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It Happened In An Instant:
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When it came to maintaining her health, Vinette Koprowski wouldn’t take “no” for an answer.

A Mother’s Love: Small Cell Carcinoma
Sheri Johnson shows how far faith, determination and a supportive family can go in facing down aggressive disorders.

Life Rediscovered: Malignant Carcinoma in situ
Claudia Capellan describes her recovery in her native language of Spanish and in English as well.

Community Heals: Detoxification
Bronwyn Holmes shares her story of becoming one with the earth and giving back to her community.

The Train to Hell and Back: Breast Cancer
Christine Morris shares notes from the tough road to recovery.

A Healed Heart: Inflammation
Jacqueline Pascual recounts life lessons from her journey to mend a broken heart.

Supermom Beats Cancer: Stage 3 Cancer
Eunice Escobedo’s story shows how community can come together to lend a hand on the road to health.

Hippocrates Alumni: Spread Wellness Worldwide
Several Hippocrates alumni have gone on to become health authors after reclaiming their health at HHI.

A Healing Mission: Ulcerative Colitis, Cancer, Allergies
Tommy Johnson shares the touching account of his triumph over multiple disorders.

Who Is The Doctor: Ductal Carcinoma
Sandra Boston explains how she took responsibility for her own health.

Sunny Days Ahead: Major Depression Disorder
Michelle Bakal tells readers about her time at Hippocrates—where she found the light at the end of the tunnel.

Life after Cancer: Multiple Myeloma
Edwin Kohn may have been a skeptic, but the proof is in the wheatgrass!

Focusing on Wellness: Malignant Insulinoma
Daiva Debra Minter shares her dramatic tale of recovery.

A Way to Safety: Helicobacter pylori, T3 adenocarcinoma
Wafaa Zayat found her path to health at Hippocrates.

Yoga as Medicine
Linda K. Wooliever examines the difference between yoga as medicine and pharmaceutical drugs as medicine.

10-Minute Fitness Routines
Only have 10 minutes for exercise? Wayne Pickering tells readers how to get the most out of that short time period.

Recovery Reality
Dr. Brian Clement offers tips to help readers get healthier.

Ann Wigmore Memorial Commemoration
Petras Vainius shares highlights and Debra Daiva Minter shares photographs from this momentous event.

The Recovery of Our World Through Education
Kaia Roman brings readers the story of Green School in Bali, Indonesia. The school’s mission is training a new generation of future environmental leaders.

Water Is Life Force:
From Toxic Soup to Primordial Life
Vicki Latham, P.A.-C. offers a wake-up call for the world.

The Role of Stem Cells in Regenerative Medicine and Immune Dysfunction
Wendy Ward, MD, and Brooke Mastroianni share an important word about stem cells.

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Sarah Steinberg reviews Kris Carr’s long-awaited recipe book.
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Bela Berkes explains the formulation that creates this new addition to the LifeGive supplement offering.
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Drs. Anna Maria and Brian Clement
Health Our World = Universal Potential

Recovering from our own ignorance is the core quest for all of us to pursue. Lacking wisdom creates the perfect venue for self-sabotage. How many times have we all blundered through something that inevitably turned out badly? For less important issues this should not be of great concern. When it comes to survival, health and life we must become masterful in our knowledge and simple with our methods.

Over time, we at Hippocrates Health Institute have had a blessed opportunity to observe humanity and human potential at its best. Supporting people while they reverse disease is a privilege and an honor. So many thousands of bright individuals run through our minds as we sit here and write these words. The fact that most of these people were told they had no hope, and that their disorder was at best chronic, is stunning.

Each of these sincere and courageous souls had to not only dissolve their physical concern, but supersede the ignorance of the so-called “professional” who took their hope away. In the majority of cases, well after these individuals established complete health, the grim reapers of medicine would refuse to acknowledge their remarkable results. It is difficult to understand why, in the face of great resolve, many denounce the achievement due to feeble, unconscious beliefs.

In 2013, it is time for us to support and love even the most closed-minded among us. Our collective hope should be to raise human wisdom and begin to imagine a time without fear, disorder, suffering, prejudice and ignorance. It is time that we stop cherishing champions of broken paradigms and begin elevating heartfelt, conscious individuals to prestigious positions.

What we know does not matter, what we do does. Humbling ourselves into a secure place where we authentically value the ideas, thoughts and feelings of others will heighten our ability to embrace the unknown and support the simple and sensible. Greatness is in the grain of sand as much as it is in the multiple universes. As FDR articulated, “The greatest thing to fear is fear itself.” This all stems from a fear of self, which abounds from a fear of the unknown.

All of us here at Hippocrates send our love out around this world to each and every one of you. Together we can achieve unlimited pursuits. As each of us indulge in the gift of total self-responsibility we become manifestations of God’s will. Our children will learn by observing our unwavering commitment to life and our loving yet uncompromising virtues.

When humans first arrived, there was much more awareness and respect about the earth on which we reside, the ecosystems (including other creatures), and the prosperity of nature from which we are fed. No, they were not Einstein, but they were real and authentic. This purity is what all of us should aspire to in expectation that we will begin the healing process individually, globally and universally.

We know all will once again be well and we welcome you to join the recovery warriors of the early 21st century.

Blessings,
"100 Percent Organic" products must show an ingredient list, the name and address of the handler (bottler, distributor, importer, manufacturer; packer; processor) of the finished product, and the name and seal of the organic certifier. These products should contain no chemicals, additives, synthetics, pesticides or genetically engineered substances.

* "USDA Organic" products must contain at least 95 percent organic ingredients. The five percent non-organic ingredients could include additives or synthetics if they are on an approved list. The label must contain a list that identifies the organic, as well as the non-organic, ingredients in the product, and the name of the organic certifier.

* "Made With Organic" products must contain at least 70 percent organic ingredients. The label must contain a list that identifies the organic, as well as the non-organic, ingredients in the product, along with the name of the organic certifier.

* If a product contains less than 70 percent organic ingredients, it cannot use the word "organic" on the packaging or display panel, and the only organic claim can be made is on the ingredient label.

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### Common GE Culprits

Only buy foods with ingredients from the list below when they are labeled "100% certified organic."

**Note:** Aside from ears of organic corn, Hippocrates Health Institute (HHI) encourages people to avoid all foods on the list below, whether they are genetically engineered or not.

- **Corn:** The ingredient derived from corn that is hardest to avoid is high fructose corn syrup. A huge percentage of processed foods and baked goods contains it, not to mention soft drinks and many other sweet drinks. Any food with a label saying there is corn of any kind in it should be avoided unless it states it is 100% certified organic. Popcorn is an exception, as there is currently no popcorn on the market that is genetically modified.

- **Soybeans:** Products made from soybeans include soy flour, soy isolates, soy lecithin, soy protein and isolavones. Be sure that soy based products such as tofu, soy milk, edamame and such have labels stating they are 100% certified organic to be sure they aren’t genetically modified.

- **Canola / Rapeseed:** Made from one of two cultivars of the rapeseed plant, canola oil almost certainly is derived from genetically engineered crops, unless you are located in the EU, where no genetically modified crops of rape-seed are yet grown. You find it used mostly as cooking oil and in margarine. Olive oil is a better choice.

- **Cottonseed Oil:** Cottonseed oil is a primary ingredient in shortening, vegetable oil and margarine, none of which are healthy fats, and many of which contain trans fats. It is also used to a great extent in processed foods like potato chips and other fried products.

- **Buy 100% organic fruit juices:** Though most fruit juices are not derived from GM foods, the sweetener used in many of these juices (sodas as well) is high fructose corn syrup, which is almost certainly from genetically modified corn.

- **Sugar beets:** There is unfortunately no way of knowing if something labeled as containing "sugar" comes from just sugar cane or if it also includes sugar made from beets, since there is no special labeling required. Beet sugar can be avoided by buying products labeled as being made with evaporated cane sugar, 100% cane sugar or organic sugar.

- **Avoid aspartame as a sweetener:** The sweetener used in many products such as Nutrasweet and Equal, Aspartame is derived from genetically modified microorganisms.

- **Animal foods:** Not only does HHI discourage the use of any animal-based foods (for obvious reasons), these creatures and their milk and eggs contain the highest saturation of GE materials. Every study conducted on the negative effect of GMO foods on mammals find the same results: chromosome damage, immune dysfunction and heightened disease from these untested "foods." Beyond the health associated with consuming animal products, the environmental concerns are even more frightening. Honest and respectable environmentalists tell us more than 40% of environmental degradation is a direct result of the raising, slaughter / harvesting and consumption of animal-based foods. We must provoke our own awareness in a global manner so that we are not mono-focused on our own well-being, but also that of fellow creatures, the earth that sustains us and the universe we all call home.

Source for all listings except "Animal Foods": WebMD

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**Is it “GMO” or “GE”?**

Most news media, commercials, corporations and activists use the terminology “Genetically Modified Organism,” or “GMO,” but the actual process for modifying organisms is called “Genetic Engineering”—"forcing the DNA of one species into the DNA of another, unrelated, species. (Flounder genes into tomatoes, or bacteria proteins into corn and soy, for instance.) Combinations of genes from plants, animals, viruses and bacteria do not occur in nature or from traditional pollination and selection practices. The genetic engineering process creates a new and potentially unstable organism—one that has never before existed on this planet. Biotechnology is dumping untested life forms into the delicate food chain.

- **Buy Food Labeled “100% Organic.”** While it is always best to grow your food yourself, or at least get it from a local farmer whose practices you are familiar with (ask how it is grown if you don’t know), it is generally a safe assumption that fruits and vegetables labeled “organic” are not genetically modified. Packaged foods are a bit trickier—learn more about organic classifications on the opposite page.

- **Watch These Foods:** See “Common GE Culprits” on the opposite page for a list of commonly engineered foods.

- **Look at Page 49 Infographic:** Big agribusines paid tens of millions of dollars to hide the truth about these food products from consumers. I encourage you to make informed buying decisions based on what you read on page 49 of this magazine. I also urge you to sign the petition at cornucopia.org and tell your friends and family about GE foods.

**See “Common GE Culprits” on the opposite page for a list of commonly engineered foods.”**

- **Label It Yourself:** While I would never encourage anyone to break the law, I do encourage people to think outside the box. Learn more at labelityourself.org and urge your local organic grocery store owners to establish their own transparent labels, information databases and the highest quality 100% organic choices for your community.

- **Support Local Efforts:** Find out what groups in your area are working to get the word out about GE Foods. If your state is initiating a petition drive for a proposition on the ballot (like Washington, Florida and Vermont) or seeking labeling legislation, get involved. Engage your local public officials and get their support.

- **Host a “Non-GE Foods” Potluck:** Tell your friends and family about GE foods. Talk to the people you meet at the grocery store and farmers markets. Speaking out about GE foods is critical, since virtually everyone who learns the truth supports mandatory labeling.

- **Contact Food & Water Watch:** They are doing statewide and national campaigns. Go to: http://www.foodandwaterwatch.org/campaigns/make-ge-labels-the-law/ and sign the petition for your state! If your state also has a statewide campaign, a volunteer will contact you to see if you want to participate in the campaign. Learn more on page 63.

- **Support the POP Campaign:** The POP Campaign offers a unique, effective platform of education through its MOMs&POP Pledge, its presence in Washington, DC, and its work directly with policymakers, foods rights activists and communities around the country. Learn more on page 13 or visit www.popcampaign.org.

- **Label It Yourself:** While I would never encourage anyone to break the law, I do encourage people to think outside the box. Learn more at labelityourself.org and urge your local organic grocery store owners to establish their own transparent labels, information databases and the highest quality 100% organic choices for your community.

Yours in health,

Will Burson
Bela “The Sea-Veg Guru” Berkes has lectured and educated hundreds of thousands of health professionals throughout the United States, Canada and Asia about the health benefits of sea vegetables. The Sea-Veg Guru has appeared on over 700 radio talk shows and over 300 television programs.

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

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

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

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

Mikaële Holzer, a Hippocrates Health Educator, facilitates detox cleanses and is a life transformation coach. Rudhi Lenardi is a business consultant, mediator and advocate. He works to create a lasting impact on businesses, communities and society through collaborative approaches and healthy sustainable values. The POP Campaign invites you to participate and engage your power. Visit www.POPcampaign.org to learn more.

Brian Hetrich is responsible for growing all the living foods at Hippocrates Health Institute in the greenhouse and organic garden. He also teaches classes on gardening, juicing, and raising sprouts and wheatgrass. As a naturopathic doctor, Brian came to Hippocrates from Maryland where he ran a private practice. When not growing sprouts and living foods, Brian enjoys hiking, gardening, hiking, camping, and the beach.

Susan Lerner is a Hippocrates Health Educator and organizes the largest ongoing raw food potluck in South Florida at The Center for Inspired Living in West Palm Beach. Susan is also a local coordinator for the Food & Water Watch “Let Me Decide” campaign to get genetically engineered foods labeled in Florida and hosts campaign action meetings on Monday evenings. VitalLongevity@earthlink.net www.meetup.com/VitalLongevityRaw

Dipnarine Maharaj, MD, is a world renowned transplant physician and Medical Director of South Florida Bone Marrow Stem Cell Transplant Institute, located in Boynton Beach, Florida. Dr. Maharaj is a hematologist/oncologist specializing in stem cell transplantation and research. Presently, he lectures on stem cells and regenerative medicine at national and international conferences. www.bmscti.org

Would you like to be a contributor to Healing Our World? Tell us your story. Email Will Burson with the subject line “HOW Contribution” at WBurson@HippocratesInst.org.
Dr. Wayne Pickering faced the prognosis of death at age 30. Now, at 63 years young, he is an award-winning triathlete, double nominee for the Healthy American Fitness Leader Award, nutritional performance coach and disease prevention specialist. He’s authored 21 books; 22 audio learning programs; two DVD series; 10 health systems and over 400 articles on fitness, stress and nutrition. Learn more at HealthAtLast.com.

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

Kaia Roman is a public relations consultant to clients worldwide who are focused on sustainability. She attended the Hippocrates Life Transformation Program at nineteen years old and has been a fan ever since. She is an American Airlines plane crash survivor, a public relations consultant and the world’s number one champion of juices and sprouting. Linda is currently in a US union for making juices, nut/seed milks and sprouting. Kaia manufactures hemp/living foods lifestyle since 2001. Her physical/online store is called Vermont Fiddle Heads. Linda manufactures hemp/nylon filtering bags that are used all around the world for making juices, nut/seed milks and for sprouting. Linda is currently in a Masters of Holistic Health program. www.vt-fidde.com.

Sarah Steinberg, CHHC, AADP, is a holistic health coach and founder of Simply Radiant! She is a graduate of the Institute for Integrative Nutrition, holds a BA in Human Ecology from College of the Atlantic and has worked as an assistant chef in many whole food kitchens around the country, including Hippocrates Health Institute. She can be reached at Sarah.Steinberg@hotmail.com www.SarahSteinbergHealthCoach.com.

Debra Tau is a conscious mother raising her two young sons on a high-raw vegan and gluten-free diet. She enjoys preparing raw meals in kid-friendly ways that are fun and delicious to eat, both for her children, as well as their non-raw and non-vegan friends. Debra also likes to encourage and help women along their mothering journeys and is honored to support other moms via email at tautau4now@gmail.com.

GisselaTorrella is a Hippocrates Health Educator and author of Tu Real Naturalinae. She is also a flight attendant who survived an American Airlines plane crash. Divine intervention gave her a new perspective on the world. She immediately realized that her purpose is to support people and help them appreciate life by re-connecting with their own natural power. www.turealnaturaleza.com.

Petras Vainiūs co-directed Ann Wigmore Memorial Dedication and Living Foods Conference with Paulius Juras in Lithuania September, 2012. He also keeps busy with Loreta’s Living Foods LLC which conducts seminars, workshops and created a film Grow Your Own Greens to further education on the fundamentals of living foods. Visit www.loretailivingfoods.com to learn more.

Linda Wooliever has been living a raw/living foods lifestyle since 2001. Her physical/online store is called Vermont Fiddle Heads. Linda manufactures hemp/nylon filtering bags that are used all around the world for making juices, nut/seed milks and for sprouting. Linda is currently in a Masters of Holistic Health program. www.vt-fidde.com.

Hippocrates Guest of the Year by Stephanie Moody

Of the many smiling faces we saw over the last year at Hippocrates, Mallory Hicks was selected as our Guest of the Year. Her humble and warm spirit, along with her beautiful smile, lit up the campus and does so back home in Fairview Park, Ohio, where many friends and strangers alike helped to get Mallory here. She hopes to live a life where she can inspire others to change and grow. Second place went to Alice Cavey and third place to Kim Kauthen. All of the Guests of the Year will enjoy gift vouchers toward future stays at Hippocrates Health Institute.

Hippocrates Employee of the Year by Malchow

Earning the title “Employee of the Year” here at Hippocrates Health Institute is quite a feat. Every one of us strives every day to be better than we were yesterday. The 2012 Employee of the year, Ana Maria Alemán (pictured above), is no exception. Her hard work and caring nature have helped her to thrive and bring pride to the Housekeeping Department. Anna Maria’s willingness to help and create a loving environment for the HHI guests has solidified her place within the Hippocrates family.

Hippocrates Fashion Review by Louie Baton

Hippocrates visitors have a great sense of style. Hippocrates alumnus Dirk Pool (left) and sculptor and long-time friend of Hippocrates Norm Gitzen (right) sport some of the best duds we saw in 2012.
What's the News?

Meet Dr. Mitch at Hippocrates

I t all began more than 33 years ago, when Dr. Mitch became the Chief Intern at Community Hospital South Broward. It soon became evident to him that one specific group of internal medicine doctors were able to get their patients out of the hospital, with the same ailments as other hospital-based doctors’ patients, in a faster time period. The difference he noted was that this group was using high doses of intravenous Vitamin C on almost every one of their patients. He realized that oral and intravenous nutrition, slightly brushed over in medical school, was missing from his arsenal of treatment protocols to be able to help his patients and affect major changes in their health. He recognized that most medical clinical applications were “band-aid” in nature and reactionary to help already serious conditions. Over his long history of practice, Dr. Mitch has written four textbooks for physicians, dozens of articles and has completed hundreds of lectures and television and radio appearances. He is considered by the President of the American Academy of Anti-Aging Medicine, an organization that boasts over 25,000 doctors in 153 countries, as “one of the top 20 clinicians in the world of Integrative / Anti-aging Medicine” and considered one of the first and foremost teachers of complementary medicine in the world. Recognizing his status, Dr. Brian Clement felt that Dr. Mitch would be a perfect addition to the Hippocrates medical team.

Here at Hippocrates Health Institute, we recognize that by including these new protocols for optimal health, presented by one of the world’s experts, we are even more efficient in changing and improving cellular function. Combining historically-effective, complimentary therapies like IV nutrition, hormone replacement, electromagnetic therapy and cold laser with a proper living, plant-based diet can expedite the healing process.

The POP Campaign Update on Proposition 37 to Label Genetically Engineered Food

Leftovers of a Food Fight

California’s Proposition 37 Campaign to Label Genetically Engineered (GE) Food had a lot of heart and the purest of missions: “The right to know” what genetically engineered ingredients are in your food. Its defeat is only the beginning, not the end of the story, as the 5,329,994 “YES” voters are framing the new dialogue and opportunities around healthy foods and choices with national exposure. Change is inevitable as 93% of people polled want GE labeling, therefore it is only a matter of time.

Hundreds of food groups, coalitions and activists came together in a cooperative swarm to step up to make a difference. The campaign became a focal point for institutions like the Organic Consumer’s Coalition and Food & Water Watch to work with a swarm of newcomers and the younger generation.

Genetically Mortified-isms

While on set during the POP Campaign and Hippocrates Health Institute’s commercial shoot, four-year-old Ginger (pictured at right) so eloquently stated, “Watch what I eat; I’m important — you need to know.” Walter Robb, Whole Foods Market Co-CEO, went on the airwaves, spearheading over 1,100 commercials and PSAs down the critical stretch. The POP Campaign and Hippocrates Health Institute produced three educational commercials that reached over 200,000 people through TV, print and web.

The Biggest Bang for the Bucks

“Just Label It” movement. Jeffrey Smith inspired all of us as she stood up and made her voice expand into the grassroots POP Campaign and MOMs4POP keeps our voices and choices alive and organic food and standards pure—working in collaboration to label GMO “high-risk crops” such as corn, soy, sugar, beets, canola and zucchini —see POPCampaign.org

Chew On This...

One’s perception is the fuel that either burns or builds

Levels seen with Prop 37 ($9 million to $46 million) there is a pretty high probability that it will lose. What is remarkable is that the margin was so small. According to the California Secretary of State, the records show that there were 5,329,994 “YES” votes and 5,869,382 “NO” votes (47.6% to 52.4%). When looking at the bottom line, the opposition ran a scare campaign and it worked.

The strongest counter to “big bucks,” essential for victory in every campaign, is a really great ground game. The Prop 37 folks ran an excellent petition drive of over one million signatures but fell short of tight coordination at the grassroots level, with massive partisanship dwindling during the critical last four weeks (except in a few counties).

Pam Larry, a mom and grandmother, inspired all of us as she stood up and made her voice expand into the “Just Label It” movement. Jeffrey Smith has been a tireless pioneer for years, knowing a tipping will come.

Cont’d on p. 48

Stay informed with the POP Campaign Please contribute and visit the POP Campaign website at www.popcampaign.org
Hi Rachel,

My name is Wheatberry but my friends just call me “Barry.” You may recognize me from my days as lead guitarist for the “70s rock band “Hard Red Winter.”

Sprouts are truly a miracle food! Because they are still growing at the time of consumption, sprouts are known as “living foods.” This puts them in a category beyond the already powerful “raw foods.”

According to Dr. Edward Howell, author of “Enzyme Nutrition,” the enzyme content in sprouts is ten to one hundred times higher than that of raw foods. Overall, the nutrient content of living foods is ten to thirty times higher than even the best raw, organic, home-grown vegetables. Sprouts have bio-available vitamins, minerals and bioelectricity. This life-force energy is the key component of all living things. Life begets life. The more living foods you consume the more alive you become!

Lifeforce by Dr. Brian Clement.

The USDA has detailed scientific data on the nutritional value in sprouts published online at the National Agricultural Library: http://ndb.nal.usda.gov/ndb/foods/list. Additionally, the health benefits of forty-four different types of “living foods.” This puts them in a category beyond the already powerful “raw foods.”

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Dr. Hans Eppinger at the First Medical Clinic of the University of Vienna found that a living food diet increased the electrical potential between tissue cells and capillary cells. Dr. Eppinger also showed that living foods increased the absorption of nutrients and increased the release of toxins from the cells. Most important, Eppinger found living un-cooked foods were the only kind of food that could restore the bioelectrical potential of the tissues once their electrical potential was weakened and cellular degeneration had begun. Living foods are the only foods that have the ability to “jump start” the sick cells back to health.

The biopsy confirmed the lump was “nasty”—his exact words—and that I had a fast moving cancer. Something needed to be done. The surgeon painted a dismal picture of how I needed treatment, and how I needed it quickly. He said the lump was “nasty”—his exact words—and that I had a fast moving cancer. Something needed to be done or else death would be inevitable.

The surgeon proposed; I needed time to think. I went home and cried, thinking I would rather die than be tortured with chemotherapy and multiple breast surgeries (first a mastectomy, then a few surgeries from the plastic surgeon to give me two new matching breasts).

My friend, Peter, bought me a book that forever changed the path of my life — Knockout by Susanne Somers. The book featured interviews with doctors who were curing cancer. Doctor after doctor, story after story, no chemo drugs, no radiation, no surgeons, no side effects and people getting healthier. It even had a chapter on Sloan Kettering Hospital in New York and how they found the cure for cancer and hid it. I chose a doctor from a list in the book, Richard L. Lintz, MD. He specialized in difficult cases, like my stage 4 cancer. Cont’d on p. 46
My journey started the day after my 50th birthday. Two weeks prior to my birthday I had an MRI right before leaving for Florida and it showed that my tumor had shrunk by 80%. Between all of the treatments and all of the prayers, I thought that going to HHI was a great place to help get me through the program with me for moral support. There are things I learned for both Mom and I. Between all of the treatments, classes and lectures we both had to keep pretty busy. Some days we only saw each other at mealtimes and when we went back to our shared room at the end of the day. We always tried to schedule exercise classes and pool time together. We both had some wonderful, relaxing treatments throughout our stay! The information that I received while at HHI was immense. I learned so much about how to care for myself that I never knew before. There are things I learned that will carry with me the rest of my life, not to mention all the super nice people we met from all over the world. The employees at HHI were really great and supportive in every way! I had an MRI right before leaving for Florida and it showed that my tumor had shrunk by 80%. Between all of the treatments and all of the prayers, I thought that going to HHI sounded like a great place to help get rid of the last 20%.

I am doing great; I haven’t smoked, thanks to HHI and their smoking cessation program. I have been smoke-free for fourteen months now, but who’s counting? Being at HHI was quite an experience for both Mom and I. Between all the treatments, classes and lectures we both kept pretty busy. Some days we only saw each other at mealtimes and when we went back to our shared room at the end of the day. We always tried to schedule exercise classes and pool time together. We both had some wonderful, relaxing treatments throughout our stay! The information that I received while at HHI was immense. I learned so much about how to care for myself that I never knew before. There are things I learned that will carry with me the rest of my life, not to mention all the super nice people we met from all over the world. The employees at HHI were really great and supportive in every way! I had an MRI right before leaving for Florida and it showed that my tumor had shrunk by 80%. Between all of the treatments and all of the prayers, I thought that going to HHI sounded like a great place to help get rid of the last 20%.

I decided to choose a specific drug, selective serotonin reuptake inhibitors (SSRIs), used to treat depression and/or anxiety. Comparing yoga as medicine to drug therapy, I will use a scenario of a man seeking help for chronic anxiety (chronic stress can lead to depression and anxiety). I will show how a relatively curious person with a desire to help himself can use “scientific medicine” and “holistic medicine” together for his benefit.

Drugs as Medicine
Typically a patient with chronic anxiety seeking medical advice might visit his primary care doctor. The visit would include a basic exam with bloodwork to rule out any illness that may contribute to anxiety i.e., heart disorder, breathing disorder etc. In this scenario the man will receive a clean bill of physical health from his doctor. However, it is determined that while his problem with anxiety is not a serious compulsion or disorder it is serious enough to affect his quality of life. The man has been suffering on his own long enough. The doctor would like to see his patient feel better so she might prescribe counseling sessions in order to teach him coping skills for his panic and anxiety. She might prescribe the use of an SSRI drug as a therapy to help the man feel better in his body and function better in the world. Selective serotonin reuptake inhibitors work by increasing the amount of serotonin in the brain. Serotonin is a feel good hormone that is found in the body (tissues, blood, brain, intestines and central nervous system). It helps the muscles and affects the mood. Low levels can contribute to a person feeling depression and anxiety.

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Yoga as Medicine
How Does It Differ from Drugs as Medicine?
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Initially it was difficult for me to compare yoga with drug therapy. Yoga is a body/mind/spirit-centered approach to tuning into oneself in order to become healthier physically, mentally, emotionally and spiritually. Yoga can be seen as a tool to strengthen the body and improve flexibility, balance and posture. Additional benefits include oxygenating red blood cells, moving lymph fluid and releasing endorphins. Drug therapy works by suppressing a symptom or killing cells in order to alleviate pain, reduce tumors, rid unwanted bacteria and virus from the body, etc.
In late December 2010, I felt the need to perform a self breast exam, it was something spontaneous, and to my surprise, I felt a small, hard mass in my right breast. I quickly went to the doctor, and after four days, I received the bad news: “malignant carcinoma in situ” in the breast, grade 1, one inch in diameter.

When I got home, I was still in shock. José, my husband, calmed me and immediately we sought our Lord. We prayed and read the Bible. It was amazing how God reassured me that I should be calm, that this was just a test for God’s purpose.

Despite constant phone calls from the hospital’s nurses urging me to undergo their treatment, I was absolutely unwilling to undergo their procedures. That’s when I called a holistic doctor who I had known for several years. She gave me an appointment immediately. This is when I began to discover the world of natural medicine and learned what I should eat and what should be discarded.

She was the first person who told me about Hippocrates Health Institute (HHI) and how she healed herself of stage 4 pancreatic cancer. Her testimony was very impactful because she is now completely healthy and it has been over 10 years since her diagnosis. José and I went to HHI and, days later, I decided to enroll in HHI’s Life Transformation Program.

My experience at HHI encompassed rediscovering my body and emotions and learning about proper nutrition. In the second week of the program, I was absolutely happy and sure that I was heading in the right direction and over all sustained by God. I now understand why cancer happens and I feel blessed to have visited Hippocrates.

After a full year of following what I have learned at HHI, doctors at the hospital have confirmed there is no sign of cancer in my body. I am extremely grateful to God and to Hippocrates Health Institute for the education they gave me. Everywhere I go I share my testimony and knowledge.

We wholeheartedly endorse Adya Clarity and consider it a superior liquid essential supplement. Hippocrates thanks Matt Bakos at Adya, Inc. for having the professionalism and courage to allow us to analyze and scrutinize this exceptional health builder.

We welcome you to learn more about Adya Clarity at www.adyawater.com.

**Adya Clarity Supplement Review**

by Dr. Brian Clement

In the second half of 2012, we conducted testing and research on the product Adya Clarity. This mineral-rich liquid supplement was of interest to us since the global public, in great part, lacks the full spectrum of minerals and trace minerals necessary to maintain health and reduce premature aging. We unfortunately discovered that some self-appointed internet health authorities were distributing misinformation about Adya Clarity. These individuals claimed that the supplement contained some undesirable elements.

We tested Adya Clarity at Hippocrates Health Institute, not only distributing it to a wide cross section of our guests, but to some of our medical team, including Drs. Anna Maria and Brian Clement. The volunteers consumed the supplement for several months, conducting a heavy metal and chemical blood profile before and after the test period. In addition to receiving the great benefits of the multiple minerals, each participant reduced the handful of concerns that were revealed on the first test.

We are grateful to all those who participated in the testing of Adya Clarity. The participants were from all walks of life and gave of their time to help us discover any potential negative elements.

We are proud to say that Adya Clarity contains only the highest quality minerals and supplements, and is an essential supplement needed in our daily lives.

**Medical Research:**

- **Safe for all ages:** Adya Clarity is safe for all ages and can be used by children as young as three years old.
- **No side effects:** Adya Clarity has no side effects, even in high dosages.
- **Non-GMO:** Adya Clarity is non-GMO and is harvested from the most pristine source.
- **Organic:** Adya Clarity is organic and is harvested from the most pristine source.
- **Sustainable:** Adya Clarity is sustainable and is harvested from the most pristine source.

**Conclusion:**

Adya Clarity is an essential supplement needed in our daily lives. We encourage you to try it and see the benefits for yourself.

**Contact Information:**

For more information, please visit www.adya.com.
Many healthcare providers offer an array of incorrect information, literally preventing healing more than they encourage it. New approaches must chip away at old paradigms in order to alleviate disease on a global scale. This requires an eradication of your past beliefs and notions and a renewal of your acknowledgement that normality is omnipresent and available.

Breath

After age 25, we lose 1% of our ability to utilize oxygen in our body per year. After all, it is always quality, not quantity, that truly counts!

10-Minute Fitness Routines

by Wayne “The Mango Man” Pickering

We have learned that for every hour we sit, we owe 10 minutes to fitness. Since there are 2 Kinds of Fitness, 3 Motions of your Musculature System and 4 Sections of a Good Fitness Program, let’s see what we can do to implement them all into a 10-Minute Fitness Routine. After all, it is always quality, not quantity, that truly counts!

WARM-UP EXERCISES
2 min
Deep Breathing Exercise
Inhale for 3 seconds / Hold for 12 seconds / Exhale hard for 6 seconds
REPEAT TWICE
Total = about 1 min

Pick One Warmup Exercise:

Walk “On The Spot”
More vigorously, swinging your arms and legs as high as you can
Total = 1 min

— or —

Jump Rope Tips
See Jump Rope Tips at right
Total = 1 min

— or —

Run in Place
Take 180 – 200 steps a minute
Total = 1 min

75% of our energy goes to heating the muscles

STRETCHING EXERCISES
2 min
Start from the neck down
1. Neck Exercise
Look to the front, turn your head to the left and hold for 1 second; come back to the front then turn your head to the right and hold for 1 second then come back to the front. Do this five times. All trigger points in your body are being exercised. Total = 15 sec
2. Stretch Face Muscles
Total = 15 sec
3. Reach for the Sky Total = 15 sec
4. Side Bends with Hands by Sides
Total = 15 sec
5. Touch Toes = 5 times Total = 15 sec
6. Put one finger on floor and walk around it two times Repeat with other hand Total = 30 sec
7. Oscillate your body Let your arms swing loosely around your abdominal region Total = 15 sec

MUSCULATURE EXERCISES
5 min

PUSH-UPS for 39 seconds

Breathing Exercise: Inhale for 3 seconds / Hold for 12 seconds / Exhale hard for 6 seconds Total = 21 sec

CRUNCHES for 39 seconds
Repeat Breathing Exercise Total = 21 sec

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DEEP KNEE BENDS (SQUATS)
Total = 30 sec
Repeat Breathing Exercise Total = 21 sec

CURLS with a CHAIR or large DICTIONARY for 39 seconds
Repeat Breathing Exercise Total = 21 sec

WIND DOWN EXERCISES
1 min
Walk for 1 min

— or —

Oscillate your body
Let your arms swing loosely around your abdominal region Total = 1 min

Jumping Rope Tips
Wear sneakers
Be sure to jump on a soft surface
Keep your head up and eyes forward
Jump no more than 1 – 2” from the floor
Land on the balls of your feet with knees slightly bent
Work up to 100 jumps per minute
Jumping Rope for just one minute is a good routine. If you can go five minutes you are in shape.


www.HealthAtLast.com

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www.HealthAtLast.com

Recovery Reality

by Dr. Brian Clement

Recovery is commonly described as “the act of regaining normality or returning toward a healthy state” or “the process of combating a disorder or a real or perceived problem.” Here at Hippocrates Health Institute, we view recovery as “a positive change in consciousness that allows our guests to acknowledge what is preventing the homeostasis of their body, mind and spirit.”
to the miracles of living. I am raw and uninhibited by the masks that we wear to "protect" ourselves from being hurt. We may think these masks protect us, but in reality they disable us from truly living.

I visited Hippocrates Health Institute for about two months in September 2010. Reflecting back I feel that it was not actually the cleansing or the food that changed me. It was the people I met who transformed me. It was the opportunity to form a web of community with those who were open to the change that Hippocrates offered them. I felt that amongst this sort of healing force, I was able to be in direct communion with spirit.

Each blade of grass (wheatgrass) and each green juice held the knowledge of our food that is of utmost importance, giving thanks to the plate in front of us. Hundreds of millions of individuals do not have the opportunity to dine everyday, much less choose whether to put flax oil or dulse on their salads.

To bless and be blessed by our food is what transforms our food into a living (might I dare say raw) prayer. What if scientists studied the concept of transforming a "dead" meal of a bit of cooked food into a very nutritious and "living" meal with the concept of prayer?

I write to you from Chiang Mai, Thailand, where I have the opportunity to work alongside a veterinarian in an elephant clinic that helps orphaned and aged elephants trust humans once again. This kind of work allows us to redeem ourselves and our actions (poaching, logging, habitat desecration), and the chance to help to heal animals.

One of my most memorable meals was shared here in Thailand, amongst elephants and elders. I will fondly look back on it as a night of interspecies communication. By no means was this meal raw. It included cooked foods and other things I do not eat. cont'd on p. 48.

M y mother is indigenous. Therefore, my philosophy is one that contemplates our greater surroundings. The indigenous scholar, theologian and author Vine Deloria once remarked, "Who will find peace with the lands? The future of indigenous people is at stake."

My daughter and I would listen to the trees, the animals and birds, the voices of the places of the land?"

This question of moral responsibility to all beings at large has brought me to contemplate how I can impact the world. Yes, I am of the party that believes one person can make a difference. To think otherwise would be to shirk personal responsibility as a human being participating in an ever-changing ecosystem of ethical integrity. I try to incorporate this question into all aspects of how I live, including my diet. How may I live in a way that embodies compassion for all of life?

It was these two questions that lead me to the raw way of life—emotionally and physically. When I am open to the raw way of life—emotionally and physically. When I am open to the change that Hippocrates offered me. I was able to be in direct communion with spirit.

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M y husband Jeff and I hopped onto the next "train to hell" and did everything we were told. We found a surgeon and an oncologist. “The quicker the better” is what you think when you receive such alarming news. Actually, you’re not thinking, the fear is. I underwent one test after another. The doctors’ plan for me was that since I was in “such good health” they were going to treat the cancer very aggressively with chemo, radiation and the five-year pill (anti-estrogen pills are purported to prevent breast cancer recurrence). The prognosis that my body was strong and could handle the barrage of aggressive treatment was very flattering. But it was also very wrong.

The reality was my sixty-five year old body needed nutrition. Instead it got poison and a ruined immune system. I finally crawled out of bed in February and, after four rounds of chemo, I knew I couldn’t continue with the rest of the treatments. I found an alternative doctor in my area in New Jersey. She told me that if I could get to Hippocrates Health Institute in Florida for their Life Transformation Program, they could do for me in three weeks what it would take her a year to do, assuming I did everything she said. She was quick to point out, “You won’t do everything I say.” Some part of my chemically-brained mind was still there. I should go to Hippocrates and my husband cried when I told him about this plan. He’s not much good at the pajama game. Goodbye New Jersey! As for Hippocrates, I can’t say enough about those three weeks. Being born and raised in New York City, I love walking around all day, meeting new people being educated, informed and involved. My most pleasant surprise was my first walk up to the buffet table. My friends will tell you that I am a glutton who never met a vegetable she didn’t hate. But the minute my body saw the spread, it said, “Finally, you’re going to feed me something I can absorb.” And I haven’t stopped since. Wheatgrass? Love it. Sprouts? Yup. My kids and friends were quite surprised.

Re-entry, however, is a whole other game. It took me a few weeks to get things turned around in my kitchen, to source the wheatgrass in my neighborhood and to keep my family from being too alarmed. I also had to go to the oncology department in August for a PET scan and blood work, and to face a very dubious doctor. Thankfully, the tests could not find any cancer. I will continue to go for blood work, but in the meantime all my chemo problems are gone. No more dry mouth, candida and especially neuropathy. I’m out and about again—exercising, socializing and enjoying being a vegan.

In October 2011, I went for my annual physical exam with my doctor and everything checked out fine, except for my white blood count, which is still on the low side. So I keep in touch with the good people of Hippocrates to tweak my supplements and get that great good energy from them. Upon graduating from the three-week Life Transformation Program, Hippocrates alumni enjoy lifelong, periodic, written consulta- tion free of charge to keep them on the right track. morn928@webtv.net

I can be contacted via email at morn928@webtv.net P.S. My husband hasn’t changed his diet completely, just enough to lose twenty pounds. He loves making green drinks and dinner in a blender!
At long last, the well deserved recognition of Ann Wigmore’s life and her contribution to humanity’s health and wellbeing has been celebrated in her home country of Lithuania. Now held annually, this was an extraordinary several day event. The world’s Ann Wigmore institutes and educators (ambassadors) congregated together for the first time to pay homage to our common teacher and mentor. The energy level was truly exceptional and unforgettable among all the ambassadors. Events are listed below in sequence to get a sense of the what was experienced by all.

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**First day of conference:** We were honored by Agne Zuokien, MP, of Lithuanian Parliament, who welcomed all to our Living Foods Conference with the blessings of the Lithuanian government. This day was dedicated to presentations by all ambassadors about Ann Wigmore and her life, times and personal relationships many had with her. Contributors included: Leola Brooks, Victoria Boutenko, Karyn Calabrese, Janina Davidiøiene, Joyce Oliveto, Claudia Salas, Cherie Soria, Jill Sowers, Loretta Vainius, Mikael Bostrom, Dr. Brian Clement, Dr. Algimantas Kirkutis, Viktoras Kulvinskas and Steve Meyerowitz.

**Second day of conference:** An official press conference at the Lithuanian Parliament was organized at the insistence of Agne Zuokien, MP, with the Minister of Health in attendance. There was strong interest on the government level to improve the health and wellbeing of the Lithuanian people. In continuation of our conference, all were welcomed by the mayor of Vilnius, Arturas Zuokas who expressed his gratitude for staging such an extraordinary event in his city. As a token of appreciation, he promised to offer an office/ storefront in the city to promote living foods education and offer juicing/living foods. Major presentations by Karyn Calabrese (Toxicity and Detoxification), Victoria Boutenko (Miracle of Wild Edibles), Viktoras Kulvinskas (Holistic Therapeutic Enzymes), Dr. Algimantas Kirkutis (History and Influence of Vydunas, 1868 – 1935 in the Field of Health and Wellbeing), Dr. Brian Clement (Life Force and Longevity). An extra unscheduled event had a 104-year-old living food Yogi from India who performed unbelievable yoga exercises. At the conclusion of the Vilnius Conference (18:00 hours), all ambassadors and visitors traveled to the city of Klaipeda by coach.

**9/21/2012:** At 08:00, our final journey began to Kruopiai, where Ann Wigmore was born and worked before her departure to the USA. Upon arrival at 12:00 by coach, we all assembled at St. Ann’s Church, where Ann Wigmore was baptized more than a century ago, for a commemorative Requiem Mass with the townspeople. After mass, everyone made their way by foot to the Kruopiai Town Park where the Ann Wigmore Monument, designed and built by Kestutis Krasauskas, was breathtaking. About four meters high (12 feet), it symbolized the life and work of Ann Wigmore as interpreted by the sculptor after he read Ann Wigmore’s first book Why Suffer. All ambassadors, the town mayor, town elders, townspeople, and guests gathered at the site. The statue was surrounded by young ladies in traditional Lithuanian folk costumes holding wreaths (pictured opposite page). The dedication ceremonies began with the blessing of the statue by the pastor of St. Ann’s church. Dedication speeches were presented by the mayor, town elder, sculptor, various ambassadors and others. After the formal ceremonies the singing and folk dancing followed. An incredible gourmet living food table was prepared by Loretta Vainius, Genute Draguniene and Janina Baniene (with high school students decorating the tables).
While I have experienced so much healing at Hippocrates Health Institute, I am realizing that there is another “layer of the onion” to be unveiled for me to complete my healing journey.

The other day I was asked by Kathryn Lippman, Director of Guest Services at Hippocrates, to speak to a group of people who were interested in seeing what Hippocrates had to offer. I was tired and told her that I would be happy to do this any other day but not today as I grabbed my dinner. I was happy to do this any other day but not today. As I grabbed my dinner, I heard a little more of the story than I had expected. I turned around and walked into the kitchen.

Inflammation

by Jacqueline Pascual : Las Vegas, Nevada

On October 14, 1996, I woke up to a house full of commotion. I was nine years old and just about ready to go to school. My father was sitting in his recliner suffocating as my aunt and my grandma were trying to help him drink water to revive him. I remember my mom kneeling beside my father, telling him that everything was going to be okay. Wow, what a painful time.

My father passed away that October day, at 38 years old, from a heart attack. I remember my mom knowing that she had to be strong. As a child, I don’t remember crying. It was just like everything was going to be okay. I remember my mom kneeling beside my father, telling him that everything was going to be okay. Wow, what a painful time.

In October 2011, I was able to enroll in my journey to begin changing my life. This is when I started detoxifying physically and emotionally. As I have learned at Hippocrates, you have to deal with your pain so you can move on and truly live. My family never hugged each other or said I love you. We always wore a mask as if everything was okay, never letting the pain come to the surface. I grew up feeling so alone. I was not a happy person and felt very frustrated. It was not easy.

I grew up in the Catholic Church, but I never quite connected with Christianity until a friend in high school brought me to a Christian church that taught me to read the Bible. From the age of 15 to 19 I always had boyfriends. While living in Las Vegas, my boyfriend and I broke up. We had been together over five years; I felt so alone again. This is when I realized I wasn’t in control. I began to surrender. Every day I would wake up and ask God to show me what He wanted me to do with my life. He soon led me on a crazy adventure to quit my job, give away all my things, follow Jesus and write a book about inspiration and how to live the best life that you can live. Life is so short, and I just want to embrace every moment. This motivation, along with my passion for living foods and living a balanced, holistic lifestyle, was the catalyst for how I ended up at Hippocrates Health Institute.

I had no idea what I was going to become in going there. When I first arrived, I saw all of the sick people around me and felt so blessed that I did not come here for any illness. As I walked up to have my health consultation, I asked myself, what am I here to heal?” And all I could hear God saying was, “You’re here to heal your broken heart.” During my analysis, Tom Fisher, RN, a staff nurse, determined that I had been carrying inflammation in my chest. I really was here to heal my heart. Sometimes we don’t realize that we are suffering because we put a mask on to hide the pain. Hippocrates allowed me to dig deep within my mind, body and soul to regress to the times in my life when I got “stuck.” I was finally able to find freedom from this burden. Hippocrates is not just a place where you detoxify yourself physically, but emotionally and spiritually as well.

Dr. Brian Clement stresses how we must keep our physical, emotional and spiritual self in balance or we become sick. Most of us are driven by the physical aspects and have very little understanding of our emotions and spirit. When you feed yourself healthy foods and treat your body as a whole rather than just treating its symptoms, you naturally become more aware of what you have been hiding underneath. cont’d on p. 52

I was born and raised in the south of Mexico in a small town called San Cristobal. In 1999, I came to Disney as a cultural representative and worked at the Mexican pavilion in Epcot. This is where I met Guillermo, who is now my husband. We were married in 2002, started a family and were blessed to have three beautiful, healthy children. Even though I was thrilled to have a family of my own in Florida, it was very hard for me not to live close to my parents and family who were still in Mexico. I adopted the standard American diet (SAD) right after I moved, and I was under a lot of stress between my job and trying to be the perfect wife and supermom.

In August 2009, a few months after my 32nd birthday, I was diagnosed with breast cancer (Ductal Carcinoma) stage 3. The revealing news marked the beginning of many challenges.

Facing the fears of a life-threatening disease and the issue of mortality was too much to handle, both physically and emotionally. Fortunately, I had always been interested in learning about natural medicine and I started researching natural alternatives for healing. I did not want to go through the conventional treatments and knew there had to be another way, but I was so overwhelmed I couldn’t seem to find anything. During that very stressful time, my youngest son was only a year old and I did not want to leave my children or husband alone. Moreover, the oncologist was putting pressure on me, telling me that the cancer was advanced and that I had to think about my family. He insisted on a double mastectomy, followed by chemotherapy, hormonal treatments and multiple reconstructive surgeries and I agreed. Unfortunately, I could make only a few lifestyle changes at that time.

The cancer seemed to have been gone, but in February 2011, I found a small new lump on the same breast and I knew the cancer was back. The scan showed that the cancer had metastasized to my spinal cord. The news was devastating and I felt hopeless, as the oncologist said that there was no chance for a cure.

My oncologist said the only thing she could offer was a hormonal treatment which could possibly hinder the cancer’s progression. I was shattered, but my husband, my children and my wonderful mother gave me strength every single day. I decided to take the hormonal treatment and live one day at a time.

I strongly believed that if I asked my Father in Heaven, He would help me fight this disease and live a longer life with my family. I kept praying to find an alternative method of healing. Because we had a mounting stack of medical bills, a friend of mine suggested raising funds through a website to help us financially. The website brought many good people into my life. I met people who helped me start changing my lifestyle. A friend helped me get in touch with a macrobiotics nutritionist. This was the first step in my journey to begin changing my life. Then, in September 2011, another family reached out to me and offered their help. They talked to me about Hippocrates Health Institute (HHI). They put on a communication workshop to raise funds for my three week stay at HHI. I was thrilled, and in October 2011, I was able to enroll in the Life Transformation Program at Hippocrates.

It was an amazing experience! I learned so much about the human body and the effect the mind has on the body. Drs. Anna Maria and Brian Clement and their staff truly care about each guest and treat them as a whole person. I thoroughly enjoyed the lectures, the treatments and the wonderful living food buffets.

The first week was really hard. This is when I started detoxifying physically and emotionally. I realized how much someone’s emotions affect his/her health.

cont’d on p. 52

Supermom Beats Cancer

Stage 3 Cancer

by Eunice Escobedo : Kissimmee, Florida
The Recovery of Our World Through Education

Training a New Generation of Future Environmental Leaders—at Green School in Bali

by Kaia Roman

When John Hardy sold his successful jewelry business in 2007, he could have retired quietly, but instead turned his attention to building “Green School,” a 20-acre preschool through high school campus in the jungle in Bali, Indonesia—all in response to seeing the movie “An Inconvenient Truth.”

“It’s GORE’s fault!” says Hardy. “I have four children, and if even half of what we’re hearing is true, they will not be able to grow up in the world that I did, a world with abundant resources.”

So Hardy built Green School in 2008, with a visionary approach to solving the world’s environmental problems: educate a new generation of leaders who will fix them. Green School is built almost entirely from bamboo, down to the chalkboards and chairs. The classrooms were intentionally built with no walls, so the students can feel a connection with the environment around them. The “Heart of School” building, which houses the administrative offices, IT lab, school library, art rooms and meeting spaces, is a three-story, 60-foot bamboo structure of three interconnecting spirals in the shape of a double helix. The school has been a finalist of the Aga Khan Architecture Awards for its daring design.

This exceptional learning environment inspires students to be as creative and innovative as their surroundings.

Green School was awarded the 2012 Greenest School on Earth by the United States Green Building Council Center for Green Schools and has become a “destination school” which has attracted over 250 preschool through high school students from more than 55 countries seeking a unique, nature-based, student-centered education. The school follows a holistic education model, with green studies woven into every area of study throughout the curriculum. Organic food for school lunches is grown in permaculture gardens on site, with students participating in the cultivation and harvest. The campus is powered by a hillside of solar panels, with the upcoming addition of a hydroelectric “vortex,” harnessing energy from the nearby river.

Essential to the Green School model is the school-centered village, housing and small businesses built around the focal point of a school. Since its humble beginnings with a handful of buildings in 2008, Green School has expanded into a thriving village community in Bali, with numerous houses and businesses built around the school. One of those businesses, the Living Food Lab, serves organic, raw, vegan delights to students, parents, staff and visitors to Green School, which is a buzzing hub of activity on a daily basis.

“Green School has been very supportive in getting the Living Food Lab running on campus, as well as having raw food workshops for the Green School community. The kids love the food, which is now one of their three main options available for lunch every day. We are also excited to have a series of weekly raw food ‘cooking classes’ and weekend retreats planned for the near future at the school,” said Living Food Lab Co-founder Steve Munroe.

Food is one of the major areas of education focus at Green School, as it is the most basic and integral aspect of sustainability for all beings. “So many people in the Western world never think about where their food comes from, what has been added to it, or taken away from it, and how it is sustaining or harming their bodies. We have become so removed from the essential elements that sustain our life,” said Green School Facilitator Chris Thompson. “At Green School, students learn where food comes from—from seed to plant to plate—and they are actively involved in growing and preparing the food that we eat every day at the school.”

Green School is a work in progress, with new projects and partnerships popping up every day. It serves as a thriving model for future green schools around the world, which Hardy and his team are keen to build.

For more information, see www.greenschool.org

Also conduct internet search: “John Hardy TED talk”
Bernadette Bohan: The Choice

The stomach lurching experience of becoming a cancer patient, or worse a cancer victim, faced with the terrifying possibility of dying before my children are grown, led to a major change in my life. What a painful way to learn the value of health.

When I was 33 years of age, married with two small children, I developed cancer of the lymph system. Pregnant at the time, the stomach lurching experience, my goal is to help people release that healing force within them and to rebuild their immune system. If I veer from a plant-based diet, my sugar and processed food cravings, along with creeping arthritis and ADHD scatteredness, emerge like a monster. Continually updating the Life Force Energy manual, now going into its sixth edition, helps me reflect and stay on track to achieve my goal. Healing is a continuous practice and process, not a completed state.

Likewise, Life Force Energy is evolving to reach out to a wider audience to heal children. With a team comprised of the Life Force graduates from my ongoing ten week course, we are transforming the book into lesson plans being implemented in several inner city healthy after-school programs, see www.RealKidsRealFood.org. I am forever thankful to Drs. Brian and Anna Maria Clement and the growing number of practitioners and supporters of the Hippocrates lifestyle.

www.optimumhealthsolution.org
Email: bethy.bragg66@gmail.com

Kris Carr: Crazy Sexy Cancer
Kris was on a roll! She was considered “the Julia Roberts of advertising” with success in commercials, in the theater and in films. On Valentine’s Day in 2003, she was diagnosed with a very rare and incurable (yet thankfully slow growing) stage 4 cancer. This moment sparked a deep desire in her to stop holding back and start living like she meant it! She wanted to feel better, love harder and enjoy her life more fully.

This walk-up call encouraged her to make a total lifestyle change inside and out. It taught her how to listen to her inner guide and brought her back to nature, the garden and the kitchen (her pharmacies). It reminded her exercise is non-negotiable (great for your head, heart, cells and a-ets), joy is utterly contagious, and having fun must be taken very seriously.

Her New York City life was frenetic. She needed to detox, cleanse her body and soul and start a new health plan. She tried, but her pain worsened and she had severe abdominal cramping and shortness of breath. The doctor thought it was her gall bladder but it was a vascular cancer in the lining of the blood vessels in her liver and lungs. They did an ultrasound and found lesions all over her liver (she didn’t know lesions are another word for “tumors”). This is a rare stage 4 cancer that doctors told her was incurable and inoperable. They did not treat her and took a “watch and wait” attitude, which actually was a good thing as it caused no more harm.

Kris went to Hippocrates Health Institute and learned how to alter her diet from excess junk food to healthy green and living food. As she felt the healing commence, she went on to become a Hippocrates Health Educator. There is scientific evidence that a change in diet is very beneficial in the healing process and she shows how to do this in her book Crazy Sexy Cancer. Kris’ book, her movie, and her television appearances have helped many people overcome the “Big C” and move on to a better, healthier, happier life. www.kriscarr.com

www.julietteguidara.com Email: juliette@centerofthought.com cont’d on p. 60

Juliette & Frank Guidara: 5.4% Beating the Odds of Pancreatic Cancer

It’s July 3rd, 2008, eleven days before our first wedding anniversary and we’re sitting at Mass General Hospital being told that Frank has pancreatic cancer.

Frantic, we did everything our doctors told us to do, including surgery, radiation and chemotherapy. Still, the AMA’s five-year survival rate for pancreatic cancer is 5.4%. To improve those odds, we were willing to do anything. The love of my life was not going to die!

We heard about Hippocrates Health Institute (HHI) from a friend and compared it to other health institutes. The decision was easy. And three weeks after Frank’s last round of chemo, we arrived at HHI and were greeted with our very first green juice—something we cannot imagine living without now. I was a mess at the time and scared out of my mind. I will never forget attending one of Dr. Brian Clement’s lectures, during which I asked him (sobbing) what the odds of survival would be adhered strictly to HHI’s teachings. He looked into my eyes with absolute confidence and said “100%.” I felt hope.

We followed the Hippocrates protocol religiously before introducing some steamed veggies and soups. We know that God gave us the world’s best doctor, the immune system, and thanks to HHI, we have learned how to support and strengthen it so that it can do its job. The Hippocrates program, along with other alternative healing modalities which I wrote about in my book, helped save Frank’s life and our hearts will forever be grateful.

I promised God (and a friend) that if Frank lived, I’d write a book in order to share everything we learned and bring hope to patients confronted with the brutality and devastating speed of this cancer.

www.julietteguidara.com

One of my greatest joys is recognizing the exceptional accomplishments of so many of our brave students. Out of the many thousands of Hippocrates Alumni who have brought about their own healing from an endless array of diseases and challenges, there is a select group of beautiful people who wrote down their stories to guide others to achieving the same remarkable results. At the beginning of this New Year, we are proud to highlight some of these individuals. They are like Brian’s and my offspring and have made Mom and Dad very happy. They seem to have “got the program” so much that they want to share it with the rest of the world.

We encourage all of you who love to read life-changing stories to absorb each of these books and share them with your friends and family. Then all your lives can be touched by the greatness of human spirit.
I had a digestive disorder called ulcerative colitis. For those unfamiliar with this condition, on a good day ulcerative colitis is still pretty painful. On a bad day, the kind “chronic” and I would always need to keep you alive. You stare out hospital windows hoping the pain will subside, the awful spasms of the colon will stop and you’ll be able to enjoy life as intended.

I was told ulcerative colitis is “chronic” and I would always need to be on medication to keep it in check. Amazingly, even though this is a digestive disorder, I was told I had very few food restrictions and diet wasn’t a “factor.”

Skip ahead a few decades to 2012, when I was diagnosed with a cancerous tumor. My doctor from Mount Sinai said, “If it were me I’d have it out yesterday, or at the absolute latest, this Friday.” Luckily, I had a brother and a dear friend who made me aware of Hippocrates Health Institute (HHI).

With their inspiration, instead of getting on a surgical bed that Friday, I found myself on a plane flying to West Palm Beach, Florida.

I knew that with the ulcerative colitis I might have had some serious (emphasis on the word “serious”) trouble with radiation and/or chemotherapy, not to mention surgery. I refused to believe that the only methods for treating cancer were the aforementioned, “big 3.” I knew in my heart the cancer was simply the evolution of many years of poor health.

My overriding motivation was that of a single father of a two-year-old son. I did not care about 5- or 10-year survival rates; I wanted the 50-year plan. I was being guided by a love that all fathers understand—a love that I knew could overcome all obstacles and all fears.

Upon arrival at HHI, it was my primary impression that this stay was going to be about learning how to make changes to my diet. Little did I know that diet would only be a small piece of my journey. Hippocrates offers much more than a diet for optimal health. Within the first 24 hours of my arrival at HHI, I met a fellow student, Bart, who was told by his doctors that he was “terminal, with just a few weeks to live.” But that was six years ago! He told me he came to HHI as a last resort and had been coming back ever since.

The magic began to happen for me. Every day at Hippocrates I met more and more amazing people, both staff members and students. With an open mindset and a willingness to listen and learn, I discovered what it was like to be part of a community of people interested in healing not only themselves, but each other.

I learned that healing performs best not just as an isolated, personal mission, but as a movement toward collective well-being.

To ensure a thorough review, I spent a few days whipping up a dozen recipes from the book. Having Kris and Chad as my guides was a joy. I made things I’d never thought of before—like a shaved asparagus garnish to the raw Beetroot Kefi (filled with another new culinary adventure, probiotic cultured nut cream cheese).

The basic cream cheese recipe is quick and easy. Culturing instructions are presented at the end as an option for days (emphasis on the word “serious”) to the Hippocrates diet and promote its hot date or mother-in-law”). If a recipe takes less than 45 minutes, it’s labeled a “Quickie.” Gluten-free, Soy-free, Raw and Kid-friendly labels are also used.

As with any recipe book, if you’re following a particular diet, you’ll have to make adaptations to suit your needs. Curiously, despite the “raw” label for the Caramel Chocolate Mousse, it does include cooked chickpeas and lightly toasted sunflower and sesame seeds, which aren’t raw. A quick fix would be sprouted chickpeas or seeds, which would work well in this nutrient-dense recipe that packs a punch with vitamin C and iron-rich parsley and high-omega 3 flax oil. To adapt the Caramel Chocolate Mousse to the Hippocrates diet and promote optimum health, in addition to the substitutions above, you could also use fresh lemon juice in place of the vitamin C that the Crazy Sexy Bean Chills calls for. For a low-glycemic substitute for orange juice, try a dash of fresh lemon juice, water equal to the volume of orange juice called for, plus a few drops of stevia.

When recipes in Crazy Sexy Kitchen contain gluten, ample suggestions for substitutes are given. For example, the Crazy Sexy Bean Chills calls for ground seitain (vital wheat gluten), with cramped tempeh and finely diced mushrooms offered as alternatives, for the gluten-intolerant and soy-sawy crowds, respectively. I appreciate the addition of kale, thrown into the chili at the last moment, after the stove is turned off. Such leafy greens are promoted throughout the book, a staple for the diet, as are green juices.

The cookbook includes eight delicious green juice recipes featuring spinach, parsley, romaine, dandelion greens, radish greens and watercress. Six green smoothies also grace the book’s pages. A number of recipes feature sunflower and pea shoots, which are among the best sources of raw vegan protein and budget-friendly too—buy the seeds at your local health food store, plant in a tray of soil, water and watch them grow! 

I couldn’t wait to get my hands on Crazy Sexy Kitchen: 150 plant-empowered recipes to ignite a mouthwatering revolution by Kris Carr (Crazy Sexy Cancer) and Chef Chad Sarno. I adore both Kris Carr, who is a graduate of the Hippocrates Health Educator program and founder of Crazy Sexy Wellness, LLC, and Chad Sarno, superstar vegan chef, currently seen at the Healthy Eating Kiosks at Whole Foods Markets nationwide, demonstrating healthy plant-strong low-fat cooking techniques on the flat screen TV. I’ve had the pleasure of meeting them both, and they each exude a passion for their work on the cutting edge of nutrition: promoting healthy, delicious, nutrient-dense, “plant-empowered” meals to support people on their journeys to wellness.

This comes through in the book, which bears Carr’s signature scrapbook-inspired design, conversational notes from both authors, full-page color photos of recipes, and loads of tips for the beginner-to-intermediate chef to get acquainted with the ingredients, tools and techniques used in a whole foods kitchen, as well as a section entitled “how to be a bargainista.”

Crazy Sexy Kitchen
Book Review by Sarah Steinberg

T...
higher nutrient level, the toxins are
and phyto-nutrients. Because of this
appropriate enzymes, antioxidants
they contain more vitamins, minerals,
and algae have a lower nutrient density.
Because in the warmer water, seaweed
contain contaminants and toxins. This is
decades, we tested all types of seaweed
in Newfoundland and Iceland. Over the
areas that are in northern and eastern Canada,
tide exchange. Those colder waters
nutrient-rich, raw superior food.
the appropriate enzymes, antioxidants
seven different sea vegetables that are
bles for over 40 years. For SeaStrength,
I've been working with sea vegeta-
ing LifeGive SeaStrength never falls out
process to reduce surface tension of
memory of the sea vegetables. 15
up the sea vegetables.
Another thing that separates
vegetable products is the way it is
benefit of man's knowledge and, more
SeaStrength, you will experience the
I found myself sitting at my kitchen
green drink has become my commu-
the last of the juicing and preparing to
the fridge—has become like a “walk-
and blood of my God, my Savior of the
from suffering. Hallelujah!
healing power of Mother Nature. I am
prayer, calling on its healing power to
It is a ritual I look forward to. As I drink
I am one with the plants, and the
health power of Mother Nature. I am
home. I am whole. I am happy and free

Who Is The Doctor?

Ductal Carcinoma
by Sandra Boston : Greenfield, Massachusetts

In China, when people are ill, they go to their local acupuncture clinic because everyone there believes it will make them well again. That behavior is called a “group mind.” In the West, if we get a cancer diagnosis, we go to our local oncologist and start following instructions. That is our group mind. After two surgeries for DCIS (Ductal Carcinoma In Situ), followed by infiltrating cells, a micro-invasion in two sentinel nodes, and a proposed third surgery, I blew the whistle and stopped following instructions.

N ow I was on my own. I didn’t
know it yet, but I had left the
group mind. I was terribly
lonely. I knew I didn’t want more of
what my oncologist was offering, but I
didn’t know where else to turn. Who
was the doctor now? I sure didn’t
want to be the doctor, but everything I
was reading was telling me not to follow
the tradition in. That is how SeaStrength
was born.

A friend from the Hippocrates
Health Institute staff called me and
urged me to come there. My response
was, “I can’t leave town until I
figure out what to do.” She was persistent.
Another friend told me, “You’re not
going to find the answer in your head,
Sandra. You’re not going to ace this
exam. You have to let go.” Then I
went to see Bernie and told him how
conflicted I was about which way to turn.
His advice “Stop trying not to
die. Pick the treatment that makes you
happy so you won’t be disappointed in
yourself. If you even try to do it, you’re
going to find the answer in your head.”
Then I went to see Berney and told him how
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I am excited to share
a new product called
LifeGive SeaStrength.

Hello I’m Bela the sea
vegetable expert. I am
excited to share
a new product called
LifeGive SeaStrength.

I’ve been working with sea vegeta-
tives for over 40 years. For SeaStrength,
I have put together a combination of
seven different sea vegetables that are
energetically compatible and contain
virtually every vitamin, mineral, trace
mineral and amino acid, as well as all of
the appropriate enzymes, antioxidants
and phyto-nutrients. Because of this
structure of the plant.

Another thing that separates
LifeGive SeaStrength from other sea
vegetable products is the way it is
harvested. We never alter nature. These
sea vegetables are hand harvested
from the region of origin, and that
region of origin is where nature placed
it on earth. After hand harvesting the
sea vegetables, we wash them with
cold water, sun dry them and grind
them to a texture similar to coarse
coffee grounds. It’s important to note
that SeaStrength is not processed
with methods such as pasteurization,
alcohol precipitation or charcoal filter-
ing. These methods would upset the
natural occurring elements that make
up the sea vegetables.

Once the sea vegetables are hand
harvested, rinsed and ground, they are
harvested. We never alter nature. These
vegetables from the
coldest waters with
a higher nutrient
density and are a harder plant, thus
they contain more vitamins, minerals,
trace minerals, amino acids and all the
appropriate enzymes, antioxidants
and phyto-nutrients. Because of this
higher nutrient level, the toxins are
not allowed to penetrate the cellulose
Can GMOs Help End World Hunger?

by John Robbins

The hope that GMO foods might bring solutions to malnutrition and world hunger was never more dramatically illustrated than when Time Magazine ran a cover story titled "Grains of Hope." The article joyfully announced the development of a genetically engineered "golden rice." This new strain of GM rice has genes from viruses and daffodils spliced into its genetic instructions. The result is a form of rice that is a golden-yellow color (much like daffodil flowers), and that produces beta-carotene, which the human body normally converts into Vitamin A.

Nearly a million children die every year because they are weakened by Vitamin A deficiencies and an additional 350,000 go blind. Golden rice, said Time, will be a godsend for the half of humanity that depends on rice for its major staple. Merely eating this rice could prevent blindness and death.

The development of golden rice was, it seemed, compelling and inspiring evidence that GM crops are the answer to malnutrition and hunger. Time quoted former U.S. President Jimmy Carter: "Responsible biotechnology is not the enemy, starvation is."

Shortly after the Time cover story, Monsanto and other biotechnology companies launched a $50 million marketing campaign, including $32 million in TV and print advertising. The ads, complete with soft focus fields and smiling children, said that "biotech foods could help end world hunger." Other ad campaigns have followed. One Monsanto ad tells the public: "Biotechnology is one of tomorrow’s tools in our hands today. Slowing its acceptance is a luxury our hungry world cannot afford."

Within a few months, the biotech industry had spent far more on these ads than it had on developing golden rice. Their purpose? "Unless I’m missing something," wrote Michael Pollan in The New York Times magazine, "the aim of this audacious new advertising campaign is to impale people like me—well-off first-worlders dubious about genetically engineered food—on the horns of a moral dilemma. If we don’t get over our queasiness about eating genetically modified food, kids in the third world will go blind."

The implication of the ads is that lifesaving food is being held hostage by anti-science activists.

In the years since Time proclaimed the promises of golden rice, however, we’ve learned a few things. For one thing, we’ve learned that golden rice will not grow in the kinds of soil that it must to be of value to the world’s hungry. To grow properly, it requires heavy use of fertilizers and pesticides—expensive inputs unaffordable to the very people that the variety is supposed to help. And we’ve also learned that golden rice requires large amounts of water—water that might not be available in precisely those areas where Vitamin A deficiency is a problem, and where farmers cannot afford costly irrigation projects.

And one more thing—it turns out that golden rice doesn’t work, even in theory. Malnourished people are not able to absorb Vitamin A in this form. And even if they could, they’d have to eat an awful lot of the stuff. An 11-year-old boy would have to eat 27 bowls of golden rice a day in order to satisfy his minimum requirement for the vitamin.

I’m sure that given enough time and enough money, some viable genetically modified (GM) crops could be developed that contain more nutrients or have higher yields. But I’m not sure that even if that were to happen, it would actually benefit the world’s poor. Monsanto and the other biotech companies aren’t developing these seeds with the intention of giving them away. If people can’t afford to buy GM seeds, or if they can’t afford the fertilizers, pesticides and water the seeds require, they’ll be left out.

Poverty is at the root of the problem of hunger. As Peter Rosset, director of Food First, reminds us, "People do not have Vitamin A deficiency because rice contains too little Vitamin A, but because their diet has been reduced to rice and almost nothing else."

cont’d on p. 56

Reprinted courtesy of The Huffington Post

Can genetically engineered foods help feed the hungry? Are anti-GMO activists and over-zealous environmentalists standing in the way of the hungry being fed?
I was in and out of psychiatric hospitals because the doctors had diagnosed me with “Major Depression Disorder.” These hospitals did not have a clue about the vegan, raw/living foods lifestyle. During all my hospitalizations, they made no effort to accommodate my vegan appetite. I did not know what “raw/living foods” was until I came to Hippocrates, being drugged there on my hands and knees by my mother. I guess I didn’t know what to expect of this place, but when she convinced me it would help, I was convinced that this way of living and this way of eating will not only help me, but help others by acting as an example. The staff was caring, authentic and full of life. I came from a place where people didn’t care about anything but themselves. A positive, warm-hearted environment where everyone was simply kind to each other was the best thing that could come my way.

I already ate a vegan diet before my trip to HH, but I didn’t eat it for health reasons. My idea of vegan fare was “beautiful.” During this time, I was back north in cold New York. I had dropped 20%. Dr. Marcus decided that this was a faint memory of what was my past. Now, it’s made me happy to think that I don’t have to be in and out of hospitals anymore because of that simply meaningless word. I have recovered and I am now a person, looking forward to a bright future as I follow a path of health and discovery.
The product quickly became highly valued by those who used it, and direct online sales increased to over One Million dollars per month. But then there was “trouble in River City” and the flow of Adya Clarity was hindered, probably because of three reasons: inadequate education about the function of the mineral content in the water; lack of quantifiable, clearly present because the cagelike molecular structure is built solely on aluminum and silicate, much like zeolites and clays. Fortunately, the aluminum and iron act as a binder and precipitate out of solution when they interact with toxicants and contaminants. This allows these minerals to be excreted and not absorbed into our cells. EPA tests show that this occurs even in tap water. When properly filtered, the aluminum and iron are reduced well below EPA limits. Blood and hair analysis in humans reveal the reduction of aluminum. Even after consuming our product for extended periods of time, iron and aluminum has never tested in a dangerous range.

Dr. Brian Clement: One detractor has questioned how sulfuric acid could be good for us, even comparing it to battery acid. Is this not dangerous?

Dr. Brian Clement: One of our goals is to provide education about how our mineral salts are essential to all life. Sulfuric acid is a good example of how misinformation about other important compounds can create concern. Volcanic vents emit salts in sulfate forms as springs, as wells, as oceans. Sulfate springs are determined by their sulfate mineral content. When sulfate content is low, the losses their sulfate content is high. This is usually straight sulfuric acid at a 30% concentration which absolutely would not be safe to consume. Adya Clarity has a 0.5% sulfuric content with roughly 3% as salts in sulfate form.

Matt Bakos: Specifically what tests were performed by your Institute for those using this mineral supplement?

Matt Bakos: Dr. Clement, do you plan on using Adya Clarity as part of your health regimen for clients at the Institute?

Dr. Brian Clement: When we find it appropriate for our guests who need to release dangerous metals and chemicals, and strengthen their mineral reserve in a suitable way, we will certainly utilize this liquid powerhouse.

Dr. Brian Clement: Matt, please tell us what the company is doing currently, regarding product availability. How do you acquire raw materials?

Matt Bakos: We are ramping up production and are currently in negotiation with a top networking company [contact information following this article] who shares with us congruent values regarding environmental toxins, purity, and integrity. We hope to be available to the general public sometime early in 2013. In the meantime, Adya Clarity is available for purchase right now through the Hippocrates Health Institute Store.

Matt Bakos: I want to personally thank you, Dr. Clement, for being open to take a risk doing this research. We know your reputation is impeccable, and that by bringing such a hearty endorsement, we trust that you have done your due diligence. We are grateful to you, that after taking a risk education about how our mineral salts are essential to all life. Sulfuric acid is a good example of how misinformation about other important compounds can create concern. Volcanic vents emit salts in sulfate forms as springs, as wells, as oceans. Sulfate springs are determined by their sulfate mineral content. When sulfate content is low, the losses their sulfate content is high. This is usually straight sulfuric acid at a 30% concentration which absolutely would not be safe to consume. Adya Clarity has a 0.5% sulfuric content with roughly 3% as salts in sulfate form.

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Dr. Brian Clement: We obtained an advanced heavy metal and chemical profile from a specialized laboratory. We also used standard blood tests.

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The Role of Stem Cells in Regenerative Medicine and Immune Dysfunction

by Wendy Ward, MD, and Brooke Mastroianni

After more than a year of struggling to beat his non-Hodgkin’s lymphoma, Louis Masucci was told to prepare his will, for he had but two days to live. Today, roughly three years after starting treatment at South Florida Bone Marrow and Stem Cell Transplant Institute, Mr. Masucci’s non-Hodgkin’s lymphoma is in remission.

Through his work in regenerative medicine, Dr. Maharaj has touched numerous lives, including Mr. Masucci’s. “Stem cells are the future of medicine,” says Dr. Maharaj, a hematologist/oncologist specializing in stem cell transplantation and research. He refuses to give up in fighting disease, stating, “The harder I work, and the more dedicated my care, the closer we are to beating cancer and other diseases.” Dr. Maharaj is currently the Medical Director at South Florida Bone Marrow and Stem Cell Transplant Institute, and has performed stem cell transplants for over 25 years. Regenerative Medicine

Stem cell-based therapies, known collectively as “regenerative medicine,” have the potential to provide beneficial treatment for a number of diseases, in addition to overall improvement of health. Regenerative medicine is a new and developing field that aims to restore function in diseases or aged tissues through either revitalizing existing cells, or transplanting new ones. Specifically, Dr. Maharaj incorporates adult stem cells in his treatments. Adult stem cells, also known as “hematopoietic or progenitor cells,” are cells produced in the bone marrow that can create all blood cell types. These cells are pluripotent, meaning that they have the remarkable potential to develop and grow into many different, specialized cells. This growth process results in mature cells that are released into the peripheral blood stream. These mature cells then circulate through our blood to naturally repair tissue and organ damage.

The potential of adult stem cell therapies is tremendous. Currently, Dr. Maharaj treats patients suffering from a variety of diseases through stem cell mobilization; a process by which a subcutaneous injection of human growth factor releases the patient’s own stem cells from their bone marrow into their peripheral blood. These stem cells therefore boost the immune system by regenerating the natural immune cell function.

Dr. Maharaj works in collaboration with Hippocrates Health Institute for people who want to forge dual new frontiers.

www.bmscti.org

Ill my life I was blessed with and grateful for radiant health and strength. Athletic and active, I am a professional photographer/artist, certified Kripalu yoga and yoga dance teacher, YMCA fitness leader, ocean swimmer and cyclist. My diet was organic vegan. I lived a yogic/holistic lifestyle. However, in Berlin I began to use foods that were prior taboos, like wine, coffee, dairy and sweets. Most damaging, I lost myself. I stopped being me and became alienated from who I was and what I loved.

I was living in Berlin for 14 months and had not felt well for the last two. I did not know I was experiencing hypoglycemic symptoms—numbness in my mouth and fingertips, anxiety attacks, fear, rapid heartbeat, sweating and confusion. I attributed these recent symptoms to the stress of learning the language and culture of a new country and adapting to a new lifestyle and relationships.

I had never been hospitalized or navigated the medical world. Now I was doing it alone, in German, in crisis. My diagnosis was malignant insulinoma, with multiple metastases. My insulinoma or cancer diagnosis.

The anxiety was as toxic as the illness. My blood sugar could drop 100 points in an hour. I did not believe or accept my diagnosis. In an hour. I did not believe or accept the insulinoma or cancer diagnosis. But I could not deny that I had hypoglycemia. After six months of more emergencies and struggling to survive, I returned to the U.S. reluctantly searching for medical treatment. My quality of life and health were poor. Unable to leave the house without my Sandostatin, needles and food, I was fragile, exhausted, depressed and isolated. I would go to sleep praying to live until the morning.

It was April 1, 2011, in Berlin, Germany, when I passed out behind the wheel while driving home. Unconscious, I drove onto active train tracks. The train zooms by every nine minutes in both directions. The conductor was able to stop the train and radio for rescue. I awoke in the ambulance, after being given a glucose injection. Confused, weak and sweat-drenched, I was begging and crying to go home. I did not understand where I was, or what was happening. I did not know this crisis would be the first of many life-threatening emergencies and mark the beginning of my healing quest. My body, mind and spirit were crying to go home to my authentic self. I am now on that magnificent journey.

Malignant Insulinoma

by Daiva Debra Minter: West Palm Beach, FL

It was April 1, 2011, in Berlin, Germany, when I passed out behind the wheel while driving home. Unconscious, I drove onto active train tracks. The train zooms by every nine minutes in both directions. The conductor was able to stop the train and radio for rescue. I awoke in the ambulance, after being given a glucose injection. Confused, weak and sweat-drenched, I was begging and crying to go home. I did not understand where I was, or what was happening. I did not know this crisis would be the first of many life-threatening emergencies and mark the beginning of my healing quest. My body, mind and spirit were crying to go home to my authentic self. I am now on that magnificent journey.

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Answering the Wake-Up Call for the GE Food Nightmare

History, horror and hope...

by Susan Lerner

Genetically engineered (GE) foods, the nightmare biotechnology that has been sneaking its way into our lives, began moving forward in the 1980s when the Supreme Court gave patent rights to genetically engineered oil-eating bacteria. The Court ruled that laboratory-created living things were not “products of nature” and were thus patentable. To seal the deal, the Reagan White House determined that no new laws were necessary to regulate biotechnology since it didn’t pose any special or unique risks.

California’s Flavr Savr™ tomato became the first GE food on the market, followed by Calgene’s GE canola and Monsanto’s first Roundup Ready soybean, all approved by the USDA in the early 1990s. Since then, GE agricultural introductions have been keeping a steady pace—including from Monsanto NewLeaf™ potato (pest protected), GE insect-resistant corn, Roundup Ready alfalfa and sugar beets, insect-resistant Bt soybeans, and soon Roundup Ready alfalfa and sugar beets, protected), GE insect-resistant corn, Monsanto: NewLeaf™ potato (pest keeping a steady pace—including from USDA in the early 1990s. Since then, GE

big chemical corporations such as Bayer, Syngenta, Dow and Pioneer have also had GE products approved by the USDA or the FDA. In 1996, only 7% of soybean and 1% of corn acres in the United States were planted with GE seeds; by 2007 GE cultivation had grown to 91% of soybean and 73% of corn acres. In 2010, 93% of soybean and 86% of corn acres have adopted GE varieties. In 2012, we are poised for the introduction of GE salmon into the food chain. If approved, GE salmon would be the first “transgenic” animal allowed into our food supply. It’s unlikley that this GE salmon will be labeled as such, so you will NOT know when you are eating it!

Fifty countries around the world enforce mandatory labeling for GE organisms. Some ban them altogether. Wisely, the European Union operates under the “precautionary principle,” determining the safety of each food before sending it to market. In the U.S., however, the FDA does no independent testing of its own, and instead relies on the biotechnology industry to be self-regulating—the fox guarding the hen house! (CONT'D ON P. 62)

In 1998, I developed H. pylori. It was tested positive and persistent and did not go away even with many courses of antibiotics and anti-inflammatory medications. I read in a book called “Home Remedies” about H pylori and learned that it contributes largely to stomach and colon cancer. I started searching the internet for foods that fight cancer, and started making my own combination of food to fight what I believed to be then as cancer though my doctor denied it completely. Unfortunately, I was correct. But fortunately for me, I had started the natural remedies before the official diagnosis in 1999, when I was told I had stomach cancer. The doctor who did the endoscopy said that this kind of cancer is aggressive and fast, and it is a killer within six months, but this was the first time he had seen this kind of cancer very developed and yet very localized. My husband told him that I was fighting cancer alone for eight months now.

Although I had the feeling that there was cancer, I was still living in a state of denial and did not want to believe it so I went through the traditional medicine route first and did a radical subtotal gastrostomy. Then I started reading books about alternative medicine. My first book was The Complete Encyclopedia for Natural Healing, by Gary Null. It is a great book that I learned a lot from and after reading it felt better right away and believed that healing was possible. My next book was given to me by a true friend titled Spontaneous Healing by Dr. Andrew Weil. I decided to go natural and did not receive any chemotherapy or radiotherapy. I followed a complete macrobiotic diet for five years. I did the Budwig diet along with the Macrobiotic diet. I drank the wheatgrass juice every now and then and I opened my own natural food and food supplement business. I got two diplomas in natural medicine through a local tutor from the British Institute of Herbology in London, England, and I was doing fine until a recent day in May. I was doing all my follow-up tests and the results were always clean until my tests became irregular. The CA 19-3 started to rise remarkably. The CA 19-3 started to rise remarkably until May 2012. I had a PET scan that showed a recurrence of the disease in the area of the surgery. I decided to follow the diet I had been giving to my customers and instead of calling the supplement order in for them, I decided to fly to the source. I attended Hippocrates Health Institute after making an overnight decision. I spent five weeks at the Institute, where I did the complete Life Transformation Program from cleansing to raw food diet to the wheatgrass juice (which I really love)—and even the wheatgrass implants. My blood test changed by the third week. My CA 19-3 was 39 the week I walked in and I left Hippocrates with CA 19-3 results of 23! The team was wonderful. Every one of them was a healer in their own way. Each doctor was a great helper and counselor and everyone was a saint. I loved the place for all its healing properties. I found out that diet is not difficult and cleansing our bodies is not impossible; we can do it when we have the right people to take our hands to the right path. At Hippocrates, I found my way to safety and I will definitely go back there again and again.

A Way to Safety

Helicobacter pylori, T3 adenocarcinoma

by Wafaa Zayat - Beirut, Lebanon

Hippocrates Health Institute »« www.HippocratesInstitute.org Healing Our World »« Universal Potential
46 47

4th Generation Organic Market and Cafe

4th Generation is extremely passionate about being 100% organic, which means they can proudly state that they are the only 100% organic market and cafe in Southeast Florida.

4th Generation Organic Market and Cafe is truly a refreshing change from our traditional food selections. In fact, that is exactly what 4th Generation is all about; providing extremely healthy choices and options that you can be excited and happy about. When you walk through their doors, you will be greeted by a friendly and knowledgeable staff and surrounded by beautiful displays of 100% organic produce, groceries and delights. As you continue through the store you will be drawn to the incredible prepared food section, juice bar and cafe that offer something for everyone.

All food is prepared in premixes by a team of professional chefs. There are five chefs and bakers, all with their own unique specialties. Together their exacting standards make for a very diverse menu in a clean and fresh environment. 4th Generation offers many daily specials, so you will always be in for a new treat. Some examples of the many prepared foods are:

- Juices, smoothies, hot and cold foods, breakfast (which includes fresh baked donuts and muffins), raw vegan delights, vegan, vegetarian, and much more!
- Additionally, they offer catering, juice and meal programs and yacht & home provisioning.

4th Generation has celebrated four years of service because of the loyalty of so many fine and special customers, who are now friends. They have recently added a freezer section and expanded their to-go items and organic homeopathic and supplement lines.

With expanded hours of operation, you can shop at 4th Generation Organic Market and Cafe Monday thru Saturday 8:00 am – 8:00 pm and Sunday 10 am – 6 pm. Please visit them at www.4thgenerationmarket.com and find them on Facebook to learn more or, better yet, stop by and visit this very special place at 75 S.E. 3rd Street in East Boca Raton.

Life after Cancer, cont’d from p. 39

While I did react to the chemo treatment with nausea, I did not have any of the other symptoms such as bleeding, mouth sores, and fingernail changes. It was time to stop the chemotherapy. At Hippocrates, the guests are educated with seminars after dinner. Doctors and medical staff, nutritionists, raw food chefs, wheatgrass therapy, countless edge cutting noninvasive therapies (soft laser, electro-magnetic, whole food IVs, oxygen therapy, etc.), clean water, clean air, fresh, raw, exercise, all in a beautiful, stress-free environment. Everything was natural: no caffeine, no sugar, no chemicals, no medication, no surgery, no negative thinking—plus the immeasurable benefit of the company of others facing serious health challenges.

Hippocrates taught us to love ourselves, embrace illness, and transform our bodies, giving us the capacity to heal ourselves. So much of our disease is environmental. HHI educates its guests on how to avoid environmental toxins, live clean, and become healthy again. I immediately began to feel better at Hippocrates. My hair started growing back, my skin became pink and clear again, my mind was bright and clear and I was on my way to being cancer free.

Hippocrates endorses a raw vegan diet (all uncooked plant foods) with plenty of fresh green juices and, of course, wheatgrass juice. They also offer whole foods supplements to support proper nutrition. This health-building foods will change the terrain of your body so cancer cannot live in it.

My experience at Hippocrates was one of the most beautiful in all my life. The people I met were amazing, the energy there was phenomenal and it was a healing environment for sure. I am going back again in a few weeks for a fresh recharge of my body and to bask in the love and light of Hippocrates and all its wonderful staff and guests emit. Hippocrates is not only a great place to heal yourself, it is a great place to spend a vacation and detoxify your body once in a while. Your life will never be the same after visiting Hippocrates, that is a guarantee!  


Dr. Linchitz runs a wellness center on the North Shore in Long Island. He performs chemotherapy along with many other alternative techniques that abolish cancer, and has utmost consideration for his patients’ quality of life, helping them gain excellent health. Dr. Linchitz gave me a form of chemotherapy called Insulin Potentiation Therapy (IPT).

Unlike conventional chemotherapy, where you get a 100% dose every 3 – 4 weeks, IPT entails 10% of a standard dose twice weekly. Administered in a more humane way, this treatment utilizes vitamins to help cleanse the liver, minimizing side effects. This holistic approach encourages your body to get stronger even during chemotherapy.

Dr. Linchitz’s protocol also featured green juices, no salt, colonic and lots of books to feed the mind. Dr. Linchitz’s staff is comprised of nurses who formerly worked in hospitals and cancer wards, and know first-hand that conventional methods do not work. Mary Beth, his head nurse, was in charge of Sloan Kettering Hospital’s Cancer Unit. She came to work with Dr. Linchitz because she got tired of seeing people suffer and die. Even though I was fortunate to receive this more holistic treatment, chemotherapy drugs are still poison. The chemo began to take its toll on me after about three months. I was still able to run a mile every other day, keep up my yoga practice and enjoy long walks, but I knew the drugs were killing me in spite of my healthy diet.

Brian’s regimen, I can honestly say he and his dedicated team helped save my life and the great benefit of thousands before me who have made the change to a raw lifestyle. “The philosophy is simple but the choice is yours.”
under the banner of the Coalition of plans have begun in nearly 30 states be rewritten to survive. Activities and new propositions or legislation need to be a historic step if it had passed. Any by its proponents, it would have been with some earmarked exemptions, even was severely criticized as poorly written Washington based Non-GMO Project. two-thirds of its 360 Brand through the has set an example by already labeling ing an asterisk on a label. Whole Foods absorbed and only a matter of mov- these costs would be minimal. Yes, there food origin. The system is in place and track the source of their products and food origin. The system is in place and these costs would be minimal: Yes, there is a one-time certification process easily absorb and only a matter of mov- an asterisk on a label. Whole Foods has set an example by already labeling two-thirds of its 360 Brand through the Washington based Non-GMO Project. Although the proposition’s language summed it up well, “The com- if all else fails. Urban Lehner way to look at this entire issue in any future campaign effort. Maybe there has to be another concept but the language must deliver, which was expected. This fight will con-inue unresolved and at best, become a stalemate as long as the scientific rigor of studies is persuaded by politics and big money. We continue to see adverse research details and results brushed under the carpet for monetary gain, and certainly, the big money does not lie in validating the destructive aspects of GMO. This crisis will not go away in any future campaign effort. Maybe there has to be another way to look at this entire issue if all else fails. Urban Lehner summed it up well, “The companies have a choice. They can fight to forestall the change or try to get ahead of it and shape the details of disclosure, declaring Comput- genetically engineered ingredients, which the National Academy of Sci- ences says are safe for human con- sumption.” As Sun-tzu stated in 400 BC, “Keep your friends close, and your enemies closer.” Mitigating language would not please everyone, but consider the math. They are taking action with 30 new state initiatives at a conservative aver- age of $5 million spent by Big Pharma, Big Chema and Monsanto and friends per state. $450 million is a lot of money, all for fighting against transparency so we don’t know what is in our food. This certainly has someone’s atten- tion—and all of us need to stay alert and ready for action. —Dr. Brian Clement, Hippocrates Health Institute

Community Heals, cont’d from p. 22
While I refrain from judgment about what others eat, I do try to eat health-fully. I realized that to take out my “raw” crackers and veggies from my bag and insist on being an individual while being presented with the op- portunity to engage in community could be perceived as disrespectful. The elders had taken hours to create this meal.

Instead of reaching inside of my bag for my Bragg Liquid Aminos, I reached out to the left and right of me, joining hands for our blessing. I may have passed on parts of the meal, but this communion allowed me to take in all of life’s wonders. I think that is what it is all about—reaching out instead of insisting that our way is the best way or the right way. Perhaps if we listen for just a moment, beyond the chatter of our surroundings, we may come to under- stand that it is not the food in your life but the prayer and blessings that you offer to your food and to all of life. I am in medical school now and I also run animal communication workshops for humans wanting to connect with their animals. If you are interested in sponsoring an elephant or an animal communica- tion session, I would be more than happy to help! You may contact me at beethelma@aol.com.

Washington, Vermont and Florida are leading the way “People love the concept but the language must deliver, especially on a highly controversial topic,” says Beth Clay of Capital Strategy Consultants. Accusations about manip- ulating research integrity and scientific standards flew during the campaign, which was expected. This fight will con-continue unresolved and at best, become a stalemate as long as the scientific rigor of studies is persuaded by politics and big money. We continue to see adverse research details and results brushed under the carpet for monetary gain, and certainly, the big money does not lie in validating the destructive aspects of GMO. This crisis will not go away in any future campaign effort. Maybe there has to be another way to look at this entire issue if all else fails. Urban Lehner summed it up well, “The companies have a choice. They can fight to forestall the change or try to get ahead of it and shape the details of disclosure, declaring Comput- genetically engineered ingredients, which the National Academy of Sci- ences says are safe for human con- sumption.” As Sun-tzu stated in 400 BC, “Keep your friends close, and your enemies closer.” Mitigating language would not please everyone, but consider the math. They are taking action with 30 new state initiatives at a conservative aver- age of $5 million spent by Big Pharma, Big Chema and Monsanto and friends per state. $450 million is a lot of money, all for fighting against transparency so we don’t know what is in our food. This certainly has someone’s atten- tion—and all of us need to stay alert and ready for action. —Mark A. Kastel, Codirector of The Cornucopia Institute

Reclaiming our food supply without dangerous GMOs is crucial to our legacy. Just the way 60 other countries have, it is time to dust ourselves off and climb up the food freedom hill to create strong common sense policies. I look forward to hosting the 5,299,994 new living raw food vegan Californians at Hippocrates. Clearly there is hope for a healthy future.” —Dr. Brian Clement, Hippocrates Health Institute

**The POP Campaign and Hippocrates Health Institute collaborate to ensure that our organic food standards are pure and our freedom to choose remains protected. That’s why we spent over $10,000 to support the Prop 37 Efforts and Educational Outreach.**

**The GMO Divide — Let’s All Reward the True Organic Heroes**

**Please make your voice heard by signing the petition at cornucopia.org**

**Please contribute and visit the POP Campaign website at www.popcampaign.org**

Stay informed with the POP Campaign

**Contact me at beethelma@aol.com.**
HEALTH REGAINED and 60 Lbs. Released by Not Eating Genetically Engineered Food
by Gissela Torrella

Most people do not know what genetically engineered food is, even though in the United States, 70% of the products in supermarkets are already genetically engineered. I’ve been researching these foods for many years because my husband David had severe allergic reactions to them.

In 2008, David realized that certain foods were making him sick. Every time he would eat, his body would reject the food immediately. He felt sick and nauseous, and this could last for six months. First he thought it was his age, but it was getting worse—he started to react even before he would put the food in his mouth. In one instance, he was gagging when he put the hard shell (corn) taco near his mouth.

One day, a friend invited David to eat raw vegan food at Hippocrates Health Institute. For the first time in six months, David did not feel sick while eating. That’s when he became curious about the food he ate. He realized it was not his age that caused the sickness reaction, but the food.

David said: “When I went back to eating natural, organically grown food instead of genetically engineered food, I felt so much better. The more natural food I ate over time, the more I started feeling great. It took six months of eating right for me to heal. Sometimes I accidentally eat genetically engineered food because it’s unlabeled, and then I get nauseous again. I return the food to where I bought it for a refund because it is just plain bad food—it is not natural. They cannot hide it from me because of my allergy. Better labeling is essential so we all can know what we’re eating. I can guarantee you anybody that is feeling sick should first investigate the food they eat—if they just eat organically grown vegan foods they will likely heal because it is the most natural food for you—there is nothing artificial about it.”

This information is extremely important not only to us but to future generations. It’s one of the most dangerous health and environmental risks we face. We need to recognize how our food choices can affect our health (body, mind, emotion and spirit), our communities, and our Mother Earth.

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A Healed Heart, cont’d from p. 26
While I thought I was eating fairly healthfully before, I discovered I was addicted to sugar. Avoiding fruit has allowed me to clear my mind and see what was really going on. I finally realized why I have always felt alone. With my Type A personality, I was always trying to plan my future. Hip-pocrates really helped me calm my mind and start living in the present. I have found that the present is where we all truly live.

There is so much kindness, love and support at Hippocrates. The staff and the guests both walk with you on this journey, so you never feel alone. There are people here from all over the world and I am beginning to really see how everything and everyone is connected.

My dad was searching for the answer. I remember him saying how he would devote his life to God if he lived. He wanted so badly to see his children graduate from college. I only wish that he knew about Hippocrates before it was too late. It is so sad that the pharmaceutical industry is literally poisoning us to protect their bottom line. I am stunned at the decades of research and development that has gone into the Life Transformation Program to make it what it is today.

It is so amazing to hear the testimonies of Hippocrates guests during the weekly graduations, all the while going through this life transformation myself. While I understand that there may be more layers of the onion that I have to peel to heal, I feel so blessed that God has led me here. I now feel like huge weights have literally been lifted off my chest. I can finally sit still, alone in God’s presence, and be content. In a few days, I will see what my blood test has to say about how this lifestyle has affected me on a physical level. I can already say I feel great and have abundant energy.

There is so much suffering that does not need to exist. We weren’t made to suffer. We were made to live. In order to reach a dying world, we have to first heal our dying hearts and bodies.

I hope my story has inspired you to reach out and find the help you need on a physical, emotional and spiritual level. You can then take the steps necessary to prevent yourself from having to deal with a life of pain and loneliness. You are not alone on this journey of life.

There is a God that loves you and provides the people and resources for you to live the best life that you can live.

Supermom Beats Cancer, cont’d from p. 27
The psychological sessions with Antony Chatham were a crucial part for me because I discovered how much resentment I had. The Hippocrates program is amazing and taught me how to live healthfully for the rest of my life. And, to make it so much more powerful, I connected with many wonderful people there!

In January 2012, I had a new scan done and it was clear! No trace of cancer anywhere! God answered my prayers. The Hippocrates lifestyle was the key.

I am still taking the hormonal treatments, but gradually replacing them with a natural version of estrogen blockers. I eat living foods, exercise, relax and pray every day to thank God for my life.

I feel happy, energetic, and strong! I know the cancer cells cannot survive in my healthy body. It is not easy to stay 100% raw, but I am doing my best. I am very blessed to live around people who believe in me and encourage me to continue what I have learned. I want to inspire other women and men to get proactive about their health. Why wait to suffer from degenerative disease before changing your lifestyle? Why not prevent inflammation and disease? I am still considered an incurable stage 4 cancer patient by the allopathic doctors. I have a better definition of myself: “A happy mother, wife, sister, daughter and friend. I am a woman enjoying one day at a time and being thankful for all my blessings.”

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Call 877.292.0020 or visit sunlighten.com.
A long time ago in the country of Israel, the medical physicians went on strike. During that period there were only skeleton crews attending to the population. Statisticians reported that during the strike there was a 7% decrease in mortality. American medical journals consistently report that the side effects of pharmaceuticals kill hundreds of thousands each year in the United States. Ask yourself what impact these populations decrease their dairy and meat consumption during times of war, there is always a reduction in the rate of death. How many examples do we require before we awaken to common sense?

We have lost our right of passion cannot differentiate their confusion from the various mental disorders that the medical/ pharmaceutical establishment keep inventing. Find yourself and you will find happiness, health and prosperity.

Our most important asset is a powerful commitment to happiness. Recovery and joy are synonymous, you cannot attain one without the other. How will you act when facing illness? Can happiness be manifested? It can, and much more easily than you would assume. Go back chronologically through your life and select the events and times when you were the most joyous. What other legacies did you create this reality now. Employ those same tools in creating a new reality that brings you joy. This same reality will also heal what ails you.

Many years ago, we worked with a former dancer who had suffered three heart attacks and had type 2 diabetes. Our psychotherapist discovered that within two years after she had retired from what she loved throughout her life these problems awoke. Inciden tally, the cardiologist who attended to her happened to be an alumnus of Hippocrates. Together, we called her doctor and established her new prescription, which included dancing a minimum of three days per week. He said he would report to us quarterly on how she was progressing. The type 2 diabetes succumbed to her healthy lifestyle within weeks. The most impressive news came eight months later when the physician reported that the team of cardiologists, who reviewed her case by looking at past and present scans, were dumbfounded by the fact that her coronary arteries resembled that of a woman 40 years younger. One of his physicians commented that her results were a miracle. The Hippocrates team recognized that this was merely a result of “dancing conquering disease.” We have been searching for health in all of the wrong places. The little key to such importance is inside your heart and soul. Unlocking and utilizing it requires a healthy look at who you are now and who you really want to be. Whatever you blocks you or prevents you from attaining a purposeful passionate life is your nemesis. Whatever it takes in a gentle way to release these obstacles from your very existence may you employ.

Nearly 20 years ago, the first laughter club began in Bombay, India, with just five people. Now they abound world wide. When I attended a session in Euroope, I was pleasantly surprised at how you could literally measure the heightened energy in the room as people be gan to chuckle. This sparked my memory of when I was conducting research for a book I authored a long time ago on longevitiy. One fact terrified me sad at first. Children laugh, on average, 400 times each day. The average adult may allow a chuckle 15 to 20 times daily. What a disastrous fact! No wonder we are all sick and exhausted—figuratively carry the perceived burdens of the world on our shoulders, sedated by medicines and told the only things we can rely on are death and taxes.

It is time we regain control of our recovery by reckoning the pure joy of a childlike, simple life. All burdens are self-created; all reality is no more than perception, all recovery depends upon happiness. These three facts are all that you need to know, and the last one is all you really need to employ to become one of the many conscious members in the booming world of sane and healthy people.

Crazy Sexy Kitchen, cont’d from p. 33

The Crazy Sexy Kitchen go-to nut of choice for anything creamy and decadent is the cashew. However, the caveat here is that cashews are never really processed. They are a relative of poison ivy and are toxic in their raw form. There is that cashews are never really consumed as a food. There are raw cashews but they are not really nuts. The cashew is the cashew. However, the cashew is not a tree. Cashews are routinely roasted to eliminate the raw form. There are a healthy at who you are now and who you really want to be. Whatever you blocks you or prevents you from attaining a purposeful passionate life is your nemesis. Whatever it takes in a gentle way to release these obstacles from your very existence may you employ.

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And what, pray tell, has reduced these people to such poverty and their diets to such meager fare? In the words of the British writer George Monbiot: “The world has a surplus of food, but still people go hungry. They go hungry because they cannot afford to buy it. They cannot afford to buy it because the sources of wealth and the means of production have been captured and, in some cases, monopolized by landown-ers and corporations. The purpose of the biotech industry is to capture and monopolize the sources of wealth and the means of production. GM technology permits companies to ensure that farmers cannot save their own seeds, but would have to come back to Monsanto year after year to purchase new ones. Critics refer to these genetically engineered seeds as suicide seeds. “By peddling suicide seeds, the bio-technology multinational will lock the world’s poorest farmers into a new form of serfdom,” says Emma Must of the World Development Movement. “Currently 80% of crops in developing countries are grown using farm-saved seed. Being unable to save seeds from sterile crops could mean the difference between surviving and going under.”

To Monsanto and other GMO companies, the terminator and other seed sterilizing technologies are simply business ventures that are designed to enhance profits. In this case, there is not even the implication of benefit to consumers. I wish I could speak more highly of GM foods and their potential. But the technology is now held tightly in the hands of corporations whose motives are, I am afraid, very different from what they would have us believe. Despite the PR, Monsanto’s goal is not to make hunger history. It’s to control the staple crops that feed the world. Will GMOs help end world hunger? I don’t think so.

For countless centuries farmers have fed humanity by saving the seed from one year’s crop to plant the following year. But Monsanto, the company that claims its motives are to help feed the hungry, has developed what it calls a “Technology Protection System” that renders seeds sterile. Commonly known as “terminator technology” and developed with taxpayer funding by the USDA and Delta & Pine Land Company (an affiliate of Monsanto), the process genetically alters seeds so that their offspring will be sterile for all time. If employed, this technology would ensure that farmers cannot save their own seeds, but would have to come back to Monsanto year after year to purchase new ones. Critics refer to these genetically engineered seeds as suicide seeds. “By peddling suicide seeds, the bio-technology multinational will lock the world’s poorest farmers into a new form of serfdom,” says Emma Must of the World Development Movement. “Currently 80% of crops in developing countries are grown using farm-saved seed. Being unable to save seeds from sterile crops could mean the difference between surviving and going under.”

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It worked! After another MRI on October 24, and then another biopsy on November 16, I am officially cancer free! Thank you, Jesus!

I feel that my strong faith and a positive attitude, plus the love and support of my family and co-workers (I continued to work part-time throughout all of my treatments), all played major roles in my healing and continued recovery.

It was difficult trying to adjust to my new lifestyle when I first got home. I didn’t have the fabulous Hippocrates buffet to feast on, or the freshly prepared green drinks delivered to just about anywhere we were throughout the day. At first I ordered wheatgrass and sprouts. I eventually ordered the rack and trays from the HHI store to grow my own.

I feel very good about contributing to my own good health by growing the wheatgrass and sprouts. My husband Jeff will ask, “How’s my little farmer today?” Jeff and I worked together in our own garden this past year.

In the past, I had usually left the gardening up to him. We enjoyed the fruits of our labor as we dined on our own freshly grown organic vegetables. I delighted in tending to my flower garden, as well as playing some golf and enjoying some time on the water with Jeff. I praise god that I am still here today to enjoy spending time playing with our 2½-year-old grandson Paxton, the light of my life.

I feel that spending three weeks at Hippocrates Health Institute did indeed transform my life!
In the early 1980s, I came to the large, brick brownstone that was Hippocrates Health Institute (in its original home of Boston, Massachusetts), hoping for a miracle. Having spent my childhood and teens struggling with a myriad of illnesses from asthma to migraines, environmental sensitivities, rheumatoid arthritis and bleeding ulcers, I had been told that there were no “cures” for what landed me in the hospital several times a year. Then, at age 21, I was lucky enough to find a medical doctor who believed my struggling immune system was being decimated by pharmaceutical drugs. This doctor suggested I try an organic, preservative-free diet. In time, I discovered the world of traditional Chinese Medicine and began taking a course in colon hydrotherapy purely for personal interest, not because I had any illness. I was coming to Hippocrates, but a little voice inside of me kept telling me I would help millions of women.

When I attended HHI, I discovered my ability to throw away my fear of not being accepted as a woman. I had the opportunity to show myself (bare-chested) to a room full of people who accepted my scars and made me feel beautiful again. That is when I decided to write my story and share the acceptance I received and the power to be beautiful. The doctors could not find anything wrong. Most of the time I felt tired and did not have regular bowel movements. The doctors could not find anything wrong. They prescribed medications but they did not help. I became interested in food and natural healthcare. I read the books: What’s In Your Food, The Hundred-Year Lie, The China Study, The Courage to Look Beyond and The Courage to Detoxify. I was so grateful for everything I learned. I also met many people with great “health challenges” and we began to form a community. This was my best experience ever—so much knowledge and such great people all in a wonderful, loving place! As the three weeks went by, I felt better and better. My “pains” disappeared and I became more and more balanced. I felt light, strong and so healthy! I felt clarity in my head and my sight improved. I felt real happiness, positivity and energy. My skin looked great, my eyes were more blue. Amazing! I was so grateful for everything I learned. I also met many people with great “health challenges” and we became friends. During my stay, I had to wonder why I had not heard about this institute and lifestyle before. So many people could heal themselves by living this way!

I thought about the bizarre healthcare system we now have in The Netherlands. When I arrived back in Holland, I wanted to tell everybody about my experiences and how great I felt, physically and mentally. I wanted to tell about all the people I met during my stay, how they stood in their own strength and were able to heal themselves. I wanted to help as many people as possible, so I wrote this book—for prevention and also because I now know we all have the power to heal ourselves. If we start believing and make positive personal choices for ourselves, anything is possible!
The Role of Stem Cells in Regenerative Medicine and Immune Dysfunction, cont’d from p. 42

Dr. Maharaj is lacking regenerative medicine to the next level by looking at the damaged immune system, which is the underlying cause of all disease and aging processes. In general, every person’s immune system is at the “peak” of health between the age of 20 and 30. As we age, so does our immune system. A multitude of factors plays into the degeneration of immune components including: nutrition, lifestyle and environmental factors. Eventually, if the immune system is damaged significantly, it will no longer be able to fight off disease. When this happens, individuals can develop cancer and other serious illnesses. This is the underlying reason that stem cell mobilization therapy is a successful treatment.

Dr. Maharaj advocates collection and storage of healthy individuals’ adult stem cells as the best way to provide biological assurance against this immunodegenerative process. At his Institute, Dr. Maharaj has a storage facility in conjunction with his clinic where he provides the collection and storage of adult stem cells. Not only does this assure that you will have your stored stem cells should you need a stem cell transplant to treat a blood or bone marrow disease in the future, but also, the process of collection mobilizes your dormant stem cells in the bone marrow, providing a type of rejuvenating effect of the immune system.

In a world where disease affects every person around us, we need to focus on taking action to prevent disease before it occurs, and to take every precaution necessary to ensure that we are able to treat any disease that may be acquired. Dr. Maharaj is providing an option for people to do this in the stem cell mobilization therapies that his institute provides. The time is NOW to be proactive about your health, and store your adult stem cells while you are still healthy.

Please contact us for all services provided by the South Florida Bone Marrow and Stem Cell Transplant Institute including:

- Adult stem cell collection and storage
- Cord blood collection and storage
- Treatment of blood and bone marrow diseases
- Therapeutic plasmapheresis
- Clinical trials using stem cell mobilization for regenerative medicine
- Clinical trials using immunotherapy for cancers

South Florida Bone Marrow and Stem Cell Transplant Institute
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www.bmscti.org

The History of GMOs & Genetic Engineered (GE) Foods, cont’d from previous page


These are grassroots campaigns working to make the labeling of GE food mandatory in each state, because there are no long-term studies that indicate that genetically engineered food is safe for human consumption. YOUR help is needed! Sign on to learn more, support the cause and join your local campaign at http://www.foodandwaterwatch.org/campaigns/make-ge-labels-the-law.

The Florida Let Me Decide campaign already has three legislators willing to sponsor and co-sponsor a labeling bill. In the short time the campaign has been active, we have collected more than 3,000 petition signatures and more than 170 coalition partners throughout the state. Hippocrates Health Institute was one of the first coalition partners in West Palm Beach, and will be hosting a campaign information table at its free monthly “Save Your Life” events. The campaign is just at the beginning, we must educate the people of Florida (indeed, the country)—the everyday people and the legislators, increasing the grassroots network to the inevitable tipping point, when it will go our way!

Fifty years ago, President John Kennedy issued his “Special Message to the Congress on Protecting the Consumer Interest.” He called for government action to protect four consumer rights: the right to safety, the right to be informed, the right to choose and the right to be heard. We have learned that we need to demand those rights. We must speak up and demand that our legislators change the laws to favor and protect people instead of corporations.

We deserve to know where our food came from and how it was produced. We deserve to have a food system where it is safe, as Hippocrates, the father of Western medicine, said to “let food be your medicine and medicine be your food.”

Food & Water Watch Mission Statement

Food & Water Watch works to ensure that the food and water we consume is safe, accessible and sustainable, so we can all enjoy and trust in what we eat and drink. We help people take charge of where their food comes from, keep clean, affordable, public tap water flowing freely to our homes, protect the environmental quality of oceans, force government to do its job protecting citizens, and educate about the importance of keeping shared resources under public control.

F&W takes no money from corporations or governments. Please donate and support their work. www.foodandwaterwatch.org

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Answering the Wake-Up Call for the GE Food Nightmare, cont’d from p. 44

The biotech corporations, of course, insist these GE life-forms are safe, although if you look at Monsanto’s track record for creating destructive products and concealing their potential harm, you wouldn’t trust anything they say. For instance, Monsanto knew back in 1937 that the PCBs (polychlorinated biphenyls) it produced presented a serious health risk, but carried on with production until PCBs were banned in 1977, resulting in forty years of unnecessary human and animal suffering and premature death and environmental destruction. Despite Monsanto’s misrepresentations that GE products are harmless, there has been independent, peer-reviewed research that reveals serious health risks. The United States government allows potentially harmful foods to be introduced to the food chain. According to a 2008 CBS / NY Times poll, more than half of American consumers would choose not to buy GE Foods and 87% want all GE ingredients to be labeled. A 2010 Consumers Union poll found that 95% of U.S. consumers favor mandatory labeling of meat and milk from GE animals. It took $46 million in dishonest and misleading advertising by Monsanto and their big food partners like Kraft, Kellogg’s, Heinz, Pepsi, Coke, General Mills and others, flooding California just before Election Day to confuse enough voters to change their Prop. 37 vote to “No.” It is obvious that these companies don’t care about our right to know or the protection of our health. What they care about is protecting and growing their wealth. They are a strong force that doesn’t want labeling. Why are they so opposed to us knowing what’s in our food? And, more importantly, whose rights should we be looking out for—those of the corporations or those of the people? cont’d on next page
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6-week start dates
March 10, 2013
July 26, 2013
Oct. 6, 2013

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