HEALING
OUR WORLD

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At a Glance

Sun & Disease
Steven Lemberg, MD, weighs the pros and cons of sun exposure.

Yoga Sun Salutation: Let your Sun Shine!
Sheila Skrobeck walks readers through one of the most sacred yoga poses, the Sun Salutation.

Dirty Electricity and Electromagnetic Smog
Mick Wertz examines the implications of electromagnetic pollution.

Vitamin D, Sunlight and Supplementation
Mitchell J. Ghen, DO, PhD, highlights the various forms of vitamin D and how to get an adequate amount.

Harnessing the Power of Electromagnetic Therapies
Brian David Andersen elucidates the benefits of electromagnetic therapies.

Staying Hydrated in the Sun
John Kohler offers tips for staying hydrated and explains which foods offer the most liquid nourishment.

You Are My Sunshine
Psychotherapist Andy Bernay-Roman describes the vital link between sunshine and mood.

Sprouts: the Original Sol Food
Sean Herbert shares the benefits of the real original Sol Food — sprouts.

The Sun, the Food Chain and the Stewardship of Survival
Susan Lerner examines the sun’s role in the environment and the food chain.

Sunlight and Sustenance
Mark Mathew Braunstein explains how the sun provides us with energy via food.

About the Cover
Vincent van Gogh
The Sower, detail June 1888
Kroller-Muller Museum, Otterlo, Netherlands

When landscape painters depict rising and setting suns, their sun is shown as a large orb surrounded by clouds aglow in colors. Few painters, however, have attempted to paint the actual rays emanating from the sun. How could they? The sun’s rays are so blinding that no naked eye could look at them, and so no painter could know what to paint. Except for Van Gogh, who viewed the rays of the sun with his mind’s eye.

— Mark Mathew Braunstein

Sunshine

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Healing Our World  Universal Potential
In order for us to continue the work of sharing Dr. Ann’s legacy with the world, we need your support. If you have healed and benefited because of Dr. Ann Wigmore, please support our collective work and donate just $2 to the Living Ann Fund. If everyone would help with just this small donation, we will be able to carry on with the education Dr. Ann has shared with us.

10am – 6:00pm est
Tuesday – Friday:
Saturday:
10am – 5pm
10am – 5pm
Monday:

September 27 – 29, 2013 • Vilnius, Lithuania
Dr. Ann Wigmore Living Foods Conference
2nd Annual

DAN LADERMANN is a collaborator of Living Light Culinary Institute and president of the Institute for Vibrate Living, which produces educational events worldwide.

CHERIE SORIA is founder and director of Living Light Culinary institute, and has been teaching gourmet raw vegan cuisine since 1998, and vegetarian culinary arts for more than 40 years.

LORETA VAINIUS is a Living Foods Nutritional Consultant and Educator. She has worked and conducted research as a nutrition health professional for over 44 years.

We chose the sun as our guest of honor in this issue due to its universal relevance in life. Ancients thought of it as a source of all life, as God if you will. Science, with all of its grandiose exploration, is only now grasping the wonders of this magstar. Astronomers tell us the sun was once gas that, through circulating spheres of energy, formed a core that eventually gave way to the life force that heats planet Earth and creates every bit of life that exists on it.

There has been a disconnect between astronomy, physics and biology. Each science has become an island unto itself that somehow has forgotten why we have thinking minds to begin with. We have been harvesting knowledge from each of these disciplines and weaving it together for decades. At this very moment we are engaged in reworking biology, which will now be overlaid with physics and basic universal wisdom.

Here at the Institute we have discovered that the protons released from the sun and captured on our largest organ, the skin, are centrally relevant to the health of every cell. When our cells are cut off from light, permitting microbes or mutagens to hijack them, it is evidence of an inadequate amount of solar energy generating significant frequency in each of these independent microscopic lives. Not only is the sun’s energy directly captured by our body, it can also be consumed in food, gathered by contact with the earth or literally breathed in as you inhale. In this century, we are finally allowing our preconceived notions to be relegated to history. This awakens a clear and clean vista shining brightly on simple truth. It is in this light that we can go back to the foundational basics of original life. From this pure unadulterated premise, the origins of disorder are evident.

In the coming decades, by thoroughly humbling the minds of science we will emerge as professionals who can help reverse premature aging, as well as psychological and physiological disease. As a sunny day changes the internal and external environment, it will also allow us to eliminate abnormalities that are created by a lack of frequency energy. We stand at the threshold to go well beyond matter. This will free us from the entrapment of believing that “what we see is all there is.”

No new understanding will give us the science to realize what we don’t see is what really matters and to do something about releasing illness.

Hippocrates Health Institute prides itself in pioneering the area of bio-frequency medicine and would like to take the time to acknowledge the sun as the parent of this cutting edge, futuristic field. As we gain more knowledge and employ it in current technology, there is no doubt that the world of healthcare will once again become a legitimate partner in the prevention and elimination of disease.

Respectfully,

Drs. Anna Maria and Brian Clement

Hippocrates Health Institute »« www.HippocratesInstitute.org
The tree burning was determined accidental, but the circumstances were far from innocent. The woman who later confessed to the crime told police she was smoking methamphetamine inside the hollow tree and lit a fire so she could see what she was doing.

How many times have irresponsible personal decisions (made by individuals or collectively as a society) not only damaged our own health, but that of our environment? Tortured feedlot animals, defiled oceans and receding rain forests are but a few examples of what happens when we make decisions with our growling bellies instead of our hearts and minds.

There is no question that every decision—even those that may seem trivial or inconsequential—contributes to greater results. Each time we decide what to eat, how to travel and what to buy we aren’t just branding ourselves “tree huggers” or “tree burners”—we are literally voting for either the sustenance or the destruction of our environment. It turns out every time we “hug a tree” we are also hugging ourselves—and hugging generations to come.

Be Well,
Will Burson

People often call me a tree hugger. My invariable response is, “If you’re not hugging a tree, what are you doing to it? Kicking it? Burning it?”

Last year, a misguided person did just that.

The fifth oldest tree in the world was burned down. The 3,500-year-old Florida cypress was known as “The Senator.” It was the largest and oldest pond cypress in the world.

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The Florida cypress known as “The Senator” in 2011. An adult male stands fifteen feet in front of the tree’s base to show size comparison. Photograph by Anthony Scotti.

This issue of Healing Our World is the third installment in a four-part environmental series. The first was an up-close examination of soil (HOW 29-4). Then we took an unflinching look at the condition of our oceans, lakes and rivers (HOW 31-2). This edition will focus on the rays that come to us from the 4.6 billion-year-old star at the center of our solar system—the Sun.

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- colon cancer
- ovarian cancer
- depression
- epilepsy
- hypertension
- inflammatory bowel disease
- osteoporosis
- periodontal disease
- preeclampsia
- psoriasis
- tinnitus
- uveitis
- colitis

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*At right: The Florida cypress known as “The Senator” in 2011. An adult male stands fifteen feet in front of the tree’s base to show size comparison. Photograph by Anthony Scotti.*

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

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

PC Davidoff is a Qigong Instructor and Musician for the Healing Arts. His CDs are now available at the Hippocrates Store. See ad on page 18 for more details.

Sean Herbert is the Owner and Master Grower at Got Sprouts? Sean and his wife Jody found Hippocrates on their own journey back to health and have made it their personal mission to educate people on the healing power of Sprouts. When he’s not Growing Fresh Sprouts and Wheatgrass, Sean offers Juicing and Sprout growing classes, and is affectionately known as the “Juicetritionist” Got5pouts.com

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

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

Dr. Steve Lemberg received his M.D. from the Columbia University College of Physicians and Surgeons in 1978, with honors in neurology and pediatrics. He is a raw, living foods vegan and expert in meditation who has lived a wellness lifestyle for decades. He’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

Elizabeth Plourde,CLS,NCMP,PhD, is a clinical laboratory scientist, medical researcher, author and international speaker specializing in hormones and hormonal balance. She is certified by the North American Menopause Society as a menopause practitioner (NCMP) and has been a health consultant for 20 years.

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

Mick Wertz, CNHP, has had his hands in health and wellness for over three decades. He is a self-coined Optimization Consultant, and enjoys nothing more than helping people optimize their health and wellness in all arenas, utilizing such personally-developed techniques as Fun Therapy, Travel Therapy and Sailing Therapy. Among his endeavors, he is currently GM with Tri-Vertex Technology and the one of a kind Stem Cell Stimulator.
Hospice is Honored by Hippocrates by Diane Lahoski

Hippocrates Health Institute (HHI) honored Hospice of Palm Beach County, Inc., with a certificate and a gift of $5000 to further their work in helping patients and their families. Hospice’s programs and services ensure that the community receives support in finding and utilizing the sources and methods of care we all deserve. HHI’s contribution was accepted by Lauryn Barry, Hospice of Palm Beach County Director of Events.

Hospice treats dying as a normal part of life, with a palliative course of treatment rather than a curative one. All involved in the process of dying, including family and friends of the loved one, need help and special services in dealing with emotional, spiritual and practical problems that involve the patient’s needs and wishes. Enabling patients to continue to live at home or a homelike facility, along with medical care and symptom relief, eases the transition from life through illness to the next phase, death.

This transition is sometimes more difficult for family and friends than for the patient himself, and the professionals at Hospice can help ease the pain and give the family solace, along with resources with which to deal with the heartbreak of losing a loved one. This counseling is not just for families, friends and others affected by the death, but also the professional caregivers, enabling them to help everyone through the process. Special programs are also in place to help children, who may have trouble understanding what is happening.

Hippocrates Health Institute is proud to aid this program that enables so many families to fulfill their dreams and aspirations of living a life of caring and giving. Hospice brings peace of mind to many anxious and stressed individuals in their time of need. We congratulate them on their service to humanity.

Dr. Brian Clement’s Speaking Schedule

**What’s the News?**

**May**
- 5 NYC—Novel Expo
- 3–15 Northeast USA
- 16–17 The Villages, FL
- 18 Cocoa Beach, FL

**June**
- 7–24 Finland
- 23–25 Canada
- 27 Michigan

**August**
- 3–4 Atlanta
- 23–25 Canada
- 27 Michigan

**September**
- 6–22 New England

**October**
- 7–20 Europe
- 25 Montreal

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

**Sun & Disease** by Steven Lemberg, MD

For decades now, we have been warned of the harmful effects of sunlight: sun damage, skin cancer, wrinkles, cataracts and premature aging. But what about the benefits of sunlight?

It turns out that the benefits of sunlight, taken in a moderate, balanced fashion, are very substantial. The healing effects of sunlight, especially the boost in production of vitamin D are widespread. Some reports indicate that adequate amounts of one form of vitamin D inhibits induction of disease in rheumatoid arthritis, collagen-induced arthritis, lytic arthritis, autoimmune encephalomyelitis, thyroiditis, inflammatory bowel disease and systemic lupus erythematosus.

According to Rolfdeiter Krause, MD, who currently heads the Heliotherapy Research Group at the Medical University of Berlin, a serum 25(OH)D level of at least 40 ng/ml should be adequate to protect against hypertension and other forms of cardiovascular disease (as well as prostate and colon cancers). High vitamin D levels reduce the risk of active tuberculosis (showing clinical symptoms) by 31%. As awareness of the sun’s power against rickets and tuberculosis (TB) spread, attitudes toward sun exposure changed dramatically. The suntan became valued for both health and wealth, as only the affluent could afford to vacation by the ocean and play outdoor sports.

Phototherapy emerged as a popular alternative to traditional methods of care we all deserve. HHI’s contribution was accepted by Lauryn Barry, Hospice of Palm Beach County Director of Events.

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On Summer Vacation
Be Back Soon!

ASK THE SPROUTS

Sun exposure leads to the development of melatonin, which is important for regulating sleep-wake cycles. Melatonin levels are highest during the hours of darkness. The amount of sunlight a person receives during the day can affect their level of melatonin production. This is important because melatonin helps regulate the body’s internal clock, which can affect various functions such as mood, appetite, and sleep patterns.

Vitamin D is another hormone produced in the skin following UVR exposure. This vitamin is important for bone health and immune function. It helps regulate calcium and phosphorus absorption in the gut, which is necessary for bone health. Vitamin D also plays a role in the immune system, helping to fight off infections and diseases.

The sun may be best known for

Hippocrates Health Institute » www.HippocratesInstitute.org

**Spending Schedule**

- **June 7-24 Finland**
- **August 3-4 Atlanta**
- **September 6-22 New England**
- **October 7-20 Europe**


**Hippocrates Health Institute Director Dr. Anna Maria Clement (right) presents Hospice of Palm Beach County Director of Events Lauryn Barry with certificate and donation.**
Yoga Sun Salutation
by Sheila Skrobeck

Sunshine travels 93 million miles to bring us the visual glory of a sunrise and sunset, the fabulous feeling of the sun’s warmth on our skin, vitamin D and powerful life force!

O ur primary source of light is, of course, the sun. For thousands of years, the Hindus have revered the sun, which they call Surya, as both the physical and spiritual heart of our world and the creator of all life itself. Yoga originated with the Hindus and is rich in spirituality and symbology. It is therefore fitting that they created a physical, spiritual salute to the sun that is still practiced by millions today.

Hindu belief views the sun as the eye of the world, an eye that can see us physically as individuals yet united as one spiritually, an eye with a vision of the pathway to the divine. Yoga originated with the Hindus four to six thousand years ago as a belief and practice to reach enlightenment. The ancient yogis taught that each of us is a version of the world at large, embodying ‘rivers, seas, mountains, fields…stars and planets…the sun and moon.’ The sun is a symbol of our own ‘inner sun,’ which is our spiritual heart center. Our heart center is the place of consciousness and higher wisdom.

We honor the sun through the dynamic asana (yoga poses) sequence known as Sun Salutation, Surya Namaskar. The Sanskrit word namaskar comes from nams, which means “to bow to” or “to adore.” Each Sun Salutation begins and ends with the hands joined in front of the heart. This placement is no accident. Yogis believe we each possess our own inner brightness and it shines through from our heart center.

Different yoga styles vary but typically the following sequence is the basis for sun salutation. A regular practice of this sequence will help strengthen your body, increase flexibility, improve balance and quiet your mind.

Traditionally Sun Salutation is practiced in the early morning facing the East. Begin in Mountain Pose, standing tall with arms reaching overhead (figure 1).

Bending knees to allow both hands to brace the floor, extend left leg behind you coming into a lunge. Maintain your left knee over your left ankle to protect the knee (figure 3). Right leg extends and right foot meets the left foot. Your body is in plank pose, similar to a push-up pose. Shoulders over the wrists, body straight, hips slightly higher than the heart (figure 4).

Bend elbows and lower slowly to the mat, straightening feet then lifting shoulders, expanding chest, keep ears lifting away from shoulders, slightly arching the spine coming into Cobra pose (figure 5).

Lower back to the mat, curl toes under and raise hips high bringing your body into an upside down V, Downward Facing Dog (figure 6).

Gaze ahead to your fingertips and left foot comes between the hands finding the lunge on the opposite side. Back foot comes forward to meet the front foot, upper body remains folded forward (figure 7).

Begin to straighten the body, bringing shoulder up with arms extended overhead returning to Mountain Pose (figure 1).

Hands lower to the heart and the sequence begins again with right foot reaching back into the lunge. Each sequence will alternate left and right foot stretching back to the lunge.

Finish with savasana. It is important to allow yourself to relax after asana practice. Seal in the physical benefits. Lie on your back, arms by your side slightly away from the body, palms facing up, legs slightly apart, feet gently falling outwards (figure 8). Close your eyes and let your breath flow effortlessly. Release your thoughts by watching each breath. Feel where you are tight and hold the tension. Feel where you are relaxed and release. Remember the energy you send out is the energy you attract back. When gratitude energy is in your surrounding field you will be a magnet for more coming your way to appreciate, to love and to be grateful for!

Remember the importance of maintaining strong steady breathing throughout the flow. Sun Salutation can be done at a slow pace, holding each pose for two or three breaths. A more vigorous pace may be your choice to elevate your heart rate and develop better cardiovascular strength, or a combination of both. If you are new to yoga begin your practice slowly with three to five rounds, gradually building up to 10 or 15. If this seems like a lot, remember that the traditional number of rounds is 108 (for more information on the significance of this number, internet search “yoga 108 meaning.”)

You can pace the sequence briskly to generate heat and cleanse the body-mind, or more moderately to create a moving meditation. Find your rhythm and feel your body moving in and out of each asana. Use this time to practice letting go of your thoughts.

Our minds are constantly working. Job, family, money, old stories, new worries and the chatter in our head is constant. Asana practice is our time to tune out thinking and tune into feeling. Feel where you are tight and hold stress in your body. Feel where you struggle in a pose and where you are strong. Try and connect a breath to a movement. Inhale life, exhale strife! Practice daily! 10 minutes, 30 minutes, or one hour, whatever time is available. Give yourself the gift of this time every day and you will marvel at how quickly strength and flexibility increase. You will continuously calm your central nervous system, oxygenate red blood cells, move lymph and teach yourself to relax.

Try to commit to sun salutation five times a week. Use this time to salute yourself as well as the sun. Let your inner sun shine bright! Namaste.
When electricity flows through any kind of conductive material, particularly through a coiled transformer, the phenomenon known as electromagnetic smog is generated. EMFs cannot be detected by any of the five human senses. Therefore due to the absence of any short-term overt threats or reactions that are detected by the five senses, the traditional medical community has neither interest in, nor any experience with, applications and devices that create the harmful variations of EMFs known as Dirty Electricity or Electromagnetic Smog. Regrettably, if an individual cannot smell, taste, feel, hear or see the causes and the results of one’s negative health condition, traditional medicine is unwilling to help. Most importantly, the more sensitive consequence, the function and lifespan of the phosphorous sheaths enveloping biological cells are influenced by both positive and negative EMFs.

Dairy cows kept in barns and holding pens adjacent to harmful EMFs generated by dirty electricity have a radically reduced output of milk, and often shut down milk production altogether. Why do livestock negatively react to harmful EMFs, but farmers fail to detect or sense any negative conditions? The most likely answer to that question is indicated in observation of the different chromosomes likely make the animals more sensitive to the environment and to negative EMFs. Regardless of environmental sensitivity, the damage inflicted by negative EMFs on both human cells and animal cells is the same.

Any moving liquids or gases create electro-magnetic frequencies; therefore Planet Earth, humans and animals generate EMFs. But of course the fast-flowing rivers in the Grand Canyon produce far more intense EMFs than the blood flowing through humans and animals. Before the year 1900 humans and animals were only exposed to EMFs generated by nature and the liquids flowing within the human body. Every decade since entrance to the 20th Century and the beginnings of the Industrial Revolution, humans and animals have been exposed to ever-increasing levels of dirty electricity and electromagnetic smog. Microwaves—discovered in 1894 by James Maxwell—began saturating Planet Earth in the early 1950s. Now, as we move further into the century, these intense microwaves pose one of the greatest threats to human and animal health. As we all know, microwaves were initially used for cooking on a widespread basis; now microwave technology has expanded to use as carriers for mass communications demands, such as use in cell phone engineering and via satellite dish transmissions.

In the late 1990s, the U.S. Congress quietly passed legislation that allowed electrical power companies to use microwaves in home and commercial meters to communicate electrical usage. The microwave power implicit in one average home Smart Meter is the equivalent to exposure to 100 cell phones, plus this intense microwave is emitted a distance of 30 feet in all directions from each meter. Web Meters, which concentrate information from and communicate with typical home and commercial meters, are strategically placed on any home and commercial sites. The Web Meter microwave signal is 1,000 times more powerful than an average Smart Meter signal. This type of electromagnetic smog is suspected of being the cause of countless human health disorders.

Do you have a Smart Meter, or perhaps a Web Meter attached on an exterior wall of your home or business? The Web Meters are agitating for 18 hours six days longer than the average Smart Meter.

Since the inception and subsequent widespread use of microwaves, Smart Meters and Web Meters, there have been few clinical trials conducted to determine the negative impact on human, animal and plant cells. Compounding the problem of dirty electricity/electromagnetic smog, negative EMFs is the widespread near-universal consumption of processed and pesticide-ridden foods that appeared at the beginning of the Industrial Revolution and have since grown to epidemic proportions. In addition, prior to the 20th century people did not endemically wear metals as daily jewelry or have metals implanted in their bodies. 

Vitamin D, Sunlight and Supplementation

Who would have thought the vitamin regarded as the one to stop rickets would be reclassified as a hormone just a few decades later? Vitamin D is a hormone that is involved in more than 300 reactions per second in the human body. For the most part, vitamins needed to be taken as co-factors for multiple reactions in our human chemistry. Unlike others, vitamin D can be synthesized in the human body. Incredibly, when human skin is exposed to sunlight, oils in the skin are converted into an active form of vitamin D. Vitamin D is classified as a fat-soluble vitamin along with vitamins K, E and A. This means vitamin D can be stored in the body, and, therefore, at certain levels, it can become toxic.

Until recently, most would only have considered utilizing vitamin D in very low doses and only for the prevention of rickets (and perhaps to enhance the absorption of calcium). Hundreds of recent articles about vitamin D and its usefulness against many diseases make a compelling argument for its use in everyone from infants to the elderly.

There are two major forms of vitamin D: ergocalciferol (also known as vitamin D2) and cholecalciferol (also known as vitamin D3). Vitamin D2 is produced by invertebrates, fungi and yeast. Vitamin D3, on the other hand, is produced by ultraviolet radiation in its precursor 7-dehydrocholesterol to form vitamin D3 in the skin. Unfortunately, due to many variables, it is extremely difficult for humans to absorb enough vitamin D from the sun alone. Use of sunblocks, showering within 12 hours after sun exposure, skin oil problems and inadequate or improper sun exposure, can all, independently or collectively, be the cause for failure. Even age is a factor for absorption.

Certainly the conversion of sunlight in the oils of the skin to vitamin D3 is the best form that we could possibly receive. It is a water-soluble form unable to be produced by synthetic means and is the most absorbable form of vitamin D. Vitamin D2, however, is only 10–30% as absorbable as vitamin D3 and is currently recognized as unsuitable as a replenishable form of vitamin D. A new article, however, recently noted that patients with early onset of Alzheimer’s may benefit from vitamin D3 ingestion. An animal study recently examined the effectiveness of vitamin D3 in reversing the plaques that form in the brain. Doses much higher than originally thought necessary are needed to create optimal vitamin D levels for human nutrition. Currently the normal vitamin D3 level cited by labs is 30–100 ng/mL, however, the optimal level that should be strived for is between 60–120 ng/mL. At this optimal range, protection from significant diseases becomes evident.

The vitamin D toxicity concern recently seems to be overrated. The LD50 (the dose of vitamin D that would kill half of the animals tested with the same dose) is quite high. It would take 3,520,000 International Units of vitamin D to meet the LD50, which means an individual could take 10,000 units a day of vitamin D3 every single day, month after month, year after year, and not ever reach a toxic dose. Doses that lead to a level of vitamin D3 between 100 and 150,000 would need to be tailored or drawn back a little so as to make sure the optimal levels are maintained at 60–100 ng/mL.

Those concerned about creating hypercalcemia (elevated calcium levels in the blood) should note that doses of 50,000 International Units of vitamin D daily would have to be taken for months to lead to hypercalcemia. Functional doses or physiologic doses of 5,000 IU’s a day have actually been shown to reduce artery accumulation of calcium. Do not be misled to believe that sunblocks are needed to block the production of malignant melanoma because it has been found that individuals with the highest levels of vitamin D in their system have the lowest rates of this aggressive cancer.

Vitamin D is carried in the blood stream to the liver, where it is converted to calcitriol, which in turn is converted into calcitrocalcitriol (the active form of vitamin D) either in the kidney or by certain cells of the immune system. Vitamin D can act as an antimicrobial blocker by helping the body’s immune system work appropriately.
Unlocking Ultimate Health
The Brad Bose Interview
by Will Burson

I’m talking today with Brad Bose, PhD, personal trainer to the stars. Known primarily for his work with Robert Downey, Jr., on the Iron Man films, Brad has a holistic approach to wellness that he calls the “Locked Door Paradigm.” After a career as a professional athlete and over 25 years in the fitness industry, he has fine-tuned his approach to incorporate factors that many fitness enthusiasts overlook. Healing Our World readers will have the benefit of utilizing some of the same tips Brad offers Hollywood hunks and leading ladies in his Santa Monica gym.

**HOW (Healing Our World):** Hi, Brad. Your “Iron Man Workout” has garnered lots of attention after the monumental success of the movies it got its name from. What makes your approach to health and wellness special?

**BOSE (Brad Bose):** I tell my clients to think of their body like a precision machine: a Ferrari, a jet or a super yacht. If we bought any of these items and never spent time maintaining them—or used the wrong type of fuel—it wouldn’t be long before we had a worthless hunk of metal. If we put so much time and attention into our vehicles, why don’t we do the same with our bodies? After all, they are the most amazing pieces of machinery on earth.

This question led me to develop the Locked Door Paradigm. If we see health as a door with five locks, we will find it much easier to understand optimal health. In picturing a door with five locks, would we really expect the door to open if we only had four keys? If we did, we would soon find out we were left out.

Ultimate health works the same way. If we believe that by simply eating properly we will achieve ultimate health, then we are just pushing on the door with one lock unlocked. The other locks remain secured.

So let’s say proper nutrition is Lock #1. It is very important to develop healthy and intelligent eating habits. We know from an abundance of research that eating huge amounts of red meat or fried foods isn’t the answer. Healthy eating style does however require some effort. We need to have a sufficient balance of protein, fats and carbohydrates. If you are living a raw or vegan lifestyle you must eat a varied diet to obtain proper levels of these three things. Remember; this is your fuel. If we go back to our earlier analogy, I doubt many of you would believe that a jet can perform on regular gasoline. So it’s important to fuel your body to the ultimate.

**HOW:** My ears perked up when you said the “V” word. Looking at vegan athletes like Carl Lewis, Mac Danzig and Bill Walton, it is easy to see that people can perform well without animal foods. What is your experience with vegan strength training? Let’s put aesthetics (and bulky muscles) aside and talk about getting strong and maximizing the strength to weight ratio of trainees on a vegan diet. What advantages do you think vegans have when they go to your gym? And what pitfalls do you have to steer them around?

**BOSE:** Vegans have many advantages in my gym in a multitude of areas. They tend to have better energy levels, more endurance, better focus and a faster recovery rate. I attribute their success to eating cleaner, more effective food sources. The vegans who actively monitor their diet and balance their nutrition definitely get better results than the average person.

The biggest pitfall for vegans is not balancing their protein, fat and carbohydrate intake. It is essential that they eat a well balanced diet to maintain optimal nutrition. Otherwise they defeat the purpose of being vegan. The second pitfall is some lack of variation in their diet. In order to maintain strict veganism, they sometimes tend to eat the same foods day in and day out, definitely a detriment to vegans. By eating a wide variety of foods, vegans will get all the vitamins, minerals and fibers they need.

**HOW:** Let’s talk about Lock #2.

**BOSE:** Lock #2 (and maybe the most important one) is water. It is often taken for granted, but water is the single most essential thing to our body after oxygen. Most people do not drink enough water, nor do they drink it at the proper times. Water has many functions in our body’s health, but today we’ll focus on water’s role in keeping our body working efficiently and cleansing our body.

Research shows that if we are even mildly dehydrated, we are in a catabolic (muscle is breaking down) state. It is essential to drink water constantly throughout the day. Shoot for one fluid ounce of water per two pounds (39 ml per kg) of body weight, and keep in mind you may need more water with heavy training or in hot or dry climates. This means if you weigh 200 pounds, you want at least 100 fluid ounces of water per day to keep your body running smoothly.

Water is also our natural cleanser. A lot of people believe in doing radical cleanses, but the truth is the body is an amazing machine with built in cleansers. We just have to remember that water is the vehicle by which the cleansing is done, and keep it flowing.

**HOW:** Do you incorporate liquids like coconut water or other electrolyte-rich beverages with your trainees or simply rely on good old H2O? Also, do you utilize liquid foods like smoothies or juices pre- or post-workout nourishment, or just stick to solids foods?

**BOSE:** Using an electrolyte drink during and after your workout to replace the loss of electrolytes is essential and a very smart practice, but remember moderation is key. It is possible to drink too many electrolytes which causes your kidneys and liver to work overtime. Remember that water is a natural cleanser and still vital to consume on an hourly basis to keep our bodies running optimally.

People who use pre- and post-workout nourishments tend to feel they are essential. Certainly endurance athletes benefit the most from pre workout nourishment. Smoothies or protein shakes post workout can aid recovery and liquid nutrition seems to be more readily available to the body. My caution would be that if you are being “weight aware” remember that these drinks tend to have a lot of calories in them and can easily send your daily calorie count through the roof. It can also throw your fat and protein to carbohydrate ratios off.

**Lock #3** is sleep. People in our busy world think they can pop an energy drink and that can be the substitute for sleep. The truth is we all need eight hours of sleep per night to repair and restore our body. Without proper rest we are overheating our engines and will burn out.

**HOW:** Many fitness enthusiasts and trainers say taking naps during the day is important, especially for those involved in heavy training. Do you see any advantage to this, or is it eight hours a night enough for everybody?

**BOSE:** Everyone needs eight hours of sleep a night for optimal health, whether they take naps or not. That being said, “power naps” have been shown by researches to be more effective than caffeine for energy boosting properties.

Recent research conflicts with the concept of 20-minute power naps, suggesting that we may benefit even more from shorter, 10-minute naps.

**Lock #4** is cardiovascular training. Challenging our heart and cardiovascular system to get in shape is equal to tuning the engine of a race car. It affects every organ and system in the body, including our skin. Even the digestion and absorption of our food improves with cardiovascular efficiency.

**Lock #5**—the final lock—is strength training. This is also the most misunderstood lock. People believe that strength training is what bodybuilders do but in fact it is very different. My approach to strength training is called “C.A.S.S.” It stands for Coordination, Agility, Stabil- ity (or balance) and Strength. C.A.S.S. represents the four “mysts” we think of when we think of strength training, especially for older individuals. These critical components not only provide longevity but quality of life as we age. Every day we need these four tools to move through life. Shopping at the grocery store, walking down the block or playing a round of golf, we are constantly using C.A.S.S. to maneuver properly. As we age, C.A.S.S. keeps us moving and functioning. If we are active we are healthy, but if we are sitting or lying down too much our health is at risk. The biggest challenge with strength training is it is very technical, and without the help of an educated professional you may lack the exercises you need to get all four tools in the C.A.S.S. arsenal. cont’d on p. 47
Qigong Breath
Your tool for Tapping into your Life Force Energy
by PC Davidoff

Learning to control one’s breath is a tool used to tap into life force. Life Force is your vitality, energy and level of motivation. People who have learned and regularly practice breathing techniques activate and enhance the quality and quantity of this force. This accelerates the natural healing mechanisms in the body and provides us with clarity, joy and a sense of well being. In other words, calm body = calm mind.

The breath is the link to the most profound medicine we can manipulate independently to heal. Breathing is an independent function of the body that allows us to survive without thinking about it. Yet we are capable of controlling our breath. Doing this is an art form that has survived thousands of years because it works. It works to heal us, calm us and teach us. Learning breathing techniques is part of every valuable practice, including prayer, yoga, qigong, tai chi, reiki and many others. It is inspiring to realize that this powerful healing tool is within us all, waiting to be tapped into.

In the course of our possible life span of ninety years or more, we breathe 500 to 700 million breaths. The word “inspiration” means “to breathe in.” We also know the word “inspiration” as that quality which calls us forward to realize that this powerful healing tool is within us all, waiting to be tapped into.

Before we begin, I want to assure you that you are capable of feeling chi. It is within us all and we are all meant to feel it. It is exciting to become aware of this inner force. What does Chi feel like? There are many sensations that will vary in your individual practice. For example, practitioners may experience warmth, tingling or sparks in the chest or lungs. “Emotional lightness” or completely new emotions are also common expressions of Chi. Thoughts or worries often dissipate during this energetic transformation. Others simply describe the feeling of chi as “blissful.”

The flow of chi is assisted by proper body posture. The blood and the lymph are the fluid media in which the chis circulate. Evidence of chi is enhanced when your posture is balanced and the body is relaxed. You have the ability to assist your healing process with this practice.

Let’s begin...

Qigong uses the standing posture, so let’s stand in “ready position.” Visualize a connection from the crown of your head into the heavens. This connection lifts your head upwards, and straightens and lengthens the spine. Bend your knees gently, feet facing forward and shoulder width apart. Relax your shoulders. Now visualize a connection from your feet to the earth. This pulls the lower part of your body downward. The upward lift and downward pull further straighten and lengthen your spine. Touch the tip of your tongue to the palate. Again, relax.

The first breath...

The mouth is closed and we only breathe through the nose. Inhale slowly and deeply. On the inhalation the air enters the lower lungs first, expanding the abdomen. Then the continuation of the inhalation expands to the chest. After breathing in, pause for two seconds then start your exhale. On the exhalation the chest and abdomen empty simultaneously.

One breath equals an inhalation and an exhalation. Perform nine breaths. Practice both mornings and evenings, or as often as possible.

This article focuses on the breath aspect of qigong. Some of the benefits include a slower respiratory rate, improved gaseous exchange and significant benefits for those with asthma or bronchitis. Additional benefits can include: decreased stress response, lowered resting heart rate; normalized EKG, blood pressure and cholesterol levels; improved immune system. Anti-cancer effects and studies have shown suggestions of relaxed and integrated states of consciousness.

I f an analogy were drawn between the human body and a class of automobile, the human species would be analogous to a high-performance Formula One race car. Would the owner of a Le Mans or Indianapolis competition vehicle put regular-grade gasoline into the tank of such a highly refined vehicle? Definitely not. The highest grade of fuel is the only choice if the race car owner and crew want the vehicle to run at peak performance. Similarly, not only does the Ferrari-class human body also need the highest grade of molecularly structured liquid and solid fuels, but it also heals and thrives in an environment of coherent electricity and coherent electromagnetic fields.

The human body employs an extremely high level of molecular organization. When a molecularly chaotic liquid comes into contact with highly organized human taste buds, the individual experiences what is known as an “after-taste.” In contrast, when either disorganized or coherent electromagnetic fields come into contact with the human body, most individuals have no sensory indication of such an occurrence, nor do any reactionary impulses fire to the brain.

In 1992, Russian scientist Georges Lakovsky declared in his book, The Secret of Life, that biological cells function like highly-tuned resonant circuits, containing electrical characteristics such as resistance, capacitance and inductance. These key aspects in human cells allow them to transition into a state of “sympathetic resonance,” with frequencies pulsed into and around the body by both electrical and non-electrical devices.

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In 1992, Russian scientist Georges Lakovsky declared in his book, The Secret of Life, that biological cells function like highly-tuned resonant circuits, containing electrical characteristics such as resistance, capacitance and inductance. These key aspects in human cells allow them to transition into a state of “sympathetic resonance,” with frequencies pulsed into and around the body by both electrical and non-electrical devices. Sympathetic resonance is a harmonizing phenomenon wherein a formerly passive vibratory body responds to external vibrations to which it has a harmonic likeness. For example, the vibrations of an active tuning fork will cause a second non-active tuning fork to oscillate at the same frequency of the active tuning fork.

To separate out the one who contains symptoms but not the body, we have found that tuning forks can be used to diagnose various conditions and treatments. For more information on these treatments, contact the Hippocrates Health Institute.

Harnessing the Power of Electromagnetic Therapies
by Brian David Andersen

Electric and electromagnetic frequencies can either compromise the functioning of the human body or be advantageous, beneficial frequencies that harmonize the functioning of the awesome complex human system. These good and bad, pro and con frequencies similarly have positive or negative effect on animals and plant life, and their effect, more specifically, is upon the cellular function within any and all living organisms.

“If you want to find the Secrets of the Universe, think in terms of Energy, Frequency and Vibration.”

— NIKOLA TESLA

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Staying Hydrated in the Sun

by John Kohler

Sunshine is an essential nutrient in my book. We all know that sunshine is the key ingredient that our skin needs to make our vitamin D (see vitamin D articles in this magazine by Steven Lemberg, MD (page 11), Dr. Mitch Ghen (page 15) and Jenny Berkeley, RN (page 30)).

I believe we should get some sun every day.

As a matter of fact, my foster dog, Stitch, who is a six-pound, mostly black Chihuahua loves to lie out in the sun everyday. When Stitch gets too hot, he will duck for shade, because while dogs do have some sweat glands, they mostly cool themselves by panting. I have noticed that before Stitch starts panting, he usually moves into the shade to regulate his temperature.

Unlike dogs, we sweat through our skin to keep us cool. This process requires hydration, because when we are out in the sun, we are losing our most precious resource: water. Think about a sun-dried tomato and a fresh picked tomato. The one that has been sitting in the sun too long is now wrinkled and not so full of life, while the other one is vibrant and juicy. Which would you rather be: wrinkled or juicy? And what's the difference between being wrinkled and being juicy? The answer is the water content!

As people age, their bodies tend to "lose their water," which may cause wrinkles and other health challenges. Ideally our bodies should be about 70%–75% water. It is very important to maintain a high water content at all times, because a lack of water (dehydration) can be the cause of many "dis-eases" in the body. A good book that goes into detail about this is Your Body's Many Cries for Water: You Are Not Sick, You Are Thirsty, Don't Treat Thirst with Medications! by Dr. Fereydoon Batmanghelidj.

Based on my personal research, I believe the average person is dehydrated not only from taking in an inadequate amount of liquids, but because they are taking in the wrong kinds of liquids. Coffee, energy drinks, alcoholic beverages and soft drinks may all have diuretic qualities — this means they cause you to lose more fluid than you are taking in! If coffee and other canned and bottled beverages are generally not good, what are the alternatives? I like to look to nature for answers. One of the easiest things to grab to stay hydrated is water. I like good, filtered water. Filtration is important, as standard tap water may contain things like chlorine, fluoride, etc. That I do not want to put into my body.

You might be thinking, "Hey John, water tastes bland and I don't really enjoy drinking it!" Actually, I agree with you. Believe it or not, water is my last choice to stay hydrated. So what are some other liquids I use to stay hydrated? I would rather get "living water" from plants, because besides just the water, there is a plethora of other beneficial properties, such as the enzymes, vitamins, minerals and phytochemicals — all structured by nature into the perfect beverage. (Plants absorb water from the ground, and then they are the filter and add other nutrients to the water in a very assimilable form.)

Coconut water is probably my favorite drink to stay hydrated. In fact, I am drinking some right now! "Coconut water" refers to the water out of a young coconut. This water has been filtered by the thousands of cells of the coconut palm. Along the way, the water absorbs a host of electrolytes because the water in the coconut is there to help the coconut seed germinate. In recent studies coconut water has been found to contain much more electrolytes than chemicalized, fluorescent colored sports beverages!

Aside from coconut water, fresh juices keep me hydrated. Juice extractors release the living water content (along with the nutrients) from fruits, vegetables and leafy sprouts and greens, while discarding the fiber that can slow down digestion and absorption of the water and other nutrients. One of my favorite juice recipes is one that I get to enjoy when visiting Hippocrates Health Institute; they serve their special mix of celery, cucumber and sprout juice twice daily. This is an excellent recipe to stay hydrated and get a high level of electrolytes.

Overall, I prefer juicing vegetables over fruit. This is because of the high fiber content in vegetables, which can make them harder to digest than their fruity friends. Leafy green vegetables such as kale, chard, collard greens, spinach and lettuce are some of my favorite things to juice. Many people do not realize that leafy greens can contain over 90% water! In a recent test, I juiced one pound of salad mix in one of the most efficient juicers for leafy greens, the Omega 8006 nutrition center, and yielded 1.25 cups of juice. A pound of carrots usually yield about a cup of juice. In my opinion, juicing is one of the best ways to stay hydrated. More importantly, green juice is an easy, digestible way to include more of the nutrients contained within the leafy green vegetables in your diet.

Besides coconut water and juices, I enjoy eating fresh fruits and vegetables for my water content. See the graphic on this page for water content in common fruits and vegetables. Fresh sprouts have a very high water content, as well — after all they are just seeds and water.

One of the most important things I have learned over 18 years of living a plant-based raw lifestyle is that water content is King! We will not be able to thrive if we do not maintain an adequate amount of hydration.
**Inner Light and the Biophoton Field**

Light comes in packets called photons—subatomic particles that have no mass and that travel (in a vacuum) at the speed of, well, light. The term “biophoton” refers to photon emissions of biological systems—electromagnetic waves in the optical spectrum. In other words, biophotons are light produced by living organisms. This should not be confused with bioluminescence, which is an external glow that some plants and animals are able to produce. Rather, biophotons refer to an inner, more subtle light. All living cells of plants and animals, including human beings, emit biophotons. Even when you switch off the external lights, cells are bathed in the pale inside fireworks of a biophoton display. They emit light as they work and seem to use it to trigger biological processes. For example, mitochondria, the powerhouse of a cell’s nucleus, contain a variety of light-sensitive molecules. Studies have shown that cells affected cell division and energy uptake in neighboring cell populations even through glass, defying the purely physical lock-and-key model of information exchange. In the human body, even deeper than nerve signal conduction, light is the inner communicator.

Each of the 100,000 chemical reactions happening in every cell in each second can only happen when excited by a photon, making photon-triggering a fine tuning principle in cell chemistry. Each triggering photon then returns to the collective biophoton field of the organism, available for more reactions. We run on light, and we are swimming in an ocean of inner light.

The coherence and continuity properties of the biophoton field naturally explain the physical interface to the “non-physical” realms of mind, memory, psyche and consciousness itself. We contain and embody the light of consciousness.

Biophoton energy can be measured, and therefore used to assess the health or dis-health of cells. Cancer cells and healthy cells of the same type, for instance, can be discriminat ed by typical differences in biophoton emission. Biophysicists from around the world are now using biophoton detection in non-invasive early medical diagnosis, food and water quality testing, and environmental contamination testing and, more fundamentally, to measure intracellular, organelle, inter-organ, and even subtle organism to organism communication. Yes, subliminal communication occurs at the sub-atomic particle level. Plants, for instance, have been shown to “lend” their light to neighboring plants, increasing their growth by 55% as compared to simply increasing external light conditions. Fish eggs have been shown to “lend” their light to other less mature eggs, quickening their development. Biophoton emission also lends scientific support to some non-allopathic methods of healing, such as various body therapies, and acupuncture. Practitioners literally lend their light to help and heal.

**The Interface of Outer and Inner Light: The Eyes Have It**

In mammals, light reception and adaptation to changes in illumination of the environment were thought to occur only through the visual function of the eyes. The retinal rod and cone cells were believed to be the only cells in the retina capable of detecting light. But in 1998 a photopigment called melanopsin, originally discovered in frog’s skin, was subsequently found in a subset of human retinal ganglion cells, which act as photoreceptors, but do not participate in image formation and vision. This unconventional photosensory capability represents a light-detection neural pathway parallel to the visual system. In lower forms of animal life these pathways center around single or clustered cells scattered throughout the body and have nothing to do with eyes or eye-like structures, but in humans, the eyes have it. *Cytochrome 1*, a photosensitive molecule, sits at the core of this non-visual light processing, and regulates the light-mediated resetting of the biological clock, the sleep/wake cycle, and melatonin inhibition.

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**You Are My Sunshine by Andy Bernay-Roman**

As the earth speeds around the sun, twirling on its tilted axis, it subjects every form of life to a circadian rhythm of light and dark, day and night. All biology has evolved with this primal pattern, and as part of nature, our bodies rhythmically ride the grand carousel of changing light. When we step off the carousel through bad habits and unhealthy lifestyles, we suffer. Hence the obvious examples of Seasonal Affective Disorder (SAD), jet lag, night shift malaise, insomnia, and the less known findings that link cancer and disturbances in sleep/wake cycle and melatonin production.

But before we talk about the cadence of light and dark, let’s focus on light...
“Man did not weave the web of life; he is merely a strand in it. What he does to the web, he does to himself.”
— Chief Seattle, 1854

As Earth’s grand nurturer, the Sun lights our path, fuels our food and showers our world with warmth. The Sun has been revered throughout history—Greeks, Romans and others worshipped solar deities and modern music dedicated to the Sun has been played by orchestras and sung by choirs and children. A Google search for “Sun” elicits more than 2.3 trillion results! But words and worship and poetry and song fall short in magnitude and brilliance when trying to describe the Sun!

Harnessing sunlight for photosynthesis or chemicals for chemosynthesis is a fortuitous by-product. 99% of food for all life is produced through photosynthesis.

Consumers, or heterotrophs, constitute the next segment of the chain. The primary consumers, the second level, are herbivores—animals that eat plants and fungi. Secondary consumers, the carnivores, eat the herbivores. Tertiary consumers eat the secondary consumers and so on, until the chain reaches its top predator, called the apex predator. Omnivores, eating both animals and plants, can be considered secondary consumers.

Last in the chain are the detritivores and decomposers. The detritivores eat nonliving plant and animal remains, e.g. vultures and dung beetles. The decomposers, fungi and bacteria, complete the cycle, turning organic waste into rich nutrients for land and sea. And the cycle begins again...

When herbivores consume plants, 90% of the energy is lost as heat to the environment and to digestion and other life processes. Only 10% of the original consumed energy is stored in the herbivore and available to its predator.

With such a small transfer of energy from one organism to the next, the higher in the food chain one goes, the less available energy there is. Herbivores get 10% of the energy generated by producers, secondary consumers get 1% and tertiary consumers get 0.1%. This layered loss of energy is a reasonable explanation for short food chains and complex webs. Most of the energy is available at the bottom of the chain. The web succeeds because it is an interdependent system, meeting the needs of each organism so it can survive, if not by the individual, then by its offspring. And then there’s us.

Home sapiens are apex predators with big ideas about how to have “better living through chemistry.” Never content to leave the unbroken unfixed, some of our species are driving Earth to the edge. Of the many things that make us unique as a species, our ability to be a conscious, intentional steward of Earth is needed now! Here are some foundational ways to steward our Earthship to safety.

Be an herbivore! For many reasons, this is the best choice for humans. It provides us the most energy available in the food chain—direct from the producers, second from the sun! Veganism abolishes the demand for food animals and the degradation of water, soil and air that is the by-product of animal agriculture. It can also save land for rainforests and food forests and their enormous bio-diversity.

Grow at least some of your own food! Pick your food at its optimal readiness and get fresh energy quickly. Don’t use fossil fuel to transport your food across the country. Use vertical gardens to save space and, naturally, grow sprouts! Cont’d on p. 49
Sunlight and Sustenance

by Mark Mathew Braunstein

We live on the Earth, but we live by the Sun. The Sun grows our crops, warms our bodies, defines our seasons and measures our days. Sunlight is the gold standard for light quality, but what about its quantity? At the equator, daylight spans 12 hours a day, every day. At Latitude 40 degrees North, an imaginary line that traverses New York City and Salt Lake City and skirts Vatican City, daylight lasts more than 16 hours on June’s first day of summer, but barely 10 hours on December’s first day of winter. Winter light compared to summer light certainly is shorter, and also is weaker.

As indoor gardeners, we can compensate for winter by extending and fortifying daylight hours with artificial lighting. Artificial light promotes clearly measurable plant growth even when its color temperature varies widely from sunlight. Contrary to most folks’ assumptions, seedlings grow just as well when illuminated with standard cool white fluorescent lamps as with full-spectrum grow lights of equal wattage. A fuller spectrum is necessary to spark flowering, to fertilize seeds and to nurture fruits, but not to promote the growth of young seedlings. Examples of seedlings that many of us grow for food include wheatgrass, sunflower greens, pea shoots, and trypsuls of garden vegetables that collectively we now call microgreens.

Indoors, all of the above microgreens flourish even behind window panels that filter out most of the ultraviolet spectrum of sunlight. Sunlight is so intense that even indirect sunlight, also called shade, can suffice to nurture certain greens. So do not confuse indirect sunlight with insufficient light. Insufficient light spurs plants only to grow tall, but not strong or vigorous, and does not generate the deep green color that is the visual marker of chlorophyll. If just one of your windows provides direct sunlight for at least half the daytime, that is enough light for growing most microgreens. So how long is your daytime? For your sunrise and sunset times, consult your daily newspaper, an almanac, weather websites, or just look out the window. For dawn, subtract one-half hour from sunset. Next, count the hours from dawn to dusk. For most garden vegetables, 10 hours per day of mostly direct sunlight or 14 hours of mostly indirect sunlight can suffice. While this tally applies to all stages of vegetative growth, it is less crucial for microgreens. Under weak winter sunlight or indirect summer sunlight, microgreens may need more days to grow, but they still will grow.

Experiment a little. Conduct a taste test. Go to your fridge, and remove from the vegetable bin one large lettuce leaf. For this test, romaine lettuce serves well, butterhead and looseleaf lettuces suffice, but iceberg lettuce not at all. If you wish, wash the leaf.

Seek the Light!

Exposed to insufficient light, seedlings grow long and frail stems in a vain attempt to reach for more light. Gardeners call this sorry state legginess. Botanists call it etiolation. Avoid cultivating long and frail stems because stems generally are tough or bitter, while leaves tend to be tender and sweeter.

Conduct a taste test. Go to your fridge, and remove from the vegetable bin one large lettuce leaf. For this test, romaine lettuce serves well, butterhead and looseleaf lettuces suffice, but iceberg lettuce not at all. If you wish, wash the leaf.

Cont’d on p. 44

Currenly there is somewhere in the neighborhood of 40 scientific groups worldwide working to understand more about this weak intensity light we are emitting. The largest association involved in this research is the International Institute of Biophysics, founded and headed by Dr. Fritz-Albert Popp, a German researcher and biophysicist. It is an international network of 19 research groups from 13 countries, all involved in biophysical research and coherence systems in biology. Their research indicates that biophotons, or very small units of light, are emitted spontaneously from a coherent photon field within a living organism and the function of this light or biophotonic emission is intra- and inter-cellular regulation and communication. This information transfer within and between cells is believed to not only regulate metabolic activities, but also contribute to the growth and differentiation of cells and even to evolutionary development. Dr. Popp and his colleagues at the International Institute of Biophysics went on to discover applications of this research which can be valuable to our daily lives.

For example, Dr. Popp was able to show through his research that chemically similar substances could be differentiated as carcinogenic or benign according to how they responded to one specific wavelength of light. The carcinogenic substances would ‘scramble’ light emitted at 380 nm while benign substances would not. Interestingly enough, this is also the exact wavelength that science acknowledges cells prefer to use to repair themselves in something known as photorepair. Thus, the wavelength that becomes scrambled by exposure to carcinogens (380 nm) is also the wavelength preferred by cells to repair themselves. Could it be then that carcinogenic substances can cause disruption to the ability of our cells to repair themselves? Lynn McGagert, author of The Field describes it by saying, “Photons switch on the body’s processes like a conductor launching each individual instrument into the collective sound,” and further states that, “At different frequencies they perform different functions.”

Dr. Popp went on to develop a tool to measure these biophotonic emissions, which is referred to as a biophoton meter and counts light photons by photon. It enabled him to compare the light or biophotons emitted from within various organisms. He discovered that biophotonic emissions from healthy humans would be strong and display certain rhythmic patterns. He also observed that particular illnesses would alter the coherence, intensity and rhythmic patterns of these biophotonic emissions in predictable ways. This not only applied to humans, but to other life forms as well. Eggs from free range hens displayed greater coherence than eggs from penned in and caged hens. Food grown organically in the wild had twice as many biophotons being emitted as food cultivated organically. This cultivated organic food gave off five times as many biophotons as commercially grown food, and cooked or irradiated food gave off virtually no biophotonic emission at all.

Cont’d on p. 47

The Language of Light

by Pam Blue

The sun is constantly emitting light. This light has many different wavelengths contained within it, some visible to our naked eye and some not. What makes these waves of light different is their distance from one another and their subsequent effect on matter. Some are shorter and some are longer than that which we see and acknowledge as light. In fact, we are now discovering that some of these wavelengths, most notably the ones that range from 200 to 800 nm, are being emitted from within our very own DNA as well. So, just like the sun, we too are constantly emitting light. We cannot see it happening for it is at such a weak intensity that it can be compared to a candle flame 12 miles away, yet growing scientific evidence is revealing that it is taking place not only in our DNA, but in the DNA of all living organisms.

Cont’d on p. 47
Our solar system’s largest object is what we refer to as the sun, sol, solei, alma, etc., depending upon the language we speak. Even the most primitive humans elevated this star to a renowned status. Although the sun looks big and solid, it is comprised of roughly 74% hydrogen, 24% helium and less than 2% “metals” (Astronomy-speak for heavier elements).

At the equator of the Earth, the Sun rotates every 25 to 26 days. This brilliant generator of life brings us all that we need. It not only provides radiance, but gives birth to every plant and creature on our planet, including the most microscopic life. The sun’s nuclear fusion allows physics to advance to its third phase: It consistently produces 36 billion megawatts of energy.

Although we call the surface of the sun the photosphere, the photons that flow from it originated 100,000 years earlier in its core. This is an illusion since there is a great difference between them. This is an illusion since there is a great difference between them. This is an illusion since there is a great difference between them.

Beyond the radiant protons and heat that consistently explodes off its surfaces, the sun’s magnetic field is very strong (by terrestrial standards). A solar wind is the term used for additional charged particles (electrons and protons) that propagate through the solar system.

We are now addressing. This is not the worst time to be alive, on the contrary it is the highest point that humanity has ever reached. All the discord that you see around you and feel in yourself is the result of limited thinking. Here at Hippocrates Health Institute we aspire not only to utilize the cutting edge but more so to pioneer it. There will be a day in the not too distant future when your physical problems will give way to proper science and common sense. Simply stated, every single problem and disorder is due to a lack of understanding and nurturing the web of life.

Can you imagine a time when we can excise the word “no” from our vocabularies? This word was only manufactured as a way for us to stop imagining. Allow your minds to open and your consciousness to explode and you can begin to embrace the idea that even what appears to be solid and heavy is only an illusion.

This wondrous invention comes from the invisible protons that generated the cells in your brain, allowing you to read and comprehend what we are now addressing. This is not the worst time to be alive, on the contrary it is the highest point that humanity has ever reached. All the discord that you see around you and feel in yourself is the result of limited thinking. Here at Hippocrates Health Institute we aspire not only to utilize the cutting edge but more so to pioneer it. There will be a day in the not too distant future when your physical problems will be abolished and we will all enjoy a brilliant planet, which is but one minute speck in our limitless, multi-universe reality.
Vitamin D: Brain and Language Development in Kids

Any health and wellness professional worth anything today recognizes the benefits of getting more vitamin D. A baby in the womb needs vitamin D in conjunction with numerous other minerals, vitamins, trace minerals and nutrients in order to grow into a healthy newborn. Dr. Whitehouse and her colleagues at the University of Western Australia conducted a study of 700 pregnant women. Vitamin D levels were assessed halfway through the pregnancy. Then the vitamin D levels for the children were assessed at 5 and 10 years. Researchers divided them into groups from low vitamin D to high vitamin D. They found that pregnant mothers with low vitamin D during their pregnancy were more likely to have children with impaired language development than pregnant mothers with high vitamin D. The researchers concluded that there seems to be a link between early stage vitamin D levels and future brain and language development.

Vitamin D: Obesity in Kids

Childhood obesity is another major concern globally. The growing number of obese children is the result of a number of factors including: diet, activity levels and proper supplementation. It’s not surprising that vitamin D seems to have a key role here. According to a study published by the University of Michigan’s school of public health, insufficient vitamin D levels in children seemed to contribute to the rapid development of belly fat. The study looked at 479 children in Bogota, Columbia. Researchers found that children with the lowest levels of vitamin D at the beginning of the study had the tendency to retain more body fat and gain weight faster than their peers with high vitamin D levels.

Vitamin D: Diseases

While I have mentioned the obvious tendency to have less vitamin D during the winter months due to less sunlight, it is interesting to note that some researchers are concerned that even in the summer people are not getting enough vitamin D. In England, the Royal College of Paediatrics and Child Health (RCPCH) is on a mission to educate locals about the need to get more vitamin D supplements. The RCPCH is concerned, given the noted rises in cases of rickets which has increased fourfold. Additionally, the increased risks of diseases like diabetes, tuberculosis and multiple sclerosis are alarming.

The College noted a trend among children and around half of Caucasian adults to be deficient in vitamin D.

by Jenny Berkeley, RN, Hippocrates Health Educator

Sunlight’s Role in Vitamin D and Children’s Health

Vitamin D is a wonderful and useful tool for your overall health and well being. It is especially important for breastfeeding mothers to get a surplus of sunlight each day, plus their babies need a minimum of two hours per week of sunlight. Getting adequate sunlight is easy for those living close to the equator, but in areas farther from the equator, such as Canada, obtaining sufficient sunlight can be a bit of a challenge.

Perhaps this is something to consider for the Aboriginal population in the far north regions of Canada such as Nunavut. There would be a greater need to increase supplementation of vitamin D during the winter season, when as many as 24 hours a day can be spent in darkness. Vitamin D supplementation may be another tool in addressing the weight issue in children and teens.

by Wayne “The Mango Man” Pickering, ND, ScM

The Bright Side of Sunshine

“Picture the earth with no sun and you won’t see a very pretty picture!”

Being healthy requires more than just exercising, eating correctly and getting the right amount of sleep. We must also have sunshine. The sun is the source of all life as we know it. It is our friend and we need to respect it by establishing an intelligent relationship with it. The sun provides one of the greatest remedies for the anxious person who is very stressed out. Encourage a person who has a lot of stress in their life to lie down in the sunshine and the rays will give them what their nerves and their body are craving—relaxation. Sunshine is a tonic, a stimulant and a great healer. When you stretch out in the sun, millions of nerve endings absorb the solar energy and convert it for use by the nervous system.

The incredible powers of the sun are essential to all animals, plants, fruits, trees and vegetable gardens. All of these develop best with the right amount of sunlight. This is also true with the human body. Through plant life, the sun transforms carbon dioxide into oxygen for humans to breathe. Without the sun, we would be unable to breathe. Many people in northern climates suffer from severe winter depression because of lack of sunlight. Researchers from the National Institute of Mental Health have been able to reverse severe winter depression by simply putting people in a full spectrum fluorescent light which simulates the sunlight. It has been documented time and time again that people on the sunny side of hospitals make quicker recoveries than those who are on the shady side of the hospital. This is because they are exposed to more sunlight.

So now the question is, “When are the best times to be in the sun?” I wrote in my Food Combining Guide (www.CombineWhenYouDine.com) that the best times to avoid direct sunlight are 10 am – 2 pm. The burn potential for great health. This is essential for great health. This is because sunlight triggers an increase in the body chemical serotonin, which controls sleep patterns, body temperature and sex drive. Serotonin also lifts your mood and wards off depression. Plus, as the skin absorbs more of the sun’s rays, it stores up incredible amounts of a very beneficial germ-killing energy known as germsicides. The key word when utilizing the restorative properties of sunlight is moderation. Sun therapy can help build your health when you go about it sensibly. Let’s talk about the science behind the human body’s interaction with the sun. This way we’ll have some.ammonium to ward off the promotors of doom and gloom about sun exposure. The calming effects of sunlight start in the brain. When light enters your eyes, it goes to the brain’s hypothalamus which controls body temperature, hunger, thirst, water balance, blood pressure, emotions, immune function, circadian rhythm (our body’s time clocks) and the pituitary gland (our master gland). In addition, the healing process of bodily wounds is expedited with sun exposure.

The best source of vitamin D is sunshine, and it is unique because it is formed within the body. There is a fluid right under the skin called ergosterol, and when it unites with the ultraviolet rays of the sun it is converted into vitamin D and then it’s absorbed into the bloodstream. If you cannot go in the sun because you get red and bluster easily, you can be under a umbrella for just a little while and can actually take in sunlight through your eyes. Some beneficial parts of sunlight cannot pass through windows, so it’s important to spend time outside. Watch out for people who say you can get enough vitamin D into the body through a pill, lotion or potion, as those are usually the people who are selling and/or manufacturing the vitamin D. When we take too much artificial vitamin D, it interferes with the absorption of calcium in the body. Vitamin D Levels were assessed halfway through the pregnancy. Then the vitamin D levels for the children were assessed at 5 and 10 years. Researchers divided them into groups from low vitamin D to high vitamin D. They found that pregnant mothers with low vitamin D during their pregnancy were more likely to have children with impaired language development than pregnant mothers with high vitamin D. The researchers concluded that there seems to be a link between early stage vitamin D levels and future brain and language development. If we look at the vitamin D intake of a baby in the womb, we see that it cannot get any vitamin D from the sunlight. It is constantly shielded from the rays of the sun. Thus 100% of its vitamin D must come from the vitamin D reserves of its mother. If a Canadian mother, who is pregnant from October to April, is not supplementing her diet with vitamin D then she is doing herself and her baby a disservice. Due to the season, Canadians typically do not get enough sunlight (and therefore vitamin D) between October and April.

Vitamin D: Obesity in Kids

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Vitamin D: Diseases

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No one has ever succeeded by making excuses. If we don’t really want to do something, one excuse is as good as another; they seldom are good for anything else. The person who really wants to do something finds a way.

I was born in Boston, Massachusetts, on November 13, 1952. My mother, Catherine, and my father, Angelo, were first-born generation U.S. citizens of Sicilian and Northern Italian heritage. In the beginning, I was breast fed. After being weaned, I was introduced to cow’s milk, I then graduated to Gerber baby food. My mother once told me about a procedure she applied to my feeding routine was to prevent me from vomiting, or even choking, from my impatient behavior. I continued being overweight throughout my adolescence. In the third grade I found refuge in my newfound love of playing the piano. When I was in the fourth grade, my father passed away due to lung cancer.

My mother bought my first organ when I was 13 and that started my lifelong musical career. I played in numerous bands, living the life of a musician, with very little thought of a healthy lifestyle. By my late teens my weight had yo-yo’d. In my early twenties, I weighed about 250 lbs. That is when I had my first encounter with an inspiring health conscious individual named Randy Jacobs.

I was performing locally and Randy was playing bass in the band. We were sitting in a booth, and I was smoking a cigarette, with a shot of hard liquor and beer chaser. Randy looked at me and said, “What are you doing... what are you doing?” Wow, I had never met anyone like him before! He proceeded to tell me so many profound things that I was dumbfounded.

At the end of the night Randy gave me a book by Paul Bragg called The Miracle of Fasting. I dove in headfirst and proceeded to detoxify for many months. My weight went down to 175 pounds, but as time went on I learned that detoxifying and weight management were two entirely different procedures. Randy went on to be the founder and owner of Life Force Growers, Inc., in Lexington, Massachusetts. He was also the person who first brought to my attention the work of Ann Wigmore, the founder of Hippocrates Health Institute.

For the next 10 years I continued performing with my own bands, living in other states with different bands or touring off and on with a national act called Phaz and was back to my unhealthy lifestyle. October 1988, I started recording and touring with a band called Ronnie Earl and the Broadcasters, and we toured North America and Europe (including the Netherlands) playing the blues. Good career move, bad wellness move. I slept in every position known to man in different vans, shared cheap hotel rooms with other musicians and ate out of gas stations and fast food joints. It wasn’t long before my weight climbed to 285 lbs. Ronnie insisted that I get involved with a 12-step program called Overeaters Anonymous. I did it for a while but it just wasn’t something I could permanently commit to.

In 1990, after 18 months with Ronnie Earl’s band, I moved to Chicago. I lived in Old Town right near Cabrini-Green. A manager named Gordon rented an apartment there, so I stayed with him. It was a great place to sharpen my chess game, as it served as a flophouse for other blues musicians, but healthy living was never given any thought.

I was recording for blues artists on Alligator, House of Blues, Point Blank and a few European labels. I was also performing locally and touring. I was mostly touring with a blues artist named Larry McCray. His band was based out of Michigan and managed out of Chicago. They were some big boys, so I fit right into that mix. I always tried all kinds of food from all over the world so living in Chicago wouldn’t be any different. Most blues clubs closed at 3 or 4 am, so hanging out eating fried chicken, barbecue, hot dogs or pizza after shows was quite common. There are many reasons why people get to be 350 plus lbs., and that’s what happened to me. I was digging my grave with my knife and fork.

October 1991, I met my darling wife, Miriam in a club called Jazmania on Ipanema Beach, Rio de Janeiro, Brazil. One of the things she asked me was if I had any intention of getting a handle on my weight. Of course I believed I would eventually get it together, but over the following years I went up and down. Because my flow of events was so sporadic, I could never take myself seriously enough to permanently settle into a stable way of life. In all honesty, I did not even know how to.

By now I was 42 and I had kicked up a lot of dust in the music business. With all this exposure, Tone Cool Records offered me my own recording contract—a two-record deal. That was liberating, but what was not liberating was the 351st, or I purchased for my photo shoot. On my first album cover you can see that I weighed around 345 lbs., and on the second around 275 lbs. (See pages 62, 63). I am featured in Hammond Organ books and can also be viewed in the December 1998 issue of Keyboard Magazine.

In 1994 I began touring worldwide with blues guitar legend Buddy Guy. You can see me on YouTube performing at major venues in many parts of the world. During the last few years my weight yo-yo’d from 240 to 350 lbs.

In general, extensive tours would run from April to the middle of November, with sporadic fly dates during the winter. I spent most of my time on a stage, a plane, a train, a boat, a limo or a tour bus. All five senses would be challenged with various pollutants while trying to sleep in coffin-sized bunks, and tour mates couldn’t help making me. You can see that I weighed around 345 lbs., and on the second around 275 lbs. (See pages 62, 63). I am featured in Hammond Organ books and can also be viewed in the December 1998 issue of Keyboard Magazine.

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Mahatma Gandhi said, “You must be the change you wish to see in the world!” Following this teaching one should be able to say, “I am the light I want to see around me.” Is it possible for one who is experiencing “the blues” (darkness) to become a shining light?

Some guests who participate in the Life Transformation Program at Hippocrates Health Institute complain about “brain fog” Those who have been diagnosed with fibromyalgia (FM or FMS), chronic fatigue syndrome (CFS), Lyme disease, or depression often describe how they feel as “brain fog.” Chief complaints include: confusion, inability to recall known words or names, difficulty recognizing familiar surroundings (and thus getting lost), lack of concentration, inability to multitask and difficulty with simple math or remembering numbers. Their experience is that they cannot “see” because they are in the dark.

Other guests report that they suffer from SAD (seasonal affective disorder), a form of depression that occurs at the same time every year. SAD sufferers typically experience an onset of symptoms in the fall and the disorder may continue into the winter months. Though there is no conclusive proof as to what causes SAD, lack of sunlight is thought to upset the sleep-wake cycle, disrupting serotonin production in the brain. Those who suffer from this disorder may feel sad, grumpy, moody or anxious, and may lose interest in routine activities. Another common symptom is sleeping more than usual, yet feeling drowsy during the day. They may also eat more and crave carbohydrates, leading to excessive weight gain. (See Andy Bernay-Koman’s article on page 22.)

BE THE LIGHT VISUALIZATION EXERCISE

Choose a comfortable position in a chair or on the floor. Take a deep breath, filling your lungs all the way, and then breathe out easily and effortlessly. After three deep breaths, gently close your eyes and begin to pay attention to your right leg.

Begin to imagine that your right leg is an opaque dark limb, and that with every breath you begin to make it brighter and brighter. You immediately notice that the energy around your leg is becoming larger and brighter. (You can mentally create a ball of light.) Continue to do the same for the left leg with five more deep breaths. Next, focus on your torso and bring its brightness to your right hand and then the same brightness to your left hand. Next, focus on your head and bring (level 5) brightness to your head.

Both brain fog and SAD sufferers tend to feel better when they embrace the Hippocrates lifestyle, however they sometimes feel their “fog” and/or “darkness” worsens temporarily when they experience the “detox” part of the program. Some of these guests feel better when utilizing the mental/spiritual visualization exercise at the bottom of this page.

The primary objective of this exercise is to gain control over our own challenges. Even though some who are going through the darkness and fog will try to find an easy solution to the problem, giving one’s control to medications or other procedures is the last resort. If we can shun darkness with our own light that indeed is our first choice! 😊

M any generations later I am in my mid 70’s now live in Costa Rica and sunbath at all hours of the day. I never use any sunscreen or lotions and my skin has developed a golden glow. I have no concern about skin cancer, for that is not a problem that arises from too much sun. Instead it comes from an unnatural, heat-treated protein based diet and other environmental influences.

Melanoma is no different than any other form of cancer, except in one regard—the skin is the largest eliminative organ in the body. The heat and sweat initiated by the sun excerts many of the stored toxins in the body. Most of these toxins are of carcinogenic origin, whereby they are trapped by the sunblock misguided individuals use. This leads to the premature death of a high volume of skin cells, which precipitates melanoma.

Dr. Yinfa Ma, professor of chemistry at Missouri University of Science and Technology, recently showed that, when thrown nanoparticles of zinc oxide (the active ingredient found in many sunscreens) were exposed to sunlight, they released unstable molecules, called free radicals. Free radicals can damage cells or the DNA contained within those cells, which, in turn, could greatly increase the risk of skin cancer. Skin cancer is not the only concern, as there are many other less-defined malignancies in the skin having common denominators such as moles and warts.

The sun’s UVB wavelengths that sunscreens are designed to block are truly beneficial. They kick off the chemical and metabolic chain reaction that produces vitamin D. There is a tremendous amount of vitamin D deficiency in modern society. It is not surprising, as the masses have been masterfully indoctrinated to abandon “sun worship” for “sun dread.”

Science has shown the well-documented relationship between low vitamin D levels and poor bone health. Now links have been made to everything from multiple sclerosis to prostate cancer. Getting some sun may also shake off the wintertime blues (see Andy Bernay-Koman’s article on page 22). That’s why so many travel to a tropical environment when sunshine diminishes in their region. Sunshine is a key nutrient and is well recognized in the field of psychology as an important vibration to ward off depression. Research suggests that light hitting your skin, not just your eyes, helps reverse seasonal affective disorder (SAD). It is interesting to note that the highest melanoma incidents are in office workers rather than outdoor laborers. You would expect to see the exact opposite if the sun was the true culprit.

Sunlight stimulates production of white blood cells and enhances oxygen utilization, which helps the body maintain its defense against disease. Sunlight does a great deal to regulate nearly all our bodily functions bringing one an overall sense of well-being—mentally, spiritually and physically. All ultraviolet light that goes through our eyes activates and stimulates the pineal gland, which has been tremendously violated via toxic processed food, fluoridated toothpaste and, more importantly, regulated waters supplies. All plants need the sun and absorb its various forms of energy to transform and grow into their final essence via photosynthesis, and humans are no different. If one imagines the brain as a personal computer and the eyes as a kind of solar panel that charges and stores its energy source, one becomes aware of an intuition that all life forms contain. Therefore, living, “sun-cooked” food is like mini solar batteries that fuel the human physical, mental, spiritual, and emotional machines with life force essence.

Sun energy is trapped within living foods, each holding its own frequencies and vibrations of the sun. Once those foods are cooked (beyond the temperature the sun itself [or a dehydrator] provides), the sun energy is excrated and no longer available. The eyes can most directly and readily take in energetic photons to optimally feed our cells and inner space.

by Rev. Viktoras Kulvinskas, MS, Hippocrates Health Educator
While I was in Hawaii in 2010, the media reported that Hawaiian reefs were dying due to global warming. I had the pleasure of swimming in Hawaiian waters for 40 years. The water temperatures in 2010 were much colder than I had ever felt them—so cool I had to coax myself into the water every day. The reefs are very precious, and since the alleged increase in water temperature did not appear to have occurred, I wanted to investigate what may be killing the reefs. Uncovering research that proved the chemicals in sunscreens kill the coral within 66 hours after contact, I made it my mission to warn the public to stop using sunscreens in order to preserve these valuable ocean resources.

When I started my investigation, I had no idea that my profession as a menopause practitioner and medical researcher (specializing in hormones and their actions in the body) was the perfect background to help me investigate what may be killing the reefs. Uncovering research that proved the chemicals in sunscreens kill the coral within 66 hours after contact, I made it my mission to warn the public to stop using sunscreens in order to preserve these valuable ocean resources.

As I began pulling together many studies that identified sunscreens’ harm to developing embryos, and the danger they impose on our future generations, I realized I needed to research the entire subject in depth and write a book about the total affects sunscreen chemicals have on all life on the planet. Sunscreens—Biohazard: Treat as Hazardous Waste (New Voice Publications, 2012) reveals that sunscreens not only block the sunburn reaction in the skin, they are absorbed and travel throughout the body. They appear in the organs of our bodies, including the brain, and pass through the placenta, where they are capable of disrupting fetal programming—too late. Sunscreens not only block the sunburn reaction in the skin, they are absorbed and travel throughout the body. They appear in the organs of our bodies, including the brain, and pass through the placenta, where they are capable of disrupting fetal programming—too late. Sunscreens are washed off into the water by swimmers, and also enter the water supply when people bathe and wash their swimming clothes. Since sunscreen chemicals are not removed by waste treatment plants, they eventually end up in the rivers and oceans of the world, where they not only kill coral, but are capable of killing plankton—the beginning link in the oceans’ vital food chain. Therefore, sunscreen chemicals jeopardize all ocean life. 

Skin cancers and melanomas have been steadily increasing even though people have complied with warnings and readily adopted sunscreen use. In 1978, the U.S. FDA approved guidelines for sunscreen chemicals that blocked only the ultraviolet B (UVB) portion of the radiation, as it is the portion that creates the sunburn in the skin. By not experiencing sunburn, people believe that they are protecting themselves. This causes them to stay in the sun longer. As skin cancer rates continued to climb, sunscreen manufacturers realized that they had not included protection against the ultraviolet A (UVA) portion of the sun’s rays. UVA radiation penetrates deeper into the skin and can cause more damage than UVB. In 1988, the U.S. FDA approved a UBV filtering chemical, a chemical that the European Union had approved in 1978, yet skin cancers kept climbing. In 1998, titanium dioxide—which filters both UVA and UBV—was approved. In 2010, the U.S. FDA released new guidelines that approved only chemical combina-
al of many intangibles, including the light and energy from the sun.

Plants have been using solar power for eons. Isn’t it about time we humans caught on? (Breaking news: Warren Buffet just purchased a California solar farm for $2 billion US. He’s a conservative investor, so maybe the celestial tide is turning.) It used to be that the sun was just a cute metaphor for our spiritual life. New science is proving that it’s not just a metaphor, it’s the way it is. Quantum Physics and Epigenetics are two such examples of this new science. It’s beautiful to watch the convergence of science and spiritual- ity. If you ask a scientist if he believes in God or Spirit, more often than not they are saying, “Of course I do. I’m a scientist.” They also agree that “everything is energy” and one of the most powerful sources of energy is the sun. Mystics throughout the ages have extolled the virtues of “the light.” Gandhi’s last words were, “More light, more light” Christ said, “If your eye is single, your body will be full of light.” Modern wireless technology confirms the power of invisible light energy. Right in this moment, vast amounts of invisible information and light is flowing all around us and our physically manifesting on our mobile devices to keep us connected. Even the energy from oil, at its core, comes from the energy of the sun. It developed from plant life from millions of years ago and became liquefied. As a triathlete on a plant-based diet, I have direct experience with the energy of the sun. As a spiritual being pursuing a Masters degree in Wellness, I’m educated in the physical and meta-physical properties of the sun. I’ve always been fascinated by the “invisible stuff.” Don’t get me wrong; I love the physical universe, but the real power is in the invisible stuff. Think about it: invisible rays of the sun, music, electricity, air, love and the mystery of life itself.

In one of my marathons at Walt Disney World, I experienced what some might call a mystical experience. Miles 16 through 21, I felt completely “in the zone.” The running was effortless, and it felt like a higher force was operating my body and mind. In hindsight, this experience was simply a combination of plant-based nutrition (including enzymes), proper exercise, good relationships and a focused spiritual practice. I’ve never used performance enhancing drugs, so this must have been due to another form of “juicing”: Green Juicing!

Triathletes have another name for this mystical experience: “Race Day Magic.” This “feeling state” is probably a combination of many intangibles, including the light and energy from the sun.

A plant’s main source of energy is the sun, and at the same time it needs the earth and the minerals to grow. We get all of our best nutrition from plant life, which is solar powered and contains chlorophyll. As everyone at Hippocrates knows, we thrive on chlorophyll.

The Dow Chemical Company launched a major ad program in the 1960s. Their motto was “Better living through chemistry.”

**Sunscreens**

**How They Harm Rather than Protect**

By Elizabeth Plourde, PhD

We have been told for decades that no one should go in the sun without putting sunscreen chemicals on their skin. The warnings state that the sun’s rays cause skin cancers and melanomas and promote photoaging of the skin. I became involved in the subject of sunscreen use because of my love for coral reefs. Learning to scuba dive in 1970s, I have had the privilege of swimming amidst the exquisitely beautiful coral reefs of the world. Sadly, however, I have also witnessed their deaths beginning in the 1980s.

**Sunscreens — Biohazard: Treat as Hazardous Waste**

By Elizabeth Plourde, PhD

Sunscreens are washed off into the water by swimmers, and also enter the water supply when people bathe and wash their swimming clothes. Since sunscreen chemicals are not removed by waste treatment plants, they eventually end up in the rivers and oceans of the world, where they not only kill coral, but are capable of killing plankton—the beginning link in the oceans’ vital food chain. Therefore, sunscreen chemicals jeopardize all ocean life.

**Skin Cancers Continue to Rise**

Skin cancers and melanomas have been steadily increasing even though people have complied with warnings and readily adopted sunscreen use. In 1978, the U.S. FDA approved guidelines for sunscreen chemicals that blocked only the ultraviolet B (UVB) portion of the radiation, as it is the portion that creates the sunburn in the skin. By not experiencing sunburn, people believe that they are protecting themselves. This causes them to stay in the sun longer. As skin cancer rates continued to climb, sunscreen manufacturers realized that they had not included protection against the ultraviolet A (UVA) portion of the sun’s rays. UVA radiation penetrates deeper into the skin and can cause more damage than UVB. In 1988, the U.S. FDA approved a UBV filtering chemical, a chemical that the European Union had approved in 1978, yet skin cancers kept climbing. In 1998, titanium dioxide—which filters both UVA and UBV—was approved. In 2010, the U.S. FDA released new guidelines that approved only chemical combinations that filtered the entire UV (UV A + UVB) range, calling them “broad spectrum” sunscreens.

**Solar Power and Soul Power**

by Bodi Deliberato

What if we were solar powered? As humans we aren’t directly solar powered, but indirectly the sun is an indispensable part of our human energy system. Let’s look at a few definitions:

**The Sun:** The luminous celestial body around which the earth and other planets revolve, from which they receive heat, light and energy.

**Photosynthesis:** A process used by plants and other organisms to convert light energy into chemical energy that can be used to fuel activities.

And, here’s a new word (not yet in the dictionary)...

**Spiritual-photosynthesis:** Synthesis of invisible energy from the Divine.
Like many people, I really enjoy the sun. Sunshine fills my whole being with hope, joy and peace. The Sun is the center of our solar system, giving energy and life to the Earth and all its inhabitants. Since ancient times, humans have known that the sun is a beautiful healing source, as long as we understand and consciously utilize its magnificent power.

These days, many people are concerned about sun exposure and believe that sunshine is detrimental to their health. To the contrary, spending time in the sun can be incredibly healing. To enjoy the sun safely, we must be aware that sunshine is detrimental to our skin. To fight this, we have to protect our skin and our whole bodies.

First, let’s talk about numerous benefits of responsible sunbathing and how sunshine will increase your energy and strengthen your immune system.

**Sunshine On My Shoulders Makes Me Happy**

by Oksana Baidithceva

What do we need to know in order to get all of the benefits of the sun without harming ourselves? The most important factor is how long we should be in direct sun at a given time. The time of day greatly impacts this time span, as does our natural complexion and previous sun exposure. Try to avoid prolonged exposure between 11:00 am and 3:00 pm (the sun is at full intensity during these hours). Peak intensity will vary by season and region.

A sensible approach is sunbathing only during non-peak hours (when the sun is low in the sky) and increasing our exposure gradually, our skin should have more ability to absorb the sun's rays during subsequent sessions.

Another significant factor in the protection of our skin is diet. Animal products and processed foods can enhance cancer risk while in the sun. By consuming raw living foods, seed grains, nuts and fruits, we can absorb cancer-fighting nutrients and antioxidants that will protect our skin and our whole bodies.

The best way to protect our skin is paying attention to how much sun our bodies can handle. If we must be in full sun for long periods of time, we can protect ourselves by wearing wide brimmed hats and/or appropriate clothing and drinking plenty of water. A diet rich in antioxidants also protects the skin from excess sunlight. Typical over-the-counter sunscreens do not prevent skin cancer. In fact, they have many properties that can encourage cancer.

The skin is the largest organ in the body, and it absorbs everything we put on it. This means that many of the chemicals from sunscreen products are transferred into the bloodstream right away. These chemicals pollute our bodies, making us more susceptible to many diseases, including cancer. Moreover, these chemicals can be washed into the water, contributing to the contamination of our planet’s precious water supplies.

Some of us mistakenly believe that wearing sunscreen offers complete protection from the sun. In reality, improper sun exposure, especially when combined with the wrong sunscreen, can cause lasting damage to our skin and our overall health. Not all types of UV radiation are blocked by sunscreen. This includes UVA rays, which do not cause sunburn, but can cause other skin problems, including skin cancer, clogging pores, wrinkles and aggravating acne. It is extremely important to choose skin products wisely. By eating a healthy diet and being smart about the time we spend in the sun, sunscreen is not even necessary. (Read more about sunscreens in the article by Elizabeth Houlé, PhD, on page 36.)

To conclude, a little common sense and self-awareness will help us make healthy choices and get the most benefits of the sun and its light. Getting no sun at all is just as unhealthy as getting too much. Be a mindful person and responsible sunbather and your body and mind will thank you.

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1. Sunshine is a source of Vitamin D, which helps the body regulate the immune system and increase calcium absorption, which leads to strong bones. Vitamin D is also thought to improve cognitive functions and decrease the chances of developing Alzheimer’s disease.

2. Sunshine improves circulation. Exposure to the sun increases both white and red blood cell count and helps the blood circulate more efficiently.

3. Sunshine helps balance hormones. The sun can aid in regulation of the production of hormones. Spending a little time in the sun can even decrease symptoms of PMS or menopause.

4. Sunshine improves mood and can help reverse depression. Sun exposure causes the brain to produce serotonin and endorphins, which elevates our mood and helps fight depression. (Read more about the sun’s ability to raise our spirits in Andy Bernay-Roman’s article on page 22.)

5. Sunshine aids in more restful sleep and fights insomnia. The brain has an internal clock which is naturally set when we are in the sun, also causing melatonin production, both of which help us get a good night’s sleep.

6. Sunshine gives us clearer skin. Sun exposure can be very beneficial for people who have skin conditions such as acne, rashes and eczema. Getting some sun also gives you a natural glow and healthier appearance. (Continues below)
Obtaining and maintaining good health is actually pretty simple: Abide by the laws of nature that manage your body; straying from these principles will result in damage to your health.

There is a direct connection between the optic nerve and digestion. When sunlight hits the optic nerve, electrical impulses are transmitted, activating many processes of the body, including digestion. Nerve impulses send messages that tell the body to produce certain enzymes, gastric juices and other chemicals that tell the body to produce certain enzymes, gastric juices and other chemicals that activate hormones and have shown exemplary support for memory enhancement.

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In this visually stunning, rever- ential documentary produced and directed by Taggart Siegel, scientists, philosophers, commer- cial beekeepers and biody- namic beekeepers explore the issues surrounding the devas- tating phenomenon of "Colony Collapse Disorder." With a compelling cast that includes Michael Pollan, Vandana Shiva, Gunther Hauk and others from around the world, the long story of bees is revealed, from ancient hieroglyphics to present day.

In the film, Rudolf Steiner is quoted as having predicted in 1923, "The mechaniza- tion of beekeeping and industrializa- tion will eventually destroy beekeep- ing." Although humans and bees have had a mutually beneficial relationship for thousands of years, hives are now collapsing and bees are disappearing in countries around the world. Our once sacred partnership has become a profit-driven industrial business. One scene in the film takes us to thousands of acres of almond trees in California. Monoculture mega-farms of any crop only have food for bees when flowering, so bees cannot survive there year-round. Instead, thousands of hives are loaded onto trucks and shipped thousands of miles. Michael Pollan ex- claims monoculture to be "the original sin of agriculture.”

Gunther Hauk says about the crisis, “More important than global warm- ing, we could call it Colony Collapse of the human being too." Michael Thiele, also a biody- namic beekeeper says, “In the bee hive, all the individuals dedicate themselves, like the bees — to ensure the survival of bees, and Earth. Each time I show this film, at least one viewer says, “Everyone should see this film!” I agree.
Some Like It Hot
A Case Study with Infrared Saunas and Asthma, Allergies and Heavy Metal Exposure
by Dr. Raleigh Duncan, Founder of Clearlight Infrared Saunas

Infrared Saunas are becoming an integral part of every good health regimen. The link between toxicity, inflammation, autoimmune disease and overall health needs to be objectively measured and reported. The following case study shows the outcome of one person’s regular infrared sauna usage and describes how the body can respond when the toxic burden is significantly lowered.

Clinical Features
Hannah K. presented as a typical 16-year-old female, who attended her local high school and was very active in various athletic programs.

Throughout her childhood, Hannah suffered greatly from asthma, eczema, hives and multiple allergies. To help these conditions, Hannah became dependent on the asthma controller, Sinu-Mist. These conditions, Hannah became dependent on the asthma controller, Sinu-Mist.

Hannah was first exposed to heavy metals in utero. She was adopted as an infant and her birth mother had taken drugs prior to her pregnancy. (Drugs are usually cut with fillers containing chemicals and heavy metals.)

Hannah went to Oasis Wellness Center in Westlake Village, California, and conducted an intervention and outcome study on the infrared sauna she purchased for her home. Hannah’s mother enthusiastically describes their sauna as “our new health care plan!”

Intervention and Outcome
Hannah went to a naturopath who conducted a hair analysis, revealing high levels of aluminum, barium, cadmium, lead, mercury, nickel, silver, tin, titanium, uranium and other metals.

Hannah’s family wanted a natural approach to help lower these high levels of heavy metals. Thinking chelation treatments would be too hard on Hannah’s kidneys, the naturopath recommended Hannah begin taking detoxification treatments would be too hard on Hannah’s kidneys.

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Hannah was very enthusiastic as she began to feel and see results almost immediately. At first, in the sauna, Hannah’s sweat was milky looking, but within a few weeks her sweat cleared and her eczema improved noticeably.

After six months, Hannah’s asthma symptoms decreased tremendously and her eczema and hives completely cleared up with no recurrences to date. Her allergies also lessened dramatically. After 15 months, the naturopath conducted another hair analysis.

Comparing the results to the first test, he said, “It doesn’t even look like it’s from the same person!” The follow-up test showed 13 of the 14 heavy metals tested were at levels substantially lower than what is considered normal. Most were below the 20th percentile level, whereas in the first test a majority of the heavy metals were above the 80th percentile. For instance, Hannah had extremely high levels of Cadmium on her initial test, measuring 0.22. Her follow up test showed a 94% reduction to 0.014. (High Cadmium levels have been linked to breast cancer and pancreatic cancer.)

Nine months later, Hannah’s health continues to improve. She’s off all the strong medications and only uses a rescue inhaler to control occasional exercise-induced asthma. Spring and fall are always the worst for her allergies and asthma and she reports this year has been “the best ever!”

Her mother shares, “Hannah continues using the sauna and she feels like a new person. She’s never performed better on the basketball court. She moves with speed and agility without losing her breath and needing to rest. We couldn’t be more blessed with her recovery; it’s truly an answer to our prayers.”

Hannah’s entire family is now thriving with regular use of the Clearlight infrared sauna they purchased for their home. Hannah’s mother enthusiastically describes their sauna as “our new health care plan!”

Conclusion
This is a common infrared sauna experience similar to many that have been reported and studied over the past thirty years. Toxicity can be a direct pathway to disease and when the body is overloaded, it cannot function correctly. Health cannot be regained or maintained until the body’s toxicity is addressed. The far infrared sauna is a remarkable health tool that works with the body to eliminate toxins. In other studies and case histories, the infrared sauna has also been shown to remove pain and strengthen the immune system.

For more information, call the Hippocrates Health Institute Store, Clearlight Saunas at (800) 377-5070 or visit HealWithHeat.com.

Clearlight Saunas come with a Lifetime Warranty on the sauna and all its components.

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Phytoimparts the green in vegetable also all other plant nutrients. Chlorophyll mostly are sugars and starches but their leaves, the lesser your prize. Greens so highly prized. The smaller bitter! Again, not so nice! The leaves, leaves, but not the stems. Tender, succulent, maybe even sweet! Nice! Okay, next eat the remaining central spine. Foliow, bland, maybe even bit- ter! Not so nice!

Let’s talk sunflower, whose very name is very sunny. Some indoor gardeners find that their sunflower greens grow long and frail stems. To prevent this they extend the initial “darkness” stage by one or two extra days. During the darkness stage (I recommend a duration of 2–3 days), some sort of weight is placed atop a tray which itself rests atop the sunflower greens. Weighed down, the seedlings grow stems that are strong and squat. But the plants are seeking the light of the sun, not extra days of darkness unlike another tray. The problem is lack of light, not lack of weight. So instead of growing stems that are long and frail and fibrous and bitter, under pressure such as green sunflower greens grow stems that are short and squat...and fibrous and bitter!

Conduct that same lettuce taste test upon sunflower greens. Take a handful of leaves with fingers or your teeth, and once you have a handful of leaves eat only those leaves, but not the stems: Tender, suc- culent, even sweet! Again, nice! Next, eat just those leftover stems: Relative- ly tough, maybe bland, or maybe even bit- ter! Again, not so nice! The leaves, not the stems, impart the delicate and agreeable flavor that makes sunflower greens so highly prized. The smaller their leaves, the lesser your prize.

Get Your Fill of Chlorophyll!

Chlorophyll in leaves converts sun- light energy into plant matter, which mostly are sugars and starches but also all other plant nutrients. Chloro- phyll imparts the green in vegetable greens. Deep, dark green in leaves indi- cates richer chlorophyll content. More chlorophyll signals the plant’s poten- tial to produce more sugars and all its other phytonutrients. More sugars and more nutrients result in more flavorful and nourishing vegs. Thus the goal is to grow lush leaves, not long stems. Simply stated: leaves, not stems.

Longer hours or stronger lumens of light foster the growth of larger leaves, shorter hours or weaker lumens foster longer stems. In seeking the light, try to make that more sunlight. From sunrise to sunset, follow the path of sunlight in your home. If you must, move your crop from window to win- dow, even from room to room. Because our sunny dispositions inform us that no light is better than sunlight. What can possibly be more intense than the sun? Two suns! When sun- light shines through your windows directly upon your microgreens, prop some reflectors to the sides of and behind the microgreens. Merely one reflector in back works wonders. Create reflectors with lightweight white cardboard. (Hint: undersides of produce boxes often are white.) The de- luxe model is white foam core board purchased from office or art supply stores. Aluminum foil affixed to cardboard is more reflective than white, but unsightly. The hi-tech version of foil is metalized mylar, a plastic film embedded with aluminum. Some well stocked gardening stores carry metalized mylar, as do sporting goods and camping equipment stores. Camping stores claim metalized mylar space blankets or survival blankets.

In a Dark Time

Long hours of natural sunlight do reach a natural limit, which is a good thing. Artificial light can artificially exceed that limit, which is a bad thing. More and more light does not necessarily produce more growth or more nutrients. Just as you need at least six hours of sleep, plants need a minimum of six hours of darkness. Yet plants do not rest at night as we do. Instead, after a day creating carbs, during the night plants metabolize and convert those carbohy- drates into plant tissue. They deepen their roots, thicken their stems, and broaden their leaves. In essence, plants work hard by day, and grow strong by night.

In an effort to maximize yields, some indoor gardeners shine their artificial lighting 24 hours a day for the last two or three days before har- vest. With uninterrupted light and no darkness, seedlings continually create their starches and sugars, but minimally metabolize them. Imaginestuffing yourself with foodstuff all day long and all night long, never exercising and never sleeping. Yet you still will grow. You will grow fat! Such obesity is a measure of quantity, not of quality. Plants exposed to round the clock light become stressed. If for only two or three days, they may not yet visibly manifest their stressed state, but they are stressed nonetheless. Microgreens and mature greens grown under light round the clock cannot provide us with the same level of nutrients as those whose schedule more closely resembles that of nature. If you are inquisitive, grow one batch of sunflower greens under perpetual light and another under light alternat- ing with darkness.

Their tales will be so distinct that even the most jaded of taste buds will discern the difference (see sidebar on page 26). But why bother? We already know that nature knows best, and therefore should have faith that nature grows best. So provide your homgrown greens with the light of day, but also with the darkness of night.

Sundays

Of everything we eat, green leaves con- tain the greatest concentration of sun energy. One way to see the light might be to eat it, in which case spirituality just might boil down to a question of energy. Nations go to war over land and people, over gluttony or ravenous for the food that grows upon it, but the sunlight which creates that food seldom is in short supply. Sunlight shines upon us all. It is no coincidence that the day of worship and the Western world’s day of leisure both fall on the day named for the Sun. May all our Sundays be sunny and may all our days be Sundays!

Sunlight’s Role in Vitamin D and Children’s Health, cont’d from p. 30

Advocates for addition of vitamin D to foods and to supplementation, see this as a potential to help combat what it sees as an epidemic of vitamin D de- ficiency related diseases. The Kaplan Children’s Hospital (KCPCH) already has launched a successful cam- paign to alert breastfeeding mothers to increase their vitamin D intake.

Vitamin D: Canada’s Study on Critically Ill Children

In what has been touted as the first of its kind, the study looking at the vitamin D levels in a large group of critically ill children could bring to light many answers in the quest to help children.

Dr. McNally, a clinical researcher and intensivist at the Children’s Hospital of Eastern Ontario, and assistant profes- sor in the Department of Pediatrics at the University of Ottawa, was the research leader in the study, which looked at 100 children admitted to an Intensive Care Unit (ICU) with severe infections, significant trauma or condi- tions requiring major surgery, such as congenital heart defects.4 The study showed that 75% of critically ill chil- dren had blood vitamin D levels below the level considered safe accord- ing to intake standards. The Canadian children with lower levels of vitamin D required more medical interventions such as breathing tubes and medica- tions, and stayed in the ICU longer. As an Emergency Room (ER) nurse, I am delighted that Canadian doctors are looking at the vitamin D situation surrounding their children seriously. I have been noticing for some time that ER departments are becoming backlogged with more and more adults and children coming in. Imagine if, upon admission, a vitamin D test was standalone, and brought to the regular blood work. It would be of tremendous value to know what percentage of seniors coming in after a fall were defi- cient in vitamin D; the same goes for children who seem to be very fragile. In the past, Canadian children could have gotten a free vitamin D test from the local family doctor, as it was covered by our government health coverage. I was sad when it was cut. If the Ca- nadian government is serious about using vitamin D as one of its strate- gies to address brain and language development, childhood obesity and long term reduction of vitamin D defi- ciency diseases, then making the test free again for Canadians is essential.

Sunrise/Sunset

Want to know today’s times for sunrise and sunset? www.TimeAndDate.com has it all, including a Sun Calculator to create charts for your locality. www.HippocratesInstitute.org Healing Our World »« Sunshine

Strategy for Parents and Kids

In this article I have highlighted the absolutely essential role vitamin D plays in the development of young people. A basic strategy is to begin supplementing your family’s diet with a whole-food, plant-based vita- min D supplement. It is interesting to note that many fortified foods contain animal sources of the nutrients or syn- thetics, so you don’t want to consume those if you are on a plant-based diet.

The suggested sun exposure of 15 minutes a day may be too low depend- ing on factors such as your skin color, whether you work indoors all day of the season, the region you live in and the kind of diet you regularly consume. For Canadians and others with similar climate conditions, I recommend you consider spending extra outdoor time in the sunlight. Families can plan more weekend trips to the beach or park, or they can simply lie in the backyard and sunbathe to soak up the sunshine.

Remember, good health is your birthright but keeping it is your choice. Peace, love and gratitude. References:
1. www.HippocratesInstitute.org
3. www.timeandDate.com/worldclock/sunrise.html

Sunlight and Sustenance, cont’d from p. 26
consciousness and focus. Much of our
with some of us choosing a healthier
ics? Maybe we are all swimming
around the genes that has the biggest
or energy field has a profound effect
basically turned the old model of Dar-
ion. In this work he discusses the
and also his
ideas is the work of Bruce Lipton in
and energy. Consider living from your
and body, the visible and the invisible.
Let’s look at a new model of un-
derstanding the universe, humanity
and energy. Consider living from your
power source. Next time you are at
of light or information transfer via
bodies, resulting in optimal func-
tion and flexibility. Make sure your
instructor isn’t correcting your form,
way your instructor can walk around
the class is small and manageable. That
way your instructor can walk around
imagine practices like yoga could help
improve your form. If you have
power of the sun. Let the sun shine in
the “Sunshine State” and ingesting raw foods has its
benefits. Have you ever watched small
children playing on the beach? It’s
like they are solar-powered! They seem to
have a more powerful connection to
the light energy, with fewer physical
and emotional blocks.

Finally, remember that like ev-
everything in the universe, you are
a two-way system of giving and receiv-
ing. This concept of the words of the great spiritualists John
and Paul (not the Popes, but Lennon
and McCartney). They wrote, “And
in the end, the love you take is equal
to the love you make.” Now, I’m not
religious, but the existence of the
sun, the music of the Beatles, and the
design of the human system make it
hard not to believe in some kind of
an invisible divine intelligence and the
power of the sun. Let the sun shine in
and be a luminary. You were born as
a luminary; just turn your watt-
age by continuously cleaning up your
body and mind. Your spirit is strong
and you are ‘soul powered’!

The Language of Light, 
cont’d from p. 27
According to Heinz R. Gisel, author
of In Foodure We Trust, the biopho-
tonic emission from fresh fruits and
vegetables was strong and coherent,
while a multivitamin containing all
of the daily recommended vitamins
showed virtually no sign of biopho-
tonic emission at all.

These discoveries suggest that the
closer to natural something is, the
stronger and more coherent the bio-
photonic emissions. These emissions
of light seem to be directly linked to
efficient communication within our
bodies, resulting in optional func-
tion within and between our cells.
It also reveals this language of light
or information transfer via
biophotons is quite possibly occurring
not only within and between the
cells of the organism itself, but within and
between the organism and its environ-
ment or surroundings as well. With
this thought in mind, could it be pos-
sible that the more natural influences
we include in our daily lives, the more
health we radiate? Could our return
to harmony be as simple as eating food
in its most natural state and commun-
ating with nature as often as possible?

The implications of this newfound
awareness lead us to new frontiers,
not only in the area of health and
well being, but in the interconnected-
ness of life. It seems possible that this
language of light could be responsible
for how schools of fish or flocks of
birds coordinate themselves instanta-
aneously. Experimenting on the learning
ability of animals reveal that it is
not related to habitual trails, scents
or even the electromagnetic fields
of the earth, but rather some form of
silent communication holding them
together regardless of distance. And
although, as Dr. Popp states, “We now
know, today, that man is essentially
a being of light,” there remains vary-
ing schools of thought as to what the
light is responsible for.

Could it be that this light is merely
a waste product? Or could it be that
this light, this information exchange,
is related to what ancient philoso-
phers refer to as the life force, prana
or chi? As science seeks to answer the
questions to these subtleties of our
existence through mounting research
and evidence, we can ponder them
for ourselves. We can begin to weave
through the research in a way in
dividually, feeling our way through the
information and creating lifestyles
accordingly.

Unlocking Ultimate Health, 
cont’d from p. 17
HOW: I’ve read that Robert Downey,
Jr., who is quite the accomplished yogi,
that imagine practices like yoga could help
a great deal with the Stability portion
of C.A.S.S. Do you have tips for people
who want to incorporate more stretching
or yoga into their workouts? Have you
done entire sessions to those practices?

BOSS: Yoga is definitely an enjoyable
way to enhance C.A.S.S. overall. When
done properly, helps with coor-
dination and flexibility. Make sure your
yoga instructor is well qualified and
the class is small and manageable. That
way you can get walked around and
correct your form. If your yoga
instructor isn’t correcting your form,
find a new teacher because you can always
improve your form. If you have
time to devote an entire session to
stretching that is great, but stretching
is something we can actually do almost
daily. Active stretching (dynamic
warm-ups) is currently thought of as
the best form of pre-workout stretch.
Passive stretching should be performed
after the workout under the supervi-
sion of a professional who is working on
balancing your body.

HOW: How much cardio and strength
training do you think is necessary for a
“normal” person (not an elite athlete
or superhero) to stay fit? And does this
amount of time go up if people like
me who sit at a desk for 40+ hours
each week?

BOSS: As with everything, more activity
is better than less (to a point). If you feel
behind a desk it is important that you
stand up frequently and move around
(they even have treadmillmats that fit
under a desk). Long periods of sitting
without activity are not healthy even if
you work out frequently.

The optimal training would be cardio
training 4–5 days a week and strength
training 2–3 times a week with one
day of complete rest. But it is important
to vary your cardio training. Minimize re-
petitive workouts and vary your cardio
(hiking, biking, fitness classes, jogging,
etc.) always prefer exercising outdoors
as opposed to sitting on cardio equip-
ment in the gym because the benefits
are much better. Use treadmills and
other cardio machines only when you
must. The amount of time you train
may not be much different than a
“superhero,” but intensity levels may
vary widely.

HOW: Thanks for your time, Brad.
You’ve answered all the questions I
have. Do you have any other thoughts
for our readers you’d like to close with?

BOSS: Let’s keep in mind that “variety
is the spice of life” so less (to a point). If
you get caught up in black-and-white
thinking and separate the physical
aspect from the spiritual aspect, you are
not always as they appear.

Shift your perception from that of a
one-dimensional existence to a three-
dimensional one. The body is just one
expression of true reality. As science
seeks to answer the

questions to these subtleties of our
existence through mounting research
and evidence, we can ponder them
for ourselves. We can begin to weave
through the research in a way in
Hippocrates Health Institute
www.HippocratesInstitute.org
Healing Our World
Sunshine

Brad Bose’s gym in Santa Monica, California, is called ANATOMI Functional Performance. The facility boasts a wide range of equipment to build functional strength and take your training to the next level. Learn more at www.BoseManagement.com or visit him on Google+.
Vitamin D, Sunlight and Supplementation, cont’d from p. 15

Vitamin D is also imperative in the healthy conversion of DNA into its progeny, therefore, when levels are low, the individual is more prone to solid tumor of all kinds.

It should be pretty convincing that each individual, man, woman and child should have optimal levels of vitamin D3. Even infants from the first day of life that have been pumped up to two to three months. To help the individual reach their goal in a more proficient manner, intramuscular injections of vitamin D3 in high doses are often required every other day.

I have found that the liquid vitamin D3 that made from lanolin (sheep hair oil), that has been converted to high levels of vitamin D from the sun, to be the best oral source.

The role of vitamin D in the body includes modulation of cell growth, neuromuscular and immune function, and reduction of inflammation. Many genes that regulate cell proliferation and differentiation, as well as necessary cell death (to allow new cells to be made) are handled in part by vitamin D. Many cells have vitamin D receptors that are often blunted when individuals have high stress levels, increasing adrenal function. It is very common to have high levels of cortisol interfere with the proper absorption of vitamin D. Individuals with high stress levels may find it difficult to reach optimal ranges because of their adrenal function being abnormal.

Sunshine converting the oils in our skin to the most active form of vitamin D may unfortunately be impractical. New studies demonstrate that it could take up to 48 hours before vitamin D is absorbed, it is likely that most individuals would have shone by that time. Complete cloud cover and shade could reduce ultraviolet radiation by 50–60%. Please note that UVB light, required for the conversion of the oils to vitamin D3, does not penetrate windows, so indoor sunshine will have little vitamin D benefit. The only vegetarian food sources of vitamin D are UV irradiated mushroom and yeast. To some degree, mushrooms that have been exposed to sunlight may also have some increase in vitamin D content.

Supplementation, both orally and intramuscularly, will be required for most individuals. One is most at risk for low vitamin D levels as an infant, an older individual, a dark skinned individual or one that has little or no sun exposure. Any problem with gut metabolism, especially that relates to fat metabolism, as seen in someone with a gastric bypass, would also have difficulty assimilating all fat soluble vitamins, including vitamin D. Certain medications such as corticosteroids, fat blockers and cholesterol lowering drugs may inhibit the absorption of vitamin D.

7.6 million children and 30.8 million adults are below the normal range for vitamin D. The State University of New York at Albany has made it clear to women, noting that breast cancer cells died within days after injection with vitamin D. Given vitamin D3’s ability to prevent 50% of breast cancer cases from occurring and often preventing them from reproducing. Invasive plants and animals spread unchecked, without the ecosystems.

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The Bright Side of Sunshine, cont’d from p. 31
People who think that they are getting strong bones from milk are also misinformed. We know that people who have a vitamin D deficiency can be at risk for rickets. It’s a heartbreak- ing situation to witness, and it is usually caused when there is a low concentration of calcium in the bones. The problem here is not a shortage of calcium, but a deficiency of vitamin D, which helps regulate the distribution of calcium to the bones. The ultraviolet rays of the sun also regulate the calcium in the body. According to Dr. Bernard Jensen, without these proper ultraviolet rays you could incur health concerns such as: arthritis, harden- ing of the arteries and many other problems.
Human beings absolutely need sun- light to make vitamin D, but the UV rays we require for this process are the same rays blocked by sunscreens. You can only get these rays during the day from spring to fall. If you work indoors or live in an area that makes it impos- sible to get enough sun, you might consider a whole food supplement. Vitamin D not only makes strong bones and healthy teeth, but also increases the number of white cells in the blood.
White cells are the body’s health defense against infections and are important to your immune system. Vitamin D also increases the amount of oxygen that your blood transports around your body, and this will increase your energy and improve your mental state. Sunshine is the greatest promoters of digestion, healing, life and fertility, and it is nature’s nerve tonic. It increases the quality of your blood by 25%. It helps to control your weight and utilize your foods better. It is among the best known stimulants for the sex glands, and it helps more ailments than all the drugs in the world. Is it any won- der why people feel better in the sun? In conclusion, here are some final tips on how to benefit from sunshine:
• ‘The longer your shadow, the safer it is to go in the sun!’
• Limit sun exposure to one hour (total) per session.
When you lie in the sun, try to have your head to the north and feet to the south. (This is also beneficial when sleeping, as it enhances Polarity Ther- apy.) Spend at least one third of your ‘lying down’ time with your head six inches lower than your feet. This al- lows your blood to nourish your brain and takes toxins from your legs and feet to the heart for purification. Enjoy the Bright Side of Sunshine, understanding that even nectar, when taken to excess, will always become a poison.

Spiritual Flame, cont’d from p. 35
Sungazing is a long tradition and is now a studied science. Hila Batan Manek of SolarHealing.com has done some fascinating work in regard to living on only the sun as nourish- ment. He has done many extensive, medically monitored fasts. In 2001, Manek fasted for 375 days on nothing but sun and water. He achieves these amazing feats simply by harvesting his fuel and sustenance just like the plants do—via photosynthesis. There is a long history of Breath- arianism in many cultures. Living on light and air could very well be the manner of which mankind first “arrived” on planet Earth. It could very well also be the path humans are “arrived” on planet Earth. It could be at the manner of which mankind first arrived on planet Earth. It could be at the manner of which mankind first arrived on planet Earth. It could be at...
Abraham Flexner, who was hired by John D. Rockefeller to establish the American Medical Association, declared that any healing discipline that did not use pharmaceutical-grade drugs to help cure patients was tantamount to quackery and charlatanism. The base, or foundation, of most pharmaceutical drugs is petroleum products. Therefore, oil tycoon Rockefeller was protecting both his profits and control, and the profits and control of the ruling class, with the result being that most medical schools were forced to remove all electrical-based healing modalities from use. The Food & Drug Administration (FDA) waged war on doctors and individuals such as Lakhovsky who attempted to promote wellness and heal the sick with electrical and vibrational related devices. The efforts of the FDA were unwittingly fortified by the efforts of hucksters who threw together electrical components to sell bogus devices, further tainting the industry and planting doubt in the minds of many potential beneficiaries. Some of these hucksters were most likely on the Rockefeller payroll.

Transducers and probes containing various arrays of piezoelectric crystals are the components of a modality known as ultrasound that emerged on the medical scene in the 1960s. After the author of this article pulled a hamstring muscle while playing junior high school football in 1967, he had his first encounter with electromedicine. An ultrasound unit was utilized—with the gel smeared on the hamstring—and the machine cranked up high due to the “no pain, no gain” attitude of the football coaches. This unique and interesting experience produced much discomfort, and garnered only minimal results.

Once electromedicine technology was successfully tested and proven in Europe, the FDA was forced to remove all electrical-based heart pacemakers was also permitted. The TENS unit connects two or more electrodes over an area of pain: when pulsed at 10 Hertz, the unit stimulates muscle contraction, when frequencies above 50 Hertz are used, muscles do not contract.

The next advance in electromedicine occurred in 1981 when Electronic Waveform Lab released devices that utilized an ultra-low frequency known as the H-Wave. The H-Wave website states, “by simply placing adhesive pads on the skin and connecting to the device, H-Wave can create very comfortable and strong muscle contractions. A 30-minute treatment will contract muscles and increase fluid shifts in the area, significantly addressing symptoms in the most rehabilitative way possible. The goal of H-Wave is never to mask symptoms, but rather to speed recovery and/or manage chronic symptoms with several treatments per day/week depending on the situation. The same H-Wave technology used in our medical products can be applied intraorally to achieve a strong anesthetic effect. H-Wave treatments are available at Hippocrates Health Institute.

One of the next cutting edge electromedicine device is called the Stem Cell Stimulator (SCS) by Tri-Vortex Technology. Stem cells are the root cells that transform into tissues, organs, nerves, etc., and are created in the marrow portion of human bones. The SCS utilizes pulsed frequencies, lasers, intra-sound (60 to 10,000 Hertz), audio frequencies and negative ions to stimulate a person’s stem cells, imparting a positive charge. The target areas of pain, injury or health challenges are given a negative charge that attracts the positive-charged stem cells into tissue, organs, nerves, etc., also provide significant pain relief for most compromised health conditions.

The lasers used in the SCS system are not powered by wall socket electricity. The SCS is the only device in the world to utilize structured electricity created by a computer program and amplifiers to power the lasers, internal pulse, audio frequencies and the negative-ion generator. SCS inventor, Brian David Andersen, is a Nenagh Medicine Man, and the SCS is a Nenagh Sacred Sacrament. “Stem Cell Stimulator” treatments are available at Hippocrates Health Institute.

The author of this article predicts that within the next 50 years, electromedicine devices such as H-Wave and the Stem Cell Stimulator, will be the logical and dominant healing modalities utilized by a majority of the population and for their domestic animal population. Let the “waves roll” and “lights pulse on” to stimulate, heal and energize for maximum quality life extension.
Abnormally timed melatonin production, as an indicator of circadian rhythm disorder, is commonly found in people working “off” hours (“graveyard” or other late night shifts), people traveling long distances in airplanes, and people in hospitals, especially Intensive Care Units, where sleep cycles tend to be disturbed. Radical treatment of circadian rhythm disorder involves sussing out an individual’s dim light melatonin onset (DLMO), the threshold of darkness that allows for melatonin release, and then administering appropriately timed bright light along with low doses of melatonin.

Life Without the Sun

On February 13, 1973, 33-year-old French geologist Michel Siffre, now known as the father of the new science of chronobiology, climbed into Midnight Cave near Del Rio, Texas, and didn’t come out again until September 5. He proved that there was an internal clock independent of the natural terrestrial day/night cycle. Fascinating stuff.

Light and Mood

In 1984 the National Institute of Mental Health (NIMH) in Bethesda, Maryland, published their preliminary findings with bright light therapy, describing a new syndrome called Seasonal Affective Disorder (SAD). The criteria for SAD include the recurrent appearance of depressive symptoms during the autumn or winter, with remission at the arrival of spring. SAD’s mood changes are clearly seasonal and related to sunlight intensity and day length.

The only clinical feature separating SAD and Major Depressive Disorder is the SAD patients’ rapid and robust response to bright light therapy.

Bright Light Therapy

At least two properties of light, intensity and spectrum, have been investigated to determine the optimal treatment regimen for SAD. Broad-spectrum white light and cool white light have been found to be equally effective, and ultraviolet rays found to be ineffective. Broad-spectrum light therapy includes wavelengths between 280 – 320 nm which allow the skin to produce vitamin D. Seasonal Affective Disorder is prevalent when vitamin D stores are typically low, and broad-spectrum white light and cool white light have been found to be equally effective, and ultraviolet rays found to be ineffective. Broad-spectrum light therapy includes wavelengths between 280 – 320 nm which allow the skin to produce vitamin D.

Melatonin, Light and Immune Function

Melatonin levels influence immune function, with high levels promoting and low levels suppressing a number of immune system parameters. The detection of melatonin receptors in various lymphoid organs and in lymphocytes suggests a direct link between immune function and alignment with circadian rhythms.

In addition, melatonin has been shown to be a powerful antioxidant, and has oncostatic (cancer-stopping) properties, so anything that inhibits melatonin production increases cancer risk. Regular exposure to a 60 Hz electromagnetic field (EMF), the type of electricity flowing through our household electrical grid, significantly reduces melatonin secretion during night cycles. Animals treated with fluoride had consistently lower melatonin levels than the control group. Many other studies show abnormal daily melatonin profiles in a number of psychiatric and neurological disorders, suggesting that our basic relationship with light (and dark) plays into wellness and illness at many levels.

Artificial light at night, in the form of partial spectrum lighting systems, TVs, and computer screens, especially when it disturbs our sleep, ends up suppressing melatonin secretion. Artificial light robs the body the same way processed food does. Our cells crave and need natural light, and natural dark.

Final Word

Embodying a finely tuned photosensitivity, and an intrinsic light-based cellular communication system, we are creatures of light, bound by the cycles of light and dark as dictated by our planet and our sun. Our very consciousness emerges out of light, and our health depends on it.

For proper balance, we need undisrupted light exposure, as well as un-disturbed darkness. Light and dark are both our friends. Get right with light. Please don’t take my sunshine away! And for God’s sake, let me sleep!
Formulations now contain several filtering chemicals, as each chemical only filters a certain portion of the solar spectrum. Some of the chemi- cals are potent hormones capable of exerting estrogenic, anti-estrogenic, testosterone and anti-testosterone effects. Due to their hormonal actions, they are termed “endorphin disrupt- ing chemicals” (EDCs). Most of these filter either UVA or UVB only.

The metallic oxides of titanium and zinc have the ability to scatter (reflect away from the skin) both UVA and UVB. Zinc oxide handles the full spectrum away from the skin) both UVA and UVB. In their bulk form, metallic oxides in most formulations available today. They have been combined with EDCs in many sunscreens, making the formulation thinner and less visible on the skin, manufac-

turers reduced their size down to nano- sized particles (1/10,000 the diameter of a human hair), a size so small they become invisible to the eye. Titanium dioxide nanoparticles were U.S. FDA approved to be incorpo- rated in sunscreen formulas without safety testing because the metallic oxide in its natural or bulk form state has been considered safe. These tiny particles were released for consumer use before studies were performed to assure they were safe for humans or that aquatic and marine life would not be harmed. Researchers, however, are finding that the radically reduced size re- sults in radically different behaviors of metallic oxides. Titanium dioxide nanoparticles are so tiny, they not only cross the cellular membrane, they cross into the nucleus of the cell as well, where they damage DNA and disrupt normal cell division. They also cross the protective blood – brain barrier and are capable of killing brain cells.

The offspring of mice exposed to titanium dioxide nanoparticles undergo large DNA deletions. Since this shows that nanoparticles cross the placenta, it is likely that damage could occur in human babies who are exposed in the uterus to these microscopic-sized metallic oxides. Manufacturers becoming aware of the studies proving nanoparticle harm have changed their formulations to slightly larger size particles, calling them micronized. These have been rapidly incorporated into prod- ucts that are marketed as “safe for children.” This change in size is insig- nificant in terms of skin absorption. A study that compared the effects of nanosized versus micronized par- ticles found the same harmful effects from both sizes: abnormal nucleus in sperm, testicle cell death and in- creased cell division in the esophagus and colon. The study also revealed that the micronized size created disrupted cell division in bone marrow cells, an effect that was not seen with the nanosized particles. It is clear that the micronized particles are no safer than nanosized and should not be used, particularly on children.

Sun & Disease, cont’d from p. 11

Endorphins. UVR increases blood levels of natural opiates called endorphins. Melanocytes in human skin express a fully functioning endorphin receptor system, according to the Journal of Investigative Dermatology, and a study pub- lished in Molecular and Cellular Endocrinology suggests that the cutaneous pigmentation system is an important stress- response element of the skin.

In other words, sunshine has many benefits, as long as we take it in a balanced fashion, just like the other elements of our lives: nutrition, sleep, exercise, work, rest and, ultimately, a balanced mind. We can enjoy these benefits for the rest of our lives, and take comfort in the fact that the sun is an essential part of our lives that will always be there for us and our children as well, the source of life on our planet.

Dirty Electricity, cont’d from p. 14

The external and internal metal functions as antennas for electromagnetic smog therefore causing what some pio- neering medical professionals term as hot spots of activity, creating very negative conditions around the location of the metal and throughout the body. Another contributing factor that exasperates the negative impact of dirty electric- ity and electromagnetic smog is the fact that a majority of the population is severely dehydrated (read more about hydration in John Kohler’s article on page 20). Cells that are capably of killing brain cells.

Once the sun goes down, and the moon appears in the sky, the body switches from ideal digestive time (day) to ideal cleansing time (night). Just as the sun’s rays support diges- tion, the moon (and its gravitational pull) supports cleansing. Just as the sun to help us digest our food. Dirty electricity, and video games stimulate our brains to rest. Together, they actually make us hungry at times we should be abstaining from food. (They also have a stimulating effect on the body that can wipe out our energy and elevate stress levels. As it becomes dark outside, lights should be dimmed or, even better, turned off.)

There are four requirements for sur- vival: air, water, sunlight and nourish- ment. Eliminating any of these for a certain period will affect the body neg- atively. Water, fruits, vegetables, proper chewing and sunlight help us receive these requirements. Nature provides the ideal foods found in the soil and on trees and nuts that we can chew into our food, and we have the sun to sup- ply us with heat, vitamins and light. It is no accident that they all fit together like puzzle pieces.

Sunscreen, cont’d from p. 36

Formulations now contain several filtering chemicals, as each chemical only filters a certain portion of the solar spectrum. Some of the chemi- cals are potent hormones capable of exerting estrogenic, anti-estrogenic, testosterone and anti-testosterone effects. Due to their hormonal actions, they are termed “endorphin disrupt- ing chemicals” (EDCs). Most of these filter either UVA or UVB only.

The metallic oxides of titanium and zinc have the ability to scatter (reflect away from the skin) both UVA and UVB. In their bulk form, metallic oxides make a sunscreen that is a thick white paste. To make the formulation thinner, they have been combined with EDCs in most formulations available today.

Titanium Dioxide and Zinc Oxide

Titanium dioxide and zinc oxide began to be used in sunscreen formulations because of their broad-spectrum cover- age. In this form, metallic oxides make a sunscreen that is a thick white paste. To make the formulation thinner and less visible on the skin, manufac-
Chemical Combs Are More Toxic

By combining the chemicals and metals to achieve a more broad-spectrum coverage, these formulations are capable of creating more harm. Research shows that one chemical may not be harmful by itself, but when it is combined with other chemicals, the new complexes can become toxic. This is becoming so apparent, scientists who conduct these studies are recommending that all future research on possible toxic effects of sunscreen chemicals should be conducted on chemicals mixed together in combinations. Studying only one chemical at a time has resulted in missing their newly created toxicities, and led to approval of chemicals that are not as safe as we have been led to believe.

Suncreens Inactivated by Sunlight

Chemical sunscreen agents and metals can become inactivated upon exposure to sunlight—a process called photodegradation. When inactivated, they no longer are capable of blocking share of solar radiation. When the chemicals are combined, this process occurs much more rapidly. Due to their rapid degradation (i.e. 20 minutes), studies prove there is less harm to the skin without the use of sunscreen compared to when sunscreen is applied. Since these chemicals wear off as well as photodegrade so rapidly, the FDA recommends reapplying them every two hours. Reapplication will only increase the toxic load the body will have to endure from these already harmful chemicals.

Sunscreens’ False Sense of Security

There are several reasons why this approach to blocking solar radiation on the skin should be abandoned as quickly as possible. The increase in skin cancers is due to the fact that sunscreen formulations have been created to filter out the ultraviolet (UV) portion of the sun’s rays, which accounts for only 4% of the total radiation that penetrates the skin.

Studies on the near infrared (NIR) portion of the solar spectrum indicate these rays penetrate much deeper than the UVA rays and are capable of causing both cancerous changes, as well as degrading collagen and elastin, the loss of which results in photaging of the skin. These more harmful rays make up 47% of the solar radiation, far greater than the 4% that reaches the skin from the total UVA and UVB spectrum. By turning off our red “warning light”—our sunburn—that would, in the past, make us seek cover from the sun, chemical sunscreens make us feel safe staying in the sun longer. This allows the deeper broadband portion of the solar spectrum, far greater than the UV rays, which accounts for only 4% of the total radiation that penetrates the skin. When the chemicals are combined, this process occurs more rapidly, the FDA recommends reapplying them every two hours. Reapplication will only increase the toxic load the body will have to endure from these already harmful chemicals.

Mass Compliance in Sunscreen Use

As a result of the tremendously successful promotion of sunscreen use, one of the commonly utilized sunscreen chemicals, benzophenone-3 (BP3), is now found in the blood of 97% of Americans, including 90% of those who stated they had never used sunscreen. Sunscreen chemicals are also found in 85% of nursing mothers’ milk samples. This means that children are drinking potent hormones during critical stages of early development.

Sunscreen chemicals are also found in household dust, which means we are breathing them into our lungs. New aerosol spray-on sunscreens have even greater access to the body as they are capable of being inhaled through the lungs.

Fetal Development Disrupted

If decreasing the risk of skin cancers is not reason enough to stop using sunscreens, the most critical reason to avoid these products is the disruption they cause to fetal development. When laboratory animals show fetal disruption, it follows that our human offspring are being subjected to the same harmful changes.

Studies on lab animals and fish show the chemicals disrupt general metabolic, thyroid and reproductive development. Reproductive disruption is clearly shown by fish exposed to just one sunscreen chemical. These fish develop both male and female reproductive parts that are intermixed together (eggs within testicles and testicles within ovaries). Researchers have coined the term “intersex” for these chemically altered offspring. This sexual confusion leads some fish to stop spawning altogether.

Sunscreen Chemicals and EMF

Radioation Connections to Autism

Sunscreens and cell phones came onto the market in the 1970s and increased in use throughout the 1980s. The rise in the incidence of autism began in the mid-1980s, and parallels the rise in sunscreen use along with the unrelenting increase in wireless electromagnetic field (EMF) devices. EMF radiation increases the ability for chemicals to enter the fetus.

There are multiple reasons to suspect sunscreen chemical toxins are in the current epidemics of autism and attention deficit hyperactivity disorder (ADHD). Autism’s probable link to sunscreens is evident in several features that autistic children display: underdeveloped differences, thyroid disruption, racial differences, DNA deletions and a rise in incidence that parallels a rise in sunscreen use.

Sunscreen chemicals are potent anti-testosterones. Interestingly, there are five times more boys diagnosed with autism than girls.

Research shows that EMF radiation, combined with toxic chemicals, acts synergistically (they create more harm in combination than the sum of their independent effects). EMF studies identify that the radiation causes decreases in the brain’s primary neurotransmitter, gamma butyric acid (GABA). EMF also causes calcium imbalances and creates leaky gut syndrome. Autistic children also demonstrate alterations in these areas, which are covered in more detail in the book, EMF Freedom—Solutions for the 21st Century Pollution (New Voice Publications, 2013).

Protecting Earth’s Waters and Oceans

Coral reefs are spherical shaped animals that exist in a symbiotic relationship with the algae that live within it. They each supply what the other needs. The algae provide the nutrients and oxygen the coral needs for survival, while the coral provides the algae with carbon dioxide. The algae combine the carbon dioxide with water and, with the aid of the sun’s energy, produce carbohydrates (a process called photosynthesis). Each cannot survive without the other, when the algae die, the coral also dies. Since algae provide the beautiful colors in the reefs, the loss of the algae results in the loss of the color, as well as the death of the coral. This loss of life is characterized by a “bleaching” of the coral.

The first bleaching event was in 1979. In looking at the areas in the world that have been affected, it starts when tourist populations explode in the regions. Both the Belize Barrier Reef and Australia’s Great Barrier Reef did not experience coral bleaching until large numbers of tourists began flocking to their reefs. Studies identifying where bleaching is occurring find more of this deleterious effect in areas more populated by people in the water (read: more sunscreen in the water).

The chemicals capable of causing coral death in 96 hours are the BP3 (benzophenone-3), OMC (octyl methoxycinnamate), and 4-MBC (4-methylbenzylidene camphor), as well as the preservative butyl paraben (BP). The study used concentrations of the chemicals consistent with the practice of applying sunscreen and then showering it off before entering the water.

Not only does the research confirm that sunscreen chemicals kill coral on contact, it also demonstrates that the titanium and zinc oxide nanoparticles kill phytoplankton. Phytoplankton are critical to the survival of life on this planet. Not only are they essential as the foundation of the marine food chain, phytoplankton are also estimated to be responsible for the production of 50 – 90% of the world’s oxygen.

Chemical Use and the Great Barrier Reef

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Scientists have estimated that phytoplankton population in the world’s oceans has been reduced by 40% compared to 50 years ago. This decrease has been identified as a result of climate change, which has led to a rise in ocean temperatures and acidification. The reduction in phytoplankton has a cascading effect on marine life, as many species rely on these microscopic plants for sustenance.

In addition to phytoplankton, marine life such as corals, sea turtles, and whales are also facing threats from human activities. For example, the use of sunscreen containing nanoparticles has been linked to harm to marine life. These nanoparticles can absorb and retain UV radiation, which can cause harm to marine organisms. The harmful effects of sunscreen nanoparticles on marine life are a testament to the need for better environmental stewardship.

Despite the threats facing marine life, there are efforts underway to address these issues. For example, some countries have banned the use of sunscreen containing nanoparticles, and there are ongoing research efforts to develop sunscreen formulations that are less harmful to marine life. It is essential that we continue to prioritize the protection of marine life, as they play a vital role in maintaining the health of our oceans and the planet as a whole.
Waving a “New Proposal,” cont’d from p. 33

Indoor venues had smorgasbords of dead food. Now let’s go backstage. The green rooms were seldom ready to depart for sound checks. I was perpetually stocked with alcohol, deli items, cold cuts, white bread and rolls, butter, mustard, mayo, ketchup, cheese, crackers, chips, cookies, candy, cakes, pies, donuts, water, coffee, milk, sugar; table salt, black pepper and sodas. Sometimes they would have a veggie tray with some goofy dip.

For overnight drives the bus would be loaded up with boxes of pizza, subs and whatever was retrieved from the refrigerator didn’t leave much opportunity to cook oneself, and all the dietary and lifestyle changes the tough time! The best way any of us can do is make the choice to enjoy today and make the most out of every minute.

I expressed to Drs. Brian and Anna Maria Clement, directors of Hippocrates Health Institute, my passion to be of service to others, and put forward an opportunity for Hippocrates to launch a weight management program. They were all for it, but Brian gave voice to the fact that my desire, experience and testimony would not be sufficient. I needed to acquire certifi-
cations in nutritional and wellness counseling, as well as all the other requirements to appropriately counsel people for weight management.

Anna Maria and I immediately took action and we worked diligently through 2012. We now load up on the best variety of raw, living, organic plant foods, with sensible amounts and proper frequency plans that suggest preferable foods, with sensible amounts and proper frequency consumption. The science and art of nutrition involves many particular qualities that include biological, social and culinary skills.

Hippocrates Health Institute provides more than anyone could possibly ask for or seek. Brian Clement himself once struggled with obesity and has been victorious for many years. I would like to thank Hippocrates for this opportunity and also Dr. Mark I. Ochspnitzt from APA who, combined with my own experiences, have provided me with the wisdom, materials, facilities and authority to administer the Hippocrates Lifestyle and Weight Management Program.

You are not alone. We are 100% committed to serving you with knowledge, compassion and integrity. You may feel free to confide in us with any questions or suggestions as you tailor your dietary and lifestyle needs to match the stage of your weight release journey. "Contemplation, Contemplation, Preparation, Action, Maintenance, and possibly, Relapse.

We will help you by clarifying any misunderstandings about health procedures, meditations or concoctions for longevity; there are no real quick procedures or concoctions for longevity; there is only the natural world of law and order and cause and effect. Slowly consuming nutrient dense and adequately fibrous foods, and adding an active lifestyle and proper exercise burns the calories. Be wary of any diet protocol that promises weight loss with no exercise. Ask yourself, “Do I simply want to lose weight or do I want to be truly healthy?”

If health is your goal, the best approach is to adopt a resolution to be healthy.

There must be realistic and mature expecta-
tions, decisions and goals. Behavior changes must be embraced and assimilated into the process of your dietary and lifestyle development. The science and art of nutrition involves many particular qualities that include biological, social and culinary skills.

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Contact au Québec: Roxane Vézina
Montréal: (514) 914-0222 • Québec: (418) 670-4234
hipocrate-faq@hotmail.com • roxanevezina@hotmail.com

Contact en France: Dany Culaud
09 61 45 13 22 ou 06 19 95 65 95
www.danyculaud.fr • dany.culaud@seme-la-vie.fr

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Contact au Canada or USA: Marlène Boudreault, ND.A
450-672-3568
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09 61 45 13 22 ou 06 19 95 65 95
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