The Real Truth About Health

Learn the facts about:

- Environmental Toxins
- Women’s Health
- Dietary Guidelines for Americans
- Genetically Engineered Foods
- Chronic Disease
- Milk & Prostate Cancer
- Sustainability
- Sprouts & Cancer Prevention
- Cell Phone Risks
- Raw Foods

Also: Perspectives on Mental Health, Food As A Spiritual Practice, The Food Games, Embracing Psychotherapy, AND MORE!
We reach out to all the families and children who are enduring this epigenetic disorder. The approach to dealing with this shocking disorder will be presented here on American soil.

Natural approach to Autism. This July, the most comprehensive, powerful and effective program for Parents – 12 will be offered.

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.

Dr. Sheila Kilbane, an integrative pediatrician, is extremely excited to be partnering with Hippocrates Health Institute to bring her expertise to this weeklong retreat.

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. She is a Brain Integration Specialist. She teaches families how to use movement and body work to create neural connections that increase our abilities in all aspects of life. This includes: emotional, social, academic, communication abilities and more. Sheila Kilbane, MD

Dr. Kilbane and her team have a unique program designed for parents of children experiencing developmental differences, including autism, ADHD, sensory processing challenges and behavioral and learning differences.

Adele Schiessle is a Brain Integration Specialist. She teaches families how to use movement and body work to create neural connections that increase our abilities in all aspects of life. This includes: emotional, social, academic, communication abilities and more. She continues to expand on her knowledge in Specialized Kinesiology-movement and touch and address brain functioning. Pulling from four areas such as nutrition, gluten-free casein-free diet, omega-3 fatty acids, probiotics, gut health, stress, academic performance, behavioral and emotional control, anxiety, focus, attention, coordination, communication, food and environmental allergies, mineral and nutrient deficiencies and a general feeling of physical wellbeing.

Parents will learn how to look at the whole child and understand how the dynamics of the entire family can affect the child, as well as every member of the family. Through group lectures, the team will help each family understand what a holistic program can do to enhance not only their physical health, but also the happiness, connection and overall joy in the home. Attendees will learn how to identify and address the root cause of whatever challenges the child and family are experiencing (i.e. sensory, medical, neurologic, emotional, behavioral, etc.) The program also covers specific strategies to help shift situations, beliefs and outcomes.

Children Diagnosed with Autism:

1980: 1 out of 10,000

2014: 1 out of 50

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

SPECIAL PROGRAM ONE WEEK ONLY: JULY 6 – 12

For more Information, Call (561) 471-8876 ext. 2177

For More Information, Call (561) 471-8876 ext. 2177

Drs. Brian Clement & Anna Maria Gahns-Clement, LN, NMD, PhD, have spearheaded the international progressive health movement. As co-directors of the renowned Hippocrates Health Institute (HHI), the world’s foremost complementary residential health center, they have developed a state of the art program for health maintenance and recovery. Over the decades, HHI has become a beacon for those who wish to transition to a healthier lifestyle. HHI’s Life Transformation Program combines pure, enzyme-rich vegan cuisine, a radiant mental and emotional attitude, and the appropriate physical activity essential to optimizing one’s health.

HHI, the world’s foremost complementary residential health center, they have developed a state of the art program for health maintenance and recovery. Over the decades, HHI has become a beacon for those who wish to transition to a healthier lifestyle. HHI’s Life Transformation Program combines pure, enzyme-rich vegan cuisine, a radiant mental and emotional attitude, and the appropriate physical activity essential to optimizing one’s health. www.HippocratesInstitute.org

Hippocrates Health Institute Autism Program for Parents

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ABOUT THE TEAM:

Sheila Kilbane, MD is a board certified pediatrician who also trained with Andrew Weil, MD, at the University of Arizona in integrative medicine. She helped open one of the first integrative pediatric offices in the Charlotte area, and in November of 2012, began her own healthcare education & consulting company called Infinite Health, PLLC. She conducts community based education classes, does retreats/workshops, and sees individual patients. She works with families to find the root cause of illness rather than putting a Band-Aid on the problem. She uses natural and nutritional therapies whenever possible in treating things such as: colic, reflux, eczema, recurrent ear infections, recurrent sinus infections, stomach and GI issues (eosinophilic esophagitis, inflammatory bowel disease, constipation, abdominal pain), acne, psoriasis, autism, ADHD, and sensory integration disorder.

www.SheilaKilbane.com

Kristen Oliver, OTR/L is a pediatric occupational therapist who has developed a unique approach — she works with both children and their parents by addressing the root causes of behavioral, sensory, and emotional challenges. By creating meaningful connections, Kristen teaches families specific action steps toward identifying and releasing old patterns that perpetuate the symptoms they are experiencing. She believes life with kids of any ability can be filled with abundant joy, peace and harmony. Kristen is currently running a private practice and finishing her first book. www.KristenOliver.com

Adele Schiessle is a Brain Integration Specialist. She teaches families how to use movement and body work to create neural connections that increase our abilities in all aspects of life. This includes: emotional, social, academic, communication abilities and more. She continues to expand on her knowledge in Specialized Kinesiology-movement and touch and affect brain functioning. Pulling from four modalities she customizes home programs in order to empower the families to take themselves to a higher level of functioning.

www.OptimalYouCoach.com
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There’s a common misconception that change begins outside of you. Change your environment, change your partner, change your job and things will get better. However, as most people discover, this isn’t the case. The real change comes from within. As you’ll see above, below. As within, so without.

During this one-day workshop, we will take a deep look into how your thoughts, emotions, belief systems, and actions create the frequency and vibrations you send out to the universe. Transform from the inside and watch how the world begins to change around you.

Reclaim your power and create the reality you want.

Facilitated by Hippocrates Health Institute staff members, Nancy Clamp, Maria Karabatsos and Dedigado Master Jeda Cook. Let us show you why we are leaders in bridging mind, body and spirit.

To register or for more information, please call Hippocrates Health Institute at (561) 471-5867 ext. 2190.

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DISCLAIMER:
Hippocrates Health Institute (HHI) values the work of each contributor, some of the food items discussed in Healing Our World magazine are not included in the Hippocrates Life Transformation Program’s dietary protocol.

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PRINTERED ON RECYCLED PAPER USING SOY-BASED INKS.

The Real Truth About Health Conference in Times Square, NYC, marked the beginning of a new year. There we joined global leaders in health and environmental issues for three days of truth telling that was streamed to thirty-six states and dozens of countries. This landmark event was the most important ever held on North American soil for the purpose of saving humanity and the planet on which we reside. You can view these provocative and informative talks by visiting www.TheRealTruthAboutHealth.com.

Steven Shore, our colleague and philanthropic partner, has committed along with Hippocrates Health Institute to spread perpetual good science and expose the crumbling pillars of old paradigms. For this very reason, Healing Our World has invited our expert cohorts to contribute articles for this very special edition so we can introduce unadulterated information to each of you in the Hippocrates world-wide network. Aspiring to change the course of humanity, we are creating a global ‘army of love.’ We and our soldiers want to enlist you so that our ever-expanding march forward will forever eradicate the dishonorable and fatal societal course that we currently face.

Human consciousness is skyrocketing, and as we become aware and begin to internalize and express a life of integrity, we will evolve to manifest the change that is so sorely needed together, we will forge the path to a sound, healthy, happy and prosperous world that shares compassion for each other, all of nature and the creatures that inhabit this small planet. Food choices, invisible chemicals, heavy metals, GMOs, unnecessary medications, regenerate electromagnetic currents, negative thinking and other forces impact our physical, emotional and planetary health. When enabling ourselves with the evidence of their tyranny, we will create viable ways to remedy these fatal nemesis. Throughout the history of man, each and every significant progressive move forward has started with one committed individual. When you become this person, your world will rapidly empower your passion and propel you and all else into the sphere of balance and wellbeing.

We await you in a timely manner so that together we will expand the positive path for our children and grandchildren. Critical timing will allow the renewed human race to awaken from its dangerous coma and create lives that are in harmony with all life, including that of our endless expanse.

Be Well,
Drs. Anna Maria and Brian Clement
Most people have heard the story of the blind men and the elephant. The story, which originated in the Indian subcontinent, goes that several men who cannot see are standing around an elephant. Each man is touching only one part of the elephant, so they have very different interpretations of what the elephant looks like. The man touching the leg says the elephant is a pillar; the one feeling the tail swears it is a rope; the one with his hand on the trunk is sure that he is touching a snake. This story is an often-used analogy for the way people view health.

We all must find our own truth based on our personal experiences, circumstances and phase of our life and journey. For example, someone who is recovering from catastrophic disease would have a much different truth about an ideal diet/fitness regimen than would an endurance athlete. The same would go for a toddler and an elderly person, or someone who wishes to detoxify and a person who wishes to gain weight.

Since preferences vary so widely from person to person, it is no wonder that some individuals and groups place monetary gains as their top priority, above the health and well-being of other people and the planet we all reside on. Promoting this agenda requires concealing the truths of other individuals. In a world of universal transparency, their profits would be in jeopardy. Examples of this dynamic range from agricultural interests (both animal and plant food operations) to electronics manufacturers to the clothing industry and so on. If consumers were to see behind the marketing curtain, things could be much different. Use of certain products may dwindle, and an overhaul and/or elimination of many practices would likely be demanded. My hope with this installment of Healing Our World is not to tell people what their own truth should be, but to inspire them to think for themselves. By seeking out what works best for each of us, we can all forge our own truths.

Yours in Health,

Will Burson
John McDougall, MD: “The importance of Dr. Richard Oppenlander’s work to save planet Earth and its animal inhabitants exceeds the importance of reversing epidemic diseases of gluttony, including heart disease, diabetes, and cancer.”
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

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

Major General Bernard “Barn” Lifeikis (USA, Ret.) served in the National Security Council staff in the White House, participated in the Strategic Arms Limitation Talks with the former Soviet Union, chaired the Inter-American Defense Board, was a White House Fellow, and served as military advisor to the Secretary General of the Organization of American States. His extensive combat duty earned him four Silver Stars, five Bronze Stars, and a Purple Heart.

Jeffrey M. Smith, an international best-selling author and independent filmmaker, is the leading spokesperson on the health dangers of Genetically Modified Organisms (GMOs). His meticulously researched books and films document how the world’s most powerful Ag biotech companies bluff and mislead safety officials and critics to put the health of society at risk. Learn more at www.SeedsOfDeception.com.

Cherie Soria is founder and director of Living Light Culinary Institute, and has been teaching gourmet raw vegan cuisine since 1998, and vegetarian arts for more than 40 years. She is the author of several books, including The Raw Food Revolution Diet (co-authored with Brenda Davis, RD and Venantio Melissa, MS, RD) and Raw Food for Dummies. RawFoodChef.com

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

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Dr. Hans Diehl is the founder of the Complete Health Improvement Program (CHIP), and the Lifestyle Medicine Institute at Loma Linda, California. He is valued as a bestselling author, researcher, educator and top-ranking motivator. More than 30 articles published in medical and scientific journals show the efficacy of this lifestyle medicine approach in turning many of our common chronic disease around, as do 65,000 CHIP graduates (www.ChipHealth.com). Currently, Dr. Diehl is Clinical Professor of Preventive Medicine at Loma Linda University. School of Medicine at Loma Linda, California. CHIPHealth.com

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HelpingOthersToday.com

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@HippocratesInstitute.org.
Dear Ask the Sprouts,

Thank you, Hippocrates Health Institute, for the "Ask the Sprouts" column. I have a gardening question.

I am a big fan of Stevia. I find myself buying it constantly, and I was thinking it would be better if I grew the plant myself. I am a member of a community garden in New York. Is it possible to grow stevia year round in the NY climate (maybe in a greenhouse)? I just want an expert’s opinion.

Thanks, Wendy W.

Hi Wendy,

My name is Barry—short for Wheatberry. I am here to help with all your gardening and sprouting needs!

Stevia is a very sweet plant that has zero calories and a glycemic index of zero. This makes it an excellent choice for people who would like to transition away from sugar and other high-glycemic sweeteners. However, since the refinement process in stevia extracts strips away antioxidants and some of the plant’s other healthful properties, it is best to grow your own stevia plants at home and use the whole leaf as a sweetener.

How to grow stevia:

1. Start the seeds in a tray indoors early in the Spring about one month before the last frost. Use 100% organic potting mix and plant the seeds to a depth of 1/2". Due to the low germination rate of the seeds you should plant three times the usual number of seeds. Make sure to plant stevia rebaudiana, since this is the only sweet variety.

2. Keep the soil moist. It is best to water from underneath by using a plug tray (with holes) inside a web tray inside a standard flat (without holes.) Keep about 1/2" of water in the bottom of the standard flat tray.

3. Stevia prefers warm weather. Transplant the seedlings outdoors several weeks after the last frost. This means sometime in May for most parts of the United States.

4. Choose a location in the garden that receives full sun. Prepare the soil with 50% organic compost and 50% peat moss. Raised beds are ideal for stevia since they allow excellent drainage. In order to grow stevia year round in New York, you will need to grow in a climate-controlled greenhouse (70 – 90° F).

5. Set the plants two feet apart.

6. Water regularly and do not allow your stevia plants to dry out.

7. The plants will grow 16" to 24" tall depending upon the temperature. Trim the plants when they reach a height of eight inches tall and again at twelve inches to maximize leaf production. To increase your supply of stevia plants you can use the stem tips to create new starts by rooting them in trays with moist potting mix.

Use the fresh leaves during the growing season to sweeten tea or other foods. The sweetness in the leaves is approximately one-fourth as concentrated as the white, powdered stevia sold at the store. Many people seem to like fresh stevia (or the powdered dried leaves) better than the concentrate, but you should try it for yourself. Steeping the stevia leaves along with your tea helps bring out the sweetness.

Best regards, Barry
The Real Truth About ENVIRONMENTAL TOXINS:

Cyber space is cluttered with product sales, yet you can find environmentally sound and healthy choices if you try. Unless you are economically endowed, start step by step to purify the water consumed both orally and through our skin, then replace your disease-causing clothing. Remedy your bedding concerns, then replace all else when the possibility arises. Read Killer Clothes to learn how seemingly innocent clothing choices endanger your health and how to protect yourself.

Invisible Killers and Healthy Alternatives

by Dr. Brian Clement

Moments before I began my conference in Buenos Aires, a doctor stated, “You are the expert that always finds something wrong with everything.” A flood of laughter erupted from my inner soul, and I clearly received the picture of what many perceive as my mantra. Although it has never been my intent to scrutinize and find fault, there is no doubt that my relentless effort to clarify and expose truth can be daunting. Resolution is really my cup of organic tea and the real message is what to replace ill-fated myths with.

Our homes and work places often harbor disease-causing foes, from the paints on the wall to the lighting, which reflects off the synthetic rugs. Each and every part of our abodes needs to be selected with knowledge and environmental concern. Today there are endless choices of health promoting products to purchase. As an example, LED lights are preferable to energy saving and fluorescent varieties. Wool or cotton rugs with natural dyes are worlds better than manmade fiber synthetic carpet. Low or no toxin paints are favorable rather than petrochemical varieties. These examples are all important, but they only touch the tip of the eco- and health-friendly iceberg.

Furnishings in both the workplace and home are a critical factor in your biological health. Worldwide environmental protection health agencies warn that most interiors are on average six times more toxic than the outdoors, even in polluted cities. Organic furniture, including bedding, is increasingly found in the worldwide marketplace. Natural fiber and wood furnishings are a far better choice than polyester and synthetic leather, which emit unhealthy gases. Imagine sleeping on petrochemical woven fibers eight hours a night, 56 hours a week, 2920 hours a year. The fumes these synthetic fibers outgas are readily absorbed into your bloodstream and contribute to disease. Fire retardants, applied to both fabric and wood, are known carcinogens, and are commonly employed in the manufacturing of most furniture. A practical approach for those on a budget is to begin with small steps, such as organic cotton bedding. Then come bigger ticket items such as an organic futon or mattress, and eventually other furnishings that need to be replaced. Research online retailers, or better yet, find conscious purveyors of natural furnishings in your region of the world.

Your sinks, showerheads and bathtub spigots spew deadly chemicals hidden in water. Drinking this noxious mix is an obvious no-no. Showering for 15 minutes allows your skin to absorb more than a quart (roughly 1 liter) of this toxic liquid into your bloodstream. Soaking your body in this chemical mix for fifteen minutes takes in even more—up to a quart and a half to two quarts of contaminated fluid, which challenges your body in its quest to eliminate these poisons. Using distillation, air extraction filtration and rare, sophisticated purification units is mandatory if one is serious about maintaining a disease free and youthful existence.

Carbon Monoxide (CO) is another invisible killer. Exhaust fumes from your car, home generator, furnace or even barbecue are the usual suspects in creating this gas. Less publicized, but equally concerning, are individual gas heaters, aluminum foil on the bottom of the oven, and debris or soot in chimneys and fireplaces. Loose vents may expel fumes from the furnace, releasing them into the house or workplace rather than outside. Even moisture inside of windows contributes to CO poisoning. Proper ventilation is essential in all buildings, and regular maintenance of appliances (heating units) is also mandatory. All of these cautionary corrections go a long way in preventing problems from this poisonous gas. Opening your window year round in your workplace and/or house helps to eliminate or at least minimize any potential problems. See more on p. 12.
Women’s Health Under Attack

by Dr. Anna Maria Clement

Not long ago it was revealed that women’s health is on the far backburner for research money in the conquest of disease. Our global progress in the twenty-first century has fallen short compared to other human advancements. Even the women’s liberation movement has sparked a new layer of responsibility beyond the care of our children and families. Working—which is a necessity in fulfilling many of us—has, in itself, given rise to diseases that are traditionally developed via stress.

O ur historic role of nurturing and feeding the family has been overshadowed by fast food, television and computer nannies. This breakdown of the traditional family brings forth insecure and misguided children who grow into ill and dysfunctional adults. Disease rates among babies and youths are outrageous and expanding daily.

2010 marked the 50th anniversary of ‘the pill.’ Internationally celebrated as a win for women, this birth control method has proven to devalue commitment and intimacy and raise diseases through the roof. Birth control pills have been through many generations of reformulation. Each new version raises different disorders from increased chances of clotting, emotional concerns and even breast and other cancers. It is time we ask our men to expand daily.

For decades, pharmaceutical estrogens and progesterones were handed out like candy once a woman headed out the door. They were shown to be carcinogenic and increased cardiovascular risk. Simply put, they were life-threatening.

MENOPAUSE
For much of our lives we are fertile. Nature liberates us as the perpetuators of future generations as we age so that we can spend more quality time with and for ourselves. Weight gain happens often due to hormone imbalance and as researchers consistently report when estrogen is not balanced and remains either high or low, it increases body fat in the hips and belly region. Estradiol (E2) and estrone (E1), at high levels, could increase breast and ovarian cancer. The main postmenopausal hormone is estrene E1. It is produced in the ovaries only after menstruation ceases. It is made in your fat cells and additionally in the liver and adrenal glands. Estriol (E3) can protect us from breast cancer, and there is clear evidence that women who have breast cancer and take bio-identical (E3) Estriol endure far less recurrences of the disease. In addition, women who make love one to two times a week double the good estrogen. The rise in estrogen was discovered by Karolinska Institute in Stockholm where they revealed that oxytocin stimulates the brain cell nueroceptors, creating endorphins which in turn spark estrogen development. Another hormone—insulin—plays a major role in production of serotonin and helps the body repair itself. It counters the adrenaline and cortisol actions in the body.

After menopause progesterone that is also produced in the ovaries, reverts to production in the adrenal glands. Sugar, saturated fats and stress lower progesterone. We need the progesterone to balance the estrogen. Testosterone is also a ‘female’ hormone made in the adrenal gland and ovaries. It will decrease during menopause, yet is precipitated by pollutants, stress, birth control pills, chemo or depression. Exercising, losing weight, sleeping well and taking zinc will help to increase it.

I am 10 years post-menopausal, and have enjoyed a life of continuing muscle, aerobic and strengthening exercise. I also eat a diet of fresh vegan organic food and juices. It has been such a natural process. It is the original and foremost way to live, so that mental and physical energy abound throughout our entire life.

From the early days of our new found freedom, ‘we came a long way baby,’ and began smoking like chimneys. Symbolically, it gave many women a feeling that they were now on par with their male counterparts.

...
I recently had the honor of speaking before the 2015 Dietary Guidelines Advisory Committee, which is responsible for making evidence-based recommendations on the next round of federal nutrition advice. Normally such meetings devolve into a platform for moneyed interests to lobby on behalf of their corporate clients, but if you watch the video (internet search: 2015 Dietary Guidelines Advisory Committee, Second Meeting — Day 2), I think you’ll be as surprised as I at the number of presenters pushing sane, healthy choices. For example, four out of the first five speakers promoted a plant-based diet.

The following is a transcript of my comments (min. 17:28).

In the Permanente Journal last year, the official peer-reviewed publication of our nation’s largest managed care organization, a Nutrition Update for Physicians was published, which concluded that “Healthy eating may be best achieved with a plant-based diet,” which they defined as a diet that encourages whole plant-based foods and discourages meat, dairy products, and eggs as well as empty calorie junk. To quote their conclusion, “Research shows that plant-based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA1C, and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases and lower ischemic heart disease mortality rates. Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity,” which of course describes a bulk of our population.

This sentiment was echoed last summer by the American Institute for Cancer Research — probably the most preeminent institution on diet and cancer risk — when they explicitly endorsed a diet revolving around whole plant foods: vegetables, whole grains, fruits and beans. I’ve personally been eating a plant-rich diet since 1990, when Dr. Dean Ornish published his Lifestyle Heart Trial in The Lancet, angiographically proving that heart disease could be reversed with the help of a plant-based diet, opening up arteries with- out drugs, without surgery. If that’s all a plant-based diet could do, reverse our number one killer of men and women, then shouldn’t that be our default dietary recommendation until proven otherwise? And the fact that plant-based diets can also be effective in preventing, treating and arresting other leading killers, such as type 2 diabetes and hypertension, would seem to make the case for plant-based eating overwhelming.

Now to the last Guideline Committee’s great credit, the 2010 guidelines were a leap in the right direction, recognizing food as a package deal. Yes there’s calcium in dairy, protein in pork, iron in beef, but because of the baggage that comes along (like the saturated fat and cholesterol), plant sources are preferable, because then the “baggage” we get is the fiber, the folate, the phytonutrients, etc.

I would like to see the committee be more explicit, though. When ‘eat more’ recommendations are issued, the messaging is clear—for example, “Increase vegetable and fruit intake.” But when there’s a conflict between USDA’s dual role to protect the public while at the same time promoting agricultural products, recommendations often resort to speaking in cryptic biochemical components, such as “Reduce intake of solid fats (major sources of saturated and trans fatty acids).” How about instead, eat less meat, particularly processed meat.

My Testimony Before the 2015 Dietary Guidelines Committee
Avoid Eating Genetically Engineered Foods

by Jeffrey Smith

Reprinted courtesy of The Huffington Post

Why are thousands of physicians advising patients to avoid eating GMOs (Genetically Modified Organisms) and how did these high-risk foods get onto the market in the first place? The answers are disturbing, even shocking, but may help you get healthy and stay healthy.

Foods with added bacterial or viral genes were quietly slipped into your diet two decades ago. Using the excuse that GMOs weren’t that much different, the FDA didn’t require labels or even a single safety study from GMO makers like Monsanto. But a lawsuit forced the agency to release their files and the truth finally came out. FDA scientists repeatedly warned that GMOs could create allergies, toxins, new diseases, and nutritional problems, and that rigorous safety testing was needed. But the White House had instructed the FDA to promote biotechnology, and Michael Taylor, Monsanto’s former attorney, was put in charge of FDA policy. (Taylor later became Monsanto’s chief lobbyist, and has returned to FDA as US Food Czar.)

Can you trust Monsanto with your family’s health? That company told us that Agent Orange, DDT, and PCBs were safe. Now Monsanto’s “Roundup Ready” crops are engineered to withstand their Roundup herbicide, which gets absorbed into the food and can’t be washed off. A 2014 study found Roundup the most toxic of all herbicides and insecticides they tested. According to MIT scientist Stephanie Seneff, Roundup may be “the most important factor in the development of multiple chronic diseases and conditions.” She co-authored a seminal paper linking it to including obesity, heart disease, inflammatory bowel, IBS, autism, allergies, MS, Parkinson’s, depression, infertility, Alzheimer’s and cancer. Some GMOs, e.g. corn, have built-in pesticides that break open holes in the stomach of insects. A 2012 laboratory study confirmed that the toxin opens holes in human cells. And a Canadian study found both the toxin and Roundup in the blood of most pregnant women and their fetuses. If you don’t trust GMOs, you’re not alone. According to a 2013 survey by Hartman Group, over 120 million Americans say they try to avoid them. That number has more than doubled since 2007.

When people eliminate GMOs, they (and their physicians) often report more energy, weight loss, better digestion, reduced allergies and skin conditions, and relief from numerous chronic conditions. Veterinarians, farmers and pet owners describe similar improvements with animals taken off GMOs. According to a research review by the American Academy of Environmental Medicine, many of these disorders also afflict lab animals fed GMOs. We believe it is not a coincidence that the rise of these types of health issues in the US population parallels the use of GMOs and Roundup.

In addition to the health dangers, independent studies also show that GMOs don’t increase yields, don’t solve world hunger, and massively increase herbicide use. GMO advocates aggressively deny any evidence against them. According to the science journal Nature, a “large block of scientists…denigrate research by other legitimate scientists in a knee-jerk, partisan, emotional way.” Tactics include threats, gag orders and termination.

The industry’s own research, on the other hand, is widely criticized as “tox science,” carefully designed to cover up problems. And just as a Monsanto man opened holes in human cells, so did the FDA.

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Deface your

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Dr. Hans Diehl is the founder of the Complete Health Improvement Program (CHIP) and the Lifestyle Medicine Institute at Loma Linda, California. He is valued as a bestselling author, researcher, educator and top-ranking motivator. More than 30 articles published in medical and scientific journals show the efficacy of this lifestyle medicine approach in turning many of our common chronic diseases around, as do 65,000 CHIP graduates (www.CHIPhealth.com).

The Real Truth About CHRONIC DISEASE:

Moving towards a more whole-food, plant-based diet, coupled with a sensible and consistent exercise program and quitting smoking, would do more to improve the nation’s health and vitality than all the hospitals, medical procedures and pills combined.

The Limitations and Opportunities of Modern Medicine

by Hans A. Diehl, DrHSc, MPH, CNS, FACC

S spoken more than 20 years ago, these words have taken on a prophetic meaning in that we now know that most of our chronic diseases (then referred to as Western Diseases) are indeed largely reversible. These diseases currently consume 84% of the US health care budget. Since that famous acceptance speech by Dr. Burkitt in 1992, the reversal of disease data has been accumulating. The evidence is in, and it is growing every day. We are learning that we must go beyond the medical management of the symptoms of these chronic diseases. We can and must do more than merely treating the symptoms of diseases such as coronary artery disease, type 2 diabetes, essential hypertension, obesity, gallstones and erectile dysfunction. The answer is not a magic pill or procedure. As valuable as these high-tech modalities may be in improving the quality of life, they don’t provide a cure. The remedy is dispensed most often in the form of a more low-tech approach: implementing a whole food, plant-based diet coupled with a sensible and consistent exercise program.

The Limitations of Modern Medicine

The accomplishments of modern medicine have been prodigious. We have seen the development of proton accelerators that can zap cancers, surgical robots that can be employed in performing coronary bypass surgeries, and advances in molecular biology and genetics that can open doors to amazing new worlds. And yet, these advances in high-tech medicine to take care of acute and episodic diseases have not altered the advances of these killer diseases.

Rarely found before World War I, diseases such as coronary artery disease, type 2 diabetes, essential hypertension, obesity, gallstones and erectile dysfunction are now accounting for 70% of all deaths in North America. The term ‘degenerative diseases,’ however, is a misnomer. For years, people fatalistically accepted the idea that coronary heart diseases, stroke, cancer, diabetes, diverticulosis, arthritis and other ailments were diseases of old age and therefore to be expected. The fact that an increasing number of younger people are suffering from them refutes this, as does their increase in near epidemic proportions despite everything science can do.

The statistics are convincing. Coronary artery disease and cancers of the breast, prostate, colon and lungs are now responsible for every third and fourth American death, respectively. While some 50 years ago, at the turn of the century, fewer than 5% of deaths in the United States were attributed to coronary artery disease, today it is the number one killer. In spite of newer and refined forms of insulin and a plethora of bioengineered medications, the incidence rate of the common form of diabetes in North America has gone up 900% since World War II, and especially since 1975 when diabetes began to inexorably advance, doubling every 15 years. The chance of becoming a diabetic in America for a new-born baby is now one in three.

And we have no medical cure. Concurrently, we have seen an enormous rise in the prevalence of excess weight, making it necessary for manufacturers to super-size everything from shirts to pants and from gurneys to coffins. The rise in these diseases and their problems are not coincidental. Modern epidemiology is unraveling the mystery—and that is that most of these modern killer diseases are lifestyle-related.

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Prostate Cancer

Have You Been Left in the Dark?
by Joseph Keon

Last year, the American Urological Association (AUA) announced a dramatic shift in its stance on screening for prostate cancer using the prostate-specific antigen (PSA) blood test. The AUA decided to stop recommending the test for men aged 40 to 54 years and over 70. This follows the United States Preventive Services Task Force, which one year earlier, advised against routine screening for prostate cancer entirely because studies indicate more men are harmed by unwarranted biopsies or treatments indicated by PSA results than were lives saved.

Because public health awareness campaigns in the US tend to emphasize detection strategies, such as mammograms, PSA tests, and colonoscopies, rather than promote risk reduction strategies, many men may wonder what, if anything, they should be doing.

Prostate cancer is the most common cancer in American men. According to the American Cancer Society, this year 300,000 American men will receive a prostate cancer diagnosis, and during their lifetime, 1 in 6 will be told they have the disease. Although prostate cancer may be detected most frequently in the fifth or sixth decade of life, research tells us that it can be present much earlier—in fact, decades before it may be diagnosed. Through examining prostate glands of 152 men under the age of 50 who have died from unrelated causes, researchers found that 30 percent of those aged 40–49 and 27 percent of those aged 30–39 had evidence of early stage cancer in their prostate glands.1

What Can a Man Do?
The scientific community knows more about potential risks for prostate cancer than the public health campaigns inform us, so consequently, fewer men are making lifestyle choices that may help reduce their risk.

For example, for years scientific studies have shown that men who consume lots of red meat, especially grilled meat and meat cooked at high temperature, are at elevated risk of prostate cancer. This may be due to the polyaromatic hydrocarbons (PAHs) and heterocyclic amines (HCAs) that form when meat is cooked at high temperature over an open flame, smoked or charred. HCAs are a known carcinogen, and PAHs both initiate tumors and promote their progression.2 The risk may also be related to chemical contaminants, such as dioxin, known to concentrate in meat.

Exercise Works Here Too
While there are numerous benefits from regular exercise, at least sixteen studies have shown that men who exercise the most compared to those who exercise little, or are sedentary, experience a significant reduction in risk of prostate cancer. A 2011 Harvard–UC San Francisco joint study found a 61% reduction in risk in men who exercised most vigorously. A 2013 Veterans Affairs study published in the Journal of Cancer found a 53% reduction in risk of prostate cancer in those men who exercised the most.

Does Milk Play a Role?
While nobody should be surprised when studies indicate exercise is protective, it may be surprising to learn about the connection between milk consumption and risk of prostate cancer.

At least 24 studies have looked at the role of milk in the development of prostate cancer. Twenty of these studies have found a positive association. On average, the studies reveal about a doubling of risk for prostate cancer in general, and up to a 4-fold increased risk for metastatic prostate cancer, the deadly form, in those men who drink the most milk compared to those who drink the least.

Since the association found in the studies is consistent in those drinking full-fat, low-fat, and skim milk, researchers have turned their attention to another potential culprit called insulin-like growth factor 1 (IGF-1).

IGF-1: A Five-Pronged Threat
Several studies have shown that those with the highest blood levels of IGF-1 are at substantially higher risk for breast, colon, and prostate cancer. For example, a Harvard University study of 14,916 male physicians found that men with the highest IGF-1 levels had more than four times the risk of prostate cancers compared to men with the lowest IGF-1 levels. Levels of IGF-1 in our body are naturally highest at the time of puberty, after which levels taper off.

Have you been left in the dark about potential risks for prostate cancer? What can a man do? Are you aware of the association between milk consumption and risk of prostate cancer? Join me in the discussion.

Joe Keon A wellness consultant for more than 25 years, Joe Keon is an award-winning writer of three books and numerous articles. He resides in Northern California. More information can be found at whitewashthebook.com.

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Immediate change to a fully plant-based diet is the single most important decision any of us can make with regard to all areas of global depletion, climate change, and ensuring our future.

A New View of You

The Future of Human Health

by Dr. Richard Oppenlander

“How are you?” This question is undoubtedly posed billions of times daily worldwide, spanning many countries and languages. And, although economics or another concern may lie behind the query, the answer generated will typically relate to one’s individual health—mental, physical or spiritual. After all, this is the way we have developed to perceive our lives, most often viewed through the lens of our own microcosm. Regarding the foods we choose to eat, this self-focused view predominates as we consume products that satisfy our taste preferences while adhering to cultural and social norms, with a sprinkling of what we have learned to be nutritionally sound from sources we are exposed to. This, all to fit a model of what we believe best sustains us as individuals—mentally, physically and spiritually. Understandable.

The world is changing, though. The combined results of our individual actions on planet Earth have put us in a precarious position. Therefore, we need to broaden this view beyond self, to include the effects of our decisions on humanity and other life forms.

The Anthropocene Era has arrived, where we humans have reached a critical and fragile point in our evolutionary journey as a species. Our future is now at risk. This is because in just the past 100 years, we have acquired the power to negatively affect our biosphere—the litho-, hydro-, and atmosphere—the very environs that sustain us and all other life on Earth.

The revealing snapshot

Since the early 1970s, we have produced and consumed in overshoot mode, taking more from our planet than it can continue supplying. Currently, we require nearly two full Earths to sustain our demands on it. We are running out of land and fresh water. Pollution and human-induced greenhouse gas emissions are threatening our atmosphere and waterways, and negatively affecting our climate. Our oceans and sea life are being ravaged. We are losing habitat, ecosystems, and biodiversity, with mass extinctions occurring at a rate we haven’t seen since the dinosaurs were lost 65 million years ago. Nearly one billion people in the world are suffering from hunger, even though we produce enough grain to feed twice as many people as there are on Earth. One half of our precious topsoil has been lost, with ever-increasing areas becoming completely desertified.

And, as we witness escalating rates of chronic disease, our own human health is in decline.

All of this I term ‘global depletion.’ This is occurring at a rate and within timelines that imperil us as a species, our planet as it exists today and the living things (plants, animals, insects) we share our planet with.
Sprouts have long been famous as health foods. But what does that really mean? Nutritious? Sure! They are rich sources of the A, B and C vitamins. But so are vegetables and fruits. What distinguishes sprouts is that as baby plants they have a higher nutrient density than their mature counterparts. Therefore their concentration of those nutrients can be many times higher. These seedlings rank in a class along with herbs, juices and medicines. You take herbs such as echinacea, milk thistle, or turmeric because you need their focused medicinal properties. You make juice because it is a large volume of vegetable nutrients condensed into a super-rich nutrient drink. Even though aspirin is derived from the salicylic acid in the bark of the willow tree, you could never chew enough bark to get the equivalent dosage offered in a tiny pill. This is what makes sprouts a ‘functional food.’ It is a food that is concentrated enough to produce a therapeutic benefit.

How Sprouts Stop Cancer

Although the statement may sound incredulous, we have much research showing how sprouts stop the growth of a variety of different cancers. There are four phases of cell growth. There is the synthesis phase where DNA is replicated and the mitosis phase where the cell multiplies. In between them are two ‘gap’ phases. Enzymes from sprouts get into the gap phase (phase II) and disable the cell before it can multiply. The group of enzymes that do this are called isothiocyanates, of which the mustard oil Sulforaphane is best known. Actually, the sprouts produce the precursors to isothiocyanates called glucosinolates. They are converted into sulforaphane upon digestion by another enzyme in sprouts — myrosinase. Because sulforaphane interrupts mitosis, it is often referred to as antimitotic or antiproliferative. It initiates a process of cellular self-destruction (apoptosis). In other words, it interrupts the cell just before it starts dividing.

Antioxidant Activity

In four studies using broccoli, radish, mung, and sunflower sprouts, researchers from Punjab, India, found these sprouts had a remarkable inhibitory effect against free radicals both in vitro (in laboratory cultures) and in vivo (in a living body). Sunflower and radish sprouts had the highest levels.1

Diabetes

In a 2013 study at the Obesity Research Center, in Tehran, Iran, type 2 diabetics increased their total antioxidant capacity by eating broccoli sprouts and simultaneously decreased their levels of oxidative stress, lipid peroxidation, serum triglycerides and insulin resistance. “Potential efficacy of sulforaphane and probably other bioactive components of young broccoli sprouts makes it an excellent choice for supplementary treatment in type 2 diabetes.”2

cont’d on p. 58

The Real Truth About CELL PHONE RISKS:

The weak and erratic microwave radiation from cell phones and tablets cannot directly break the bonds that hold molecules together, but it does disrupt DNA, weaken the brain’s protective barrier, and release highly reactive and damaging free radicals.

How Cell Phones Affect A Child’s Brain

The bone marrow of a child’s head absorbs 10 times more radiation than that of an adult

by Devra Davis, PhD, MPH

Here, you have a frying pan. You know it gets hot. So you don’t tell your child to play with it. You take precautions. You explain things, so kids don’t burn their fingers. You wait until they are old enough to understand how to be safe. Why should a cell phone that increases brain, sperm or hearing damage—or cancer risk—be any different?

We love our cell phones. Cell style is our lives, no doubt, and, for some, would be embedded bionically, if it were safe. That’s a silly thought, isn’t it? Of course, it isn’t safe, you say, to put microwave radiating cells in fatty tissue. So why are we holding our cell phones so close to the fattiest tissues of all — our brains and sexual organs? Our mobile phones are as much a part of modern life as bike helmets, credit card agreements, air bags, medical drugs and other such items. But these all come with clear warnings. These warnings have increased consumer safety and furthered the consumer’s right to know about the products purchased.

Warnings are good for everyone. For the consumer, they say, “Hey, I told you so, so don’t come back to me, the manufacturer, and say I didn’t tell you. We warned you, loud and clear, should any problems develop later.”

Sometimes we need to get tough as a society to do what is right for public health. That’s because where warnings are accompanied by enforceable laws, they can fundamentally change behavior.

The statistics show us fewer kids today smoke tobacco than ever before and fewer are dying of brain injuries from biking. But we’ve done a great job of education there. Now what about escalating infertility, learning disabilities and even autism and brain cancer rates? Could these be tied with the ways many are using cell phones? I am an epidemiologist. I study disease and what causes it. In those countries that have been using phones the longest, we’ve had escalating brain cancer rates in the young that science shows are not only associated with cell phone usage but also how and why this is happening. People who hold the phones too long and close to their body tend to have a higher rate of this cancer. Do we want to wait (as we did with tobacco) for incontrovertible proof of harm before taking steps to protect our children from a risk that is easily reduced?

What’s missing altogether is a previous statement that explains phones carried in pockets exceed the Federal Communications Commission exposure guidelines: “Warning: iPhone’s SAR measurement may exceed the FCC exposure guidelines for body-worn operation if positioned less than 15 mm (5/8 inch) from the body (e.g., when carrying iPhone in your pocket).”

WEBSITE: Devra Lee Davis, MPH, PhD

is recognized internationally for her work on environmental health and disease prevention. A Presidential appointee who received bi-partisan Senate confirmation, Dr. Davis was the Founding Director of the world’s first Center for Environmental Oncology and currently serves as President of Environmental Health Trust, a nonprofit devoted to researching and controlling avoidable environmental health threats. EHTrust.org

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Start right here, right now. The raw food lifestyle doesn’t need to be 100% raw, 100% of the time. Include both raw and cooked plant-based foods. How much raw food is needed to maintain good health and stay young and vibrant depends on each person’s starting point and what their health goals are. The truth is that some cooked foods are better choices than certain raw foods. For example, lightly steamed broccoli is a healthier choice than raw cashew cheesecake, which is primarily sugar and fat.

Today, smart, busy people all over the world are discovering that raw food doesn’t need to be flavorful or take a lot of time to prepare. What may have been considered a fad diet 10 years ago is now recognized as a revolutionary new cuisine that is nurturing to both body and spirit. People everywhere are sick and tired of being ‘sick and tired’ and they are eager to learn how to take control of their health and make better food choices. However, since they aren’t willing to give up the flavor, texture and appearance of the foods they love, they’re delighted to find raw foods that can be both delicious and nutritious, and they begin to make positive changes that they can immediately feel in terms of increased energy and well being. The answer is as simple as knowing where to start, what to eat and what (and when) not to eat.

Where to Start...
Start right here, right now. The raw food lifestyle doesn’t need to be 100% raw, 100% of the time. Include both raw and cooked plant-based foods. How much raw food is needed to maintain good health and stay young and vibrant depends on each person’s starting point and what their health goals are. For most of us, it isn’t just how much raw food we eat, it’s also which raw foods we choose, which cooked foods we consume, and (equally important) which foods we choose not to eat. The truth is that some cooked foods are better choices than certain raw foods. For example, lightly steamed broccoli is a healthier choice than raw cashew cheesecake, which is primarily sugar and fat. It doesn’t matter that the fat is raw and the sugar is natural, it’s important to remember that foods like raw cheese-cake are for celebration rather than everyday consumption. Knowing what foods to eat and what foods not to eat isn’t difficult if you know a few simple rules.

What to Eat...
Our bodies are high-performance vehicles that need the best fuel possible to ensure maximum performance and long life. Of all the steps anyone can take to look younger, feel more vibrant and joyful, and have clear beautiful skin and healthy hair and nails, one thing stands out among the rest – raw plant foods.

Fresh, ripe, raw, organic, colorful plant foods contribute nutrients important for clear skin, vivid eyesight, a sharp mind and radiant health as we age. Many of these nutrients act as antioxidants, helping protect our cells from free radicals (highly reactive molecules that contain unpaired electrons, which can damage cells and cause premature aging). Let’s take a look at a few high performing fruits and vegetables. Deeply colored foods high in phytonutrients and antioxidants combat free-radical damage and promote good health and healing:

- Dark blue or purple foods: beets, blueberries, blackberries and black mission figs
- Dark green leafy vegetables: collard greens, kale, bok choi, broccoli and Napa cabbage
- Yellow-orange foods: squash, peaches, sweet potatoes and carrots
- Red foods: tomatoes, bell peppers, watermelon and strawberries
- Foods high in vitamin C: lemons, oranges, strawberries, papaya, kwi, broccoli, Brussels sprouts, tomatoes, red bell peppers, romaine lettuce, kale and mustard greens
- Foods containing omega 3 fatty acids: chia seeds, flax, hemp seeds and dark green leafy vegetables like kale, romaine and dandelion greens
- Foods containing zinc: pumpkin seeds, sesame seeds, sunflower seeds, pine nuts and lentils
- Hydrating foods: juicy fruits, non-starchy vegetables, non-chlorinated drinking water and fresh green juice
- Probiotic-rich foods: sauerkraut, grain-free miso and fermented vegetables continued on p. 63

Cheerie Soria is founder and director of Living Light Culinary Institute, and has been teaching gourmet raw vegan cuisine since 1998, and vegetarian culinary arts for more than 40 years. She is the author of several books, including the classic Angel Foods: Healthy Recipes for Heavenly Bodies and The Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy. Feel Younger (co-authored with Brenda Davis, RD and Vesanto Melina, MS, RD) and Raw Food for Dummies. RawFoodChef.com
Labels that then get sanctioned by national medical associations, and paid for by insurance companies, which, along with pharmaceutical firms, run mental health treatments (and all medical care) in Western culture. Currently there are over 100 million people on psychotropic drugs in the USA, 70% of which aren’t even dispensed by psychiatrists, but rather, by General Practitioner MDs. Even though it costs over a million dollars to submit a drug for approval to the FDA, the drug trials on the ‘fast track’ (for an extra fee), can last as little as four to eight weeks (yes, weeks). But because each psychotropic drug out there can earn anywhere from seven to twelve million dollars a DAY, drugs are a huge business. Seven to twelve million dollars a DAY. For a pill that might go something like this: ‘I have this prescription drug for you. You might go something like this: ‘I have this prescription drug for you. Doctor: ‘Oh, you have Attention Deficit Hyperactive Disorder, or ADHD. I have this prescription drug for you. Try it for a week or so.’ Assessment time before prescription: fifteen minutes. No blood test, no scan, no science. The diagnosis is just a fancy-labeling restatement of what the patient said! Is this really progress, or treatment? The mental health diagnoses are, as stated in the title of the manual, STATISTICS—averages, if you will, or descriptive generalities. Basically labels. The Illusion Mainstream mental health care is rooted in the DSM-5, The Diagnostic and Statistical Manual, Fifth Edition. The first edition originated in 1952 with 106 ‘diagnoses’ and the current edition now lists over four hundred! These diagnoses are based on anecdotal conclusions by practitioners, and list behavioral criteria that are subjectively observed and assessed, or subjectively reported by the patient. These diagnoses were agreed upon and voted on by the members of the American Psychological Association (APA) committee that drafted the DSM. The number of diagnoses keeps growing, and more and more ‘normal’ human responses are now listed in the DSM as diagnosable. Grief (Uncomplicated Bereavement), for instance, which was removed from the DSM over twenty years ago, when the committee members and advisory board members recognized it as a ‘normal reaction to loss,’ and not pathological, is now back in, listed as a form of depression. Lucky us: Aunt Edna has died, and we have nightmares? (Nightmare Disorder) No problem! We’ve got a pill for that! Having troubles at work? (OCCUPATIONAL PROBLEMS) No problem! We’ve got a pill for that! Having problems getting medical help? (Problems Related to Access to Medical and Other Health Care) No problem! We’ve got a pill for that! I am not making these up, I swear. A typical visit to the psychiatrist might go something like this: Patient: ‘I can’t concentrate on things for long, I’m impatient and impulsive. I can’t sit still, I need to be moving and doing things, and I have trouble falling asleep.’ Doctor: ‘Oh, you have Attention Deficit Hyperactive Disorder, or ADHD.’ I have this prescription drug for you. Try it for a week or so.’ Assessment time before prescription: fifteen minutes. No blood test, no scan, no science. The diagnosis is just a fancy-labeling restatement of what the patient said! Is this really progress, or treatment? The mental health diagnoses are, as stated in the title of the manual, STATISTICS—averages, if you will, or descriptive generalities. Basically labels. The Medical Model: The National Institute of Mental Health website explains: ‘Psychotherapy, or ‘talk therapy,’ is a way to treat people with a mental disorder by helping them understand their illness. It teaches people strategies and gives them tools to deal with stress and unhealthy thoughts and behaviors. Psychotherapy helps patients manage their symptoms better and function at their best in everyday life.’ ‘The starting point for therapy is the recognition of the disorder or illness.’ ‘Medical model’ (R.D. Laing, 1971) indicates an approach in which a practitioner is trained to examine the patient by assessing the complaints, taking the history, and then giving a diagnosis, treatment and prognosis. ‘Disease’ is the central concept in this approach. It assumes a problem or a deficiency in the person seeking help. If someone is going to a doctor there should be some sort of illness, if a person is going for psychotherapy there should be something wrong with his/her brain or mind. Total Wellness: The Hippocrates Life Transformation Program focuses on the potential for ‘total wellness’ by helping visitors eliminate toxins and fortify the body with nutrient-rich food. Parallel to this is the enhancement of the ‘joy of life’ by helping guests eliminate emotional toxins like anger, fear, guilt, shame and sadness and nourish the mind with the desire to fulfill goals, to appreciate gifts and blessings, and to celebrate their lives with gratitude. Confidence is reinforced when guests are helped to create and utilize affirmations about their own strengths and blessings. A Reason for Healing and Wellness: If a guest asks us, ‘After all, why should I heal?’, it might sound absurd. However, some of our guests have asked that question to themselves: ‘Who is waiting to see me healed from my challenge? Are there people who really wish to see me healed totally? In the wake of these questions it is important to visualize the faces of people who will truly be happy to see us totally well again. In stress management sessions at HHI, we help visitors with these and other techniques. Whatever your mind focuses on begins to grow: if your mind is focused on illness, it grows; if your mind is focused on wellness, health improves. Therefore, it is well worth focusing our mind on wellness rather than on illness!’
Thirty-six years in the Army taught me many lessons. One of them was how to make friends out of strangers. What we learned is that Health, Music and Laughter are ideal for making friends. Everyone everywhere is interested in being healthier. Medicine is a bridge builder out of strangers. What we learned is that Health, Music and Laughter are ideal for making friends.

HEALING
It was healing that attracted us to Hippocrates Health Institute (HHI). We had heard of all the positive results that we achieved with very serious illnesses.

We even sent a friend, Lee Lanning, a prolific writer, to Hippocrates. He had been given 6–7 months to live by his doctor at MD Anderson Cancer Center. His kidney cancer had spread to his chest, brain and lungs. After Lee’s stay at Hippocrates, he and his wife adopted the lifestyle that has made the South Florida institute famous. At the time of this writing, it has been eight years since he was given his death sentence. He tells of his battle with the disease in his book My War on Cancer.

My partner Dr. Carmen Queral, and I decided to once again experience firsthand the magic of Hippocrates (we had spent a week there many years ago). From our experiences we developed our way to explain to others the things that harm our bodies. What follows is our attempt to share with others what we do to stay well. SIMPLE: S=Sprouts: Our life has changed since we started eating sprouts. A theory of why people overeat is that when we consume non-nutritious foods, our bodies are not satisfied. We end up eating more as the body tries to get the nutrients it needs. We noticed that after consuming a green juice consisting of raw vegetables and sprouts, we were satisfied and not hungry. We now grow our own sprouts at home and buy them when we travel.

I=Ions: Negative ions are produced in forests, at seashores and in the rain. Negative ions are good for our health. Since we cannot all be near seashores or forests, we purchased what we call our “Time Out Hot Box.” The portable Therasage infrared sauna fits nicely at the end of the dining table. Whenever we can, we sit inside and turn on the heat, which activates the elements that produce the ions. We use the fifteen minutes in our sauna to meditate. We try to disconnect and achieve a state of mindfulness. This can be hard to do as thoughts creep in. We simply acknowledge them and repeat a word like “OM” to bring us back to our own quiet shelter.

M=Meat: We avoid animal products including fish. There are studies in Germany that suggest that animal proteins aid in the production of an outer membrane of a cancer cell that makes it invisible to our immune system. Whether this is true or not, we know that red meat is not the ideal food for our bodies. We also avoid animal products because many of them have been raised using harmful hormones and antibiotics that end up in the meat, milk and eggs.

P=Plunge: One of the activities recommended at Hippocrates is cold plunge. This process involves sitting in a warm mineral pool and then plunging into a very cold pool and staying in it for 15 seconds. This is repeated a couple of times. When I lived in Moscow I witnessed the Moscow Polar Bears’ plunge into an icy lake in the winter and swim for a couple of minutes. These were usually seniors who did this to strengthen their immune system. In Alaska, where I commanded the Cold Weather Brigade, we used to break the ice and plunge into the water for five minutes. We did this to show our soldiers that we could survive if the ice broke and we fell in. I have kept up this activity and swim in the ocean before the sun is up, regardless of the temperature. We live in Florida but the temperature has gone into the 40s F several times. After the plunge we need to be well clothed and consume hot beverages to bring the core temperature back up.

L=Love Key: My name (Loeffke) is hard to pronounce, so I ask people to think of ‘love’ and ‘key.’ This has served me well in China where they often changed it to Key Love. The message is the same. The key to friendship is love. I do not mean the ‘amorous’ kind of love but the ‘service’ kind of love. Doing good to others is also good for us. A phenomenon happens in our bodies when we engage in selfless acts of service. An immune marker called SigA (Secretory IgA) is produced in our saliva, lungs and gut. SigA enhances our immune system. Harvard Medical School conducted an experiment where they placed an instrument in the mouths of 50 volunteers that measured SigA. The volunteers were asked to watch on a screen Mother Teresa washing the feet of the dying and her caring for crippled children. All participants had a positive spike in their SigA. When they were shown acts of violence the SigA dropped. Always do good as it is good for us.

E=Exercise: The number one priority in our lives is exercise. Medical journals and experts write about the importance of exercise. Exercise is powerful medicine. It has even been shown that to strengthen our bones, load bearing exercises are at times better than taking supplements. We do resistance training three times a week and run/swim almost every day. We also do sprints as this helps us to get to 70% of our maximum heart rate. This is the zone where we gain more from our runs. Exercise helps us feel better and sleep better.

Cont’d on p. 60

My name is Carmen with their warrior pose and sound waves. Burn becoming in China.
I often say it is unfair that I live less than nine miles from Hippocrates Health Institute (HHI). After graduating from the three-week Life Transformation Program, and more recently from the nine-week Health Educator Program, I am blessed to stay plugged into the Hippocrates community with weekly visits to their living food buffet. (The daily buffets, as well as the Hippocrates spa, salon and store are open to the general public as well as guests and graduates.)

HHI offers a generous meal plan that is certainly beneficial to locals. With periodic visits to the food buffet, I also purchase supplements and books, and to check out what is new. The fun part is sharing HHI with others. I bring people from all walks of life to the food buffet. I have shared the life force of living foods with elected officials, businessmen, family members, musicians, friends, yoga teachers, clergy and others. Hippocrates is kind of like a country club without the golf! People have varying dispositions and prejudices when they first approach the buffet line, but without exception the feedback is that they feel energized afterward instead of feeling weighed down. I often get a call later in the afternoon that they have been on the toilet later that day once or twice. Talk about a TMI (too much information) moment! “Congratulations,” I tell them, “you’ve been constipated your entire life and didn’t even know it!”

My musician friend Trevor dismissed all of this as ‘horse food’ on a weekend visit from Texas. While at dinner in Wigmore Hall (the Hippocrates dining hall, named after HHI founder Ann Wigmore), I asked Trevor where a horse gets its protein and nutrients. Afterwards, he thought about the lean muscles of a horse and the horse’s beautiful mane and shiny coat. It started to make sense. After several trips with me to the food buffet during his visit, he returned home to Texas the following Monday. I was heartened to receive an email from him requesting a food list so that he could shop smartly at Whole Foods. I ruffled an EZ-Sprouter from Amazon.com to his home in Austin, Texas. He’s now on a vegan path.

Even with all the support of nearby Hippocrates, it is possible to go astray. This happened to me. With all of my travel and social obligations, I fell into a pleasure trap whereby I became somewhat of a junk food vegetarian, especially with pasta, bread, cheese and wine and spirits. I was also surprised when a blood panel revealed a slight hypothyroidism. Enrolling and recently completing the Hippocrates Health Education program helped me to help myself, and was the best decision of my life. It is empowering to tap into the wells of people coming and going through the world over. Those of us fortunate enough to live close by can drive home after a wonderful meal, only to return to Hippocrates a few days later. I’ve been connected to Hippocrates as a graduate and a local for over three years now. Folks are curious about the lifestyle and often want to know more, and I am always happy to share. Based on what I was taught by the directors and staff, I tell them that the lifestyle and protocol boil down to three basic principles:

1. All life comes from the sun.
2. A healthy immune system is the basis for good health.
3. Eat the things that support the immune system, and don’t eat the things that weaken the immune system.

Simple, but not easy.

I try not to be too ‘preachy’ with all of this. I also realize it is important not to drill down too far, lest I fall prey to ‘analysis by paralysis.’ Eventually we are all going back into the arms of God, and ‘everything’s gonna be alright.’

Zainab “Z” Fisher is originally from Sierra Leone, West Africa. Zainab came to the United States as a young girl and lived in Boston, where she met her husband Tom Fisher. “Nurse Tom,” as he is known at Hippocrates Health Institute (where he now works) was diagnosed nearly 15 years ago with stage IV cancer. This experience led Tom and Zainab on a healing journey. It wasn’t easy in the beginning because their bodies went through a detox period from releasing the animal protein they had eaten. There was a learning curve, but after attending Hippocrates Health Institute, it became much easier. Today, Zainab is 100 percent vegan, and she eats 80 percent raw food. She has seen firsthand the healing and health-building effects of a plant-based diet.

**The following is an interview with Zainab Fisher:**

**Hippocrates Health Institute (HHI): What got you interested in living foods?**

ZF: As a child my grandparents introduced me to the kitchen and how to cook. They made Lebanese and African food. This got me interested in food at an early age. I used to work in hospitals, helping people, but I knew my passion was food and helping people with optimal nutrition for optimal health. Before I changed my diet, I was overweight. I had digestive issues, skin problems and suffered from low energy. After adopting a high raw vegan diet my digestion improved greatly. The extra weight melted off my body. My skin became clear and vibrant. My energy became much more abundant.

**HHI: Do you have any tips for people starting a raw food/vegan diet?**

ZF: Don’t give up! You will start to see results in your health very quickly. Start with the basics, like making a colorful salad or green juice. Then build on it and be creative. You don’t need lots of equipment to start. It is not always about resources, but being resourceful. There are many free recipes online and lots of great recipe books to learn how to make great raw food dishes.

**HHI: What are the best ways to increase the nutrition in a dish?**

ZF: Sprouts are a great way to increase the nutritional density in a dish. Sprouts are in some cases 10 to 30 times more nutritious than the most nutritious vegetables, such as kale or collard greens. They are very high in chlorophyll and phyttonutrients. Chlorophyll cleanses, purifies and heals most areas of the body. Phytonutrients may help prevent disease and keep your body working properly. Also, I like to use hemp seed, chia seed and flax seed to increase essential fatty acids, fiber and complete protein. Essential fatty acids are important for the health of the brain, nervous system and skin, to name a few.

**HHI: If one could afford equipment for raw food, what would you recommend in order of importance?**

ZF: Good knives, bamboo cutting board, juices, food processor, high power blender, kitchen utensils (measuring cups, etc.), dehydrator, and spiral vegetable slicer.
**ELECTION YEAR**

**THE FOOD GAMES**

A POP Campaign and MOMS4POP Update

by Dr. Brian Clement, Dr. Anna Maria Clement, Beth Clay and Rudhi Lenardi

The POP Campaign and MOMS4POP are ‘holding the line’ for consumers who increasingly realize the Truth we in the world of wellness promotion have long known—that today’s Genetically Engineered (GE, also referred to as Genetically Modified (GMO)) foods are health disrupters. GE foods are simply very bad actors in the food chain. They wreak havoc on our blueprint for health and recast a world of ‘Food Games’ where future generations cannot win. Science will eventually validate the epigenetic injury done to a generation who have been subjected to food that contains GE ingredients that are not acknowledged on the label. A food violence scenario exists where GMO stalkers creep around every aisle at the marketplace hiding within products and seeking their next victim. We watch in petrified amazement at the mantra of the game, recalling the words Henry Kissinger spoke long ago: “If you control the food supply, you control the people.”

The grassroots POP Campaign and MOMS4POP keep our voices and choices alive and organic food and standards pure—working in collaboration to label GMO ‘high-risk crops’ such as corn, soy, sugar, beets, canola and zucchini—see POPCampaign.org and MOMS4POP.org.
Illiteracy
America’s Secret Shame
by Al Dicker
It started when I couldn’t read in the first grade. I remember sitting in class. My palms would get sweaty; my heart would start to beat. I was afraid the teacher would call on me. What would my friends say? I was left back in the third grade. I hated to go to school. It was horrible. Even though this early childhood experience hurt a lot it helped me to commit myself to ending illiteracy. I don’t want any kid to have to go through what I went through. As a result of this frustrating experience, I developed the Dicker Reading Method (DRM).

After four months in the program, she was reading on a second grade level, qualified for the Gifted & Talented Program for kindergarten in New York City, and scored in the 98th percentile. In the first grade, Rachel was reading at a fourth grade reading level and developed a love for reading and school. Now in the second grade, Rachel is reading on a sixth grade level and is currently finishing the Harry Potter book series. Students from preschool through twelfth grade have produced remarkable results using individual, small group and entire class instruction. The DRM also offers a reading program for adults. My program has received numerous endorsements, including those of CBS News, Good Morning America, Family Circle, and thousands of parents and educators. An astonishing 10,000 students have experienced reading success due to my revolutionary program. I also believe there is a need to transform the face of education across the globe and feel that the DRM is an answer to illiteracy. Due to the tremendous advances in technology it is now possible for the DRM to revolutionize education. I have been working on computerizing my program, which will take all of the DRM’s proven methods and put them in the palm of your hand in a super fun app for your phone, tablet and computer. It’s easy, it’s fun, it’s a game, and it WORKS! As an outsider, the app might appear to be just a game or an e-book for children, but there is a time-tested reading method underlying all the fun and games. In one minute, a child is able to learn five words and/or their meaning. This transformational process creates focus and concentration, putting the child in the zone.

Many devices (iPhone, iPad, tablets, computers or smart phones) in a classroom, would allow children to learn at their own pace. New technology allows for the possibility that thirty devices in a classroom might be monitored at a master device in several ways: the child’s place in the test, their statistical success in vocabulary and comprehension, their accuracy using individual, small group and entire class instruction.

I believe there is a need to transform the face of education across the globe and feel that the DRM is an answer to illiteracy. Due to the tremendous advances in technology it is now possible for the DRM to revolutionize education. I have been working on computerizing my program, which will take all of the DRM’s proven methods and put them in the palm of your hand in a super fun app for your phone, tablet and computer. It’s easy, it’s fun, it’s a game, and it WORKS! As an outsider, the app might appear to be just a game or an e-book for children, but there is a time-tested reading method underlying all the fun and games. In one minute, a child is able to learn five words and/or their meaning. This transformational process creates focus and concentration, putting the child in the zone.

At times, we at Hippocrates Health Institute gain as much from our guests as they do from our Life Transformation Program. One of these guests is Al Dicker, who caught our attention when he thoroughly explained the simple technology he has developed to reverse illiteracy and the lack of knowledge plaguing our world today.

Dr. Anna Maria Clement
Seven Reasons to Enroll in
by Pam Blue, MEd, and Katherine Powell, EdD

The Health Educator (HED) Program at Hippocrates Health Institute (HHI) is a wonderful inclusive health education program that reviews important health considerations that everyone should know and be aware of to help yourself and others. Everyone who takes this course has different reasons both personally and academically to secure their goals. The topics are wide in range and the depth of immersion allows each student to learn what they require and decide if further education is needed. Our HED director, Pam Blue, MEd, is dedicated, charismatic and well qualified to deliver the best program possible. The atmosphere is conducive to discover each student’s needs and to provide the effective environment to accomplish any personal growth. There is no need for fear or anxiety since each person receives the program at his or her level. There are no tests or exercises that cannot be accomplished within each person’s limits. Long-time consultant and friend of HHI, Katherine Powell, EdD, and HED director Pam Blue, MEd, have joined forces to present to you this article for further information on this enriching program.

We are writing this article to demystify the Hippocrates Health Education Program. Fear of the unknown is often times a result of lack of knowledge, so we want to enlighten you on this internationally acclaimed offering. Everyone is an individual, so there are no expectations for you but to be yourself and experience the process. This program presents the opportunity to learn about yourself and your connections. We believe anyone can complete this program with no prerequisites, and the only requirement is the desire to learn and complete the required work that is done both individually and in groups. We welcome candidates of all ages, and our graduates range in age from 18 – 90s.

The program is nine weeks long, and the first three weeks are an opportunity to immerse, adjust and learn the Hippocrates lifestyle. For those who have already completed the Life Transformation Program and have had the opportunity to learn the Hippocrates lifestyle, they could complete the HED program by attending the final six weeks only if you are currently working or have other obligations, the program can be adapted (with the director’s approval) into two three-week sessions within a calendar year. You will graduate with a Health Educator Program Certificate and a variety of certificates for attending alternative health lectures, as well as specific ones for the disciplines you wish to pursue.

We have identified seven major reasons to attend the HED program. We feel that everyone can benefit from this experience and here are the salient reasons why:

1. Integration — there are components within the program that support the understanding of self and the integration of our mind, body and spirit into our day-to-day lives. Self-awareness is required to balance the different parts of self to gain mindfulness, better relationships, and to promote a healthy self.

2. Connection — there are aspects of the program which provide the opportunity to connect to people who are like minded both in group activities and in personal experiences. Connection involves communicative, adaptive, and listening skills that are required when learning new information.

3. Purpose — the program is designed to facilitate the discovery of your purpose in a meaningful way so as to contribute to others in the world. Everyone has a purpose, and happiness occurs when we are confident about who we are, what we need to do and why we are here. We are happiest when we connect with others.

4. Knowledge — the curriculum fosters a deeper understanding and motivation for maintaining a living foods lifestyle. Self-love helps facilitate a healthy lifestyle, as does discovering missing pieces of information related to health. Many of these pieces come together when studying the HED curriculum.

5. Achievement — the program supports all individuals’ success, regardless of native language and academic experience. The open book tests and the assignments allow for choice and flexibility, and everyone works at his or her own pace. Group projects further facilitate the learning process and achieve a new standard of health and exploration.

6. Tools — there are tools for both personal and career goals. Personal growth is explored as each person discovers new gifts and talents within the self. These gifts and tools help everyone acknowledge what they can contribute within the program, the community, and ultimately the world.

7. Strength — the program offers its graduates a support system developed by Drs. Brian and Anna Maria Clement and HHI. Support also comes from other certified Hippocrates Health Educators as graduates develop their creative self and true essence to make their goals a reality. We are all committed to your personal growth.

We both entered the Health Educator Program here at Hippocrates coming from very unique perspectives. Whether coming from high levels of education or from years of living this lifestyle, we both found ourselves to be duly motivated by the unique curriculum and experiences found within the nine-week program. We believe this to be a testimony to the space that is created for personal growth within the multifaceted program itself. People, no matter what their education or experience, gain some new perspective in the program and become notably inspired to expand both personally and professionally. There is truly no other educational experience like this one in the world. The specialized curriculum addresses the mind, body and spirit, blending powerfully with the experience of living the Hippocrates lifestyle (at Hippocrates) for nine consecutive weeks. It is a complete immersion into health and wellness from every perspective. We are grateful to be available for you during this wonderful experience.

The Health Educator Program at Hippocrates Health Institute

Hippocrates Health Institute

Health Educator Certification Program

Your Career in Complementary Health Begins at Hippocrates

• The program is nine weeks long: three weeks to learn the Hippocrates Lifestyle and six weeks of curriculum and lectures
• Classes are Monday – Friday
• Hippocrates Health Educator Program includes
  • Meals, wheatgrass and juices each day on HHI campus
  • Use of HHI pools, sauna and exercise classes
  • 10% discount on treatments and campus bookstore
• Off campus lodging is available for an additional fee

Call today to register or learn more:
(800) 842-2125
www.HippocratesInstitute.org

Feb. 15, 2015 March 8, 2015
June 22, 2014 July 13, 2014

HED Program Schedule

9-week start dates
June 22, 2014
Sept. 14, 2014
Feb. 15, 2015

6-week start dates
July 13, 2014
Oct. 5, 2014
March 8, 2015
Love Yourself First
by Laura M. Grammatico, Hippocrates Health Educator
www.LauraGrammatico.com

In 1956, psychologist and social philosopher Erich Fromm proposed that loving oneself is different from being arrogant, conceited or egocentric. He proposed that loving oneself means caring about oneself, taking responsibility for oneself, respecting oneself, and knowing oneself (e.g., being realistic and honest about one’s strengths and weaknesses). He proposed, further, that in order to be truly love another person, a person needs first to love himself in this way.

I used to get lost in someone else who couldn’t have cared less about losing me. I used to care more about others than I did about myself. I used to... because I thought that defined me.

Then the loneliness of betraying myself became so great that it forced me to make a choice—my life or someone else’s. I took a good, hard look at my list of priorities and found everyone there but me. I took out a fresh sheet of paper and wrote, “I Love Me” in big, bold letters at the top. I closed my eyes and asked, “What do I truly want?”

1. To love and be loved like I have never known before.
2. To take good care of myself—body, mind and spirit.
3. To serve the community with my best of my abilities.
4. To enjoy my relationships, my contribution, my life.
5. To be healthy and whole.

I became a friend I wanted to have. I became more productive in work, in play, in life. I giggled more, worried less and looked into each set of eyes as a gift to me that very moment. I changed. I attracted beautiful souls. I became inspired and inspiring. My energy, my thoughts, my entire vibration shifted, all because I decided I mattered.

Now I am not here to tell you I am 100% cured of that infectious disease called insecurity, but I am light years better than I was long ago. I am a continual work in progress. Once I chose to change the way I saw my world, my world changed. I began making better choices. I let go of the drama, others’, and mine.

I surrounded myself with like minds that support my vision and me. I did things for myself that felt good.

I began to develop a beautiful appreciation for imperfections in myself and everyone around me. I honored percep- tion, humanity and free will, even when it meant someone not choosing me. It took time, but each step dramatically changed the course of my path.

To find that delicate balance between loving yourself and loving others:
1. Take ownership, honor your feelings and needs
2. Respect and nurture yourself physically, emotionally and spiritually
3. Compassionately speak your truth about who you are and who you are not, even if it means rejection
4. Create healthy boundaries; know where you end and other people begin
5. Give yourself permission to say yes, and more importantly, to say no
6. It is your responsibility to properly care for yourself and define whom you are and what you need to thrive. Every day offers a fresh opportunity to discover a new part of who you are.
7. Be your own best friend. Be aware of each feeling. Guide them, don’t judge or dismiss them. Simply accept, understand, and allow them to be. Honor the person you are. Live an authentic, unapologetic and regret-free life. You don’t have to be perfect. You just have to show up.

This is what it means to love yourself. This is how to become healthy and whole. Loving you first sets the foundation for a life worth living.

Is that your strategy?

S

o let’s not dwell on the ‘try’ but rather on the ‘why’ because the more ‘why’ the more we’ll ‘comply’! How do you want it? We know that people only want what they want when the ‘want’ is more than the effort/cost.

We have to want to fit, and once you overcome the why, then it all becomes a joy. Being fit opens a lot of doors. I have always said that the fitter you are when you reach your senior years, the more opportunities will be available to you, and the less you will have to worry about going to the doctor and medications.

What is directing your focus today? These days, we are all busy with family, friends, career and other interests. No matter our station or status in life, we all have exactly 24 hours each day. Each of us has habits and routines, whether good or questionable. Why do we make up excuses for not taking time to exercise?

We all have only one body per life time. Taking care of this body should be a priority in our lives. So what is the difference between those who have a regular exercise routine and the non-exercisers?

Our focus is directed by our beliefs, values, rules and standards. What are your beliefs surrounding exercise? Do you have one? Do you associate pain with exercise, or is exercise pleasurable for you? Do you tend to do the same thing over and over again, expecting different results? This will not give you the change you desire.

Unless our body is telling us that it is sick or hurting, we tend to ignore it. People do not change until we reach our threshold of discomfort. Some change when trauma strikes our lives or those of family or close friends. Many change to help support others or prove themselves to others. Do you learn from other people’s experience or personal experience?

Lastly ask yourself, “What is holding me back from starting some type of exercise routine three to four times per week?”

Is that all I need to do? Let’s set our- selves up for long-range success. What if you did four to six strength-training exercises per workout, ten minutes of cardio per workout and ten minutes of stretching?

Then on your next workout do a different four to six exercises, ten minutes of different cardio and different stretches.

For your third workout of the week perform four to six different exercises, and then some other type of cardio and some different stretches and voila! Now you feel good about you, less stressed, healthier and happier—and you accomplished something positive for yourself.

Over the last four decades I have witnessed five distractions that prevent a person from achieving their personal best performance.
1. Personal challenges with family, friends or whatever other reason that keeps your focus outside the gym when you are in the gym working out.
2. Overtrained in the gym: too long a workout, too many sets or too much cardio.
3. Injuries tend to sabotage our per- sonal best. Your body needs adequate physical and mental recovery to avoid injury. Otherwise recovery takes even longer, requiring rehabilitation.
4. Sickness is another reason that you may encounter a low performance in your exercise. We need to take care of our auto engine if we expect it to perform.
5. Eating habits are critical. What do you fuel your body with prior to your workout? Garbage in equals trashy performance.

In conclusion, we are designed to move until we die, preferably dying in the act of moving!
Yoga and meditation have been a large part of my growth as a spiritual being and a medium. I also use food as a spiritual practice. Not just what I eat, but my thoughts around food: the judgment, the guilt and the emotions that arise when I crave certain foods.

For as long as I can remember, I’ve had a love/hate relationship with food. As a child, I was unable to feel all my emotions. If I felt it, I either denied them by under-eating or buried them with overeating. Those unresolved feelings were stored in my physical body: joints, muscles and tendons.

Yoga is a great way to release stored memories. Through poses and stretches, your body can release blockages. Feelings of guilt, blame or denial can arise. Yoga taught me to be present with those feelings: Living food taught me to acknowledge what came up.

The first time I consciously remember using food to bury my feelings was during the last year of my marriage. I would get up in the middle of the night and eat ice cream. Never did I acknowledge to myself, or to anyone else at the time — I was unhappy. When I woke up to the fact that this habit of eating in the middle of the night wasn’t healthy, I knew I had to do something. At the time I didn’t realize I was showing down something besides ice cream.

What the Evidence Shows

Research in the field of PsychoNeuroImmunology and cancer has begun to show us the power of our minds, and especially how that power is related to influencing our bodies. Even though there are different theories being tested...
6 Reasons to Put Infrared Saunas On Your Must-Do List

by Dr. Frank Lipman, physician and author specializing in the field of integrative medicine

Saunas. They're relaxing, rejuvenating and can even feel a little indulgent. But did you know a regular sauna routine is also a very pleasurable way to enhance health? As you're probably aware, I'm a big believer in engaging in as many good-for-you activities as possible, and saunas, particularly infrared saunas, are high on the good-for-you-to-do list. Why? The infrared heat is known to penetrate the skin more deeply than traditional saunas, better aiding in a number of restorative body processes. Here are just a few ways infrared saunas can benefit your body—and why I encourage many of my patients to make them part of their health-supporting routines.

1. You'll flush out toxins

Saunas, infrared or otherwise, make you sweat. Sweating helps flush out toxins from the body and in so doing reduces its toxic load. With infrared saunas, the sweating is deeper and more profuse, enabling your body to excrete a higher percentage of toxins than with a conventional sauna. Infrared saunas are also a great alternative for those who don't like high temperatures or need to avoid them for medical reasons. Infrared saunas are also a great alternative for those who don't like high temperatures or need to avoid them for medical reasons.

2. Blood pressure will lower and muscles will unwind, without a pharmaceutical assist

You don't have to sit in an infrared sauna for hours on end to reap the benefits. For most people, all that's needed is a few 15–20 minute sessions a week. During your sauna, as you sweat, you'll be stimulating better blood flow and circulation throughout your body. That increased circulation will help lower blood pressure, and make you feel good all over, relaxing tight muscles and easing minor aches and pains to boot. If you're troubled by muscle or joint pain, or more chronic conditions like arthritis, infrared heat from the sauna can provide drug-free pain relief and reducing stiffness and inflammation.

3. Cut a cold or flu off at the pass

Feeling like you're on the verge of getting sick? Then head to the nearest infrared sauna as early as possible. Why? Because the infrared radiant heat will stimulate circulation, rev up the production of white blood cells and rally your immune system's response to invaders. All that action will make your body a much less hospitable environment for germs to grow—and a great place for them to die. Even if you're not on the verge of coming down with something, spending just a few minutes during your sauna, as you sweat, can help keep lots of toxins out of your body. That increased circulation will help flush out toxins from your body and in so doing reduces its toxic load. With infrared saunas, the sweating is deeper and more profuse, enabling your body to excrete a higher percentage of toxins than with a conventional sauna.

4. Look younger, no "beauty" creams required

Infrared saunas offer a wonderful bonus for the skin: they help improve skin tone and reduce signs of aging by stimulating better circulation, blood flow and increased collagen production—all of which improve the look of your skin. The increased circulation, elimination of toxins and flushing out of cellular debris enhance overall skin health, giving it a more radiant appearance, without a trip to Sephora!

5. Drop a little weight effortlessly

The plentiful sweating you'll do during a sauna session will result immediately on the scale as weight loss. However, most of the weight loss will be "water weight" which will return when you re-hydrate. However, there is evidence that infrared saunas, because of their ability to penetrate the skin more deeply, increase metabolic rate and can help the body burn off anywhere from 200–600 calories in a half hour session. Keep in mind though, while a regular infrared sauna routine won't melt off a spare tire, it can support a sensible diet and exercise plan by giving your metabolism a little extra boost while you literally sit and relax. And remember, hydration is essential if you are using infrared saunas. For those who don't like to sweat, or have a history of heart disease, there may be some concerns. If you are pregnant or nursing, be sure to check with your doctor first before diving into a regular sauna routine.

6. An infrared sauna is an investment in your health

Infrared saunas could be seen as an indulgence, with top-quality units starting at about $1,800. But I see them as a great investment in your health. Infrared saunas tend to be compact, and require little maintenance and no water or plumbing. Not only do infrareds offer more body benefits than conventional saunas, but also they're less of a drain on resources. Many are made with sustainable materials and most run on normal household current and cost just a few pennies per hour to run. Because I am such a big believer in them, I recently got a Clearlight Infrared Sauna and I am absolutely thrilled with it. So much so that I've got the chance to offer one for sale to my patients. If you're interested in learning more, please contact me. If you are interested in having a Clearlight Infrared Sauna installed in your home, please contact us.

Use your money wisely! If you're interested in owning your own infrared sauna but the price is a little steep, there are many options available. There are a variety of saunas from different manufacturers, ranging in price from $500 to over $10,000. Some are built in the ground, while others are freestanding. Infrared saunas can also be found in spas, wellness centers and even in some hospitals. There are even portable infrared saunas that you can take with you on the go. For more information and to have your questions answered by a Sauna Specialist please call (800) 317-5070 or visit HealWithHeat.com.

Optimizing Health for a Long and Happy Life

Infrared Saunas are a great way to optimize health for a long and happy life. They help improve skin tone and reduce signs of aging by stimulating better circulation, blood flow and increased collagen production—all of which improve the look of your skin. The increased circulation, elimination of toxins and flushing out of cellular debris enhance overall skin health, giving it a more radiant appearance, without a trip to Sephora!
show them how much you love them without close interaction.

Renegade electromagnetic fields emanating from your electric sockets, telephones, computers, lighting, poorly insulated wiring and even natural underground currents, all bombard the body and weaken the immune system. Protecting our lives from these formidable hazards is essential in this electronic age. Study after study show how this figurative ‘subtle electrocution’ is linked to neuron disorders and cancer. Yale University studies revealed that wireless phones in close proximity to the brain precipitated cancer. Cell towers were investigated by studying the local populations surrounding them. The conclusion was the people living closest to these towers had the highest incidence of cancer. Laptop computers were directly linked to ovarian and testicular cancer, and desktop computers to anxiety, depression and a variety of cancers.

Swedish scientists have researched and concluded that people living close to railway lines have a higher incidence of brain cancer and leukemia, and endured lower egg and sperm counts. Studies conducted at the University of California pointed to the development of breast tumors in several young women who carried cell phones in their braziers. In New Zealand, the conclusion was that men carrying cell phones in their pockets next to their testes not only have significantly lower sperm counts within 20 minutes of exposure, but also were perfect candidates for sterility and cancers. Chemicals and heavy metals are one ghostlike killer, and now we can add unhealthy electromagnetic currents to the mix.

The potential threats in your home and work environments pail in comparison to the clothes you adorn your body with. Manmade synthetic fabric—a relatively new phenomenon in the garment world—clearly contributes to disease. Studies reported in Dr. Anna Clements’ and book, Killer Clothes, reveal how nylon, polyester and other synthetic brastrically increased a woman’s chances of contracting breast cancer. Men shouldn’t feel left out, as tight and/or synthetically underpants press the testes up into the body, unnaturally heating them, which greatly reduces sperm numbers. Long-term use of such garments also will alter men’s emotional wellbeing. Dyes, chemicals and formaldehyde (to reduce the need for ironing) are present in large doses in even natural fiber clothing. If that wasn’t enough, your bra, your high-boil, dry cleaning and mainstream detergents even further pollute the body’s bloodstream. These culprits dynamically and synergistically heighten the potential for a wide variety of maladies.

The production of garments is the root of untold environmental degradation and human health hazards. The workers in these factories are obviously substantially sicker than the typical population in the region of the world where they reside. The air, water and land are widely polluted due to the manufacture of these clothes. HPV (human papillomavirus) is a virus with hundreds of variations. It is linked to cervical cancer, which is the second most common cancer for women between 15–34 years of age. This connection spawned a questionable new drug called Cervarix, which is targeted at teenage girls. HPV is contracted in great part via unprotected sex. Long-term use of birth control pills, smoking, diet and stress are as contributive as we are. We are now in a phase where uncollected human experimentation is being conducted, and now has become commonplace. Thyroid problems often appear when we are in menopause. Your ovaries have thyroid receptors and it will yield thyroid gland to react to the real effects of Gardasil. Ovarian cancer, which at one time primarily affected older women, has begun to touch much younger females. One cause of this trend is unnaturally hormonal disparity due to environmental estrogens. The root of this problem is manmade chemicals, heavy metal pollution and unhealthy diets. Research indicates that women who consume dairy products have a 44% greater risk of ovarian cancer (see Joseph Keon’s article on page 24 to learn how dairy products also contribute to prostate cancer in men). A cultural lessening of sexual activity coupled with increased use of laptop computers, cell phones and wireless technologies, further contributes to this malady. (See Devra Davis’ article on page 39 for more about mobile phone risks.)

Breast cancer, which attacks one out of five to one out of seven women, depending on education and cultural status, has become a plague. Over 90% of breast tumors are insulin receptor-positive, so the amount of sugar (alcohol, sodas, etc.) you eat and drink is directly linked to breast cancer. As Dr. Brian Clement and I wrote in our book Killer Clothes, synthetic bras accompanied by animal-based food consumption, the plethora of worldwide pollutants and the impact of emotional concerns, all rally together to unleash a variety of factors that contribute to the development of breast cancer.

Endometriosis is a disease that was minimally concernning and has now become commonplace. Thyroid problems often appear when we are in menopause. Your ovaries have thyroid receptors and it will yield thyroid gland to react to the real effects of Gardasil. Ovarian cancer, which at one time primarily affected older women, has begun to touch much younger females. One cause of this trend is unnaturally hormonal disparity due to environmental estrogens. The root of this problem is manmade chemicals, heavy metal pollution and unhealthy diets. Research indicates that women who consume dairy products have a 44% greater risk of ovarian cancer (see Joseph Keon’s article on page 24 to learn how dairy products also contribute to prostate cancer in men). A cultural lessening of sexual activity coupled with increased use of laptop computers, cell phones and wireless technologies, further contributes to this malady. (See Devra Davis’ article on page 39 for more about mobile phone risks.)

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As individuals, it is imperative that we begin making every food choice decision with a broader view of our place in humanity and the future of our planet. If you feel unable or unwilling to make this change for your own health, then you would consider doing it for those around you—Family? Friends? Other living beings with whom we share the planet? Future generations?

Ultimately, it really won’t matter how healthy we are as individuals if our planet is not healthy.

Inaction and why

Perhaps most disconcerting is not the current damaged state of our planet, but rather what we are failing to do about it. A glaring disconnect exists—suppression and mismanagement of information related to the topic, lack of attention given to the problem by policy makers and universal indifference.

There are four general reasons why proper attention is not being drawn to the problem of eating animals and global depletion:

1. Individuals haven’t had the connections made for them and/or are bound by strong cultural constraints.
2. Organizations, researchers, policy makers, authors, Nobel Peace Prize winners, and the media—all those with platforms of influence—are either comfortably unawake, choosing to filter more convenient information, or they are afraid they will lose their audience if they speak truthfully about the problem.
3. Tipping points have already been reached, and windows of averting irreversible damage are beginning to close.
4. We cannot wait for systemic change. Livestock operations receive millions of dollars annually in private and government-aided development, hunger relief and agricultural programs worldwide. None of these funds are being funneled to NGOs or government-supported programs that promote purely plant-based systems.

In all, the collective animal food industries serve as the major contributing factor to global food insecurity, as well as the hunger of 900 million people worldwide (by way of complex, multilayered mechanisms).

A staggering statistic

As if the foregoing were not enough, here’s a sobering prediction: Numerous scientists, think tanks and futurists project that animal food production industries will be the single greatest causative factor in ALL of the following issues combined:

1. Habitat loss.
3. Human death and morbidity.
4. The collapse of more than 50% of our coral reef systems.
5. Threatening or endangering 1,081 types of fish (85% of oceanic fish species), leading to the ongoing collapse of fisheries and the potential extinction of all oceanic fish species by the year 2048.
6. Wreaking irreversible damage upon many other forms of sea life.

Consuming 75% of all the coarse grain produced globally each year.

Using 80% of the antibiotics produced in the US, causing subsequent land and water contamination and an increase in pathogen productivity.

The needless killing of trillions of sentient beings annually (The official assessment is 70 billion, but another estimated 1.2 trillion fish and 1.7 trillion chickens are slaughtered annually without official governmental accounting.)

In the collective animal food industries, the following issues combined (as opposed to each one individually):

- The continued rapid extinction of species.
- Crop loss and infertile soil.
- Famine, poverty, and disease.
- Mass human displacement and migrations.
- Future human conflicts and wars.

All of these catastrophes disproportionately affect developing nations first, and then the rest of civilization.

This devastation is occurring on our watch as feeble (yes, inept) stewards. We are losing the tragic legacy we will most certainly pass onto those who will come after us, unless massive, near-term action is taken on a global, systemic level.

It’s up to us…

So inaction is our choice of food—specifically, the following:

- Pastured sustainable seafood
- Grass fed cool food
- Organic slow food
- Biodynamic

All of the above perpetuate a bizarre state of pseudo-sustainability and provide a distorted sense of justification for squandered resources and needless slaughtering.

In addition, too-little-too-late campaigns such as Meatless Mondays, and initiatives that encourage us to “take baby steps,” or “eat less meat,” merely delude people into imagining that making better food choices on occasion can make any relevant difference.

Much attention is now being given to anthropogenic greenhouse gas emissions and global warming, with our fingers pointed at the energy sector. But as we futilely work our way through heating fossil fuel use for climate change, the bottleneck of unsustainability on all fronts caused by our insatiable demand to eat animals becomes more pronounced and firmly affixed. The noose around the neck of humanity tightens.

The time for change is now, individually and collectively.

So, necessary progress begins with us, as individuals who must work together as a collective critical mass to move forward, consistent with the very real timelines we are facing. Tipping points have already been reached, and windows of averting irreversible damage are beginning to close.

We cannot wait for systemic change. Livestock operations receive millions of dollars annually in private and government-aided development, hunger relief and agricultural programs worldwide. None of these funds are being funneled to NGOs or government-supported programs that promote purely plant-based systems.

Therefore, the time to change to a fully plant-based diet is now. Today. Not down the road when it is too late. This is our moment and place in the Big History, and we must thoughtfully finesse our way through it. Instead of destroying our planet and ourselves, we can be remembered as those who made the difficult decision with a broader view of our individual status (after comprehensive global adoption of a purely plant-based diet).

We need not be intimidated by the powerful meat, dairy, and fishing industries that control more than $1 trillion worth of commerce annually and monopolize food production systems, pricing and availability.

So influential are these industries that they have lured us convincingly into various food movements under the façade of health, while perpetuating waste, illness, and continued rampant irreversible depletion by the inclusion of animal agriculture. These movements include labels such as the following:

- Local sustainable real food
- Farm-to-table humanely raised
- Pastured grass fed
- Cool food
- Organic
- Slow food

We have the time and the tools. It is upon us to make the changes we need—by eating primarily plant-based foods, by doing it for those around you—Family? Friends? Other living beings with whom we share the planet? Future generations?

We are the descendants of the greatest species who will come after us, unless massive, near-term action is taken on a global, systemic level.

Having the power to make these changes represents the best of what we are, and what we can become.

We have the ability to make a difference with our food choices, and in doing so, may make the difference in our collective future.
How CELL PHONES AFFECT A CHILD’S BRAIN, cont’d from p. 31

In fact, commercials for cell phones next to their brains and bodies and brains, and iPads plopped directly over young gonads. It may well be legal for companies to sell devices that cannot be used safely in the ways they are advertised, but it is certainly immoral to do so without a real public education campaign.

The point is, you don’t want to experiment on your children or yourself. No one does. But United States governments and non-governmental organizations are making concerted efforts to promote awareness of the need to practice “safe phone” etiquette. I know. I work with some of these organizations.

The proliferation of wireless gadgets overlooks a critical health issue — non-ionizing microwave radiation from cell phones at levels that do not induce measurable changes in temperature can change and damage the brain and sperm of experimental animals, as I have noted in many of my previous articles.

In the November 2012 issue of San Francisco Medicine, I noted that a cell phone is a two-way microwave radio with intermittent and destabilizing pulses, unlike microwave ovens that steadily operate at the same frequencies at much greater power. The weak and erratic microwave radiation from cell phones and tablets cannot directly break the bonds that hold molecules together, but it does disrupt DNA, weaken the brain’s protective barrier, and release highly reactive and damaging free radicals.

“A five-year-old’s brain, healthy or otherwise, is encased in a thinner skull and contains more fluid than an adult brain. According to studies carried out by industry modelers in Switzerland and France, the bone marrow of a child’s head absorbs 50 times more radiation than that of an adult, while that of infants and toddlers will absorb even more. Few parents realize that infant apps such as One Fish Two Fish, Pee-ka-Poo Farm, and Twinkle Twinkle Little Star may do much more than amuse and distract babies. The American Academy of Pediatrics cautions that children need more real face-time than screen-time — more laps than apps — and the group has written to the FCC supporting the need to revamp standards to recognize the growing use of these devices by infants and toddlers.

Recent reports from Yale University’s chief of obstetrics and gynecology Hugh Taylor, found that prenatal exposure significantly increased hyperactive behavior in offspring and altered brain chemistry. Other research carried out by renowned National Institute of Drug Abuse Director Nora Volkow, MD, PhD, finds that just 50 minutes of exposure to cell phone radiation in adult males directly alters the production of glucose — the brain’s main fuel. Experimental work completed by American, Australian, Greek and Turkish teams working with experts in male reproductive health has reported that cell phone radiation-exposed human sperm die three times faster, swim significantly more poorly, become more deformed, and develop significantly more damage to sperm DNA. Keep in mind that these exposures occur from working but also when cell phones that continue to send and receive a signal every 900 milliseconds whether you are talking or not. So long as the phone is turned on it remains a two-wave microwave radiating radio. Only airplane mode stops this radiation.

How is this possible? After all, head lines have repeatedly assured us that there’s little to worry about, because we do not face an epidemic of brain cancer — yet. In fact, the brain cancer story cannot be resolved with human evidence at this time, because the disease has a long latency — up to four decades — and because past uses and users differ radically from current ones. But evidence on dangers to pregnancy and reproduction from cell phone use are mounting. Of course, not all studies find results, but those that do — especially recent efforts at Yale on pregnancy and the Cleveland Clinic on damage to men’s sperm health — cannot simply be ignored. It’s time somebody working for the telecommunications industry told the truth. The way most people use cell phones next to their brains and bodies violates the FCC standards. In fact, there is a major effort underway to change those standards — to weaken them so that phones and wireless devices can release even more radiation into the brain and body. But the good news is that industry already holds patents for changes in software and hardware that will reduce radiation from these devices. Plus, eating a healthy plant-focused diet provides lots of good ways to restore health no matter how much radiation you may have been exposed to, as this supplement balances the body’s own natural repair processes.

Manufacturers have an obligation to identify and reduce risks and to design phones that can be safely held next to the body. cont’d on p. 58
How Cell Phones Affect a Child’s Brain, cont’d from p. 56
If they do so, our children and grandchildren will not look back on us in shock at the disconnection between what science told us about microwave radiation from cell phones and how we used to use them, but with gratitude that we took simple steps to protect them. Stop hiding behind fine print legalese buried on websites and tell people what they have the right to know.
When it comes to using electronic devices, remember:
» Distance is your friend.
» Don’t hold a cell phone directly up to your head. Use a health-promoting headset or speakerphone to talk on the phone, or a nonmetal case that has been independently tested to reduce radiation up to 90 percent.
» Pregnant women should keep cell phones away from their abdomens, and men who wish to become fathers should never keep activated phones in their pockets.
» Don’t allow children to play with or use your cell phone.
Older children should follow adult warnings when talking on a cell phone.
» Do not text and drive, and use specially adapted antennas for cars to avoid absorbing maximum power as the phone moves from one cell system to another.

Sprouts Stop Cancer, cont’d from p. 28
Inflammation
Many diseases partner with inflammation. In two separate studies involving alfalfa and buckwheat sprouts suppressed pro-inflammatory cytokines and alleviated acute inflammation both in vitro and in vivo. Buckwheat sprouts were also tested on a human colon cancer cell line, which exhibited significant anti-inflammatory activity.4

Skin — Cancer & Cosmetic
Ultraviolet (UV) induced Melanoma skin cancer is the fifth most common cancer in the USA. Even more numerous, although less threatening, are basal cell and squamous cell skin carcinomas. We know we can arrest cancer cell growth with broccoli sprouts internally, but what can arrest cancer cell growth with wave radiation from cell phones and what science told us about micro-RNA?”

For more information on how to practice safe phone, please look at our website www.ehtrust.org where you can purchase the new edition of Disconnect: The Truth About Cell Phone Radiation
Like Environmental Health Trust on Facebook, and follow us on twitter @saferphones; Material in this article is previously published by Health Living Magazine, 2013 and San Francisco Medicine, 2012.

Prostate Cancer, cont’d from p. 24
IGF-1 has certain characteristics that make it an ideal promoter of the cancer cascade. First, it is a mitogen, which means it stimulates cell multiplication. It also promotes malignancy in cells. It is required for the formation of tumors, and it promotes metastasis, the process whereby cancer cells spread to other parts of the body. Finally, IGF-1 inhibits apoptosis, a process used by the body to, among other things, eliminate cells that can initiate a tumor. Collectively, these characteristics make IGF-1 a potent enabler of cancer.

Where Does IGF-1 Come From?
While our body produces IGF-1, the primary source of IGF-1 from outside the body is cow’s milk. Cows produce the same IGF-1 as humans and they express it in their milk. When we drink the milk our own IGF-1 levels go up.

Since no human needs the milk of another species in order to be healthy, it may be that men are unnecessarily placing themselves at heightened risk for prostate cancer by drinking cow’s milk, and thereby raising their IGF-1 levels.

Prevention Strategies
The good news is that as we reduce or eliminate milk, a practical strategy anyone can take, our IGF-1 levels will go down, and according to research findings, so may our risk of disease. Since meat consumption has also been shown to pose a risk, it should be curtailed or eliminated entirely. Finally, the risk reduction potential from exercise is simply too great to be ignored, so a regular exercise routine should be part of any man’s prostate cancer prevention plan.

References:
an inspirational reading. In the morning.

simple as smiling and saying something positive about our lives. We raise our spirits.

Also help. Magnesium (250 mg) before going to bed. Our bodies need to be physically challenged, especially when our minds are fogged up. 

G = Green:

It was only in the early 1990s that the POWs who were captured when their aircraft were shot down and then after a wash out period gave themselves six pills daily. The fresh sprouts had sulfurous plasma levels that were 12 times higher than the commercial sprout supplement was Brocmax® which is not from sprouts, but an extract from the seed. It lacks the additional enzymes present in sprouts such as myrosinase, that help convert glucosinolates into isothiocyanates in the body.

There are many more studies that could be discussed that show the dynamic changes during the sprout process: cellular level detoxification, antioxidants, anti-microbial, anti-inflammatory, anti-diabetic, anti-hypertensive, lipid metabolism, anti-tumor and other related biological activities. The point is that sprouts make a strong case as a chemoprevention food and that whether they are radish, cabbage, broccoli, alfalfa, mung, sunflower or others, they provide a potency increase of 10 to 100 times greater than the mature vegetable. In the words of the scientists from John Hopkins University who have been working with sprouts since 1993: "Large quantities of inducers of enzymes that protect against carcinogens can be digested in the enter by small quantities of young crucifer sprouts...that contain as much inducer activity as 100-1000 times larger quantities of mature vegetables."
The Real Deal

If we could clear away the smoke screen of all the diagnostic labels and pharmaceutical nonsense about ‘chemical imbalance in the brain,’ we might actually get to what leads to mental illness and emotional suffering, and what alleviates them.

Here at Hippocrates Health Institute, we follow a holistic path toward mental health, and we don’t trip over illness labels. We focus on health, recognizing mental and emotional well-being as aspects of the overall health picture. A sound mind in a sound body. Not as aspects of the overall health picture. Mental and emotional well-being as parts of the psyche is paramount. By integrating disconnected and disowned resources so you can make empowered self-caring choices.

Conclusion

Although mainstream mental health treatment has been swallowed up by the medical and pharmaceutical worlds, it is up to us to recognize and reclaim both the wholeness of our inner life and the right to wholesome mental health treatments. The current structure of diagnostic labels and dehumanizing drugs, which dominates the field, does a grave injustice to the human heart and its ability to heal. Their seductive message says, “It's not your fault. It's just a chemical imbalance in your brain, and there’s nothing for you to do about it. Let us handle it for you. You need to deal, or be uncomfortable. Take this pill.”

Our message says, “Self-love, self-responsibility and self-esteem stand as the rudders and sails by which you can navigate your life into mental health and happiness. Deal with your inner and outer life with empowerment. Feel deeply. You can do it.”

The great therapist, Carl Jung said, "Know your labels, but lay them aside when you deal with the beauty of the human soul." Ah, the beauty of the human soul. Now we’re talking true healing. Their seductive message says, “It’s not your fault. It’s just a chemical imbalance in your brain, and there’s nothing for you to do about it.” Let us handle it for you. You need to deal, or be uncomfortable. Take this pill.”

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Women’s Health Under Attack, cont’d from p. 53

Thin women—even those who conduct significant amounts of exercise—are more prone to these disorders than are stocky women. All body types can contract this malady: Resistance exercise, a healthy green plant-based diet and the consumption—either from foods and/or whole foods supplementation—of adequate strontium, silica and biotin, can help prevent and even reverse osteoporosis and osteopenia.

There are many others health concerns I could address, but the resolution is always the same prescription. Regain emotional positivity, eat an organic plant-based diet, exercise aerobically, stretch and lift weights, sleep and rest adequately, and make sure that your work and home environments are sound and peaceful. Your personal relationships and the occupation that you choose absorb all of the time in your life. For this reason, it is essential that you develop a positive and strong self-identity so that you will not compromise on your choices concerning these pinnacle decisions.

When finding yourself in disharmonious life circumstances, remember that you are in control of your destiny, and it is only you that can make the necessary improvements and changes that may literally save your life.

Food for Life

When finding yourself in disharmonious life circumstances, remember that you are in control of your destiny, and it is only you that can make the necessary improvements and changes that may literally save your life.

What not to eat …

- Animal proteins: meat, eggs, and dairy products (raw or cooked).
- Foods high in concentrated sugars (raw or cooked).
- Foods devoid of nutrients: refined wheat and other high-gluten products (pasta, pizza and pastries).
- Fried foods and high-fat foods: nuts that are cooked at temperatures above 240 degrees Fahrenheit.
- GMO foods and conventionally grown (non-organic) foods.
- Don’t make alcohol consumption part of your daily routine.
- Eat foods that are easy to digest and won’t interfere with sleep, and do not eat anything late at night.

What cooked foods can I include?

- Lightly steamed vegetables: broccoli, yams, and squash.
- Non-glutinous ancient grains: quinoa and millet.
- Legumes: lentils, adzuki beans and mung beans.

What makes raw food tasty?

We want contrast and excitement in the foods we eat, whether they are raw or cooked, so include these:

- Pair crunchy and creamy foods together, like crispy cucumbers with guacamole or flax crackers with raw nut cheese.
- Contrasting flavors like a sweet and sour salad dressing on bitter greens.
- Dramatic, pungent flavors like garlic, onion or chili.
- Raw foods offer the best quality fuel for good health, healing from disease and anti-aging—and the best part is, they can also be delicious! Why wait until you are old or sick to try to get healthy, when you can enjoy great taste and excellent health NOW?

Where Do You Get Your Protein™?

...supplements? ...vitamins? ...minerals?

Find us at a store near you: sunwarrior.com/location

Israel is Coming to Hippocrates!

Dr. Gil Shachar, MD is organizing a group of people from Israel to travel to Hippocrates Health Institute located in West Palm Beach, Florida.

July 27 – August 17, 2014

To join the group, contact:
Dr. Shachar at gil@rambam-medicine.org or Shula Gabbay at wellness55@hotmail.com

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Hummus

[...]

For more information on Chef Zainab’s services, please contact her at: zainab@zeliciouscuisine.com or (561) 639-0593, ZeliciousCuisine.com

Sample recipes From Chef Zainab:

Avocado Kale Salad

Ingredients:
- 4 bunches kale
- ½ cup red onion
- 3 avocados
- 4 tablespoons olive oil
- 3 cloves garlic
- 1 teaspoon cumin
- 1 pint grape tomatoes
- 2 tablespoons olive oil

To prepare: Thoroughly wash and dry kale, remove stems, cut into bit size pieces. Chop garlic. Combine all ingredients into a large bowl, squeezing as you mix to wilt the kale and cream the avocado.

Zainab’s Favorite Hummus

Sprouted Raw Mix Bean Hummus

Ingredients:
- 3 cloves garlic
- 4 tablespoons olive oil
- ½ cup lemon juice
- ½ teaspoon cumin
- Salt and black pepper to taste
- ½ cup tahini

Add water to get desired texture.

To prepare: Add all ingredients to a food processor and mix. Add water to desired texture.

Hippocrates and Our 10 Commandments, cont’d from p. 60

MUSIC: We fill our lives with music. When I do my exercises in the morning I am singing my Chinese songs. When we lecture in schools in China we ask everyone to join and sing with us in English and Chinese. We always introduce my Chinese songs with TIAN BU PA DI BU PA JIEU PA WAICO REN SHOU ZHONG GUO HUA. Which translates to, FEAR NOTHING IN HEAVEN, FEAR NOTHING ON EARTH ONLY FEAR A FOREIGNER TRYING TO SPEAK IN CHINESE! This always brings out laughter. We then hold hands while we sing our songs. It is quite a sight to see 1000 kids joining hands with us and singing together. Psychology tells us that friendship is enhanced when there is physical contact and when we are repeating the same words as in a song.

LAUGHTER: We try to find humor in everything we do. Life is boring without laughter. In trying times a good laugh eases tensions. One instance comes to mind. The event was in 1982 before my parachute jump with Chinese troops. Chinese paratroopers had checked my parachute more than ten times. The final check was the commanding General checking my straps. I mentioned that I knew why they were checking me so many times. I told them it was because if I were to get injured they would all be executed. We had a good laugh and my dream of jumping in China became a reality. In trying times a good laugh is welcomed.

Good Health and may your parachutes always open.
Pure Water is the conveyor of all the necessary minerals, trace elements and other subtle energies. Without water, organic life simply cannot exist. We all require it, and when we consume poor quality water we covertly compromise our good health. Never have to buy bottled water again. Turn your tap Water into pristine drinking water.

TRACE MINERAL DEFICIENCY — THE REAL CAUSE OF DISEASE

The Living Water Process gives us the ability to input / imprint positive information. This is the secret of many of the “healing waters” that are available today. By using one cap full of LifeFORCE Water Essential Trace Mineral Supplement per gallon you can enjoy the benefit of a highly mineralized living water. Eliminates 99.5% of pharmaceuticals and reduces heavy metals in the body by 40% with 30 day usage. LifeFORCE turns the dirtiest water on planet Earth to pristine drinking water within 72 hours. You can also use this product as a foliage spray to increase the mineral content of your vegetables.

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