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Dr. Brian Clement’s Speaking Schedule

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By Dr. Brian Clement

By Carol Williams & Canon Barr RN

By Dr. Brian Clement

Healing Our World » Universal Potential

Our lady in the lake was created and built by a famous English artist who expressed the relaxed and fulfilling experience she experienced while staying here on our guest program.

Photograph by Linda Troellier
PREVENT STRESS FROM HARMING YOUR MEMORY & FUTURE

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to diagnose, treat, cure or prevent any disease.

When health professionals come together with no patients present, it is universally accepted that stress is a central culprit in all disease. There is now ample empirical evidence filling the archives of medicine on how this disruptive emotional state impacts our health.

For six decades, as we have worked with people who have been diagnosed and talked to by clinicians with less than perfect bedside manners, our biggest concern has been how to help them undo the negativity that has been ingrained in their minds. So often we hear physicians start by saying, "This is very serious," immediately making the heartbeat skip, the breath stop, and the immune system bottom out. If the practitioner is particularly cerebral, they will probably go into gruesome details in medical terminology that further confuses the patient. In the United States, one of the most perplexing parts of the conversation is often when the physician talks in terms of the metric system. "You have a 4cm lesion." To create some levity, we always laugh and say, "One centimeter really isn't that big." When the person first hears about these measurements, negative imagination tends to run amok.

Here at the Hippocrates Health Institute, we aspire to rewrite the plan when it comes to facing stress. Each and every one of us endures stress constantly; it is how we deal with it that will determine the outcome. In today's high speed, insane world, constant interaction via technology and up to the minute worldwide bad news bombards us daily, accelerating and greatly heightening the stressors' level of impact. There are a mere handful of schools, programs and classes that focus on how to turn this health deterrent into a positive tool, yet this is one of the most important aspect in creating a healthy and happy life.

In this issue of Healing Our World, we will focus on this problem, and on resolutions that may just change your life for the better. As simple as it seems, time-out and tune-in are two dependable remedies. If you can get yourself to focus on all of the positives in your life, the negatives will seem miniscule. There is no doubt that this strategy works, but you have to find a way to turn down the volume on problems and turn it up on successes.

Time and again, we have seen people eradicate disease and premature aging by calming their minds and pursuing a life of peace and passion. This is within your reach; you can embrace these human aspects of who you already are. Give yourself the respect, love and grace that are required to become a pillar of strength in stormy winds. Contemporary life is a rich and abundant fountain of possibilities awaiting your arrival. Make sure you create the magnificent existence that your pure heart and mind have been brave enough to display at your most innocent and vulnerable moments.

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Drs. Anna Maria and Brian Clement

Healing Our World »« Finding Peace
Stress is something that most everyone feels plagued by these days. Even the youngest among us are developing stress disorders at a rate unseen in previous generations. Young girls have certain ideals they feel they need to fulfill, and of course boys feel bad if they think they don’t measure up to some falsely conceived notion of masculinity.

There are certainly external forces at work in all of this; we can blame the media, video games, fast food, the faltering educational system and an endless litany of other factors. We may be better served, though, to focus on the factors we can control. Rather than fixating on elements that combat our peace of mind, we can bolster the habits and activities that support a sunny disposition.

Exercise, especially when conducted outdoors in fresh air, is a great way to improve and enhance mood. Endorphins are released when we exercise vigorously, but we don’t have to break too much of a sweat to keep stress at bay—unless we want to, that is.

Gardening is another great way to connect with nature, and we can grow our own food, potentially saving lots of money in the process. (Who ever worries about not having enough money?) Most everyone has a corner in their yard they can dedicate to growing some greens or vegetables, and even high-rise apartment dwellers can grow sprouts and microgreens in their kitchens.

Finding a hobby to fill otherwise misspent time is another great habit to nurture. As if I don’t keep busy enough publishing and editing Healing Our World magazine, I recently launched a website with free tips to elevate the health and happiness of those who view my video library at RawItUpToday.com. Rather than spending my time watching gloom and doom news telecasts or the latest action movie, I make my own moves about things I actually care about. It’s a rewarding endeavor, and hopefully the information benefits others.

This brings us to a great way to reduce the potential for stress not only in your life, but in the lives of others: charity. Nothing feels better than helping others. This can manifest as volunteering in a soup kitchen, animal shelter or hospital; it can mean donating things you no longer need to a good cause or mentoring a child in a big brother or big sister program. The possibilities really are endless.

The common thread among all these pursuits is that they focus our minds on doing good rather than dwelling on lack and disharmony. The simple truth is, there will always be plenty of positive and plenty of negative, it is just the nature of our boundless universe. The question is, where do we want to focus our attention?

Yours in Health,
Will Burson
Laura H. Betts is the President and founder of Hyperbaric911, offering Hyperbaric Oxygen equipment, consulting, service and training for individuals, pets and medical facilities. A professional educator since 1988, she is internationally certified to teach a variety of hyperbaric courses from HBOI too to physician level specialization. Laura has worked with hundreds of families, providing personalized, in-home training for special needs children and injured, disabled and chronically ill family members.

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

Ken Blue After graduating from the Hippocrates Health Educator program, Ken was hired by Hippocrates to assist the head chef for one year. He soon assumed this pivotal role and has since enriched and expanded the repertoire of delicious, nourishing cuisine served to our guests and visitors. As a former proprietor of his own award-winning vegetarian restaurant, his executive culinary skills were well-recognized before coming to Hippocrates.

Will Burson is passionate about promoting sustainable lifestyles. He bangs the drum of plant-based diets, eco-friendly practices and home gardening on his YouTube channel, Raw It Up! Subscribe today for free tips to elevate your health and happiness at RawItUpToday.com.

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

Laura Cherington worked as a chef aboard private yachts for 11 years. Her practice of clean food grew into clean living. She is a consultant for Ava Anderson non-toxic products (AvaAndersonNonToxic.com) and hosts a radio show focusing on health, beauty, and fitness at AmazingWomenOfPower.com at 2am and 5pm Wednesdays.

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

Andy Delibenso has been a triathlete and wellness advocate for the past 24 years. As a yoga practitioner and Hippocrates alumni, he brings a fresh perspective to the New Thought, Ancient Wisdom movement. Bodilyme.com

Chris Gonzales CMP MTH CHC CR, is a bilingual Board Certified Holistic Health Practitioner and a Certified Reboundologist, he is the Founder & Chief ETE [Educator | Inspire | Empowerer] of The Gonzolution, “The Holistic Healthy Lifestyle Company” He is passionate about Health | Wealth | Personal Development. www.TheGonzolution.com

Kenile Kirschbaum is a lifelong veg is a raw vegan chef at HHI, private chef/ caterer, writer, student, gardener, health advocate, animal rights activist and supporter of the people, planet and animals. She is a loving new mum, who dances to the beat of her own drummer!

Maria Krajnak is the assistant director at the Oasis Therapy Center and is passionate about creating new treatments, programs, and workshops to help bring balance to the mind, body, spirit. Born in the Andes Mountains of Peru, Maria believes returning to the land will help bring balance to everyone. She is dedicated to learning and growing through her self-awareness work and has traveled the world on her spiritual path. She has a background in journalism, public relations and marketing and she also gives lectures on Sound Therapy at HHI.

Dr. Wayne Pickering Dr. Wayne’s prognosis was death at age 30. Now, over 66 years young, he is an award winning Traithlete, double nominee for the Healthy American Fitness Leader Award, Nutritional Performance Coach & Disease Prevention Specialist. He’s authored 25 Books, 110 CD’s, 2 DVD Series, 10 Health Systems & over 400 articles on Fitness, Stress & Nutrition www.HealthAtLast.com

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Edwin Riley, Ph.D is author of Stress Rx, and a doctor of Mind/Body Medicine, Transpersonal Psychology and Integrative Health Care. In addition to his private practice in Palm Beach County, Florida, he periodically conducts “Stress Reduction Vacations” in the tropical mountains outside Cuernavaca, Mexico. Learn more at StressReduction.com.

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

Viktora Kublivinska 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 co-founding Hippocrates Health Institute with Ann Wigmore in Boston. Learn more at www.survivalinthe21stcentury.com.

Gisella Torrella is a Hippocrates Health Educator and author of *Tu Real Naturaleza/ Living Your True Nature*. She is also a flight attendant who survived a plane crash. Divine intervention gave her a new perspective on the world. She immediately realized that her purpose is to support people and help them appreciate life by re-connecting with their own natural power. www.turealnaturaleza.com
CAPITAL IMPROVEMENTS AT HHI
by Michael Allen, Hippocrates Vice President of Operations

Dear Friends,

It is with great pride that we share with our readers how we are working to exceed our guests’ expectations. For the past 6 months, we have been busier than usual with a number of capital improvements throughout our beautiful campus.

We completed a full renovation of our Wheatgrass Juice Bar which now boasts granite counter tops, custom lighting, music, expanded refrigeration, and an overall look and feel that is spectacular! We have also renovated many of our guests’ accommodations featuring brand new interiors with new bathrooms, beautiful flooring, upgraded bedrooms and fresh decor. The list of amenities extends to our expanded grounds. We have dramatically enhanced our landscaping by introducing over 400 new plants and trees to the campus. Additionally, we have added new gazebo seating areas, meditation garden, bike paths, walking trails, a living circle relaxation area, an herb garden and enhanced water features as well as an invigoration of our organic garden, supplying our kitchen with an ever increasing variety of sprouts and vegetables.

In the near future, Hippocrates will be introducing HH Live Television, also one of the world’s most green, earth friendly lecture halls, additional living accommodations, a communal fire pit, HH’s very own upscale line of organic bath and body products and solar powered energy for the institute. In the therapies arena, we will be introducing CyberScan, a biofeedback device intended for relaxation training and muscle re-education as well as sound therapies already being used at our Oasis Therapy Center, such as the Didgeridoo Sound Healing treatment, a wind instrument first used by the Aborigines in Australia, the Harmonic Massage, which uses tuning forks along the meridian points of the body and a Kita Biosonic Peace machine, a sound device using audible sound with a combination of vibrations to relax and distress. We also conduct lectures to educate the guests about the power of sound healing for balancing the mind, body and spirit.

These are exciting times at Hippocrates and we are ever more committed to the effort of making our guests’ experience an unforgettable one.

Thank you again.

Warm regards,

Marisa Witte
The Netherlands

What’s the News?

Un fortunately, harmful chemicals lurk everywhere in our modern lives. Carpet, furniture and paint often contain formaldehyde. Most shower curtains, plumbing pipes and window treatments are made with PVC that contain phthalates and dioxins.

And that new car smell? It’s from volatile organic compounds that are found in many furnishings and are associated with short-term health effects such as sick building syndrome, and long-term effects, such as damage to the liver, kidneys and nervous system, as well as increased cancer risk. Fragrance is usually the code word for secret untested chemicals, sometimes listed as a proprietary blend. If the fragrance was actual rose petals or lemongrass, they would list it as such.

Phthalates are used as plasticizers, and are in PVC shower curtains, floor tiles, perfume, hair spray, coatings on medication, children’s toys and electronics. It can easily leak out into the environment and indoor air concentrations are higher. Studies show an association between phthalate exposure and endocrine disruptors leading to breast cancer, cellular resistance to insulin, obesity, low birth weight and damage to liver and testes.

Parabens are a class of chemicals the cosmetic and pharmaceutical industries use as preservatives. They are in shampoo, moisturizer, shaving gel, antiperspirant, personal lubricant, makeup and toothpaste. Parabens, which mimic estrogen, have been found in breast-cancer tumors and are suspected of causing the trend of early puberty in girls. Studies suggest that women exposed to chlorinated tap water can produce compounds that convert to dioxins when exposed to UV radiation. Some dioxins are extremely toxic and can disrupt the endocrine system. Chemically stable, they can bioaccumulate to dangerous levels in the body. Studies have shown that triclosan can impede the metabolism of the thyroid hormone and block hormones by binding to receptor sites. There is some concern that triclosan exposure could lead to microbial resistance.

The United States is far behind other countries in protecting us from these hazards. The European Union (EU) has banned some phthalates and restricted others for use in toys that can be taken in the mouth. In comparison, the FDA and Drug Administration (FDA) advises consumers to check the labels for chemicals and precautions. The EU bans almost 1,400 chemicals in personal care products such as deodorant, toothpaste and eye cream. In contrast, the FDA bans nine. Two thousand new chemicals are launched on the market every year, most untested. We must be vigilant in protecting ourselves. If it feels overwhelming, it is only natural. There is much information for us to sift through, I am going to share some tips for a good start.

In the home, remove your shoes upon entering, or wipe your shoes on a mat at the entrance. Vacuum often, with a high efficiency particulate air filter. Sweep or mop non-carpeted floors often to remove dust or toxic particles.

If you’re remodeling or building a house, get the lowdown on non-toxic building materials from GreenGuard. Incorporating natural fibers, non-toxic backing and underlay made of wool, jute or natural latex (sewn together instead of glued) is a good place to start.

For furnishings, get information on green certification levels at GreenSofas.com. This site lets you custom design your sofa and choose from many colors of cotton, hemp and linen. The wood is kiln dried and certified Forestry Stewardship Council, which means it’s harvested in a sustainable fashion that protects endangered species and old-growth trees. The bedspreads are recycled.

by Laura Cherington

Alumni Letters

Cont’d on p. 41
Become a Stress Surfer

by Edwin Riley, PhD

“Whether real or imagined, the rise or fall in stress hormones affects our minds and physiology.”

That was until my experience flying Spirit Air from San Jose, Costa Rica, to Fort Lauderdale, Florida. Viktoras Kuhinas and I hold biannual “Stress Reduction Retreats” in his home base of Montezuma, Costa Rica. After two weeks of eating raw food, meditating and chasing waterfalls, I found myself on the turbulent return-to-Florida flight with an impertinent Flight Attendant from HELL.

Roller coastering the not-so-friendly skies, an elderly gent’s bladder forced him to lunge to the bathroom despite the omnipresent seatbelt mandate sign. He suffered further indignation leaving his seat. She concluded her levity of our private joke took the stress and tension away immediately. That is, until it was time to land and we encountered further hostile weather that temporarily forced the closing of the Fort Lauderdale airport. “We can no longer stay in the holding pattern,” announced the captain, who followed up with a not so diplomatic comment about being “low on fuel,” making it imperative to land on the west coast of Florida. He didn’t say “before we run out and crash,” but you could read it on the faces of the passengers as they wondered just how much fuel it takes to cross the peninsula.

As we prepared to land in Fort Myers, the Flight Attendant from Hell rose to her lofty occasion to announce in a high pitched screech, flailing her microphone, “And don’t even think about relaxing, prayer, contemplation or a walk in the park. You must learn a formal meditation practice that calms the mind and body. Meditation has a cumulative effect. When alarming situations arise, you can cope rationally without reacting in a way that pollutes the body with detrimental stress hormones. With a formal meditation practice, you learn how to drop the internal, repetitious dialogue—the monkey mind chatter—and tap into the deepest core of your true being. Then you can relax and stop feeling like the gerbil on the treadmill going around and around in circles (Instructions in Stress Rx).”

Exercise daily. The amount and intensity of exercise depends on the individual. Stress reducing exercise, however, means breaking a sweat. Strolling the mall window-shopping does not count if you want to eliminate stress from your body. I encourage peak fitness training in addition to a regular practice of qigong, tai chi and muscle conditioning. Your body has 29 core muscles located mostly in your back, abdomen and pelvic that need to be activated. High intensity cardiovascular training protects the heart, balances insulin levels and works the central nervous system to eliminate stress—and it only takes 20 minutes. After a three minute warm-up on an elliptical or treadmill, exercise as hard as possible for 30 seconds. Recover for 90 seconds still moving slowly. Repeat this 30 second/90 second sequence for a total eight times. Then cool down for at least three minutes. (Start with two reps and build up to eight depending on your physical condition.)

Eat a whole food, high raw vegan diet. This means a non-dairy, no-meat, living, enzyme-rich diet. You’ll be amazed how eliminating refined sugars and processed foods (loaded with sugars) calms both mind and body. Hello health; goodbye stress.

Last, but certainly not least, don’t sweat the small stuff. Live life fully every day in appreciation of what you do have, not what you might think is lacking. Love yourself and make yourself an expression of love for others to share and reflect. Then you will become a “Stress Surfer,” able to ride even the most massive waves of stress.

Lisa and I became fast friends. The levity of our private joke took the stress and tension away immediately. That is, until it was time to land and we encountered further hostile weather that temporarily forced the closing of the Fort Lauderdale airport. “We can no longer stay in the holding pattern,” announced the captain, who followed up with a not so diplomatic comment about being “low on fuel,” making it imperative to land on the west coast of Florida. He didn’t say “before we run out and crash,” but you could read it on the faces of the passengers as they wondered just how much fuel it takes to cross the peninsula.

As we prepared to land in Fort Myers, the Flight Attendant from Hell rose to her lofty occasion to announce in a high pitched screech, flailing her microphone, “And don’t even think about relaxing, prayer, contemplation or a walk in the park. You must learn a formal meditation practice that calms the mind and body. Meditation has a cumulative effect. When alarming situations arise, you can cope rationally without reacting in a way that pollutes the body with detrimental stress hormones. With a formal meditation practice, you learn how to drop the
M any have heard the saying, “Stress does not exist outside of us. It is our interpretation of events.” Our perceptions and reaction to them do indeed create our reality. As mentioned in the Hua Hu Ching, by Lao Tzu (also author of Tao Te Ching) “All misery is created by the activity of the mind. Can you let go of words and ideas, attitudes and expectations…” Whether an event is stressful, challenging, fun or aggravating is our choice. The usual response to this statement is to say, “You don’t understand my situation.” People try to defend their right to be the victim instead of feeling empowered. Controlling our responses to situations is easier said than done. That is why it helps to have a process to learn how to let go of these stress responses (or perceptions) on a physical, mental and emotional level.

On a physical level, the foundation of Qigong is relaxation of the body. We accomplish this using slow, relaxed, deep abdominal breathing, soft flowing movements, proper posture and awareness of the body. This practice is very much about allowing and not forcing. You cannot “try” to relax, instead simply notice any tension or tightness and let it go. This allows us to cultivate a smooth flow of chi throughout the body and beyond. Medical qigong deals directly with emotions and certain exercises designed to release our acquired emotions and cultivate our virtues. Some acquired emotions are anger, fear, nervousness, anxiety, worries and regrets, guilt and shame. We all experience these emotions, the goal is not to hold on to them. Instead replace them with virtues like trust and acceptance, peace and tranquility, dignity and integrity and also kindness and compassion for ourselves and others. People have expectations for themselves and events, as discussed above. The disparity between these expectations and life creates the tension or stress. Everything we do in life, we do better when we are relaxed. There are no difficult things in life if we stay relaxed and flexible. How do we do this? Catch yourself when you start to notice the tension in the body, mind or spirit. I even had to catch myself and not get stressed about writing an article on stress, my expectations of how the article should be and time constraints to get it done. I know it’s not easy to stay relaxed. It’s a constant practice. Remember to “discover the harmony in your own being. Embrace it. If you can do this, you will gain everything, and the world will become healthy again.” (Hua Hu Ching) 

TAI CHI is Qigong but it is also, as its full name implies, Tai Chi Chuan (T’ai quan) or grand ultimate fist. It was developed with the idea that part of developing our health is protecting ourselves from attack. The same movements which become joint locks, throws, punches and kicks can also be performed strictly as exercises for health and as a moving meditation (Qigong).

In Tai Chi, a high level of relaxation must be maintained even when under physical attack. “Nothing in the world is as soft and yielding as water. Yet for dissolving the hard and inflexible, nothing can surpass it. The soft overcomes the hard. The gentle overcomes the rigid.” (Tao Te Ching). A part of Tai Chi practice is called push hands where we train our relaxed responses under safe conditions. incoming force from an opponent is never met head on as this would produce tension. Instead it is redirected and the opponent’s energy is then used against them. You either lead the person, or let the person or events move you so you can take a different angle on the attack or situation. “The master allows things to happen, shapes events as they come ...” (Tao Te Ching). Tai Chi is ingraining this Taoist approach to life, like water flowing around perceived obstacles, on more than just a physical level. Certainly if you can stay relaxed while someone is physically attacking you then something like a verbal attack should be no problem. Tai Chi is not just physical but a change of mental and spiritual approaches to life.

The first step toward eliminating stress is awareness. Then comes the understanding of the history of each particular trigger mechanism as well as the role of current stresses in a job or relationship. Eventually cleaning and removing cellular memories needs to be done. Another factor that causes stress is fear. Fear is what I call a “bottom line” emotion. Fear usually develops when we perceive a threat and then feel powerless. Many fears begin in childhood. Many of these fears become suppressed or repressed. Repressed fears mean they are out of our consciousness. Suppressed fears are pushed away and still in our consciousness. An average person may say that they have no fears simply because they are not aware of them. I have found in my work as a psychoanalyst and psychotherapist that many things boil down to fear. When the fear becomes conscious it can be experienced and dealt with on a rational adult level. So the elimination of fear is possible when it is discovered, however, many people do not want to experience the buried fear because of the pain involved and the defense mechanism of repression keeps it buried. Another defense that can conceal fear is denial. In denial there may be some consciousness of the fear but it is then denied as a way of protecting against the painful emotion experience. Honesty is a tool to work on the elimination of more conscious fears where as repressed fear usually requires professional help.

Many conscious fears can be dealt with in a rational adult manner if there is healthy air, food and water, sleep and a feeling that they are loved. These basic survival necessities will sustain life unless you are faced with bullets, bombs, earthquakes, etc. In my work I often get to a person’s fears rather quickly as it is an important basic issue. Fear interferes with the capacity to love and some people who express love verbally really don’t feel it or the joy and openness creating the expansions of their heart. Negative emotions and ideas such as fear, anger, worry, doubt, depression, guilt, anxiety, panic, etc. are also contributors to stress and cancer which is usually caused by a combination of variables. Emotional reactions become habits which become reinforced. cont’d on p. 53
Stem Cells and a Healthier You
by Brooke Mastroianni, Wendy Ward, MD, and Brenda Wood

According to the Center for Disease Control, in the United States alone there are 271 million people suffering from heart disease, 25.8 million people with diabetes and 12 million people with cancer. The American Cancer Society has noted that the number of cases is rising every day. Despite the vast differences in each of these diseases, inflammation is the underlying cause of each of them. Inflammation is a natural, biological response the body has to protect itself from anything it perceives as harmful, and when functioning properly, inflammation decreases once the threat is neutralized. However, with chronic assault, inflammation continues on, leading to permanent damage and disease formation.

Drs. Dipnarine Maharaj, a hematologist/oncologist trained in stem cell transplantation, has witnessed the consequences of chronic inflammation on the body’s immune system. In fact, Dr. Maharaj has coined the term “inflammaging” to describe the detrimental effect inflammation has on the body when combined with the natural aging process. Inflammaging results in significant tissue and cellular damage that leaves the body highly susceptible to disease, in particularly specialized cells known as “natural killer cells,” which are then less able to fight off diseases, including cancers.

As we age, so do our immune systems, and when there are additional stresses on the immune system, it is possible that the body’s own cells can replenish the injured ones. In a younger patient, full recovery of a damaged immune system typically occurs within three days. By contrast, the immune system may take up to three months to return to normal function in older individuals.

The solution to combating the decline in the immune system is regenerative medicine. Regenerative medicine refers to the clinical therapies that involve the process of regenerating human cells, tissues, or organs to restore or establish normal function. This can be accomplished through injection of adult stem cells to provide a potential healing for failing or impaired tissues. Adult stem cells, also known as hematopoietic or progenitor cells, that develop into all blood cell lineages, are produced in the bone marrow. These cells are pluripotent, meaning that they have the remarkable potential to grow into many different specialized cell types and tissues in the body.

Adult stem cells have been used successfully for over 50 years to treat blood cancers, blood disorders and immune disorders. Currently the risk for needing a stem cell transplant for a blood or bone marrow disorder is about 1 in 200 people. However, this statistical evidence does not include other diseases that research shows stem cells have the potential to treat. There are ongoing clinical trials using adult stem cells to treat heart disease, diabetes, Parkinson’s disease, spinal cord injuries, stroke and numerous other illnesses, which may vastly increase the potential of their use.

In a world where disease is growing rapidly, it is of utmost importance to have the resources necessary to combat this progression. Using one’s own stem cells is the most effective solution and carries the least amount of risk. Storing adult stem cells is the first step in this fight. It is critical that healthy people understand they are at high risk to develop disease due to lifestyle, family history of heart disease, cancer and other serious illnesses. Individually experiencing stress for extended periods of time, as well as those who have been exposed to carcinogens, radiation and/or occupational hazards, such as firefighters, also have an increased risk for developing disease.

Those who choose to store their healthy adult stem cells have created a cutting edge defense to help recover an impaired immune system. Additionally, studies have shown that in patients who have undergone chemotherapy, their risk for leukemia in the future is vastly increased. Those with their own stored healthy adult stem cells have the perfect weapon to battle future leukemia, should it arise. However, collecting and storing adult stem cells is not reserved just for those at increased risk for illness. Any person desiring to increase their longevity and chances of disease-free survival should consider collecting their adult stem cells.

That Red Light Stopped Me
I imagine you are driving and you are approaching an intersection. As soon as you get to the light the green light turns yellow and then, before you had a chance to enter the intersection, it turns red. Your mind is reeling. You are in some stress. If you have observed other drivers in the past, you will know that some of them reacted to such scenarios with a lot of anger. Proliferation of curse words and gestures of hitting the dashboard and the like are not uncommon. It is all because the person interprets that the traffic light at the intersection stopped him/her unfairly. On the other hand, if the person interprets, “Well, the light did its job; this time it was my turn to stop. Maybe I can concentrate on the audio book or music I am listening to, or I can amuse myself looking at the different types of cars and drivers as they cross the intersection in front of me.” This reaction does not cause stress and, perhaps, even amuse the person.

You Stress Me Out
In couple’s therapy, we often hear the expression, “You stress me out every time you make comments about my parents.” “You stress me out every time you come home late from work.” “You stress me out every day when we talk about disciplining our children,” and so on. If the spouse who is complaining about stress could realize that it is not the other person, it is their own reaction to the other person’s behavior, that causes stress, then the situations become more manageable. When one spouse interprets oneself as a victim, the person becomes helpless and stressed out; if on the other hand, the spouse could begin to consider oneself as a partner and interpret the behavior of the partner as negotiable and modifiable, one begins to take control of the stress.

Money Problems Overwhelm Me
No, it is not money that overwhelms you; it is the way you interpret your relationship. What do you do if you do not have enough money to deal with your needs? The answer may sound very idealistic, but the truth is that we have the power to re-define our needs, and thus reduce the stress coming from money issues. A radical way of thinking is how can you do what is really important with the finances available to you. One of the ways to reduce stress in this context is to avoid “shoulds” and “musts” and to think of what is realistically doable.

My Job Stresses Me Out
Your job and your boss are not the stress. The truth is, you are stressing you out. Yes, there may be personal-ity conflicts at work; you could take some initiatives to resolve them. There may be deadlines to finish some projects; with careful attention you can strategize and plan your time to meet the deadlines. There may be financial challenges in a business; proactive planning can often reduce or eliminate stress in such cases. It is your interpretation that you cannot deal with the challenges that really stresses you out.

My Diagnosis Stresses Me Out
No, it is not money that overwhelms some people; they traumatize themselves based on their own interpretations. Physicians can also be at fault because of the fear they have inflicted on their patients due to their own interpretation of the diagnosis. Some people who have had major diagnoses like cancer or multiple sclerosis have dealt with them rather peacefully by reinterpreting them as challenges to their health, rather than as “my joy ended forever.”

Reinterpretation is the Key
You can gain more control over perceived stress by reinterpreting what is around you, and thus externalizing the stress inducing events, people or situations. You are able to externalize stress by talking to your trusted spouse, partner, friend, therapist, and even better, to God! Reinterpretation comes almost automatically.
Releasing the Bonds of Stress

by Maria Krajnak

Stress. It’s just a word, but it produces devastating consequences on one’s health if left unchecked. Chronic inflammation, digestive issues, premature aging, migraine headaches, hair loss, weight issues, infertility, anxiety, panic and heart attacks are among the many conditions attributed to stress.

The physiological “fight or flight” response is the basis for stress, unleashing a very complex biological response in the brain and multiple body systems, like the cardiovascular, endocrine and immune systems. However, in today’s world, people spend so much time in stressful environments, that the chronic strain leaves many tissues vulnerable to damage. This weakens the immune system, which can leave the door wide open for disease to enter.

Modern technology has ushered in a host of new health concerns, further impacting people’s health. In an effort to maximize personal convenience, society at large has sacrificed human health, as well as the health of the planet. If one could peer through the window of time and foresee the effects of their decisions, they would see soil stripped of its nutrients, water and air polluted by factories and a genetically engineered food system and altered human DNA as a result of manmade energy and renegade electromagnetic frequencies (EMFs). These factors create daily strain leaves many tissues vulnerable to degeneration like my dad did because he was worn out.”

"I didn’t think it was possible," he said. "I felt like I was given a new life. This program has given me a whole new outlook on what I can do to redevelop myself. That experience mentally, physically and spiritually changed my life. They council and educate you on what exactly is happening to your body instead of someone telling you to do this and this.”

Stress, whether external or internal, rob one of their vitality. Historical consequences, not just for people of ancestors, “said Brian Clement, PhD, NMD, LN, director of Hippocrates Health Institute.

“so to return to longevity, we must return to nature, return nature to itself and return ourselves to our natural selves,” Clement said.

At Hippocrates Health Institute (HHI), the three-week Life Transformation Program educates guests on how to reclaim their life by working with the mind, body and spirit. This three-week program focuses on a live-raw vegan food diet, detoxing treatments, lectures, classes, fitness, psychotherapy, colonics, electromagnetic therapies and meditation to help people embrace a healthy lifestyle.

“to bring the body back into wholeness all three: mind, body and spirit, must be addressed. One cannot achieve proper balance without it,” said Andy Bernay-Roman, a psychotherapist at HHI.

One of the main skills the staff at HHI emphasizes is self-care. Hippocrates guests feel a level of self-nourishment. This sets a new standard and helps them consistently practice self-care.

“When you feel cared for that is de-stressor in itself,” Bernay-Roman said. "When we feel loved, we are more prone to handle challenges more courageously. People come here with difficult diagnoses. They get injected with, confidence, poise, optimism and empowerment. Then they meet the challenge of their diagnosis with bravery and confidence.”

Most people have been taught to push to the point of pain, but pain is how the body alerts us when something is out of balance. Most people ignore the stress indicators and choose to suffer until the consequences come knocking at the front door of their health. It is only then people take action, when it may be too late—when cancer or some other disease has permeated the body.

A five year struggle with his weight, his health and stress levels left Bill Pope, 65, hopeless.

“I just accepted, for the past three years, this is the way it is going to be,” said the recent Hippocrates Health Institute graduate. “I am slowly going to degenerate like my dad did because he was worn out.”

Many of us wrongly believe that aging involves gradual degeneration of the body and health. However, aging isn’t the main culprit. It is the way one lives their life that determines their quality of life.

A recent study by the American Psychological Association indicates that adults aged 18 to 34 are the most stressed out generation. Results also showed that 35 percent of adults feel more stressed than the previous year. The younger generation will bear the brunt of the long-term effects of stress throughout their lives. These young adults said they feel least equipped to manage their stress well.

Last November, Pope visited 12 different doctors in hope of finding answers and relief from sleep apnea and atrial fibrillation (irregular heartbeat). He was 60 pounds overweight, depressed and stressed from his job. He said all the doctors came back stating he was “normal.”

“T was all puffy, out of energy and struggling,” he said. “Right away the Hippocrates medical doctors found the problem. I had three times the normal level of estrogen in my body. All my arteries and veins were inflamed.”

After three weeks on the Hippocrates program, Pope, from Spring Hill, Florida, said he had a complete human makeover and lost 30 pounds.

“A five year struggle with his weight, his health and stress levels left Bill Pope, 65, hopeless.”

“T didn’t think it was possible,” he said. “I felt like I was given a new life. This program has given me a whole new outlook on what I can do to redevelop myself. That experience mentally, physically and spiritually changed my life. They counsel and educate you on what exactly is happening to your body instead of someone telling you to do this and this.”

It’s time to do the work

Research has proven that chronic stress weakens the immune system, leaving the body more prone to disease. These hyperactive reflexes are detrimental to our health, especially when the stress system is constantly stimulated—the organs never relax. Stress has always been a major factor in premature aging and all that comes along with the rapid decline of the body’s immune system.

How can someone alter the stress patterns that have continuously been reinforced by the foods they eat, the lifestyles they lead and the daily stressors of their life? The food and education are paramount to recovering a healthy lifestyle. But there is also a process called “doing the work.” The Oasis Therapy Center plays an integral part in the Hippocrates Life Transformation Program, as it helps to connect the mind, body and spirit through its many and unique services, such as body work, aesthetics, stress management, meditation, fitness and electromagnetic therapies.

Studies have proven that meditation can rewire how the brain responds to stress. “Meditation gives people the ability to respond consciously, which in turns rewires old patterns of behavior,” said Vincent Parmentola, a Hippocrates instructor.

“A lot of our stress comes from the judgment we place on things or events,” Parmentola said. “We constantly make judgments and we act on those judgments. If we are aware of our thoughts, we can change our thoughts. That is what the practice of meditation is all about. By this constant awareness we are able to undo old patterns.”

Parmentola has been meditating 40 years and teaches a stress mastery class. It is a method of dealing more effectively with stressful situations when they arise.

Other ways to relieve stress include psychotherapy sessions, body work, exercise and sound healing. When the body has become overburdened with any kind of stress or trauma it gets stored in the cellular memory, restricting the energy flow of that area of the body. By releasing that "stuck energy" one is able to utilize their maximum energy or vitality levels.

Taking personal responsibility for oneself is the first step toward living a healthier, whole life. Be aware of what is fueling the body. Be aware of what thoughts are sent out to the world. Be the calm in the center of chaos and inspire others to nurture themselves and the earth to help bring everything back into balance and harmony. Help leave the world in a better place than it was found, and be rewarded with a sense of ultimate accomplishment.
Stress & Parenting in the Modern World

A Juggling Act

by Kelle Kirschbaum

Conscious parenting is a juggling act of balance, compassion, strength and Zen. Parenthood is an all-encompassing, deeply meaningful, completely individualized awakening of mind, body, soul and spirit—one of transcendental expansions. However, as any new or seasoned parent can attest, parenthood requires balancing time, energy, fun, chaos, joy, reward, education, love, challenge, compassion, strain, exhaustion, serendipity and, of course, stress. The learning curve is tremendous. The style in which we choose to nourish, engage and support our growing little ones’ minds, bodies, constitutions, personalities and activities differs as much as our lifestyles and parenting choices. Parenthood is an ever evolving path that lasts a lifetime; stress is an inevitable daily encounter; adaptability is an evolutionary lesson.

We can all agree, it takes an enormous amount of patience to be a good parent, sibling, employee, coworker, partner, friend, companion, mentor, provider, daughter/son and human, let alone to do and be all of these things at the same time! The trials and tribulations of parenthood are enough to keep one busy, drained, exhausted and proud. Couple this with the demands of daily work, chores and day to day household income and seemingly endless pile and age: our jobs and work life, our life, work, family and relationships, the trials and tribulations of parenthood are enough to keep one busy, drained, exhausted and proud. Couple this with the demands of daily activities differs as much as our lifestyles and parenting choices. Parenthood is an ever evolving path that lasts a lifetime; stress is an inevitable daily encounter; adaptability is an evolutionary lesson.

We may have endless amounts of intellectual knowledge but lack the self-worth that allows us to carry our thoughts and actions to fruition. In parenthood, the storms of stress will rain on you every day. Will you carry an umbrella? Will you be drenched? Or will you put on a bathing suit and run around and enjoy it? This answer is absolutely determined by the way you perceive your value. A willow tree, with its illustrious elasticity, can survive great trauma while a giant, mature oak can easily topple. This is a great analogy for the turmoil that we face in resolving stress.

Stress, although never capable of befriending you or enriching your life, can certainly guide you in the right direction. Changing your thoughts and actions to fruition was, how long had she been driving? The maneuver of life, work, family and relationships, can be stressful at times. I have can certainly think of much better ways to spend 3 hours! On top of this, I am starting my own business and continuing my education. It is a daily struggle to balance being the sole breadwinner with providing the endless love and nourishment my sweet baby deserves and craves. When I feel like this delicate equilibrium has tipped either way, I experience the added stress of feeling guilty. I only hope my love, and endless devotion is manifest to him. Like nearly all of us in this crazy modern society, we live it every single day. I don’t think I have slept even close to a full nights’ sleep since the day before my baby was born.

Over the years, one of the ways that I have easily explained stress to audiences worldwide is by making an abrupt and loud sound and watching the response of the audience. Every time, they recognize that they literally stop thinking and breathing and contract like a turtle in the presence of a predator. All of us are contracted at some level, dependent on how much confidence lives in our hearts and souls. Most vulnerable among us are the emotionally wounded, who have endured a life of emotional, physical or sexual abuse, and in turn have not taken the time to work in establishing their own stability. This stability or intelligence is, as Daniel Goleman, PhD, points out in his book, Emotional Intelligence, the epicenter of our consciousness and persona.

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Hyperbaric Oxygen Therapy

by Laura H. Betts, ANDI IT, HCO, CHT

Hyperbaric Oxygen (HBO) Therapy has been used around the world for over fifty years in the prevention and improvement of debilitating conditions and in the enhancement of overall health. HBO Therapy has been clinically proven to produce a more efficient immune system, more rapid regeneration of cells, and is proven to work as a potent anti-aging therapy.

Furthermore, research continues to identify edema (swelling) as an associated and/or underlying cause of pain, disease and chronic illness. Whole-body Hyperbaric Oxygen Therapy is highly effective at reducing inflammation, often after a single treatment. This is one of the many reasons HBO Therapy is compelling as both a primary and adjunctive (combined) viable medical modality.

HBO Therapy 101
What is HBO Therapy?

Hyperbaric Oxygen Therapy is a non-invasive, medical treatment that enhances the body’s natural healing process. Breathing oxygen in a safe, controlled, pressurized environment, allows every fluid in your body (tissues, blood plasma, lymphatic, cerebral, and synovial) to exponentially absorb oxygen and lymphatic, cerebral, and synovial) to exponentially absorb oxygen and efficiently deliver it to areas where your body (tissues, blood plasma, lymphatic, cerebral, and synovial) is surrounded by pressure in order to receive the benefits. Like medicine, doses are specifically prescribed by a doctor and supervised by a trained technician or nurse in attendance. Sessions (commonly called “dives”) generally range from 45 to 90 minutes. During the dive the patient is usually lying down. They may choose to nap, meditate, read or relax. After the session is complete, the patient typically feels reinvigorated, calm and experiences an overall sense of well-being.

What conditions are treated with Hyperbaric Oxygen Therapy?

While first identified with SCUBA diving injury and wound care treatment, HBO Therapy is currently used around the world in the treatment and disease management of over 350 conditions. Hyperbaric Oxygen Therapy has been clinically documented to be effective for Neurological Disorders including Multiple Sclerosis, Parkinson’s and Diabetic Neuropathy; Edema Issues including Migraines, Reflex Sympathetic Dystrophy (RSD) and Inflammatory Arthritis; Autoimmune Spectrum Disorders; Cancer and Post Surgical Recovery. Wound Healing including Arterial Insufficiency; Thermal / Chemical Burns and Diabetic and Problem Wounds; Gastric Conditions including Crohn’s Disease, Colitis and Ulcers; Orthopedic Disorders including Osteoporosis, Vascular Necrosis and Degenerative Joint Disease; Auto Immune Related Disorders including Candidias and Fungal Infections, Fibromyalgia, Lupus and HIV/AIDS, Traumatic Brain Injury including Stroke, Closed Head Injuries and Cerebral Palsy, Lyme Disease and Macular Degeneration. HBO Therapy is also used for sports injury recovery, general wellness, performance enhancement and detoxification. Are there any side effects from Hyperbaric Oxygen Therapy?

There are no known side effects from utilizing HBO Therapy. You will need to adapt to the changes in pressure similarly to the ear equalization experience of take off and landing in an airplane.

What’s Next?

Too many physicians are unaware of the far reaching benefits and healing potential of HBO Therapy. Many regard HBO Therapy as only viable for treating SCUBA diving injuries commonly known as “the bends.” However, through greater education and research more doctors are getting the message that HBO Therapy does, in fact, not only provide relief, but actual permanent recovery.

Letting Go of an Emotion is as Easy as Putting Down a Spoon

by Happy Oasis

Wat Suon Mokkh means “the garden of liberation” in Thai. Wat Suon Mokkh is a Buddhist jungle monastery in the middle of the trunk of Thailand, geographically-speaking, if you consider that Thai people perceive Thailand to be roughly the shape of an elephant’s head with the trunk hanging down below toward Malaysia.

W

Wat Suon Mokkh is indeed a garden of liberation, and not only for the wildlife and plants. This Thai jungle temple is especially liberating for human beings - intellectually, emotionally and spiritually. I volunteered as Programs Coordinator and Meditation Guide at this international meditation monastery during our monthly 10-day, 10-night silent meditation programs. It was a tireless job in that I slept very little due to serving so much, yet I almost never felt tired because it served me enthusiastically as my J.O.B. (Joy Of Being). How quietly exciting and deeply emotionally satisfying it was to witness hundreds of international travelers look within, and embrace peaceful ways while opening hearts and minds to introverted, contemplative studies of ethics during these intensives.

The results were astonishing. Chain smokers quit smoking. Begrudging adults forgave their parents. People subjected to anger or panic attacks felt peace. The depressed started to smile from within. Some spontaneously realized they no longer required their medications. Others let go of canes or other crutches such as coffee or complaining. Over many seasons, I witnessed hundreds of varied experiences of long-time physical and emotional illnesses “mysteriously” be released via spontaneous remissions. Hordes of people would arrive tired and agitated. A mere ten days later, these same people left transformed—cleansed, healed, happy, rejuvenated and in love with life again. This all seemed miraculous to me.

We would ask our guests to observe the process of the mind closely with utmost attention. The first question was: “Does an emotion precede a thought or a thought precede an emotion?” What, dear reader, do you think?

By the end of ten days of keen internal observation, most attentive students would directly observe for themselves, as surprising as it at first seems, that a thought precedes an emotion, even if by only a micro-second. This powerful personal empirical experience leads one to realize that if we can choose one thought, we can possibly choose them all. Moreover, if we can guide our thoughts, we can thereby guide our emotions, and therefore, choose our moods and life experiences. In this way, we can be the authors, as in our moods and experiences. In this way, we can be the authors, as in our moods and experiences. In this way, we can be the authors, as in our moods and experiences. In this way, we can be the authors, as in our moods and experiences. In this way, we can be the authors, as in
The Binge Eating Syndrome Connection

by Tony Zamagni

The psychology of binge eating is characterized by chronic episodes of overeating comfort food frequently and automatically. Stress, depression, and anxiety are three unique conditions, and each can trigger a food binge. People may experience any combination of the three, and stress can be a precursor to the other two. These disorders are mood conditions coming from the brain.

The Science of Overeating

Stress can be a dominating factor in this uncontrolled behavior. Binging can develop in different patterns. Some people eat excessively at night, whereas others binge during an emotional crisis. People can eat large amounts of food when not feeling physically hungry and a binge incident can commonly last two hours. I tried to find comfort and reassurance when I was under stress by binging. Stress can also be a major contributor to episodes of overeating. Eating under stress contributed to my eating disorder, and that played a big role in my struggle with obesity.

In addition to stimulating the overeating response, stress may directly promote the accumulation of body fat. Cortisol and other stress hormones favor the breakdown of energy stores (glycogen and fat) into glucose and fatty acids, which can be used to fuel the human “flight or fight” response. If a person does not use this fuel in physical exertion (flight), the body cannot turn these fragments back into glycogen, thus resulting in impaired learning and recall. It also can weaken attempts to make lifestyle changes. The effects of stress can cause relapse and are linked to heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide.

Some common sources of stress are: worrying over health issues, overscheduling, job pressure, excessiveness, competitiveness, running late for engagements, being overly hot or cold, lack of down time, home responsibilities, no time for personal interests, guilt, family matters, lack of money, watching the news or negative movies, playing video games, traffic, airport rigmarole, gambling, quarreling with neighbors, “why me” syndrome and feeling morally conflicted.

It is important to understand that the act of overeating, even when empowered by strong emotions and habits is not a form of mental illness. Those struggling with this condition can suddenly shift into the action stage and make the change when they get good and ready as I thankfully did.

My Personal Experience

Binging is a lack of control and a lonely state of feeling like you cannot stop. When I was alone I would consume enormous amounts of food in a short period of time, even though I was feeling uncomfortably full. I rationalized keeping to try to make food seem like food to eat instead of learning to manage and surrender my problems. Sometimes I would lose control by starting to snack. The snacking would spiral into a binge with no set guideline to how much I was eating, or when it would end.

If I was working on eating well when a relapse happened, I would purposely escalate the consumption because my mind would click into a “now’s my chance” trap. I would think, “I’m screwing this up now, so I might as well eat all the fattening food I’m telling myself I love before I will have to go back to restricting myself.”

As I look back on it, sometimes my binging started off by eating to enjoy food, then turned into an act of self-punishment for my disrespectful behaviors towards myself. Another way an episode could occur was out of sympathy for myself—treating “poor little me” to the junk foods I thought I wanted.

I hadn’t learned how to enjoy the processes of getting healthy. Eating so-called “comfort food” (which I now call “discomfort food”) was my attempt to direct my attention away from my dissatisfaction with my life. I would try to numb my pain or anxiety with foods rich in fat, sugar and calories.

At times I might have been trying to activate pleasant memories of mom’s home cooking. I would make an Italian tomato sauce from scratch and think nothing of eating a pound of pasta with some sausage and meatballs. I was empowering an erroneous sense of security and creating a vicious cycle that kept me miserable. I would have been better off babying myself by sticking to a zero calorie pacifier in my mouth.

Any excuse was good enough for me to overeat because I was living to eat. As long as we live to eat, we will have psychological challenges. I could have been angry, depressed, lonely, or even bored. I might have just wanted to entertain myself by trying to eat myself to euphoria, but overeating was not euphoric at all. It is actually very stressful to feel embarrassed, guilty, disgusted and depressed after a binge.

The most discouraging thing is believing the only way for the sad feelings to go away is by eating again. I have come to the understanding that in cases of overeating, there is an emotional emptiness that needs to be filled. Each person has his or her own unique challenges and they need to be addressed and resolved as soon as possible. Once those cobwebs are cleared away, we can be our journey back to true health.

Getting Our Minds Right

Stress and self-image issues must be addressed in order to succeed on a weight loss program. Obese people don’t want to complain or let off steam because deep down they know they are not ready and willing to make changes. Holding these feelings in is extremely stressful. It is also difficult for friends and family to reach those with eating disorders because their negative comments are long remembered and positive ones are received as hot air.

Social phobias are common with obesity because thinness is perceived as a flawed self-image in a largely superficial society. Contemplating a weight-loss program can be a source of stress in itself. It is like a person squirming in a church pew, worrying over whether they will continue their wicked ways or turn their life over to a higher power. Life always gets better when we choose to surrender to it and make positive changes.

Personally, I always realized changes had to be made but it took many attempts to get it right. I learned that eating disorders cause high morbidity and mortality rates. They lead to cardiovascular complications, including cardiac myopathy and heart rate abnormalities. These disorders also encourage digestive system problems ranging from erosion of tooth enamel to constipation and bloating to stomach and esophageal rupture. Additionally the endocrine system can be affected, and sexual dysfunction and impaired glucose tolerance are common. Other symptoms of eating disorders include reduced estrogen production, which often leads to osteopenia, osteoporosis and disrupted sleep cycles.

I have emerged victorious in my battle with overeating. I am happy to share my hard-earned knowledge, wisdom and understanding with some simple tips to reduce stress and keep binge temptations at bay (see sidebar on page 6).

CONT’D ON P. 62
**Yoga and Stress Relief** by Sheila Skrobeck

Life on the run! For so many of us this describes how we are living our lives. Cellphone in one hand, iPad in the other. Talking, texting, tweeting, rushing to work, fighting traffic, eating in the car, running the kids to school and soccer, bills to pay, noise, relationship woes, TV blaring bad news, crime, economy, government...we are one stressed out society!

**To add even more stress to your load, if you don’t learn to manage your stress it will kill you.**

Holy heart attacks and hypertension, Batman! What are we to do?

Let us begin with understanding the basics of stress in the body. We have our sympathetic nervous system (SNS) and our parasympathetic nervous system (PNS). SNS is one body response to stress—the flight or fight action of releasing an extra quick burst of cortisol for survival reasons. Cortisol is a hormone released from the adrenal gland at normal intervals for glucose metabolism, regulation of blood pressure and immune function. Extra cortisol will heighten memory and senses, increase heart rate and blood pressure, and lower sensitivity to pain. PNS is responsible for physical relaxation and emotional calming. We need both SNS and PNS, but we need PNS to help us bring these necessary functions into healthy balance. Yes! Holy Yoga! Practicing yoga teaches the body and brain to achieve balance on many levels.

Breathing exercises, called pranayama, are an integral part of a yoga practice. Inhaling shifts the nervous system toward PNS. The heart beats faster, the blood pressure rises. Exhaling shifts the nervous system toward SNS. The body relaxes, calming the heart rate and reducing blood pressure.

Poses or postures, called asanas, create the same dynamic. Certain poses will challenge us, initiating SNS. Moving from a challenging pose to a recovery pose, we shift to PNS. Inversions, turning our bodies upside down, defying gravity—SNS. Final relaxation, lying quietly and comfortably on the mat—PNS! Creating the rhythm trains the brain. Allowing the body to experience the shift from SNS to PNS in this rhythmic manner optimizes the body’s response to stress. Our bodies run on cellular memory. We will be able to draw on this cellular memory when stressful situations arise. Our brains will not shut the command, “control the cortisol, relax the body!” It will be an ingrained, unconscious pattern.

Speaking of unconscious, let’s go for more unconscious! All our stress and worries and fears are the result of our poor overwrecked brains either in “blat from the past” or “breakout about the future” mode.

Be in the present! Yoga constantly reminds us and teaches us to stay in the present moment, thinking less and feeling more.

Are you new to yoga? Are you a power yoga junkie? Try a Restorative Yoga or Yin Yoga class for major stress relief! The power yoga junkie may find this class more of a challenge than the newbie because it means slowing down. Remember—it’s all about balance, baby! Restorative Yoga can be a super yummy way to end a stressful week. Props like bolsters and straps support the poses, allowing your body to relax and actually go deeper into the pose. Yin is similar in some respects but reducing poses to held longer, typically without the props. Bending, stretching and twisting will release the tightness and aches that stress puts in the joints and muscles.

Your yoga practice is not dependent upon a mat and a classroom and a teacher. Next time you find your stress levels rising, breathe deeply and shift your brain into “attitude of gratitude” gear. POOF, you are practicing beautiful yoga.

**Namaste**

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**HEALING CANCER**

**Two paths that lead to the same place**

by Tim James & Charles Arnell

**Tim’s Starting Point**

In 2010, my friend Charles was diagnosed with Chronic Symphomatic Leukemia (CLL). A cancer diagnosis is a very scary concept, especially to people like me, who were largely unaware of the options available beyond the typical western medical approach. When Charles was first diagnosed, it really hit me hard. A few years prior I had lost a friend and my baseball teammate Clay. Clay lost a tough battle with esophageal cancer. Clay was a super fit and very active 40-year-old who slowly died while I watched helplessly. Clay was a good man and loving father who left behind three young boys. Watching Clay die was tough on the team, our wives and our children. I can only imagine the horror experienced by Clay’s three young boys watching their father lose his fight with cancer. Soon after that experience, I was faced again with the prospect of losing another close friend of mine to this horrible disease. Charles and I are close friends and I have someone who I have always admired. Hearing his shocking diagnosis, I was terrified. I feared I would have to watch him die just like Clay did.

**Charles Was Awakened**

I was in my early forties, very physically active and healthy minded. I was already a vegetarian, but at the time I did not fully understand the difference between simply “being a vegetarian,” and being truly healthy. At the time, I thought I was relatively healthy. My cumulative weight gain seemed less than average for my age group, and I felt that I was aging at a normal pace for someone in their early forties.

Many of my friends thought that I was going to be the healthy one because I was the vegetarian of the bunch. Every meal that I shared with my family and friends seemed to be a testament to the personal sacrifice that I was making in order to sustain my long term health. To this end, my family, friends and some of the people closest to me could not believe that my cancer diagnosis was real. My friends lamented, “If Charles got cancer, there is no hope for us.” The doctors told me to “wait and see what happens.” Their plan was to begin the drug treatments once the symptoms became more noticeable, but not any sooner. The doctors said the standard treatments are often worse than the disease in the early stages. I was not offered chemotherapy immediately, however, I was told that chemo or a bone marrow transplant were options I may have to explore further down the path of my disease.

Charles and I are very close friends and he is someone who I have always admired. Hearing his shocking diagnosis, I was terrified. I feared I would have to watch him die just like Clay did.

**Charles’s Story**

Charles was awakened. He was a successful athlete when he was younger and he is a smart businessman now. Charles approached his cancer the same way he would approach any other physical challenge or business obstacle he encountered in his life. He started by educating himself, he looked at all of his options, and he started to make plans. By the time Charles called me into his office, he had already done his research and knew his plan of attack. That’s when Charles asked me if I would go with him to Hippocrates Health Institute (HHI) to support his life change. He knew that I would respond well to HHI’s “take responsibility for your own health” approach. What he did not know was that I was very worried for him, due to my previous 17 years of conditioning about cancer. I did, however, feel more optimistic when Charles explained that Hippocrates had been doing clinical research on people for over five decades and they had helped tens of thousands of people just like him to heal themselves.

**Charles Arnell (left) and Tim James with their other best friends, Costa (left) and Eremo (right).**
Kidney health is vital.

The Kidneys are a very important part of our body’s toxin elimination systems. Nutrition and ingestion of proper food and nutrients is necessary for good health and just as necessary is the elimination of toxins from our circulatory system as provided by our kidneys.

Good kidney function provides us with energy, endurance, healthy skin tone, clear headedness and proper brain functioning. Lack of kidney function can cause bloating, fatigue, infections, edema, gout, hormonal imbalances, skin conditions, stones and other dysfunctions related to kidney dysfunction.

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The primary function of all life processes is the assurance of survival. Emotions are powerful guiding forces that are overtures of the hormonal secretions. They are the messengers for taking action into either the ectatic energy of love, bliss and abundance or into sharing negative emotions, which indeed indicates a need to correct unbalanced or life threatening situations.

Emotions are very powerful and they usually emerge quickly, unexpectedly and/or under emergency conditions, so they certainly represent energy. This energy, to get you into motion, can be a mental connection to your conciseness and/or subconscious experience by initiating it as a creative process.

This process provides one the ability to take control of one’s own power—to take action against past or present issues that one may have previously been negligent in addressing. Buying or avoiding emotions will eventually start to build up to the point of physical disease or other various forms of dysfunction within.

The deeper buried the stress, the farther into the body it recedes. The digestive system is about as deep as it can go.

The human brain has very simplistic functions, as you will understand. We all have a sensory inputs: auditory, taste, touch, visual and the temperature. These senses give us an immediate indication of our environment. From the moment of conception, then birth, then into the Now, you have gathered data and stored it in the subconscious. The conscious is eventually utilizing all this data for making decisions.

However, changes in the external environment dictate the strongest input for decision-making and is the sensory data gathered from moment to moment. (The key word here is “changes.”) Something is always going on to facilitate new input.

These changes and sensory data are gathered and harvested within the hypothalamus in the form of an information complex and organic protein compound, which is circulated to the pituitary gland system. The pituitary gland takes this information and decides how to orchestrate your hormonal system, as well as your oxygen levels, blood sugar, muscular coordination and activity to respond to sensory data. It gets feedback loops through the conscious brain’s previous activities under similar situations, eventually leading to action.

The brain, interesting enough, is continuously receiving and processing old information that is still in circulation in a form of organic compounds. At the same time, the incoming information is processed, but with a much higher vibration. Let’s set us an individual who is depressed, sad and/or in a “negative” state of anger and anxiety. Most likely, such an individual is not receiving any new energy from the outside. They are basically dwelling on their old patterns of trauma, disease and apathy. These hormones are what flood the body and the brain because there is no input from motion. As a result, the pituitary gland is still busy processing all the old protein complexes, still lugging along, lacking any motion. The predominant and residual negative emotions are more inclined to take control of the psyche. Sociological studies say, for every positive experience, you have 55 negative ones in the early, evolutionary childhood state.

That’s the way the environment treats us, and in a lot of ways, what we call “negative” in the moment is influenced by unrelated stimulus. This negativity can manifest as any form of stress, drawing upon your subconscious data bank. So this circulatory information creates these negative protein complexes, depending on how intense they are, start ruling your brain because that’s all you are being flooded with. The individual is responding to old information and experiences that might have happened years ago or a week ago. For example: a screaming boss, a jealous moment with one’s mate, a scare from a near automobile incident, etc.)

The pituitary gland receives this circulatory info and doesn’t differentiate between what is happening outside or inside of self, so it starts making emergency preparations. You’re in a stressed fight or flight mode as more low vibrational, internal CDs and DVDs are being created. At the same time, you have the immune system processing this information because the old circulating CDs also have an expiration date. All the old patterns are eventually recognized by the “killer cells” of the immune system that are behaving like a virus then tagged and digested by the macrophages with their high enzymatic reserves. This is more or less the normal process, however most people are in a state of imbalance, due to lack of activity.

In a study that was published in Schizophrenia Review, Dr. Yuri Nikolayler of the Moscow Research Institute of Psychiatry has been studying all kinds of mental disorders for over 50 years. His work showed that stress and schizophrenia is a form of protein toxemia. He has successfully treated patients for depression, manic depression, schizophrenia and other mental disorders, with a 3-week program consisting of exercise and a liquid diet, with a follow-up of a vegan diet.

A more recent study examined two groups—one group exhibited chronic depression and the other group was generally happy with their lives. Brain scans of both groups were collected. The depressed individuals were placed on cardiovascular exercise units, and within a matter of minutes their brain patterns went through a change. Exercise influenced the depressed group to exhibit healthy patterns, as indicated by the happy group. Yes, motion will get you out of negative emotion while at the same time, creating positive energy.

To get further understanding of the mechanics I’m referring to, watch the documentary “What the Bleep Do We Know?” (Watch the commentaries in reference to the documentary as well.) It is an amazing source of insight. In summary, when you’re swimming in a soup of endorphins, testosterone and estrogens, you can utilize that wisdom in a few different ways. You can use it as a stress, food, drug or sex addict—attacking your partner, friends or loved ones—or you can use that energy to motivate

Did you know that every emotion and thought process that goes through our mind immediately becomes a biochemical reality in our body? Research shows that positive, uplifting ideas and emotions are associated with an entirely different mix of neuromolecules and hormones than those of stress, panic, fear or anger.
How ProArgi-9+ Changed My Life
By Carol Williams

Before my body shut down, I was an Executive Producer at NBC News. I loved going to work. And every day I went, I knew I was sick. I was my sick entire life but no one believed me because I was so high functioning. I had migraines at 16, fainting spells at 18, intestinal disorders in my 20s, and the first of three skin cancers in my 30s. In 2002, I had a “stroke.”

I was in a script meeting when the right side of my face fell, my left arm went stiff, my tongue swelled and I couldn’t swallow. I was rushed to the ER and over the next 3 days in the ICU stroke unit undergoing a myriad of tests including MRIs and a spinal tap. Turns out I didn’t have a stroke, or a TIA, or MS even though there was plaque on my brain scans. I left, as always, not knowing what I had.

After that, I couldn’t feel my face, or my arms and legs, hands and feet. I couldn’t hold onto things and my pennmanship changed. I was going crazy. I knew I could no longer control my body, I was tearing in the same spots. I was told I had a three-month odyssey to numerous patients in January 2013. I can’t tell you what I had.

In 2006, my eyelids stopped closing completely and my corneas kept edema throughout my body and my arteries from “a dirt road into a four-lane super highway.”

A few months later, a baseball-size benign tumor was found in my cecum. I was determined to get rid of it on my own, so I did more research and discovered ProArgi-9+. PA+ increases blood flow and oxygen while decreasing toxins and waste. In five months, the tumor was gone. So was the inflammation throughout my body.

The ninth doctor I saw, a rheumatoid arthritis expert at the Hospital for Special Surgery, said she recently heard a lecture by Dr. Peter Green, the head of the Celiac Disease Center, who said if you have someone with lots of confusing symptoms, test for celiac. In March 2008, I finally found out I had celiac disease, a genetic autoimmune disease I’d had since birth. I’d spent 35 years looking for a diagnosis. The average time to diagnosis for a celiac patient is nine years because the symptoms are so confounding.

Celiac explained the migraines and intestinal disorders. I also had Sjogren’s Syndrome, which accounted for the dry eyes and seizures, and vitiligo, which may have affected the skin cancer. The celiac disease had eaten away the nerves in my extremities and my face, along with the villi in my intestines. There is no cure for celiac. You are simply told to eliminate wheat, rye, barley and gluten from your diet. I changed my diet immediately. A year later, I was in the same place. I stopped the progress of the disease, but I spent all my time in bed. My kidneys and liver were getting worse. My internist said I was the sickest person he’d ever seen who hadn’t come from a hospital.

When my doctors said there was nothing else I could do, I went looking for things on my own. I learned about Hippocrates Health Institute’s incredible success rate with extremely ill people, so in May 2009, I went. It was a startling education. After the first 30 days, I was 100% on ProArgi-9+

Both saw from my blood tests that my cardiac and endothelium markers are off the charts good (surprising for someone with three autoimmune diseases...) and asked what I was doing. Both of them are now trying ProArgi-9+ themselves.

My illnesses have given me access to some of the most prestigious medical institutions and the most renowned doctors. It is my goal to introduce this product to as many healthcare providers as possible and help as many people as I can.

I n 2009, the 68-year-old agreed to be part of a study at The High Desert Heart Institute in Victorville, California. “These patients were very, very sick in terms of congestive heart failure, hypertension, obesity—patients who had already maximized medical management,” says Dr. Siva Arora, the study’s director, president, and a quadruple board certified cardiologist. What did Dr. Siva give the 33 patients in the study? ProArgi-9+, an all natural whole food supplement.

“Physicians are very hesitant to do anything nutritional because they think it’s voodoo medicine.” Dr. Siva refers to the 5g of bio-available L-arginine, an amino acid, science behind it. It is based on Nobel Prize winning medical research from 1986, the discovery of nitric oxide. Nitric oxide is a tiny molecule produced by the body to keep the cardiovascular system free of plaque that can cause strokes and heart attacks. It relaxes the arteries, which increases blood flow and oxygen to all parts of the body. Dr. Siva calls it “the ultimate vasodilator.” A complex metabolic pathway converts nitric oxide into nitric oxide. But L-arginine only lasts for a few seconds. L-citrulline, another amino acid, prolongs the life of nitric oxide. This results in a 25% increase in exercise capacity and an up to 40% drop in triglycerides. Peripheral blood flow to the feet increased by 46%, HDL cholesterol was up 18% and triglycerides went down 38%. The nitrogen dioxide level increased by 56%, magnesium was up 55% (even though there is no magnesium in the product), and Vitamin D by 183%.

That is why a rheumatologist referred his father—diagnosed with accelerated hypertension, and pulmonary hypertension. We see night and day differences.”

Dr. Siva put Lorrie on combination therapy—ProArgi-9+ and a prescription drug. That kind of integrative medicine lets doctors monitor the results and become more confident in nutritional supplements. Dr. Siva was amazed by Lorrie’s results. “You know what? After a week, her pain went away.”

Ten months later, Lorrie’s hands looked completely normal. Dr. Siva doesn’t see her anymore because she’s no longer sick. She’s off all narcotic pain medication. “She just takes the supplement and that’s that.”

Dr. Siva is now using ProArgi-9+ before and after surgery. Most of his patients who undergo bypass surgery or angioplasty are given it as soon as possible. And his patients who use high doses of ProArgi-9+ do not come to the hospital. “Have no infection, their recovery time is incredibly quick, they’re up and around…”

The ninth doctor I saw, a rheumatoid arthritis expert at the Hospital for Special Surgery, said she recently heard a lecture by Dr. Peter Green, the head of the Celiac Disease Center, who said if you have someone with lots of confusing symptoms, test for celiac. In March 2008, I finally found out I had celiac disease, a genetic autoimmune disease I’d had since birth. I’d spent 35 years looking for a diagnosis. The average time to diagnosis for a celiac patient is nine years because the symptoms are so confounding.

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My illnesses have given me access to some of the most prestigious medical institutions and the most renowned doctors. It is my goal to introduce this product to as many healthcare providers as possible and help as many people as I can.
By Andy Bernay-Roman

Over the last 22 years as a mind/body psychotherapist at Hippocrates Health Institute (HHI), I’ve met only a handful of guests who directly embraced the program whole-heartedly from the get-go. The rest of us struggle, wiggle, squirm and weasel. I have compiled a short list of the main stressors guests have expressed to me, and here’s my best shot at providing good counsel. I hope you get at least these two things out of this article: you are not alone, and you can do it!

**Stressor 1: I feel overwhelmed by the changes that go with following the Hippocrates lifestyle. Do you have any helpful tips?**

Change is a marvelous thing that most of us yearn for but secretly hate and resist. We’ve come to rely on our familiar systems of bad habits because they’ve worked to keep us where we are for so long, and we’re familiar with them. Change means discomfort, even when the move is away from bad habits and into good ones. We humans are quirky that way. The best way to make change is through a system of total immersion. Learning a new language is a good example of that. We do it better by going to a country where they speak through a system of total immersion. The universe is in chaos, I say straighten out-and-out reminders of why you are making the new choices you’re making. This is where that raw buddy really helped her stay on track. Whatever you need to achieve on your path of implementing a new lifestyle, break it down into smaller, more manageable tasks. When your universe is in chaos, I say straighten your sock drawer. Deal with the stuff you can and control. Then you will grow in competence and expand your sphere of influence.

It is important to cultivate a change-friendly attitude, which includes raising your tolerance for chaos and for making mistakes, and accepting a temporary, yet steady, higher-than-normal level of frustration. Of all the guests I’ve seen at Hippocrates, the most successful ones are those who have learned a steadfast approach to their desired outcomes, and simply don’t take no for an answer. You can be one of those people.

**Stressor 2: I want to eat better and take care of myself better, but I feel deprived when I do things that are good for me. What can I do about that?**

I can tell you, people hardly ever stick with anything if they frame it with deprivation. But it’s an understandable phase to go through. As you continue to make healthy lifestyle choices, you will be letting go of some things that have helped you feel comforted, nurtured, and happy. That’s not easy. Getting through the deprivation period calls for lots of encouragement, inspiration, and out-and-out reminders of why you are making the new choices you’re making. This is where that raw buddy really comes in handy.

Letting go of things that have been a source of comfort may require some deeper work at an emotional level. Deprivation often triggers deeper senses of loss, and the grief that goes with it. I recently heard a guest refer to letting go of comfort food as “losing a good source of mothering.” and that needs to be dealt with for what it is: a deeper grief. Otherwise, without doing the emotional inventory, the sense of deprivation will stick, and the new choices and habits will not.

**Stressor 3: I don’t have the willpower to make the changes I need to make. What is the role of will power in sticking to the program?**

Willpower will only take you so far, but it is a good place to begin. Start with the power of desire to change, to make better choices. Make it an act of will, but just like with New Year’s resolutions, will power alone isn’t enough. I think it takes desire, perspective, education, support and rewards to make for successful change.

Desire fuels manifestation and makes things happen. Desire with passion really makes things happen. Get in touch with your real desire. What outcome do you really really want? Perspective means a sense of long-term vs. short-term. Perspective means greater good vs. immediate gain. You can get perspective on your situation with the help of other people. There is nothing like the input of others to get another point of view. Talk to those people whose points of view you respect. Get counsel you resonate with, and let it be your compass. Then make your own map.

Education means learning all you can about the pros and cons of your situation and the options available. Study the consequences of taking the right action and not taking the right action. It’s better to walk around with light than proceed in the dark, especially if you want to avoid obstacles along the way. Support means opening up to people and letting them be there for you. That might mean being vulnerable and not just sharing your “strength.” Getting support means connecting with others in a way that lightens your burden and busts the isolation that comes from taking things on alone. That’s why groups like Weight Watchers, AA and ALANON are so popular: because they provide the support system for people seeking change. Support may mean admitting that you need help in achieving your outcome, which, of course, is no crime or sin.

Rewards can help facilitate change. Set them up wisely. (“Cheating” is a misuse of the reward principle.) Do the right thing, and then add a treat—just like with your dog. Rewards offer momentary incentives in the little picture of things so that the big picture can take hold, or until the big picture does take hold. A reward system should have a beginning and an end, and the end point is when the big picture perspective takes over, where doing the right thing becomes a reward on its own.

**Stressor 4: I find myself cheating on the program, and I don’t feel good about it. What can I do about that?**

Three things about cheating:
- Cheating is actually a form of self-rewarding gone bad.
- Cheating only happens in the absence of the big picture.
- Cheating is a way to take the edge off of a difficult transition.

Cheating makes us feel good in the immediate moment, but lousy in the big picture of things. That’s why reminders of the big picture and inspiration are so important. We need to get used to delaying our gratification and focusing on the big picture of what we’re out to achieve. Delayed gratification is a sign of maturity, and so facing our desire to cheat, and even our history of cheating, might mean facing how immature we currently are. This self inventory can initially be humiliating, but with time it can be humbling. Change in itself is not easy, and when it concerns something as emotionally charged as food, it can be even harder.

This is not about finding something new to beat yourself up about. It is about delaying impulses to gratify the moment with a strong dose of the big picture. I worked with a man who wanted to stop smoking, but found it very difficult. He’d tried everything including hypnosis, laser therapy and acupuncture. A single image I suggested to him did the trick: he imagined himself exhaling cigarette smoke into the face of his little baby daughter. It was so aversive to him he finally found the big perspective to actually quit, even though it was very uncomfortable. “I am blowing smoke into her face by smoking, and I can’t bear the thought of hurting my daughter,” he said, teary eyed. It was that emotional charge that provided the oomph to get him over the last inner obstacles to quitting.

Cont’d on p. 48
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**Adrenal Fatigue**

by Tom Fisher, RN

Adrenal fatigue is a collection of signs and symptoms that results when the adrenal glands function below the necessary level. Most commonly associated with intense or prolonged stress, it can also arise during or after acute or chronic infections. Chronic stress is defined as continuous exposure (days or weeks) to a stressful situation. Adrenal fatigue has symptoms similar to other conditions. So it is necessary to consider those mentioned later in this article.

The adrenal glands are located above the kidneys. An adrenal gland is made of two parts—the outer region is called the adrenal cortex and the inner region is called the adrenal medulla. The hormones produced by the adrenal cortex include corticosteroid hormones, which include:

- **Hydrocortisone (cortisol):** This hormone helps control the body's use of fats, proteins, and carbohydrates.

- **Corticosterone:** This hormone, together with hydrocortisone, suppresses inflammatory reactions in the body and also affects the immune system.

- **Aldosterone:** This hormone regulates the level of sodium and potassium in the body and helps maintain blood volume and blood pressure. Aldosterone is regulated by complex feedback mechanisms, involving sodium and potassium levels as well as blood volume.

- **Androgenic steroids (androgen hormones):** These hormones are converted elsewhere in the body to female hormones (estrogens) and male hormones (androgens); however, these steroid hormones are produced in much larger amounts by the ovaries in women and testes in men.

The adrenal medulla, the inner part of the adrenal gland, helps a person cope with physical and emotional stress. The adrenal medulla secretes the following hormones:

- **Epinephrine (also called adrenalin):** This hormone helps the body to respond to a stressful situation by increasing the heart rate and force of heart contractions, facilitates blood flow to the muscles and brain, causes relaxation of smooth muscles and helps with conversion of glycogen to glucose in the liver, among other activities.

- **Norepinephrine (also called noradrenalin):** This hormone has strong vasocostrictive effects, thus increasing blood pressure in response to acute stress. Any disruption in homeostasis (balance) of the body can affect the adrenal function. These include:
  - Psychological stressors such as divorce or the death of a loved one.
  - Physical stressors such as lack of sleep, trauma or chronic disease.
  - Nutritional stressors such as lack of vitamin C, B5, etc.
  - Environmental stressors such as pollution, heavy metals or radiation.

People can experience varying symptoms of adrenal fatigue, including:

- General exhaustion.
- Dizziness when moving from a sitting or lying to a standing position.
- Difficulty concentrating.
- Depression.
- Difficulty sleeping.
- Chronic pain conditions (i.e. fibromyalgia).
- Inability to handle stressful situations.

Many doctors only consider two diseases associated with adrenal dysfunction: Cushing's syndrome and Addison's disease. Cushing's syndrome occurs as a result of too much cortisol in the blood. Addison's disease occurs when your adrenal glands produce too little cortisol and often insufficient levels of aldosterone. Both of these conditions require medical intervention. If one has impaired heart function, with an ejection fraction of 60 percent, they would undoubtedly seek treatment. (Ejection fraction is a measurement of the percentage of blood leaving your heart each time it contracts.) On the other hand, if one only had 60 percent of the adrenal function, they may not be alarmed, thinking it is normal to be “stressed out.”

**cont’d on p. 58**

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ARE YOUR ADRENALS UNDER PRESSURE?

Healing Our World » Finding Peace

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Miracles in Nature
When we experience stress and when all else seems to be going wrong, it can be helpful to look at some of the miracles in nature to stay motivated:
- The tongue of a blue whale is heavier than the largest land animal, the bull elephant, which weighs over 8000 pounds. The blue whale can get up to 100 feet long and weighs as much as 200,000 tons, larger than any dinosaur and is as big as a jet liner, which could seat more than 100 passengers comfortably.
- The humpback whale blows air out of its blowhole at speeds up to 300 miles per hour, and you can see it several miles away. The humpback whale weighs 40 tons, and feeds on nothing but little crustaceans no bigger than shrimp.
- There are more stars in the universe than all the pebbles of sands on all the beaches of the earth. There are so many trillion stars in the universe that there’s actually no name for the number.
- Did you know that all waves in the ocean come in sets of 18 per minute? When we experience stress and when all else seems to be going wrong, it can be helpful to look at some of the miracles in nature to stay motivated.

Miracles of Humankind
I could share with you thousands more miracles in nature, but let’s look at some of the miracles of humankind:
- The Luxor Hotel in Las Vegas (which looks like a pyramid) has a light on the very top of it that shines so brightly, you could read the fine print of a newspaper perfectly clear for over 10 miles into outer space. Two things that astronauts see when they come back home are the Great Wall of China and the Luxor Hotel Light.
- Paraguay is home to what was, at one time, the largest waterfall in the world. One person with one mind had the vision, tenacity and due diligence to harness its power. This person brought enough people together to plan and financially back the construction of the largest dam ever built by man. It took only seven years to construct the dam, and it required enough concrete to build a city that would cover the area of New York City. The dam generates enough power for the entire country of Paraguay and all the southern cities of Brazil, including Juan Fallow and Rio de Janeiro, and will be in operation for the next 300 years.
- One person with one mind conceived and facilitated this achievement, and you own a wonderful mind, free and clear.

The Miracle of YOU
Now that we understand just a few of the miracles of humankind, let’s look at the real miracle—“The Miracle of Improvisational, Dynamically Wonderful You!”
- Of all the living creatures on this planet, fewer than one in 10 million are human beings—and you are one. You are a biological rarity and are very important in the eyes of your creator—a rare gem never to be duplicated.
- We have over 60,000 miles of blood vessels in the body to keep us working. They could wrap around the globe 2.5 times, and pump enough blood in our entire lifetime to fill a freight train 25 miles long. Wow!
- If all 600 muscles in your body pulled together in one direction, you could lift 25 tons.
- Did you know that if all the electronic energy in the hydrogen atoms of your body could be used, that you could supply all the electrical needs of a large industrialized country for almost an entire week?
- The atoms of your body contain a potential energy of more than 11 million kilowatts per pound. That means that an average person, by this estimate, is worth more than $85 million dollars.
- All the atoms of your body sing. If you could tune in to them, you would hear a perfect harmony.

In so many words, there is much more to you than meets the eye, and there is no one else like you on the earth—never has been. You are truly unique! Consider that:
- If all the cell information and the configuration of the components were illustrated in one document, it would take five million pages just to print out the genetic code of one single cell—and our bodies each have about 100 trillion cells.
- Every day our fingernails grow at approximately the same rate as the earth plates move, or a better way of saying it, at the same rate the Atlantic Ocean is widening. This is approximately 1 inch per year (averaged worldwide).
- Your heart pumps more than five quarts of blood every minute, or 1,800 gallons a day.
- Nothing excels the human hand in dexterity.
- Notice we can even feel someone in the room without seeing them.
- Did you ever consider how perfectly your body is timed and controlled? How it maintains a normal temperature of 98.6 degrees? How the blood pressure is properly regulated and why you breathe an average of 16 times a minute and your heart beats 72 times a minute? How common food is digested chemically and the nutritive part is transformed into body tissue—bone and muscle, blood and skin, hair and nails—and properly distributed while wastes and poisons are eliminated with no ill effect?
- We also have a one-shot lubricating system. You don’t have that with the most sophisticated automobiles. You have to put oil in one hole, radiator fluid in another, air conditioning fluid in another, brake fluid in another and battery fluid in another. This is not the case with the Wonderful You. You simply put the fluid in one hole and your body does it all for you. Even more impressive is the fact that a healthy human does not need scheduled maintenance, and will last far longer than any automobile!
- We are each unique. Remember our stresses are all small stuff. Consider that we never get everything done, we never pay off all our bills and stuff happens. Nothing outside of us can stress us out. It is how we view it that denotes our stress levels. And we have discovered that it is always easier to talk about the problem than it is to embrace the solution.
- Your response, not your reaction, denotes our stress levels. And we have discovered that it is always easier to talk about the problem than it is to embrace the solution.
- Your response, not your reaction, influences a situation. Know that a negative reaction can be turned around by a positive response. Notice when a doctor tells you that you are reacting to a drug. We all naturally get nervous. But when he says you are responding to the drug, usually a sigh of relief comes over you. One is negative and the other is positive.
- Did you know that over 85% of people either come from broken homes, alcoholic parents, sexual misfortunes and a host of other challenges? Whatever makes us think we have the market cornered on stress is a mystery to me. When someone starts dumping their stress on me, I immediately tell them, “Save your Drama; I’m not your Mama!”

Wise Words from Dr. Wayne:
“Save your Drama; I’m not your Mama!”
“I feel we should let the Past be a Point of Reference and not some Place of Residence.”
“You can’t stop a bird from landing on your head, but you can sure enough stop him from building a nest. You don’t have to let the negative situation wreck your day, hour or minute. Instead, use it to instantly reset your focus.”
systemic inflammation greatly increase the risk of heart attack and stroke. or by aggregated arterial plaques (atherosclerosis). Excessive clotting or heart disease is blockage of blood flow to the heart, either by a blood clot of heart disease and in the prevention of heart attacks. A chief effect of Supplemental enzymes may play an important role in minimizing the effects aggregation.

LifeGive™ CardioKick is a biologically active supplement that is specifically formulated to support cardiovascular health, naturally assisting blood fluidity and reducing platelet aggregation. Supponential enzymes may play an important role in minimizing the effects of heart disease and in the prevention of heart attacks. A chief effect of heart disease is blockage of blood flow to the heart, either by a blood clot or by aggregated arterial plaques (atherosclerosis). Excessive clotting or systemic inflammation greatly increase the risk of heart attack and stroke.

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From the Doctor's Corner:
I am thrilled to introduce my colleagues that will be working with me in alliance with the Academy of Comprehensive Integrative Medicine to develop a Premier Integrative Oncology Wellness Program at Hippocrates Health Institute.
We are thrilled to demonstrate this "Holistic Prototype" which will support people with cancer to maximize their recovery potential.
We are developing a physician's training program to certify doctors from around the world in this Model. Our research team is actively developing the clinical design to track the results of the program. This comprehensive understanding will raise the standard of oncology care worldwide.

Jane Maniedy, PhD

William Lee Cowden, MD, MD(h), is Chairman of the Scientific Advisory Board and Professor of the Academy of Comprehensive Integrative Medicine (www.acimconnect.com) of Panama since 2008. He is a USA board-certified cardiologist and internist who is internationally known for his knowledge and skill in practicing and teaching integrative medicine. He has co-authored 3 books: An Alternative Medicine Definitive Guide to Cancer (1999), Cancer Diagnosis: What To Do Next (2000), Longevity, An Alternative Medicine Definitive Guide (2011) and has contributed to several other books and publications.

Dr. Ed Gilbert has worked in the arena of integrative oncology since 1976 with a special focus on the psychemotional aspects of cancer. AMIC is an excellent organization dedicated to bringing together the practitioners of many modalities. Hippocrates Institute has also done excellent work on nutritional aspects, as well as creating an environment for healing. The cooperative effects of both organizations will lead to organizing programs that can set a prototype for the future.

Everyday Chemical Toxic Stressors, cont’d from p. 11
Go to TheCleanBedroom.com for do-it-yourself cleaners. The DailyGreen.com offers do-it-yourself cleaners. The Environmental Working Group at EWG.org is a comprehensive tool for navigating non-toxic alternatives. It rates more than 10,000 cleaning products from A–F. Many of the products on shelves are "formulated with natural enzymes." GardenGuides.com will help you mix your own natural bug repellents for specific plants. Personal care products are a minefield, if only because the choices constantly change. Look out for greenwashing here as well. You must do your homework because buying at healthy stores is no guarantee. My biggest revelation in this journey has been discovering these higher-priced products contain the same toxic soup as the low-priced ones, even though their labels cite such things as "with real green tea," or "formulated with natural enzymes." EWG.org rates 80,000 personal care products from 0–10, with 10 being the worst. It also provides information on chemicals and toxins, including the latest studies, new laws and proposals pertaining to safety from toxins. Take it upon yourself to spend a little time and make healthier choices. Once you know, you can’t un-know!
Life is good, and stress is good! This may seem like a bold statement, but stress can really work for us if we understand its true nature.

One of the best sources of “real” information on the true nature of stress is Antony Chatham’s class at Hippocrates Health Institute. It’s so important, that it is one of the first classes you’ll attend in the Hippocrates Life Transformation Program. We can all agree that the most important part of any healing process begins with our “state of consciousness” or belief system. Here are a few new distinctions that may or may not be part of your personal belief system:

1. Remember, everything is Energy. This includes so-called “stress.”
2. You are not your brain; you simply have a brain! In this digital age, I like to say we have “brain software.” Our beliefs are just like the “apps” on your smart device or computer. They can be changed, updated and even deleted. Watch out for those viruses!
3. Generally, people don’t experience reality; they experience their thoughts about reality. Don’t be afraid to ask for help if you need an attitude adjustment.

Antony Chatham teaches that there is good stress and bad stress (or eustress and distress, respectively). This understanding is a game changer. Once you accept and fully embody this new belief, you can learn to channel this energy properly and transform it in your favor. Some might say that the only difference between the good and bad is your own mindset about it. As a triathlete for the past 20 years, I can confirm that the difference between good stress and bad stress is mostly a matter of perception (80% of the formula). Of course there is the physical component (20%), but even that part is ultimately ruled by our beliefs, perceptions and behavior patterns.

Here’s a few real life examples:

Picture an Olympic gymnast going for a gold medal. The physical, emotional and mental stress may seem overwhelming to the casual observer. We know, however, that those who are able to get into the “zone” are not only able to perform best, they also describe the pure joy & bliss of participating in some kind of powerful energy. On the physical side, studies have shown that one of the most important distinctions between a “fear state” and a “joyful state” is proper breathing. Most people are shallow breathers, which can negatively impact our nervous system. Without proper breathing humans tend to walk around in a constant state of fight or flight. This state brings forth many chemicals and hormones in the body such as cortisol, adrenaline and many others. In this scenario humans are using up their raw materials before they even run into a situation where this energy is needed or could be enjoyed! That’s right, you can enjoy stress and adrenaline. We do have to be careful to practice moderation, especially when cortisol is activated. Exercise (or positive stress) is good for the heart, circulation and metabolism. This so-called stress is one of the best ways to detox the body through sweating and challenging each of our cells to “be the best they can be.” Of course, it helps to be a vegetarian, rather than a “stress”atarian! Animal foods are more difficult for the body to digest and assimilate than whole plant foods, which can put unneeded stress on our bodies.

Another example of “stress perception” is ocean surfing. In South Florida, we have the threat of hurricanes during summertime. To most people, this can be stressful and unpleasant. Through the eyes of an ocean surfer this is the best time of year! What’s the difference? Perception! Visualize yourself surfing on the energy of stress, rather than being a victim of its power. An experienced surfer knows when to “catch a wave” and when to let it pass, or dive below it.

We all have heard stories of a mother or father who performed way beyond their physical capabilities to save a child in danger. Once again, the difference in this stressful situation is perception. A parent knows how to channel all energy to protect and love their child. As most parents know, sometimes this includes tough love (positive stress) to help their precious child grow.

Recently I heard about a species of crawling insect that lives in the Amazon rainforest. These creatures crawl around eating the leaves of a specific type of bush. The interesting thing is that when all the leaves are gone, these insects magically “sprout” wings and fly. That’s what I call transformation! (Of course, these beautiful creatures are vegan.) This brings new meaning to the old saying “Fight or Flight.” How about the next time you feel “stress,” re-frame it as “Energy” and use it to Transform!
by Gissela Torrella

I have learned that stress is necessary for our survival. If our ancestors had not experienced stress, we would not be here now. When we find ourselves in danger, our endocrine gland is stimulated and the stress hormones (adrenaline and cortisol) are released. These hormones help make us strong, resistant to pain, and also give us the capacity to flee from a dangerous situation.

Stress and the Immune System

I have experienced stress and it helped me to survive a plane crash. I felt strong and full of energy. I was able to open a door which was stuck. I was able to push up a collapsed ceiling so that the pilots could get out. And had all the energy I needed to rescue the passengers away from the crash site thinking it was about to explode. I later realized that I had used all of my available energy to survive this situation. After the danger had passed, I was completely drained, in pain, and weak. My immune system was depleted and not able to protect me and I came down with the flu.

The stress any illness is lack of energy. When we find ourselves in a dangerous situation our body gives us a charge of energy to respond to the threat. Afterwards our immune system is left in a weakened state. That is exactly what I lived through, and it was just that kind of stress that contributes to our ability to survive. It is important to note that some action was taken. After the stressful situation there is no subsequent damage to the body, then it returns to its natural state. When there is stress, the bodily functions which are not indispensable for survival, such as digestion, elimination, or the ability to engage in sexual activities, are curtailed. We are confronted with stress on a daily basis. This level of stress is different than the kind that I have been talking about, however, because it is not provoking us to defend ourselves as our ancestors had to, in order to avoid being trapped by an animal or defending in some way.

When the stress of modern life is constant its effects can become chronic. It is using the vital energy necessary for good health. This lack of energy leads to the weakening or death of the body’s cellular components. When our immune system is weakened it cannot carry out its function of protecting us. A debilitated immune system is not able to eliminate dead or weakened cells which then turn into toxins, causing an acidic state in the body. The result is diseases such as cancer and other tumor related problems.

Stress puts tension on the nervous system. If we behave in an aggressive way our stomach contracts. This prevents us from digesting our food properly and as a consequence, not properly eliminating the body’s waste. Another result of stress is that our muscles contract, impeding the flow of oxygen and circulation. It reduces the output of hormones that strengthens the immune system, reduces the output of hormones that cause tension and is a great way to exercise our facial and abdominal muscles.

Dance, sing, laugh, and enjoy!

El Estrés y el Sistema Inmune

by Gissela Torrella

Yo aprendí que el estrés es necesario para nuestra sobrevivencia. Si nuestros antepasados no hubieran conocido el estrés nosotros no estaríamos aquí ahora. Cuando nos encontramos en peligro aunque sea real o imaginario se estimula la glándula endocrina y ésta libera las hormonas de estrés (adrenalina, cortisol). Estas hormonas del estrés nos hace fuertes, resistentes al dolor, aumentan los reflejos y nos ayudan a pelear o salir huyendo en una situación de peligro.

Lo experimenté porque me ayudó a sobrevivir en el accidente de avión, me sentí llena de energía y muy fuerte, me ayudó para poder alzar la puerta del avión que estaba atorada, también le levanté el techo para que los pilotos pudieran salir y rescatar a mis pasajeros, también tenía energía para correrjos del avión porque pensaba que iba a explotar. Luego me di cuenta que use toda la energía que tenía disponible para ayudarme a sobrevivir, después que el piloto había pasado sentí un bajón de energía, me sentí muy débil y con mucho dolor, mi sistema inmunitario se quedó sin energía para protegerme, luego me dio una fiebre.

La causa de cualquier enfermedad es por falta de energía, al estar en una situación de peligro el cuerpo te da una explosión de energía para poder responder a un ataque, dejando el sistema...
In late 2012, we began a study utilizing a proprietary blend of nutrients derived from the pure Essence of Noni (a unique tropical fruit known for its glycol-nutrient value). Our objective was to evaluate the claims being made that by the Kyäni company that this liquid increases the blood’s oxygen levels, positively affecting the cardiovascular system and brain. After testing dozens of people, we found that Nitro Extreme—in a unique biochemical way—enhanced hemoglobin and oxygen counts at some level in all of the subjects. Our conclusion is that this product is relevant in the conquest of cardiovascular and brain concerns and should be included in any serious protocol that wishes to address these maladies. We also advise that this supplement would be helpful in enhancing overall health and immunological function. Thank you to the Kyäni Company for allowing us to scrutinize Nitro Extreme, a form of nitric acid oxide. Hippocrates Health Institute will now add this to our repertoire of phyto-nutrients.

Dr. Brian Clement

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Life is...
Life is an opportunity... benefit from it
Life is beauty... admire it.
Life is a dream... realize it.
Life is a challenge... meet it.
Life is a duty... complete it.
Life is a game... play it.
Life is a promise... fulfill it.
Life is a sorrow... overcome it.
Life is a song... sing it.
Life is a struggle... accept it.
Life is a tragedy... confront it.
Life is an adventure... dare it.
Life is luck... make it.
Life is too precious... do not destroy it.
Life is life... fight for it.

-Mother Teresa
It's good to identify and name the fear. What am I afraid of? That I'll die? Suffer? Miss out? Come up, look for the source of the fear. What's the bottom line here? What am I afraid of? That I'll die? Suffer? Miss out? It's good to identify and name the fear. When I think about it, I am often fed by fear. So when doubts come up, look for the source of the fear. What am I afraid of? That I'll die? Suffer? Miss out? It's good to identify and name the fear. If you can't identify the fear, you can't identify what to do with it. When I think about it, I am often fed by fear. So when doubts come up, look for the source of the fear. What am I afraid of? That I'll die? Suffer? Miss out? It's good to identify and name the fear. If you can't identify the fear, you can't identify what to do with it.

Stressor 5: I want to believe that I'm making the right choice by following the Hippocrates lifestyle, but sometimes doubts come in, and I wonder, “Am I doing the right thing?” What can I do about that? Doubts speak the voice of “what if?” and are fed by fear. So when doubts come up, look for the source of the fear. What's the bottom line here? What am I afraid of? That I'll die? Suffer? Miss out? It's good to identify and name the fear. If you can't identify the fear, you can't identify what to do with it. When I think about it, I am often fed by fear. So when doubts come up, look for the source of the fear. What am I afraid of? That I'll die? Suffer? Miss out? It's good to identify and name the fear. If you can't identify the fear, you can't identify what to do with it.

Stressor 6: I believe Drs. Brian and Anna Maria about the importance of making similar food choices.

When my daughter was about three years old, she came into my room one night, afraid and crying that there was a witch under her bed. At first I took the rational approach, shining a flashlight under the bed. “See, there’s no witch,” but that didn’t work. (Obviously the witch would leave when the light was on, and return the moment I turned it off.) My next approach was to install a night light, leave the door to her room half open and play some soothing music. Again, it didn’t work, and I was at my wit’s end. Finally, I got mad—at the witch. I wrote in large letters on a piece of paper: “NO WITCHES ALLOWED!” and stuck it above my daughter’s headboard. That’s what worked, and it worked because my daughter didn’t want me to tell her there’s nothing to be afraid of; but rather, she wanted to feel me as a powerful champion so she could feel safe. Be that champion for yourself. That might mean finding some fierce energy about it. Your education about your condition. The path of comfort might not be what it takes to get you well. Comfort is not the way to measure whether your choices are right or wrong for you right now. I say: be intelligent about it. Be as informed as you can about your decision. Really weigh the benefits of 100% raw with the downside of compromising. I once heard a man say at his Hippocrates graduation, after seeing a dramatic improvement in his blood work from just three weeks earlier: “I can live with my discomfort with this new way of eating right now, but I can’t live with the prospect of not living.” When Brian and Anna Maria suggest that you do this program 100% for a certain period of time, take them seriously. To overcome any initial discomfort, see the tips earlier in this article.

Stressor 7: I hate to exercise. I’ve never liked it. I believe in its benefits, so how can I get myself to do it? There are several things that can work. One is to join a gym. Another is to buy some weights and workout DVDs for home use. But more important is to be clear whether you have made the true choice at a fundamental level to include exercise in your life—or even more foundational than that, if you have undeniably chosen to be healthy. Secondary strategies without the primary choice behind them hardly ever pan out. So first, get clear. Then set up a system of accountability for yourself. Both the gym and the purchase of home equipment address that. Even more accountability is employed in systems that include or involve other people. So, not only join a gym, but commit to working out with a buddy. Or, not only buy that stuff for home, but commit to doing the workouts with your spouse or a friend.

A reward system can also help. Sometimes that means adding a treat after a workout, or simply setting up the time frames of what you do in your day to make sure exercise is higher than some other things on your priority list. (Exercising first thing in the morning usually means less potential for interruptions.) And stick to that. Simply set it up to not do so-and-so until you’ve completed your exercise program. And because we are such creatures of habit, routine also helps. Not all grooves are ruts.

Stressor 8: I know it’s good for me to eat raw and living foods, but what about my social life? I used to go out to eat with my spouse and friends, and now my food choices limit that. I don’t want to feel left out, and at the same time I want to eat healthy. Please help! Right now it might seem like it’s one or the other, but that’s not really true. You can have your cake and not eat it too. What I mean is this: you’re making new food choices for a good reason—your health. And you clear that your health is higher on the priority list than your social life? If not, then get clear. Without your health you have no life. Then find like-minded people who are making healthy food choices, and eat with them. Also, there’s no real need to drop your old friends or even your family just because you’re choosing to eat new foods and no longer eat certain things. Once you get clear, make it clear to those people you want to keep in your life that you are implementing some changes. Ask them for their support and understanding. Be clear what you do and don’t expect of them. They may need reassuring that you won’t be pushing something on them they don’t want. Sharing excitement and enthusiasm is way more benign than proselytizing. Beware, even if you don’t do it out loud, of judging others who haven’t yet made big changes like you.

If your main concern about being with friends and family is that you’ll give in to temptation and not stay true to the new choices you’re making for your better health, then maybe it is better to stay away from those type of social situations until you get stronger in your convictions and ability to say no. At first, stick with the new friends who are making similar food choices.

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Stress is the dirtiest of six letter words, one that can stop greatness, destroy lives and break people’s spirit. On the other hand it is unable to achieve a single negative objective if not given strength via fear.

This level of committed honesty: You are totally in charge of yourself and in spite of all of the disharmonious activity that you perceive surrounding you, you can rekindle your true purpose and eradicate the confusion instantaneously.

Be concise by being conscious. This consciousness is only available when stress does not erode it. Hiding in the darkness, fearful of the next experience is how most go through life. Would it not be more humane to come out and be you no matter what initial turmoil this creates? Ultimately it is only that self that has been hiding in the war fields of distortion and incompetence that has the ability to shine so brightly that there is no deterrent that will prevent joy, health and contribution. You have the same ability that the great thinkers, leaders and heroes from the past had in living a life of integrity. No doubt they faced an inordinate amount of what would be perceived as turmoil and distraction, yet they had enough commitment to their belief and were willing to pursue their passion. So much so, that they not only deterred stress, but conquered it and raised all others after their successful conquest. Stress is the dirtiest of six letter words, one that can stop greatness, destroy lives and break people’s spirit. On the other hand it is unable to achieve a single negative objective if not given strength via your fear. Your sword should be Fearlessness. Your resolution should be Self Love, and your Win will ultimately be the humbling of your soul into the acceptance that all is possible. We as a human race live in an extraordinary time, for all of our potential has been heightened. There will be one of two paths pursued by humanity over the next generation. Our first and saddest would be if we continue to re-enact our mistakes from the past and perpetuate the historic problems by thinking, acting and perceiving everything as status quo. Path two is the one I believe will be taken, humanity will finally come back to its senses and recognize that much of which we have created has no meaning and no purpose. This purely and simply will reveal that where we must grow is from the basic soil of goodness that we all possess as infants. When allowing this unadulterated greatness to flourish, we will display love, compassion and peace as our state of honor. Harmony will reign and suffering via the turmoil of stress will be diminished to its rightful place in the history books.

From the Blues to the Greens, cont’d from p. 48

Talk with them about your difficulties with family or old friends. Fuss and laugh with them about it. There’s nothing like some good humor to make transitions easier.

If, on the other hand, you are facing some real rejection from family or friends because of your new lifestyle choices, then you might need to seek some help in therapy to navigate your way through that pain. Shunning is the most powerful form of social pressure that leaves the worst isolation in its wake. Rejection hurts, so don’t carry that burden by yourself. On a more practical note, the times they are a changing. More and more raw food networks are cropping up, so the real possibility of socializing with people who are making similar lifestyle choices presents itself with very little effort. Look up “raw vegan” on meetup.com, or just plain Google around. Post signs in your local health food stores inviting people over to your place for a potluck. It’s already happening in many communities around the world. In fact, you are not alone, and choosing a raw lifestyle no longer means isolation.
El estrés y el Sistema Inmune, cont’d from p. 45

La inmunidad del cuerpo. Eso fue lo que yo viví. Esta clase de estrés es para nuestra sobrevivencia, nota que se toma acción. Si no hubo daño físico, el cuerpo regresa a un estado normal. Al enfrentarnos al estrés las funciones que no son indispensables para sobrevivencia se detienen como la digestión, eliminación o potencia sexual.

Diariamente nos enfrentamos al estrés, pero es un estrés diferente porque no necesitamos defendernos como nuestros antepasados lo tenían que hacer para no ser presa de un animal y para proteger sus vidas si necesitaban pelear o salir corriendo.

El estrés de la vida moderna cuando es constante se vuelve crónico, nos quita la energía vital para la salud. Esta falta de energía lleva a que las células del cuerpo se debiliten o mueran, si tu sistema inmune también es débil al no tener energía no va a poder cumplir con su trabajo de protegernos o eliminar células muertas o debiles las cuales conforman en toxinas, causando acidez, las cuales resultan en enfermedades como el cáncer o tumores.

El estrés tensiona el sistema nervioso, también si estamos bravos el estómago se contrae e impide que se descompongan los alimentos, causando acidez, lo que lleva a la fatiga como no dormir bien, malos hábitos de alimentación, malnutrición, trabajar bajo presión, exposición a toxinas como el azúcar refinada, aditivos en las comidas procesadas como el MSG glutamato monó sodico, cafetina, nicotina, la contaminación atmosférica, los productos químicos encontrados en limpiadores domésticos, toxinas en nuestro suministro de agua, alergias incluyendo alimentos transgénicos, inactividad.

El estrés físico y mental continua es silencioso y puede causar el 80% de todas las enfermedades. Las emociones negativas reprimen el sistema inmune. El sistema inmunológico es nuestra primera línea de defensa contra las infecciones, gérmenes y bacterias.

Una emoción basada en el amor es sentida la conexión con tu ser, tu cuerpo. El miedo o temor te impide escuchar a tu cuerpo, le impide la energía vital para la salud. Ésta emoción continua se vuelve crónica, nos detiene en nuestra intuición, trata de recordar cuando eras niño, date cuenta cuales eran las creencias que fueron naturales y las que te fueron inculcadas.

La risa es un buen remedio para aumentar la oxigenación y circulación del cuerpo, también mueve el sistema linfático, el cual es sumamente importante para las funciones eliminación y defensa del cuerpo, también ejercita el músculo inmunológico y mejora la visión del cuerpo. Cuando te ríes se tiende a disminuir los síntomas de la depresión ya que ayuda a reducir el estrés, también ayuda a evitar todas las duros enfermedades y trastornos que son causados por el estrés crónico. Un minuto de risa baja el sistema inmunológico por 24 horas, pero un minuto de risa incrementa el sistema inmunológico por 24 horas, la risa es una buena medicina para reducir el estrés.

En el libro Anatomía de una enfermedad, publicado en 1979 por Norman Cousins quien fue el primero en exponer una relación entre el humor y la salud, Cousins describe cómo se recuperó de una enfermedad aguda alimentando la risa usando películas cómicas.

Tenemos que aprender de los niños, la risa es una potente herramienta curativa. No se trata de una sonrisa, debe ser una buena carcajada con todos en el cuerpo. Te llenará de energía que a la vez fortalecerá el sistema inmune y reducirá las hormonas que causan tensiones.

Baile, canta, ríe y goza. Debe ser una buena carcajada con todos en el cuerpo. Debemos tomar control sobre nuestra vida, amamos y confiar en nuestra intuición, trata de recordar cuando eras niño, date cuenta cuales eran las creencias que fueron naturales y las que te fueron inculcadas.

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Two paths that lead to the same place, cont’d from p. 27

Logically, I reasoned that HHI must be Two paths that lead to the same place, my good friend, so without hesitation I told Charles “I’m in!”

Charles “En-Frighthenment” My wife had been a student of the Hippocrates lifestyle for years. Our son, Charlie, was conceived when my wife was in her late forties. Her pregnancy came years beyond a woman’s normal fertility years. I owe a debt of gratitude to Hippocrates and to my wife for preserving my healthy inner body by practicing the living foods lifestyle. Experiencing the miracle of my son’s birth and witnessing my wife’s age-defying beauty, health and vitality, I was already somewhat familiar with the power of the Hippocrates living foods lifestyle. Foolishly, I never took the time to practice the lifestyle myself. Perhaps it was because I did not understand logic, science or the importance of eating living foods and detoxifying the cells in the body. None of these simple health concepts resonated inside me until a doctor told me that I am not as healthy as I once thought.

Silly, my ignorance is typical of what I encounter on a daily basis when talking about health with most people. I had to be told by a doctor, “Charles you have cancer,” before I listened to anyone besides the Madison Avenue marketing machine, the government and my own misguided belief systems formed from a lifetime of bad health information.

Blame it on being ignorant or just blame it on being a man, I always thought I was somewhat invincible. I was also prone to taking shortcuts. I actually thought that if I eliminated meat from my diet, I would somehow be healthy. When I received my leukemia diagnosis, I had to take a hard look at what I was doing and how I had gotten to this unhealthy place. My cancer diagnosis forced me to re-examine my thoughts, my belief systems, my approach to nutrition and my relationship with food. I had to all start over in order to regain my own health.

The Journey Began

On New Year’s Day, 2011, as we left on the early flight out of Portland, Oregon, to West Palm Beach, Florida. When we arrived at Hippocrates we were very anxious and excited to take on the challenge of changing our diets. We pushed each other in a macho sense of will, each wanting to see who would crack under the pressure of giving up our favorite foods. We ate sprouts and greens all day and put wheatgrass juice in places that we just had to laugh nervously about. After the first week of consuming 100% living foods, wheatgrass and green juices, and attending the eye-opening educational lectures on how our bodies work, we both realized that we were in for much more than just a diet change. The experience became more than a game or a contest; it was a total life-changing experience. Early in the first week, we both realized the Hippocrates Life Transformation Program was going to make us both healthier and happier men and, as a result, better husbands, fathers and business leaders.

Tim’s Revelation

Neither one of us had any idea how addicted we were to meat, dairy, sugar and cooked and processed foods. It was all we had ever been taught to eat. I felt that eating meat was part of being a man. The hunting and fishing trips of my youth had reinforced this belief system. Charles was more of a friend to the animals, so he had already cut out the meat. His problem was he ate tons of cheese and dairy products instead. We both began to understand how all of these animal proteins were slowly killing us. After participating in the Life Transformation Program, we both felt like invincible men, twenty years younger than our biological ages. Our energy was back and both of us began feeling better than we had in years. I lost 30 pounds and Charles dropped over 50 pounds of pure fat. Could this kind of vitality really be that simple? Could it be that if someone wants to heal himself of disease, fight premature aging or just lose the weight once and for all, he all needs to do is eat living plant foods, detoxify and exercise?

Early into the program, Charles no longer feared his cancer and no longer believed the lies I had been told about the benefits of a meat-centered, Western diet. I saw and experienced the results of a plant-based diet not only personally, but through my friend Charles and through so many others who shared the Hippocrates experience while we were there. The Hippocrates program worked for us both. I believe that everyone needs to have this information. I can only imagine the heartache that could have been spared if my friend Clay knew what Charles and I learned at Hippocrates. The way I see it, the problem is that almost everyone thinks the way I used to think. People have become completely dependent on advertisers and uninformed doctors for their health advice. Most people do not know what is right anymore, and most people are not taking personal responsibility for their own health because of it. I now know the truth about how to stay healthy.

The Long Road Awaited Us Both

In early 2012, Charles told me he was going to run in the Portland Marathon. He wanted to prove to everyone that even someone diagnosed with an incurable cancer can turn their health around with a good attitude and a living foods lifestyle. Charles had never run a marathon before so this was a huge commitment for him to make. For two months I struggled over whether I should run with him. I was scared to say anything to him since running 26.2 miles really frightened me. In the back of my head, I could hear my father’s voice telling me to finish what I had started.

I called Charles and told him I was going to run the marathon with him. He was elated to have a training partner; he laughingly admitted that the training was getting boring on his own. Now we were once again pushing each other and nothing was going to stop us from crossing that finish line! We did it!

In October 2012, Charles and I finished the 26.2 mile Portland Marathon together. We both proved to ourselves that cancer is not a death sentence but rather a strong wakeup call that we should all listen to. We both made the necessary dietary changes and we took total control of all aspects of our lives. It has been a little over two years since we attended Hippocrates. Charles is alive and well, and his cancer is considered to be in remission. You can practically see that the cancer has left his body. He is in the best shape of his life, both physically and mentally. I have since committed my life to teaching others about the benefits of the Hippocrates lifestyle. My wife, Lili, and I now own an educational health business called The Sprout Company LLC. We grow and deliver wheatgrass and sprouts and teach weekly living health/juicing classes for people who want to change their diets and lifestyle like we did. At the end of the path, a new beginning

Through our joint experience at Hippocrates, Charles and I are both awakened to the awesome power of the living food lifestyle. We have truly found our calling through living foods and the adoption of healthy lifestyles. We both have filled our lives with passion and compassion for others and future generations. It has been an amazing journey toward enlightenment. The future is now, and we are both excited to continue with our living food lifestyle and experience life the way it should be lived—alive and well!
Letting Go Of An Emotion Is As Easy As Putting Down A Spoon, cont’d from p. 23

Wisdom follows that if we can learn this skill of carefully choosing our thoughts, then we can freely and easily choose our emotions. We can choose thoughts that will lead us to feel grateful, glad, wonder-filled, joyful, and happy most of the time. Make a choice, rather than being slaves to unproductive thoughts and debilitating emotions, we are free to let our thoughts and emotions serve us, as well as benefit those around us.

The question is how can we get into the driver seat that is behind our thoughts to direct from a higher perspective? It at first seems that we may be whatever thoughts we think. However, with closer inspection we may realize that (unless one has been devoted to uninterrupted, introspective meditation for some time, likely for at least many months) many thoughts, likely the vast majority, are prone to be habitual reactions, often negative, repetitive or useless.

At the “Garden of Liberation” monastery in Thailand we share our meals communally as we do at Hippocrates Health Institute. At Wat Suon Mokkh, each of us picks up a spoon and a large bowl for each meal. Then when the meal is done, we wash the spoon and bowl, then put them back in the communal dish racks. Emotions are akin to spoons.

Through meditation—slowing down the thought streams and keenly observing—it is possible to watch how emotions are like communal spoons, nobody actually owns them. We are free to pick up an emotion, then after it serves us, to wash it and put it back in the communal bowl. If we suddenly find that we have unconsciously picked up a spoon of let’s say, jealousy, envy, anger or apathy, we are free—if we are conscious enough—to put it back in order to more carefully choose another more beneficial spoon.

One of the greatest gifts of meditation is seeing how rapidly thoughts and accompanying emotions come and go, akin to small white clouds racing swiftly across a blue sky. This is natural and healthy. However, when clouds of emotions linger to wallow in the sky of our minds for days or weeks at a time, then they can harden and appear to be attributes of an individual. This is only an illusion. There is no such thing as a “worried woman” or, for example, an “angry man.” It is just that the man picked up a spoon of anger and is carrying it around with him. From the outside it may look funny to be carrying an emotional spoon around with him wherever he goes. From the inside, he thinks he is attached to the emotion, and does not think to drop it until someone mentions that he can. This is simply called “unskillful” in Buddhism. When a person is more skillful in choosing uplifting thoughts, then tendencies for depression, disappointment, rage, sloth and torpor are greatly reduced because they are replaced with grateful, healthy, creative, calm, happy and even blissful emotions.

Out amidst the coconut trees in our wall-less temple, I often shared this similarity between spoons and emotions with many students as well as monks, who to my knowledge, continue to share this simple, liberating revelation about emotions. In the Orient, the relationship between thoughts and emotions has been a relatively common understanding for centuries and it is therefore not taught, but individually observed in meditation.

In the Occident, this observation has only recently been re-discovered by leading researchers who advocate today an eclectic array of conscious thoughts-leading-to-emotions techniques such as positive thinking and modern mantras or affirmations (for example “I am healthy, caring and strong”), as well as the importance of mastering forgiveness and letting go, via for example, Ho’oponopono (an ancient Hawaiian practice), in addition to looking for whatsoever is good, since what we focus on expands. Thus, the benefits are amplified when we write down, sing out and affirm not only goals and aspirations, but also what we are grateful for in this moment.

After a decade of living as the first self-proclaimed Adventure Anthropologist, the world’s first interactive, playful, university textbook on “Bliss Conscious Communication” was born. This dynamic co-creative fill-in-the-blanks, thought-provoking book is the first to explore hundreds of “The Blissiplines” which raise our conversational kundalini, commencing with the conversations within one’s own mind. Consequently, more than 100 “Playshops For Blissologists” have emerged across the USA. The playshops catalyzed the founding of Blissology University, the first institute devoted to researching blissful thinking, speaking and acting, that together make blissful lifestyles possible. We can bliss forth more often by choosing our thoughts, words and other actions care-fully and sagaciously. Likewise, when we are finished with an emotion, we can choose—if we are conscious enough—to wash it with forgiveness and put it back in order to make room for the sweet, enthusiastic, fabulous, compassionate, serene, magnificent, kind, loving, fun and glad awe-inspiring emotions that are also sitting in the communal bowl waiting for us to pick them up.
He says, “There is no age limit. I have patients who are 15, 14 who are regularly taking it...we have multiple issues.”

Patients are often able to be weaned off statins and other drugs with harmful side effects, and rely solely on ProArgi-9+ to regulate blood pressure and other conditions.

Relaxing blood vessels and decreasing stress on the cardiovascular system is imperative for the chronically ill. But Dr. Siva says it’s important for everyone. He believes ProArgi-9+ is the best preventative “medicine.” That’s why he takes two scoops a day—one scoop 30 minutes before exercising, another scoop an hour after.”I can tell you the days I don’t take it, I cannot reach the levels I want to reach.” ProArgi-9+ increases endurance and stamina, while decreasing lactic acid and recovery time. Now, four years after the High Desert Heart Institute Study, Illya Pupovac is still taking ProArgi-9+. Since he started taking the supplement, he hasn’t been hospitalized, his blood pressure is 120 over 68, and his daily workout includes 120 sit-ups, 40 push-ups, 220 squats, and a four-mile run. Not bad for a 72-year-old man who had maxed out on medical care.

Dr. Siva explains that, “If you look at the guys involved in sports, L-arginine is well accepted. Physicians who are in rehab, it is well accepted. But it is taking a little bit longer for cardiologists to come on board. We have to be more vocal about it.”

Especially since cardiovascular disease is the #1 killer and Dr. Siva has seen such positive benefits using ProArgi-9+. Hippocrates Health Institute is joining with Dr. Siva and the High Desert Heart Institute to spread the word.

If you think ProArgi-9+ could help you or someone you love, visit www.hippocratesinst.org for more information and to purchase ProArgi-9+. To order by phone, call 1-877-582-5830 or send an email to mailorder@hippocratesinst.org.

According to the American Institute of Stress:

- 75–90% of all visits to primary care physicians are for stress-related complaints or disorders.
- 43% of all adults suffer adverse effects due to stress.
- Stress has linked to all the leading causes of death, including heart disease, cancer, lung ailments, cirrhosis of the liver and suicide on the job.
- Nearly half of all American workers suffer from symptoms of burnout, a disabling consequence of stress.
- An estimated one million workers are absent on an average work day due to stress-related complaints. Stress is believed to be responsible for more than half of the 350 million workdays lost annually because of absenteeism.

which has several adaptations to support adrenal function. Other helpful nutrients are vitamin B6, vitamin B12, magnesium, cordyceps, Vitamin C (the adrenals hold the most vitamin C in the body), etc.

There are many ways to support the mind to enhance adrenal health: meditation, visualization, affirmations, laughter and psychotherapy. To support the physical body, practice the following:

adequate hydration (at least 1/4 fluid ounce per pound of body weight per day), proper diet (living foods), adequate sleep (seven to nine hours per night), deep breathing exercises, moderate physical exercise (aerobic and anaerobic), yoga, acupuncture, making love, etc. Try to identify your personal stressor and eliminate it, if possible. Consider changes to your view of the stressor. As you learn to identify the stressor, you can begin the see patterns and modify your behavior.

Remember, if you feel that you are having adrenal issues and cannot visit Hippocrates Health Institute, please contact a caring, competent integrative medicine doctor.

Adrenal Fatigue, cont’d from p. 17

Hopefully, in the near future, many more doctors will treat adrenal fatigue because the effects of stress can certainly kill.

When one needs to test the adrenal function, saliva testing is ideal for accurate results. One of the main reasons to use saliva is that it represents the free or bioavailable fraction of hormones. The saliva tests the cortisol and it is collected four times throughout the day. When collecting the saliva, be sure to rinse your mouth well to ensure no blood is collected from any oral abrasions.

Many people resort to the use of synthetic over-the-counter remedies to cope with stress, others self-medicate with detrimental agents, such as alcohol or drugs. These so-called remedies only further stress the adrenals, making the problem worse. There are many helpful things people can do to reduce adrenal stress. There are substances called adaptogens that modulate your response to stress or changes in the environment. Hippocrates Health Institute offers a supplement called Adrenal Support[10].

STEM CELLS AND A HEALTHIER YOU, cont’d from p. 16

Dr. Maharaj is the Medical Director of South Florida Bone Marrow/Stem Cell Transplant Institute, an institute accredited by the Joint Commission on Accreditation of Healthcare Organizations (JHACO) and one of the only completely outpatient institutes that offers adult stem cell collection and storage in the United States. Uniquely, Dr. Maharaj’s clinic is located at the same site as the stem cell Cryobank, allowing collection, storage and transplants to seamlessly be performed without the worries of transportation of the cells.

The process to collect adult stem cells takes place over the course of a week. First, the patient is administered a stem cell mobilizing medication daily for five days. This medication promotes replication of stem cells within one’s own bone marrow, and pushes them from the bone marrow into the peripheral blood stream. On the sixth day, there are enough adult stem cells within the peripheral blood stream to collect. Through apheresis, a four hour blood collection procedure during which patients are able to watch TV, eat, read, or sleep.

This six-day process has no major side effects, the most common being bone pain which in most cases is minimal and can be controlled by taking an over the counter painkiller. After the collection, Dr. Maharaj and his experienced team test the collected cells for their viability, as well as the total stem cell count. The cells are then frozen in liquid nitrogen tanks located in our secure Stem Cell Cryobank, which ensure adequate sample viability for future use.

Please remember that your immune system is based not only on chronological age, but on biological age as well. The more damage we do to our immune system, the greater decline in efficacy, efficiency and stem cell population numbers, therefore, it is imperative to store your stem cells now, which provides the assurance of younger, healthier immune cells, should you need them in the future.

Our hope is not to frighten you with the potential for disease, but to spark hope for a progressive change to help ensure your future health and the health of your family members. We believe that adult stem cells have the ability to make a dent in the skyrocketing numbers of disease in the U.S.; therefore, it is essential to educate everyone possible before their health is impaired. You have the opportunity to be proactive about your health and possibilities for future treatment against disease—will you take it?

South Florida Bone Marrow/ Stem Cell Transplant Institute

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STEM CELLS ARE NOT JUST ANOTHER BUMMER OF A TREATMENT OPTIONS FOR DISEASE; THEY PROVIDE A MEANS TO RECHARGE, REBUILD, AND REPROGRAM AN INDIVIDUAL’S GENETIC BLUEPRINT FOR A HEALTHIER FUTURE.

OPPORTUNITEES FOR FUTURE TREATMENT AGAINST DISEASE—WILL YOU TAKE IT?
Stress & Parenting in the Modern World, cont’d from p. 20

Individualized parental stressors differ, but there is one constant: whether you are a wealthy stay at home mom, a businesswoman dad, a struggling single parent or a mutual two working parent household, all parenthood can be downright stressful at times. As fast-paced as it may sound, it is within our reach to learn to harness that stress and find positive coping, de-stressing and adaptability techniques. This can help ground us and make parenthood what it ought to be by nature—a beautiful, loving, nurturing and life enriching experience. All too often in today’s world, parenthood is a pulling your hair out, frantic, sleepless, sad and miserable existence. All it takes is finding the “magic switch”; then we can turn shouting to laughter, panic to calm and anger to joy and love. So how do we find this magic switch?

The best way to answer this and other parenting questions is to look to other mums—both generations before us and mothers of our own generation. I am always talking to friends to see what worked for them and what didn’t, knowing fully that each child is unique. How can we possibly master the art of parenting without drawing upon the knowledge of other mums? After all, our family and have a deep meaningful relationship that makes each of our lives better—not to mention enjoying being in the same room as one another!

Two books on a recent visit to our library jumped off the shelves at me: Change Your Child’s Behavior by Changing Yous 13 New Tricks to Get Kids to Cooperate, by Barbara Chomosky and Diane Gage and Are We Having Fun Yet? The 16 Secrets of Happy Parenting by Kay Willis and Maryann B. Brinley. Kay Willis, founder of Mothers Matter, a national organization, is quoted by her co-author in the intro to her book, “Having fun is a very important parenting skill, but if you’ve overcommitted and exhausted, you aren’t much fun to be around. You are the most important gift you will ever give your children. Too few of us act on this knowledge.” Reading these wise words of a mother of our own generation, T-E-N happy, healthy kids makes me remember to smile and focus on what really matters. Loving every second of this journey!

Throughout her book, Willis states and restates the vital importance to having fun, and just how absolutely necessary it is for parents—especially the mother—to take the time (she suggests a minimum of two hours a week) to refuel, restore, and renew ourselves as a means to recharge ourselves of our daily duties. One thing that struck a chord in me was that she said no child deserves a martyr as a mum, and that when you need a break from your child that is just when they need a break from you. Dr. Stanford Matthews, MD, says, “It is a parent’s attitude finally, more than any physical act, that will change a child’s behavior. You can do anything you want to, but in the final outcome, it’s your emotional response that counts most.” So having fun with a life full of stress, and preserve our emotional balance? We change ourselves and our attitudes, of course. Stressors in our crazy, wild, hectic lives are inevitable, but our personal sanity, well being, peace of mind and responses don’t have to reflect that stress!

A quote that has always helped me find stillness in the chaos is, “You can’t change the direction of the winds, but you can adjust your sails.” Parenting is about finding a balance to channel our stress and continue on with the calm, happy, loving and patient guidance it takes. In Change Your Child’s Behavior By Changing Yours, the message is just that. Find compromises and make them, for the sake of self preservation and ultimately for a less stressful world.

It also states that what many moms and parents complain about or see as behavioral problems are actually age appropriate growing and developing behaviors our little humans can and should experience and explore. If your child wants to wear an outlandish outfit, is it really worth fighting over, or is that just a natural part of their age they are exploring? If your little one’s desired lunchtime meal combo makes you sick to your stomach, but makes them smile with glee, then isn’t that a simple compromise that will diminish a need for an argument and make for less stress? Is it their stomach anyway—and if your house is only stocked with health giving foods, what’s the worry? These are potentially self-inflicted stressors and, as I see it, there is already enough stress in this world. It may not be quite as simple as flipping a magic switch to become a happy, loving, stress-free parent, but in the final outcome, it’s your emotional response that counts most.

It may not be quite as simple as turning a switch to become a happy, loving, stress-free parent, but in the final outcome, it’s your emotional response that counts most.

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Israel is Coming to Hippocrates!

Hippocrates Health Educator Shula Gabbay is organizing a group of people from Israel to travel to Hippocrates Health Institute located in West Palm Beach. Please contact Shula Gabbay via email solomongabbay@hotmail.com to learn more.

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Healing Our World » Finding Peace

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The Binge Eating Stress Connection, cont’d from p. 25

Tips for Getting Started

The binge-aggravates stress, which then becomes a comfort food.

Comfort food can be addictive and detrimental as a habit.

The best approach to dealing with old habits is learning new, healthy habits.

I simply had to learn how to replace old “comfort habits” with ones that will serve me well today. Think about it—a 1959 Cadillac Eldorado was certainly comforting, but there comes a time when practicality becomes a necessity.

The best tactics I employ to stay on track.

Stock up on healthy food. I stopped bringing home bread, pasta, tomato sauce or any other food that I would have binged on. If I do break down in my house and eat a little more than I should, it's nutritionally dense and fibrous, so I quickly feel full and it's much easier to shut it down and remain healthy.

I try never to eat while I am driving, working, multi-tasking, standing, reading, or in a hurry to go somewhere. This not only makes for better digestion—It strengthens a healthy attitude toward food. It is also important to chew food slowly and thoroughly (try to chew each bite at least 50 times). Television and food do not mix. We can eat 15 to 20% more when we are not paying attention to what and how we are eating. TV shows and movies affect how much we eat, and the type of movie can affect the amount. How much popcorn have we eaten watching tear-jerking love stories? Stress-related eating temptations have a time limit. When I am tempted, I occupy my mind with something, and in minutes the urge to overeat passes. Here is a great trick: next time you want a “stress snack,” go for a walk. Tell yourself before you leave the house that if you still want the food when you return you can have it.

I have adopted a resolution to be healthy, and I now enjoy riding the “health horse.” If I fall off, I simply get back on and ride again, because I love it. Dr. Brian Clement once told me that he believes everyone is addicted to something. He decided that if that were the case, he would be addicted to health. I'm all right with that. Stay tuned. The next issue of Healing Our World will feature “The Science of Weight Release” and list foods to avoid, as well as delicious foods to add to your healthy diet.

Safety First

- Avoid fast foods. Bouncing in and out of unhealthy “quick-fix” weight loss schemes can be very stressful. Don’t waste your money and time on phony diets, just eat more greens and vegetables!

- Exercise is a great ally if you are working hard enough to sweat, you are releasing endorphins (mood-improving hormones secreted within the brain and nervous system). You are also burning calories and investing your time in your greatest asset—your health.

- Peaceful music is calming and inspiring. Healthy reading can also enhance the quality of life, and walking outdoors in beautiful sunlight or moonlight is mentally curative.

- Health-minded friends are essential. We all need a support system, and having understanding friends to talk to when we are down is key if you do not already know people who can lift you up, check out www.meetup.com to meet like-minded individuals.

- Foster a healthy sexual connection. Sexuality is a momentous source of tranquility, tension relief, and communication. It is well understood that individuals sometimes overeat to make amends for a lack of sexual pleasure.

- Meditate to relieve stress. Spending time in the silence of meditation and calmness allows me to take notice of where I am in life and be thankful for the hope and confidence I receive in silence.

- Remember Richard Carlson’s golden rules. “Don’t Sweat The Small Stuff” and “It’s All Small Stuff!” We are like a blade of grass, and our glory is like a flower; it all withers away. We are not the big deal we would like to make us out to be.

- Avoid nighttime snacking. When I want a late night snack, I will have an herbal tea to relax before bed. If I do eat, I will go for a very small veggie snack. Fruit is not a good choice at night. The day is just about over so there isn’t any time to burn off the sugar, and so it will just turn to fat. Nuts and seeds are fatty and should never be snacked on.
The human body contains:

- Enough WATER to fill a 10-gallon barrel.
- Enough FAT to make 7 bars of soap.
- Enough CARBON for 9,000 lead pencils.
- Enough PHOSPHORUS to make 2000 match heads.
- Just enough IRON for one medium-size nail.
- Enough CALCIUM (LIME) to completely white wash a large storage shed.

Every day:

- Your heart beats 103,689 times.
- Your blood travels 168 million miles (6,720 times around the globe).
- You breathe 23,040 times.
- You inhale 428 cubic feet of air.
- You eat 2–3 pounds of food.
- You drink 2.9 pounds of liquid.
- You eliminate about a pound of waste.
- You move 750 major muscles, some of them subconsciously.
- You exercise 7,000,000 million brain cells.
- You speak about 7,000 words.

That’s child’s play when you consider that every:

- 2–3 days, the mouth lining is renewed.
- 5 days, the intestinal lining is renewed.
- 11 days, the respiratory lining is renewed.
- 15 days, white blood cells are replaced.
- 120 days, red blood cells are replaced.
- 6 months, we have a whole new bloodstream.
- 11 months, we have a new cell structure.
- 2 years, we have a whole new bone structure.
- 7 years, we have a brand new body.

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