The Science of Living Foods

Studies, Research & Practical Experience

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At a Glance [CONTENTS]

The Science of Living Foods

12 What’s Behind the Sparkle in Sprouts?
The Sproutman, Steve Meyerowitz, shares his vast knowledge about the science behind the health properties of sprouts.

18 Living and Raw Foods: The Science vs. The Proof
John Kohler shares an important reminder he learned in his two decades on a raw vegan diet: experience can trump scientific research.

22 Holistic Plant-Based Enzyme Therapy
Viktoras Kulvinskas, the father of living foods, recounts his experience with Dr. Edward Howell, the father of enzyme therapy.

25 The Raw Truth: Pass or Fail
Mark Mathew Braunstein, a 40-year sprout veteran, shares practical tips to grade the quality of your food.

28 Authentic Biological Science
Dr. Brian Clement explains how legitimate science has been hijacked by corporate interests — and how we can get it back.

32 Living Food Science and Cancer
Tom Fisher, RN, looks at the relationship between living foods and cancer reversal, and the research that supports it.

36 How To Build Muscle on a Raw Food Diet
Peter Ragnar, long-time martial artist and health expert, explains how to bulk up on living foods.

40 A Brief History of Protein: Passion, Social Bigotry, Rats, and Enlightenment
John A. McDougall, MD, shares the history of protein myths and truths and explains how plant foods meet all our needs.

48 Genetically Engineered Food Linked with Iodine Deficiency and Congenital Birth Defects
The POP Campaign brings us more shocking news from the forefront of the battle to protect our food rights.

54 Faith Knocks Out Stage III Cancer
Sandra Rangel Martínez, MD, explains how her faith led her through her fight with cancer.

57 Could Processed Meat Give You Cancer?
Neal Barnard, MD, discusses the link between hot dogs and cancer.

61 Listen To Your Gut! Stress, Digestion and Three Keys to a Happy Belly
Laura Grammatico, Hippocrates Health Educator, shares tips to boost gut health.

65 When Hospitals Get It, I’ll Be Right There!
Jenny Berkeley, RN, describes her vision of a health system that gives patients healthy food instead of processed junk.

69 Subtle Energies
Chris Lovelidge shares his personal experience and research into the fields of subtle energies.

73 Better Medicine / Less Wellness
Dr. Tom Fitzgerald explains why more medicine doesn’t necessarily lead to optimum health.

77 My Journey with Ann Wigmore: the Mother of Wheatgrass Juice
Luz Delia Gerber looks back on fond memories of Hippocrates Health Institute founder Ann Wigmore.

81 The Power of the Mind in Getting Well™
Dr. Janet Hranicky explains the role your imagination plays in influencing the course of your disease.

This Issue

14 Genetically Engineered Food Linked with Iodine Deficiency and Congenital Birth Defects
The POP Campaign brings us more shocking news from the forefront of the battle to protect our food rights.

20 Faith Knocks Out Stage III Cancer
Sandra Rangel Martínez, MD, explains how her faith led her through her fight with cancer.

24 Could Processed Meat Give You Cancer?
Neal Barnard, MD, discusses the link between hot dogs and cancer.

26 Listen To Your Gut! Stress, Digestion and Three Keys to a Happy Belly
Laura Grammatico, Hippocrates Health Educator, shares tips to boost gut health.

30 When Hospitals Get It, I’ll Be Right There!
Jenny Berkeley, RN, describes her vision of a health system that gives patients healthy food instead of processed junk.

34 Subtle Energies
Chris Lovelidge shares his personal experience and research into the fields of subtle energies.

38 Better Medicine / Less Wellness
Dr. Tom Fitzgerald explains why more medicine doesn’t necessarily lead to optimum health.

42 My Journey with Ann Wigmore: the Mother of Wheatgrass Juice
Luz Delia Gerber looks back on fond memories of Hippocrates Health Institute founder Ann Wigmore.

46 The Power of the Mind in Getting Well™
Dr. Janet Hranicky explains the role your imagination plays in influencing the course of your disease.

About the Cover

The image on the front cover of Mark Mathew Braunstein’s 19th classic, Radical Vegetarianism, makes a strong statement. Mark’s publishers were kind enough to grace HOW’s cover with the same photo. Power to the Asparagus! Learn more about the book on page 52.

Regulars

5 Letter from the Directors
6 Ask the Sprouts
7 Letter from the Publisher
8 Contributors
10 What’s the News?
14 Dr. Brian Clement’s Speaking Schedule
15 Hippocrates Welcomes Michael D. Allen
16 Shelly Saunier, RN, Joins Hippocrates Medical Staff
17 Weedkillers Tied to Depression in Farmers
22 Reviews
28 Healing with Infrared Heat
Marcia Knowlton of Westlake Village, California, shares her story of improved health from using an infrared sauna.

32 The Sprout Queen
The Sprout Queen has offered customers freshly harvested buckwheat, pea and sunflower greens, wheatgrass and a variety of sprouts and other microgreens since December 2009.

36 Check out These Great Books About The Living Food Diet and Lifestyle
Want to learn more about raw foods and health? Check out these great reads.
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In 1980, when we were asked to become the directors of Hippocrates Health Institute, we requested support from the board to pursue investigation and research on how the Hippocrates living food program worked. Although money was scarce and expertise was even harder to find, we slowly but surely climbed the mountain of information and data that the institute accrued over the decades and discovered that there were four elements in the raw foods that provoked the body and its immune system array to function at its highest level. Hormones, Oxygen, Phytonutrients and Enzymes (H.O.P.E.) were contained in each organic raw plant-based food and present in even higher amounts in germinated nuts, grains, seeds and beans. Each of these elements were nullified when heating (cooking) the plant foods above 118° Fahrenheit (42° Celsius).

Finally, all of us who observed the results of consuming these foods were able to articulate on the nutrients and how they operate in the body’s many pathways and super highways. Anna Maria, became enthralled with microscopic research and began to observe these elements at play in affecting diseased cells as well as the influence they had on empowering healthy cells. Behind the scenes i began to recognize that the engine propelling the outstanding effects that these super-charged nutrients had was electrical frequency. Time and again over the years, in vitro as well as with people, I would add one or more of these elements into either the dish or bloodstream and observe the immediate outcome.

This led us to conclude that the electrical frequency and biological nutrients combined to upregulate ill cells, eliminate ill cells and charge and enhance immune system cells. Immune system cells, being the most important in this equation, activate the strength and function of these fighters to immediately, as well as over time, fight and prevent disorder. How revolutionary it was for us to finally understand the mechanics of healing with living food.

From that point forth, every time we chew and swallow or juice and drink, we can visualize this full spectrum of H.O.P.E. doing their noble job of prevention, recovery, clean-up and strengthening. This foursome of super nutrients is rarely acknowledged or utilized and either personally or professionally can utilize these powerhouses in the conquest of premature aging and disease.

The science of living food is as old as life itself. Remarkably, it has taken until the twenty-first century to peel back the cover and begin to acknowledge the symbiotic life enhancing elements that bring forth homeostasis in a body, so that disorder finds it impossible to reside there. All important facts emerge from simple findings, and this profoundly significant group of atomic particles bridge our understanding to a world yet to be fully explored. It is not for us to know all about all, but it is just to pursue that possibility as vigorously as possible throughout our entire gifted life.

Respectfully,

Drs. Anna Maria and Brian Clement

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Healing Our World » The Science of Living Foods

Image 13x18 to 601x286
Hi Cooked,

My name is The Big Sprout and I have overseen things at the sprout capitol of the world, Hippocrates Health Institute (HHI), for nearly four decades. What I can tell you is when you embrace living foods, there is always HOPE.

Over the decades, HHI has been analyzing why so many people have been able to bring about the reversal of serious diseases and slow the aging process. An essential part of the recovery process is the elements in the raw and living foods that have now been scientifically identified.

Hormones, specifically the naturally-occurring hormones in plants, are the ‘language’ between cells. Humans can ensure the language between their own cells is full and concrete throughout life, simply from the consumption of raw and living food.

Oxygen is what you smell as food is cooked. This aroma is an essential nutritional component leaving the food. Oxygen is critical to the process of digestion and nutrient absorption, so oxygen must be present to absorb nutrients into the cell.

Phytochemicals represent the new kid on the block. Phytochemicals were first discovered in 1948 and since then, have been researched hundreds and thousands of times by top universities. These elements are actually what enhance the electromagnetic frequency in our cells, making us feel vital and alive and keeping us young.

zymes in food are what enhance the electromagnetic frequency in our cells, making us feel vital and alive and keeping us young. Enzymes are much more elaborate than were once believed. Beyond the proteins, which are the outer shell, enzymes carry electromagnetic frequency. An analogy for this is an automobile (the protein component of enzymes) carrying a passenger (the electromagnetic frequency). The destination of this frequency is your electric body. The enzymes in food are what enhance the electromagnetic frequency in our cells, making us feel vital and alive and keeping our cells at a strong hertz to prevent disease and premature aging.

It is ‘HOPE’ (Hormones, Oxygen, Phytochemicals and Enzymes) that is most important to learn about, read about and articulate to others. Together, with our scientific evidence to back and support us, we are going to change the world one person at a time.

Best Regards, The Big Sprout

Hi Jeanette Finn,

I would also like to take this opportunity to thank Jeanette Finn, who sculpted Lady in the Lake.

Hi Linda, it was so nice to see you in the last issue of Healing Our World. (Finding Peace, Volume 33, Issue 3), I neglected to give credit for the wonderful cover photo to photographer Linda Trolleer. Thanks again for the beautiful photo, Linda!

Be Well,
Will Burson

This is a very special edition of Healing Our World (HOW). In this issue, we will dispel the myths and highlight the benefits surrounding living foods, based on the experiences of the Hippocrates staff and guests as well as HOW contributors. This magazine will also delve into the science that supports the knowledge this growing number of people have witnessed firsthand: living foods can boost energy and vitality and help ward off and reverse disease.

I can tell you from my personal experience of eating a high raw diet for the better part of a decade (over half that as a strict vegetarian), that I have never felt better. My energy levels are great, and unlike many of my peers (I'm nearly 40 years old) I don't take a single medication. Eight years ago, I suffered from acid reflux. The ENT I visited told me that since my diet was so clean (no alcohol, coffee, or chocolate and very little tomatoes) that my only hope was to take acid reflux medication—for the rest of my life. I said, "Thanks, but no thanks," and sought to further improve my diet. The ENT never mentioned oils, fats, dairy and animal products. I had to learn about their inflammatory properties on my own. As I replaced the animal foods and processed foods in my diet with whole, primarily raw, plant foods, my symptoms vanished.

The proof is in the pudding, as they say—or maybe the proof is in the pea sprouts and pumpkin seeds. The problem is, many people are hesitant to let go of the very foods that are harming them. This is no wonder, considering very powerful companies influence legislation and even the very medical establishment that is sworn to protect us, all to safeguard their bottom line. Most people still believe they need inordinate amounts of animal foods, and even cooked foods, to be healthy, but the tides are starting to turn.

The truth is, eating some cooked foods is okay. In my estimation, a healthy person can be eating more than twice his body weight 20 times. He does all this on a diet of purely raw plant foods, without any protein supplements. It is easy to see adding some living foods to your diet can benefit anyone. If seeing the results isn't enough, check out the scientific data in this issue to see how it all works.

In the last issue of Healing Our World, (Finding Peace, Volume 33, Issue 3), I neglected to give credit for the wonderful cover photo to photographer Linda Trolleer. Thanks again for the beautiful photo, Linda!

That said, many health enthusiasts, most notably athletes, thrive even more profoundly on an all raw diet. Less energy spent digesting means more energy for sport or other pursuits. Most people know of the many high raw vegan endurance athletes who have dominated their sports: Brendan Brazier, Tim VanOrden and Rich Roll are just a few. Venus Williams (a high raw vegan) still dominates the court, now in her 36th year as a professional tennis player. Raw vegan diets can also benefit strength athletes. Mike Vlasaty is making a name for himself, performing feats only a handful of strongmen can pull off. Mike can bench press over double his body weight and deadlift more than twice his body weight 20 times. He does all this on a diet of purely raw plant foods, without any protein supplements.

It is easy to see adding some living foods to your diet can benefit anyone. If seeing the results isn't enough, check out the scientific data in this issue to see how it all works.

Be Well,
Will Burson

This edition’s answer by: Dr. Brian Clement
Contributors

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

Viktasna Kulviniskas is the international bestselling author of Survival in the 21st Century. He had a career in mathematics and was a successful computer consultant prior to cofounding Hippocrates Health Institute with Ann Wignmore in Boston. Learn more at SurvivalInThe21stCentury.com

Rudolph Lenardi is a business consultant, mediator and advocate. He works to create a lasting impact on businesses, communities and society through collaborative approaches and healthy sustainable values. The POP Campaign invites you to participate and engage your power. Visit POPcampaign.org to learn more.

Chris Loveidge’s interest in the nonphysi- cal began in 1975 when he had a Near Death Experience. Determined to uncover this phe- nomenon, he learned about Subtle Energy Fields (SEFs). Chris uses a BioField Reader in his research. To learn more, and see scans of SEFs, visit SubtleEnergySystems.biz

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

Steve Meyerowitz is the author of 10 books on health, diet, and nutrition including Wheatgrass: Nature’s Finest Medicine and Sprouts: the Miracle Food. You can visit him at GrowingYourGreens.com

Peter Ragni is the author of more than 25 books and courses on health, spirituality and human development. He has often been featured in magazines such as Black Belt, Inside Kung Fu, What is Enlightenment and Body, Mind and Spirit. As a vegan and raw food advocate, he has been sought out for interviews on a regular basis. He resides with his wife on their secluded mountain-top retreat in the Smokey Mountains.

Laura Maria Grammatico, a Registered Nurse, Hippocrates Health Educator and stage IV cancer survivor. She hosts workshops, retreats and presentations in Broward/Palm Beach Counties and travels worldwide. You may contact her at LauraMariaGram@hotmail.com or on Facebook. Laura Maria Grammatico.

Would you like to be a contributor to Healing Our World? Tell us your story. Email Will Burson with the subject line “How Contribution” at Will@HippocratesInst.org.
What’s the News?

Hippocrates Welcomes Michael D. Allen

by Zulma Fisch

Michael Allen has assumed the Vice President of Operations position at Hippocrates Health Institute. He comes with an illustrious array of significant and privileged placements in the past, working within the luxury resort industry for over 28 years. Michael’s pedigree includes leading four-star, four-diamond resorts, world class spas, PGA golf courses, ATP tennis facilities and marinas, including Nantucket Island Resorts, Intercontinental Hotels, Grove Isle Resort & Spa, Mystic Marriott Hotel & Spa, The Inn and Spa at Loretto and most recently with Renaissance Hotels. He has overseen extensive capital projects, including building, designing and developing hotels throughout the U.S.

Michael’s leadership has helped elevate the standards at Hippocrates and rally the team members together in one focused cause—making the guest experience even better.

Shelly Saunier, RN, Joins Hippocrates Medical Staff

by Tom Fisher, RN

Shelly Saunier is a Registered Nurse who graduated from Nova Southeastern University with a Bachelor’s degree in Nursing. Around that same time, an exposure to yoga led to a lifestyle change that included mind-body practices and mindful eating. She knew she wanted to dedicate her practice to help heal people holistically. Shelly is a firm believer in energy fields and, after visiting Hippocrates Health Institute’s campus, was certain that this was the place to continue her nursing career. She is currently enrolled in the Master’s program for Advanced Holistic Nursing at Florida Atlantic University and a member of the American Holistic Nursing Association, where she is further developing her passion for opening people’s minds to the power of healing within oneself.

At Hippocrates Health Institute, Shelly will be providing guests with biofeedback and health consultations.

Farmers who used weedkillers were more than twice as likely to be treated for depression than farmers who didn’t use the chemicals in a new study from France.

Earlier research on depression and pesticides has focused on insecticides, particularly organophosphates, which are known to be toxic to nerve cells, said Weisskopf. Monocrotophos, the insecticide that killed 23 school children in India this month, is an organophosphate, for example.

The use of pesticides has also been linked to Parkinson’s disease among farmers.

As part of a study on Parkinson’s disease, Weisskopf and his colleagues assessed the risks for depression with exposure to any kind of pesticide by surveying 567 French farmers about their use of fungicides, insecticides and herbicides.

The team conducted home visits to get a detailed assessment of chemical exposures, including going over bills for pesticide purchases, looking through farming calendars and inspecting old pesticide containers. They also asked the farmers whether they had ever been treated for depression.

Weisskopf’s group reports in the American Journal of Epidemiology that 83 farmers, about 15 percent, said they had been treated for depression. Forty-seven of them had never used herbicides — also had a greater chance of having depression than farmers who had used weedkillers less.

That kind of dose-response relationship is usually thought to support a connection — in this case, between the chemicals and depression. But this type of study cannot prove cause and effect.

One possibility that wasn’t ruled out is that the exposed farmers might have had other health conditions that affected their ability to work, which in turn made them vulnerable to depression.

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“The health of the farmer is critical. If they can’t work, they get depressed,” said Cheryl Bessler, a researcher at Colorado State University, who was not involved in this study.

She said the study was otherwise very well done in terms of collecting information about the farmers’ past pesticide use.

There was no difference in the risk of having depression among the farmers who had used fungicides or insecticides, compared to those who hadn’t used any pesticide.

But when the researchers took into account factors linked with depression, such as age and cigarette smoking, they determined that those farmers exposed to weedkillers were nearly two and a half times as likely to have had depression.

Furthermore, farmers who had greater exposure — either more hours or longer years using herbicides — also had a greater chance of having depression than farmers who had used weedkillers less.

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“There’s still has to be considered a relatively first, small study. There’s more work to do, but it raises concerns that need to be looked into more fully,” Weisskopf said. 
What’s Behind the Sparkle in Sprouts?

by Steve Meyerowitz, Sproutman

“The whole is more than the sum of its parts.” Goethe

For a long time, we’ve known that sprouts are really healthy. But what exactly does that mean? Does it mean vitamins? Sure, sprouts have plenty of them. As baby vegetables, they tend to be more nutritionally concentrated. In fact, the seed contains everything the new plant needs for its development into a mature vegetable. In this respect, you could call sprouts nutritionally dense vegetables. For example, radish sprouts have 200% more (95 IU) pro-vitamin A than a mature, organic radish vegetable (8 IU). The vitamin C in green peas jumps 5x from 1.5mg to 10.4mg after just 3 days of sprouting. What’s Behind the Sparkle in Sprouts? But what exactly does that mean? Does it mean vitamins? Sure, sprouts have plenty of them. As baby vegetables, they tend to be more nutritionally concentrated. In fact, the seed contains everything the new plant needs for its development into a mature vegetable. In this respect, you could call sprouts nutritionally dense vegetables. For example, radish sprouts have 200% more (95 IU) pro-vitamin A than a mature, organic radish vegetable (8 IU). The vitamin C in green peas jumps 5x from 1.5mg to 10.4mg after just 3 days of sprouting. What’s Behind the Sparkle in Sprouts?

BREAST CANCER: "Sulforaphane, a dietary component of broccoli/brassica sprouts, inhibits breast cancer stem cells.” (J. Cancer Res. University of Michigan, May 2010.)


BLADDER CANCER: “We report herein that dietary administration to rats of a viola-derived extract of broccoli sprouts significantly and dose-dependently inhibited bladder cancer development.” (Cancer Res. Feb 2008 New Zealand and Brooklyn Cancer Institute, Buffalo, New York.)


CALL BLADDER AND LIVER: "Cynarin-Rich Sunflower Sprouts Possess Both Anti-oxidative and Antioxidant Activities.” (Cynarin increases bile flow, and promotes gall bladder and liver health.) (J Agric Food Chem. Mar 2012. Institute for Food and Bioresource Engineering, Peking University, Beijing, China.)

BISPHENOLE A POISONING: "Wheatgrass Anti BPA. "Inhibition by wheat sprout (Triticum aestivum) juice of Bisphenol A-induced oxidative damage to the female rat liver.” (Mutat Res. June 2011. College of Pharmacy, Seoul, S Korea.)

I have only cited examples from the last few years. Much more research exists, but the point is Hippocrates was right: “Let your food be your medicine and your medicine be your food.”

"Let your food be your medicine and your medicine be your food.”

The glucophanin in these sprouts provides the current that delivers its bio-electric twinkle of life. You can’t get that from a pill or a box. Think about how everyday you plug in your cell phone to charge up. How about plugging in your body and getting charged up with the spark of living food!"
The grassroots POP Campaign and MOMS4POP keep our voices and choices alive and organic food and standards—working in collaboration to label GMO ‘high-risk’ crops such as corn, soy, sugar, beets, canola and zucchini—see POPCampaign.org and MOMS4POP.org.

According to Nonnie Chrystal, there are hidden ‘inactive’ ingredients sometimes deemed ‘inert’ (i.e. undisolved) as well as additives in GE foods including toxic halogens called “salts.” We are becoming more aware of halogen displacement and its direct impact on iodine deficiency but have not connected all of the dots regarding genetic engineering until now.

Halogen, known as ‘salts,’ are listed among the top seven chemicals of concern by the American Lung Association. Halogens such as fluoride, chlorine and bromine, disrupts healthy apoptosis, a prerequisite to cellular suicide—this madness must stop now.” — Dr. Brian Clement

As pioneers of the vibrant, alive blueprint for health at the Tree of Life Center U.S. and Hippocrates Health Institute, The POP Campaign strives to protect the healthy lifestyle threatened by the Tsunami of genetically engineered (GE) food, including genetically modified organisms (GMO). Our mission is to truly honor live food the way God/nature intended and to strengthen its fundamental building blocks. A majority of Americans (90%) have for 20 years asked for GE labeling, so that we each can make truly informed food choices. An ever increasing body of science validates consumers’ concerns whether GE foods are truly safe. New information from independent medical researchers, Nonnie Chrystal, has tied genetiically engineered food to iodine deficiency and birth defects. These new findings elevate our concerns and spark a groundbreaking dialogue on the toxicity of GE food. At the very least, these findings underscore the importance of labeling GE food so we can better protect ourselves and our children.

“CE toxicity has reached lethal levels in challenging people’s health—consumption of GE products invading the very fabric of who we are and driving us around a hair-pin turn towards the cliff of cellular suicide—this madness must stop now.” — Dr. Brian Clement

of the American populace is deficient in iodine.1

Genetically engineered food is contaminated with toxic herbicides such as the synthetic acid, glyphosate, known as Roundup or other generic names. Glyphosate is usually formulated as a salt of the deprotonated acid of glyphosate and a cation, e.g., isopropylamine or trimethylsulfonium.2 Although glyphosate synthesis begins with phosphorus trichloride, the chlorine atoms of the phosphorus trichloride typically do not end up in the resultant compound, glyphosate.3 How- ever, glyphosate is still formulated as a salt for packaging and handling.4 The salt, an “inactive” ingredient, is misleadingly called “inert” and is added to the herbicide to make the product easier to use or more efficient.5 Because the salt does not add to weed control, whereas the “active” ingredient glyphosate does, some manufacturers do not list the salt at all, and the consumer is largely unaware of this salt in their GMO food, such as triethylphosphonate, trimethylsulfonium chloride, or trimethylsulfonium bromide, e.g.,6

Even the National Library of Medicine formulas such as Resolva.7 How- ever, glyphosate is still formulated as a salt for packaging and handling.8 The added salt, if it contains any isotope of iodine, I-127, resulting in unhealthy apoptosis is cancer or birth defects. Fetal apoptosis can be healthy or unhealthy. Since apoptosis occurs at such a rapid rate during fetal development, where new cells are constantly being called forth, it is important to understand that apoptosis induces healthy apoptotic and is one of the only elements on the Periodic Table, besides oxygen,9 that can do so. When apoptosis below), this article is the first ever to disclose how hazardous the other ingredients actually are. Further, when no testing is done with the product as it is actually used, it is impossible to accurately assess just how hazardous the active and inactive toxins are when combined together.

Regarding birth defects, the topic of apoptosis needs to be discussed. In our view, there are three types of apoptosis: 1) Healthy apoptosis; 2) Unhealthy apoptosis; and 3) Fetal apoptosis. Healthy apoptosis is natural programmed cell death in which an unhealthy or damaged cell is detected, destroyed and then replaced by a healthy cell. Unhealthy apoptosis is unnatural programmed cell death in which a healthy cell is destroyed, detected and then replaced by an unhealthy cell. An example of unhealthy apoptosis is cancer or birth defects. Fetal apoptosis can be healthy or unhealthy. Since apoptosis occurs at such a rapid rate during fetal development, where new cells are constantly being called forth, it is important to understand that apoptosis induces healthy apoptotic and is one of the only elements on the Periodic Table, besides oxygen,9 that can do so. When

In my practice since 2011, I have seen similar data through my informal research with a 98% iodine deficiency in my patients.” — Gabriel Cousens, MD

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iodine is absent, unhealthy apoptosis can take over and birth defects can prevail. Besides Halogen Displacement, radioactive iodine, such as I-131, can also displace the natural, stable isotope of iodine, I-127, resulting in unhealthy apoptosis and subsequent birth defects. This is why we saw a 48% increase in infant mortality rates 10 weeks after Fukushima and thereafter continued trends of congenital hypothyroidism.10, 11
Over 75% of the GE foods are engineered to tolerate herbicides as “Roundup Ready” with glyphosate, and include corn, wheat, soybean, canola with cotton, papaya, squash, sugar beets and most recently potatoes. Planting GE seeds gives the farmer free rein to over-spray crops with toxic Roundup and other pesticides with the same toxic active and alleged inert ingredients cited in the above findings. The results are a toxic synergy. The research reality of toxic synergy is well documented, especially in rat studies where GE food ingredients were studied.9 The synergy of mixed pesticides and herbicides when growing crops and the inserting of these into genetically engineered food genes or tissue creates a multiple where $1 + 1 + 1$ does not = 3. Rather, what we know is a compounding amplification occurs, a toxic synergy where the doses are lethal.10 The results are very dangerous toxicity levels in our bodies and in many cases result in congenital defects—a high risk for pregnant women.

When such substantial changes to the genetic code of food is modified, unintended adverse results occur at many levels. The picture being painted is that of GE crop failures and disruptions along the food chain with major hazards to the physical health and well being of consumers and animals.

For instance, there has been a dramatic 80% increase in non-Hodgkin’s lymphoma with a 1999 published study suggesting exposure to glyphosate and other herbicides increased the risk.11 Another study conducted in Canada detected significant levels of the insecticidal protein, CryAb, which is present in GM Bt crops, circulating in the blood of pregnant women and in the blood supply of their fetuses, as well as in the blood of non-pregnant women.4 Glyphosate and Roundup damaged human embryonic and placental cells even at concentrations below those used in agriculture, suggesting that these may interfere with human reproduction and embryonic development.4 GE Crop yields have fallen short of expectation where, for instance, GE soy bean yield drag was only 50% compared to regular soybean yield and, even with constant improvements of technology is still lagging organic production by 3 to 4 times.12 Similarly, field tests of Bt maize hybrids showed that they took longer to reach maturity and produced up to 12% lower yields than their non-GM counterparts.13 A new study showed that pigs that were fed GE soy and corn had a 267% increase in stomach inflammation compared to those on a non-GMO diet, so much more understanding is needed after the new insights from the added salt link to GE food.14 Research and studies continue to support challenges to GE crop planting where over 198 insects have been Roundup and pesticide resistant. The question haunts us—"why, when us"? The battle continues as Michael Pollan mentioned in New York Times, it’s still about “Playing God in the Garden.”

Fueling the GE dialogue with new insights, research and reframing is a significant part of the picture. What will drive the issue home on labeling and even greater liability towards those who are contaminating our fields and our bodies is action by your choices, sharing your concerns and influencing your pocket book at the supermarket and towards non-profit efforts.

Technology & "Standing on the sidelines and watching the GE food genocide of our children and newborns is criminal—let’s unite and move the dial...let’s demand a Warning Label to protect those we love.” —Rudhi Lenardi, POP Campaign

GOVERNMENT WARNING: THIS FOOD MAY CONTAIN GE/ GMO ingredients.

1. Women should not eat genetically engineered food (GE/GMO) prior to or during pregnancy of nursing because of the risk of birth defects.15
2. Young children should not eat GE/GMO food because of the risk of toxicity and serious health problems.16
3. Consumption of this product may cause serious health problems.

Support MOMS4POP, asking Congress to demand labels on ALL GE foods, warning pregnant and nursing moms of the dangers to their babies.

**THE POP CAMPAIGN and MOMS4POP**

**SUGGEST THE FOLLOWING:**

- **Take the MOMS4POP healthy pledge**: Join other moms in this simple blueprint for health, build a viable support base in your local communities and participate as a national influential voice — go to www.MOMS4Pop.org.

- **Support the POP Campaign and MOMS4POP “GE Warning Label” Initiative**: Send letters to your public officials and to Congress and the FDA to demand a “GE Warning Label” on all GE/GMO food to protect babies from birth defects and children from the dangers of GE/GMO foods. Let’s demand the following label:

Support MOMS4POP, asking Congress to demand labels on ALL GE foods, warning pregnant and nursing moms of the dangers to their babies.

MOMS4Pop.org

**Stay informed with The POP Campaign**

Please contribute and visit the POP Campaign website at POPCampaign.org and MOMS4POP.org

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Support local State GE/GMO labeling efforts: Stay informed, educate and vote — over 20 States have labeling initiatives or legislation pending — one of the more recent efforts is Washington State with proposition 522. Please see www.POPCampaign.org for a list of states and references for updates.

**Support a GE/GMO Food Guide**: Reference a guide when you shop and influence with your pocketbook — get to know your local farmer — the Center for Food Safety is a most trusted site for a buying guide: www.CenterForFoodSafety.org.
For example, in 1903 Dr. Simon Newcomb, a famous member of the scientific community, said it was impossible to build a flying machine. While science may get many things right, we shouldn’t suspend common sense based on what it says. It’s important to remain open to other ways of thinking and doing things, and maintain a healthy sense of the possibility.

While I agree with many scientific theories and studies, and believe that many things can be scientifically proven, for me life is not about science, but about common sense and real world results. We are taught from an early age to believe what we read in books and what science teaches us, but what do we do when books and science fail to get it right? If I had believed solely in science back in 1995 when I first started my living and raw foods diet, I would not have even started!

You see, my mom was a librarian, and when I told her I was going 100% raw, she conducted research and was able to show me countless articles and information on why eating a plant-based, living and raw foods diet was not healthy and potentially detrimental to my health. By simply reading the articles, I was not convinced.

At that point, I had actual life experience to prove otherwise. My raw foods journey started by adding fresh vegetable juices to my diet and colon cleansing, and through that protocol I experienced results that my doctors could not achieve with their “proven science.” From birth, I had suffered from allergies, dry skin (ichthyosis/exema) and asthma. Throughout my childhood, doctors would prescribe drugs and give me allergy shots, but my conditions never got better. After simply adding fresh vegetable juices and colon cleansing, my skin conditions cleared up 100%. My other health concerns improved as well.

That experience was proof enough for me that the raw and living food lifestyle was the way I needed to live the rest of my life to be healthy. It did something the doctors could not do. If I had only listened to science (and my mom), I would have never started my raw foods journey. Instead I listened to my intuition, and based on my real life experience I decided to dive into the living and raw food diet. I have found it to be one of the best things I have done in my life.

One of the most important thoughts I want to impart to you is to be an independent researcher and take responsibility for your health and your life. My mom is now coming to me for help with her condition. She is finally turning away from what she was taught by books, medical doctors and science, and turning to what she has observed in me over the last 18 years—vibrant health, strong immunity and boundless energy. I am glad she is starting a new chapter in her book, and I wish her the best with juicing, green smoothies and the raw and living foods lifestyle.

I truly believe this is her best opportunity to reverse her condition and regain optimum health. I want to encourage each and every one of you to use critical thinking and consider your own personal experience and the experiences of others (through their testimonials) before simply believing ‘the science.’ True health is available to all of us if we put our own minds to it.
Faith Knocks Out Stage III Cancer
Sandra Rangel Martinez, MD • West Palm Beach, Florida

When Sandra Rangel was studying medicine at Universidad del Bosque, she was invited to a church, House on the Rock, which she began attending regularly. Though as she describes it, “I lived my life with one foot in the world and the other with Christ, though I was beginning to feel guilty about it,” admitting with honesty, “I don’t know how true my conversion was.” But as God’s ways are so different from ours, Sandra continued to live her life distanced from God without knowing that He had plans to remove the distance between them.

According to Sandra, her marriage had been unstable. She describes this period in Colombia as her “desert.” She traveled back to the U.S. after a time, she traveled to Europe and spent some time trying to reunite with her husband. During this time, she began to lose faith and to question God’s presence and protection in her life.

Her relationship with Christ became stronger and she didn’t doubt for a moment that God was working in her life. She describes the intimate and true connection with God. “It was just Him and I,” she says. This was facilitated by the fact that all her family was still in Colombia, which made it possible for her to spend more time with God, strengthening her faith through listening to and reading Christian materials. This extra time to focus on her faith helped Sandra grow.

In December 2006, still fighting for her marriage, Sandra was diagnosed with liver cancer. She was told that her cancer was at a very advanced state and that it would not respond to chemotherapy. However, her uncle had recommended a treatment that had been successful in similar cases in the U.S., and Sandra was determined to try it. She immediately began the treatment, which consisted of chemotherapy and radiation, which allowed her plenty of time for quiet contemplation, and in Colombia “my family was at that time a blessing,” she adds.

Cancer Changed My Career Perspective
As a medical doctor, Sandra never thought her life would have such a turnaround in which her health was drastically affected. God had everything under control and as she puts it, “It was cancer that changed my perspective about my career. God’s plan, in which cancer played a part, awakened in me a passion for health through nutrition, lifestyle, etc.” At this time, she began her studies at one of the most prestigious schools, the Institute for Integrative Nutrition in Manhattan, where she obtained her certification as a coach on integrative Health and Nutrition.

This was not easy to accomplish and without God’s amazing provision, to be honest, it may not have been possible due to it being very expensive and in a different country. Sandra was passionate about this new career direction and she continued her studies on cancer and nutrition at Arizona University on Integrative Medicine. To this day, she continues to read and learn more on the topic.

Sandra moved back to the U.S., establishing residence in South Florida, where she found a job as a nutrition coach and eventually joined the staff at Hippocrates Health Institute. She has been interviewed by different organizations such as Almavision Radio, Mega TV, and Radio in Miami. She continues to attend House on the Rock church. She has had numerous opportunities to share her testimony with countless women, sharing how God has changed her life and how others can have the same healing from Him. “The experiences are just so numerous...I believe in the Lord Jesus Christ, in His promises, His plans, His will, and I don’t want to miss anything He has in store for me.”

How Are Colombians Doing on Cancer and Nutrition?
Sandra states, “I believe that just as in the U.S., cancer is on the rise and the figures are alarming. In children, it has increased by 50%. It is very sad that people in third world countries like Colombia consume foods that are so detrimental to their health. We are more and more in direct contact with pesticides, aerosols and pollution, not to mention stress.” She adds, “I believe that Colombians must become aware and take responsibility for what they consume, not only with foods, but our emotions, our environment, our jobs, relationships with family and friends, etc. All play an important role in the causes of cancer.”

Anorexia and Bulimia
Regarding these disorders, Sandra states, “Not too long ago I was inter-
viewed on a TV show and this topic was being discussed. These disorders are on the rise, especially in larger cities like Medellin, where so many women aspire to be models, and being one is synonymous with being thin. I have nothing against being thin, in fact I believe it is better for our health to be so, but there must be limits and that is where the problem lies. ‘Women are taking it too far by keeping their bodies from getting nutrients needed for proper functioning,’ she adds, ‘in the same way that obesity causes numerous illnesses, including cancer, the opposite causes not only illnesses of a physical nature but also at the psychological level.’

She thinks that to avoid these risk factors, it is necessary to maintain a healthy diet. Seeking advice from a professional is not out of the question if in any doubt, since as a medical doctor, she is aware of the lack of adequate education on the topic for medical students. She adds, “Often medical doctors are skeptical about the role of nutrition in one’s health but my personal and professional life have shown me that the best way to avoid disease is preventing it.”

La fe dejó un cáncer en etapa 3 fuera de combate
Sandra Rangel Martinez, MD • West Palm Beach, Florida

Cuando Sandra Rangel estudiaba medicina en la Universidad el Bosque, fue invitada a la Iglesia Casa sobre la Roca a la que comenzó a asistir de manera ocasional, aunque como ella lo describe, mi vida seguía con un pie en el mundo y otro con Cristo... aunque ya en esta época me sentía mal al hacerlo”, confesando con honestidad: “no sé hasta qué punto mi conversión era verdadera.” Pero como los caminos de DIOS son tan diferentes a los nuestros, Sandra continuó su camino a distancia de DIOS sin saber que EL tenía sus propios recursos para cubrir esta distancia.

Después de un tiempo viajó a Estados Unidos a estudiar inglés y allí conoció a un hombre con el cual contraía matrimonio, sin que este nuevo estado llegó a ser lo que ella esperaba y aspiraba que fuera, lo cual explica diciendo: “Mi relación lamentablemente fue muy instable pues cuando no se tiene a DIOS contigo es difícil amar verdaderamente.” Esta situación la llevó a asumir su fe con la seriedad requerida, como ella afirmó: “fue después de casada cuando comienza mi verdadera relación con el Señor JESÚS CRISTO, fue el momento cuando viene un verdadero arrepentimiento a mi vida.” A partir de este momento su relación con DIOS comenzó a ser cada vez más estrecha y no dudaba de un instante que DIOS estaba obrando en su vida debido a que “gracias a todos esos años que con una relación íntima y verdadera con DIOS, eramos EL y yo”, afirmaba.
As many of you may know, the modern evolution of plant-based therapies is the result of the pioneering work of Dr. Ann Wigmore and myself. We co-founded Hippocrates Health Institute where our research has been conducted. Our findings have long historical precedence even though we were working in complete isolation of the ongoing global healing therapies that were using raw, living food.

Enzyme Therapy

by Viktoras Kulvinskas, MS, Hippocrates Health Educator

O

cer the last six decades, I have observed the impact of the nutritional approach toward solving the condition of cancer at Hippocrates Health Institute. Through the years we’ve become more holistic, improving our nutritional program and addressing emotional, mental and/or spiritual issues, as well as incorporating cardiovascular exercise and resistance training with the most optimal nutrition available at the time. The results are more consistent, with a more rapid and broader range of recovery. Understanding the development of cancer and then its reversal, by breaking down the mechanisms of optimal wellness, had been a mystery that was revealed to me through the eyes of science, common sense and clinical experience.

The cancer mechanism is an innovative method of the human body to adapt itself to the stresses associated with heat-treated protein and the various toxins from society. The breakdown of one’s own body tissue by stress leads to an exaggerated set of teeth and head of hair. How-ever, when the exploring missionaries and pioneers introduced cooked food to the Eskimos, those who adopted the cooked methods, within just one generation, experienced a 50% drop in longevity, and they were dying of cancer, accidents and cardiovascular diseases as would be expected.

Dr. John Gainer showed that “slight protein increases reduce oxygen transport by as much as 60% even though the amount of protein in the fluid would be considered within the normal range for human blood.”

There are approximately ten trillion chemical reactions going on in your body every second, all of which are oxygen related. As we all know, life would cease to exist without adequate oxygen. If one has studied chemistry, one will recall that every chemical reaction is reversible. A sequence of chemical activities creates cancer or other diseases. Another sequence of reactions can be used to make these diseases disappear.

In 1936, another Nobel Prize winner, Dr. Otto Warburg, showed the ultimate cause of cancer. His research took normal reproductive cells and placed them in a petri dish with an optimal nutritional solution and kept it in an isolated glass dome. When he reduced the normal oxygen level of the cells by 55%, within 48 hours, the weaker cells died out while the rest mutated into cancer cells. It turns out the cancer cells serve an important function. The cleanup process is facilitated by the resultant cancerous cells. These cells act almost like a vacuum cleaner, gathering together the incompletely metabolized protein and resolving the transport of oxygen to keep the body functioning. As the body starts building up sacks of this excess protein into cancer cells, year by year, eventually it begins to interfere with one’s normal biological processes. Organs are displaced and get in the way of function and circulation, as well as elimination, by way of colon cancers.

University of Wisconsin discovered that cancer cells absorb protein 20 times faster than normal reproductive cells, which do a good job of absorbing amino acids, but a poor job of absorbing undegraded protein. Thus we see how the cancer cells isolate the circulatory protein, allowing normal oxygen transport to go on. Thus we see how the cancer cells isolate the circulatory protein, allowing normal oxygen transport to go on.

By 1939 he published a paper, “Food Enzymes for Effects on Advanced Cancer by Diet Therapy.” His groundbreaking work used alkali-lizing, enzymatic nutrition by way of numerous juices to have a high rate of recovery.

Dr. Spengler of The Institute of Traumatology shows that there is an inverse relationship with the level of heat-treated protein and longevity — the more you consume, the shorter your life span.

Dr. Nolte in Europe pioneered much with her clinical experiences. The same can be said about Dr. Max Wolf’s work in cancer therapies, as well as the creation of optimal enzyme supplementation.

In the 1930s, for over two decades, Professor Edmund Sückely treated over 350,000 individuals successfully with early versions of living food therapy at Rancho La Puente in Tepatitlán, Baja California, Mexico. The professor truly gave a rebuttal to our alternative healing realm and set the pace for a new level of healing and regeneration. Dr. Edward Howell brought all of this research and wisdom together to form the theoretical foundation for enzymatic therapies. In 1939 he published a paper, “Food Enzymes for Effects on Digestion and Metabolism.”
Could Processed Meat Give You Cancer?
by Neal Barnard, MD
Reprinted Courtesy of The Huffington Post

Are hot dogs a political issue? Surprisingly so.

My non-profit organization, the Physicians Committee for Responsible Medicine, erected a billboard outside the Indianapolis Motor Speedway. The picture was stark—a cigarette pack emblazoned with a skull and crossbones. But sticking out of the pack were not cigarettes—instead there were hot dogs. The message said “WARNING: Hot dogs can wreck your health.”

The issue is cancer. Every year, about 140,000 Americans are diagnosed with colorectal cancer and more than 50,000 die of the disease. About half of all cases are already incurable when found. The U.S. Government and other entities have poured millions of dollars into the search for a cure. But one of the causes they found turned out to be too hot for the government to handle.

It’s the ordinary hot dog. At least 58 scientific studies have looked at the issue, and the jury has rendered its verdict, which is now beyond reasonable doubt. The more hot dogs people eat, the higher their risk of colorectal cancer. About half of all cases are already incurable when found. The U.S. Government and other entities have poured millions of dollars into the search for a cure. But one of the causes they found turned out to be too hot for the government to handle.

The problem goes beyond colorectal cancer. An NIH-AARP Diet and Health Study found a 10 percent increased risk of prostate cancer for every 10 grams of increased intake of processed meats. Other studies have linked these same products to leukemia and ovarian cancer. Exactly how processed meats do their dirty work is not clear, but it could be their nitrates, saturated fat or other ingredients.

But here’s where politics come in. Even though much of this research was paid for by the U.S. government, the government also subsidizes meat. It supports feed grains to fatten cows and pigs, buys up meats for the school lunch program and helps the meat industry in countless other ways. So I think that the last thing the government wants to do is to publicize the cancer risk of one of its favorite products. I believe that is why there are no government billboards, radio ads or television spots to warn anyone about this easily preventable cause.

At a ballgame, if you’re thinking about buying your daughter a hot dog, there are no notices, no warning labels on the food product, no nothing. Meat industry lobbyists have made sure that it’s the ordinary hot dog.

Eating hot dogs is not fun, cute or ‘All-American.’ If you are not convinced, just ask to see how one is made. When good research finds a potentially fatal risk to Americans—one as close as our refrigerators and as dear to us as our children—the government needs to let Americans know.

And when it does not, we will.
Most people are familiar with how stress affects the body (elevated heart rate, perspiration, nervousness, shortness of breath etc.), but how much do you know about the effects of stress on your digestion? Do you know that by not giving your immune system what it needs most, you are creating the perfect storm for disfunction and disease?

G reek philosopher Hippocrates, the father of modern medicine, said “All disease begins in the gut.” Over 70% of your immune system is located in your digestive tract. This magnificently designed inner ecosystem is created to protect you from environmental insults, digest your food, uptake your vitamins, eliminate toxins and help to keep you alive and well. The ten trillion bacterial cells that exist in your bodies make up 90% of your DNA. You have approximately one trillion human cells and 10 trillion bacterial ones. So in reality, that makes you 10% human and 90% bacteria! It’s a rather overwhelming thought at first, I know, until you realize just how wonderful these little living organisms are!

The good, the bad and the ugly

Your body is full of bacteria, as is everything on the planet. These microorganisms live in soil, air, water and organic matter, as well as inside and outside the body. They are the second smallest living organism on earth, with viruses being the first. One single drop of water contains billions of bacteria. These bacteria are in constant communication with each other. They use a unique, chemical language that educates your immune system. Found in this inner ecosystem, is a combination of ‘good’ and ‘bad’ bacteria. In order for you to operate at an optimal level of health, your gut flora (also known as ‘friendly,’ live, free-living, saprophytic bacteria that feed on dead and decaying matter) must be at a ratio of 85% to the ‘bad’ bacteria (known as opportunistic and pathogenic disease causing) which must be kept below 15%. However, today most people have that completely upside down, with an overgrowth of ‘bad’ bacteria and not nearly enough ‘good’ bacteria to maintain health and fight disease.

How can you know if your gut flora has been thrown off balance? Any one of these symptoms is a vivid indicator that your intestinal tract has been compromised: acid reflux, acid, bloating, gas, constipation, diarrhea, food allergies, environmental allergies, skin rashes, hormone imbalances, history of antibiotic use, history of both control use, chronic headaches, candidiasis, yeast infections, mental fog, depression, anxiety, eating disorders, addictions, ADD, ADHD, CROHNS disease, colitis, IBS, IBD, dyslexia, dyspraxia, chronic fatigue syndrome, schizophrenia, autism, cancer and AIDS. Oh my god! How did this happen? It happens through stress, both physically and emotionally.

In the beginning

When you were a baby in the womb, you were nested in a completely sterile environment. When the placenta broke, you began your journey through the birth canal and experienced your first exposure to bacteria—both good and bad. If your mother had a healthy bacterial balance, then your first exposure contained large amounts of the wonderful bifidus bacteria. Bifidobacterium inhabit the gastrointestinal tract, vagina and mouth of all mammals, including humans. Bifidobacteria are one of the major genera of bacteria that make up the colon flora in mammals. With this, you were inoculated with healthy bacteria in the intestines. Ideally, you were immediately put to your mother’s breast, which had been preparing a non-nikle substance called colostrum.

If mom’s bacteria, however, was mostly ‘bad,’ and/or the baby was not breast fed, then the immune system was never able to properly evolve. Add to that harmful toxins from formula, vaccinations, antibiotics, hormones, food and air, and you have a very sick child and an even sicker adult. The balance of proper micro flora in the gut must be obtained or disharmony and disease will flourish. Candidiasis is a prime example of this. CRC ( Candida Related Complex) is an overgrowth of can-dida albicans and is incredibly stressing on your immune system. If candida overgrowth exists in our bodies, our immune system is far too overwhelmed to have any energy left to do its primary job of fighting viruses and cancer cells! So knowing the stress this causes on your system, how then can you restore the proper bacteria balance to your gut for better health? Respect nature’s way.

Mother Nature Knows Best

In a world of microwaves, biggie fries and one-stop Super Wal-marts, it is no wonder so many have wandered so far from home. However, nature has all you will ever need and provides for you consistently. If you focus on flowing with nature, instead of against it, you will restore and maintain the balance your body was created with. The root words of ‘antibiotic’ mean ‘against life’ while ‘probiotic’ means ‘for life’. Eating and drinking foods that are fermented or cultured and taken in large amounts of micro flora and beneficial yeast are the first steps in balancing the gut. By eating small amounts of cultured foods at every meal, the beneficial bacteria is taken down into your intestines and colonizes. This helps digest your food and increases the nutrient value hundreds of times. Fermenting and cul-turing turns a good food into a superb food! Raw cabbage, for example, is very difficult to digest and can suppress the thyroid, but when raw cabbage is fer-mented, it becomes probiotic nutrition. It is naturally pre-digested by the micro flora and its vitamin C availability is increased hundreds of times. Since the beginning of man, cultured foods have been consumed all over the world. Cultured vegetables can be made easily at home. However, they can be easily purchased as well. Just be absolutely certain to get them from sources that do not pasteurize. The sauerkraut you find in the local grocery store is void of all the benefits I am speaking of here. Whole Foods, certain health food stores, and green markets often carry properly prepared cultured foods and drinks. New to West Palm Beach, Florida, is the wonderful Vegan Cafe on Okeechobee and Haven-till Rd hill. TITIES (More Kernal) makes and sells amazing jars of cultured vegetables and provides an entire fresh, healthy vegan menu! Incorporating these probiotic foods into your daily diet is step one to a healthy immune system.

Listen to your gut...

Emotionally your gut speaks to you when all is not well. You become pain-fully aware of it when the terror you feel with the terror you feel in your belly. The same holds true physically, bloating, gas, pain, constipation or diarrhea are the exact same messages that all is not well within. Listen to your body and become sensitive to what it needs. If all disease begins in the gut, then all health begins there too! Whether it is emotion-al or physical stress that is tearing down your immunity, go within to communi-cate with this magnificent network of neurotransmitters. You have a brilliant ‘second brain’ located south of the belly ring, trying to communicate with you at all times. This enteric nervous system is so intelligent, it tells your primary brain just what’s going on—literally.

For more information or to attend one of my many classes/workshops around the country on candida, colon care, the gut/psychology connection and how to culture your own veggies, contact me directly at LauraMaria.Gram@hotmail.com or https://www.facebook.com/lauramgrammatico.

For further reading on this subject, I highly recommend “The Body Ecology Diet” by Donna Gates, which I have referenced in this article. It is an easy and educational read on how the entire digestive system is set up and how to keep it in healthy balance.

Begin the transformation to a healthy inner ecosystem today by following these three keys to a happy belly:

1.  Stage out candida, by not giving it the sugar it feeds on.
2.  Take quality probiotics, both in pill form and fermented foods.
3.  Above all, make daily choices to a healthier lifestyle in body, mind and spirit.

The Science of Living Foods

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Science is the study of any given subject that one desires to delve into in a thorough, complete and unbiased manner. Today, unfortunately, most scientific outcomes are determined before studies begin. In the field this is now commonly called “checkbook science.” This data collection is most often funded by special interests, corporations and industry, and utilized to sell products rather than to advance our knowledge and understanding. This convoluted state of affairs has rendered the entire field suspect and should be scrutinized with a fine-tooth comb, since marketing is not truth.

Biology and its evolutionary cohort offer an endless reserve of pure and unadulterated knowledge, if and when we are willing to respect it as we pursue genuine analysis. When men believe they are wiser than what they discover, it leads to embellished data and nullifies empirical findings. We find this today in the fields of pharmaceuticals, medicine, chemistry and even the environmental sciences, as a common trait of their ‘irreproachable work.’ For my entire professional life I have observed people on new drug studies who were released from the research once their numbers didn’t favor the acceptance of the medicine. This is the normal state of affairs when it comes to this type of science.

In the case of the fabricated debate surrounding environmental degradation, there is 95% of science warning of the perils of greenhouse gases present, and 5%—most often funded by big oil—sabotaging the conversation for vested interest, one can see why science is not to be trusted. What then, can average person believe? Once again, nature is consistently transparent and overwhelmingly supportive to the human species. Traditional medicine that goes back thousands of years has honored and cherished the findings that nature affords us always.

In the late part of our sixth decade, we at Hippocrates Health Institute have applied natural methods and pure lifestyles to people from all walks of life—those in spectacular health as well as others with catastrophic disorders. There is a consistent positive outcome when we observe people who have embraced this plant-based and positive living approach. Many who have attended the institute’s Life Transformation Program in our early days in Boston still stand as testimony of how nature can rebuild and heal even the most grievous maladies. Karen from Massachusetts, who was told she had an irreversible stage IV cancer, recently stood up in a conference pronouncing herself free of disease and happier than ever. This is one of hundreds of thousands of examples that Hippocrates has generated over the time we have been privileged enough to work with people.

What has emerged over the years of clinical research is that life begets life and death attracts demise. This is more than just food that contains the micro-currents of electromagnetic frequency coming from uncooked plant-based fare. Positive thought promotes life and healing, once again through powerful currents, provoking positive effects on one’s immune system cells. Physical activity, otherwise called exercise, stands as a beacon for recovery—not only for every cell which rushes through the ventricle and bloodstream, but for all of the activation of hormones that occurs, resulting in improved attitude and mental outlook. Our bodies evolved to be extraordinary vehicles for consciousness. We must learn to cherish and support this anatomy so that the resulting effect is to possess a healthy and happy life. What was once the normal way to live—organic, active, peaceful and secure—requires extra effort and focus to place it into prominent positions within our busy modern lives. Acquisition and consumption have superseded survival, many of our lives require exhaustive amounts of energy to be expelled to support a lifestyle pursuit that is inevitably fruitless. Seemingly, the positive, natural ways of life are so distant to the average person today that they cannot relate to them as the most powerful tools to change their own destiny.

Over the last two years, I have spent hundreds of hours studying and writing about the future science of quantum biology, recognizing that our failures in the field of healthcare today, in great part, come from our lack of looking deep enough into what governs human existence. Becoming inquisitive more than three decades ago, I questioned why even the most conservative physicians measured electromagnetic frequency of organs and body systems but completely ignored them in their treatment protocol. I knew there was more to this story. Looking at all living things as energy and matter simplified the clarity of how medicine should proceed.

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Hospitals do indeed have an important place in society. They are a resource center for anyone suffering from afflictions that require emergency treatment and care. However, my 22 years of experience in the medical industry has shown me that one fundamental thing is lacking. What is that? It is the use of helpful, nutritious and living foods to supplement and enhance the healing of those within the hospital walls. In this article, I share with you my own insights and my hopes and dreams for hospitals of the future.

Over the years, I have seen the consumption of the standard Western diet impact patients as well as medical staff. From the patient perspective, they want food that will taste ‘good’ according to their ‘normal’ palate. Potentially even worse than the familiar fare from the hospital cafeteria (think animal products and highly processed foods) are snacks and beverages that family members may bring to the patient’s room from the ‘food court’ or vending machines. On the staff side, I see too many doctors and nurses consuming coffee and donuts, and eating the same foods that lead to many of the lifestyle diseases that afflict their patients.

In spite of the unhealthy habits of the majority in the Western world, there are signs things are improving. I would like to paint a picture of how radical things would look if we changed the way people ate inside of hospitals. In my dream hospital, there would be fresh squeezed juices available daily, as well as fruit and veggie smoothies and, my favorite, sprouts! Food courts would offer living foods to supplement and enhance the healing of those within the hospital. All these changes would be great but let’s not forget to remove the junk food. A patient needs a high-energy hospital staff. Imagine patients drinking fresh squeezed juice in the mornings. The juices would be tailored with attention to their particular ailment. One patient might need more fruit juice for the vitamins, minerals and sugar for energy, while another might get a green juice loaded with sprouts. No longer would a patient be served a sealed, forever-shelf life, processed until-dead juice.

Living humans need living foods and juices to fuel their bodies. Dead stuff (animal matter and plant matter) is recycled in the earth where it belongs. My husband first heard this Rastafarian expression as a boy, and I heard Dr. Brian Clement say it recently. It goes, “Don’t expect to be full of life when you make your body a graveyard by burying carcasses (animal’s flesh).” Imagine the possibilities when your body is a temple of life instead of a graveyard. Patients would be in a better mood. Some may lose some excess weight, and some might learn a few things about a healthy diet and lifestyle. It would be possible to reduce the time patients are in hospitals and reduce backlogs, overcrowding and administrative stress. This may mean a little less revenue for the hospital but I have a solution for that. Some patients may desire or require an at-home juice and meal service for a week or two following their hospital stay. The hospital could arrange this and charge for the service. In Canada, our government-run health insurance could pick up the tab and pay the hospital.

However, my 22 years of experience in the medical industry has shown me that one thing we cannot over emphasize is the importance of sprouts! At my clinic, sprouts for eating and juicing. Seeds are so inexpensive to implement. One pound of seeds can yield about 10 pounds of sprouts for eating and juicing. Seeds are very expensive, especially when compared to the bulk processed foods that hospitals now buy.

As a nurse who has worked everywhere from tiny cottage hospitals to large metropolitan hospitals, both in Canada and abroad, I have been around. I have been on television in Canada twice, on the radio interviewed by a nationally famous Trinidadian journalist plus met with the prime minister of that same country. I am always promoting a healthier diet and living food lifestyle. I am also a heart minister of that same country, I am also a heart function and pacemaker nurse, an emergency room nurse, a holistic nutritionist, a health educator, a bestselling Kindle author, Canada’s only living food magazine publisher and producer of the Living Food Conference. I’ve got the knowledge, the know-how and the connections to make this hospital for the future happen. I would love to be part of any hospital initiative that is creating my dream hospital and would gladly offer my consultative services.

I have never stopped dreaming of a better healthcare model for medical staff and patients, and I know it can happen when enough visionaries are in the same room. I’ll be right there!
1. Eat raw, organic living foods. Eat food high in enzymes, phytonutrients, chlorophyll, oxygen, vitamins and minerals.
2. Eat low glycemic foods.
3. Use targeted whole food supplementation: i.e. proteolytic enzymes.
4. Detoxification of the body.
5. Resolve emotional conflict resolution using therapies such as EMDR (eye movement desensitization and reprocessing) and psychoimmunology.
6. Resolve dental issues: amalgams, root canals, etc.
8. Exercise: aerobic if able.
9. Drink Pure water: distilled or better.
10. IV (intravenous) nutraceuticals: i.e. Vitamin C from sources such as tapioca or beet.
11. Never give up hope.

When one gives the body proper nutrients and targeted supplementation, it can help upregulate the immune system to fight cancer.

Some tips to help reverse or prevent cancer are to:

- Eat raw, organic living foods. Eat food high in enzymes, phytonutrients, chlorophyll, oxygen, vitamins and minerals.
- Eat low glycemic foods.
- Use targeted whole food supplementation: i.e. proteolytic enzymes.
- Use targeted whole food supplementation: i.e. proteolytic enzymes between meals.
- Resolve emotional conflict resolution using therapies such as EMDR (eye movement desensitization and reprocessing) and psychoimmunology.
- Detoxification of the body.
- Resolve dental issues: amalgams, root canals, etc.
- Clean the environment: Chemicals, toxins, geographic stress, EMF (Electromagnetic frequencies).
- Exercise: aerobic if able.
- IV (intravenous) nutraceuticals: i.e. Vitamin C from sources such as tapioca or beet.
- Never give up hope.

When one gives the body proper nutrients and targeted supplementation, it can help upregulate the immune system to fight cancer.

In this research, Dr. Kouchakoff studied the effect of foods on human blood and observed what was termed digestive leukocytosis, an increase in the number of white blood cells after eating foods heated to a certain temperature. On the other hand, raw, unheated foods, when consumed, did not create leukocytosis. Thus eating raw, unheated living foods helps to balance and strengthen the immune system. According to medical research compiled by the pioneering enzymologist, Dr. Edward Howell, heating food over 115 degrees Fahrenheit destroys enzymes in food.

In a 1902 article written for the British medical journal, The Lancet, the English scientist, Dr. John Beard, at the time Professor at the University of Edinburgh, first proposed that the pancreatic enzyme trypsin represents the body’s primary defense against cancer and would be useful as a cancer treatment. Dr. Beard came to his conclusion as the result of some 20 years of hard laboratory research that holds up to rigorous scientific scrutiny even today. Dr. John Beard used enzyme therapy to help heal cancer. According to Dr. Edward Howell, enzyme shortages are commonly seen in a number of chronic illnesses such as allergies, skin disorders, obesity and heart disease, as well as in aging and certain types of cancer. The living foods (sprouts) are an important source of enzymes to assist in the healing of these illnesses and disorders.

For a tumor to spread (metastasize) it needs to dissolve the surrounding connective tissue but that can happen only if the tissue is sufficiently acidic. In a landmark 2009 study, it was shown that oral sodium bicarbonate (alkalizing) inhibits the growth of tumors and the formation of spontaneous metastases in mouse studies of metastatic breast cancer. It also reduces the rate of lymph node involvement and hepatic (liver) metastases. Malignant cells produce up to 30 times more lactic acid than normal cells. To help alkalize the body, the use of lemon water, wheatgrass, green juices and assorted vegetables are very beneficial.

A research team from Washington State University has published the result of a study in the journal, Cancer and Metastasis Review, to explain how more than 40 plant-based compounds have been identified that can activate genes known to slow the spread of cancer. Epidemiological studies have consistently shown that regular consumption of fruits and vegetables is strongly associated with reduced risk of developing cancer.
The information in the book was startling and very healing. First, I discovered I was not mentally ill (a great relief); secondly, I was not the only one who had had an NDE (an even greater relief). I decided I had to discover just exactly what had happened to me and how and why you may be wondering what the connection is between an NDE and Subtle Energies—stay with me on this one.

There are references to the SEF or ‘Prana field’ in several ancient texts. The most well-known is probably the Ayurvedic Yoga Kundalini Upanishad, written between 1500 BC and 1000 BC. The texts refer to the chakras and the subtle energy field (SEF), which he has named “Psychoenergetic Science.” He quotes, “We humans are much more than we think we are; Psychoenergetic Science has the advantage of being more than mainstream science, or at least the science that is considered empirical. There is now clear evidence that the field of subtle energies is William Tiller, PhD, Professor Emeritus at UCLA. His seminal work has brought SEF into mainstream science, or at least the open mind form of science. He has published many papers on the subject, which he has named “Psychoenergetic Science.” He quotes, “We humans are much more than we think we are; Psychoenergetic Science continues to expand the power of it.”

So, what are subtle energies again? One of the foremost researchers in the field of subtle energies is William Tiller, PhD, Professor Emeritus at UCLA. His seminal work has brought SEF into mainstream science, or at least the open mind form of science. He has published many papers on the subject, which he has named “Psychoenergetic Science.” He quotes, “We humans are much more than we think we are; Psychoenergetic Science continues to expand the power of it.”

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So, how does energy healing work? How can intent or laying on of hands change anything? There is now clear evidence that thought has energy or is energy, and it is this energy that has the power to manipulate the field. One of the foremost researchers in the field of subtle energies is William Tiller, PhD, Professor Emeritus at UCLA. His seminal work has brought SEF into mainstream science, or at least the open mind form of science. He has published many papers on the subject, which he has named “Psychoenergetic Science.” He quotes, “We humans are much more than we think we are; Psychoenergetic Science continues to expand the power of it.”

Tiller where he was able to alter the pH balance of water up or down simply by thought or intent. The experiment has been repeated many times and is therefore considered empirical. A second, more famous experiment was done by Masaru Emoto using the formation of ice crystals. He discovered that by projecting positive thoughts at water as it was crystallizing, the crystals formed beautiful cohesive patterns. If negative thoughts were projected, the crystals were chaotic. This experiment also has the advantage of being repeatable. Another scientist involved in subtle energy fields is Prof. Rupert Sheldrake but he has named them Morphic fields and the physical changes relating to these fields Morphogenesis. He sug- gests that animals, particularly dogs, have an innate ability to know not only when an owner is leaving work to come home but when the owner decides to come home. This is a telepathy in animals and he suggests telepathy in humans is normal rather than paranor- mal. For information to be transmitted from one person (or dog) to another requires energy. It must be thought en- ergy. What I find so interesting is how it appears to be “tuned in” to its home. The dog does not get excited when anyone else leaves work to come home.

Therefore, I purchased the book "Life after Life" by Raymond Moody, Jr., MD, PhD, a psychiatrist investigating NDE phenomenon, published his findings in a book entitled Life after Life. I purchased it and read it in two days.

The information in the book was startling and very healing. First, I discovered I was not mentally ill (a great relief); secondly, I was not the only one who had had an NDE (an even greater relief). I decided I had to discover just exactly what had happened to me and how and why you may be wondering what the connection is between an NDE and Subtle Energies—stay with me on this one.

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How To Build Muscle on a Raw Food Diet

Excerpted from the book, How To Build Muscle on a Raw Food Diet

by Peter Ragnar

If you believed the ads for protein supplements, there would be no way to build muscle and increase healthy body weight on a raw food diet. Bodybuilding magazines usually recommend one to two grams of protein per pound of body weight. It is my own opinion that they’ve advocated such a high protein intake, first, to sell protein supplements, and second, due to the clogging of the cellular basement membrane, which actually creates a protein deficiency. Now, this may be the actual reason some people need that much protein in order to build muscle. But that is not the case with a raw foodist.

Why? Well, according to my own experience and the researchers at the Max Planck Institute, raw protein has double the strength of cooked protein. That means that as a raw food eater, you require half the protein that a cooked food eater needs to build muscle.

So, how much protein do you really need? I addressed this question back in 1999 while finishing up my book How Long Do You Choose to Live? In chapter 12, “Exercise,” I wrote, “Remember proteins are built from amino acids and your ability to assimilate them is increased with exercise. You only need to increase the exercise, not the amount of protein.

In Pumped: Straight Facts for Athletes About Drugs, Supplements, and Training by C. Kuhn, Ph.D., S. Swartzwelder, Ph.D., and W. Wilson, Ph.D., they conclude, “Even heavily training athletes can easily consume enough protein in the average Western diet. Men need between 50 and 60 grams of protein daily, depending on their age, and women need between 40 and 50 grams. If an athlete is eating a normal diet, there is no strong evidence right now that taking these bizarre products provides a benefit in terms of muscle deposition or athletic performance.”

These authors also bring up the use of supplemental creatine, which many athletes use to increase muscle mass. They state, “Training normally increases the enzymes that make creatine phosphate: training alone can increase creatine stores by as much as 50%. A change comparable to that claimed by dietary supplements.”

The old-time strongman and wrestler George Hackenschmidt, the Russian Lion, stated in his book The Way to Live, “Man is born without frying pan or stewpot. The purest natural food for humans would therefore be fresh, uncooked food and nuts.” I certainly agree. That’s why I include so many raw, organic nuts and seeds in my diet. I load my salads with high-protein sunflower seed sprouts and alfalfa sprouts, both high-nitro.

If you drive through farm country, the deepest, richest green fields are alfalfa. Farmers know that because alfalfa is incredibly rich in nutrition, they have to feed it sparingly to cattle and horses. But once again, consider how strong and muscular these animals are. Alfalfa contains every major nutrient, including vitamins, minerals, amino acids, and enzymes. The electrical potential of the nerve and muscle fibers must be high and in place. Well, you might ask, “How do you do that?” With organic calcium. Almost every person living in an industrialized nation is deficient in this mineral. Why? Because drugs, soft drinks, caffeine, and other Western luxuries rob and block calcium absorption. Here’s something to consider: even if a food is known to be high in minerals such as calcium, if it is a poor-quality food, you’ll only absorb around 10%. If the food source is a high-quality organic food, the absorption rate will be around 80%.

Quinoa is another good protein source, but I get mine from the wild. In my newest book, Alive and Well with Wild Foods: A Raw Food Survival Guide, I’ll teach you how to easily find all sorts of muscle-building foods in the wild. Remember, building muscle is as much a matter of nutrients and mineral as found in green leafy plants as of protein stores. You will need more calories and more grams of protein than someone who doesn’t work out, but half the protein intake of the cooked food eater.

In order to build muscle, you must bring oxygen to the cells. In order for muscular contraction to take place, the electrical potential of the nerve and muscle fibers must be high and in place. Well, you might ask, “How do you do that?” With organic calcium. Almost every person living in an industrialized nation is deficient in this mineral. Why? Because drugs, soft drinks, caffeine, and other Western luxuries rob and block calcium absorption. Here’s something to consider: even if a food is known to be high in minerals such as calcium, if it is a poor-quality food, you’ll only absorb around 10%. If the food source is a high-quality organic food, the absorption rate will be around 80%.

CON’T ON P. 55

EDITOR’S NOTE: Even the protein recommendations for heavily training athletes is in line with the WHO (World Health Organization) Recommendations for men and women (5%, 6% respectively). Protein needs for every-one (even those consuming a balanced raw vegan diet) are met if a person simply meets their daily caloric needs. — WB
When it comes to your health. I say this because you are your own best doctor. To better help you understand this, I present the following.

There is an abyss between Alternative and Allopathic Medicine. The former treats deficiencies as the underlying cause of disease, knowing that if the body is given the proper nutrients, it will respond and heal itself through the only force available to do this, that being “life” itself. Allopathic medicine treats symptoms and causes and prescribes pharmaceuticals and treatments accordingly. I instead laud the diagnostic testing available today in the field of medicine. I have seen and been actively involved on both sides. I have had some serious illnesses to the point of being told that I was going to die. I chose Alternative care and also praise the values available in this profession.

Years ago I remember that medicines were prescribed for so many days; the reason was this was the amount of time needed for the body to get back to health and normal function. Fast forward now to where medicine is being given for life. I am not personally a subscriber to this, yet I understand that prescription drugs may be the only remedies at your disposal. Let me go back to my intent of consumer education.

Recently my metabolism was brought into play as the reason why certain pharmaceuticals may not work. Metabolism is defined as the set of reactions within the cells that is called intermediate (or intermediary) metabolism. Awhile back the term “Gate Keeper” was applied to your Primary Care Physician. I would now like to describe “you” as being your own “Gate Keeper” and your liver as the “Internal Gate.” The ingestion of the right food and supplements contributes to your well-being, while medicine does not. Your liver has the responsibility of passing recognizable foods and nutrients into your systems to be assimilated and absorbed, while medicines that are not being recognized can slow down and impede this process.

I want to touch base on digestion, as this is where many disorders are widely believed to begin. Low stomach acid can cause: bacterial overgrowth, H. pylori infection, hypothyroidism, mineral deficiencies, osteoporosis, pneumonia, B12 deficiency, yeast and candida overgrowth. A simple B12 deficiency can cause Chronic Fatigue Syndrome (CFS), fibromyalgia, hip fractures (from osteoporosis), B12 and folic acid deficiency, glossitis, (CFS), fibromyalgia, hip fractures (from osteoporosis), B12 and folic acid deficiency, glossitis, B12 and zinc. It also aids in protein digestion and the prevention of allergies and gastrointestinal infection. The gastrointestinal tract is home to 500 to 5000 bacterial species. In healthy individuals, the normal gut micro flora is maintained by four major mechanisms:

1. Gastric acid secretions
2. Pancreatic enzyme secretions
3. Small intestine motility
4. Structural integrity of the gastrointestinal tract

I consider #2 to be a major problem in disease processes. All diseases have a commonality of two processes: lack of oxygen and an inflammatory process out of control. These are measurable and should be markers in all diseases.

Each and every day your brain puts out a genetic coding through your DNA and RNA. It first recognizes the parts of your body that need help in functioning, thus putting the other parts of the body second in line. To this end, other body parts may not receive their proper nutrients and could also become deficient.

I have written this article for those of you who currently suffer from indigestion, as well as those who are thinking about doing so. It is written for anyone who wants to live a longer, healthier life and wants to be able to feel better. I hope that this article will provide you with the information you need to make informed decisions about your health.

CONT’d ON P. 64

My Journey with Ann Wigmore: The Mother of Wheatgrass Juice

by Luz Delia Gerber

Thinking back to my extraordinary experience in November 1985, I can still hear the words which have inspired and moved me passionately for over 25 years: "Little one, give your body to the world!"

I recall the Angelic Message from my beloved “Dr. Ann” Wigmore when she spoke these words to me just prior to dismissing us for our wheatgrass implants after her discourse. Little did I know that today I would experience the gift she endowed me.

In a cold and snowy winter day in Boston, my friend LaVerne and I were preparing for our trip to my first ten-day silent meditation, Vipassana. She suggested that prior to it we enjoy a day or two with her friend Ann. Having just gotten off the plane, we were hungry. All I could think of was hot chicken soup in such weather! Wow! Instead we were welcomed with an assortment of highly nutritious plates. I had never seen so many colorful bowls all at once! They were filled with a myriad of foods: sprouts, salads, and blended soups, most of which were green! One of the most prominent soups Ann featured was her energy soup, a splendid staple food. Ann’s philosophy was that anyone suffering from digestive issues, like the elderly or those in need of healing from dis-ease, could use the energy soup as their first step to wellness. If one had dental or intestinal issues, the energy soup was easy to digest.

Ann Wigmore was born Anna Marie Warapicki in Lithuania on March 4, 1909. (My birthday is also on March 4!) As a child reared primarily by a nurse, Wigmore learned about the holistic properties of using herbs and grasses as healing elements. This led to a lifelong journey as well a growth of passion for feeding and treating the body with natural and homoeopathic remedies. I absorbed Wigmore’s dream to “… see a world without sickness, sorrow or mental disturbance in which we are living in perfect balance with abundant health and harmony. Recognize with nature and your body will take care of the rest. This is the beauty of self-healing.” She planted the seeds of this vision and inspiration in me, and she got to see them sprout!

Once I got home from the trip, I had the desire to find out and discover more. While at her mansion, Ann had recommended some books to read. She also suggested I contact Katherine K., a practitioner of Ann Wigmore’s way of life, who lived in Houston, Texas. I did what Ann said and got into Katherine’s Living Foods Lifestyle program. Before I knew it, I began my journey into my personal Well-Being and I began sharing my knowledge with everyone I came across.

I promoted her books, as well as those by the famed Dr. Norman Walker and Professor Arnold Ehret. Almost overnight, I became the voice of Well-Being in my community. I created rejuvenate, Inc., a Well-Being practice, where I became a most sought after reflexologist and Well-Being Consultant. I was invited to hang my shingle inside the Whole Foods Market in Wilcrest, in Houston, Texas. The general manager had seen me around the store passionately promoting and selling their books and juicers, advising people as to the best items to take home and use. When they opened a new store they offered me a little space for my practice! Soon that little space expanded to about 600 square feet. This was the launch of a new business—rejuvenate, Inc. ! Passion and commitment were my drivers! Various local businesses and corporations discovered my unique venture: working with people’s feet (reflexology) and producing miraculous results, inspiring and educating others about new living foods, conducting classes, reflexology, neuromuscular therapy, Ong and breath facilitation. Breath facilitation is a course of conscious breathing to introduce more oxygen into the lungs, thus rejuvenating the body. The breath also facilitates ones colon to release compacted fecal matter and assist with detoxification. Even the local news was attracted by my passion and soon I was making headlines across the country.

Ann came to lecture several times in Houston, and soon we were designing corporate events and parties like Chevrons, Adminstaff, Sterling Bank, Intel and William M. Mercer.

CONT’d ON P. 50
A Brief History of Protein

Passion, Social Bigotry, Rats, and Enlightenment

by John A. McDougall, MD

Nutrition is an emotional subject and nothing arouses people’s passions more than the subject of protein in their diet. Widely divergent opinions on whether more protein or less is best, and on the merits of animal vs. vegetable sources, have been debated for more than 150 years. And for all that time solid scientific research has clearly supported the wisdom of a diet low in protein—favoring vegetable sources. So far, however, the scientific facts have fought a losing battle against popular opinion—which values high-protein diets based on animal foods. Mark Twain once said, “Truth is mighty and will prevail. There is nothing wrong with this, except that it ain’t so.” Even though the facts may never become popular knowledge, I will always believe it is your fundamental right to know the truth about your nutritional requirements—this vital information should be taught from childhood as basic education, along with reading, writing, and mathematics—and along with health facts such as cigarettes cause lung damage, drunk driving kills, and automobile safety belts save lives.

High Protein Standard Set by Social Bigotry

One of the earliest proponents of high protein diets was the distinguished German physiologist Dr. Carl Voit (1853–1908). After studying laborers who consumed approximately 3500 Calories daily, he concluded that protein intake for people should be 118 grams (g) per day—this value became known as the “Voit standard.” How did he reach this conclusion? He believed that people with sufficient income to afford almost any choice of foods—from meat to vegetables—would instinctively select a diet containing the right amount of protein to maintain health and productivity. Other European and American authorities made similar observations about the eating habits of working men with sufficient incomes to afford meat and came to similar conclusions—ultimately recommending diets high in protein (too and 189 grams of protein a day). No experiments were performed on the human body to reach these conclusions. Information on the diets of vigorous individuals living during these times and following low-protein vegetarian diets was largely ignored. The healthy active lives of hundreds of millions of less affluent people laboring in Asia, Africa and Central and South America on diets with less than half the amount of protein recommended by Dr. Voit (and almost no meat), were overlooked when experts established protein requirements that still affect us today.4

What are we to conclude that the superior intellect of moderately affluent people of European descent would cause them to naturally come to correct conclusions about their personal nutritional needs? What foolishness! You can see the effects of self-selection when unrestricted food choices are available. What do more than one billion people living in the 21st century choose? McDonald’s, Burger King, Pizza Hut—need more be said about people’s innate wisdom to make food selections in their best interests? Unfortunately, these flawed recommendations based upon such social bigotry have not yet been silenced by over 100 years of scientific research.

Russell Henry Chittenden Tells the Truth a Century Ago

Such narrow-minded thinking should have been stopped by 1905 when Russel Henry Chittenden, Yale University Professor of Physiological Chemistry, published his scientific findings on human protein needs in his classic book, Physiological Economy in Nutrition. Professor Chittenden believed Dr. Voit had cause and effect reversed: people did not become prosperous because they ate high protein diets, but rather they ate meat and other expensive high protein foods because they could afford them. One hundred years ago he wrote, “We are all creatures of habit, and our palates are pleasantly excited by the rich animal foods with their high content of proteid (protein), and we may well question whether our dietetic habits are not based more upon the dictates of our palates than upon scientific reasoning or true physiological needs.” He reasoned that we should know the minimal protein requirement for the healthy man (and woman), and believed that any protein intake beyond our requirements could cause injury to our body, especially to the liver and kidneys. As he explained it, “Fats and carbohydrates when oxidized in the body are ultimately burned to simple gaseous products... easily and quickly eliminated. “With proteid (protein) foods...when oxidized, (they) yield a row of crystalline nitrogenous products which ultimately pass out of the body through the kidneys. These nitrogen-based protein byproducts)—frequently spoken of as toxins—float about through the body and may exercise more or less of a deleterious influence upon the system, or, being temporar- ily deposited, may exert some specific or local influence that calls for their speedy removal.” With these few words Professor Chittenden explained the deleterious effects of diets high in protein and meat—consequences too few practicing doctors know about today.

The First Scientific Experiments on Our Protein Needs

Professor Chittenden’s first experiment was on himself. For nine months, he recorded his own body weight, which decreased from 143 pounds (65 Kg) to 128 pounds (58 kg) on his new diet of one-third the protein that Dr. Voit recommended. Chittenden’s health remained excellent and he described his condition as being with “greater freedom from fatigue and muscular soreness than in previous years of a fuller dietary.” He had suffered from arthritis of his knee and discovered that by reducing his intake of meat his condition disappeared and his “sick headaches” and bilious attacks (abdominal pains) no longer appeared periodically as before, plus he fully maintained his mental and physical activity, with a protein intake of about 40 grams a day.

Chittenden performed valid scientific studies by collecting data on the daily dietary and urine histories of his subjects (including himself) to determine protein utilization. Because he was contradicting the known “truths” of his time, he proceeded with extreme caution with his further investigations. He organized three controlled trials with increasing demands for testing the adequacy of diets lower in protein than commonly recommended.

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The first trial involved a group of five men connected with Yale Uni-
versity, leading active lives but not engaged in very muscular work. On a
low protein diet (62 grams daily) for six months, they all remained healthy
and in positive nitrogen balance (more protein went into, than out of, their
bodies). A second trial used 58 male volunteers from the Hospital Corps of
the U.S. army. They were described as doing moderate work with one day of
vigorous activity at the gymnasium. They remained in good health on 61
grams of protein daily. His final trial was with eight Yale student athletes, some of
them with exceptional records of athletic events. They ate an average of 64 grams of protein
daily while maintaining their athletic
efforts, and improving their performance by a striking 35 percent. Following these studies, Chittenden in 1904 concluded that 35 – 50 g of
protein a day was adequate for adults,
with the exception of those engaged in
vigorous activity at the gymnasium. Following these studies, Chittenden
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vigorous activity at the gymnasium.

Rats Confuse Nutritionists

Many people have the idea that
animal foods contain protein which is
superior in quality to the protein
found in plants. This misconception dates back to 1900 when Lafayette B.
Mendel and Thomas B. Osborne
studied the protein requirements of
laboratory rats and demonstrated
that animal-based experiments, flesh, eggs,
and dairy foods were classified as
superior, or ‘Class A’ protein sources.
Vegetable proteins were designated inferior, or ‘Class B’ proteins.

Studies completed in the early 1940s by Dr. William Rose of
the University of Illinois found that
so amino acids were essential for a rat’s
diet. The removal of any one of these essential amino acids from the food of
growing rats led to profound nutriti-

tive failure, accompanied by a rapid
decline in weight, loss of appetite, and
eventually death. Animal products,
such as meat, poultry, milk, and eggs
prevented this decline in the rats’
health, and were found to contain the
10 essential amino acids in just
the right proportions for needs of
growing rats. Based on these early
erat experiments the amino acid pat-
tern found in animal products was
declared to be the ‘gold standard’ by
which to compare the amino acid pattern of vegetable foods. According to
this concept, wheat and rice were declared deficient in lysine and corn
was deficient in tryptophan.

Subsequent research has shown that
the obvious: the initial premise, that
animal products supply the most
ideal protein pattern for humans,
as they do for rats, is incorrect. The
dietary needs of rats are consider-
ably different from those of humans,
mainly because rats grow very rapidly
into adult size as compared to people.
Rats are fully adult after six months,
whereas a person takes 17 years to
fully mature. This difference in need is
especially clear when the breast
milk of both species is examined and
compared. The protein content of rat
breast milk is 10 times greater than the
milk intended for human babies.5 Baby rats double in size in 4 – 5 days,
while a human doubles in size in 6 months. The obvious reason for the differ-
ent needs is because rats grow very
rapidly into adult size as compared to
humans; therefore requirements for
protein to support that growth are
very much higher.

Dr. William Rose Discovers Human Needs

In 1942, Dr. William Rose turned his
attention from rats to people and be-
gan studying the amino acid require-
ments for humans using basically the
same methodology he had used with rats. Healthy male graduate students,
grateful in those days for the free
food, the dollar a day they were paid and the prospect of getting their
initials in print in Rose’s widely read
publications, served as his experimen-
tal animals. They were fed a diet con-
sisting of corn starch, sucrose, butter
fat without protein, corn oil, inorganic
salts, the known vitamins, and mix-
tures of highly purified amino acids.
Their diet also included a large brown
candy, which contained a concentrat-
ed liquid extract to supply unknown
vitamins, sugar and peppermint oil to
provide a ‘never to-be-forgotten taste’.

The study used a chemical mea-
surement called nitrogen balance to
determine whether the subjects were
getting enough usable protein from
the mixture. From his experiments,
Dr. Rose found that only eight of
the ten amino acids essential to rats
were also essential to men — we were bet-
ter at making two amino acids than
rats. When an essential amino acid
was given in insufficient amounts for
approximately two days, all sub-
jects complained bitterly of similar
symptoms: a clear increase in nervous
irritability, extreme fatigue, and a
profound failure of appetite. The subjects
were unable to continue the thrice
on diets based on a single starch,
and they grow healthy and strong.6,7

Furthermore, no improvement is
obtained by mixing plant foods or
supplementing with amino acid mix-
tures to make the combined amino
acid pattern look more like that of
flesh, dairy or eggs.8 (For a thorough
discussion of human protein needs
see The McDougall Plan, New Win
Publishers.)

Diet for a Small Planet Helps

A popular book among vegetarians, Diet for a Small Planet, by Frances
Moore Lappé, published in 1971, start-
ed a revolution that has had a positive
impact for the past three decades
on the lives of millions of people.Unfortu-
ately, Ms. Lappé failed to understand the basic scientific lit-

terature on human protein needs and
Chittenden’s and Rose’s work. In her book,
she wrote her influential book. She believed plants contained ‘incomplete proteins’ with insufficient amounts of certain essential amino acids to
meet the needs of people. As a result of this misunderstanding, she
placed great emphasis on combining vegetable foods to create an amino
acid pattern which resembles that
found in animal foods. This emphasis
is unnecessary and implies that it is
difficult to obtain ‘complete’ protein
from vegetables without detailed
nutritional knowledge. Because of
her complicated and incorrect ideas
people are frightened away from
vegetable-based diets.

The impact of her incorrect teach-
ings of more than 40 years ago affects
nutritional policy even today.

WHo Protein Recommendations

(WidE SafeTy Margin)

Men ........................................ 5%
Women ................................... 5%
Pregnant ................................... 6%

Protein Content Percentage in Foods

(Selected Foods)

FOOD % PROTEIN
Grains and Flours

Cornmeal .................................. 9%
Brown Rice .............................. 9%
Oatmeal ................................. 17%
White Rice .............................. 7%
Whole Wheat Flour .................. 7%
White Flour ............................. 11%

Starchy Vegetables

Black Beans ............................ 27%
Cassava ................................... 10%
Corn ...................................... 11%
Kidney Beans .......................... 27%
Peas ....................................... 28%
Potato ..................................... 8%
Sweet Potato ........................... 7%

Green Vegetables

Asparagus ............................... 42%
Broccoli ................................. 40%
Carrots ................................. 10%
Lettuce ................................... 40%
Mushrooms ............................ 32%
Onions .................................... 12%
Spinach ................................. 51%

Animal Foods

Beef ....................................... 53%
Chicken ................................. 46%
Pork ....................................... 49%
Salmon .................................... 43%
Whole Milk ............................. 21%
Skim Milk ............................... 21%
Human Milk ............................ 5%
Cheddar Cheese ...................... 25%
Cottage Cheese ....................... 68%
Egg ....................................... 32%
In 2001 the Nutrition Committee of the American Heart Association published a long overdue review warning people of the dangers of high protein diets, like the Atkins, the Zone, and Sugar Busters diets. 

Unfortunately, this one statement in an otherwise valuable report is scientifically incorrect: “All animal proteins are complete and plant proteins form a large part of the human diet, most are deficient in one or more essential amino acids and are therefore regarded as incomplete proteins.” For a supporting scientific reference see the supporting scientific reference, the American Heart Association teaching millions in our society. Even today plant proteins have shown no interest in plant food diet — the Heart Association, for example, say you are now going to receive incorrect, potentially damaging, medical advice. For example, say you go to your doctor after a heart attack and mention that you are now going to become a pure vegetarian to avoid future heart trouble. Your doctor may respond, “You can’t do that, you will become protein deficient on an all plant food diet — the Heart Association says so.” Your child is sick with recurrent asthma and ear infections and you want a dietary cure — you may be warned away from a healthy, effective therapy because members of the Nutrition Committee of the American Heart Association fail to understand basic scientific research about human protein needs and plant foods. So this is no small matter. I have confronted the Heart Association about spreading misinformation that can result in suffering as serious as death from heart disease — so far they have shown no interest in making overdue corrections to their incorrect teaching. I recently shared my conflict with the Heart Association, the world’s leading authority on human protein requirements, Dr. D. Joe Millward from the Center for Nutrition and Food Safety, School of Biological Sciences University of Surrey, UK. His response to me on July 10, 2003 was, “Contrary to general opinion, the distinction between dietary protein sources in terms of the nutritional superiority of animal over plant proteins is much more difficult to demonstrate and less relevant in human nutrition. This is quite distinct from the AHA position which in my view is wrong.”

So How Do You Know the Truth About Your Protein Needs?

Read the scientific literature (www.nlm.nih.gov) and look at the world picture. Notice that 60 percent of people alive today and most of the people who have lived in the past have obtained their protein from plant foods. They have lived successfully, avoiding all the diseases commonly in our society. Even today plant sources provide 65% of the world supply of the protein we eat.

What about the starving children in Africa? The picture one often sees of “protein deficient” children in famine areas of Asia or Africa is actually one of starvation and is more accurately described as “calorie deficiency.” When these children come under medical supervision, they are nourished back to health with their local diets of corn, wheat, rice and/or beans. Children recovering from starvation grow up to 18 times faster than usual and require a higher protein content to provide for their catch-up in development — and plant foods easily provide this extra amount of protein. Even very low protein starchy root crops, such as cassava root, are sufficient enough in nutrients, including protein, to keep people healthy. 

The World Health Organization knows the truth. Since 1974 it has recommended that adults consume a diet with 5% of the calories from protein — this would mean 38 grams of protein for a man burning 2300 calories a day and 29 grams for a woman using 2000 calories a day. These minimum requirements provide for a large margin of safety that easily covers people who theoretically could have greater protein needs — such as accident victims or people with infections. This quantity of protein is almost impossible to avoid if enough whole plant food is consumed to meet daily calorie needs. For example, rice would alone provide 71 grams of highly usable protein and white bread would provide 64 grams of protein for a working man.8 For a pregnant woman the WHO recommends 6% of the calories from protein — again an amount of protein easily provided by a diet based on starches, vegetables and fruits.

Human Breast Milk — Your Final Assurance

Your greatest need for protein is when you grow the most. The greatest time of growth in a human being’s life is as an infant. We double in size during the first 6 months. The ideal food for a baby is mother’s milk. Therefore, breast milk is the ‘gold standard’ for nutrition — during your time of greatest need for all nutrients, including protein. Five to 6.5 percent of the calories in human breast milk are from protein.1, 2 This is the maximum concentration of protein we will ever need in our food supply. Knowing this value tells us that at no other time in our life will we ever require more protein. Consider the protein content of the foods we consume after weaning — these are even higher in protein — rice is 6%, potatoes are 8%, corn is 1% and oatmeal is 5% protein.13

Wrong Thinking Ruins Health

Even though all the scientific knowledge accumulated over the past 100 years clearly shows our bodies were designed to live best on a diet lower in protein than dictated by common belief, we continue on the same disastrous dietary path. As Russell-Henry Chittenden explained 100 years ago, “The poorer man emulates his richer neighbors as soon as his circumstances permit, and resources that could be much more advantageously expended for the good of the family and the home are practically wasted — to say nothing of possible injury to health — under the mistaken idea that this more generous method of living (a high-protein, high-meat diet) is the surest road to health and strength.”2 Dr. Chittenden also believed that knowledge and the truth would prevail. He wrote, “Human behavior and custom play such a part in our lives that it is too much to expect any sudden change in custom. By a proper education commenced early in life it may, however, be possible to establish new standards, which in time may prevail and eventually lead to more enlightened methods of living.” The past century of declining health for people living in developed countries has proven Chittenden wrong — so far. However, with widespread communciation via the Internet, his predictions may soon become reality.
ENHANCE YOUR HEALTH & LONGEVITY

LifeGive™ Phyto-Enhanced+™ is a turmeric based product that has an exceptionally high potency of natural curcumin actives from turmeric root extract offering all of the benefits associated with daily dietary curcumin supplementation.

The benefits of turmeric spice and turmeric extracts have been well known for thousands of years in Asian medicine and traditional food preparation. In the West, the use of turmeric has evolved in recent years from a simple culinary spice to one of the most useful and powerful natural medicinals available.

Curcumin and curcuminoids, as found in turmeric roots, have been studied scientifically for their beneficial medicinal activities including cancer blocking actions, antioxidant potency, anti-viral, and anti-inflammatory benefits to mention only a few.

Turmeric makes an excellent daily food supplement to enhance and maintain good health and promote longevity.

To order call (561) 471-8876, ext. 2171 or (877) 582-5850
Mon 10am–5pm | Tues–Fri 10am–6:30pm | Sat 10am–3pm

Clearlight Saunas are used at Hippocrates Health Institute and are available for purchase from the Hippocrates Store at (561) 471-8876, ext. 2171 or mailorder@hippocratesinst.org

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HIPPOCRATES HEALTH INSTITUTE IS THE PIONEER IN HEALTH CARE AND HEALING
OVER 50 YEARS OF HELPING PEOPLE HELP THEMSELVES

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Recognizing that the human body is designed to heal itself, the Program for Wellness addresses the underlying causes of illness rather than just the symptoms. Within Hippocrates Health Institute’s beautiful 50-acre campus in West Palm Beach, Florida, the Program for Wellness offers a unique, dynamic, comprehensive, and individualistic approach for individuals desiring to maximize their wellness through a holistic approach integrating the latest advances in:

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- Structural Medicine
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- Quantum BioPhysics
- Homeopathy / Detoxification
- Informational Medicine
- PsychoNeuroImmunology
- Nutritional Science
- Herbs
- State of the Art
- Detoxification Protocols

Developed by Hippocrates Directors:
Brian Clement, PhD, LN, NMD and Anna Maria Clement, PhD, LN, NMD

In Collaboration with ACIM Professors:
Janet Hranicky, PhD
Ed Gilbert, MD
Michael Galitzer, MD

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LEADING THE WAY FOR A NEW HEALTHCARE MODEL

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THE POWER OF THE MIND IN GETTING WELL
The Mind/Body Cancer Connection
by Dr. Janet Hranicky

Your imagination plays a great role in influencing the course of your disease.
Optimism & Hope produce energy which is vitally needed in the healing process.
Learn how you can emotionally influence the up-regulation of your body’s immune system functioning & increase natural killer cell activity so as to more effectively attack and engulf cancer cells.

In mind/body medicine, the emotional status of an individual is viewed as equally important, if not more important than, their physical status. We know that ‘how’ someone is feeling has everything to do with their physical prognosis, their energy for healing, their pain level and their long-term survival.

In mind/body medicine, emotions are viewed as revealing the state of consciousness of a person. Disturbances in the bio-energy field reflect disturbances in one’s consciousness. These disturbances precede the development of illness. Changes in consciousness shift the bio-energy field, which alters the course of disease. Spontaneous return is related to the changes in the vibratory frequency of the bio-energy field that occur when healthy shifts occur in strength, coherency and flow of emotions.

The growing field of quantum medicine enables us to look at the human body as an electrical/electromagnetic system which is charged and which charges the larger quantum field. Consciousness is the organized carrier of information and as each person has their own ‘personality templates’ unique ‘bio-energy frequency pattern.’

Consciousness is the agency of change for emotions. Emotions carry charge and charge facilitates change within matter. The more charge that a unit of matter possesses, the more it can change. The significance of healthy emotional change is profound in the vitality of our healing properties. With lack of this change, everything becomes more sluggish and toxic isn’t excreted as efficiently. Waste products are not eliminated as well in the body and weaken cellular health. The opposite effect is also true. Whatever helps you become more excited about life gets translated at the cellular level. When you’re motivated, it’s as if your whole body has been turned on, and the cells become more alive.

Role of Emotions & Stress

Denied hopelessness is the emotional state that most often precedes the development of cancer. Hopelessness is experienced when emotional and psychological needs are not met over a long period of time. Because deprivation is a painful experience, coping mechanisms set in. Deprieved individuals protect themselves by repressing and denying the pain, anger and fear that are the real emotions associated with deprivation. Unconsciously, sufferers give up on ever getting what they really want. Eventually, they may completely lose awareness of this deep-rooted sense of hopelessness.

Shifting from hopelessness to hope is an attitudinal, behavioral, and emotional process. Internalizing the attitude that ‘I’m entitled to pleasure’ and ‘I can get what I want in life,’ reinforces this attitude so that the experience of beginning to have needs met becomes real. Expressing more emotional pleasure produces a healthy physiological response. Excitement & Hopelessness

Excitement and hopelessness both affect physiology. Consistent hopelessness, despair or chronic distress impacts the central nervous system, which is connected to the other systems of the body. These systems, in turn, influence cell division (which is occurring constantly under healthy conditions). Long-term depression and hopelessness affect the hormonal, immune, lymph and drainage systems of the body and creates imbalances in the system.

Emotional Pain: The Greatest Obstacle a Patient Has in Getting Well

“Since our instinctual nature is to avoid pain when the body develops cancer, the psychological meaning represents not the fact that a person wants to die, but the fact that on an unconscious level they need to get out of the real or imagined (perceived) long-standing pain or danger that they have experienced.”

— CARL D. SIMONTON, MD,
Founder of Simonton Cancer Center

Healing Our World » The Science of Living Foods

2023 Edition

49
The Sprout Queen

The Sprout Queen is a subsidiary of Pine Island Botanicals’ four-acre residential farm located on Pine Island, a barrier island in Southwest Florida. Both operations utilize natural/organic methods planting only untreated Non-GMO and organic seed. OMRI (Organic Materials Review Institute) approved products are also applied to crops such as micro-greens, gourmet lettuce greens, herbs, and seasonal fruits and vegetables. The Sprout Queen uses soil and water misting to grow her line of sprouts and micro greens. In-ground and hydroponic growing methods are utilized throughout the rest of the farm, with all vegetative leftovers returned to the earth by means of feeding the 100+ flock of cage-free chickens, or via composting.

The Sprout Queen has offered customers freshly harvested buckwheat, pea and sunflower greens, wheatgrass and a variety of sprouts and other microgreens since December 2009. Sprouting seeds and supplies were quickly added for purchase, and are targeted for the home grower.

The Sprout Queen now offers direct shipping of all fresh sprouts, greens, produce and supplies. Weekly shipments can be arranged for those following Hippocrates Health Institute’s Life Transformation Program or any plant-based, living food diet.

Please visit www.TheSproutQueen.com to learn more about farm tours, events, farmers market locations and availability.

Living plant based food inherently contains life force that maintains and prolongs human life.

My Journey with Ann Wigmore, cont’d from p. 39

I created an important theme for these events: “The employee is the most valuable asset!”

I was fortunate to be personally mentored by Ann. With her inspiration I completed my internship to become a Living Foods Lifestyle™ Facilitator in Mayaguez, Puerto Rico. I myself was born in Puerto Rico, so this was a real treat! Amazingly, Ann directed my wedding and made it into a full Living Foods event. The wedding even featured pink rejuevalé champagne.

So the next chapter of this odyssey began. In April 2012, the Spirit guided me to locate Ann Wigmore at 4:10 am one early morning while I was visiting my mom in Ocala, Florida. I woke up to a prompting, “Locate Ann Wigmore!” I remember saying, “But Ann ascended!” Again, the prompting repeated, “Locate Ann Wigmore!” “Am I going to ascend?” I asked. “Locate Ann Wigmore!”

I got out of bed and Googled Ann Wigmore’s name and Hippocrates Health Institute (HHI) came up first among many other resorts. I discovered HHI in April of that year. As all God’s works flow with precision beyond human understanding, the next day I was driving to West Palm Beach, Florida! After being at HHI for one week, I knew I would be there for three weeks to complete the Life Transformation Program. It was very clear that the nine-week Health Educator Program was the next step in continuing my healing journey. I would be able to support others in my community and finally making Well-Being a global movement, a paradigm shift.

By investing time in the Hippocrates Health Educator Program, a new business was created. The business of the body’s inner functions is very important, and from that understanding, the idea of ‘The Body Systems Design™’ was born. Each of the body’s 11 Systems and how they function would manifest into a world-class business for myself and everyone that I am able to touch. My heart’s calling was, and is, that when we better understand the innate inner wonder of our bodies, the more we can love, respect and admire ourselves. This will result in more vitality and longevity for a healthier you.

Through Ann’s guidance and my experiences, I am now the founder of a new Well-Being global initiative—Body Systems Design. We are on a mission to help people from all walks of life achieve transformational healing, inspired balance, optimal homeostasis and lasting Well-Being that ‘Awakens into the Divine Within.’

I am thankful that I was able to meet and be mentored by Ann Wigmore and I hope that I can pass on at least some of what she taught me to our many students at Body Systems Design.

Learn more about our new course inspired by Dr. Ann Wigmore—The Taste of Well-Being. Visit www.bodysystemsd.com/first
I had the good fortune, while conducting research for five years at Harvard Medical Library, to discover the abandoned manuscripts of Dr. Howell. He submitted his work to the top universities and medical doctors of his day in an attempt to propagate the concept that enzymes are an essential dietary nutrient. Dr. Howell believed a grave shift was made in history when mankind introduced cooking. After reading his work, I was compelled to track him down. It took me several years, and I was pleased to learn Dr. Howell was still alive. He lovingly agreed to allow me to publish his manuscripts and co-author the book, Food Enzymes for Health and Longevity. I printed 10,000 at my own expense and initiated the circulation with a passion.

The book was written in very scientific language and enzymes were relatively new in the science world so it did not become popular. At the same time, while working at Hippocrates I was slowly able to edit the text and make it far more “user-friendly” and understandable. Years later, many other individuals wrote books on the subject, especially within the chiropractic field. More currently, a classic book, Enzymes, The Fountain of Life by MDs Lopez, Williams and Miehlke reinvigorated the standard of enzyme wisdom. Now the work is continued by others like Dr. Nicholas Gonzalez in his books, most recently What Went Wrong: The Truth Behind the Clinical Trial of the Enzyme Treatment of Cancer.

At present, the Hippocrates Program is being researched in conjunction with The California School of Medicine. While Stage 4 breast cancer is considered incurable by medical doctors, it is reversed frequently, and within a short time span, with Hippocrates Health Institute’s holistic approach to recovery. What happens, in a nutshell, is individuals have their bio-markers reset with the program, namely by re-alkalizing, re-enzymizing, re-oxygenating, re-bacterializing and re-mineralizing. This not only leads to overall rejuvenation, but also creates a more youthful life as long as one maintains an organic, whole food program of at least 80% living foods, with 20% or less cooked food, along with enzymatic supplementation. Of course, this is after adhering to a 100% raw diet for around two years.

In summary, whether you come to Hippocrates or simply decide to do the programs on your own, remember the principles elucidated here. You can be your own doctor and heal yourself inexpensively, simply and joyfully at home. All the food that you need can be grown organically, through sprouting and baby greens grown with or without soil (viktoras.org), such as sunflower, buckwheat and wheatgrass.
Faith Knocks Out Stage III Cancer, cont’d from p. 21
Sandra deplores the influence of the media that gives birth to mistaken stereotypes of what beauty is about, which are also dangerous for one’s health, and she states, “It is said that a woman’s beauty is measured by the size of her breasts, rear and waist.” She adds, “at least in Colombia, some models still have curves, as opposed to Europe where models are often rail thin. That is why it is important to feed our bodies as well as our minds in a healthy way, having God in our lives.”

Is It Possible to Prevent Cancer?
In regards to preventing cancer, Sandra states, “It is definitely possible [to prevent] cancer, keeping in mind prevention of cancer, keeping in mind — the natural plant sugars the plant’s Brix reading will grow faster than anyone eating the SAD diet — the standard American diet. Yes, you can build muscle on a raw food diet if you go about it in an intelligent fashion.

How To Build Muscle on a Raw Food Diet, cont’d from p. 37
Here’s the reason: calcium supports your liver function so that gastric juices can be produced as well as enzymes. Your entire digestive system will not absorb the vital elements if the food you eat is of poor quality, as is the case with most food produced worldwide.

Now, you’re probably wondering, “What’s the difference between two carrots, one from your garden, one from the supermarket?” Yes, they look identical — maybe the store-bought carrots are sweeter. To what do we attribute the sweetness? As odd as it might sound, it’s the calcium the plant picks up from the soil. This is measured by the plant’s Brix reading — the natural plant sugars the plant contains. The higher the plant sugar, the higher the energy release. Indigestion is simply the failure of a food to release its energy, this is why many cannot digest raw foods. These foods simply lack enough calcium to release the plant sugars as energy. Did you know that pigweed or lamb’s quarter is one of the richest sources of calcium you can find? And it’s free for the picking. It’s so strong that Monsanto’s poison Roundup weed killer can’t kill it. Here’s another interesting fact: the early settlers were told by the native people to let pigweed grow in their corn patch. Not only did it hold the corn up during windstorms, but it actually made the corn taste sweeter.

So, the veggies you consume raw with a high Brix reading will grow muscle faster than anyone eating the SAD diet — the standard American diet. Yes, you can build muscle on a raw food diet if you go about it in an intelligent fashion.
LA FE DIO UN CÁNCER EN ESTA SERIE... FUERON ASÍ LOS HECHOS. VÍCTOR CONTRERAS p. 54

En este periodo empezó a estudiar en uno de los más prestigiosos institutos del mundo en Manhattan, Nueva York, donde obtuvo el título de Consejero en Salud Holística. Este logro no fue fácil pues “siendo honesta, la provisión para hacerlo fue increíble, ya que no solo era costoso sino que era en otro país.” Sanda se apasionó por este tema que siguió estudiando sobre cáncer y nutrición en el Programa de Medicina Integral de la Universidad de Arizona, Estados Unidos y nunca ha dejado de investigar y aprender. Radicada de nue- vo en Miami, logró conseguir trabajo y comenzó a obtener prestigio como asesora en nutrición, salud y cáncer. Ha sido entrevistada por diferentes medios de comunicación como Almavision radio, Mega TV, Actualidad 90 AM en Miami, como especialista en nutrición y cáncer. Actualmente está en un pro- gama Telemundial, llamado Dr Chago, el cual se transmite todos los sábados a las 10:30 am y también es entrevistada todos los meses en internet radio Vívela Stereo.com programa que se transmite en muchos países en Sur América.

Ha tenido la oportunidad de com- partir su testimonio de sanidad y vida frente a la multitud, a mujeres junto a la conocida cantante cestante Lily Goodman en el evento del ministerio Alcanzando a la Mujer de Hoy, dando a conocer a todas las maravillas que DIDOS ha hecho en su vida y que puede realizar también en las vidas de quienes se rinden a EL, explicándolo con estas palabras: “con tantas las ex- periencias y detalles y los detalles que he conocido a lo largo de mi vida, creo al Señor JESUCRISTO, creo en sus promesas, creo en sus planes y en su voluntad y no quiero perderme nada de lo que tiene para mí”.

Ahora, encuentra trabajando en el Instituto de Salud Hipocrates, localizado en West Palm Beach, Florida. Aquí su principal meta es poder transmitir todos los beneficios de una alimen- tación a base de alimentos vegetanos y es que la población hispano—parlante nos solo en América sino en todo el mundo.

¿Cómo estamos los latinos en Nutrición y Cánncer?

Sobre la situación de los latinos en temas como nutrición y cáncer dice: “Creo que en Latino América, al igual que en los Estados Unidos, la incidencia de cáncer va en aumento en cifras que asustan; el índice de cáncer en niños ha aumentado casi en un 50 %. Es muy triste que cada día países tercer mundistas como mi país Colombia, estén sufriendo cultores de países industrializados como Estados Unidos, país con el más alto índice de perso- nas enfermas, obesas e infelices en el mundo; en el cual la manera de ameni- tarse y estilo de vida están causando estragos a nivel de salud; las personas están sufriendo una dieta alta en químicos, azucarines, harinas refinadas, grasas hidrogenadas y saturadas, etc.”

La preocupación de Sandra no es infundada pues, si bien sostiene que el cáncer tiene múltiples causas, está convencida que una parte fundamental es la alimentación y cada día las perso- nas no solo en Estados Unidos sino en el mundo están consumiendo más alimentos perjudiciales para la salud. Otra de las causas de enfermedades es el ambiente donde nos desenvolvemos hoy “estamos en continuo contacto con pesticidas, herbiertas, aerosoles, polu- ción” a lo cual agregó el estrés como agravante de lo anterior. Ante este panorama Sandra advierte: “Considero que las personas deben tomar con ciencia de lo que están consumiendo, no solo en cuanto a comida, ya que ali- mento es todo lo que permitimos que entre en nuestro sistema, por nuestros sentidos, por lo tanto la alimentación, las emociones, el trabajo, las relaciones interpersonales etc juegan un impor- tante papel en las causas de cáncer” concluye Sandra.

ANOREXIA Y BULIMIA:

En relación con estos desórdenes de la alimentación que hoy causan estragos, Sandra nos informa “hace poco fue entrevistada por un programa, en el cual el tema principal era anorexia y bulimia, enfermedades que parecen una epidemia en estos tiempos, todas las mujeres que quieren lucir como las modelos y ser modelo es sinónimo de ser muy flaca. No estoy en contra de ser delgada y creo que es saludable estar delgado pero hay límites y en este momento creo que las mujeres se están excediendo y privando sus cuerpos de los nutrientes que se requieren para desempeñar sus funciones normales y agrega que “de la misma manera que la obesidad conlleva a muchas enferme- dades incluyendo cáncer, privar al cu- erpo de los nutrientes apropiados, conl- eva a desarrollar enfermedades físicas y psicológicas, ya que sin alimentos no se puede realizar ninguna reacción quími- ca en el organismo”. Sandra considera que para evitar estos factores de riesgo es necesario llevar una dieta sana, ase- sora de algún modo por un experto en el área, ya que ”como médica puedo decir que en temas de alimentación no recibimos la preparación adecuada y a veces somos escépticos en todo lo que tiene que ver con la nutrición y estilo de vida saludable y mi experiencia en vida y profesional me han enseñado que la mejor manera de evitar cualquier enfermedad es previniéndola”. Lamenta la influencia de los me- dios de comunicación para generar estereotipos de belleza equívocos y peligrosos para la salud por lo que con- sidera que “es necesario recalcar que la influencia que tienen los medios de comunicación en el concepto de belleza en la mayoría de países incluyendo mi país Colombia, es del 100 %, y es triste pensar que la belleza en una mujer se mide por el tamaño de sus senos, glúteos y cintura. Al menos en mi país, muchas modelos aúnen tienen curvas. En Europa y Estados Unidos las medidas de los modelos ya no suizqer siguen los parámetros de 90-60-90. Por eso debe convertirse en una rutina alimentar nuestro cuerpo, mente y espíritu sana- mente y con DIOS” recomienda.

Es posible prevenir el Cáncer?

En cuanto a la posibilidad de prevenir el cáncer, Sandra responde categórica- mente: “Definitivamente si es posible. Tanto es así que los estudios han mostrado el poder de la alimentación para revertir el cáncer, sin olvidar que si se revierte el cáncer se pueden revertir la mayoría de las enfermedades, ya que muchas de ellas se deben a procesos inflamatorios. Es importante recordar que la última palabra la tiene DIOS y EL diseñó todo de manera perfecta, pero ha sido el hombre el que a través del tiempo ha destruido la creación divina, como lo revelan también las Escrituras.”

Por eso en el propósito de revertir y prevenir esta odiosa enfermedad hasta donde sea posible, Sandra finaliza con unos sencillos consejos prácticos muy relevantes y fáciles de recordar en medio de la complejidad y vastedad del tema: de no consumir azúcar, el azúcar es uno de los peores aliados de cáncer. El azúcar tiene otros nombres como: sacarosa, fructosa, glucosa... todos los terminados en “osa” También en estos alimentos debemos mencionar el jarabe de maíz, jarabe de arroz, azúcar more- na y panela. Las frutas contienen azúcar y deben ser consumidas con mucha moderación y si la persona tiene cáncer:

- Evitar el consumo de proteína animal, remplazarlo por proteína vegetal, como nueces y semillas, germinados y vegetales de mar.
- Evitar todos los químicos, endul- zantes, embutidos, procesados y comida chatarra.
- Evitar las bebidas artificial (sodas, tes, jugos, bebidas energizantes etc.)
- Consumir muchos vegetales, prefer- iblemente orgánicos y crudos.
- Realizar actividad física regularmente.
- Desarrollar una práctica espiritual, que fortalezca la fe en el Señor JESUS a través de la oración.
- Perdonar y amar.

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Hippocrates Health Institute »« www.HippocratesInstitute.org Healing Our World »« The Science of Living Foods

Holistic Plant Based Enzyme Therapy,
Cutting from p. 53

Buying assorted organic seeds is an affordable way for anyone going to grow perfect food, regardless of climate or geographic region. Get others to join you cooperatively, and produce larger volumes to cut cost even further. Support one another through potlucks and get-togethers (meetup.com). Network and share with others on your website and/or Facebook via the gift of cyberspace.

We are changing our planet through laughter, simplicity, honor and action, and sharing and reflecting our love and vibrant energy for life. What else is there? We are entering a new era of humanity where billions of people will operate within a singular union called Mother Gaia. We are talking complete cooperation instead of competition, the same way trillions of cells in your body cooperate to produce the healthy conscious being that is you. Stop killing the animals, yourself or your food.

Firre and microwaves denature water. Fire and microwaves denature water. Fire and microwaves denature water. Fire and microwaves denature water. Fire and microwaves denature water. Fire and microwaves denature water. Fire and microwaves denature water. Fire and microwaves denature water. Fire and microwaves denature water.
Check Out These Great Books About

If you enjoyed this magazine about The Science of Living Foods, you’ll love these titles.

**The China Study**
by T. Colin Campbell

The China Study details the connection between nutrition and heart disease, diabetes, and cancer. The report also examines the source of nutritional confusion produced by powerful lobbies, government entities, and opportunistic scientists.

**Enzyme Nutrition**
by Dr. Edward Howell

During the ‘90s and ‘00s of this century, Dr. Howell conducted incredible research to prove that food enzymes were an essential nutrient, and that cooking and processing of foods destroy them. This is a classic in the field.

**Super Immunity**
by Joel Fuhrman, MD

Dr. Fuhrman doesn’t believe the secret to staying healthy lies in medical care—rather, the solution is to change the way we eat. Super Immunity offers a nutritional guide to help you live longer, stronger, and disease free.

**The Pleasure Trap**
by Douglas J. Lisle and Alan Goldhamer, DC

The authors offer unique insights into the factors that make us susceptible to dietary and lifestyle excesses, and present ways to restore the biological processes designed by nature to keep us efficient and vital.

**Sprouts: The Miracle Food**
by Steve Meyerowitz

This sproutman’s guide to indoor organic gardening shows you, step-by-step, how to grow these delicious baby greens and mini-vegetables in just one week from seed to salad.

**Prevent and Reverse Heart Disease**
by Caldwell B. Esselstyn Jr., MD

Based on the groundbreaking results of his twenty-year nutritional study, Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can reverse it.

**Food for Life**
by Neal Barnard, MD

Dr. Barnard reveals why a diet based on the new four food groups (grains, legumes, vegetables, and fruits) will sharply decrease the risk of cancer and heart disease and dramatically increase life expectancy.

**Survival in the 21st Century**
by Viktoras Kulvinskas

The classic by the grandfather of the living foods movement. Readers will find a new paradigm in nutrition and health that will help them live more healthfully and self-affirmingly, and provide a blueprint for reversing the aging process and extending lifespan.

**Your Healthy Journey**
by Dr. Fred Bisci

Dr. Bisci’s book Your Healthy Journey Lifestyle Program is an adventure of healing & longevity that comes from the greatest creation of all, the Human Body.

**The Daylight Diet**
by Paul Nison

Did you know when you eat is just as important as what you eat? It can determine your total health and wellness. Raw Food Chef and Author Paul Nison has studied the topic of health and digestion for years and will share what he has learned.

**No More Bull!**
by Howard Lyman

When Howard Lyman warned America on The Oprah Winfrey Show that Mad Cow Disease was coming to America, offended cattlemen sued him and Oprah both. Not only were Lyman and Oprah vindicated in court, but it turns out Lyman was right.

**A Families’ Guide to Health and Healing**
by Dr. Anna Maria Clement

A beautiful full-color, 120-page guide, with over 30 fine art watercolor illustrations, of time-tested and proven remedies from one of the world’s leading natural health experts.

**Enzyme Nutrition**
by Dr. Edward Howell

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by Dr. Fred Bisci

**The Daylight Diet**
by Paul Nison

**No More Bull!**
by Howard Lyman

**A Families’ Guide to Health and Healing**
by Dr. Anna Maria Clement
Finally, after an introduction to Dr. Valerie Hunt’s work spanning more than half a century, I resonated with her profound statement that medicine should proceed.

Protons born in the core of the sun take a hundred thousand years to reach its surface, since they move forward and backwards when hitting solar neutrinos; then, like magic, they are abruptly thrown into space by solar neutrons; reach the deep sea, and even reach green leafy plants. Protons are fundamental to how all life as we know it is formed. Invisible light stemming directly from the sun has literally given birth to all life as we know it on planet Earth. Light captured on a green leaf expresses why our clinical research with hundreds of thousands who improved their health when consuming raw, green plant-based food, has a primal and foundational clarity to it. Efforts to support life and to help suffering humanity heal. Some scientists call this “The Hippocrates Oath,” which makes it even more appropriate.

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

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were found to have the highest rates of tumor growth. Targeted supplementation can be very helpful during a health challenge such as cancer.

The current standard of medicine uses chemotherapy, radiation, and surgery to treat cancer. Most oncologists believe there is little to no relationship between nutrition and cancer. However, current research shows that the health of all animals and plants is heavily dependent on nutrition. Nutrition improves the outcome in cancer treatment.

As one with a personal experience with cancer, I truly hope that we raise the standard of medicine to include all aspects of health in the very near future. If we work to achieve health through nutrition, exercise, mind/body therapy, spirituality, and medicine when necessary, we can allow the body to heal naturally.

In a further study, tumor growth was carefully monitored by a high-tech method; no evidence of stimulation of tumor growth was discovered when using high concentrations of nutritional supplementation. In fact, the nutritionally depleted patients with a personal experience with cancer, I truly hope that we raise the standard of medicine to include all aspects of health in the very near future. If we work to achieve health through nutrition, exercise, mind/body therapy, spirituality, and medicine when necessary, we can allow the body to heal naturally.

Living Food Science and Cancer, cont’d from p. 33

It is now widely believed that the actions of the antioxidant nutrients alone do not explain the observed health benefits of diets rich in fruits and vegetables. Phytonutrients extracted from fruits and vegetables exhibit strong antioxidant and antiproliferative activities and the major part of total antioxidant activity is from the combination of these phytonutrients. The additive and synergistic effects of phytochemicals in fruits and vegetables are responsible for these potent anticancer activities. No single antioxidant can replace the combination of natural phytonutrients in fruits and vegetables to achieve the health benefits.

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**Israel is Coming to Hippocrates!**

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**19 janv au 8 fév 2014**

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revitalisation@wanadoo.fr

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**Better Medicine / Less Wellness, cont’d from p. 38**

This can quickly cascade into an accelerated aging process. The hormonal system rules the body. Thyroid imbalance (hyperthyroidism) is now appearing in 20-year-olds.

The spill over from this condition can affect the parathyroid the hypothalamus, and the adrenal glands. Iodine deficiency is often cited as the common cause of hyperthyroidism. Coffee and stress both suppress thyroid function. Excessive coffee and low iodine may promote the formation of thyroid cancers. Treatment remains controversial for this condition.

In closing, I believe that we only understand 5 to 10% of how the body works. Admittedly, only 20% of all medications work. Some good news: a recent study conducted at Tufts University in Medford, Massachusetts has concluded that “Human Life Span” to be 122 years old. It did not offer a potion to attain this. Look no further than Hippocrates Health Institute for a “way of life” guide to good health.

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**Dr. Tom Fitzgerald is an alternative health care provider, researcher and product developer. He is also an alternative health care consultant for numerous professional practitioners. Dr. Fitzgerald is a former President/CEO of a major health care network. He used to own four full service diagnostic and treatment centers and is a former provider of health care services to four professional athletic teams.**
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Jeffrey M. Smith is the International bestselling author of Seeds of Deception, exposing health risks of genetically modified organisms (GMOs).

Dr. Richard Oppenlander is the author of Food Choice and Sustainability: Why buying local, eating less meat, and taking baby steps won’t work.

Dr. Hans Diehl wrote Health Power and is a world-class speaker. His message is that people don’t have to die of Western killer diseases.

Dr. Michael Greger is the author of Carbophobia: The Scary Truth about America’s Low-Carb Craze and Bird Flu. He is a partner in the website NutritionFacts.org.

Devra Davis, PhD, is the author of Disconnect: The Truth About Cell Phone Radiation, What the Industry Is Doing to Hide It, and How to Protect Your Family.

Joseph Keon is a wellness consultant for more than 25 years and is the author of the book Whitewash: The disturbing truth about cow’s milk and your health.

Dan Ladermann and Cherie Soria co-direct Living Light Culinary Institute and have authored Raw Foods For Dummies and The Raw Food Revolution Diet.

Elizabeth Grossman is the author of Chasing Molecules and High Tech Trash, about poisonous products, human health, and the promise of Green Chemistry.

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Anna Maria Clement is Co-Director of Hippocrates Health Institute and author of several books about raising a family the natural way.