort.
- Take vitamin B6.

Detoxify Your Liver

The more sensitive you are to the caffeine jitters, the less efficient your liver is at metabolizing the drug and cleansing it from your body. Help your liver do its job by eating whole, preferably raw, organic food as much as possible. Organic is important because caffeine is often used as a form of pesticide for many fruits and vegetables. Eating high nutrient, low calorie foods will also help you to give up some of your comfort food and drinks naturally by feeding your nervous system the nutrients it needs, easing the feeling of loss that you may experience.

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The Dangers of GM Fish, cont’d from p. 30

GM fish waste fed to livestock would be introduced to the food supply of omnivores who don’t even eat GM fish, or who do not eat fish at all.

The second major consideration is the impact of GM fish on mammalian health, including human health. In September 2010, the American FDA approved GM salmon as “safe” for human consumption; but I am not convinced this approval was not a political decision rather than a science-based one. The current evidence falls short of any real assurance of the safety of GMOs (genetically modified organisms) in the food supply. The human health risk far outweighs any public relations line about feeding a hungry world.

Health conscious consumers must be aware of the potential for GMO contamination from multiple sources—not just GM salmon, but shark fin, other fish, and the many GM monocropped foods. Mandatory labelling of all GM foods, including salmon, is the only way to ensure the public’s freedom to choose.

A plant-based, whole food, organic, local diet is still the better way of eating in order to reduce health risks associated with meats and with GM-contaminated meats. I’m part of a local Toronto group recently formed to raise awareness about GMOs.

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Hear Dr. Brian Clement speak about such as linolenic and linoleic acids are and EFAs (essential fatty acids). EFAs a “good” source of things like protein and amino acids, which are easier on the body to eat the amino and EFAs. EFAs and EFA deficiency may easily absorb the amino bonds. EFAs and EFA deficiency may easily absorb the amino bonds.

Don’t I Still Need Fish for Protein?, cont’d from p. 38

Mara has offered me a gift of live salmon several times. I appreciated her offers but declined each time, as I am a long-time vegetarian. Mara took the hints and now she picks me seaweed — like sea-spaghetti — and brings it to me, watching me eat it. She has perfect teeth, as she consumes her natural food, which is live fish. It is interesting to me that she will not eat it fish that is no longer alive.

There was once a television crew with Funge. They threw him fish from their boat, thinking he would eat it. Funge collected the dead fish he was thrown and threw them back onboard to the crew. Then he got his own fish of his choice and disappeared into the big blue. I feel very fortunate to have met many thousands of people and witnessed their interaction with wild dolphins. The dolphins’ complex social skills and cognitive and affectionate abilities are easily recognized in these encounters, and it is hard to grasp the breadth of their abilities until you have seen them firsthand. When cetaceans are confined in concrete tanks in controlled circumstances, they are disconnected from anything that is natural. A true encounter and real research about these magnificently intelligent mammals can only be conducted in the wild, on their terms.

Wild dolphins have their own minds, do whatever they want to do. Sadly, we humans are conditioned to think that we are superior to other animals, particularly those from the sea. It is easy to find examples of mankind’s many impositions on animals: dolphinsariums, pet stores, fish farms, factory fishing operations. What is rarer to find is the understanding that, just like our finned friends, humans’ only true dominion is over our own actions. The idea that humans can outsmart nature and bend it to our will is a grave misconception, as evidenced by the collapsing ecosystems on our planet.

Food, clothes, cosmetics and building methods, to name just a few, are choices we can consciously make for ourselves so we can live in more harmony with nature. Responsible lifestyle choices honor the lives of the dolphins and of all life forms on the planet.

In my home by the Atlantic Ocean there is not much habitation, yet there is quite a lot of man-made pollution — to the extent that you can taste fertilizers, detergents and shampoos in the ocean at times. There are objects like aluminum cans, bags, angling gear and plastic materials that the dolphins collect and bring to me to dispose of. It is not hard to see why one of the subjects of this year’s American Association for the Advancement of Science conference was the discussion of dolphins as non-human persons. It is through my experiences with wild dolphins that I got into raw and then living foods. Another reason I embraced “real food” was to keep my body in balance and more easily cope with long exposure to chilly sea temperatures.

I heard about the pioneering research of Hippocrates Health Institute and was fortunate enough to attend a talk given by Drs. Brian and Anna Maria Clement, which deeply resonated with me and made me decide to come to Hippocrates. Fins crossed that an animal-friendly, conscious lifestyle works out dolphinously well for you as well. Learn more about the Margreff and her cetacean friends at www.dolphinuniverse.com.

As a larger fish eats a smaller species, there is a cumulative effect. Dr. Grace Markowski, who is also a chemist and long-time associate of mine, has specialized in hair analysis and live blood cell analysis for nearly twenty years. She has had patients in China, Japan, Russia, Poland, Eastern Europe, Latin America, Australia, New Zealand, Canada and the United States. Dr. Markowski notes that, worldwide, the heavy metal with the highest accumulation rate is mercury. It is also the most difficult to chelate or extract from the blood. She has traced this mercury accumulation to the intake of fish.

Dr. Markowski has a patient she chelated for ten months to eliminate mercury accumulation. The patient, who has eating issues, binged for two weeks on tuna fish after her treatment, and brought the mercury levels right up again.

During the 1950s and 1960s, while the U.S. military was playing around with nuclear waste and did not know what to do with it, the waste was stored in 50-gallon steel drums. The U.S. Navy dumped these drums into the ocean. Now, 50 years later, the salt water has eaten through the steel drums, and the nuclear waste has been leaching into the oceans for the past couple of decades. This is another reason not to eat fish, it is better to eat northern Alaskan salmon. They are somewhat above the line of pollution. Mercury poisoning, also known as hydroaegyia, causes central nervous system problems, which can include symptoms such as anxiety, depression, confusion, irritability, insecurity, phobias and fatigue. The most common (and avoidable) source of mercury exposure is seafood. The most deadly form of mercury is methyl-mercury, which is formed after mercury is absorbed into animal tissue.

Adult exposure to methyl mercury can result in numbness, tingling in the extremities, hormonal imbalance, loss of coordination and sensory loss. Exposure to a developing fetus or young child can result in neurological abnormalities. Often, central nervous system damage caused by mercury poisoning is irreversible.

Factory farmed fish are given chemi- cals that are designed to make the fish have a “wild” taste. These fish are often fed parts of cows, goats and sheep, causing the fish to be contaminated with mad cow prions. Even radia- tion does not cause these prions to die. It appears the safest and wisest way to consume EFAs is through plant foods. See the articles in this issue by Tom Fisher, RN, and Chef Ken Blue for ideas on introducing more plant-based omega-3s to your diet. You will find many of these foods also offer complete amino acid profiles. In the final analysis, as my good friend Dr. Shawn Miller says, “If you don’t take care of your body, where are you going to live?”

In my home by the Atlantic Ocean there is not much habitation, yet there is quite a lot of man-made pollution — to the extent that you can taste fertilizers, detergents and shampoos in the ocean at times. There are objects like aluminum cans, bags, angling gear and plastic materials that the dolphins collect and bring to me to dispose of. It is not hard to see why one of the subjects of this year’s American Association for the Advancement of Science conference was the discussion of dolphins as non-human persons.
As for going forward, she suggested that RKRF consider opportunities for civic engagement and community advocacy. "Healthy eating and moving are crucial for the success of the program."

Parents appreciated the dinner prepared by the students at the end-of-the-year party on June 6th. "This was surprisingly delicious," said Belia Ducasse, who has three sons under age 10. "This was very engaging and surpassed any expectation."

"Our goal is to heal the planet, one person at a time."

To participate in this dream, please visit the RKRF website for more details: www.realkidsrealfood.org. And please send tax-deductible contributions payable to and mailed to: Optimum Health Solution 337 Newton Street #4 Waltham, MA 02453. If you would like to start a program in your area, please e-mail: betsy.bragg@gmail.com.

"I think it was a huge success," said Letitia Richards. "Sarah [Steinberg, an RKRF intern] and I were saying that even with kids who misbehave, when you give them a responsibility they go and do it. I loved how this all worked out."

RKRF fulfills the Optimum Health Solution (OHS) mission of eliminating obesity, chronic disease and malnutrition, especially in children. All proceeds of the non-profit’s programs contribute to actualizing this vision. In order to continue and expand RKRF, OHS has launched a campaign to raise funds. "Our intention is to have RKRF be a model for after-school programs across the country and the world," said Betsy. "Our goal is to heal the planet, one person at a time."

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As fewer salmon make it to sea each year, "processed" sea animals are catching on. In 2011 Consumer Reports' exposé revealed grossly negligent fish labeling practices. Over one-fifth of the 190 pieces of sea animals bought at retail stores and restaurants in New York, New Jersey and Connecticut were not what they claimed to be. The most notable of the mislabeled sea animals was tilapia, being labeled as grouper. On average, tilapia contains three times the mercury found in groupers, which is why the FDA advises pregnant women to avoid tilapia completely. Such mishandling of prey animals and waste is greenwashing — the practice of making a product appear eco-friendly when it is not. A study at the University of Victoria determined the "eco-label" found on some farmed fish is no assurance that sustainable methods were used in production. In fact, some were worse than conventional fish farms when it came to protecting the oceans. As with labels that proclaim "free range" or "cage free," "wild caught" labels on sea animals should be looked at with scrutiny, as many are applied to farmed fish.

Some proponents of aquaculture claim closed containment fish farms hold promise for sustainable sea animal production, but the jury is still out, as these operations still require more wild fish in far less farmed fish out. One thing is for sure — the most powerful method for change in the fish industry is voting with our dollars. Many experts say there is no such thing as sustainable fishing these days, but for those of us who feel they really must eat aquatic animals, wild freshwater fish caught with a hook and line is still the way to go.

Whether we are vegetarians (and remember, fish are not vegetables) or omnivores, more sustainable fishing practices benefit us all. Reading labels (with scrutiny) and asking questions can be helpful in making educated decisions. The less farmed fish we all buy, the more conscious practices will abound.
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