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Hippocrates Health Institute » www.hippocratesinstitute.org

Healing Our World » Survival is Ours
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You Can Be Part of a Landmark Cancer Study

This study is an opportunity to highlight and understand the impact of the science involved in the raw food diet at Hippocrates Health Institute (HHI). It provides an opportunity to prove to the world that the life change philosophy that Hippocrates has been teaching for over a half century is extraordinary.

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 interventions 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 at Hippocrates Health Institute (HHI). It provides an opportunity to prove to the world that the life change philosophy that Hippocrates has been teaching for over a half century is extraordinary.

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In the initial study period of three weeks, candidates will be at HHI to learn how to follow up with their given recommendations when at home. To ensure subsequent compliance to the diet, the Hippocrates research staff will monitor each candidate on a weekly basis.

Participants 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
Wealthy individuals are not immune to health challenges. If you have a face-saving excuse for driving a car, you can be paraplegic since 1990, which provides him with motivation. He has written two books, Microgreen Garden, and is the author of The Venus Project, which reflects the culmination of Mr. Fresco's life work: the integration of the best of science and technology into a comprehensive plan for a new society based on human and environmental concern. It is a global vision of hope for the future of humankind in our technological age.  

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Laura M. Grammatico is a Personal Success Coach, Nutritional Consultant and Hippocrates Health Educator. She hosts workshops, retreats and presentations in Broward/Palm Beach Counties and travels worldwide. You may contact her at LauraMariaGram@Hotmail.com or on Facebook: Laura Maria Grammatico.

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

Viktoras Kulvinskas is the international best-selling author of Survival in the 21st Century. He had a career in mathematics and was a successful computer consultant prior to cofounding Hippocrates Health Institute with Ann Wigmore in Boston. Learn more at www.survivalinthe21stcentury.com.

Howard Lyman is a 4th generation family farmer. After 20 years of operating a feed lot, he sold his ranch and started working for farmers in financial trouble, becoming a lobbyist in Washington. Howard made headlines as he and Oprah Winfrey were co-defendants in the infamous “veggie libel” lawsuit after he spoke openly about Mad Cow disease on her show. He has written two books, Mad Cow and No More Bull! Learn more at MadCowboy.com.

Judy Barber, Hippocrates Health Educator, just published her recipes in Good Raw Food: Recipes Delicious Raw and Living Food for Energy and Wellness. Judy is also the author of Good Question! The Art of Asking Questions to Bring about Positive Change, with favorite questions, stories and exercises used by coaches and others to make big differences in peoples’ lives. www.judy-barber.com

Andy Bernay-Roman is a Florida Licensed Mental Health Counselor, a Registered Nurse and a Licensed Massage Therapist, who has practiced his unique form of body-oriented psychotherapy at HHI since December 1990. Find out more about Andy’s work through his book, Deep Feeling, Deep Healing: The Heart, Mind, and Soul of Getting Well, available through the HHI store. www.deepfeeling.com

Jenny Berkeley, 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-Worth Magazine, a Canadian magazine dedicated to promoting a holistic health lifestyle and a plant-based diet. Check her out at www.eatingforeternity.org.

Mark Mathew Braunstein is the author of Radical Vegetarianism, Speer Garden, and the forthcoming Microgreen Garden. He has been a high raw vegan since 1970, and a paraplegic since 1990, which provides him with an excuse for driving a car. You can read his three previous articles in Healing Our World at www.markbraunstein.org.

Antony Chatham, a Florida licensed psychotherapist, has worked with Hippocrates guests since 1994. He draws his inspiration from Eastern and Western traditions of holistic healing and integrates psychology and experience from psychology, philosophy and theology in which he holds Master’s degrees and doctoral coursework.

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

Patricia Davis is the owner of Silver Needle & Thread / Tag Custom Bridal located in Jacksonville, Florida. She specializes in providing hand sewn, one-of-a-kind garments that are created using organic and natural fabrics. Patricia is dedicated to making clothes that are pure, natural and personal. Learn more at Silver Needle & Thread.com.

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

Jacque Fresco is a pioneer in industrial design and social engineering and a forerunner in the field of Human Factors. The Venus Project reflects the culmination of Mr. Fresco’s life work: the integration of the best of science and technology into a comprehensive plan for a new society based on human and environmental concern. It is a global vision of hope for the future of humankind in our technological age. www.TheVenusProject.com

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

Dr. Wayne Pickering faced the prospect of death at age 80. Now, at 63 years young, he is an award-winning triathlete, double nominee for the Healthy American Fitness Leader Award, nutritional performance coach and disease prevention specialist. He’s authored 21 books; 2 audio learning programs; two DVD series; 10 health systems and over 400 articles on fitness, stress and nutrition. Learn more at HealthAtLast.com.

Max Tuck, BvetMed, MVCS, is a degree level scientist, author, athlete and Hippocrates Health Educator. Her passion for health and vitality attracts clients ranging from British international athletes to grandchildren. For full details of her services, please visit www.therawfoodscientist.com.

George Yu, MD, has been practicing medicine and surgery for 35 years in the institutional and private sectors. Dr. Yu is senior physician in Washington, DC. Presently he practices medicine focusing on sex hormone endocrinology, nutrition and digestion, and preventive medicine. TotallyYu.com
French Study Finds Tumors in Rats Fed GM Corn

Reuters

LONDON—Rats fed a lifetime diet of Monsanto’s genetically modified corn or exposed to its top-selling weed killer Roundup suffered tumors and multiple organ damage, according to a recent French study.

Although the lead researcher’s past record as a critic of the industry may make other experts wary of drawing hasty conclusions, the finding will stoke controversy about the safety of GM crops.

The roughy eight million women developing bladder infections in the United States every year may be getting a form of the illness resistant to antibiotics from the chicken they buy at the grocery store.

A strain of E. coli found in the DNA of chickens that were fed antibiotics while alive are being spread to humans, causing bladder infections that are extremely difficult to treat, according to researchers.

The drug-resistant bacterium called superbugs are found in everyday store-bought chicken across the U.S. and are being transmitted mostly to women in a number of ways from handling raw poultry or eating foods cross-contaminated with E. coli.

The researchers said 50 percent of the animals on the GM diet suffered mammary tumors, as well as severe liver and kidney damage.

The researchers said 10 percent of males and 20 percent of females died prematurely, compared with only 30 percent and 20 percent in the control group.

Seralini was part of a team that flagged previous safety concerns based on a short-term study in a scientific paper published in December 2009 but this takes things a step further by tracking the animals throughout their two-year lifespan.

Seralini believes his latest lifetime rat study to prove the researchers’ theory that the GM diet caused tumors in the study, and 20 percent in the control group.

The researchers said that the tumor incidence is present.

A stronger antibiotic may be recommended for patients with a likely superbug infection, Besser said.

“This is not a typical food-related illness. A person can eat chicken containing E. coli and develop symptoms of a bladder infection problem that doesn’t go away, it may be a sign that a superbug is present,” Besser said.

A stronger antibiotic may be recommended for patients with a likely superbug infection, Besser said.

These types of bladder infections often become an ongoing burden for patients as it can take several different antibiotics to fight the superbugs.

Doctor Gigi El-Bayoumi told ABC News: “They’re super clever. They are very smart.”

The exact connection to the chicken people eat and bladder infections may be impossible to fully establish because it’s not a typical food-related illness.

A person can eat chicken contaminated with E. coli and develop symptoms of a bladder infection months later.

A superbug may have remained in the chicken for years before being transmitted to humans.

People can avoid the illness by keeping kitchens and food clean and clear of contamination.

If a person has an ongoing bladder infection problem that doesn’t go away, they may be infected with a superbug, Besser said.

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Vitamin D In Sunless Climates
by Jenny Berkeley, RN

When I work in a major hospital in Toronto and a cottage hospital outside of the city, I am often disappointed by what I notice as a trend among young people coming into the emergency rooms. I see this only during the winter months as it does not happen during the summer.

Everyone knows the importance of sunlight. We should try to spend at least 15 to 30 minutes per day in the sun for good health and vitality. I myself like to walk a bit during the summer because of the need to get more sunlight. And when I am working in the hospital ER room or the clinic, I take my break outside when I can to get sunlight and fresh air.

What do I see only during the winter months? I see young people who show up in the hospital emergency room with painful soreness in their arms or legs, and their skin has turned a bluish color. They had their arms and legs exposed to the open air during winter. The air is still cold even on the rare days when it is bright and sunny.

After prolonged exposure to the cold, the blood vessels in the arms and legs begin to restrict. Prolonged restriction causes the blood flow to the extremities to be very low, leading to severe pain during the fall and winter months. Getting sunlight exposure and free vitamin D from the sun is important, but not at the expense of one’s health and happiness.

A two-year study of vitamin D levels in Canadians between the ages of 6 and 79 found some interesting results. The results found that in general, people have more vitamin D during the summer months (April to October) than in the winter months (November to March).

The study also found that about 4% of Canadians aged 6 to 79 are vitamin D deficient, 10% did not have sufficient vitamin D for bone health, and 35% of Canadians had amounts suggested for overall health and vitality, that is, over 75 nmol/L. Another item of interest was the way this vitamin D level seemed to trend overall amongst the different age groups. From the chart, you can see that in young kids there was more vitamin D and as they moved to adulthood, there was less concentration of vitamin D right through till middle age.

Then Canadians beyond middle age got more vitamin D until their golden years.

Dear Ask the Sprouts,

Hey, I have a question for you. How do you survive listening to people and their problems all day long? I cannot imagine surviving such a condition.

Sincerely, Impatient in Idaho

Dear Impatient,

Hi, you can call me Brock. I know when you hear Brock, you may think of juiced up football players, but I’m Brock as in broccoli sprout, ya dig? Nonetheless, you can think of me as the defensive end for your mental wellness.

Think of me as the defensive end for your mental wellness. I know when you hear Brock, you may think of juiced up football players, but I’m Brock as in broccoli sprout, ya dig? Nonetheless, you can think of me as the defensive end for your mental wellness.

The key to my survival in this context is having learned to empathize with people with a true sense of detachment.

It is a paradox, isn’t it? How can you genuinely empathize with people and at the same time be detached from what they share with you? It is a skill I believe we all should learn. Empathy is “the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present.”

How do we do it? Having genuine love for the person who you are talking to and at the same time honestly believe the words: “Do not be absolutely, positively responsible for everything which is happening around you. It is my job. Signed: God.”

Sincerely, Impatient in Idaho
I began to think about the New Year on December 29 and brainstormed how I could have a positive impact on someone’s life through my profession this year and beyond. Hand sewing beautiful organic and natural clothes is what I do every day. Whether it’s a wedding gown, a suit or a baby’s romper, my expertise is creating beautiful one of a kind pure and natural garments.

Over the years, cheap, mass-produced clothing has dominated the market and driven our credit card sales. We all want a bargain. But have we stopped to think about what that bargain, in the end, really costs us from an individual perspective—as well as society? Have you ever asked yourself what you are really purchasing when you pay a price that’s so cheap? In order to buy something cheap, something must suffer along the process such as quality, health, labor or the environment.

What can I share with you through my expertise that may impact your decision to buy clothes in the future? First, let’s throw quality out the window. (Few consumers seem to demand it anymore.) Sales price overrides our need to purchase good, well-constructed products. So let’s move on.

Our health is a big consideration. Our skin is the largest organ and it absorbs everything that touches it. Typical mass-produced clothes are filled with everything toxic: toxic fabric, toxic dye, toxic finishes and toxic smell. These toxins are absorbed into our body through our skin every day.

Even after washing the clothing several times, toxins remain in massive quantities. Toxic dyes have been studied and linked to an array of serious medical issues such as severe skin rashes (that won’t heal), respiratory disease, neurological disorder and even cancer.

Formaldehyde in clothing is regulated by protection agencies in many countries, but the United States is not one of them. This is of great concern because formaldehyde is a dangerous toxin that attacks the throat, lungs and respiratory tract.

Remember that any garment claiming to be “anti-static,” “anti-wrinkle,” “anti-odor” or “anti-anything” means you are paying for the convenience with your health and well-being. The cost of a doctor’s visit or hospital stay will far outweigh the convenience of owning such garments.

The fabrics of choice for most manufacturers are man-made polyester, acrylic and nylon, which are created using hundreds of chemicals. Polyester is made from only four ingredients: air, water, coal and petroleum. In other words we’re wearing, day in and day out, a shovel of coal doused in crude oil against our skin. How can such a lethal chemical cocktail not affect your body in a negative way and endanger your well-being?

The next concern is labor. Sweatshops are still making our cheap clothes. (We just don’t talk about them anymore.) Factory and textile workers suffer from an array of serious health conditions until they die.

America itself has become a cheap source of labor—not in production, but in retail sales. Retailers all across America are working salary employees to the point of exhaustion and total burnout.

Employment in the retail industry is a constant revolving door of costly employee turnover. Many managers are working well over 80–100 hours per week and taking home the same paycheck they would for 40 hours. People in retail struggle to spend any time with family or have a life outside of work. (Is that $5 shirt worth a family being disconnected or babies raising themselves?)

Statistics show that over 68% of retail employees are single mothers raising their children. They choose retail jobs because the salary appears to be good money, but when a $50,000 annual salary is divided by an 80 to 100 hour work week, reality sets in.

A new era is quickly approaching

I wish to share the exciting clarity that is coming through me…as to the unfoldment of the future of the world. I am not a “hope-iun” addict, but I have high expectations for the reality we will create through our enlightened global visualization. Will you jump into this wondrous reality that is possible for all human beings?

They are “pushers” of negativity, ignorance and warped priorities. One doesn’t need to be an Einstein to see this hoopla is all sponsored by the meat, dairy, “modern” medical and pharmaceutical madness industry. The Light is within and not outside the self. One can search for peace throughout the galaxy, yet the only true peace anyone can tap into resides in their own heart and mind as it yearns to emamate and express itself through every smile, act and deed.

Together let’s rediscover a new life force. Let’s allow our brains to function at a cosmic peak, breaking our years of indoctrination.

Consider the Price Beyond the Price Tag:

- Health impact
- Labor practices
- Environmental cost

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Statistics show that over 68% of retail employees are single mothers raising their children. They choose retail jobs because the salary appears to be good money, but when a $50,000 annual salary is divided by an 80 to 100 hour work week, reality sets in.

A new era is quickly approaching

I wish to share the exciting clarity that is coming through me…as to the unfoldment of the future of the world. I am not a “hope-iun” addict, but I have high expectations for the reality we will create through our enlightened global visualization. Will you jump into this wondrous reality that is possible for all human beings?

They are “pushers” of negativity, ignorance and warped priorities. One doesn’t need to be an Einstein to see this hoopla is all sponsored by the meat, dairy, “modern” medical and pharmaceutical madness industry. The Light is within and not outside the self. One can search for peace throughout the galaxy, yet the only true peace anyone can tap into resides in their own heart and mind as it yearns to emamate and express itself through every smile, act and deed. Together let’s rediscover a new life force. Let’s allow our brains to function at a cosmic peak, breaking our years of indoctrination.
I have always been a vegan, thanks to my mommy. She ate a vegan diet of mostly raw foods when I was growing in her belly and when she nursed me. My first “taste” of food was when I tasted celery and carrot sticks. I was mostly breastfed as a baby, but my mommy also gave me green juice, green smoothies and nut milks. She would also reward me with chlorella tablets when I ate a vegan diet of mostly raw foods when I was growing in her belly and when she nursed me. My first “taste” of food was when I tasted celery and carrot sticks. I was mostly breastfed as a baby, but my mommy also gave me green juice, green smoothies and nut milks. She would also reward me with chlorella tablets when I went to the health food store and make our meals from the food we buy there. Some of my favorite foods are guacamole, green salad, coconuts, carrot pecan burgers and onion dip with veggies. When I go to a day camp and I bring my lunch some people look at me and say. “You’re eating salad!” if they would only taste it they would realize that it actually tastes really good.

My whole family is raw and my two year old brother just eats and eats and eats — all raw food, too. We make our own food all the time and it is always fresh. Some other families are getting interested in what we are doing. Once when I was at camp two girls said to me, “Too bad you can’t eat candy.” I said “I choose not to eat candy.”

I really love being raw and I wouldn’t change it for anything. If everyone would become vegan the world would be a much healthier place.
Radiance enters the body through the skin (thus avoiding any digestive difficulties that you might have). The excitement over this is that it is not rejected by the body. Collagen cells reproduce every 30 years; this product is a must-use!

To order call (561) 471-8876, ext. 24
Mon 10 am – 5 pm | Tues – Fri 10 am – 6:30 pm | Sat 10 am – 3 pm

Sex Hormones Change in People Eating Limited Calories

The well-documented longest surviving centenarians live in Okinawa, an island off the coast of Japan. I witnessed these centenarians and reviewed all the research work with Suzuki and Wilcox who documented the data and published their findings in professional literature. These people age slowly compared to us and their hormones do not decline as quickly in the 70 to 100 age group.

Okinawan centenarians (unlike their modern younger descendants who eat fast foods) eat low calorie, highly nutritious foods. The people are active and have a sense of belonging to a community.

Sex Hormones in Okinawans and Americans

<table>
<thead>
<tr>
<th>Region / Age Group</th>
<th>DHEA (ng/ml)</th>
<th>Testosterone (ng/dl)</th>
<th>Estrogen (pg/ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Okinawan men 70</td>
<td>2.6</td>
<td>439</td>
<td>35.7</td>
</tr>
<tr>
<td>American men 70</td>
<td>2.0 1</td>
<td>314</td>
<td>20.6</td>
</tr>
<tr>
<td>Okinawan men 100</td>
<td>0.8</td>
<td>298 3</td>
<td>12.1 4</td>
</tr>
<tr>
<td>Okinawan women 70</td>
<td>3.0</td>
<td>13</td>
<td>15.5</td>
</tr>
<tr>
<td>American women 70</td>
<td>1.1 2</td>
<td>17</td>
<td>5.5</td>
</tr>
<tr>
<td>Okinawan women 100</td>
<td>0.6</td>
<td>39 4</td>
<td>4.2 5</td>
</tr>
</tbody>
</table>

Normal ranges

for these age groups

<table>
<thead>
<tr>
<th>M 0.5 – 5.5</th>
<th>M 240 – 950</th>
<th>M 0 – 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>F 0.3 – 4.5</td>
<td>F 190</td>
<td>F 0 – 35</td>
</tr>
</tbody>
</table>

1. Okinawan men have higher DHEA levels than Americans, possibly reflecting a younger physiological age.
2. Okinawan women have higher DHEA than reported for American women. This may reflect a much younger physiological age.
3. Okinawan men seem to preserve their testosterone levels longer than Americans.
4. Testosterone in women is normal and natural. These levels are not statistically different from each other.
5. Natural estrogen is produced in men from testosterone and may help keep them younger longer, with better heart and bone health.
6. Okinawan women may preserve their natural estrogen longer, suggesting a younger physiological age. This may contribute to better heart and bone health.

Nutritionally Dense, Low Calorie Food Prolongs Life, Arrests Chronic Diseases

My experience with the National Institutes of Health CAM (Complementary Alternative Medicine) audits on nutrition and cancer in 2002 and first hand experiences with cases from Kushi Macrobiotic Institutes and Hippocrates Health Institute have long ago convinced me that consuming nutritionally dense, low-caloric foods arrests the ravages of aging and chronic diseases. Not to say the disease is gone but somehow the damages stop, some permanently and some for a period of time.

Nutritional intervention by raw foods at Hippocrates is one type of caloric restriction.

We mammals are the most complex in the animal kingdom and have evolved to the point that our brain and hormones are the command centers which signal messengers to coordinate other parts to function as a whole unit. Even our digestive tracts are longer in length and more complex and cohabit (symbiosis) with living organisms such as bacteria to process foods and chemical byproducts to keep us healthy.

Our hormones are intimately tied to our primal self, health and longevity. While technological advancements have prolonged our stay on earth past our reproductive usefulness, our primal sex hormones have not adapted to these sudden changes. **cont’d on p. 44**

Sex Hormones

by George Yu, MD

Eating Right is Not Enough: Maintaining Youthful Levels of Sex Hormones, Thyroid Hormones, Insulin and Vitamin D

Nutritional intervention by raw foods at Hippocrates is one type of caloric restriction.
Survival is an increasingly touchy subject in a world in which climate change is becoming more evident. People who live in areas where they rarely doubted their safety are now at risk from flood, forest fire and famine.

Increasing numbers of people have serious health issues such as cancer, diabetes and obesity at younger ages. They doubt their chances of a normal lifespan in which they have the strength and vitality to carry out plans for making contributions to life with their families and on a bigger scale.

All this can feel scary and deeply unsettling. How can little “me” make a difference to “us” as a human race and to our fellow species of life? Like you, I do not have all the answers, and, probably like you, I have been thinking about this for a long time. I have come to the conclusion that what I do for my personal survival, how I help those close to me and how I affect life on a bigger scale are so interrelated that they amount to practically the same thing. What I can do for myself and what I do for others will help me.

Here are three examples:

- Recycling plastics, cans and paper gives me a good feeling because I know it is important to us.
- Staying abreast of world issues enables me to use my vote wisely and to be one of a growing number of people willing to make a stand for the environment and human rights. That gives me a feeling of power that strengthens my self-esteem.
- Eating healthy raw vegan food gives me the strength and vitality to spread cheerfulness and to make unique contributions to “us” through my work and personal life.

Get a good wild food identification book and go on food foraging walks with an expert, but note these crucial rules for eating wild food raw.

Pick food with absolutely no bacteria-laden feces from birds or other animals.

Wash wild food thoroughly, several times.

Avoid petrol-polluted roadsides—and dog-walking routes!

Do not let these safety criteria put you off! Wild food draws up so much nutrition from soil undamaged by agriculture that it is well worth eating at any time, and you will be gaining knowledge that may be of great value to you and others.

It is important to learn what you live with your friends and family in a constructive way. Enlist support from peers and online forums and meetup groups and ask people to hold you accountable.

If anything I have written helps you to be more powerful in your life in positive ways, and more ready to survive tough times, it will have been worth juicing the greens and munching the salad that fueled the writing of this article.

Feel free to email me to share your story: judy@judy-barber.com

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In many parts of the world there are already food shortages and we do not know what lies ahead. You might want to bulk buy and store seeds, peas, lentils, grains and nuts, all sprouting quality of course. Then you can have living food during a crisis.

Our planet is in peril, and we along with it. If the ecosystem collapses as some scientists predict, we humans will be the first to perish. Just turning off the electricity brings us to our knees. While awaiting our Eco-Armageddon, we bandy around many solutions, some enduring conversations at our heavily laden dinner tables. According to the pleasures of vegans and vegetarians, one solution lurks in the very food upon our tables: By being vegetarian, not only do we spare the lives of farm animals, we also save the world!
I believe it is now possible to achieve a society where people would be able to live longer, healthier, and more meaningfully productive lives. In such a society, the measure of success would not be based upon the fulfillment of one’s individual pursuits rather than the acquisition of wealth, property and power. Although many of the concepts presented here may appear as unattainable goals, all of the ideas are based upon known scientific principles.

The future does not depend on our present-day beliefs or social customs, but a set of values unique to its own time will continue to evolve. There are no “Utopias.” The very notion of “Utopia” is static. However, the survival of any social system ultimately depends upon its ability to allow for appropriate change to improve society as a whole. The paths that we choose will ultimately determine whether or not there is intelligent life on earth.

New Frontiers of Social Change
It has often been observed that common crises create common bonds. While people seek advantage during the times of prosperity, shared suffering tends to draw people closer together. We have seen this behavior repeated time and time again throughout the centuries, during times of Good, famine, fire or other natural disasters. Once the threat is resolved, however, scarcity patterns once again begin to steer people back to their behaviors of seeking individual advantage.

Sensationalist motion pictures such as Independence Day depict a world united for the purpose of repelling an invasion by a hostile alien culture. Indeed, it seems that the only force that would mobilize the world in a united direction would be one that poses a common threat, such as a colossal meteor hurling towards the earth, or some other major catastrophic event. If such an event were to occur, all border disputes would become irrelevant in the face of impending disaster. While many would call upon divine intervention for salvation, all nations would surely combine their efforts and call upon science and technology to deal with this common threat. Bankers, lawyers, businessmen and politicians would all be bypassed. Every resource would be harnessed and mobilized, without any concern for monetary cost or profit. Under this kind of threatening condition, most people realize where the key to their survival lies. For example, during the Second World War, it was the collective mobilization of both human and material resources that lead to a successful resolution for the U.S. and its allies.

As the amount of scientific information grows, nations and people are coming to realize that even in today’s divided world there are, in fact, many common threats that transcend national boundaries. These include overpopulation, energy shortages, pollution, water shortages, economic catastrophe, the spread of incurable disease and so forth. However, faced even with threats of this magnitude, which are common to all nations, the direction of human action will not be altered so long as powerful nations are able to maintain control of the limited resources available.

The prime conditions that would really effect social change will come about when conditions have deteriorated to such an extent that governments, politicians and social institutions no longer have the support and confidence of the people. What once worked is no longer acknowledged to be relevant. If the public were better informed, only then would it be possible to introduce a new and improved social arrangement.

The solutions to our problems will not come about through the application of reason or logic. Unfortunately, at present we do not live in a reasonable or logical world. There appears to be no historical record of any established society’s leader who deliberately and comprehensively redesigned a culture to fit the changing times. The real factors responsible for social change are brought about by biocultural pressures, which are inherent in all social systems. Change is brought about by natural or economic occurrences that adversely affect the immediate circumstances of large numbers of people.

Unfortunately, the world’s obsolescent social institutions are unable to grasp the significance of innovative technology to achieve the greatest good for all people, and to overcome the inequities forced upon so many.

Competition and scarcity have caused an atmosphere of jealousy and mistrust to develop between individuals and nations. The concepts of proprietary rights, intellectual property, copyrights, and patents manifested in corporate entities and in the sovereignty of nations preclude the free exchange of information that is necessary to meet global challenges.

The European Union represents an attempt to bridge the present with the future, but it falls far short in that it relies on the crutch of the monetary system.

The ultimate survival of the human species depends upon planning on a global scale and cooperatively seeking out new alternatives with a relative orientation for improved social arrangements. If humankind is to achieve mutual prosperity, universal access to resources is essential.

Along with the introduction of new paradigms towards human and environmental concern, there must be a methodology for making this a reality. If these ends are to be achieved, the monetary system must eventually be surpassed by a world resource-based economy. In order to effectively and economically utilize resources, the necessary cybernetic and computerized technology could eventually be applied to ensure a higher standard of living for everyone. With the intelligent and humane application of science and technology, the nations of the world could guide and shape the future for the preservation of the environment and humankind.

There is no doubt that many of the professions that are familiar to us today will eventually be phased out. With the rate of change now taking place, a vast array of obsolete occupations will disappear more rapidly and more extensively than at any other time in history.

In a society that applies a systems approach, these professions will be replaced by interdisciplinary teams—the systems analysts, computer programmers, operation researchers, and those who link the world together in vast communications networks that are assisted by high-speed digital computers.

“\[The reason that we do not suggest writing your congressman, or any number of governmental agencies, is that they lack the necessary knowledge to deal with our problems. Their focus is to preserve existing systems, not to change them. It appears that there are few within present-day societies who want to phase themselves out.\]” — Jacque Fresco
They will eventually lead us to larger, more integrated systems of social operation. Social operations are far too complex today for any elected politicians to handle.

The Obsolete Monetary System

Although skillful advertisers lead us to believe otherwise, in today’s monetary-based economies, whenever new technology is introduced, the human consequences are of little concern to those introducing the technology—except, of course, as custom.

In a monetary-based system, the major concerns of industry are profit, maintaining a competitive edge and watching the bottom line, rather than the well-being of humanity.

It does not serve the interest of a monetary-based society to engage in the production of goods and services to enhance the lives of people as a goal. With rising public concern regarding the greenhouse effect, acid rain, polluted air and water, etc., some companies are also beginning to realize that for sustainable market presence it is in their best interest to heed social and environmental concerns. While such trends are commendable, they are insufficient as a method of solving the overall problems of waste, environmental degradation and unnecessary human suffering.

The monetary system has been a useful but interim tool. It came toırlas to exchange objects and labor for today’s goods and services. The unequal distribution of skills, resources and materials throughout the world necessitates global trade.

Until the last few decades, the monetary system functioned at a degree. The global population of three billion was not over-consuming world resources and energy, global warming was not evident, and air and water pollution were only recognized by a relative few. As we make our way into the 21st century we find our global population at an exponential using seven billion, with resources and energy supplies dwindling, global warming a reality and pollution evident worldwide.

Plant earth is in crises and the majority of the world’s population cannot meet their basic needs because people do not have the means to purchase increasingly expensive resources. Money is now the determinant of necessary human suffering.

In a monetary system purchasing power is not related to our capacity to produce goods and services. For example, in a recession there are jewelry and electronics in store windows and automobiles in car lots, but many people do not have the purchasing power to buy them. In today’s culture of profit, we do not produce goods based on human need. We do not build houses based on population needs. We do not grow food to feed people. Industry’s major motivation is profit.

The monetary system is now an inefficient means of commerce to people rather than a means of facilitating individual existence and growth. This imaginary tool has outlived its usefulness. The limitations on earth’s population now caused by the monetary construct can be phased out. It is not money that people need but the access to goods and services. Since humanity requires resources to exist, the replacement system should provide those resources directly to people without the impediment of financial and political interest for their private gain at the expense of the lives and livelihood of the populace. The replacement system is therefore logically a resource-based economy. This global resource-based economy would be gradually phased in while the monetary system is phased out.

All the world’s socio-economic systems—socialism, communism, fascism and even the vaunted free enterprise capitalist system—perpetuate social stratification, elitism, nationalism and racism, primarily based on economic disparity. As long as a social system uses money or barter, people and nations will seek to maintain positions of differential advantage and try to do so by means of commerce they will resort to military intervention.

Resource-Based Economy

Presented here is a straightforward approach to the redesign of a culture in which the age-old inadequacies of war, poverty, hunger, debt and unnecessary human suffering are viewed not only as available, but totally unacceptable. This new social and economic design works toward eliminating causes that are responsible for many of our problems. But, as stated previously, they cannot be eliminated within the framework of the present monetary system and political establishment.

Human behavior is subjective to the approach to the redesign of a culture. No one is born with greed, prejudice, bigotry and hatred—these traits are learned. If the environment is unaltered, similar problems will recur. These aspirations cannot be accomplished in a monetary-based society. The ultimate solution is the intelligent use of money in a resource-based economy. With its planned obsolescence, neglect of the environment, outrageous military expenditures and the Outdoors methods of attempting to solve problems through the enactment of laws, these methods are bound to fail.

The Earth is still abundant with resources. Today our practice of recklessness, rationalism and racism, primarily based on economic disparity. As long as a social system uses money or barter, people and nations will seek to maintain positions of differential advantage and try to do so by means of commerce they will resort to military intervention.

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This would result in a considerable increase in leisure time. In an economy in which production is primarily accomplished by machines, and products and services are available to all, the concept of “work” and “earning a living” would be unnecessary. Perhaps the greatest aid in enhancing the survival of the human race is the introduction of cybernation, the electronic computer, and artificial intelligence, which may very well save the human race from its own inadequacies: Cybernation, or the application of computers and automation to the social system, could be regarded as an emancipation proclamation for mankind if used humbly and intelligently. Its thorough application could eventually enable people to have the highest conceivable standard of living with practically no labor. Cybernation could free people for the first time in human history from a highly structured and outwardly imposed routine of repetitive and mundane activity. It could enable one to return to the Greek concept of leisure, where slaves did most of the work and men had time to cultivate their minds. The essential difference is that in the future, each of us will command more time and the soil would automatically keep a balanced load economy can be irrelevant. All that would be required are the resources, manufacturing, and distribution of the products. Take the automobile for example. In order to service the conventional automobiles of today, we have to remove a great deal of hardware before we can get to the engine. Why are they made so complicated? This reason is simply because ease of repair is not the concern of the manufacturers. They do not have to pay to service the car. If they did, I can assure you, they would design automobiles that consist of modular components that could easily be disengaged, thus facilitating easier access to the engine. Such construction would allow a modular, resource-based economy, intelligently and efficiently applied technology will conserve energy, reduce waste and provide more leisure time. Most packaging systems would be standardized, requiring less storage space and facilitating easy handling. To eliminate waste such as newspapers, printout. Incentive is often squelched in our present culture, where a person dare not dream of a future that seems unattainable to him or her. In a resource-based economy the notion of boredom and apathy would be absurd. We would evolve a new incentive system, such as lawyers, accountants, bankers, insurance companies, advertising, sales personnel and stockbrokers, a considerable amount of waste and nonproductive personnel could be eliminated. When education and resources are available to all without a price tag, there would be no “planned obsolescence,” where products are deliberately designed to wear out or break down. In a resource-based economy, intelligently and efficiently applied technology will conserve energy, reduce waste and provide more leisure time. Although this is difficult for many to imagine, even the wealthiest person today would be immensely better off in the highly productive resource-based society. Today in developed countries the middle class live far better than kings and the wealthy of times past. In a resource-based economy everyone would live richer lives than the powerful and wealthy of today, not only materially, but spiritually as well. To better understand the meaning of a resource-based economy consider this: If all the money in the world were to suddenly disappear, as long as topoil, factories and other resources were left intact, we could build anything we chose to build and fulfill any human need. It is not money that people need, but rather it is freedom of access to most of their necessities without ever having to appeal to a government bureaucracy or the other agencies in a resource-based economy money would become irrelevant. All that would be required are the resources, manufacturing, and distribution of the products. Times will evolve a new incentive system, such as lawyers, accountants, bankers, insurance companies, advertising, sales personnel and stockbrokers, a considerable amount of waste and nonproductive personnel could be eliminated. When education and resources are available to all without a price tag, there would be no “planned obsolescence,” where products are deliberately designed to wear out or break down. In a resource-based economy, intelligently and efficiently applied technology will conserve energy, reduce waste and provide more leisure time. Most packaging systems would be standardized, requiring less storage space and facilitating easy handling. To eliminate waste such as newspapers, printout. To eliminate waste such as newspapers, printout. To eliminate waste such as newspapers, printout. To eliminate waste such as newspapers, printout.
“The Venus Project offers a straightforward approach to the redesign of the culture in which the age old inadequacies of war, poverty, hunger, debt, and unnessesary human suffering are viewed not only as avoidable, but totally unacceptable.”... Jacque Fresno

Learn how this is possible at www.thevenusproject.com

Visit our store for books, videos, CD’s, and more. Enjoy the many free downloads. Attend our Seminar Tour in Venous, Fl. presented by Jacque Fresno where you will achieve a better understanding of yourself, our culture, and how we could achieve a truly sustainable future.

See the article on page 22

A bright new future is possible where the main concerns are the wellbeing of people and the preservation of the environment.

To facilitate a global resource based economy, conserve energy, and have a high standard of living for all, it is necessary to build new cities as a total systems approach with built in transportation, hospitals, schools, housing, recreation and all the amenities that a highly technological society can provide.

These new systems would be planned from the ground up as sustainable, healthy and enjoyable places to live. As we are not separate from nature, the cities would be immersed in lovely gardens.

It is the vision of The Venus Project to make this all a reality. We propose the building of an experimental city to test the viability of these proposals as a stepping stone which helps initiate and promote this new social direction. If you are interested in this, or the major motion picture The Venus Project is working on, which will present these ideas to the world, please contact us.

To learn more about The Venus Project, visit www.TheVenusProject.com or see their ad below.

To this end, we must rethink the way we design and build our cities so they are clean, efficient, safe and are in harmony with nature. It is less expensive to design cities from the ground up than to restore and maintain old ones. Circular City Systems (pictured at right) are especially efficient.

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**Fear Less**

by Laura Grammatico

I sat nervously inside the plane, harnessed to my tandem master. The intensity of what was about to happen suddenly struck me. I was seconds away from launching myself 14,000 feet to the ground with a 220 pound man strapped to my back. I was armed only with a parachute and a pair of goggles. “Oh my God!” my inner voice screamed. “I’m going skydiving!”

“You came here for this!” my inner heroine exclaimed and I knew she was right. I had to rope fear back into the enthusiasm that created the desire. I took a long, deep breath and allowed the most thrilling wave of electricity to run through my body. Cautiously, my tandem master and I stepped toward the open door of the plane and then onto its ledge. Slowly rocking back and forth, we counted to three. Moving beyond fear is about taking risks. It’s about opening our hearts when we feel like closing them. It’s about softening toward ourselves and others. It’s about learning to believe in our worth and in our power. Then, with a mighty thrust forward, we plunged into the wild blue yonder. There was the initial scream of course and the 120 mile an hour wind at my face, the rush of being so high above the ground—I was absolutely mesmerized. It was unmistakably one of the most spectacular experiences I’ve ever had.

That jump forced me to face my fear, to challenge a negative belief. In doing so, I created a shift in my thinking, in my perception of self, in my self-confidence. I became empowered. A new belief cemented itself in my heart and mind. One that proves I am capable and brave. The key was to challenge the negative belief—the fear that held me lifeless in its grip.

I pulled tightly on the rip cord and after a great jolt from the opening of the parachute, I revealed in gliding through the air. I was observing the earth from a most magnificent perspective, fully aware of every sensation.

After landing safely, I kissed the ground, kissed my tandem master and thanked the powers that be. I knew the sick bites were causing the symptoms. It was not long after a three-week course of antibiotics that my daughter, Lydia, started complaining of headache and stomach aches. She was only three years of age but very bright and verbally gifted. I knew the tick bites were causing the symptoms. It was common sense: she was okay before the bites; not okay after the bites.

“Headaches and stomach aches are normal, everybody gets them,” her pediatrician told me. “Really?” I thought. “Aren’t they the body’s way of telling you something is wrong?” I trusted my mother’s instincts and persisted in looking for someone who could help. I was sent to an infectious disease doctor who told me it wasn’t Lyme because she didn’t have joint pain. I now know if you get joint pain at all with Lyme, it’s generally in the later stages. My daughter eventually had lots of joint pain but it didn’t manifest itself until after the third year.

The Symptoms

lyme can manifest itself differently in every—one, which is why it is often misdiagnosed. The symptoms vary because of many factors: where the bacteria lodges in your body (if it’s in your brain it will present differently than if it’s in the joints, spine, etc.), how long you’ve had it, the severity and any co-infections you may also have.

My daughter’s symptoms and mine were very different. She experienced headaches and stomach aches in the early stages. Over the subsequent 10 years, her symptoms progressed to fatigue, tingling all over her body and in her eyes, anger bursts, night terrors, eye floaters, joint paint, heart palpitations and loss of balance. In the ninth year she started to have Tourette-like, involuntary contractions of the face and hands.

It was terrifying and the panic and helplessness I felt was overwhelming. My own symptoms were different and mostly affected my thinking. I experienced memory loss and was unable to accomplish simple tasks or follow a recipe. I even got lost while driving in my own town. My son had mild symptoms that went away after a short course of antibiotics. There is no “this is what Lyme looks like” standard.

In 2002, the Lyme was still present but we were adjusting to living with it. I am a songwriter, and we decided to move to Nashville, Tennessee, for my music. As the saying goes, life is what happens while you’re making other plans. When all the antibiotics were stopped, our daughter started having symptoms again. My Lyme worsened with the stress of the birth of our third child.

One day we were in the Frist Center (an art museum) and Lydia started scrunching her face involuntarily and turning both her wrists down at the same time. It was frightening and she did not even realize she was doing it. When we told her what she was doing she denied it—it was as if her brain short-circuited during the time it was happening, like a seizure. I was panic stricken, sad, and worn out in every way. During this time I wrote and published the song “Carry Me” (download at iTunes.com/alicebartels). Writing music was my coping tool and a great outlet for my thoughts and feelings.

I hope the song touches anyone going through a tough time.

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**Killing Lyme Disease**

by Alice Bartels-Graner

I t all began in October 1997 while living in New Jersey. It was there that three members of my family got Lyme disease from tick bites, all with varying symptoms and degrees of illness. My quest for a cure encompassed 10 years, three states, 11 different doctors and eventually had a happy ending at Hippocrates Health Institute.

There were times we had to take our daughter Lydia to the emergency room with severe headaches, other times she had to be carried because she was in too much pain to walk. There were times the symptoms would briefly lessen while on antibiotics and we’d go into denial that things weren’t as we thought. When antibiotics were stopped, the Lyme bug would “come out of hiding.”

During these times, keeping a journal of symptoms was invaluable. It helped me remember and see the patterns of what was going on. I needed this validation and it gave me the confidence to make good decisions, especially when the mainstream doctors were telling me I was wrong. In thinking it was Lyme, it was not long after a three-week course of antibiotics that my daughter, Lydia, started complaining of headaches and stomach aches. She was only three years of age but very bright and verbally gifted. I knew the tick bites were causing the symptoms. It was common sense: she was okay before the bites; not okay after the bites.

“Headaches and stomach aches are normal, everybody gets them,” her pediatrician told me. “Really?” I thought. “Aren’t they the body’s way of telling you something is wrong?” I trusted my mother’s instincts and persisted in looking for someone who could help. I was sent to an infectious disease doctor who told me it wasn’t Lyme because she didn’t have joint pain. I now know if you get joint pain at all with Lyme, it’s generally in the later stages. My daughter eventually had lots of joint pain but it didn’t manifest itself until after the third year.

The Symptoms

lyme can manifest itself differently in every—one, which is why it is often misdiagnosed. The symptoms vary because of many factors: where the bacteria lodges in your body (if it’s in your brain it will present differently than if it’s in the joints, spine, etc.), how long you’ve had it, the severity and any co-infections you may also have.

My daughter’s symptoms and mine were very different. She experienced headaches and stomach aches in the early stages. Over the subsequent 10 years, her symptoms progressed to fatigue, tingling all over her body and in her eyes, anger bursts, night terrors, eye floaters, joint pain, heart palpitations and loss of balance. In the ninth year she started to have Tourette-like, involuntary contractions of the face and hands.

It was terrifying and the panic and helplessness I felt was overwhelming. My own symptoms were different and mostly affected my thinking. I experienced memory loss and was unable to accomplish simple tasks or follow a recipe. I even got lost while driving in my own town. My son had mild symptoms that went away after a short course of antibiotics. There is no “this is what Lyme looks like” standard.

In 2002, the Lyme was still present but we were adjusting to living with it. I am a songwriter, and we decided to move to Nashville, Tennessee, for my music. As the saying goes, life is what happens while you’re making other plans. When all the antibiotics were stopped, our daughter started having symptoms again. My Lyme worsened with the stress of the birth of our third child.

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“Fear less with anxiety to believing I can fly.” —ELEANOR ROOSEVELT
Changing your diet per the season is something I highly recommend. I believe it is one of the four components of a successful nutrition program.

The four components I encourage all my clients to embrace are:
1. Eat foods when in season
2. Eat foods that are native to your environment
3. Eat foods that are suited to the type of work you do
4. Eat foods in compatible combinations with your body’s digestive chemistry

The “Four Ps of Life” are related to the four seasons:
- Winter = Planning time
- Spring = Planting time
- Summer = Promotion time
- Fall = Production time

Since we need to address all areas of our lives with seasons in mind, let’s discuss our fitness routines and how to change them seasonally. In addition, I would like to talk about proper fitness program structure.

Do not engage in the same fitness routine every day, as we need rest time for our muscular systems to properly repair. Plus, when fitness routines are changed seasonally, we tend to look forward to them with gusto instead of boredom.

Here is what I personally do:
Most of my ocean swims at the end of my street are in the spring and summer on Mondays, Tuesdays, Thursdays, and Fridays (spring swims have less distance and more intensity, summer swims have more distance and less intensity) with 15 minutes muscular training in my home gym and an hour stretch routine on the beach right before my swim.

Wednesdays and Sundays are my 25–40 mile bicycle training rides with 10 minutes of jumping rope before the ride. And then I hit the pull up bars at the end of the ride to finish off that day.

In the fall and winter, I tend to do longer bicycle rides with more weight training and longer distance walk/run routines and kayak trips up and down the river at the other end of my street. The fall has more distance and less intensity. The winter has less distance and more intensity. If you enjoy going to the gym to do all your fitness routines, changing that per season will add more life and enthusiasm to your routines. Anything in life would become a bore if we did it every day, all year long, and chances are that would cause us to give up on our fitness goals. Therefore, change your fitness per season and be sure to have a structured program.

So let’s talk a bit about some basic structure to all your fitness programs. It is best to exercise outside in the fresh air. Always wear loose natural fiber clothing suitable for the weather and a good pair of sneakers. You can visit YouTube.com and type in “Wayne Pickering” to see sample routines along with several videos on how to select proper foods.

Two Kinds Of Fitness:
1. Cardiovascular: aerobic (running, swimming, cycling, trampoline, etc.)
2. Musculature: weight training or calisthenics (pushups, pull ups, sit ups, side bends, windmills, jumping jacks, etc.) with stretching (flexible muscles and joints are better prepared to absorb the stress of aerobic exercises, and experts say warmed-up muscles recover faster and with less stiffness after a workout).

Three Motions Of Your Muscular System:
1. Push
2. Pull
3. Stretch

Four Sections of a Good Fitness Program:
1. Warm up exercises
2. Stretching exercises
3. Musculature exercises
4. Wind down exercises

Remember that it’s great to juggle your fitness program around a bit to suit the seasons so you never get bored with any of your routines.

In our next article, we will discuss what we can do to implement the two kinds of fitness, the three motions of our musculature system and the four sections of a good fitness program into a “10-Minute Fitness Routine.” Don’t miss it!

When you think of storing food for survival what types of food do you think about? Canned food? MREs (Meals Ready to Eat, given to military troops) or maybe the freeze-dried foods popularized by astronauts? If these were your answers, than you are in-line with common thinking about food for survival.

What do you do when those “emergency foods” run out? That question leads us to the topic of survival gardening, which is one of the most overlooked aspects of survival. This concept conjures up the old Asian proverb, “Give a man a fish; feed him for a day. Teach a man to fish; feed him for a lifetime.”

Your food stores will only last so long if you only have processed and/or preserved foods. Instead of focusing on cans and jars, I want you to think about long term survival—not just surviving, but thriving. We can certainly get by on canned and packaged foods. Most people do just that and they are surviving each and every day until their unhealthy food choices catch up to them. Rather than simply “surviving,” I want you to thrive no matter what kind of situation you’re in. By eating fresh, nutrient dense foods, especially plenty of leafy green vegetables and their sprouts, you can thrive under any circumstances.

This is far easier than you may think. Let me explain how we can all have a survival garden, no matter where we live geographically and how much space we have to grow our food. There are two main points to consider when it comes to survival gardening: Skills and Resources. If you have one, but not the other, you may have limited success with a survival garden.

First, let’s talk about skills. Without having the specific knowledge of how to grow food, and understanding how to give the plant what it needs, you may not have the best results in growing your food. I am sure many adults reading this article know how to drive an automobile. Can you remember the time before you learned how to drive? It may have seemed stressful or difficult at first, but each time you got behind the wheel, it was easier than the last. Similar to driving, gardening is a new life skill—with the added benefit that gardening is better for your health, and for your pocketbook, and certainly for the environment. You just need to start growing food and learn as you grow.

The most important way to grow food in a survival situation is to grow sprouts. This is also the most versatile as sprouts are easily grown indoors, anywhere in the world, regardless of outdoor weather conditions.

Don’t miss it!

You can visit YouTube.com and type in “Wayne Pickering” to see sample routines along with several videos on how to select proper foods.
Survival is “a continuation of life” as defined by the dictionary. Human survivability is based on three things: clean air to breathe, clean water to drink and healthy food to eat. Survival of the human species is surely in doubt if you do a quick inventory of the resources of planet earth.

We leave the comfort of the “forest,” its luscious trees, the kind breathing people who have assisted us in our time of need and have comforted us with their guidance and support, to return to our lives and recreate what we have at last found peace of mind. This is no easy challenge and one that all that Hippocrates Health Institute (HHI) alumni have faced as we go back to our homes upon graduation. It’s daunting and at times can appear to be a bit scary for many of us who have found it difficult to manage our own health. Many of us have not found such serenity for some time in our lives, either because of what life has brought us to pay attention to or because we didn’t have the knowledge needed to make it happen. Either way, when we come to HHI, I believe we are each given a unique health affirming experience we hope will nestle into our bones and carry us through on our journey of life.

When we come to HHI we are filled with anticipation of what we might learn and gain. We hope to find ourselves healthier and in better spirits. We are given so many opportunities to engage in our “self-healing” mentally, physically and spiritually. Each day we are students and teachers, amongst each other and the staff. Tools for how to manage our stress, create a nourishing environment to eat and live in and how to relate to our bodies and spirits as “one” are all a part of the Hippocrates Health Institute (HHI) experience.

When I first began speaking out in the public arena about these problems I was branded a turncoat in the public arena about these problems I was branded a turncoat and was to be labeled as Un-American. To raise your voice in opposition of what I was concerned.

The parade of agricultural genetic manipulation of plant cells. This rush into genetic engineering and chemical resistant varieties were the only practices varietals were the only practices I was sure I was on my way to becoming a major agri-businessman. I became aware of the birds and the trees dying and I thought it was just a cost of modern agriculture. But when I noticed the change in the soil and the loss of earthworms, I became very concerned.

Following chemicals was the rush into genetic engineering and the manipulation of plant cells. This rush was corrupted by multinational corporations’ monetary grants. Organic agriculture became a forgotten practice. Genetic engineering and chemical resistant crops was to be labeled as Un-American. The parade of agricultural genetic engineering and chemical lemmings was almost endless.

The land grant colleges became corrupted by multinational corporations’ monetary grants. Organic agriculture became a forgotten practice. Genetic engineering and chemical resistant varieties were the only practices endorsed by the universities and their spokespeople.

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Lessons from the Past, Directions for the Future

The WWI Starch Solution for Denmark

by John A. McDougall, MD

The recent escalation in the severity of temperatures, droughts, storms and floods has diminished my hopes that the stability and safety that I personally enjoyed during my lifetime will continue into the future for my children and grandchildren. The most immediate threat from this climate change is to our food supply. How can we best adapt to a more difficult world?

Recent history provides many examples of populations of people whose lives have been disrupted by circumstances beyond their control. The best illustrations come from the widespread food shortages that plagued the lives of people living during World War I and II in Western Europe. Some survived these hardships better than others, and here is where valuable lessons for our future can be learned.

One result of the British naval blockade of the North Sea during WWI was that over 400,000 Germans died due to malnutrition from 1914 to 1918. Denmark, which remained neutral during this conflict, was also severely affected by the blockade. But in contrast to the German experience, the Danes thrived. This turn of fortune was due to the German experience, the Danes thrived. Following Dr. Hindhede’s advice, most of the pigs were sold off and the number of cows for dairy was reduced by one-third. Alcohol production was also limited. These basic changes made available grains for human consumption that would have otherwise been used to feed food animals and make spirits. His previous work, and that of contemporary scientists, had already proven the nutritional excellence of a diet based on starches, along with fruits and vegetables. At that time, educated people knew that the minimum need for protein was so low for man that it was always exceeded, therefore, removing meat would be of no adverse consequence.

In his 1920 article in The Journal of the American Medical Association, Dr. Hindhede wrote, “As research has also shown that man can retain full vigor for a year or longer on a diet of potatoes and fat and for half a year or more on a diet of barley and fat, reliance was placed on our potatoes and the large barley crop, which was given to man and not to the pigs, as heretofore, with the result that the pigs died of starvation, but the people received sufficient nutrition. Our principal foods were bran bread, barley porridge, potatoes, greens, milk and some butter. Pork production was very low, hence the farmers ate all the pork they raised, and the people of the cities and towns got little or no pork. Beef was so costly that only the rich could afford to buy it in sufficient amount.”

Death Rates Plummet for Starch-fed Danes

What were the results of this change in diet for the three million people living in Denmark? During the years of the most severe food restriction, 1917 to 1918, the death rate was reduced by 34%, which translated into 6,300 lives saved. These were the lowest death rates ever reported for Denmark, even for those years prior to the war. Dr. Hindhede tied this reduction in mortality directly to a diet based on consuming starches in place of meat. “This result was not a surprising one to me. Since 1885, when I began my experiments with a low-protein diet (mostly vegetarian), I have been convinced that better physical conditions resulted from this standard of living. As the result of extensive studies in this field I am convinced that over-nutrition, the result of palatable meat dishes, is one of the most common causes of disease.”

Similar reductions of disease and mortality were seen in other Western European countries during both World Wars (WWI and WWII). For example, deaths from diabetes decreased in England and Wales during both wars. However, one important difference was that the people of Denmark were well fed, while much of Western Europe’s population was hungry. Dr. Hindhede wrote, “While not all readers will agree with what I have said, no one can dispute the fact that the people of Denmark have no cause to regret that during the war their diet consisted mostly of milk, vegetables and bran. If Central Europe had adopted a similar diet, I doubt that any one would have starved.”

Lessons for Our Future

I am an optimist, but the worst drought in the United States in nearly a half-century has occurred over the summer of 2012. Twenty to 40 percent of the crops of soybeans and corn, which feed the pigs, cows and poultry, have been destroyed, and food prices are rising worldwide. Since, as the saying goes, “you can’t change the weather,” what else can we fix? We can fix our food supply. Rather than feeding the crops to animals, we could instead eat the corn, wheat, soybeans and potatoes ourselves. The savings would be world-changing.

Converting plant energy into animal energy is wasteful. It takes about seven pounds of edible, healthy grains to produce just one pound of beef. Four pounds for a pound of pork, and two pounds for a pound of chicken. Reallocation of land from animal to crop production would increase our food resources at least seventeen-fold. Crops like potatoes can produce 17 times the calories as animals on the same piece of land. There would be additional positive consequences of replacing animal foods in our diet with plants.

The rate of progression of global warming would be slowed. Fossil fuels (the primary source of climate change) used in the production of food would be reduced forty-fold. Consider that about two calories of fossil fuel energy are required to cultivate one calorie of starchy vegetable food energy, with beef, the ratio can be as high as 80:1. With this same change in eating we would also reduce the needless suffering from the health consequences of our lives of excess, including obesity, heart disease, type 2 diabetes, arthritis, and breast, prostate and colon cancer, to name a few. We would reduce our national debt by vastly reducing the health care costs associated with these unnecessary illnesses. And we would free a great portion of the world from starvation.

Those who continue to hold to the old ways, believing that meat and dairy are an essential part of a diet, worth preserving at all costs, will perish like the German citizens did in WWI. You choose. Would you rather eat enough potato enchiladas to fully satisfy your appetite or starve with a few strips of bacon? Would you rather help save the planet or contribute to its destruction? We have had this simple knowledge about how to save ourselves for more than a century. Do we have the will to act on it now, before it is too late?

A special thanks to Stefan Juhl M.D., Danish Neurologist, for information on and translation of the work of Dr. Mikkel Hindhede.
Once upon a time there was a frail little boy and girl who were bully magnets. Enduring mockery from others was part of their daily routine. Upon asking their mom and dad why the world was so mean, their parents’ response did not reassure them. The children were perplexed when their dad barked back, "The world is tough and you’ve got to be tough and strong!"
The little girl asked her brother, “Does that mean we have to fight?”

As they grew older and started to gain some insight into why others seemed to relish the negativity they poured towards them, a sense of compassion grew for those very folks. As young teenagers, they had already developed a concrete bond and independence that was well beyond their years. They chose not to see everything as harsh and felt that they could be the change that made a difference. The young man began to delve into the thoughts and writings of some of the great thinkers of the past. He exclaimed to his sister that “pressure creates diamonds.” She smiled, recognizing the profundity of this ideal.

In school she read about Anne Frank and Helen Keller: two remarkable women that easily could have fallen prey to the negative mindset that so universally prevails. Contrast- ing their negative environments, both of these ladies were guiding lights for millions of individuals who used their words to raise consciousness and supersede obstacles in desperate times. Their influence is still felt generations later.

As they drew closer to adulthood, the siblings recognized that the most angry and beligerent individuals among them were those with the most awful diets and lifestyle habits. They had noticed many of the great thinkers they admired had chosen to consume plant-based, compassionate diets. This made embracing plant foods an easy choice to further enrich their lives. Within weeks, both of their young bodies began to flourish and gain an almost mystical strength that somehow opened their awareness to a greater vista. They no longer felt physically depleted and frail and gained emotional strength that was a surprise to them.

Somewhat the people that they schooled with and met socially began to notice the different attitude coming from them. The teenagers withheld the particulars about their food choices unless more information was requested. One cold February evening as they sat by the fire, they explored their past. Each remarked as to how fortunate they were to have grown up in an unconventional way. They commented on those they knew who had fallen to the wayside since they no longer “fit the mold” of who these peers thought they should be.

The young man had a revelation that other like-minded people were coming into their sphere of friendships. Growth, joy, and passionate camaraderie were the result of the finely created positivity they had cultivated since early childhood. In a conversation with her brother she commented, “Birds of a feather really do flock together.” He laughed and said, “This is why you can go as far and as wide as your heart desires once you believe in yourself.”

They both attended, achieved and flourished in graduate schools and now were fully anointed as adults who were in the workplace. He chose his path as a professor of philosophy and she went on to become an alternative physician. Since he lived in Switzerland and she in California, they would only have the opportunity to be together rarely on holidays. They went back and forth for months on what the title of their book should be. And finally, one early July morning when he was visiting from Europe with his wife and three children, they settled upon “Surviving Survival,” subtitled “It is not enough to minimize; you require expansiveness.”

The moral of this story is that you have to manifest a life of abundance, happiness, compassion and success. Your imagination can bind with uncompromising commitment, fulfillment and integrity. This synergy will create the life of your dreams.

Survival is not enough. As humans living on this green planet, we must embrace the possibility that everything that is needed is available and we do not have to worry, hoard, defend or compromise.

When becoming your authentic self, life will be good, and your existence will be good for all others of the earth and the multiple universes of which we are a part.
To order call (561) 471-8876, ext. 2171.

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Anti-Stress Eye Pillow: Safe, effective, hypo-allergenic and non-toxic with a light lavender and chamomile scent, this 100% pure silk pillow is the perfect way to help relieve stress. Use over the eyes to soothe strain and puffiness.

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100% Organic Cotton HHI Robes: As comfortable as they are stylish, these organic, top of the line robes feature the Hippocrates logo.

Cannot be combined with any other offer. Valid only while supplies last. Offer expires December 31, 2012.

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Survivor

by Andy Bernay-Roman

I saw a bumper sticker the other day that read: “I am a cancer survivor”, and I thought of my mother, not because she had cancer, but because she was a survivor — a Holocaust survivor. In the heart of Nazi-occupied Czechoslovakia, she hid in a basement for years, relying on the charity of her protectors, and living by her wits when she went out looking for food or contact with other family members. One of her brothers was fighting with the Resistance Movement, headquartered in the surrounding woods; the other was in a forced labor camp with her parents. My mother didn’t see herself as a hero for surviving, but I did. Here’s one of my favorite stories of hers.

On the inside grew irrationally and recklessly stronger. On the outside, her life contracted. On the inside it expanded.

Survive

Years ago, archaeologists found some wheat seeds which had slept in the dark for over five thousand years, inside one of the great pyramids in Egypt. On a lark, to see how intact these seeds were, the scientists who had discovered them, watered them, and lo and behold, they sprouted! To survive the dark barren time, the seeds withdrew their life force and went dormant to conserve it. The Alaskan wood frog actually freezes solid in the Winter season, and then thaws out come Spring. Their bodies go into complete stasis, including no heartbeat, for months at a time, for the sake of greater survival. Sometimes life will go dormant to survive.

For someone facing a major medical diagnosis, it seems like the world collapses into a narrow survival focus. We put many “normal” life activities on hold either because we can no longer do them, or we zero in on what we need to do to get well. When that includes an extended lifestyle change, we might feel deprived and reduced, not only in our involvement with life, but even in our sense of self. Is survival then worth it?

One patient I took care of as an ICU nurse years ago had suffered a severe heart attack. He became so debilitated that he lay in bed day after day, week after week, kept alive by all sorts of IV drugs and support machines. His only hope was a heart transplant.

“What’s become of me?” he said forlornly one afternoon months later: “I lay around doing nothing, and I’m even looking forward to Memorial Day weekend because the odds are better of someone dying in a car accident and providing a donor heart. That’s just not me. I can’t live like this any more. It’s not worth it.” He said goodbye to his wife, and that night, suffered a fatal heart attack.

The will to live has been sparked into our bodies by Nature herself, but it too can flicker and be extinguished. We often need to endure hardships to survive, and those include not only environmental or circumstantial obstacles but internal ones as well. Hard times challenge our sense of worth and deservedness, and often trigger inner states of discouragement, limitation, apathy, and even despair. We either meet these with focus, determination, and resilience like never before, or we go down.

Healing Our World »« Survival is Ours
There is a serious consideration — and one that has not been addressed in studies or really brought to public light. When we support such retailers we contribute directly to these statistics.

My last concern is the environment. Our planet’s health is affected at every stage of manufacturing a piece of clothing. From production, to usage, to the clothing’s eventual discard, our environment suffers. We produce excessive amounts because it is so cheap. The low prices drive consumption and the low quality keeps the discards piling up. During production, thousands of toxins are released into our air and water supply. Subsequently, as we wear our clothes more toxins are released in sewer water from washing (the non-binding chemicals such as finishes are washed away), dry cleaning and the daily wearing of formaldehyde releases the toxin until you discard the garment. When we dispose of all those cheap, man-made fibers they flood our landfills with chemicals that won’t break down in our lifetime or beyond. If they are burned our atmosphere becomes contaminated, too!

Organic and natural fiber fabric is God’s gift to us: organic cotton, organic hemp, organic linen, peace/silk, organic wool and blends. It breathes, feels good on our skin, resists bacteria, some offer UV protection and all are biodegradable. I encourage you to improve your quality of life in an unexpected way — by being selective of the clothes you choose to buy and wear. If you choose pure, clean, natural and healthy clothes you will impact your health, global labor conditions, the environment and the demand for quality goods through your efforts.

Slow down, take the time to read garment labels, know what you’re buying, wash everything before you wear it and don’t buy anything labeled “anti” anything, if that garment was not created from life (plants) you can choose not to wear it.

Invest the time needed to live a better life through the clothes you wear and reap the value of better health, balanced and fair labor practices by retailers and a much cleaner earth for us all. You can do this. As a consumer you have the power! 🌱

Patricia Davis
Owner, Silver Needle & Thread /
Taj Custom Bridal
Jacksonville, Florida
(904) 998-9978

Choose Organic and Natural Clothing, cont’d from P. 14

These employees are often managed through acute fear and intimidation tactics, causing even more stress and health-related problems. That is a serious consideration — and one that has not been addressed in studies or really brought to public light. When we support such retailers we contribute directly to these statistics.

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During production, thousands of toxins are released into our air and water supply. Subsequently, as we wear our clothes more toxins are released in sewer water from washing (the non-binding chemicals such as finishes are washed away), dry cleaning and the daily wearing of formaldehyde releases the toxin until you discard the garment. When we dispose of all those cheap, man-made fibers they flood our landfills with chemicals that won’t break down in our lifetime or beyond. If they are burned our atmosphere becomes contaminated, too!

Organic and natural fiber fabric is God’s gift to us: organic cotton, organic hemp, organic linen, peace/silk, organic wool and blends. It breathes, feels good on our skin, resists bacteria, some offer UV protection and all are biodegradable. I encourage you to improve your quality of life in an unexpected way — by being selective of the clothes you choose to buy and wear. If you choose pure, clean, natural and healthy clothes you will impact your health, global labor conditions, the environment and the demand for quality goods through your efforts.

Slow down, take the time to read garment labels, know what you’re buying, wash everything before you wear it and don’t buy anything labeled “anti” anything, if that garment was not created from life (plants) you can choose not to wear it.

Invest the time needed to live a better life through the clothes you wear and reap the value of better health, balanced and fair labor practices by retailers and a much cleaner earth for us all. You can do this. As a consumer you have the power! 🌱

Patricia Davis
Owner, Silver Needle & Thread /
Taj Custom Bridal
Jacksonville, Florida
(904) 998-9978

Health Educators in the News, cont’d from P. 29

In the evenings three courses were served vegetable soup (we did eat and enjoy this, even though it would not be what we would ever eat at home — neither of our kitchens actually have cooks installed), then usually some kind of vegetable stew and fruit for dessert. It was poor food combining to have the fruit after the main meal but we didn’t have any other option — we were just glad to have the hydration and vitamins it supplied.

When climbing a mountain, the most important thing, apart from a positive attitude, is fueling for endurance. We also ensured we were fueling for recovery with scientifically proven, whole-food derived supplements. After all, we knew summit night would be tough, and part of the reason for my failure on the 2008 climb was because I hardly ate for three days.

When we began our final summit attempt, it was midnight and snowing quite heavily. We could only see about 3 feet in front of us. This was where attitude became so important. I love the phrase “your attitude determines your altitude.” It was especially true on this occasion. I was focusing on small achievable goals, such as quite simply putting one foot in front of the other and repeating over and over. It’s just like with the healing process — you can’t go from sickness to health in a single leap!

When the sun rose over the Mawenzi peak and the Tanzanian plain way below it was a breathtaking sight. We had still not reached the summit by then, but we knew it was within our grasp. We reached Uhuru Peak, the true summit of Kilimanjaro, nine and a half hours after setting out from our final camp. I am strong and fit, but I liken the experience to running a marathon with your legs tied together, with only half the required amount of oxygen. It was very tough, but well worth it for the sense of exhilaration it gave us both, not to mention the view! Our achievement paled in significance, however, in comparison with a man we met on the descent. He was an amputee and had climbed the mountain on crutches. 🌿

Max Tuck
www.therawfoodscientist.com

Choose Organic and Natural Clothing, cont’d from P. 14

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Max Tuck
www.therawfoodscientist.com
Sex Hormones, cont’d from p. 19

In 1978, as a resident at Johns Hopkins working under Dr. WW Scott, I witnessed the castration of 100 men (induced testosterone deficiency) for advanced prostate cancer in a compressed period of one year. (This is a phenomenon seen by most doctors over a 50 year period in aging men.) I saw what happened to men deprived of sex hormones: they lost muscle, bone and blood with a common symptom of fatigue. Many became diabetic by the end of one year. The most evident transformation were the profound mental changes in cognition and mood. Many of the men became depressed and apathetic. They could not focus on thoughts and most of the men lost an interest in activities that once brought pleasure. What I witnessed was a “movie with a fast forward of Andropause.” For most men in a general population, testosterone and other hormones decline slowly over a 40 year period, not exactly “Andropause” but an “Androlag” whereas women undergo hormone changes abruptly in Menopause starting at age 45.

Starting in 1999, my experience performing pelvic reconstructive surgery in women with bladder, gynecological cancers or severe pelvic prolapse taught me about poor tissue quality and the link with low sex hormones when women reach middle age. I discovered that if I gave women sex hormones for three months prior to the surgical reconstruction, I could sew and reconstruct the internal organs and vaginal tissues with ease as the body tissues are replenished with the essential female hormones.

Symptoms and Signs

If a woman eats less sugar and high glycemic starchy, she won’t have as severe symptoms at menopause as someone who eats and lives without any regard for health consequences. The bottom line is that there is a decline in hormones as well as other organ functions with aging, whether you have a good lifestyle, good nutrition with caloric restriction and the body metabolism adapts by decreasing sex hormones — in response to less food and calories — adapt by decreasing sex hormones.

For those of you who are practicing good nutrition with caloric restriction and the body temperature drops 1 degree as the thyroid manufactures less T3 hormone and the body metabolism slows down and you feel colder. The sex hormones — in response to less food and calories — adapt by decreasing sex hormones and awaiting and reserving potentials to a later date, as the environment is signaling our genes not to overproduce but to conserve. Some people lose libido, some have fatigue, some don’t have regular menstruation, and in some extreme cases, athlete’s bones can fracture more easily. Some may experience loss of muscle mass, bone and height. The importance of maintaining muscle and organ mass is critical for long term health. The key strategy is to know your body and listen to what it is telling you, and to adjust at the right time and right place to maintain a healthy body. Remember, short term calorie restriction can be adjusted with some creativity!

For aging women past 35, the imbalance between Progesterone to Estradiol sex hormones can bring a host of health issues such as breast cysts, fibroid tumors, premenstrual syndromes, headaches, memory and mood fluctuations, sleep deprivation, weight gain, hair and nail changes and constipation — suggestive of sex hormones influences on thyroid gland functions despite normal blood levels. Women also depend on testosterone to maintain muscle and organ mass.

One of the most important preventive measures for women is to know their unique hormonal balance of progestosterone to estradiol, which can keep a check on risk for breast cancer and uterine cancers. Even with declining estradiol, the drop of progesterone is more profound and leads to estrogen dominance and overgrowth of reproductive tissues and increased risk for cancers.

The biggest problem I have faced is menopausal sleep deprivation, when the woman stops ovulating and there is no progesterone to help her sleep. By adjusting the progesterone through use of a cream, oral drops or lollipops, the affected woman can achieve sound sleep at last.

For men past age 38, the balance of testosterone to other hormones, estradiol (estrogen) and cortisol (the stress hormone), may affect their chances of developing clinical prostate enlargement and even cancers. Declining testosterone and increasing estradiol and cortisol puts men at increased risk for diabetes and cardiovascular disease. Glucose metabolism is altered and all muscles, including smooth muscles of erections and cardiomyocytes of the heart, will waste and malfunction with declining testosterone. Mental focus and mood changes are complaints most common among Andropausal men in my practice. Remember each person is different and the symptom complex and recovery from it are unique because your genes are slightly different from the next person.

Blood and saliva testing has empowered all of us to understand hormones like never before. In the future the portability and specialty of studying individual persons as a simple drop of blood on paper will be the standard worldwide and ordered by individuals for home testing.
There are physicians, doctors of osteopathy, naturopaths, chiropractors and compounding pharmacists who you can consult with to help you through the journey of “fixing” any hormone imbalances you may discover through testing. It should be a holistic approach considering nutrition, sleep problems such as sleep apnea, exercise, work habits and personal stresses, use of herbs and nutrient extracts and human identical hormones replacements. The integrative approach considering adrenal gland stress, sex hormones changes, thyroid dysfunctions and insulin must all be considered in your unique management.

I recommend that every man and woman get their baseline hormone status checked after the age of 35.

**Recommended Reading**

- What Doctors May Not Have Told You About Menopause by John Lee
- What Doctors May Not Have Told You About Breast Cancer by John Lee and David Zava
- The Testosterone Syndrome by Eugene Sheppin
- Testosterone For Life by Abraham Morgentaler

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**Lyme Disease, cont’d from p. 31**

**The Cure**

After countless hours praying and searching for a new treatment, I found the website for Hippocrates Health Institute (HHI). I read about the IV treatments, which included Argentyn Silver. I decided to try the treatment on myself first and if it worked with no side effects, we would try it on our daughter, who was 12 years old at this point.

To show you how sick I was before the treatment, I recall what happened at the airport on my way to HHI. The person sitting next to me asked where the ticket and look at it to answer her; my face was frozen I could not move or speak. The person next to me asked if I was okay. I said yes, but I was not okay. I was sick.

In the end, my instincts had been right. Lydia remained symptom free.

Lydia is an honor student and thriving. Feeling very encouraged, we brought Lydia to Hippocrates and she also received the silver treatment. We are so grateful she would be alive today if it were not for the integrative approach considering nutrition, sleep problems and personal stresses, use of herbs and nutrient extracts and human identical hormones replacements. The integrative approach considering adrenal gland stress, sex hormones changes, thyroid dysfunctions and insulin must all be considered in your unique management.

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**LALMA HERBAL TEAS: Known for their effectiveness and good taste**

**Herbal teas are well recognized to have an active effect on the human body. Depending on the plants used, they can have digestive, diuretic, soothing, antiseptic, circulatory and many other properties.** Llama herbal tea is the result of extensive research to develop formulas that provide balance, effectiveness and flavor from wild and organically grown plants. Lab tested and made from top quality herbs, these herbal teas boast active ingredients that improve their consumer’s quality of life, helping maintain a balanced human body.

The Llama formulas were carefully developed to combine the synergy of plants. Some have special properties which can help reduce many discomforts. For instance, whorled mallow is an ingredient in several Llama herbal teas. This herb is known to regulate the intestine.

There are no sennosides in Llama teas. Sennosides are the chemical constituents of the herb senna, which is found in many over the counter laxatives and weight loss products. Senna has definite side effects that can occur in many users, as well as the possibility for dependency.

Llama’s cleansing properties come from its mucilage, which facilitates bowel movements without irritating the intestinal mucosa. Combined with other plants, Whorled mallow can help you in different ways: it stimulates natural drainage and elimination of toxins (Detox, Llama herbal tea), it eliminates substances that could contribute to the development of urinary system problems (Diurino, Llama herbal tea); it cleans the intestinal tract by its laxative action (Easy Lax, Llama herbal tea); and it is a remarkable ally for any weight loss program (Great figure, Llama herbal tea).

Herbal teas are also an important source of vitamins and minerals. For improved health and wellness, Llama herbal teas offer something for everyone.
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The Survival of the Fittest Fossils, cont’d from p. 21

Consider the one million vertebrate animals who are daily driven to their graves upon American roadways. For every lump of dead flesh we see on the roadside, another three or four crippled animals crawl away to die unseen. The very term road kill shifts the blame, as though the road were the lones assassin. We could never call it car kill, because the cars are ours. Despite all our roads, they still are clogged by all our cars. Ours is a nation of car cripples, who drive even to the local gym or track meet or trailhead. During rush hours, highways turn into long parking lots, our trailhead. During rush hours, high-ways turn into long parking lots, our cars spewing exhaust while going nowhere. Next time you are stuck in traffic in which your neighbor’s children behind them will be stuck. And your children will be stuck. And your children will be the traffic in which your neighbor behind you is stuck. And your children will be the traffic in which your neighbor’s children behind them will be stuck. Thus the foremost effective measure we can pursue to conserve the Planet Earth is to give birth to only one child, or to none. Because a No Child consumes far less food and drives far fewer miles than any Veg Child. Human overconsumption and human overpopulation are the twin terrors that threaten other species and this planet and thereby our own species too. Yet both topics seem too taboo for discussion. Political candidates avoid debating them. Professors only rarely expound upon them. Daytime talk show hosts do not exploit them. The news media occasionally hint at overconsumption, but totally shun the topic of over- population. One would think that 300 million Americans among over seven billion humans presently inhabiting this planet are enough. Correction. In the time you took to read this paragraph, mothers and fathers continued to beget sons and daughters, and an additional thousand new humans invaded the planet. Every newborn child is a statement. A one child family balances connubial happiness while acknowledging the human pressure on the planet. A two child family declares that everything is fine just the way it is. A three child family… oh, never mind. As our own single species increases its numbers at the cost of driving other species into extinction, perhaps that extinction does not matter. In converting non-human animal biomass into human animal biomass we maintain the same sum total of biomass, and perhaps that is all that matters. And perhaps we humans are all that matter. Perhaps. Yet ours is the credo of the cancer cell, which by killing its host organism in turn destroys itself. Eons from now, the day will dawn when the only evidence that humans once ruled the Earth will be the buried ruins of our cities and our buried fossilized remains. And several more eons later, we too might become fossil fuels, thereby replenishing what we eons earlier so greedily had consumed. We can only hope.

Fear Less, cont’d from p. 30

We must accept and feel the present moment and embrace the gift of awareness that comes with it. We must awaken ourselves to every aspect, every sound, every sight and scent. Whether the experience is pleasure or pain, the boundar- ies of one are expanded by the knowledge of the other. The goal is to move through the painful moments with love and acceptance, to let the lesson guide us—not define us. Since that day, countless people have asked me “Why on earth would you jump out of a perfectly good plane… TWICE?!” My answer is always the same. “To remind myself I’m alive.” You are the author of your life, the director and the star of your show. You have the power to write your story. You do not have to fight against fear. Just turn your attention to love. Be alive. Be present. Be love and be loved. Be vulner- able. Be open. Tell the truth and require the truth from others. Give your emotions a voice and a safe space to be. In every moment and in every decision, choose to honor, not hide, your authentic self. Turn down the voices of the world and listen to the pow- erful yet silent symphony of your heart. Use your creative power to love the life you’ve imagined. Surround yourself with loving people who support you and your vision. The truth is there is nothing you cannot do. Your dreams are there for the making!
Survival in Bliss, cont’d from p. 15

Of course there may be some personal detox purgatory to go through as one finds forgiveness within for all the garbage and self-projected “sins” that have accumulated in the body/mind over the years.

The damages of dead thoughts and dead food do not just miraculously disappear. There is a process one must go through. This is where our combined efforts of support, clarity and sharing with gratitude nourish the soul to overcome any pre-conceived obstacles.

While you can certainly accomplish a lot through nutrition, you will accomplish 10 times more by combining it with some sort of daily physical and mental exercise.

The holistic model of wellness I hold true, contains six basic principles that I will enumerate. Approach each of these with purpose, but move at a pace you can handle and be comfortable with.

Exercise The Body

Continuously challenge your body regardless of your physical age. Use or lose it. If you’ve ever heard of getting into “the zone” through athletic activity, that is the answer.

If you wanna live, you gotta move! Exercise your face by chewing your food well. Bless your meals; celebrate with gratitude and prayer and try to minimize your talk while eating.

The most powerful foods are sprouts, seaweeds, sea vegetables, beans, sprouted seeds and nuts, fermented cheeses and sauerkraut. These are the best preventive “medicine” protection and immune system boosters.

You can accelerate the process of rebuilding and strengthening the temple by taking enzyme supplements as well as incorporating blue green algae for expanded consciousness and as a supply of full spectrum minerals. It’s time for humanity to rid itself of the whole DIE it concept and reclaim our birthright heritage of LIVE-it!

Another precious practice is laughter therapy. When the insanity of the world starts to feel overwhelming or seems to be hindering your spiritual progress, just keep saying, “You’ve got to be kidding me, that’s not real!” Find something that amuses you, listen to your favorite comedian, watch a good comedy or simply reminisce about humorous experience in your past.

When one taps into their joyous heart, laughter happily resonates through every cell in their body. Uncomfortable emotions are then shifted from fear, sadness or anxiety into the total immersion of self directly connecting to Source. When you get the mind and happy belly in motion, you get rid of negative emotions.

Oxygen intake is very important. Work on expanding your lung capacity by breathing fully and deeply. Most are unaware how shallow their breathing is and the constriction of breath and lungs. When one breathes too shallow, oxygenation of the blood is compromised, which affects the brain. This affects the brain. The brain of the body which affects the brain.

In the 21st century, we are living in a very polluted city, then at least take some steps to have clean air in your home. Many air filtration systems don’t require changeable cartridges. You can clean them yourself, so that you at least sleep at night and spend part of the day in a clean environment.

Oxygen levels in the city are about 10% of the air versus 15% in the countryside. At one time it used to be 40%, yet now we have far more limited oxygen reserves. Find more gratitude for the air, and harvest the spiritual flame that the breath of fire bestows upon you.

This is the entry into the 2013 era of ever accelerating bliss, brothers and sisters. The invitation is to join me in celebration. Absorb the words in survival that resonate in your being and learn the best way of preparing yourself for re-entering into a state of bliss, health, happiness and holiness.

In humble love and service to all blossoming gods and goddesses in the making. We unfold our true divinity, and thus remember we are unlimited.

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Navigating the Real World, cont’d from p. 35

I say “distant” because much time would pass before I was able to enter the kitchen and resume my role as a cook, becoming my own best resource for health. So when I returned from HHI, I felt overwhelmed to say the least.

Where I began was with the internet. Running search engines for “sprouts and wheatgrass in Phoenix, Arizona.” Whole Foods came up immediately, which, as you may or may not know, offers to supply trays of wheatgrass and bulk sprouts through special order. These are usually from vendors outside of your local area such as Sproutman or Brocco Sprouts, well reputed companies. However I was interested in obtaining my trays and sprouts from a local vendor. While supporting local agriculture, I also wanted to build a rapport and have a relationship with those who produce my daily food supply. While researching I bought several trays and boxes of sprouts from Whole Foods until I could find a vendor. I found it with Rhiba Farms (www.rhiba.com) in Chandler, Arizona. Every Monday, I’d meet Suzi accompanied by Jose, Marlo or Mark. I looked forward to sharing a bit of time and a smile, developing a relationship that extended from farm to table.

Family Dynamics

Coming home to your family after your time at HHI can feel just as foreign as it feels good and welcoming. We have undergone changes to our lifestyle without the other members of our family being with us. Though supportive in their willingness to find an opportunity for you to improve your health, they may not be aware of all the lifestyle changes you are looking forward to continuing. Diet I think is one area that many find particularly challenging to continue in the company of their loved ones.

Where I began was with the Shopping List from HHI’s Taking It Home Program. I reviewed the list with my boyfriend and described items that were unfamiliar. Fruits and vegetables were self explanatory. Quinoa, millet, buckwheat, kelp, dulse and sprouts were more difficult to actualize. So instead, I just bought samples and recreated the table buffet we had at HHI so that he could experiment for himself. What he liked he adopted onto his plate, what he didn’t he left and I’d of course picked up. My goal was to make these new foods accessible to me and less foreign to him. I also wanted to see what we might be able to trade in for some of the “traditional” food groups we ate. For example could quinoa or millet be substituted for rice, or sweet potato for white potato? Perhaps they could be offered alongside one another?

When purchasing items to try with your family I suggest buying them in small quantities at first to get a realistic estimate of what will be consumed. There is no getting out of prep work! I found this to be essential to create a manageable lifestyle with the dietary changes. I’ve gotten in the habit of preparing full batches so that I can have them multiple times during the week. Also, I cut my vegetables up for the week, storing them in small batches to make them accessible during the day.

Beyond mealtime, a shared evening walk with a loved one can be rejuvenating to the relationship while tending to your digestion and need for exercise. Perhaps while at HHI you enjoyed strolling through the lush gardens and could incorporate a pre or post meal walk into one of your meal-times. If you are fortunate to be near the beach, a swim or relaxing float hand in hand can bring peace to both of your days.

Your journey home is an extension of what you have begun at HHI, a renewed faith and understanding for yourself that health begins with a peace-filled mind. If you’re too stressed out to enjoy yourself while doing well by your body, mind and spirit, consider the essentials and build slowly. Be mindful of your needs and communicate while not putting pressure on yourself to be perfect at recreating the “HHI experience.” Focus on creating a lifestyle filled with healthy choices that can be maintained and shared with those you love.
Monarch butterflies have been eating corn pollen forever. Today, feeding on genetically engineered corn pollen, they have been reported to be dying, rats being fed genetically engineered potatoes have died and cows given a choice of conventional corn or genetically engineered corn express a preference for conventional corn. How do they know?

These actions alone are not cause for banning genetic engineered products, but they are, in my mind, cause for an in-depth study. This is not being done. I believe we are now conducting the largest experiment on mankind that has ever been attempt ed by feeding unlabeled genetically engineered food to an unaware public. I do not believe consuming these engineered food to an unaware public is safe.

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The changes needed to ensure the survival of life on earth are all possible and within our reach. We have technology and known practices today to substantially reduce, if not eliminate, the main factors challenging our survival. All we need is the will to implement them. The support of governments will always lag the implementation of any process by an aware population. In other words, we can’t wait for bureaucrats and government policy to fix things. The changes to start with us, and the quickest way to affect change is to stop buying products that endanger our environment. We need to live our lives as if the future of our children and grand children depends on the choices we make today because it does.

In my seventy-four years of education on this earth I have learned from the past. I try to implement today’s best available knowledge and be willing to change when better information becomes available. I have often been part of the problem, but I earnestly try to do my part to assure survival for those who will follow me.

I hope to leave things better than they were when I arrived.
The study did not get into what habits may have been attributed to the vitamin D levels in the various groups although one can consider the fact that children spend lots of time playing outside. This outside play decreases as they get older and take up video games, have more school and homework, and tend to spend less time outdoors. Adults spend most of their time in offices instead of in the sun. Those who are retired from work get more time outdoors and seniors take supplements as they get older, which could also account for the increase.

The overall trend may be something that many readers can relate to in their own lives or the lives of friends or loved ones. It is important that we safely get as much sun exposure as we needed to meet our vitamin D requirements.

People with darker skin need to get a bit more sunlight than people with lighter skin. As the study suggests, over the lifetime of a person, they will hit a low point in their vitamin D levels in the 20 to 39 year old range. This can, and should be avoided if someone wants to enjoy a life full of health and vitality in their senior years.

During the fall and winter season in northern latitudes, it is important to keep on top of the vitamin D supplements—especially for teens and adults. Any person can know whether they are getting enough sunlight in a day. Have you been outdoors today? Have you spent 30 minutes outside in the sunshine in the past 24 hours?

If you answer no to these questions and you typically do not go outside or take a high quality vitamin D supplement, I hope this article can serve as a wake-up call. An adequate intake of vitamin D is an important component in your health and wellness toolkit.

Here’s a strategy I would use for myself and my family. First, I would ensure that we have the best whole-food, plant-based, vitamin D supplements on the market for our use. Next I would ensure that my husband and children are taking their vitamin D weekly and also getting outside enough. Lastly, I would look at a reliable vitamin D tests at the alternative doctor’s office perhaps annually or every other year. When choosing a time of year to do the test, I’d pick the winter season because it would give you an idea of how low your vitamin D levels really are. After you know your result then you can keep up your routine (or make adjustments if necessary) for a healthy lifestyle. Work with your qualified professional to help you find the best intake level for optimal health and vitality.

Peace and be well.
HEALING WITH HEAT
by Dr. Raleigh Duncan, Founder of Clearlight Saunas

It is fitting that Hippocrates Health Institute uses infrared saunas as a critical part of their healing regimen, for the ancient Greek physician, Hippocrates (commonly referred to as the father of Western medicine) is credited with saying: “Give me a fever and I can cure any disease.”

Hippocrates Health Institute »« www.HippocratesInstitute.org Healing Our World »« Survival is Ours

I purchased my first infrared sauna many years ago while a student at Chiropractic College. I was so fascinated with how it worked—penetrating healing heat, effective detox and immune boost—all in a comfortable, affordable package. Soon I was also putting my patients and friends in the infrared sauna and many were getting dramatic results and relief from everything from psoriasis and arthritis to fibromyalgia. I became so intrigued with what I felt and saw that I have spent the last sixteen years of my life studying and refining its healing properties to help people to live toxin free and enjoy healthier lives.

You may wonder how does infrared accomplish all these things? The easiest explanation is far infrared saunas produce the same general wavelength of the infrared spectrum given off by the human body. Our anatomy sees it as our own energy. In practical terms it works with the body rather than against it, amplifying and strengthening the body’s own innate energy and immune system.

Infrared boosts the body’s healing response

We all know that stress causes disease, but what can we do about it? Mediation, enjoying nature, exercise—these are a few of the solutions that come to mind. In addition, spending time each day in an infrared sauna easily allows you to spend more time in the para-sympathetic state (rest, digest, heal) and less time in the sympathetic state (fight, flight, constrict). Eventually the set point of the autonomic nervous system can be returned to a normal, healthy position and adrenal function can finally get a break.

When the sympathetic system is dominant, adrenaline is secreted, heart rate and blood pressure increase and blood vessels constrict. As we sit in the infrared sauna, the blood vessels open, muscles relax, pain starts to subside and the body starts to actively heal rather than thinking it is being threatened. This is such an important concept that is often misunderstood and overlooked.

Our modern life with all its demands, technology and sensory input, keeps us in a constant state of “fight or flight.” We were never designed to stay in this mode all the time, but rather only for short periods to help us get out of bad situations. Chronic “fight or flight” can keep us perpetually sick, while we wonder why we aren’t getting any better.

What to watch for

Infrared saunas have been around for over thirty years and have gone through many changes, mostly in the evolution of the heating systems, wave-lengths and elimination of electromagnetic frequency (EMF). Always be certain to check and have EMF readings verified before getting in any infrared sauna. To assure the best possible health experience for every participant, Hippocrates Health Institute has recently upgraded all their saunas, several of which utilize Clearlight Saunas’ exclusive high-performance combination carbon/ceramic heaters with NO EMF exposure. Dr. George Yu, urological surgeon and sex hormone endocrinologist with special expertise on fat toxic accumulation in the body said the following: “Sweating using infrared saunas is an efficient way of pulling toxins from the blood stream to the skin for elimination. Modern heating systems are efficient, but you must make sure that the EMF electrical magnetic field, is kept to a minimum. This is why I only recommend Clearlight Infrared Saunas.”

How should I use the infrared sauna?

In one of his talks, Dr. Brian Clement, Director of Hippocrates Health Institute, said the following based on his personal and clinical experience: “I don’t go a day without a sauna. I don’t lecture anywhere if there isn’t a sauna in the room. I sauna seven days a week. Infrared is amazing. When you talk about chelation, guess what? Chelation is not the best way to get heavy metals out of your body; infrared saunas are. You take saunas along with chlorella supplements and you’ll get heavy metals and chemicals out. What you pay for chelation, you can buy an infrared sauna. I cannot say enough about it.”

Will this work for me?

Healing is not like curing; it’s so individual and depends on a host of variables. I’ll let one person’s experience with infrared to what has been found by countless individuals using this breakthrough technology: “I was in a mid-Lyme relapse for several years. I went for a trial session of a far infrared sauna in a wheelchair, with a caretaker, greenish-grey and bloated with one foot in the grave! After three sessions I was out of the wheelchair... and after three months, I was able to get off the antibiotics, live independently and have a quality to my life again! I will be using this far infrared sauna for the rest of my life! As a national lyme-literate Life Coach, Speaker, Journalist and Survivor, I feel the Clearlight “No-EMF” far infrared sauna should be a given in the home of every Lyme Disease patient as it provides the necessary, non-invasive internal detoxification which is a missing link in most Lyme Disease programs. And, best of all, it’s compatible with any doctor or practitioner’s protocols, as well as safe for all ages and family members at any stage of wellness.” Annie Gabriel, CHt, Lyme Disease Angels

For more information or to purchase a Clearlight Infrared Sauna call the Hippocrates Store at (561) 471-8876, ext. 270 or visit HealWithHeat.com.

Please feel free to contact me directly with any comments or questions at drduncan@infraredsauna.com. Clearlight Saunas come with a lifetime warranty and are available in different sizes, shapes and budgets. The saunas install easily in about an hour, run on normal household current and cost less than $15 per session to operate. — George Yu, MD

Infrared saunas are a crucial element in any strategy for regaining and maintaining health.
Everyday preparedness brings peace of mind in the face of unforeseen emergencies. In these situations, when conventional power sources aren’t available, you simply can’t beat the Waterwise 1600. This all-stainless-steel distiller has no moving parts, delivers up to 16 (sixteen) gallons a day of pure, safe water — almost silently — with or without electricity. It works on electric/gas stove/hotplate, wood/coal burning stove, propane/natural gas burner, or gas/chacoal grill. The 1600 guarantees consistent purity anytime, anywhere. Yes, its purity made simple. Portable, self-contained and compact. Easy to operate, assemble and disassemble. It’s two modular parts are pre-assembled, so set-up is a breeze — place the 3-tray cooling assembly on top of the boiler, fill both with water, position on your heat source, attach the hi-temp tubing to the distiller and insert the other end onto a suitable collection/storage container, then activate the heat source. It’s as simple as that. Includes 36” Length of Hi-Temp Tubing (food grade), and countdown digital timer for trouble-free monitoring. The Waterwise 1600 Non-Electric Distiller easily transforms ordinary water into healthy, great tasting, 100% steam distilled water. Unlike ordinary filters, steam distillation separates water from pollutants, giving you pure H2O. Its purity made simple. Portable, self-contained and compact. Easy to operate, assemble and disassemble.

The Waterwise 1600® Non-Electric Distiller

The 1600 Distillation Process (cutaway view pictured at right)

1. Water is heated in the stainless steel boiler to 212° F (100° C) killing microbes such as bacteria, cysts and viruses that may be present.
2. Steam rises leaving behind dead microbes, dissolved solids, salts, heavy metals and other substances.
3. Low boiling light gases are discharged through the gaseous vent.
4. Steam is condensed in the three-level stainless steel tray assembly.
5. Purified/distilled water is captured in the collection cup assembly.
6. Distilled water flows through the distillate tubing into a collection/storage container.

US claims awarded (US Patent No. 6,428,656 B1). This unit produces three liters of 100% steam distilled water in only 75 minutes, based on a 2,600-watt electric burner. It’s made of 316 and 304 stainless steel, which enhances efficiency and maintains a high water quality for day-to-day use or emergency situations.
Survival Gardening, cont’d from p. 33

If you attended Hippocrates Health Institute’s Life Transformation Program you have already learned specifically how to grow sprouts. Sprouts are nutritional powerhouses, and, in many cases, can be grown with just seeds and water. Some sprouts can be ready in just a few days, making them instant, fresh food.

My gardening expertise is focused on growing food in soil, which is the other primary way to provide food in a survival situation. Vegetables grown in soil can be ready in as few as 25 days, while others may take 90 or more days to grow before harvest. Over time you will discover which crops grow best in your area, and which mature quickly.

Both sprouting and traditional soil-based gardening have their place. Sprouting is especially good for a short-term food growing solution, and gardening in soil is utilized for more long-term production of the bulk of the foods you will eat.

That said, sprouting is a good practice to maintain, as sprouts can beautifully complement the food you will grow in your garden. Some heartier leafy sprouts, such as sunflower and pea sprouts, can be eaten unto themselves. Bean sprouts are hearty as well, very easy to grow and are ready to eat very quickly.

Now let’s talk about resources. What I mean by “resources” are all the supplies you will need to grow your own food. Instead of storing things like canned foods, you will want to store things like organic seeds, purified water, sprouting trays, buckets, as well as other tools that will allow you to grow your food.

Large quantities of organic sprouting seeds are essential. I would also store henlo vegetable seed packets (to plant in the ground).

An often overlooked food source are local wild edibles. In my area, there are wild foods (many people would consider them “weeds”) that grow really well, untended by man. These include things like dandelion, clover, sorrel, stinging nettles, plantain, mallow, lamb's quarter, chickweed and miner’s lettuce. These can be wild-harvested without you even having to tend to them.

I encourage you to learn about the wild foods in your area by seeking out an expert. You can harvest these plants and their seeds. You can also cultivate these wild foods in your garden and they virtually take care of themselves!

I really enjoy including wild foods in my diet. They offer me not just new taste sensations, but (more importantly) nutrients that are absent in standard produce items.

The best tip I can give about seed storage: airtight containers. One of the easiest and least expensive is a five-gallon bucket with a lid that has a good rubber seal. Besides just storing seeds, you will want to store some purified water for drinking and to water your plants.

One excellent way of doing this is by catching the rainwater off your roof. If you have barrels or totes to catch your rain water, you will have a supply of water on hand to use to water your garden and for other needs in case a situation arises.

You will also want to have supplies on hand to grow sprouts, including: trays, buckets, sprout bags, etc. For growing outside, the main things you need are the seeds and some water. It is smart to have tools to work the soil, too.

If I had to pick just one soil nutrient, it would be trace minerals. This can be in the form of a rock dust or sea water solution to provide your sprouts and plants with trace minerals that are absent in topsoils of today. Trace minerals make a big difference in your yield and in the health of the plants you grow, plus the plants absorb these trace minerals and convert them to a form that you can absorb. This means you’ll get trace minerals in your food.

How can you start your survival garden? Just like driving a car, you need to get behind the wheel. Grow some sprouts and start a garden today. This will give you handy skills for later, should you need them. Even if you don’t end up facing a “survival situation,” you will benefit greatly from the time invested in growing your own food. You will also save money, get exercise, connect with nature and most importantly eat more nutritiously than what is offered in the store.

After reading this you may feel a bit overwhelmed by all my suggestions, but even starting with a single tray of sprouts or a potted herb plant on your windowsill is a step in the right direction. I encourage all of you to start growing a small vegetable garden today.

Even if you are in a small apartment, you can start with sprouts and vegetables in pots or other containers. Anything that holds dirt will work to get you started. By starting a garden today, you will begin learning important skills, and start acquiring all the tools of the trade. In addition, you will start growing the most important aspect of any garden: the soil. I strive to constantly improve my soil, as the soil is the basis for the food I will grow and eat.

Even a small garden space can produce lots of food if planned properly. If you don’t think you can grow enough food to feed your family, consider that my 4,000 square foot lot provides me enough space to grow 90–95% of my vegetables year round. You can do it, too! I encourage everyone to start growing their own food not only to learn the skills for survival, but also for today, as each one of us needs to thrive instead of just “survive.” »
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