Recovery 14: Love Conquers Disease

15 Alumni Share Their Hippocrates Stories

Also: Earthing with Clint Ober, Traditional Native American Healing, Hippocrates Therapies, Wheatgrass in Antigua, GMO Update, and more!
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Love Conquers Disease

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BOSTON STRONG

Attention Survivors of the Boston Marathon Bombing

In 2014, we are proud to offer five full scholarships to those who were injured in the bombing and need their health restored.

To apply for the Hippocrates Life Transformation Program, please submit a written request describing your condition to HDirector@HippocratesInst.org or Drs. Anna Maria and Brian Clement

1443 Palmdale Court • West Palm Beach, Florida 33411

Congratulations,
2013 World Series champion
Boston Red Sox

Drs. Anna Maria and Brian Clement
From the Publisher

Many times Hippocrates guests or alumni have recognized me from Healing Our World and approached me in tears, telling me what the magazine means to them or how it helped them or a loved one embark on the path to wellness. These instances make all the hard work I put into the pages you are reading worthwhile.

It is of utmost importance we all spend our time engaged in rewarding endeavors. There is nothing wrong with working hard, but far too many people slave away at jobs they do not enjoy if we can keep an ember of passion burning, it will fuel our actions and make our work far easier, and more often than not we may even find the effort pleasurable. The bigger the spark, the more profound this joyful effect.

While it is important to seek pursuits we enjoy, here is a simple technique to find any situation more pleasurable. All we need to do to cultivate or nurture a spark of joyful action is find something we enjoy about what we are doing—this can be as simple as a coworker or client that always has a good joke or a sunny bench that is nice to relax on come break time. If our mind starts to wander to a less preferable aspect of our job, relationship or health, we can simply shift our focus to that warm bench or one of those funny jokes.

The more we practice this simple exercise, it will become second nature, and we might just find a skip in our step on the way to the time clock.

Be Well,

Will Burson

Anyone who has had the pleasure of working at Hippocrates Health Institute (HHI) knows the best part of the job is seeing the health transformations happening all around the institute. I have personally seen guests arrive at HHI in a wheelchair, then seen them a week later whizzing by on a bicycle. Each week dozens of alumni leave rejuvenated and dozens of new arrivals come through our doors seeking renewed health, annual tuneups or simply a healthy vacation on our beautiful grounds.

The Secret to Living is Giving!

When Dr. Brian Clement advised me on his recent visit to Ireland of his intention to set up a Hippocrates scholarship in my name, I was both thrilled and very honored. It has been 14 years since I sat in the audience at a seminar in Dublin given by Dr. Brian. I had been diagnosed with cancer for the second time and I was desperately searching for answers to help me deal with the disease. As a result of that inspiring evening, I totally changed my lifestyle and regained my health. Since then I have dedicated my time to helping those who want to improve their health. I have been fortunate to have published four books, two of which were best sellers, promoting the benefits of a healthy lifestyle, how to take control of our state of mind and, most importantly, the necessity of a healthy diet.

Recently, while teaching the Hippocrates program, I have come across many people who want to visit the Institute but cannot do so as a result of financial hardship. Through this scholarship we will be able to assist those in financial difficulty who are facing serious health challenges.

My sincere thanks to Drs. Brian & Anna Maria Clement for their heartfelt generosity, knowledge and the inspiration they share with all of us. Their dedication to educating the global community is a blessing. It will be an honor to provide hope and funding support to those in need. I am proud to partner with Hippocrates Health Institute to enhance the lives of the most vulnerable.

With love,

Bernadette Bohan

www.changesimply.com

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Contributors

Would you like to be a contributor to Healing Our World? Tell us your story. Email Will Burson with the subject line "HOW Contribution" at WBurson@HippocratesInst.org.

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

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. His Florida institute has pioneered a life-changing program and established training in active aging and disease prevention that has proven to raise health and happiness levels. HippocratesInstitute.org

Tom Fisher, RN, BA, is a Registered Nurse, Hippocrates Health Educator and stage IV cancer survivor. He is passionate about empowering people with the living foods lifestyle and enjoys his work, which includes providing guests with Ondamed (biofeedback) and health consultations.

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

Maria Krajnak is the assistant director at HHI’s Therapy Center and is passionate about creating new treatments, programs and workshops to help bring balance to the mind, body, spirit. She gives lectures on Sound Therapy and she is dedicated to learning and growing through her self-awareness work and has traveled the world on her spiritual path. She has a background in journalism.

Diane Lahoski has been with Hippocrates Health Institute for the last fourteen years in many different positions. She is currently the librarian for the institute. Diane is an accomplished musician and as such has played in many venues in the southeast United States and in the Caribbean.

Rudi 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.

Janet McKeen is a board certified Holistic Health Counselor and a certified member of the American Association of Drugless Practitioners. Janet is the Founder and Executive Producer for SanaView, a company whose mission it to teach easy, effective and enjoyable ways to Embrace A Better Life, a life that is happier, healthier and more fulfilling.

Clint Ober grew up on a ranch in Montana and later became a pioneer in the cable TV industry. After a near fatal disease in 1993, he set out on a personal journey to find a higher purpose in life. During his travels, he discovered Earthing and has since been resolutely focused on research and practical applications for the concept.

William Two Feather is of Apache descent. His great-grandmother was a herbal healer. He trained for 10 years with three elders. William has been a practicing Faith Healer for 15 years.

Hippocrates Recovery Stories:
Top Row (from left): Josephine Davley, Gary Dellerson, MD, Safara Fisher, Elliot & Giedre Gallin
Second Row (from left): Tommy Johnson, Jack Kasinski, Helena & Jeff Leibgott, Joseph Mallia
Third Row (from left): Jack & Barbara Martin, Susanna & Fergus McIntyre, Alan Miller, Aija Mougerdale
Bottom Row: Gisela Tomlinson, Barbara Ulrich, Tom Yoaman
President Obama Offered Ice Cream by Hippocrates Alumnus

Actor and long-time friend of Hippocrates, Declan Joyce, had the opportunity to meet President Barack Obama in New York City at the Waldorf Astoria on Sept. 24. Obama spoke with Joyce for five minutes and the two posed together for pictures. When the president asked Declan if he was having any ice cream, Declan replied, “No thank you, I’m a raw vegan.” Maybe someday soon President Obama will follow former President Bill Clinton’s lead and adopt a plant-based diet.

Various peoples were here and enjoying the food, lectures and ambiance! The Trip Down Wheatgrass Lane was a huge success. The day was warm and sunny, just perfect for a celebration of joy, life and love.

The 50-acre HHI campus was bustling with people who came to learn about the Hippocrates lifestyle, wheatgrass, raw/living foods, etc. Obviously, HHI’s following is growing. Many of the guests dressed in clothes reminiscent of the 1960s—hippies were everywhere! The hayrides were fun and the live music was great. Visitors enjoyed the vegan buffet and wheatgrass and green juices, but the biggest hit of the day was, of course, the raw vegan ice cream. Everyone is always amazed at how delicious it is. As always the admission and buffet were free, and the proceeds from the sales of the wheatgrass and ice cream went to the Hippocrates Scholarship Fund. This fund was established decades ago to offer financial aid to less fortunate people with health emergencies who wish to visit Hippocrates to help in their healing.

Many of the questioners looking for ways to improve their lives and diets.

Hippocrates Alumnus Offered Ice Cream by President Obama

What’s the News?

Hippocrates Rawstock 2013 by Diane Lahoski

The annual festivals at Hippocrates Health Institute (HHI) just keep getting better and better. This year’s “Rawstock” set a new record for attendance, over two thousand people were here and enjoying the food, lectures and ambiance! The Trip Down Wheatgrass Lane was a huge success. The day was warm and sunny, just perfect for a celebration of joy, life and love.

The 50-acre HHI campus was bustling with people who came to learn about the Hippocrates lifestyle, wheatgrass, raw/living foods, etc. Obviously, HHI’s following is growing and growing as the word gets out about this healthy way of living. Dr. Anna Maria Clement’s lecture about family’s role in humanity and Dr. Brian Clement’s talk about plant science were filled with awareness and education that is rolling forward a tsunami policy show down on this issue in DC. Another 25 states have labeling actions at the State regulatory level or new measures to be placed before voters. The governing body of Kauai, Hawaii just voted to restrict pesticide use and test for GMO crops (see next page for more information).

The PGP Campaign, with its Moms4POP base, has officially requested a labeling hearing in the Senate, supporting the women of the state. The “no” forces have spent over $66 million in the two major elections sure. The “no” forces have spent over $66 million in the two major elections.

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I do! I am so glad we all came to our senses and decided to go to Hippocrates Health Institute instead. Finding "Recovery" and organically basking in the sun is so much better!

Hey sis, remember when our parents were considering sending us to the GMO school to get genetically modified?

Do you have a story or artwork submission for The Sprouts? SEND IT IN. Email Will Burson with the subject line "Sprouts Comic" at WBurson@HippocratesInst.org.

Hawaii's Big Island Bans Biotech Companies & GMO Crops
Reprinted courtesy of The Huffington Post

Large biotech companies like Syngenta, Monsanto, Pioneer, Dow and BASF have long been experimenting with GMO crops and seeds in Hawaii. They have farms on Oahu, Kauai and Molokai, but they’ve never operated on Hawaii’s Big Island—and now they never will.

The Hawaii County Council passed a bill, 6–2–1 (Six YES, two NO and one absent), that forbids biotech companies from operating on the Big Island and prohibits all new genetically modified organisms, or GMOs. The ban on open-air use won’t apply to papaya farmers who rely on transgenic varieties resistant to the ringspot virus. Other farmers who grow transgenic crops, including dairy which grows GMO corn on the Hamakua coast for cattle feed, must restrict those crops to where they have “customarily” been grown.

Those farmers will be required to sign up for a registry with the county Department of Research and Development at the cost of $100 a year. Violators could be fined $1,000 a day for each violation.

GMO Debate In Hawaii Rages

In September, public testimonies regarding Bill 113 were nearly apocalyptic. Critics of GMOs insisted that such crops might cause cancer, birth deformities, tumors, sterility and even widespread devastation.

One woman, Helene Love, suggested that GMOs could be as bad as a nuclear disaster. “Forcing genes of one species into another and changing the DNA of plants is not natural,” she testified, “and could turn out to be a huge danger, similar to nuclear disasters of our planet that we can’t put out.”

Many Americans already eat GMO foods regularly. Ninety percent of corn and ninety-five percent of soy grown in the U.S. is genetically modified. According to a number of federal agencies, including the American Medical Association and the Food and Drug Administration, there is no scientific evidence that shows approved GMOs are harmful.

For the most part, local farmers in Hawaii don’t grow GMO crops. But, according to Honolulu Civil Beat, small farmers “worry that they won’t have access to future, cutting-edge technologies that could help in their operations.”

Dean Okimoto, president of the Hawaii Farm Bureau, told Civil Beat that while the bill targets large biotech, it could end up hurting small farmers down the road. “How can you say you can only farm what you are farming now?” he said. “You may be putting guys out of business by restricting what they can and cannot use going forward. The cattle guys are depending on trying to develop a drought resistant grass.”

While it may seem extreme to some, Bill 113 is actually the tamer of two bills the Big Island has considered. Bill 109 would have banned all genetically modified plants, including papayas already grown on the island, and it would have punished violators with jail time. “I keep saying this is really modest,” Councilwoman Margaret Wille, who introduced the bill, told Civil Beat. “All I did was say everyone halt where they are. This is status quo.”

“We are at a juncture,” she said of the Big Island. “Do we move forward in the direction of the agro-chemical monoculture model of agriculture, or do we move toward eco-friendly, diversified farming?”

Why would anyone want to modify these genes?
A study led by Mote Marine Laboratory in Sarasota, Florida, found that certain newborn wild sharks in Florida’s waters show traces of human pharmaceuticals in their blood.

The researchers explained that bull sharks, which are typically the only sharks regularly found in fresh water, are exposed to treated wastewater close to its source. This wastewater includes traces of the medications previously identified as the cholesterol-reducer Lipitor, various antidepressants such as Prozac and Zoloft, synthetic estrogens used in birth-control pills, and anti-inflammatory drugs such as Celexa.

The U.S. Geological Survey has found that many streams across the country contain pharmaceutical pollution albeit at low levels. Research into the presence of such drugs in wild fish and sharks is relatively new.

Study highlights
- Bull sharks are one of few shark species that reside in sewage-impacted habitats.
- Bull sharks residing in wastewater-impacted rivers accumulate human drugs.
- EE2 and SSRI levels are low in bull shark plasma, but effects remain unknown.

“We don’t really have a good sense of how much is in the environment and we certainly have very little information on what the impacts are,” said Jim Gelsleichter, of the Mote Marine Laboratory, who is leading the study.

For more information, see Uptake of human pharmaceuticals in bull sharks (Carcharhinus leucas) inhabiting a wastewater-impacted river by James Gelsleichter and Nancy J. Szabo in Science of The Total Environment, Volumes 456–457, 1 July 2013, Pages 196–201 and read Killer Fish by Dr. Brian Clement.
Ulcereative Colitis, Cancer, Allergies

Tommy Johnson: Rockville Centre, New York

Recently something truly amazing happened. While getting a sonogram done to see the status of a cancerous tumor diagnosed just over a year prior, the technician began asking funny questions. “Did you have a biopsy done?” “No,” I said. She continued, “What treatment are you doing for the cancer—chemo, radiation?” “No,” I answered. “I went to Hippocrates Health Institute.” She replied, “Well, I want their name and phone number because I usually don’t get to say this, and I shouldn’t be sharing this, but I can’t find the cancer anywhere!” To call these the “magic words” every cancer patient longs to hear is an understatement. Given Hippocrates Health Institute’s history I am not entirely surprised by the diagnosis.

I was 41 at the time of my cancer diagnosis. “Top” doctors at both Memorial Sloan-Kettering Cancer Center and The Mount Sinai Medical Center in New York were very clear, I must go for surgery followed by radiation and/or chemotherapy. Those were my only options to consider. I was frightened and sick, but lucky for me, I was blessed with a brother who, through his own struggle with cancer, inspired me to seek a better approach. This spared me the pain and suffering he endured. I took my advice is this: the Hippocrates lifestyle that was suggested to me by HHI’s directors, Drs. Anna Maria and Brian Clement, as well as Tom Fisher, RN. I have stayed true to the program they, and the rest of the medical team and staff, taught me, and I have not deviated. I hope that those reading this can understand that my message is simple: get yourself to Hippocrates! I am living proof you can rid yourself of disease, pain and needless suffering and transform your life if you allow yourself to experience the teachings of HHI.

Many reading this may be wondering if they can learn this lifestyle from a book or YouTube video, and my advice is this: the Hippocrates lifestyle needs to be lived firsthand! Dr. Brian Clement’s book, LifeForce, is practically a bible for me, but what is learned on the Hippocrates campus cannot be fully explained or appreciated while you sit in a chair reading in your home. The benefits of the Life Transformation Program are truly priceless, and my overall cost during the three-week program was about that of a one-week family trip to Disney—minus the ears. I truly believe the Hippocrates lifestyle can benefit everyone. We can all enjoy life without pain and illness, experience a much higher state of consciousness, discover the natural peace that exists within, indulge in delicious food and save the earth’s precious resources while gaining the energy and joy of living foods.

Thanks to Hippocrates, I have been able to reinvent my life. Cancer, ulcerative colitis, allergies, antibiotics and all other medications are a thing of the past for me as I continue to grow and thrive. I feel better, stronger, more fit and younger than I have ever felt. I share my story in the hope that others may, upon learning about my experience the teachings of HHI.

At this stage in our lives, we were vegetarian, yet ate lots of dairy and cooked foods. I had suffered from asthma for 20 years, and with three children under the age of two, I was completely exhausted. Where the boys were 18-months-old, our son with cerebral palsy was just 16 months older, had a temperamental, unreceptive to touch tongue. Being used to wrestling with uncooperative animals, I was quickly able to pull her tongue out again so she could breathe, while the doctor completely panicked and called an ambulance, which would have arrived far too late.

This was the turning point in our lives. As there was no research available back then, in 1996, I took the product as the ‘family guinea-pig’! My friend also lent us a water filter, so we could breathe, while the doctor completely panicked and called an ambulance, which would have arrived far too late.

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Earth, Healing, and Recovery
Right Beneath Your Feet
by Clint Ober

As strange as it sounds, the very ground beneath your feet may likely be the single-most powerful medicine on the planet, capable of significantly reducing pain and inflammation, improving sleep and energy, and speeding recovery from injuries and exhaustion. Mother Earth, it turns out, provides all living beings—you, me and the rest of the animal kingdom—with a surprising and overlooked source of health, healing and recovery; a virtually limitless supply of free electrons that give the ground we walk on its natural, subtle and negative electrical charge.

Thanks to this charge I personally recovered quickly from years of chronic back pain and continually disturbed sleep. This same ground charge is now healing many individuals throughout the world and appears to be a simple yet profound natural remedy for the chronic inflammation regarded as the primary cause of multiple common diseases and accelerated aging. In 1998, I knew none of this. I was a retired cable television executive living in Arizona and had started to think about the human body in terms of electrical grounding. What does electrical grounding have to do with health? The answer may surprise you. The crisp image delivered by cable TV is the result of shielding that prevents signals from leaking out and prevents outside disturbances from leaking in. The cable consists of an inner copper conductor surrounded by a mesh shield. The shield is electrically connected (grounded) to the Earth, a connection that protects and stabilizes the signals flowing through the conductor.

Looking around in daily life, I began realizing that most people wear synthetic-soled shoes that insulate their bodies from this same “ground” energy that stabilizes not only cable TV, but electrical equipment—industrial or residential—all over the world. This seemingly simple realization inspired a discovery and scientific adventure that has been unfolding ever since.

Experiencing first on myself, and then on friends, I rigged up a crude conductive system for my bed, using metallic duct tape connected by wire to a ground rod placed in the soil outside. I then lay down on this grid and was thus in contact with the Earth’s ground energy, as if I were barefoot outdoors. To my surprise, I found that such contact put me to sleep and got rid of my chronic back pain. I stopped taking painkillers to sleep. Wanting to share my discovery, I rigged up the beds of friends in a similar manner. And they, too, reported the same amazing effect: less pain. Better sleep.

I then connected the pads with a wire to a ground rod placed in the soil outside that would carry the energy from the Earth to the bed pad. In half of these set-ups, I inserted a spacer in the wire to block the conduction of energy. This arrangement would allow for a real scientific experiment and comparison of two groups—those actually grounded and receiving the Earth’s energy vs. those who were “sham grounded.” The participants in the experiment did not know whether they were actually being grounded or not.

The results confirmed my own personal discovery. Some 85 percent of the grounded people fell asleep faster, 100 percent awoke feeling well rested, and from 74 to 82 percent experienced less back, joint and muscle pain. Over the one-month experiment, people felt much, much better when they were connected to the Earth.

Unable to find any research on the subject, I organized a month-long group experiment to test whether this effect—I called it “Earthing”—was for real and could really help others on a larger scale. Assisted by a nurse, I identified sixty male and female volunteers with chronic sleep and pain issues. I went to each of their homes and set up a conductive Earthing pad on their bed. I connected the pads with a wire to a ground rod placed in the soil outside that would carry the energy from the ground to the bed pad. In this half of the set-ups, I inserted a spacer in the wire to block the conduction of energy. This arrangement would allow for a real scientific experiment and comparison of two groups—those actually grounded and receiving the Earth’s energy vs. those who were “sham grounded.” The participants in the experiment did not know whether they were actually being grounded or not.

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Not being a researcher, I couldn’t spread the word by submitting my findings to a medical journal. I was able to publish results, however, on a website specializing in news and technical papers related to the subject of electrostatics. The report inspired an ongoing pursuit of research to prove the validity of the Earthing concept, and at this point more than a dozen scientific papers have been published by credentialed doctors and researchers.
Type 2 Diabetes, Hypertension, Helicobacter pylori

Living in Canada, Jack Kasinski had always been active and involved in sports such as the martial arts and hiking. However, he has also had a few health challenges that made his life more difficult. For some time, Jack needed insulin to control his type 2 diabetes and, as a result, he found it harder to lose weight. He had also suffered from stomach pain and hypertension, both of which he took medication for. I will talk to him today about his experience visiting Hippocrates Health Institute in West Palm Beach, Florida, and how it has impacted his health journey.

**TF (Tom Fisher, RN):** Jack, please tell me in your words about your healing experience and any recovery you have had from health challenges.

**JK (Jack Kasinski):** In many ways I feel as blessed as you are, Tom. I know your condition was much tougher than mine [both laugh]. Tom Fisher faced cancer several years ago and has rebuilt and maintained his health through lifestyle changes. I know you understand the blessing thing. When you are diagnosed with a disease, which is supposed to be a lifelong battle, you are told the best way to get better is through drugs. For me, it was type 2 diabetes. I was officially diagnosed when I was 40, but I could tell things were going downhill a few years before that. I was suffering from lack of energy and I had high blood pressure. I was told diabetes is an incurable disease. I was linked to the type 2 diabetes. The moment I reversed my type 2 diabetes, the blood pressure problem disappeared. Now that I have my diet in line, my blood pressure is phenomenal. I check my blood pressure every day, along with my sugar level. I am an accountant by profession and I love numbers. It’s terrible that we are told diabetes is an incurable disease and there is no solution. The solution is so simple: diet, exercise and managing your stress level. As a finance executive, I deal with lots of deadlines and lots of pressure. Everyone has to find their way of having fun and finding peace. For me, dancing is my form of relaxation. Dancing is phenomenal for happiness. I also find yoga to be a very peaceful practice. 

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**Rheumatoid Arthritis**

by Gisela Tomlinson : Picton, Ontario, Canada

After eighteen years of suffering with severe rheumatoid arthritis, I heard about Hippocrates Health Institute. I am so thankful to my sister, Heidi, for inviting me to hear Hippocrates director, Dr. Brian Clement speak in Toronto. He gave me hope and said that I could heal myself. I was feeling so down and hopeless before.

I was spring of 1995 and I felt like I was walking on broken glass. As a fitness instructor, my feet were crucial to my work. I took too many weeks off. The pain did not go away; instead it spread to other parts of my body. By the end of that summer I had to be hospitalized. I was in so much pain that I could not sleep, get dressed or even open my mouth to eat. All my joints were so swollen that I had to have my rings cut off my finger. When the doctor told my husband to be prepared to push me around in a wheelchair, I was scared.

That year, at the age of 39, I was diagnosed with rheumatoid arthritis in all of my joints except my thoracic spine. The emotional turmoil was like grieving because I had lost the ability to do all the things that I used to do. Not to mention going from one drug to another, knowing it was harming my body. My first visit to Hippocrates Health Institute was last year. Upon my arrival, I was greeted warmly by the staff. They were all smiling and seemed to like what they were doing. Because it hurt for me to walk, I was given a bicycle to get around the 50-acre campus. Others got rides in golf carts or walked. After orientation it was dinner time. I enjoyed the abundance of fresh, organic raw sprouts, salads and vegetables. The next morning the nurse took blood samples and checked blood pressure and weight. I felt cared for.

Every day we were encouraged to participate in as many activities as we were able to, such as various exercise sessions, including aqua fit (pool) classes, rebounder, stretch and strength, yoga, pilates, tai chi, qigong, meditation, morning walk/run and use of the fitness center and the many specialized pools. I tried most of them. I took three activities a day. My favorites were the water fit and yoga. There is a hot tub and a cold plunge pool (it is recommended for a healthy person to alternate between them up to seven times). I really enjoyed that! It was so invigorating! I always finished in the warm mineral pool to relax.

Before I did my hot/cold dips I ran in the infrared sauna to detox (sweat) for 30 minutes. Since then I made it a daily routine. I did it in the morning after aqua fit or another fitness class. After lunch there were always interesting lectures to attend. I had daily treatments of various nature: massages, Q-laser, H-Wave, Soft Laser, Theragem, Viofar, MBG (magnet-ic resonance stimulation). My favorite was the massage. I learned so many things about health and how the body, mind and spirit are connected.

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**Conquering Type 2 Diabetes with Raw Food**

Type 2 Diabetes, Hypertension, Helicobacter pylori

Jack Kasinski : Calgary, Alberta, Canada

Alumnus Interview by Tom Fisher, RN

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I was somewhat apprehensive, but then thought why wouldn’t you protect yourself against cervical cancer with a vaccine that was “safe and effective”? After all, it was approved and recommended by the FDA and they research these things, don’t they? So Chris began the regimen of three vaccinations, which concluded in June of 2008. My darling daughter was found dead in her bed at college 18 days after her third injection of Gardasil. It’s been five years, but I relive the heartache of losing her every day. What happened? Could it have been prevented?

Imagine being told your formerly healthy child was found dead and they don’t know why. The autopsy report stated cause of death was “undetermined.” As we did our own research, we began to realize that other deaths of “undetermined cause” following Gardasil were reported and that there were serious post-injection adverse symptoms, which had not been disclosed to us. We alerted the FDA and the Vaccine Adverse Event Reporting System (VAERS). You would think they would investigate, but in fact, they do not even talk with you. Incredibly, the burden of investigation falls to the vaccine manufacturer.

The FDA released a report nearly two years later which stated that death was probably heart-related. How could that be when her death certificates noted “cervical cancer”? Gardasil was only approved to prevent cervical cancer, which has an average age of onset of 54. According to experts, “Nearly all cervical cancer deaths are preventable by a simple Pap screening and appropriate follow up.”

In other countries, healthcare authorities have been more vigilant. After studying HPV vaccines for a year, French authorities do not recommend Gardasil to be administered to their citizens due to concerns about the safety, efficacy and cost-effectiveness of the vaccine. The Japanese Minister for Health has suspended Gardasil injections in Japan for the same reasons. In India, Gardasil injections were also stopped following the deaths of four girls and the discovery of unethical practices. The Supreme Court of India will have hearings regarding these issues.

My precious daughter died from Gardasil, a vaccine she did not even need, which we would have declined if we had been told the truth. We were manipulated by false marketing and misinformation about the safety, efficacy and public health value of HPV vaccines. Please see www.gardasil-and-unexplained-deaths.com for more documented information. I must speak for my daughter now and we want you to know the truth. Be informed and be well.

Emily Tarsell was recently interviewed by Katie Couric on the Katie show regarding her daughter Christina’s death from Gardasil vaccinations. Emily is attempting to raise awareness to prevent more tragedies.

Gardasil and Deception: Chris’s Story

by Emily Tarsell

Christina, my vivacious, healthy and bright college junior, was on the cusp of womanhood. So in August of 2007, I accompanied my dear 20-year-old daughter to her first gynecological appointment. During the visit, the doctor recommended a new HPV vaccine called Gardasil, which was being aggressively marketed to girls between 9 and 26 years old to prevent cervical cancer. We were emphatically told it was “safe and effective” and were not told of any adverse side effects either by the doctor or the TV ads.

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The FDA was negligent in a number of ways:

1. The FDA does no independent testing of vaccines and Gardasil was approved based solely on data provided by the manufacturer.
2. The FDA fast-track approved Gardasil in just six months even though it did not meet any of the criteria for fast-track approval.
3. Because cervical cancer takes decades to develop, the FDA did not require Merck to show evidence that Gardasil actually prevents cervical cancer. Instead they allowed Merck to use precancerous lesions as markers. This is a false and inappropriate measure, since these lesions spontaneously self-heal more than half of the time.
4. The FDA was negligent in approving Gardasil when they knew the vaccine could actually increase a woman’s chance of getting cervical cancer by a whopping 44.6% if she already had HPV 16 or 18 at the time of inoculation. They don’t warn consumers about this or require prescreening.
5. The FDA was negligent in allowing Merck to downplay the deaths reported during clinical trials even though the rate of deaths among those who received Gardasil were more than twice the background rate and more than 10 times higher than that from cervical cancer after adjusting for the background rate.

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Breast Cancer

Aija Mougeolle
Lausanne, Switzerland

What a beautiful gift this cancer! I believe that now, but that is not what I thought when the doctor, after a mammogram, announced I had double breast cancer—the mean one, the one that is spread by hormones, very fast to the liver, brain and bones. Twenty minutes after the diagnosis, I found myself on the street with a list of appointments in my hand: MRA to check if an ablation was needed for both breasts or only for one, surgery the next week. Wow, I had the feeling that I had passed through a blender and someone had pressed the button without asking me—and yet it was about my life!

This made me understand that the way a disease is focused on could be either destructive or beneficial. Not once was I asked if I wanted to have surgery, nor was it ever suggested I take my time to think things over. Clearly this was an emergency, and it is emergencies that create stress. Considering that it takes years for a cancer to develop—five, maybe even 20 years, this kind of emergency is very difficult to understand.

After a month of raw food I had inflammation in my breasts. Where did this inflammation come from? Our wonderful family doctor, who supported me, said that the inflammation showed that my body is responding—it is a gift! The cancer cells hate oxygen, which green raw food is absolutely filled with.

I also learned about the visualization technique of the late Dr. Carl Simonot. According to him, two out of three cancer patients die within five years after cancer surgery if they do not change their way of living and thinking. This is why I decided to change my way of living and thinking. I continued eating raw food, including chicken and other meat. I know, shame on me! I should have called Dr. Brian or Dr. Anna Maria Clement (the directors of Hippocrates). Over the next year and a half, my health started to decline from my poor food choices. My walking got worse. I would get sick with colds, sometimes even pneumonia. I visited John of God in Brazil for some spiritual healing. I also went to Bulgaria for an MMS treatment in February 2013. Bulgaria did not help me and if anything, it got worse.

Finally, my sister Rene and my sweetie Laura said, “You got better!” So I thought about it for a few weeks, and booked another trip to HHI. I then called Eleanor Wilson to see if I could stay at her house, and she agreed. So I got my things together and decided to drive down to West Palm Beach. Before I left Canada, I went to see Dr. Brian Clement speak at Mohawk College in Hamilton, Ontario. There was a crowd of about 650 people; the word is getting out there! It took me six days to drive from Toronto to South Florida, taking my time. Whenever my legs got tired, I would stop for the night or do some site seeing. I made it to Hippocrates a few hours late, but I got there safe. Let the detoxing begin!

For the first four weeks, my body detoxed, as expected. Dr. Brian saw me and asked how I was doing. All I could say was rough, and he replied, you must have treated your body poorly. He was right. I replied, oh yeah! To treat the Lyme, I started on an Argentinian silver IV with the Hippocrates medical staff. Though it burned going in, it got better as the days went by. After three weeks of silver, they changed my IV to high doses of vitamin C and glutathione, to help treat the MS. For three more weeks, I also underwent H-Wave therapy to help build strength in my legs. The massages, colonics, acupuncture, craniosacral therapy and lymphatic drainage, all conducted by the wonderful Hippocrates therapy staff made everything more bearable!

I am slowly getting better. My head is much clearer, and Laura has noticed a big improvement in my ability to communicate. My thinking and writing are so much better! I have started going to the gym every day—something I had not done in three years. My upper body is getting stronger, and after six weeks I have started resistance training to strengthen my legs. I learned that I have to work on my legs in the evening, to prevent fatigue with my walking during the day. To date, I have also lost 25 pounds without even trying, just by eating great living and energetic food.
Traditional Native American Healing
by William Two Feather, Practicing Healer

Universally speaking, the underlying mechanism of being is a ‘wave,’ like the gentle ones washing softly ashore on a moonlit evening. This energy of life can also be compared to the rhythmic way a dolphin swims, or tracing the lines of ripples when a stone is thrown into a peaceful pond.

Basically it is the ‘salad bowl effect’ that provides the simplest way of addressing the topic of good health. In the Indian World, we call this the return to ‘balance & harmony.’ If we chop up 10 heads of lettuce in a large bowl we can say this is a salad. The fork and mouth for chewing are constant, however the content of the salad is not (other than the lettuce). When some more ingredients are added to the lettuce they contribute other nutrients. We can add nuts, seeds, vegetables and the like. In this way, we alter the content and nutritional value of the salad. We still use the same fork and mouth to ingest the salad. Yet we now have a wide variety of nutrients added to the salad with each mouthful the fork delivers.

Another underlying principle of ‘Traditional Native American Healing Arts’ is the incorporation of medicines from different realms. This increases the healing abilities to form a solid foundation that’s been tried and proven to work. (Otherwise they would no longer be used.) This is the trick to achieving the ‘prime directive’—to doing the best work possible with what we have on hand at any given time and place.

I find in working with specific physiological challenges that incorporating specialists from the spiritual realm, who come from the light (specifically, have been as instrumental as a laser or an x-ray machine. Calling in the medicine of animals, like the deer people (knowledge of medicine plants) or the snake people (healing), has been the difference between slight return and monumental return to balance. In our style of Traditional Healing we not only consider the physiological aspects, but also the mental and spiritual aspects according to the immediate needs of the client at that time and place. To address one without considering the others is a breach of our prime directive.

There are more worthy assistants available via ‘Will and Manifestation Techniques.’ These are available only if asked for in a good way and with a good heart. The dark side has knowledge, wisdom and experience as well. To call upon these dark entities on behalf of a person is not what we call good practice. Since we possess one of the strongest tools in the universe—‘Will’—we can choose who we associate ourselves with on behalf of our seeker/client at hand. We can incorporate into the healing scenario the medicine of colors, numbers, vibrational frequencies, high pitched sounds (and other specialized sounds), feathers from an eagle (and other birds such as hawks), antlers, rattles for opening the auras, smoke and aromas of ‘healing givers.’ We then have a winning scenario to return the client to balance and harmony as best as possible.

When the person says, “I have a pain here,” they are reminded by the healer not to do so. “I will tell you where,” says the healer, as not to pollute the ‘scanning’ process. The stages of healing work include: introduction, looking for what is out of balance and monitoring the eyes, tongue, hands, energy field, skin tones, temperature, etc. All can be indicators of how and what to approach in the session. Sessions can take anywhere from an hour to a few hours, depending upon the severity of the issue at hand. Health challenges such as lupus, CFS, cancer, MS and CP are among the more serious. The healing is done when it is done, no sooner and no later. In the Traditional Way there are no borders, colors or genders.

This simple article is only an introduction to Native American Oral Tradition. Those interested in Native American teachings can learn much more from my more extensive writings on the subject.

Many Blessings

William Two Feather is of Apache descent. His great-grandmother was a herbal healer. He practiced for 10 years with 3 elders. William has been a practicing Faith Healer for 15 years.
Elliot Gallin: Westhampton Beach, New York

It began as a routine visit to the doctor’s office. Elliot Gallin, now 68, was healthy, working out every day and feeling good. When his regular doctor came back concerned about a spot he saw on his chest x-ray, Gallin never would have expected that day to mark the beginning of an eight-year-long health struggle that would take him through surviving lung cancer, stage IV brain cancer and a recent diagnosis of Parkinson’s disease.

“[Our Hippocrates visit] was the best time ever,” Giedre said. “We learned a lot. We met a lot of amazing people, brought home knowledge, helped other people, but most importantly we were able to help ourselves with what we learned.”

Elliot Gallin had the constant support of his wife, Giedre Gallin, who is from Lithuania. They met in 2001 in Westhampton Beach, a small town on Long Island. “Elliot saw me walking down the street and later that evening we met at the same restaurant,” Giedre said. “Was it a coincidence or meant to be?” After the brain surgery, Gallin said he would see me in so days and apparently went on vacation. ‘Ten days came and went, and no doctor.’ It turns out that the path report was ready in four days after my surgery. A friend told me I could call and get the report over the phone, so I did. “You have a gloma, and it is fast acting,” they said. “Do you have an oncologist?” It wasn’t so much the report that got me, as it was the delivery. That night my brother, Domenick, came to visit me at the rehab center. He had made an appointment for me to see a doctor at a cancer center. The earliest opening was six days out.

Domenick asked me, “What would you do if you had a bucket list? Josie?” At first I didn’t know. I thought about it all night and then it hit me. A friend had mentioned Hippocrates Health Institute (HHI) in West Palm Beach, Florida. I called my brother the next day. He said, “I’m here for you.” I asked to speak to the person who could discharge me and I told him my plan. He replied, “Okay, but you won’t be able to come back here.”

“I have always been healthy,” said Gallin, who lives in New York. “I had no idea that I had cancer. Nothing hurt, there were no symptoms. I thought I was completely healthy.”

In 2007, Gallin was diagnosed with Stage IIIA non-small cell lung cancer (NSCLC), which is a single cancer mass that is not invading any adjacent organs, but has spread to nearby lymph nodes in the chest. Scared, he was directly sent for more tests at New York City’s Memorial Sloan-Kettering Cancer Center. He immediately began a vigorous schedule of chemotherapy and 24 radiation treatments to his lungs, which lasted nine months.

Near the end of 2008, when his treatments ended, he returned to the doctors only to find out that his lung cancer spread to the left temporal lobe in his brain. He was diagnosed with stage 4 brain cancer, and in 2009 he underwent a five-and-a-half hour brain surgery, where the medical team removed three centimeter tumors.

Throughout the past three years, Elliot said he suffered from seizures and this past spring, he was diagnosed with Parkinson’s disease, which is a degenerative disorder of the central nervous system. Common symptoms include shaking and slowness in movement. The Parkinson’s diagnosis is unrelated to the cancer, he said.

Throughout his medical challenges, “I felt cherished and safe in my needs. I felt valued, and caregivers began to attend to me and I told him my plan. He replied, “Okay, but you won’t be able to come back here.”

The next step was a cranotomy, which left him unable to walk and limited the use of my arm. The surgeon took out some tissue, said he would see me in so days and apparently went on vacation. ‘Ten days came and went, and no doctor.’ It turns out that the path report was ready in four days after my surgery. A friend told me I could call and get the report over the phone, so I did. “You have a gloma, and it is fast acting,” they said. “Do you have an oncologist?” It wasn’t so much the report that got me, as it was the delivery. That night my brother, Domenick, came to visit me at the rehab center. He had made an appointment for me to see a doctor at a cancer center. The earliest opening was six days out.

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The next morning Domenick arrived to bring me down to HHI. I told the nurse that I was ready to sign myself out, but she didn’t know anything about it. She said I would have to wait until after breakfast. I said fine. Domenick wheeled me out the door. He called my sister-in-law to declare, “The eagle has flown.” I felt like a kid again, wild and free. On the trip to HHI, we sang songs and made apologies. As we approached the registration building, we saw a statue of an eagle landing in a pond. How significant was that? I signed in and Domenick got me some lunch. Two ladies approached me and announced, “We’re sorry, but you won’t be able to stay here alone. We saw your fall risk bracelet. Can anyone stay with you? A family member? A friend?” I phoned my daughters, “I need you.” Kristyn had more vacation time, she would drive down from Tampa immediately. As soon as the decision was made, the magic began. Angels in the guise of Hippocrates medical staff and caregivers began to attend to my needs. I felt cherished and safe in their welcoming hands. Two smiling young men hustled me off to a beautiful cottage, unloaded my bag and made sure I was comfortable before they left.

When my daughter arrived, the kitchen staff had a meal ready for her to eat and she was delivered to me, exhausted. We were both ready for bed. As the next days promised to be busy ones, I got a wheelchair and had my daughter push me wherever I needed to go. There was blood work and blood pressure to be studied. There was also a biofeedback check to be done—this is a machine that scans the organs, providing the nurse with the necessary information to customize your individualized program for health.

Since HHI is an educational institute, there are a number of informative lectures to attend. Day hikes for the mind are also included in the program. Guests learn why a raw diet and wheatgrass are so important, as well as how to continue the lifestyle at home. There are many pools and saunas throughout the 50-acre campus to help you get the physical body to an alkaline state, where illness can’t thrive but good health can.

Elliot Gallin: Westhampton Beach, New York by Maria Krajnak

“Gratitude & Love”

Josephine Dawley: Lake Lady, Florida

It happened that I was sitting in meditation, really moved by the music. I love the flute. I felt a sensation in my neck, then aizzle in my leg, an almost euphoric feeling overtook me as my sense of body placement shifted to the right side of me. The izzle wasn’t painful but I couldn’t sit down. A friend held one hand, my husband Bruce, the other. The sensations stopped and I sat down to review what had happened. I can’t remember when the whole right side of my body went numb. I was still able to walk and drive, so I continued to work. I went to the doctor to begin my Medicare exam and testing. I described my experience, and the doctor crossed his legs, yawned, stood up, shook my hand and walked out as if I hadn’t said a word. The doctor chose to ignore it, and so did I. Until really couldn’t feel the pedals in the car; I was now a danger to everyone. I went to see a chiropractor, and she took my blood pressure and listened to my story. She told me to go to urgent care. Urgent care told me to go to the hospital. While in the ER, I got a CAT Scan, which showed a tumor on the left side of my brain. The journey had begun.

Hippocrates Health Institute ➤ www.HippocratesInstitute.org Healing Our World ➤ Love Conquers Disease
True health is achieved when mind, body and spirit are all addressed. Addressing only one does not bring wholeness to one’s life. It’s rare to find a place that has combined ALL the necessary tools to help achieve optimal health. Hippocrates Health Institute (HHI) is one of a kind, as it inspires people to lead healthier, fulfilling lives by empowering them to help themselves. The Oasis Therapy Center offers many treatments to rebalance the mind, body and spirit. If one component is out of balance, everything else can easily fall into distress and disease.

Medication helps one connect to true self and divine source. Time spent in contemplation or prayer helps one be present to what is—not only during meditation, but throughout life. Psychotherapy helps one examine oneself as an observer. The dialogue between the therapist and guest helps bring awareness to thought patterns, ideas and beliefs that one may have created as a protection mechanism in their youth. These mechanisms often create barriers and blockages to one’s growth and expansion.

Craniosacral helps resolve the trapped forces that underlie and govern patterns of disease and fragmentation in both the body and mind. This involves the practitioner ‘listening through the hands’ to the body’s subtle rhythms, finding any patterns of congestion. Through the development of subtle palpatory skills, the practitioner can read the story of the body, identify places where issues are held, and then follow the natural priorities for healing as directed by the patient’s own physiology.

Structural Integration such as Soma, Rolfing and Neuromuscular all help to realign the posture of the body. These therapies help the body remember its optimum position so the whole structure can function better. Bodywork helps to relieve tension and stress, improving the circulation of the body’s systems.

The Mind

The mind is much more than simply one’s brain and thoughts. Science continues to establish research supporting the idea that the mind is non-local. The mind is consciousness, and this consciousness spreads far beyond the brain to the memories held in the cells and to information held outside of the body—past, present and future. Everything is connected and is consciousness. How can one connect with that conscious awareness?

Meditation helps one connect to a true self and divine source. Time spent in contemplation or prayer helps one be present to what is—not only during meditation, but throughout life. Meditation helps one connect to true self and divine source. Time spent in contemplation or prayer helps one be present to what is—not only during meditation, but throughout life.

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The Body

The human body is a complex system. If one component falls out of balance, another part of the body compensates for that dysfunction. With time, this overcompensation starts to wear and tear at the body, throwing more organs out of alignment until one feels a noticeable decline in health. Most often, individuals continue to push on past the discomfort until something serves as a ‘wake-up call.’ Modern humans seem to think that a certain level of stress and discomfort is ‘normal,’ and they tend to cope by using stimulants and other substances, further hindering the body. How can one reconnect with the body’s innate wisdom?

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The Spirit

The groundbreaking work of quantum psychics is providing proof that everything is energy. Thoughts, emotions and actions all carry frequencies that affect one’s surroundings and general make-up. Angry energy is detrimental to one’s health, where as the energy of love and kindness lifts one’s vibration. If a person is sensitive enough or aware, they may feel the shift in energy. Some people may be able to walk into a room and sense the tense energy, or walk into another room and notice the calm, peaceful atmosphere. Disease cannot exist in high frequencies. It is beneficial to immerse oneself in uplifting thoughts, surroundings, people and aspirations.

Acupuncture is a therapy developed by the ancient Chinese that consists of stimulating a designated point on the skin by the insertion of needles to optimize the body’s life force energy, or ‘Chi.’ The position of the needles work with the meridian points or channels of energy that correspond with the organs of the body. If Chi or life force is ‘stuck,’ the needles help to stimulate the stagnant area. This gets the energy moving and brings the body into balance and flow.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by ‘laying on hands’ and is based on the idea that an unseen ‘life force energy’ flows through us and is what gives us life. If one’s life force energy is low, they are more likely to get sick or feel stress, and if it is high, the individual is more capable of being happy and healthy. Electromagnetic Therapy utilizes noninvasive soft lasers and other devices that restore energy at the cellular level, supporting the body to heal faster and restore itself to energetic balance. These therapies help foster immunity for recovery and healing.

Didgeridoo is an ancient Aboriginal instrument that helps dissipate tension, stress and dense energies stuck in the body. Sound therapy bathes the body in a cleansing universal tone, re-aligning, re-booting and re-balancing one’s energy. This cleansing opens the body to greater potential for healing and personal growth.

Harmonic Massage combines sound healing with bodywork. Tuning forks are used to stimulate specific points of the body; then the energy is worked in with a massage to reinvigorate and balance the mind, body and spirit.
I attended the three-week Life Transformation Program at Hippocrates Health Institute (HHI). It was at HHI that I recognized my potential to become a leader in my healing. I saw an opportunity to build a platform for myself that paired health consciousness with healthy actions—one that matched mind/body awareness with diet and nutrition.

Each step of my health’s restorative journey has served as pebbles along ‘the path’ carefully laid to ensure my well-being. One such pebble was my visit to Hippocrates Health Institute. I had attended an open house and a Saturday raw food cuisine class previously at Hippocrates. I was impressed by the lovely campus and friendly staff and made up my mind that one day I would enroll at HHI. At the time I was considering attending the program to deal with an issue that the medical establishment does not have an answer for. This problem was a result of radiation treatments I had for cancer 10 years ago. Recurring scar tissue was forming in my bladder and I needed periodic surgeries to relieve the blockage. The condition is known as urethral strictures and bladder neck contractions.

When I graduated from Hippocrates, I took inventory of my lifestyle, starting with my diet. I sought out opportunities to learn more about wheatgrass, grains, raw foods, sprouting and dehydrating. I attended local gatherings that brought raw foodies, vegetarians and vegans together in hopes of exchanges on dietary principles. I scoured out my local community and grocery distributors to see what they carried and stocked up, squaring up to ensure my supplies would be available.

In the process of implementing these changes, I learned much about healthy foods and their healing properties. This supported my passion for nutrition. What I witnessed in myself and others at HHI, who had sought to bring about more health into their lives, inspired me to attend college, pursuing course work in biology and the health sciences.

As my knowledge base in nutrition grew, so too did my empowering ability to meet my health challenges. I was able to greet the medical and alternative health community with more confidence, using my background in nutrition to assist my care. I encouraged them and myself to ensure my supplies would be available.

The founder Virginia Harper said something that resonated with me and paralleled what I had learned at HHI: “Anything less than a healthy thought is toxic.”

We are our thoughts in physical form and expression, and the story we choose to tell about ourselves is up to us. At each phase of my healing path I learned the importance of reflecting on where I am and asking myself: “What is the healthier story?”

This condition was hampering my lifestyle because I was a marathon runner and a certified Chi Running instructor. Chi Running is a unique program that focuses on mindful running using principles from T’ai Chi. It’s like a running meditation that reduces the impact of each step, thus reducing injury potential. I was in danger of losing these two passions (running and teaching running) because of the frequent surgeries. The recoveries and discomfort was making it too frustrating to “be out there.”

During my stay at Hippocrates, I participated in many unique therapies and educational programs, some of which I am still practicing today. For example, Dr. Keith Cini taught me a six step self-massage specifically for the bladder. In addition, Qi Gong allowed me to direct healing energy to that area, as well as around my whole body. I had a wonderful insight that I was now communicating with my body, especially the area in need of attention. The body indeed, loves attention. I now feel that I was in partnership with my bladder to ease up, relax and go with the flow (nice pun there). I have fond memories of the supportive relationships with fellow participants and with the staff. And of course, I recall those daily saunas. I never liked sauna prior to my stay at Hippocrates, but there I learned to love them. Sweating out those toxins led to a great feeling. In fact, it reminded me of a good run. I am seriously considering purchasing one for my home.

When I first got home from Hippocrates, I was on a natural high. In fact one of my students had commented in class, “you are glowing.” Living in the real world, I am careful not to “be out there.” Instead, I do, the recovery will be minimal. I was looking for an instant cure to the recurring scar tissue situation. I have learned that instead of finding a miracle cure, I have discovered an unfolding process. The Hippocrates way of life will lead to growing new, healthy cells that will eventually alleviate the problem. My symptoms have lessened immensely and I am back to running and teaching Chi Running regularly. I have my passion back and am feeling my spirit soar each time I go out for a run or teach a class. In fact, I am leaving for New York in a few days to run the NYC Marathon for the 28th time.
If someone were to tell me that I could increase my lifespan and energy levels by eating grass, I’d think they were nuts! Tommy Whitmire and Tonamy Paterakis, both Hippocrates Health Educators from the USA, came to Antigua and Barbuda to spread the word about just that—the healing powers of wheatgrass and sprouts. This certain variety of grass and these baby plants are the most nutritious plants that grow on land. Tommy and Tonamy are growing them here on the island to share with us. Entrepreneur and developer Skye Williams, who was immediately taken by the two and excited to incorporate them into his vision of helping the people of Antigua made the duo’s humanitarian efforts possible. “When I met Tonamy and Tommy, I knew that they were serious about bringing actual solutions to help the people here. You can see from their projects that they have followed through on their word,” said Skye.

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drew are available in the raw form of the food. Adding raw fruits and veggies can bring your body, mind and spirit back towards an optimum state of health,” says Tommy.

References

See video on YouTube, Subject: “Lights On Day Camp, invited a-Ajele Williams, Director of Summer Kids Camp”

Lights On Day Camp 2013 | Antigua and Barbuda

See video on YouTube, Subject: “Wheatgrass juice is the world’s healthiest food,” says Tommy. It was shared that eating these sprouts and consuming wheatgrass and raw fruits and vegetables, coupled with regular exercise, will completely reverse diabetes, obesity, malnutrition and anemia, which are currently the island nation’s primary health problems. “The body has the ability to heal itself; it just needs to be nourished with optimally nutritious raw food to provide us with the energy required to heal,” says Tommy. “I also want to mention the great health benefits of our local plants like soursop, neem and moringa, or as we call it ‘The Tree of Life’. These plants and products derived from them will soon be available at all of our locations,” added Skye. Fascinating information for sure—who knew we were living on such a fertile piece of land? “We’re just here to help and support those people who want to help themselves, at whatever pace they want to move,” Tommy shared. Tonamy & Tommy have already traveled to Barbuda and spoken with Rt. Hon. Arthur Nibbs, Chairman of the Council and shared sprouts and wheatgrass, along with the benefits of drinking hemp seeds and chia seeds. The team knows that no other Caribbean island can come close in comparison to the fertility of Barbuda’s soil, and they are excited about their agricultural solutions for the land. On their first trip to Antigua in June, the two met with Opposition Leader Gaston Browne, who has voiced his full support of these nutrition, agricultural and health solutions to the island’s present problems. Skye, Tonamy and Tommy joined Mr. Browne on his radio show, where they discussed these topics, along with the importance of breastfeeding for at least two years to ensure proper child development, and the importance of drinking only purified water or coconut water.

The benefits for this nutritional program and change in lifestyle seem to be endless in helping overall health and body-mind-spirit performance for children and adults. The program will also benefit professional athletes in their sports, educational leaders in their roles and anyone else interested in rejuvenating their energy and health. What a new perspective of knowledge and opportunity to help the people of Antigua and Barbuda—I am excited to see Tonamy and Tommy’s next project come to reality and to step in line at the new juice bar for some of that wheatgrass Juice. Shots all around! —

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n the uncooked form of food, it just explodes with flavor when you know how to combine the foods and give it the right zest of dressings and spices!” So fruits and veggies, that’s fair. But what about eating grass? “Wheatgrass holds at least 92 of the 102 minerals found in the soil, plus 17 amino-acids, enzymes and nutrients the body needs,” Tommy informs. The two shared a current project under development by Skye Williams—a soon-to-be-constructed health and juice bar, in which wheatgrass juice will be sold. “Juicing—not to be confused with blending—enables you to get more nutrients in a condensed form that is more easily absorbed by the body, thus providing you with more nutrition,” shares Tonamy. “Consuming just one two-ounce shot of wheatgrass juice per day is equivalent to five portions of the best vegetables available, and serves as a detoxifier, energy-enhancer and weight-loss accelerator. It also helps build mental focus for concentration,” Tommy adds. Tonamy and Tommy shared that their Wheatgrass and Sprouts (such as Sunflower Sprouts and Pea Sprouts, as well as Sprouted Mung, Adzuki, Fenugreek and Garbanzo Beans) have already been successfully grown on the island and are soon to be ready for purchase and consumption with the help of grower and distributor Dalma Colobourne. “This is the first Wheatgrass to ever come to Antigua & Barbuda with the intention of making it available to the people,” said Dalma. The grow house I visited here in St. John’s is not much to look at, but once inside you can see that the plants must love it. “The wheatgrass grew to its full height in just six days, in the USA it took 10 days to reach the same optimal height,” said Tommy. “We are excited to see this plan we had two months ago already come into reality, and now we just have to get the grass into the schools and in the hands of the youth,” said Tonamy. If you consume healthy foods instead of candy they will learn faster and become smarter, playing an important role in the development of Antigua and Barbuda. See video on YouTube, Subject: “WET GROW HOUSE for SPROUTS & WHEATGRASS in ANTIGUA!”

Adding one cup of Sprouted Fenugreek alone has been shown to help people with type 2 diabetes,” says Tommy. It was shared that eating these sprouts and consuming wheatgrass and raw fruits and vegetables, coupled with regular exercise, will completely reverse diabetes, obesity, malnutrition and anemia, which are currently the island nation’s primary health problems. “The body has the ability to heal itself; it just needs to be nourished with optimally nutritious raw food to provide us with the energy required to heal,” says Tommy. “I also want to mention the great health benefits of our local plants like soursop, neem and moringa, or as we call it ‘The Tree of Life.’ These plants and products derived from them will soon be available at all of our locations,” added Skye. Fascinating information for sure—who knew we were living on such a fertile piece of land? “We’re just here to help and support those people who want to help themselves, at whatever pace they want to move,” Tommy shared. Tonamy & Tommy have already traveled to Barbuda and spoken with Rt. Hon. Arthur Nibbs, Chairman of the Council and shared sprouts and wheatgrass, along with the benefits of drinking hemp seeds and chia seeds. The team knows that no other Caribbean island can come close in comparison to the fertility of Barbuda’s soil, and they are excited about their agricultural solutions for the land. On their first trip to Antigua in June, the two met with Opposition Leader Gaston Browne, who has voiced his full support of these nutrition, agricultural and health solutions to the island’s present problems. Skye, Tonamy and Tommy joined Mr. Browne on his radio show, where they discussed these topics, along with the importance of breastfeeding for at least two years to ensure proper child development, and the importance of drinking only purified water or coconut water.

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References
Relapsing Polychondritis

Helena Leibgott : Quebec, Canada

My story began on Victoria Day weekend, May 2009. My husband and I were on a canoe trip in the pristine wilderness of Algonquin Park, Ontario. We were enjoying a perfect day in paradise, however something very bizarre was about to happen.

I was 52 years old at the time and had always been the picture of health. I meditated, practiced yoga, and had worked as a reiki and reflexology therapist for many years. I had even raised my three children on a macrobiotic diet. I always believed in a healthy lifestyle. But here we were in the canoe, after taking a delicious swim in the lake, and I felt a sudden shift in me and a burning sensation in my left ear. I told my husband that I thought I had been bitten by some kind of insect but thought nothing more of it. However, over the next few days my ear continued to burn, got very red and began to swell tremendously. Upon our return from our home in Montreal to see the doctors wasn’t sure if it was an infection of some sort. When I underwent a four-day treatment prescribed for signs of infection but none was present, ruling out an infection but still brings tears of joy remembering all the times I attempted to tease him into joining my in my energy-developing techniques (yoga, qigong), I have never seen him so faithful with all his precious supplements; the ones I used to set out for him were left untouched for days. I’ve been buying LifeGive™ products ever since discovering them at a raw foods restaurant in St. Augustine, Florida, a few years back. Thank goodness for Got Sprouts and their delivery service.

In the meantime, the swelling was increasing to where my ear was severely deformed and discolored (blue). I was also taking morphine for the pain. It was at this point that a diagnosis of Relapsing Polychondritis was suspected and I was referred to a rheumatologist.

Relapsing Polychondritis is a rare ‘autoimmune disease’ that affects three in a million people and is a form of rheumatoid arthritis. It attacks the cartilage throughout the body causing it to degenerate over time. Of most concern is the cartilage around the heart, lungs and trachea, whose degeneration could be fatal. Scary stuff!

The rheumatologist prescribed prednisone, which had a positive effect, and the swelling went down, only to return as soon as the prednisone was stopped. So a more intense 14-day course of prednisone was suggested. According to the rheumatologist, as prednisone is very toxic and unsuitable as a long-term solution, I would likely be facing a lifetime of medication (reluctant to even take Tylenol for a headache) this was my worst nightmare! I told my husband that I would rather die than concede to a lifetime of medication. So I went on the internet searching for alternative forms of help despite a warning from the doctor that there was a risk of permanent ear deformation due to degeneration of the cartilage if the inflammation wasn’t successfully treated within the next few days.

On the net I discovered Dr. Joel Fuhrman, a New Jersey MD who treats disease with nutrition. I was lucky enough to get an appointment on short notice, so we drove down from our home in Montreal to see him. He recommended a shorter, more intense, five-day course of prednisone, since my ear at this point was unrecognizable, combined with a vegan detox diet. This was followed by a supervised water fast to purge my body of toxins. I fasted for ten days. The pain finally subsided and my ear began to look like an ear again.

I left intending for the best, hoping he would stand his ground. During the second week of Jack’s stay, I heard the transformation already taking strong hold in the words he spoke! At his graduation ceremony, I was beyond thrilled!

Stage IV Rectal Cancer

Jack Martin : Mount Dora, Florida

by Barbara Martin

My husband, Jack, visited Hippocrates Health Institute (HHI) to attend the three-week Life Transformation Program. Although my heart knew Jack’s potential in the HHI environment would be powerful, his transformation was far greater than I dared to place any bets on. At check-in, even though the decision to enroll was totally his own, he was stunned and in shock at the reality of where he was. I left intending for the best, hoping he would stand his ground. During the second week of Jack’s stay, I heard the transformation already taking strong hold in the words he spoke! At his graduation ceremony, I was beyond thrilled!

We continue the journey at home. Jack leads me five times a week in qigong and it still brings tears of joy remembering all the times I attempted to tease him into joining my in my energy-developing techniques (yoga, qigong). I have never seen him so faithful with all his precious supplements; the ones I used to set out for him were left untouched for days. I’ve been buying LifeGive™ products ever since discovering them at a raw foods restaurant in St. Augustine, Florida, a few years back. Thank goodness for Got Sprouts and their delivery service.

They hold us over until our own wheatgrass is plentiful!

Jack often returns to his HHI binder, notes and taped lectures, watching 90% less television, and is indeed a healthy example and great benefit to family, business associates and neighbors.

I say thank you, thank you to Jack often, as well as to the Hippocrates team for keeping the doors wide open to all those who are willing to enter a place of welcoming, unconditional acceptance. HHI’s techniques, education and services ensure full success in whole integrated body wellness!

Written with gratitude by Jack’s longtime cheerleader, friend and partner, Barbara Martin.  

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odern diets are largely heat-processed and as a result contain high levels of advanced glycation end products (AGEs). Dietary advanced glycation end products (DAGE) are known to contribute to increased oxidant stress and inflammation, which are linked to the recent epidemics of diabetes and cardiovascular disease. Dry heat promotes new DAGE formation by taking the process to 100-fold above the uncooked state across all food categories.” (US National Library of Medicine, National Institutes of Health, Advanced glycation end products in foods and a practical guide to their reduction in the diet)

To make matters even worse, the study goes on to say, animal derived foods even when they are cooked are AGE-rich and prone to more AGEs after cooking. Carbohydrate rich foods such as vegetables, fruits, and whole grains contain relatively few AGEs, even after heat processing. AGEs are proteins or lipids that become glycated after exposure to sugars, forming a gooey substance. AGEs can accumulate in the vessel walls, where they perturb or inhibit cell structure and function. Their formation and accumulation is entirely preventable through lifestyle and diet changes.

When you eat a mostly raw vegan diet, this process will take care of itself in a harmonious, continuous process. One area not working properly will throw the entire process into chaos, causing a diseased state in the body.

Our body cycles of regeneration and degeneration are constants throughout our lives. These cycles are in balance in our bodies up until age 20, the development years. The human body is amazing:

1. Every second, 200,000 lymph cells die off and are replaced.
2. Every 7 days, the cells lining our lungs die off and are replaced.
3. Every 90–120 days, our red blood cells die off and are replaced.
4. Every 7 years, our osseous cells (bone and teeth) die off and are replaced.
5. Every 30 years, the collagen cells in our skin die off and are replaced.

We are literally recreated anew every 30 years. It is our lifestyles that compromise the hard work by the body, causing premature aging and degenerative diseases. Specific age brackets have their own focus and challenges:

1. Ages 0 to 20 are the Developmental years
2. 20 to 40 Hormones rule your life
3. 40 to 60 is the Danger Zone for disease
4. 60 to 80 is the Reward Time for a Healthy Lifestyle
5. 80 to 100 is the Time to Unwind and Renew

Ten things have to change in your life. The immune system’s job is to keep you healthy. Eighty percent (80%) of your immune system is found in the gastrointestinal tract or digestive system. You are what you eat, and your children are what you feed them. That can be a scary thought today!

Five steps to a perfect digestive system:

1. Ingestion (chewing a mostly plant-based diet till liquified)
2. Digestion (consuming raw foods high in digestive and metabolic enzymes)
3. Absorption (a digestive tract and colon free from accumulated debris can absorb nutrients efficiently)
4. Assimilation (a healthy circulatory system free from undigested food particles and AGES can distribute nutrients uninhibited where they are needed)
5. Elimination (regular and complete elimination of fecal matter two times per day average)

Change Your Life and the Way You Feel Forever

by Dr. Tom Fitzgerald

Your body is very forgiving. I have seen many people pull themselves from the brink of death and recover from serious illnesses when they made changes in their lifestyle or attitude. The body is on a healing mission. I have seen many people pull themselves from the brink of death and recover from serious illnesses when they made changes in their lifestyle or attitude. The body is on a healing mission.

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After working firsthand with people who were fluctuating on the edge between fear and recovery, my eyes have been opened to an insightful world. A hopeless person expels all their energy trying to stay alive in a fearful, unhealthy existence; with this they see their resultant mala-dy as an opportunity to gain attention and ultimately use it as an excuse to give up. This type of individual, sadly, is the majority of the world population today. When assessing the biggest obstacle in conquering a disease, the real thing to remedy is the lack of personal responsibility. How then, does an individual who most often has lived a lost life, rapidly change course in the midst of disorder?

There is an old adage that states, “One’s true character only arises under enormous pressure.” Although it is not necessary to face death in order to unleash one’s true self, I have seen this happen tens of thousands of times.

ONE’s character is a compilation of their strongest beliefs. Deep down all of us still possess the youthful enthusiasm and vigor that prevailed at our most innocent moment. It is not a big stretch to re-engage this unadulterated passion, especially when faced with potential demise.

On the other hand, the fatalistic skepticism utilizes the diagnosis as a self-created prophecy. It is unfortunate that this type of behavior is not only condemned, but it is encouraged. One of the healthiest bits of advice that we afford the participants in our Life Transformation Program is to stop fueling their disease by discussing it, dwelling on it, and fearing it. Many of the professionals that have worked with body and mind methods during the institute’s history have proven in every case that if a person changes their mental and spiritual challenge from bad news to a beatable scenario, they gain an enormous ability to heal themselves.

Renounce, Respond, and Rene

ew: Third, Renew your wellbeing and health at every level so that you can now leave the entire battle behind.

Renounce: When considering the three foundational steps in reversing disease first Renounce the potential the disease has in beating you.

Respond: Second, Respond by relinquishing the fear with proactive actions.

Renew: Third, Renew your wellbeing and health at every level so that you can now leave the entire battle behind.

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There is an old adage that states, “One’s true character only arises under enormous pressure.” Although it is not necessary to face death in order to unleash one’s true self, I have seen this happen tens of thousands of times.

ONE’s character is a compilation of their strongest beliefs. Deep down all of us still possess the youthful enthusiasm and vigor that prevailed at our most innocent moment. It is not a big stretch to re-engage this unadulterated passion, especially when faced with potential demise.

On the other hand, the fatalistic skepticism utilizes the diagnosis as a self-created prophecy. It is unfortunate that this type of behavior is not only condemned, but it is encouraged. One of the healthiest bits of advice that we afford the participants in our Life Transformation Program is to stop fueling their disease by discussing it, dwelling on it, and fearing it. Many of the professionals that have worked with body and mind methods during the institute’s history have proven in every case that if a person changes their mental and spiritual challenge from bad news to a beatable scenario, they gain an enormous ability to heal themselves.

Abstract, deep and ethnic ideas may spark your ambition to recover, yet it requires application of practical means to allow the healing to occur. As an example, when we hand seeds to our guests and teach them to germinate them into powerful nutrient-rich foods, it has a multi-faceted potential to fight disease. Of course vitamins, minerals, proteins and remarkable phytonutrients all play an important role in fighting disorder and activating the immune system. With this said, the real power of this practical pursuit is the emotional acknowledgment that the individual has been willing and ready to fully engage and participate in the conquest of disease.

Another practical healing mechanism is the care and strengthening of the anatomy through movement, exercise and fun activity such as dance. The viability that aerobic, resistant and stretching activities have in the recovery process is concrete.

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HEALING OUR WORLD --> Love Conquers Disease
Fearless Healing

Stage IV Breast Cancer

Barbara Ulrich : Buffalo, New York

I have had the privilege of visiting Hippocrates Health Institute in March 2010 for one week and then again a year later in March 2011 for the three-week Life Transformation Program, made possible by the generosity of the Helping Hands Program. To say that it changed my life seems to be an understatement. The experience has fundamentally changed my life—my health, my relationships, my inner self and my soul.

I was diagnosed with Stage IV breast cancer in January 2008. At that time I didn’t even think I would live to see 2012. It shook me to my core and I knew that I had to examine everything in my life. I needed to understand how to achieve optimal health, what it means to live each day with joy and happiness and how to be true to myself. This exploration eventually took me to the doors of Hippocrates Health Institute in West Palm Beach, Florida. I think the most important thing I learned was to be kind to myself. I learned to accept myself exactly where I was and understand that change progresses over time. At first I focused on food, became a vegan and followed the raw lifestyle diligently, juicing wheatgrass and green juices twice a day. The three-week Life Transformation Program really helped me to eliminate the sugar, salt and fat cravings and—even more amazingly—my cravings for coffee and wine. My family and friends could not believe that I actually enjoyed eating so healthfully and that I never felt deprived, ever. The food changes were really the easy part. Exploring who I am, what my purpose for living is, what brings me joy and truly living everyday—that still challenges me. I quit my well-paid corporate job where I had worked for over twenty years, traveled all over the world to Europe, Asia, Africa and Latin America. It was very exciting and very stressful. A few months after leaving my career, I began playing my cello again after over 20 years and I now play in a community orchestra and love it. My children were in day care from the age of 12 weeks old so I could get my MBA and advance in my career. I am now home with my teenage sons and I treasure this time with them before they head off to college and their own careers in a few more years. I remember a particular lecture Hippocrates director Dr. Brian Clement gave, where he started off saying the most important ingredients to healing and living a healthy life are being happy and finding your purpose. Being a mom just might be enough for me right now. And amazingly, living on disability income is also enough for me right now. I now exercise almost every day, spend 20 minutes in the sauna most mornings, have colon hydrotherapy every three weeks and continue with my enzyme supplements, especially in the winter months when I eat a little more food to stay warm. We can’t all live in sunny South Florida— or can we?

The best news, of course, is that some of the breast cancer that had metastasized to my bones has completely disappeared. Some of it is still shrinking, and other lesions are inactive. Thanks to Hippocrates Health Institute (HHI) for over 20 years and I would be off my insulin in a short period of time. I decided to go for it and enrolled in the three-week program. My stay at HHI was the most transformational experience of my life. It changed and molded my appreciation of the natural healing process. Outstanding lectures, psycho-therapeutic sessions, exercise programs, a variety of treatment modalities, medical evaluations, laboratory progress reports and detoxification are just some examples of what the program offers. The food, although alien to me at first, was terrific, and I learned many recipes that rivaled traditional dishes. I did not realize while I was there how spoiled I was with the meals that were provided. It made the major lifestyle change to a plant-based raw food diet easy and seamless. My thanks to Hippocrates Executive Chef, Ken Blue, and his wonderful staff.

What really motivated me was that after two days I no longer needed my anti-inflammatory meds for my joint issues. I was totally off my insulin in just 11 days. I lost 26 pounds during my three weeks at HHI and after four months I lost a total of 49 pounds. As thrilled as I was with my results, I was more impressed by the successes of the many guests who were there with serious health challenges. Several started out in wheel chairs and when I left they were either walking or seemed stronger, more energetic and alert. There were many people there at all stages of a variety of cancers. Even those diagnosed as terminal appeared stronger and overall noticeably better. There were, I’m guessing, about 100 guests from 18 countries who were with me. Many had heard such positive experiences from people whom they knew that they had previously attended the three-week program. This was a motivating factor for them to enroll at HHI. Upon completing the program, I walked away from HHI knowing that the body’s immune system can heal virtually all health challenges. Supplying the necessary nutrients, detoxifying and eliminating the heavy metals that have accumulated over a lifetime are key to optimal health.

After being exposed to an overwhelming amount of useful knowledge we were given, for our transition back into the real world, a consolidated detailed program of how to continue all that we learned. Kathryn Lippman, Director of Guest Services, provides this at the exit interview each guest has with her. This allowed me to leave with the confidence that I could continue the program on my own.

After several months, I continue to follow the program fully and plan on going forward. I now grow all my own wheatgrass and sprouts. The diet really does not take willpower because I have no desire for all the foods I loved before.

Dr. Brian and Anna Maria Clement and their staff want us to be successful, so they continue to make themselves available for any questions we may have.
Bethany’s Story
by Janet McKee HHC, AADP, Certified Holistic Health Counselor

It is so thrilling to witness the growing list of people and hear their stories of amazing recoveries after incorporating the raw food diet. I love to meet people who have recovered from many health challenges such as heart disease, diabetes, autoimmune disease, advanced digestive disorders and even cancers when they adopt dramatic food and lifestyle improvements. Paralysis, however, was certainly something new to me, so when friends of mine and I met Bethany and heard her story, we knew this was one story of recovery that must be told and shared with the world.

I’ve known for some time that food choices are critical for good physical health but after working on this film, I have no doubt in my mind that there is no greater medicine than food for true healing of the body. It is so simple, yet many find it to be a concept that’s hard to grasp, which is why we created this film. Our goal is to open up the hearts and minds of people by showing them that the sustainable road to healing begins with food and not always medications and surgery. Once that concept is understood, optimal health can be achieved and life can be more enjoyable.

So, we created a beautiful and inspiring film titled, “Bethany’s Story.” This film is about this young woman who had become paralyzed from a bad reaction to medication. After seeing many doctors and specialists for 3.5 years, she was told she would never walk again. One day, due to her own inner wisdom, she began to research online for “something else out there,” as Bethany would say, that just may help her to feel better. She never thought she would walk again. One day, she decided to begin a 100% raw diet. Much to everyone’s surprise (including her doctor), in only a few short weeks of consuming raw foods, Bethany began to regain movement in her feet and then her legs, and in only five months, she was walking normally again! Just by eating differently, she regenerated parts of the nerves in her legs (the Myelin Sheath) that she was told were completely dead. Wow! We never realized that food could be so effective in reversing this type of paralysis. We believe this is an example of the healing power of food that is far too dramatic to be ignored.

We set out to interview Bethany’s friends and family and decided to include opinions from lead medical and nutrition experts from the U.S. and Canada, including Dr. Brian Clement of Hippocrates Health Institute, Dr. Gabriel Cousens of the Tree of Life Rejuvenation Center, Dr. Michael Greger and more. The information that these experts shared with us for this film is profound. It has inspired many people to learn more about how something as simple as food can heal the body.

We have had so many people tell us how the film has changed their lives and so many others who have had amazing recoveries from illness when they changed their diet. I feel such gratitude in my heart to have the opportunity to be part of a movement that will help “heal the world.” We feel that by joining together to inspire and encourage others, we will have a positive and lasting impact on humanity. As a holistic health counselor and film producer, I have gained more confidence than ever before in what I teach—that the right food heals the body. I’ve become even more passionate and committed to wanting to help others and this new source of inspiration has fueled my desire to share this great news with as many people as possible.

By watching this film, I hope the audience becomes inspired to begin making better choices with food and lifestyle. I hope that it becomes crystal clear to the viewing audience that it is raw PLANT foods that heal the body and that they begin to want to learn more. Inspiration is the first step to helping others make positive changes and this film is a key tool to create the desire in others.

We have had so many people tell us how the film has changed their lives and so many others who have had amazing recoveries from illness when they changed their diet. I feel such gratitude in my heart to have the opportunity to be part of a movement that will heal the world.
Hypertension, High Cholesterol, Sleep Apnea

Tom Yeaman : Apopka, Florida

This is the short story of my life-changing experience and transformation that took place at Hippocrates Health Institute. I am a 56-year-old married man with six children and three grandchildren. I own and run a business with two locations in Florida, employing 70 people. I have spent the last 15 years on numerous diets and always watched everything I ate.

The story begins on Friday, two days before Easter. I stopped in to get my weekly hormone shot at my doctor’s office and was asked how I was feeling. My response was: tired, sluggish, no energy, no libido, terrible sleep, cranky, overweight and depressed. The nutritionist asked if I would do a detox program on my own at home to see if that would help. I declined, thinking that all the stressors in my life would interfere with completing the program. I asked if there was a residential health center that offered a similar program. She wrote down on a piece of paper: “Hippocrates Health Institute.”

I left the doctor’s office and, as I sat in my car, I decided to look Hippocrates up on my iPhone. I soon found myself on the phone with a Hippocrates program consultant, and fifteen minutes later I was calling my wife to let her know I was enrolled in the three-week Hippocrates Life Transformation Program. I told her I was leaving on Easter Sunday for a place called Hippocrates Health Institute in West Palm Beach, Florida. At first she thought I had lost my marbles, but once she knew that I was serious, she completely supported me.

So off I went Easter morning, not really knowing what to expect, but wholeheartedly hoping that I might find some changes that would stick for me. The first thing that they tell you is not to stop taking your medication. So what is the first thing I do? What they said not to do. Two blood pressure medications, one for cholesterol, one to help with sleep and my CPAP machine (for sleep apnea). Yes, a typically middle-aged man in a bad rut, and only getting worse. Well, shame on me for not listening, but I was determined that this was going to change my life and I was going to have to make some changes myself. So, everything except the CPAP machine was left in my suitcase for my three weeks at Hippocrates.

By the end of week one, I had lost 10 pounds and was sleeping through the night. I haven’t slept through the night in years. It was common for me to be up four or five times a night getting something to eat and using the bathroom. By the end of the second week, I had lost another seven pounds and my energy level was amazing. I didn’t even need my CPAP machine! Wow, I was so excited and my wife was thrilled!

At this point, I was more focused, my mind was clearer, my eyesight was better, my energy level was great, and my libido, well let’s just say I was 20 years old again. When I would use the restroom, I didn’t stand there for minutes wondering what things would start. I just thought, “The Hippocrates program is amazing!”

Sprints include things like alfalfa, clover, radish, buckwheat, sunflower, pea shoots, lentils, broccoli, wheatgrass, adzuki and mung beans. Sprouts fall into a category of their own called “Living Foods.” Their nutrients are an average of 20 times more abundant than that of even the best raw vegetables. Sprouting releases dormant enzymes, making them more easily digestible and their nutrients more bio-available. By the natural process of transmutation, the vitamin, mineral, enzyme, phytonutrient and amino acid (protein) content of sprouted food skyrocketed, achieving levels never again seen in the life of the plant. ‘This makes sprouts a true Superfood.’ And yet, there is something more. Living foods are high in energy and high in frequency. Sprouts contain secret nutrients that defy classification even to this day. Dr. Hans Eppinger at the First Medical Clinic of the University of Vienna found that a living food diet increased the electrical potential between the tissues cells and the capillary cells. Dr. Eppinger also showed that living foods increased the absorption of nutrients, and increased the release of toxins from the cells. Most importantly, Eppinger found that living uncooked foods were the only kind of food that could restore the bioelectrical potential of the tissues once their electrical potential was weakened and cellular degeneration had begun. Living foods are the only foods that have the ability to “jump start” the sick cells back to health. Because sprouts are still growing at the time of consumption they are biogenic. Biogenic foods are foods that create new life when planted. This is also known as living food bio-electricity which is their “life-force” energy. Sprouts are pulsating with life and this life-force energy is capable of transferring their energy to your body. The sprouts are alive and you are alive. Life begets life. The more living foods you take into your body, the more alive you become. This is truly magic at its best!

Medically and nutritionally, sprouts have a long history as a ‘health food.’ Recent research shows they also contain an abundance of highly active antioxidants that prevent DNA destruction and protect us from the ongoing effects of aging and cellular breakdown. These studies confirm that sprouts can also have an important curative ability. The concentrated amounts of phytochemicals in sprouts help protect against disease. Johns Hopkins University found that broccoli sprouts contain a substance called sulforaphane, a compound that helps mobilize the body’s natural cancer-fighting resources and reduces risk of developing cancer. In fact, their research determined that broccoli sprouts are the most powerful anti-cancer substance ever discovered—either natural or man-made.

...cont’d on p. 56

...cont’d on p. 63
Orthodox medicine frequently views health as being the absence of disease. Energy Medicine feels that disease is a condition precipitated by a toxin filled, nutritionally deficient and stress dominated system, which will ultimately result in changes in enzyme and hormone production. This will in turn gradually produce a biochemical change, producing signs and symptoms. Suppressing symptoms and not removing their underlying cause will allow the embers of an illness to smolder quietly, only to erupt with increased intensity at a later date.

Modern physics has determined that matter and energy are interrelated, and that matter is a denser form of energy. Vital to the understanding of futuristic medical therapies is the view of the physical body as an energy system, composed of waveforms or oscillations at various frequencies. Consequently, imbalance and disease of the physical body is a result of disturbances in the energy field of a particular organ or system. Illness develops in a definite sequence. Initially there is dysfunction at an energetic or cellular level, an event detectable by Energy Medicine. This is followed by abnormalities on a biochemical level, detectable by blood testing. Ultimately, alterations in the tissues and organs will appear, either as X-ray abnormalities or through cytological testing (biopsies).

Conventional medicine continues to develop at a rapid rate, becoming ever more technical and specialized. Depending on what type of headache you have, you may visit an internist who may in turn refer you to a neurologist, an ophthalmologist, or even a psychiatrist. In this traditional form of medicine, the different symptoms are viewed as different body parts being ill, but what if all these symptoms are interrelated? What if your headache, skin rash, constipation, stomach ulcer, insomnia, and muscle spasms are all symptoms of the same underlying problem? Most symptoms are the body’s way of trying to get rid of toxins and to regain homeostasis and balance.

Therefore, most diseases should be treated not by suppressing your body’s defense systems, but by cooperating with these systems. Energy Medicine seeks to identify the root cause of one’s symptoms, so if A causes B, instead of treating B (as does Orthodox medicine), Energy Medicine will treat A. The ideal therapy for any condition is something that is effective and tolerated by your body. Most drugs are effective, but are not well tolerated, causing side effects. Energy Medicine addresses the cellular or energetic level, long before deeper damage takes place, and is truly preventive. The patient’s progress can be measured by energy medicine tests, laboratory tests, clinical observation by the practitioner and the patient’s own feeling of well-being.

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A DAY IN THE LIFE OF A TRAVELING, LIVING FOOD VEGAN

by Philip Nicozisis, Hippocrates Health Educator

I’m staring out of the window right now at 35,000 feet; it’s 4:45pm. One more hour and we’ll be back home in West Palm Beach, Florida. I can’t wait to head over to the Hippocrates buffet for dinner. As I’m fond of saying, it’s unfair that I live only 8.9 miles from Hippocrates Health Institute (HHI). Also, I am blessed to have recently graduated from the HHI Health Educator Program.

M y dehydrated wheat berry snack, along with a dehy- drated almond and walnut treat, helped power me through a wonderful weekend in New York. I also brought two pounds of leafy sprouts, sprouted fenugreek vegetable seeds, dehydrated kale and soaked buckwheat groats that I prepared earlier in the week. I brought enough so that my sister, brother and extended family could sample the bounty. After all, I’m a self-described Hippocrates Ambas- sador—walking the walk and talking the talk. Everything I needed for the entire long weekend trip fit nicely into carry-on luggage: books, suit and tie and other clothing. Happily, I keep refining the craft of vegan travel.

At the surprise 50th birthday party for my sister, the chef made a medley of fresh vegetable and vegan items promptly to your doorstep. Earlier this year, I even had non- diabetic medications. Termination dosages may need to be adjusted, such as thyroid, blood thinning and injury-induced inflammation. Reconnecting to the Earth is a missing link in the health equation, and perhaps right up there with good food and water, sunshine, physical activity, and minimizing stress. In this age of environmental abuse, here is something totally refreshing—a simple way to exploit the Earth for our own well-being without harming it in any way whatsoever.

Clint Ober grew up on a ranch in Montana and later became a pioneer in the cable TV industry. After a near fatal injury in 1993, he set out on a personal journey to find a higher purpose in life. During his travels he discovered Earthing and has since been relentlessly focused on research and practical applications for the concept.

HOW TO EARTH YOURSELF

Weather permitting, go barefoot for forty minutes outside and see what a difference that makes on your pain or stress level. Sit, stand, or walk on grass, sand, dirt or concrete—preferably wet, for greater conduction of the Earth’s electrons. These are all conductive surfaces from which your body can draw the Earth’s electrons. Wood, asphalt and vinyl are not conductive.

Ideally you want to sustain the Earthing experience and make it a part of your daily routine. You can also do that by using an Earthing system indoors, such as bed sheets, mats, or body bands connected via a wire to a properly grounded electrical outlet inside or outside your home. These systems are created from cobalt or silver mesh to conduct Earth’s energy and can be used in bed, while watching TV or reading or while working at the desk.

Patients taking medication should be alert to the fact Earthing has the potential to improve many physiological functions and, as a result, some medications may need to be adjusted, such as thyroid, blood thinning and diabetic medications.

For more information on Earthing, refer to the Earthing book, available through most book vendors.
**No More Medication, cont’d from p. 20**

TF: What kind of timeframes did you experience relief from type 2 diabetes? At what point in your journey did you determine you had healed yourself of this problem?

JK: It still blows my mind every time I say it, and I know it sounds unreal, but it literally took only three days for me to get off insulin and be completely symptom-free. I went from four shots of insulin a day to none at all.

This breakthrough came two years ago. Desperate for a solution, I did extensive research to find the truth. I questioned everything, and I believe people need to use common sense to find solutions. I also believe in self-development and listen to gurus like Tony Robbins. I was listening to ‘Get the Edge,’ one of his programs, and Tony started talking about health. He mentioned wheatgrass and detoxification. I started drinking wheatgrass shots, but that only took me so far, because I love gourmet foods, especially French and Italian, and I like wine. In spite of all my exercise, my weight had climbed to 253 pounds, which was pretty nasty. I did more research about detox online and found out about a health retreat in Canada.

At this retreat, called Fresh Start Health Retreat Centers, I was introduced to raw food, and after just two days of eating this way the miracle happened. My blood sugar dropped to a point where I stopped taking insulin. I also cut my Lose dosage in half and stopped the blood pressure medication, which I found very encouraging. The problem with conventional medications is the mental part. After taking them for a long time, you believe you cannot function without them. After just nine days on raw food, I was completely drug-free; I had also lost 14 pounds.

I have to thank Victoria Boutenko for her book “Green for Life,” because after five days of fasting, raw food tasted like heaven. The testimonials in her book inspired me to make this transition. I realized that what I had called a ‘miracle’ was actually science. When it happened to one person, it would be a miracle. When it happens over and over, getting the same results from the same actions, this is science. When I returned to Calgary, I outfitted my kitchen with the appropriate raw food equipment. For the next four months, I ate 100% raw food and lost another 40 pounds.

Before I’d adopted this diet, my A1c level was 8.6. On raw foods, my A1c level dropped to 6.7, which was extraordinary. I remember the reaction of my doctor. She couldn’t believe the numbers until she ran the test for herself. I asked her if she had ever seen anything like this before, and she said, “Only one time.” She said that this one other incident was the same as my story—when a patient had switched to a raw food diet. I asked her if she knew this diet worked, why she wouldn’t recommend it to people. Her answer was that it was too tough to implement and she didn’t think most of her patients could stick to it. Honestly, it is a challenge at first. But once you learn to appreciate raw foods, you love the variety.

Over the next year, I lost another 20 pounds and continued to feel better. My wife and I committed to always spend our vacations at raw food resorts. We decided to do this so we could continue to experience fresh perspectives, cleanse our bodies and get extra encouragement to continue on this path. It is important to spend time with like-minded people, because adopting a raw diet is a huge change to your lifestyle—in both social and business circles.

People thought I was an extreme radical, and would bet how long I would last and try to tempt me with foods I no longer ate or drink. After some time, one does get tempted to ease up and try reintroducing old foods. Every time I tried this I paid the price through my blood sugar level, weight gain and stomach issues. My body became a poster child for raw food. If it happened to me, it could happen to you. I immediately felt worse.

Eventually, my A1c level rose slightly to 7.1. It was time for my wife and I to take our next raw vacation and our research for the best raw food retreat led us to Hippocrates Health Institute in West Palm Beach, Florida. The food at Hippocrates is very pure, and right away my health further improved. I can definitely say Hippocrates gave me a new perspective and their food is the purest of anywhere. Hippocrates taught me to further refine my raw food diet. I learned to eliminate some raw foods that weren’t so good and emphasized those that are better.

I am always on a quest to make my diet as entertaining as possible with-out compromising my health. About six months later, I got a little cocky and added some other elements to my diet. I tried adding raw honey and a little more cooked food such as beans, but it negatively impacted my blood sugar level. Another problem with adding cooked food is it brings back my old sugar cravings; it is a slippery slope. This is what tells me raw food is the perfect diet. It does require some mental self-discipline to maintain this lifestyle, but the rewards are outstanding.

**TF: What was the biggest challenge about changing to your raw food lifestyle?**

JK: I think people need to initiate this process at a retreat or center that specializes in detoxification. Detox is a serious thing and you never know how individual an event will be. By having professionals assist you with this journey you will bring about results you have probably never even thought possible. Seeing these results firsthand will give you all the motivation you need to continue the journey once you return to your home and peers. I have met a couple people who have made this decision for their own. That is possible, it is just very difficult.

**TF: What brings you the most relief about regaining your health?**

JK: Thinking back two years to the big boxes of medication I used to take is very strange. All those pills made me feel like an old man. I am very glad to be free of all the drugs, and I am glad to be sitting here with you at Hippocrates Health Institute, now during my second visit. My wife and I love this purifying place in the Florida sun, and we are glad to be here with like-minded people. After every visit here I am more and more pumped up and more determined than ever to stay on the right path.

**Never Give Up, cont’d from p. 25**

TF: Since the beginning of my stay, I used the golf carts to roam the 50-acre Hippocrates campus, with the assistance of three wonderful drivers—Andrea, Walgreens and Christian. Now in my ninth week, I have started to walk more on my own, mostly for shorter distances such as the wheatgrass bar. I have again extended my stay for three more weeks; that will be 12 weeks total. I am not ready to drive home just yet. It took a long time to get this way, and it will not go away in 9 or 12 weeks. If only there was a magic bullet!

I have met so many wonderful people here. From the guests, and I have met many, as every week new guests arrive with new stories, to the Hippocrates Health Educator students who are preparing to spread the raw food way of life to the world, to the staff, that do all the things it takes to keep this large institute operating well. Thank you all for your help; everyone has been so wonderful! When I wasn’t feeling well they would always be there for me, asking if I was okay or offering some help. Thank you also to Dr. Brian and Anna Maria Clement for all your support!

I have also been helping three staff members with weight training almost every night till 9 or 10 pm, at the HHI-Fit, the Hippocrates gym. I have trained with weights since I was 14, so I am helping these boys develop their bodies as a way of giving back.

Yours, now in better health, and continuing to get better on this life learning journey. Joe Malfara.

**Gratitude & Love, cont’d from p. 29**

I don’t know exactly when it began to happen, but with my daughter’s encouragement, I began to push the wheelchair instead of sit in it.

When my stay was over, I went to see the doctor at the cancer center. His suggested remedy was radiation and chemotherapy. I thanked him for his time and said I would think about it.

The more I thought, the more determined I was to return to Hippocrates with my other daughter for some quality time with her. My second week was one during which I detoxed. We did have some good times, and I will cherish my visits with both my daughters. I had several some treatments with Vincent, who helped me physically and nurtured my soul. The psychotherapy sessions and group counseling were invaluable. I also had a sound therapy session with Joda and his didgeridoo.

I spent my final week with the friend who told me about HHI. A nutrition counselor herself, she had never visited Hippocrates. She is now further convinced that Hippocrates is the place to be for anyone who wants to regain their health. She thoroughly enjoyed the experience and plans to share it with her community.

I am still a work in progress. I live each day in gratitude for life and hoping to share the love and gifts of knowledge I received from Hippocrates with all I meet.
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Of course I had to eat some, and so began the process of weaning the family off toxins and stimulants as gently and persistently as I could. One of my main challenges was feeding our son with cerebral palsy. Every mouthful was such an effort for him, I seemed to be feeding him all the time. He was not growing as fast as his twin brother and was rather thin. After attending HHI, I increased the amount of bean sprouts and reduced the fruit, but still couldn’t satisfy his energy requirements. He has athetoid cerebral palsy, which means that he is constantly moving, effectively doing exercise all day and only relaxing to sleep. These kids need at least 5,000 calories a day! Perhaps now I won’t have any more trouble with him? I had to resort to painkillers every morning and using a cane again. I clearly wasn’t keeping up with his energy requirements, so I opted for a gastrostomy (directly feeding into the stomach). I should have done that years ago, what a change.

Initially, the gastrostomy consultant insisted that I feed him the processed milk-based sterilized special liquid feed the pharmaceutical companies provide. When I refused, they refused to do the procedure. So I asked the consultant if she ate food. Yes, of course it is sterilized! No, of course not. So why should I have to feed my son sterilized rubbish then? I wouldn’t even put that stuff in my mouth! So I signed a piece of paper, which we both knew was a lie, to say I would feed their sterilized liquid to my son via his PEG tube and they did the surgery. We had to accept the first few deliveries, which I passed on to our neighbor who is a pig farmer! I liquidized fresh food and fed it to my son via his tube, straight into his stomach. He had plenty of filtered water this way too. For the first time since weaning, he had enough to eat and drink to meet his needs. He grew three shoe sizes in just six months and grew out of his clothes at a ridiculous rate. I am constantly modifying the ingredients in response to his changing needs and my improving knowledge! His diet is now based on ripe raw greens, bean sprouts, brown rice, two apples a day and some superfoods such as wheatgrass, blue-green algae, juice Plus, mucuna, maca, lucuma and mesquite liquidized with coconut water. He also has some dried fruit and honey in the mix. The joy of actually eating gives our sweet young man great pleasure, so now I can enjoy the tastes and textures without the stress of having to eat all day just to consume enough energy. So I was learning to struggle to feed a disabled person. I would thoroughly recommend a gastrostomy and liquidizing real healthy foods. It works a treat!

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I am grateful to the lady that wrote down the information, Hippocrates Health Institute, and to the Hippocrates staff, who taught me and cheered me on each and every day. I am most grateful to my wife, Rebecca, who supported me and told me that I couldn’t quit at my toughest moments the third and fourth days—when my body was flushing all those nasty toxins out of my body. Thank you again for changing my life and for forward to coming back for tune-ups in the future.

In addition, doing the work to place the mind on track to success leaves a legacy of self-respect that raises the probability of healing. This commitment of common sense awareness to well-being has been the cornerstone of Hippocrates Health Institute from day one. Although there are significant quantitative and qualitative ways to measure this effect, its greater benefit is what it does to raise one’s self-worth in their own mind.

A computer analogy states “Junk in Junk out,” a healing analogy is “goodness in, recovery accomplished.” Everyone reading this is in some way healing, many from a diagnosed physical problem, others from unresolved issues. There are not separate ways to handle each disorder, only one way and that is to be fully ENGAGED. Culturally, Westerners have been taught that there are only trained specialists with the ability to guide the sick out of illness. This idea is not only wrong, but dangerous; ask for help but participate. One’s inability to submit oneself to the required process of renewal is the structural weakness that manifests failure. Yesterday, I was speaking to an attendee at my conference in the southeastern part of the United States. Remembering her face, I could not quite capture her name or recall where I knew her from, but as she began to speak, my memory clicked on a flash of light and suddenly I pictured her twelve years ago in my office discussing her stage four melanoma. As her youthful words expressed infinite joy, she spoke of how her life began after she conquered her disease. “I lived in the dark with a mundane view of life until I almost died,” she said. Being inquisitive, I asked, “Tell me what you meant by saying that it took the threat of death for you to come alive?” She continued, “I had never experienced LIFE until I was provoked by the possibility of losing it. When that happened, not only was I unwilling to lose it, but I fully lived it once I recaptured it.”

Being ‘cured,’ an incredible peace dawned, as I saw everyone and everything. “I was surrounded by people who believed in me: family, friends, pupils and therapists. I was bathed in constant love and confidence. This amazing support was what allowed me to heal. Raw vegan food makes the mind clear. Thanks to this enhanced mental state, I could find a new dimension in my meditation. Actually, it is scientifically proven that meditation ‘cleans’ our brain so that we become aware of the self-healing mechanism we all have since birth. Little by little, we inculcate by stimulating our brain with the structured thoughts imposed by our education and society. I constantly heard of people dying from cancer, how was this possible? The tumor was eliminated, chemotherapy was given, along with years of medication, and people just died! I understood that one has to be very strong, mentally and physically, to survive all these intensive treatments. The problem is, these treatments make the patients very sick and weak, diminishing their very will to live. The key to survival is belief in life, to continue living, we must recognize our mission and have passion.

In the beginning I was in a hurry to be healed. When I finally understood that being happy and feeling good was more important than being ‘cured,’ an incredible peace grew in my heart. It was then that I knew I was—or would be—cured. Actually I realized that I felt better, at all levels, than I ever had. And when peace lives in your heart there is no room for fear, judgment or criticism.
It would take a few months before my ear was completely back to normal. As fate would have it, my daughter and I were already registered for a detox retreat in New York State before any of this had even happened. At this retreat, the teachings of Ann Wigmore and a live food diet were promoted. This lifestyle immediately resonated with me. Here was the answer I was looking for. It was also at this retreat that I learned of Hippocrates Health Institute (which Ann Wigmore founded in 1956). Upon returning home, I immediately began eating raw, but was more or less winging it on my own.

Again, as fate would have it (though we all know there are no such things as coincidences), a few months later I was down in West Palm Beach, Florida, caring for my mother. I realized that Hippocrates Health Institute (which I learned of during Ann Wigmore’s retreat) was literally five minutes away. I also discovered the successful track record that HHI had in working with a wide variety of illnesses, including ‘autoimmune diseases’. So I booked a consultation with Hippocrates director, Dr. Brian Clement. He listened to my story and explained that everyday juicing and wheatgrass is the foundation of the live food program. He also suggested that I minimize my intake of fresh and dried fruit, and eat as many sprouted foods and green vegetables as possible. I now had the confidence to embrace this diet and lifestyle as a treatment for my disease.

A year later, I spent time at HHI for a tune-up. The therapists, facilities, food and treatments were just wonderful, and I felt so amazing on all levels—physically, emotionally, mentally and spiritually! It was a very healing experience. It just so happened that when I was there was over New Year’s Eve, and my husband and I rocked out to Brian’s Wheatgrass Band, followed by fireworks at midnight. It was a memorable time for sure! I look forward to returning one day soon.

It’s now been four-and-a-half years since I was diagnosed. I drink green juice and wheatgrass five mornings a week and have been pretty much 100% raw all this time. I eat simply—mostly veggies, sprouts, avocados and some nuts and seeds. In the last year I’ve added some occasional local fruit as well. I have not had another flare up since the first one. My doctors who were quite skeptical of my decision to treat my illness with diet are now supportive, and tell me to keep on doing what I’m doing. My diagnostic results are always excellent. In fact, my latest breathing test results are improved over last year.

I don’t know what the future will bring, but who does? The quality of my life is wonderful.

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**Chew On This…**

**Medicine’s future will involve light, frequency and energy as the core protocol.**

Change your life and the way you feel forever, cont’d from p. 38

It is necessary to remove accumulated environmental toxins ingested from the air we breathe, the water we drink and the food we eat. Even newborn babies are compromised since before birth by the 289 toxins passed through the birth cord from the mother to the child.

Good health is the absence of disease. You, not your doctor, are 100% responsible for your own health. Disease is a deficiency, not your body working against you. If you satisfy the deficiency, your immune system takes it from there and heals the disease or illness that resulted from that deficiency.

Hippocrates Health Institute strives to correct deficiencies in the diet, addresses emotional traumas, promotes regular exercise and helps the body detoxify naturally. Your life should be filled with the joys of living as opposed to just surviving. You can make a difference in your own health. The keys to a healthier life are within you. There are no short cuts; there are only rewards when you give the body what it needs to take care of you, as it was designed to do by nature.

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 the 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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My Hippocrates Experience, cont’d from p. 41

Speaking of Brian and Anna Maria, if you make the decision to attend HHI, do not miss any session given by them. Not only are they incredibly knowledgeable but they also convey the information in a stimulating and entertaining manner.

The program is well designed and well executed. It evolves as the knowledge-base and experience progresses. This is done in a first-class, 50-acre facility with an excellent, professional and caring staff.

Although I was skeptical before I started my HHI experience, I am now a true convert and recommend this program without reservation to anyone who has a health issue or just wants to optimize his or her well-being.

Banished Forever, cont’d from p. 59

I continue to enjoy all of my passions: hiking, camping, canoeing and snowshoeing. I am happiest when surrounded by nature. I feel like I am continuing to evolve in every way. I am finding balance in my life, which is the most important lesson of all. I continue to do my healing work and now more than ever can be a true example for my clients.

I believe in the Hippocrates lifestyle. The diet and philosophy can certainly keep you clear and bright so that you can live your truth. I am very grateful to Brian, Anna Maria and the Hippocrates family for contributing to my recovery.

Lots of love and blessings to you all!

The Magic of Living Foods, cont’d from p. 45

Mung bean sprouts are the easiest to grow, and contain pure forms of vitamins A, B, C and E, in addition to an assortment of minerals including iron, calcium and potassium. With a delightful crunch and mild flavor, sprouts are a healthy choice for more than just their nutritional content. They’re also free of cholesterol and ideal for anyone counting calories. One cup of mung bean sprouts contains about 30 calories, three grams of protein, six grams of carbohydrates and less than one gram of fat. Sprouts also contain a high source of fiber, are easily digestible and contain a high concentration of enzymes facilitating the digestive process.

Many sprouts also contain plant estrogens, which have been shown to help increase bone formation and density and prevent bone breakdown or osteoporosis. These estrogens can also help control hot flashes, menopause, PMS symptoms and fibrocystic breast tumors. Likewise, studies on canavanine—an amino acid found in alfalfa—have been shown to fight certain types of cancers, including pancreatic, colon and leukemia cancers. Alfalfa sprouts are also a good source of another compound, saponins. Saponins lower the bad cholesterol and fat but not the good HDL fats, and also stimulate the immune system by increasing the activity of natural killer cells such as T-lymphocytes and interferon.

Today’s Plague

Hippocrates Health Institute is partnering with Sheila Kilbane, MD, a leading expert in the natural approach to Autism. This July, the most comprehensive, powerful and effective approach to dealing with this shocking disorder will be presented here on American soil. We reach out to all the families and children who are enduring this epigenetic disorder.

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Children Diagnosed with Autism:
1980: 1 out of 10,000
2014: 1 out of 50

Source: Centers for Disease Control (CDC). Rates are for children ages 6–17

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Sheila Kilbane, MD, is a board certified pediatrician with a focus on autism. Dr. Kilbane trained with Andrew Weil, MD at the University of Arizona in integrative medicine.

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Here’s the most important part: the saponin content of alfalfa sprouts is more than 400 percent over that of an un-sprouted seed.

There is a plethora of research into the antioxidant and curative ability of sprouts which could fill pages. See the sidebar on this page for just a few.

Luckily, sprouts aren’t just good for you—they are also incredibly easy to grow. A few batches made from one to two cups of sprout seeds takes just a few days to harvest, and can feed a person for three to five days with very little maintenance. In addition, most sprouts can be grown using the same basic method, and using the same jar set up.

The best part: outside of their nutritional value, growing your own sprouts presents a huge cost savings. Once you have the necessary equipment, just a few dollars’ worth of sprout seeds can supply you with months of raw, living food. For example, a single batch of sprouted mung beans will cost just a few cents to grow. Mung bean sprouts typically costs anywhere from $4 to $6 for just a few ounces at your local grocer or fresh market.

Why not start a little healing alchemy right in your own kitchen by growing some sprouts today?

Brian Hetrich is responsible for growing all the living foods at Hippocrates Health Institute in the greenhouse and organic garden. He also teaches classes on gardening, juicing, and raising sprouts and wheatgrass. As a naturopathic doctor, Brian came to Hippocrates from Maryland where he ran a private practice.
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Steve Meyerowitz, know as “The Sproutman,” is an author of many books on sprouting and juicing, including his classic, Sprouts: The Miracle Food.

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

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.

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.

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