HEALING OUR WORLD

AIR

The Invisible Key to Healing

ALSO: Journey Into Healing, Correcting Vision While You Sleep, Fracking, Organic Apparel, Killing Fields, POP Campaign Update, AND MORE!
An epic event of family fun and sprouts

2014 a RAW odyssey

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Hippocrates Health Institute
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In this one-day workshop:

* Discover how to identify the blockages that hold you back;
* Learn ways to clear the blocks;
* Create empowered anchors to attain your new life visions;
* Receive practical take-home tools;
* Experience a profound-shift.

There is more to you than you know

Facilitated by Hippocrates Health Institute Staff members: Nancy Dimaiso, Maria Krajnak and Didgeridoo Master Joda Cook. Let us show you why we are leaders in bridging mind, body and spirit.

WHEN: Saturday, Oct. 25, 2014
TIME: 9 a.m. to 5 p.m.
WHERE: Hippocrates Health Institute COST: $135 (lunch is included)

Pre-registration is required, for more information, please call Hippocrates Health Institute at (561) 471-5867 ext. 2190.

Respectfully,

Dr. Anna Maria Clement and Brian Clement
Dear Ask the Sprouts,

“I know the Hippocrates lifestyle is good for me, but I am weak, especially when I am out with friends. I’m tempted by other foods that I’m used to, and give in. Then I feel terrible,” says a reader.

“Help!”

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“Help!”

Sincerely, Weak In Walla Walla

Hi Weak in Walla Walla,

I think you’re suffering from extreme-itis, and self-punishment as your motivator; both strategies are difficult and not very effective. Instead, I recommend a different focus as you navigate your way into healthier waters.

First, get clear on what you want and why. Desire fuels manifestation. Desire with passion really makes things happen. Get in touch with your real desire, and proclaim it to yourself and to others. Make your declaration in the realm of what I call the “fundamental choice” level. Fundamental choices include the choice to be healthy, to be happy, to have good relationships, etc. Without making it a fundamental choice, your choices about eating can degrade to “how I feel about it right this second,” which opens the doors to temptation.

If I have made the fundamental choice to be healthy, then celebrating with my friends doesn’t have to be at odds with that, no matter what everyone else is eating. This is what I am saying: frame your eating choices with the fundamental choice to be healthy.

Get support to help you keep perspective. Communicate with people who are also transitioning into healthy choices, or even better, with those who are already there. First admit that you need help to stay on your chosen track, and then set up that help. Get a “raw buddy” — someone you can call when you need inspiration, or who can call you when they need help (nothing like giving help to help yourself!). Counter what you might call a “weak willpower” with inspiration! Get it flowing, and keep it going!

And lastly, stop the extremism that you called “extra strict.” That sounds harsh to me. To do the right thing in response to being “bad” (when you fall off the wagon), is like punishment, and reinforces being bad, in a weird way, especially if you’re a free-spirited person. Better to set up a personal reward system. Rewards can help facilitate change. Set them up wisely. Not “it is okay to cheat if I am good for a while,” because “cheating” is a misuse of the reward principle.

Do the right thing, and then add a healthy treat, not a cheat. Yeah, just like with your dog. Rewards offer momentary incentives in the little picture of things so that the big picture can take hold. A reward system should have a beginning and an end, and the end point is when the big picture perspective takes over, where doing the right thing becomes a reward on its own.

Go for it! You can do it!

Sincerely, Broc Doc

Questions by Healing Our World readers and Hippocrates guests • Illustrations by Will Burson • Inspiration by the late Michael Parman of “Sproutman” fame

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A wise person said, “If you think money is the most important resource in the world, try holding your breath while you count your cash.”

It turns out air, namely oxygen, is one way we all can strike it rich, regardless of the contents of our bank accounts. We can breathe deeply. We can choose to eat oxygen-rich foods. We can spend more time in parks and grow plants in our yards and homes. Need free transportation? Air up your bicycle tires!

The best things in life are free, and one of the best ways to enhance our health is right there waiting for us. This issue of Healing Our World will help us appreciate and better utilize this vital element. We will explore many aspects of air and oxygen: what air means to us, breathing exercises, how to surround ourselves with the best quality air, how to choose oxygen-rich foods, the building blocks of air, the importance of oxygen therapies and much more.

Yours in Health,

Will Burson

In the last issue of Healing Our World (The Science of Living Foods, Volume 33, Issue 4), there was in error in the article on page 34 (Perspectives on Mental Health by Andy Bernay-Roman). Correction below:

The Diagnostic and Statistical Manual was drafted by The American Psychological Association.

Reducing Beef Consumption Better for Environment Than Giving Up Cars, Expert Says

New US government research shows red meat dwarfs other meats for environmental impact, using 28 times more land and 11 times more water compared to pork or chicken. Agriculture is a significant driver of global warming and causes a high percentage of all emissions, half of which are from livestock. Research shows a new scale and scope of damage from meat production, particularly beef.

Study reveals beef, when compared to pork or chicken:
- Requires 28 times more land to produce
- Requires 11 times more water to produce
- Results in five times more climate-warming emissions

Comparing the impact of beef (per calorie) to staples like potatoes, wheat and rice is even more extreme, requiring 160 times more land and producing 11 times more greenhouse gases.

The huge amounts of grain and water required to raise cattle also worries experts concerned about feeding an extra two billion people by 2050.

“Governments should consider these messages carefully if they want to improve overall production efficiency and reduce the environmental impacts. But the message for the consumer is even stronger. Avoiding excessive meat consumption, especially beef, is good for the environment.”

— Prof Mark Sutton, at the UK’s Centre for Ecology and Hydrology

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Dr. Anna Maria Clement kicked off her career in natural health advocacy by founding the first living food organization in Scandinavia and was a member of the Natural Health Care Coalition, a government-supported effort in unifying the field of complementary health care in her native Sweden. Anna Maria is a leading expert diagnostician and co-director and Chief Health Administrator of Hippocrates Health Institute.

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

Vanessa Morgan, RN, BSN has been a practicing nurse for nearly 20 years with experience in a variety of settings including community health and critical care. She is currently pursuing graduate nursing studies with the intention of advanced practice and further research focused on integrative approaches to health.

Happy Oasis is the “Adventure Anthropologist” who backpacked around the world for more than a decade, then authored Uncivilized Ecstasies and Bliss Conscious Communication. The founder of Raw Spirit Festival, the world’s largest “raw vegan eco-music peace” event, is also the Visionary Blissologist (founder) of BlissologyUniversity.com and the host of the freshly-built HappyOasis.com retreat.

Dr. Wayne Pickering’s prognosis was death at age 10. 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 35 Books; 110 CDs; 2 DVD Series; 10 Health Systems & over 400 articles on Fitness, Stress & Nutrition. HealthAtLast.com

Briant Secunda is a shaman, healer and ceremonial leader in the Huichol tradition of Mexico. He is the Director of the Dance of the Deer Foundation — Center for Shamanic Studies and has been teaching worldwide for over 30 years. He is also the co-founder of the Peace University and the Huichol Foundation and is the co-author of Fit Soul Fit Body — 9 Keys to a Healthier, Happier You.

Jeff Wozer works as a nationally touring stand-up comedian and freelance writer. His humor articles have appeared in more than 35 regional and national publications. Drop by at JeffWozer.com.
**Bio-energy Scan Now Included in Hippocrates Program**

by Vanessa Morgan, RN, BSN

The bio-energy scan is a powerful, innovative technology designed to illustrate the health state of a person captured at a specific moment in time. This scan employs quick and non-invasive photon emission images. Results from the bio-energy scan provide a wealth of information intended to help you learn more about your own well-being so you may develop better health promoting habits.

Each Hippocrates Health Institute guest receives one bio-energy scan during the Life Transformation Program. Figure 1 above is a typical image of a guest upon arrival. There are indicators of possible severe stress and anxiety, which endless studies have shown may have adverse effects on one’s health.

Figure 2, obtained months after participating in and utilizing Hippocrates Health Institute’s Life Transformation Program, clearly shows the energy field beginning to fill in, and appear more uniform and vibrant. This is the universally shared improvement in the bio-energy field that we have studied after one fully adopts the entirety of the Hippocrates lifestyle.

Through 18 years of research and development by an international team led by Dr. Konstantin Korotkov in St. Petersburg, Russia, the bio-energy scan has been clinically verified and made available for use by trained healthcare professionals. Dr. Korotkov is currently a Professor of Physics at St. Petersburg Federal Research University of Informational Technologies, Mechanics and Optics.

With full knowledge of a person’s health history and concerns, the bio-energy scan is intended to guide health care professionals to better collaborate with a person in developing an optimal health program. The bio-energy scan is not certified nor meant to be used as a diagnostic or treatment tool for any illness.

**May I Cry?**

by Lisa Warner

As I contemplate healing and its many facets, the position we hold To need, to give I’ve been on both sides To need, to fear To wonder why May I cry To give, to love To wonder why May I cry

Tears

A healing balm

Sorrow to joy

Tears

An intercession

Liquid prayers of revival

Healing

May I hold you

May you hold me

Healing

May you flow through me

Active love from the Divine Healing

To receive you, call you mine

Healing

A journey to elevated truths

Healing

An access to love and amazing grace

Healing

Cover me now with your embrace

And as I see your arms so wide

so deep, so high

May I cry}

**World’s First Metabolic Conference**

by Diane Lahoski

Hippocrates Health Institute (HHI) recently hosted Doctor’s Days and Food Is Medicine events. Drs. Brian and Anna Maria Clement, along with the Dr. George W. Yu Foundation, greeted notable doctors and researchers for this important gathering. The turnout was great and important information was dispensed about the alternative wellness methods practiced at HHI and being researched at some of the world’s top universities.

Doctor’s Day welcomed more than 18 health professionals to hear the Hippocrates medical staff reveal the underlying metabolic common denominators of cancer, Alzheimer’s and diabetes. There were also many individuals giving testimonials about the Hippocrates protocol. This event was streamed live and was viewed by nearly 2,000 people around the globe. If you missed it, visit hippocratesinst.org/videos to watch the video.

Food Is Medicine was a three-day program that immersed doctors and healthcare professionals in the Hippocrates lifestyle, where these renowned experts could share their approaches to health recovery. Attendees came from various fields of medicine, including cardiology, dermatology, family practice, internal medicine, pharmacology and nursing.

These events are just the first of many HHI immersion experiences for medical professionals. Sharing this information and ground-breaking overviews will enhance communication between different avenues of the medical field, forging a new frontier of truly integrative care.

If you are a practicing physician with an open mind come to learn and share so we can change the future of health care.

Please visit www.hippocratesinst.org/events to learn about upcoming events.

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**What’s the News?**

**May I Cry?**

by Lisa Warner

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May I cry
Every Breath a Prayer

by Dr. Keith Cini, AP, DOM

Aloha is a Polynesian greeting and farewell in reference to our first breath and our last breath and all breaths in between. Respiration. We all do it—on average, about 24,000 times a day. We can’t go without breathing for long—about four minutes at the longest. We can go without water about four days and without food for months. This alone tells us that breathing is very important. Why don’t we pay more attention to it? If we breathe as mindlessly as most of us eat, there will be consequences. It is time to bring consciousness back to our breath.

“Inhalation, exhalation...inhalation, exhalation...the ebb and flow of our breathing is the key to all the rhythms of the universe. When you become conscious of this movement within you, you enter into the movement of cosmic harmony in which you are immersed; little by little you will feel that your breathing melts into the breathing of God.”

—OMRAAM MIKAËL AÏVANHOV

In several languages, breath and spirit are the same word. This includes Latin “spiritus,” Greek “pneuma,” Hebrew “ruach” and Sanskrit “prana.” Each breath a prayer. Ancient Vedic scriptures date back thousands of years to the Vedas, which describe Sanskrit mantras. The most basic mantra is AUM, Sanskrit “prana.” Each breath a prayer. The way we breathe is a reflection of the way we move through the world. Is your breath long and flowing or short and choppy? Is your breath slow, natural, continuous and circular? Do you breathe deep in your belly or up high in your chest? Many disorders can be associated with insufficient breathing patterns. Chief among these are respiratory dysfunctions, including sleep apnea and asthma, and digestive issues such as constipation. Physical, mental and emotional imbalance can also be addressed through a conscious breathing practice. Let us examine the use of common breathing practices within Chinese medicine. There are Taoist Internal Alchemical practices referred to as the “Inner Smile” and “Six Healing Sounds.” These practices can be applied to our individual organs, and are used to transform hatred and depression to increase the positive emotions of joy, passion and love. The Thymus “the master gland of immunity” is also stimulated, thereby boosting the immune system. This sound helps reduce blood pressure and promotes good circulation. THE LUNGS SOUND is a long extended “owl sound.” The spleen is on the left side of your body, underneath your rib cage. This sound calms the mind, balancing the emotional energies of worry, anxiety and excessive thinking. It also aids the stomach by easing digestive issues.

**HEART SOUND** is the sound of the heart beating, which helps regulate the body’s energy. The heart sound is also associated with the emotions of joy, love and happiness. The heart sound can be used to increase joy and love, promoting a healthy energetic baseline.

**LUNGS SOUND** is Ssssszzzzz, like air leaking out of a tire. The lungs are the commander of qi. This sound lets go of grief and sadness to cleanse and strengthen the lung energy and combat chest congestion. The lungs rule the skin. Paired with the colon, the lungs’ positive attributes are courage, confidence and inspiration.

**KIDNEYS SOUND** is Choooooo, a quiet whisper but sounds like a soft sneeze. The sound vibrates down the spine into the lower back, the home of the kidneys. This explains why a powerful sneeze can throw one’s back out. The soothing kidney sound can alleviate low back pain, improve sexual function and actually strengthen bones. It also boosts kidney energy and melts away fear, shock and PTSD. This leaves one feeling the virtues of gentleness, tranquility and inner peace.

**LIVER SOUND** is Shhhhhh, like telling someone to be quiet. This sound dissipates anger and frustration. The liver has 500+ functions, and its primary role is that of a reservoir for detoxifying the blood. The liver is responsible for the smooth flow of qi in the body. If liver qi is stagnant, we become stagnant in our body (ligaments and connective tissues), mind and emotions (stress). Smooth liver qi, as encouraged by the liver sound, allows one to focus on kindness, compassion and empathy.
Envision a phantom phenomenon that could be taking place inside the crevices of your own personal space. An uninvited and unwelcome mysterious guest that has yet to be fully uncovered, “sick building syndrome” is the diagnosis used to link building occupants who experience specific symptoms with the amount of time spent in a whole building or room.

While the exterior environment has its own problems, we need to scrutinize the interior environment as well. With all the new additions of “green” products and construction techniques that are delivered or adopted by our building industries, I wonder whether energy efficiency has become a compromise over human health. With widely renowned benchmarks such as the International Energy Conservation Code shaping policy and guiding design and construction energy efficiency, it’s no wonder the hype may be overly encompassing.

Says architect and LEED AP Carol Kurth of Carol Kurth Architecture, PC + Carol Kurth Interiors, “It’s admirable that codes are addressing issues with respect to air infiltration as a means to save on energy consumption. However, the IECC is solely focused on energy use — and that is NOT the whole picture for a healthy environment — indoor air quality needs to be taken into account for a healthy home.”

According to the Environmental Protection Agency, Americans spend nearly 90% of their time indoors. So are there legal guidelines in the design and construction phases that oversee our indoor air quality? Particularly with the onset of new technologies, who is governing the health of building occupants? LEED (Leadership in Energy and Environmental Design) has taken steps in this direction, by establishing a mandatory Indoor Environmental Quality category within its guidelines. Obtaining LEED certification requires a minimum indoor air quality performance which adheres to ASHRAE (American Society of Heating, Refrigerating and Air Conditioning Engineers). The specific rule moderates that buildings must follow ventilation rate for mechanical systems as designated by ASHRAE 62.1-2007, or follow passive ventilation (natural ventilation). Architect David Businelli of Studio 16 Architecture confirms that building codes require a certain percentage of fresh air be brought into the HVAC system, which is “probably the most important factor in occupant health and comfort.”

Energy efficiency seems to be the core concept around which construction trends revolve. However, vital components of the “green” revolution, which include a tighter building envelope and resulting minimum infiltration, could actually be the cause of sick building syndrome! Sick building syndrome’s root causes are the off-gassing of volatile organic compounds (VOCs — toxic chemical gases) from interior products (paints, coatings, adhesives, carpets, rugs, wood products, furniture and furnishing systems), insufficient air filtration and ventilation, and poor air volume and temperature.

Moreover the lack of moisture control in buildings leads to the development of moisture and mildew. David Businelli affirms this theory. “Sick building syndrome is not a recent discovery, about 40 years ago the thinking was that sealed buildings, office towers and such, and its limited outdoor air intake were the most energy efficient. It was then discovered that the occupants of those buildings over time were getting sick. It was determined that the lack of a significant quantity of fresh air, along with the off-gassing of certain materials such as carpeting, lead to what was called sick building syndrome. The root causes haven’t changed — off-gassing of materials used in interiors and the lack of fresh air intake.”

Time to Tackle Sick Building Syndrome

by Farah Ahmad

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To “Air” is Human
to Breathe Deeply is Divine

by Bodi Deliberato

Let’s contemplate this thing called “air.” I am not talking about Nike Air or iPad Air; let’s focus on the pure, unadulterated element called oxygen. At Hippocrates Health Institute (HHI), a great emphasis is placed on the importance of oxygen. HHI serves the most oxygen-rich foods on the planet and provides many therapies to further bolster oxygen levels. Many ancient traditions focus prayer and meditation on the breath. Why is this?

1. Oxygen is an essential element for life itself. Go without it for a few minutes and life is over.

2. Focusing on breath brings our attention to the present moment. It is impossible to breathe in the past or the future.

3. The human body mass is composed of 65% oxygen. Almost every cellular process in the body requires oxygen (especially energy and metabolism).

Back in the days of the “Garden of Eden,” science tells us that the oxygen level in the earth’s atmosphere was 90%. Today (for various reasons) the oxygen content is down to about 21%. The lush, tropical Hippocrates campus is about as close to the Garden of Eden as we may get in this lifetime. Unconscious, shallow breathing may not be enough to meet our needs anymore. Perhaps we can all benefit from taking a new view at this thing called air. Oxygen- and water-rich foods are essential to experience full dimensional living. Remember, oxygen is one of the main ingredients in water (H2O).

When you cook foods, you are basically eliminating the valuable oxygen element. The Hippocrates Life Transformation Program places a great emphasis on the importance of oxygen, especially when dealing with cancer or other dysfunctions in the body. As a triathlete (on a plant-based nutrition plan), I learned a special breathing technique that helped me outperform my previous level in competition. I later learned qigong breathing, and I continue to practice every day. More importantly, an oxygen-rich bloodstream just feels... good!

In 1991, I was preparing for my first full (26.2 mile/42.1648 km) marathon. By this time I knew about the value of green juicing. I was also practicing meditation, but I will never forget an encounter I had with the brilliant teacher Wayne Dyer (at a lecture at Unity Church right here in West Palm Beach, Florida). Two weeks before the marathon, he gave an amazing talk on spiritual principles and wellness. I knew that Dr. Dyer was a marathon runner and very focused on wellness, so I went right up to him after the lecture for some guidance. I said Wayne, I’m running my first 26-mile marathon in two weeks and I’ve never run more than 16 miles before, so do you have any advice? He smiled and simply said, “Just meditate on your breathing and you’ll feel great.” Now, I knew how to meditate and, obviously, we all breathe. The simple idea of really meditating on my breathing made all the difference.

So let’s all get “under the influence” of oxygen. Since Dr. Dyer was one of my favorite teachers, I took his advice to heart. Not only did I survive the 26 miles but finished in the top 10%. We do not have to run a full marathon or do triathlons to fully appreciate the benefits of a little extra oxygen. We can achieve virtually the same benefit through simple daily meditation, qigong and the other healing modalities offered at HHI. Biologists tell us that plants give out oxygen as we breathe out carbon. They need the carbon and we need the oxygen for wellness. What an amazing system and beautiful design!
HEALTH BENEFITS OF QUITTING SMOKING:

20 MINUTES AFTER QUITTING: Your heart rate and blood pressure drops.
2 HOURS AFTER QUITTING: The carbon monoxide level in your blood drops to normal.
2 WEEKS TO 3 MONTHS AFTER QUITTING: Your circulation improves and your lung function increases.
1 TO 9 MONTHS AFTER QUITTING: Coughing and shortness of breath decrease, cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
1 YEAR AFTER QUITTING: The excess risk of coronary heart disease is half that of a smoker’s.
5 YEARS AFTER QUITTING: Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
10 YEARS AFTER QUITTING: The lung cancer death rate is about half that of a continuing smoker’s. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.
15 YEARS AFTER QUITTING: The risk of coronary heart disease is that of a nonsmoker’s.

Tobacco Companies can say whatever they want; healthful habits do not cause suffering and death. I’ve never seen an obituary column filled with people who died of fresh, clean, pure air!
All life vibrates. In the world of quantum physics, string theory suggests that the physical universe is built out of vibrations. It is likened to a great cosmic guitar. When the strings are plucked, the vibration and frequencies reverberate and ripple out into the universe, creating geometric codes that manifest the foundational structure for matter. This structure forms the physical world we live in.

This concept introduces a whole new way to look at the world we interact with every day. It demonstrates that we are not isolated islands, but part of the whole, and like a single string on that cosmic guitar, we can either vibrate in harmony or disharmony— affecting ourselves, and the whole.

“"As above, so below. As within, so without.”

According to the Principle of Harmony and Balance, harmony is the flow of life. Everything strives for harmony and balance. The stronger determines the weaker and makes it equal to itself. The universe only creates and mirrors what you send out via your emotional frequency and (strongest) thought patterns. Your experience will be a direct reflection of what is taking place within your conscious and subconscious awareness, and what dominates your mind, body and spirit.

The Science of Cymatics: Sound made visible

The Father of Cymatics Dr. Hans Jenny ushered in this new science in the 1940s. Cymatics (from Greek: κῦμα wave”) is the study of visible sound and vibration. Sound is the passing on of vibrational data at the moment of collision between any two atoms or molecules.

The foundation of Dr. Jenny’s work was the discovery made by musician and physicist Ernst Chladni 200 years ago. By drawing a violin bow across the edge of flat plates covered with sand, Chladni produced patterns and shapes, which today go by the term “Chladni figures.” Dr. Jenny performed sound experiments using sound frequencies on various materials such as water, sand, dust, liquid plastic and milk. He placed the material on a metal plate attached to a crystal oscillator. The oscillator was controlled by a frequency generator, which produced a wide range of vibrations. He then filmed and photographed what happened on the plate.

Dr. Jenny demonstrated that as long as a frequency holds its vibration, the affected matter holds its form. If the frequency changes, the matter will change its form.

All sounds have structure. One way to make it visible is by pumping it through a device, like a cymoscope, that imparts the sound on pure water. Dr. Masaru Emoto, through his work with water, showed how words, prayers, music and the general environment affected the crystalline structure of water. He has published several volumes of a work titled Messages from Water, which contains photographs of water crystals and their accompanying experiments. Emoto’s ideas appeared in the documentary film “What the Bleep Do We Know.”

Gregg Braden, author and speaker, has been bridging spirituality and science for more than 27 years. In his water droplet experiment, he shows how complex geometric patterns form in the water by pumping different frequencies into the water. The human body is composed of 70 percent water, so imagine how sound and frequencies affect us—from the food we eat, the music we hear, the thoughts we think and the EMFs (electromagnetic fields) we expose ourselves to on a daily basis.

For a video that demonstrates how sound changes the structure of water, conduct a video internet search for “Gregg Braden—Vibration.”

Sacred Geometry

Scientists are beginning to understand that Sacred Geometry is the language of creation. This science explores and explains the energy patterns that create and unify all things and reveals the precise way that the energy of creation organizes itself.

To be more precise, the geometric shapes known as the platonic solids is the foundation of everything in the physical world. They include five perfect three-dimensional forms: the tetrahedron, hexahedron, octahedron, dodecahedron and icosahedron. Professor Robert Moon at the University of Chicago demonstrated that the entire Periodic Table of Elements—everything in the physical world—is based on these same five forms.

The World of Sacred Geometry lifts the veil to the unseen world—a world filled with patterned beauty. The starfish demonstrates one of nature’s almost perfect pentagonal forms. Flowers and shells represent the spiral of life, and we live in a spiral universe.

We Belong to a Universal Orchestra

In 1954, German physicist physician W.O. Schumann detected the earth’s resonance at a main frequency of 7.83 Hz. Some scientists believe this frequency to be extremely important as it acts as a tuning fork for life—serving as a background frequency and influencing biological oscillators within the brain.

Studies also reveal the importance of 432 Hz, which vibrates with the universe’s golden ratio (represented by the Greek character phi).

Phii unifies the properties of light, time, space, matter, gravity and magnetism, with biology, the DNA code and consciousness. This frequency is said to be mathematically consistent with the patterns of the universe. When our atoms and DNA start to resonate in harmony with the spiraling pattern of nature, our sense of connection to nature is said to be magnified.

Dr. Leonard G. Horowitz is an award-winning author who has published numerous books on diseases and sound healing. He touts the healing frequency of 528 Hz. This is the frequency of the universe—of love—and it is said to repair DNA.

The sun beams at 528 Hz. The botanical world is vibrating at 528 Hz. We are breathing in light signals and electrons coming off the sun, and the plants celebrate it by creating chlorophyll (the sun’s energy) and transforming that energy into oxygen.

With the technological age upon us, man-made frequencies are competing with the frequencies of the earth, which keeps every living thing in balance. More and more people are becoming disconnected to the natural balance of the earth. They are experiencing more anxiety, depression, heart issues and other ailments being brought on by the cumulative effects of man-made EMFs (electromagnetic fields).

We are musical notes

Our vibrational frequency is who we are. Just as the Universe has a sound, so too do our bodies and cells. A new science is emerging, one that listens to the sounds emitted by the cells. Sonocytology is mapping the pulsations of the cell’s outer membrane, thus identifying the “song” of the cell. Every cell in our bodies has a unique sonic signature and “sings” to its neighbors. The human body is a symphony of sounds. Everything is in motion, nothing is solid, not even the nucleus in your cells.

Ultimately, everything is energy vibrating at varying frequencies to give the impression of density. Science is now catching on to what sages and seers through the ages have always known—everything is energy and the higher your energy vibrates, the better health and happiness you can enjoy. Disease cannot exist in high vibration.

Positive emotions causes a cell to vibrate at a higher frequency, and negative emotions cause the cells to vibrate at lower frequency. A negative emotion is nothing but an incompletely experienced emotion. These emotions, when stored in the cells of the body, become diseases.

The ancients understood the negative effects of discordant music upon the individual, as well as society as a whole. In music, harmony is the symbol of pure beauty, and it appeals directly to one’s consciousness, which is itself composed of harmonic elements.

To make an appointment at the Oasis Therapy Center, please call (561) 471-5867.

The Oasis Therapy Center at Hippocrates Health Institute

The Hidden World of Vibration

by Maria Krajnak
Plants Clear the Air

by Brian Hetrich, ND

Are plants the best way to purify the air in your home? Indoor air can be up to 1,000 times dirtier than outdoor air. The EPA estimates that most people are exposed every day to indoor air contaminants than can lead to serious health problems including cancer, respiratory ailments, fatigue and headaches.

While a standard fiber weave furnace filter will remove most suspended pollutants larger than 50 microns, a High Efficiency Particulate Air (HEPA) filter will remove most suspended pollutants down to 0.3 microns. However, neither type of filter is effective at removing dissolved pollutants such as Volatile Organic Compounds (VOCs). Even a carbon filter is only effective in removing VOCs if the fan runs continuously and you change the filters regularly. This uses up electricity and the used air filters contribute to toxic waste accumulation in landfills. Changing the filters exposes you to a substantial concentration of toxins during the replacement process.

House plants are not only an attractive addition to any home but they also moonlight as efficient air purifiers. All you need to add is water! Plants convert carbon dioxide into oxygen through the process of photosynthesis. Root-associated microbes convert toxins in the air into nutrients the plants eat and thrive on. House plants become more effective over time while HEPA air cleaners become less effective over time. House plants are also less expensive and naturally more attractive than any HEPA filter unit.

While all plants are beneficial for improving the quality of the air, some are clearly better than others. Some plants are capable of removing up to 90% of VOC chemicals dissolved in the air in just twenty-four hours! In general, you will need one plant (10-12 inch pot) for a small room and two or three plants for a large room to effectively clear the air. Fertilize once every two weeks with a side dressing of compost or compost tea. Dust the leaves once a month with a damp cloth. Use pots with holes in the bottom with a drain saucer. Place a bunch of pebbles in the bottom of the pot and add well-draining potting soil on top. Be sure not to overwater, as too much soil moisture can lead to mold growth. Empty the drain saucer if it accumulates water.

Play classical music to your plants and speak to them with loving intentions, as both of these practices have shown to enhance the growth and health of plants. Enjoy the simple beauty of house plants while your lungs benefit from their natural air cleansing action.

The air you are breathing in your home is likely contaminated with pollutants and toxic chemicals such as:

- Dust and dirt
- Dander (from pets and humans)
- Paint fumes
- Outgassing from synthetic carpet, curtains, fire retardants, glues, cleaning solutions, pressure treated wood, perfume, personal care products, and even your synthetic clothes
- Cooking and tobacco smoke
- Carbon monoxide
- Mold
- Bacteria
- Viruses
- Pollen
- A whole host of harmful Volatile Organic Compounds (VOCs) such as formaldehyde, benzene, ammonia, xylene, and potentially thousands more.

Here are my favorite six house plants for clearing the air:

**Wheatgrass**
- The best air purifying plant
- Enhances the oxygen in the air
- Generates healthful negative ions
- Wheatgrass juice is nature’s finest medicine and is more than twenty times denser in nutrients than other choice vegetables.

**Boston Fern**
- The second best air purifying plant
- Removes formaldehyde
- Good for cuts and burns on the skin
- Needs well drained soil
- Water only once a week

**Aloe Vera**
- Removes formaldehyde
- Benefits the skin
- Keeps the soil moist and must the leaves often

**Dwarf / Pygmy Date Palm**
- Removes xylene
- Removes ammonia
- Needs well drained soil
- Water less in colder temperatures

**Golden Pothos**
- Removes benzene
- Removes formaldehyde
- Prefers plenty of light
- Water less in colder temperatures

**English Ivy**
- Removes benzene
- Cleans air of cigarette smoke
- Removes formaldehyde
- Prefers plenty of light
- Great for those suffering from asthma and allergies

**Hippocrates Health Institute**
- www.HippocratesInstitute.org
- Healing Our World
- Air
Oxygen (O₂) Is Life
by Pamela Knapp, RN

Take a deep breath...
How much oxygen (O₂) does a person consume in a day?
The air that is inhaled is about 20% O₂ and the air that is exhaled is about 15% O₂.
Therefore, a human being uses about 550 liters of pure oxygen per day.
Oxygen in the atmosphere is an integral part of ensuring that we stay alive.
Every living organism needs to breathe in oxygen for its biological, natural and physiological functions.
Breathing polluted air and consuming processed foods can make it difficult for individuals to absorb enough fresh O₂, leading to a diseased state. Proponents of oxygen therapy believe flooding the cells with activated O₂ can prevent and possibly reverse many health problems.

What is Oxygen Therapy?
Oxygen therapy is a process that enables the body to absorb higher concentrations of O₂ into the blood stream, thus increasing circulation of oxygen to starved cells.

Hippocrates Health Institute offers:
- Hyperbaric Oxygen Therapy (HBOT)
- Infrared while on Oxygen
- Lymphatic Drainage while on Oxygen
- Aqua-Chi while on Oxygen
- Exercise while on Oxygen

Oxygen Therapy Benefits Include:
- Improved Energy
- Cellular Detoxification
- Support of the Immune System
- Circulatory Support
- Respiratory Support
- Reduces Inflammation and Pain
- Improved Mental Focus

Hyperbaric Oxygen Therapy (HBOT)
Drives increased levels of O₂ into the body, which travels through the plasma, subsequently permeating deep into all of the body’s muscles, tissues, organs, bones, joints, nervous system and brain. HBOT is currently being utilized to stimulate tumor regression. Cancer cannot thrive in an oxygen-rich environment, and HBOT has been shown to increase oxygen levels to weaken tumors and reduce their aggressiveness.

Infrared While On O₂ Therapy
The same benefits achieved by breathing O₂ are enhanced by mildly heating the body above 98 degrees. Infrared technology works by penetrating tissues and heating the core versus superficial heating. Increasing the body’s core temperature is a natural defense mechanism our body utilizes to stimulate our immune system into action.

Lymphatic Drainage While on O₂
Uses synchronized and alternating pulses of vibrating energy to move stagnant pools of lymph toward the nodal groups of the groin, abdomen and the axilla. The presence of increased levels of O₂ in the nodal groups, as well as the synchronized alternating pulses, help the body work at maximum capacity.

Aqua-Chi while on O₂ Therapy
A revolutionary, detoxifying hydro-therapy treatment that combines the life-giving properties of H₂O with a high-frequency bioelectric charge. The Aqua-Chi drains polluting toxins and chemicals through the natural channels of the feet into the charged water.

Exercise While on O₂ Therapy
Exercising while breathing supplemental O₂ greatly increases the amount of O₂ in the blood. This therapy can be used while riding a stationary bike, using an elliptical machine or while walking on a treadmill.

Oxygen Benefits
Our body’s most important nutritional requirement is oxygen. Increased blood flow carries hyper-oxygenated blood and any available vitamins and minerals the blood may be moving to the area of the body in need of healing. On a cellular level, the increased presence of oxygen allows for maximization of metabolic rate and increased immune system function.

“I encourage everyone to try the hyperbaric treatment, not just those suffering from trauma or illness. The benefits to be reaped are countless. This is an intermittent treatment of the entire body with 100% oxygen at a greater than normal pressure. I feel that when I combine this therapy with Vitamin C intravenous treatments the benefits of both procedures are multiplied. I feel immediately more energized, and in the long term the benefits are potentially limitless.”
— Bella Charanek, Hippocrates Guest

“After getting out of the hyperbaric chamber, I felt energized.”
— Micky Sumner, Hippocrates Guest
Mass confusion prevails in the human species today. We attempt to gain solace from the handful of notable advancements that have been made by some enlightened individuals. Sadly, looming in our minds is the abundant evidence that we are a troubled, lost, angry and unhappy species who act more like an engaged ping pong ball than we do people with purpose. There are numerous reasons for this planetary human dilemma, but rather than labor over the obvious, we will speak about the central culprit. Our way of thinking and gaining knowledge, along with the scholastic institutions that have been created to spoon-feed propaganda, or in fact intentionally attempt to prevent inherent truth, are actually causing demoralization.

One aspect that we will focus on is the mechanics of how human consciousness works. Even today, neuroscientists believe and teach that everything seen and understood is generated from part of the brain called the cerebral cortex. They explain it as a series of chemical reactions that manifest a vision, which is then comprehended due to learned patterns of identification, experience and/or imagination. This analysis is not only wrong, but excessively shallow in its purest sense.

Authentic science has discovered and proven that there is a connection from our energy fields (thoughts) to that of all other life and beyond, in fact to all that exists everywhere.

Air is often perceived as space
A friend, Edgar Mitchell, who is one of the Apollo 14 astronauts, described to me his quest to understand truth. Although he immersed himself into the academics of his day by achieving a PhD from MIT, he instinctually knew that there was something well beyond the Newtonian physics that he learned in school. Mitchell’s professors and peers were not on the same page with his exploratory quest, so he spoke to people on the periphery of these circles. From these thought-provoking individuals, he learned that all truth is always present. It is not constrained inside our minds and bodies; it is the very energy that permeates our bodies and the endless universes.

Mitchell shared an important lesson with a group he addressed at Hippocrates Health Institute. He said as he returned home from the moon, he felt one with the stars, the planets, the space between them, the spacecraft he occupied, and his friends and family back on earth.

As an experiment, Mitchell projected thoughts out of the spacecraft’s window to colleagues on earth as they slept. Upon his return, he was pleasantly surprised to find that reciprocally conscious individuals had actually received the majority of his intended mental projections. Edgar Mitchell was speeding through space, tens of thousands of miles away from his home, and fully able to transmit his intended thoughts to specific individuals. This revelatory experience sparked a fire in his heart and soul, resulting in the founding of the Institute of Noetic Sciences, an organization that is always pushing the envelope in the world of pure, unadulterated research.

Air is also thought of as oxygen
The truth is, oxygen is only part of this invisible yet measured realm. The first sign of life and the first sign of death are evaluated by measuring oxygen. All life on earth requires an ongoing supply of O2, and it has far-reaching functions beyond sustaining life.

Digestion of nutrients, and, I believe, adoption of consciousness, requires this powerful element.

Humans have always been attracted to bodies of water. For some elusive reason, the combination of oxygen and hydrogen organically creates liquid. The top scientists, to this day, cannot explain this phenomenon. Water has long been believed to carry all knowledge and wisdom within it. Ancients described air/oxygen as prana (LifeForce), that when inhaled generates the energy that keeps us alive. Today, advanced physics has revealed that oxygen molecules have electrons geometrically circling within them and surrounding them at high speed. This charge is the library of endless data from the past, present and future.

Stop Looking; You’re Already Here

Stop Reading; You’re Already Here

Cont’d on p. 52
The green in leafy greens and vegetables is chlorophyll, which is very close in atomic structure to human blood. Chlorophyll has a magnesium atom and human blood differs only with its iron atom. With enzymes from raw food the magnesium ion is changed to an iron, making blood that can transport oxygen for human use.

Getting more oxygen into our bodies through food makes perfect sense because without oxygen we would cease to exist. We have to eat something to live, so why not choose foods that nourish our bodies and help prevent the harmful effects due to pollution.

Growing up I never gave much thought to what I ate or how it impacted my health. I based my food choices on what I thought tasted good and whether I enjoyed eating it. Wow, was I ever wrong!

The very young age of 33, doctors told me that my only option for the health problems I faced was a total hysterectomy. Not knowing any better, I went ahead with the surgery. After graduating and receiving my nutrition degree I was eating a mostly plant-based diet but still needed to learn more, so I enrolled in some long and short programs with some of the top raw food chefs in the United States like Alissa Cohen, Elaina Love, Ken Blue, Dr. Ari LaTham, Cherie Soria and Victoria Boutenko, and I purchased many raw food recipe books. I was hooked and I wanted to teach the world how to heal themselves with food. I wanted to share what I learned with others.

For five to seven years following the surgery, I did not suffer before the surgery. For five to seven years following the surgery, I did not suffer before the surgery.
Breatharianism: Fact or Fiction?

by Happy Oasis

Curious tales have abounded of Indian mystics living on air since the advent of oriental civilization. To those who have lived in India, virtually anything seems possible. This may appear to be marvelous, but is it true? Do breatharians really exist?

The answer may depend on how rigidly we define the term “breatharian.” According to one definition, a breatharian is someone who receives most of their energy from the air (as well as sunlight and complimentary factors including inspiration) rather than from food. A breatharian “breathes air.” Hence, the pronunciation “breath-air-ian.”

According to a more extremist definition, breatharians receive all of their energy and nutriment exclusively from the air. I prefer the first definition since it is far more inclusive and plausible, plus easier to attain.

A shy, heavy-set Maori woman used to share a house with me in New Zealand. She normally ate only one meal per week. If she would eat more often than that, she would feel ill. Rather than being proud of this anomaly, she was quietly concerned that there was something wrong with her, partly because her co-workers and family insisted that she must eat more. Certainly this is an unusual case, but it cannot be ignored. What about the rest of us?

Let’s reconsider the exclusive definition of “breatharian.” Why is it that a vegetarian by definition is not condemned for breathing, yet a breatharian is condemned for eating?

Is it possible that we could be both? Please allow me to explain mathematically why human beings are generally breatharians, which according to a middle-of-the-road definition of breatharian, means that we sustain ourselves significantly more from breathing than from eating.

How many bites of food would you say an average person eats during a meal? Thirty perhaps or forty? Therefore, over the course of a day’s three meals, an average person might ingest a maximum total of 120 bites of food, or with considerable snacking, possibly 180 total morsels of food per day. In addition, let’s add to our calculation a total of 120 sips and gulps of water as well as imbibing in other liquid beverages, optimally juices and smoothies. All together this totals approximately 300 sips, gulps and bites of food and drink per day, which is a lot even for a heavy eater.

In comparison, how many breaths of air does a human adult take in 24 hours? The average person breathes once every 3 seconds. Slow breathers inhale a fresh breath every 4 seconds or 15 times per minute. This equals 600 times per hour or an astounding minimum of 7,200 times per day. If we compare 2,600 breaths of air to 300 bites, gulps and signs of food and drink, it is easy to deduce that air is humanity’s mainstay, while food is only a relatively occasional supplement. We breathe at least 72 times more often than we eat.

It’s common knowledge that while most people can live without air for no more than a few minutes, people can sometimes live for several days without water or for weeks without food. I know several people who water (and air) fasted for 30 or 40 days. Today, every one of them is a visionary with plenty of energy.

It is easy to see that we are all breatharians — beings primarily sustained by breathing. We are all sipping from the same soup, namely the earth’s atmospheric air. If we were to all honestly and fully acknowledge this, we would have little choice but to clean up and honor the air — our essence and sustenance.

Ideally, air quality would be considered a basic right. Remarkably it is not so revered today, particularly in cities such as Delhi, which has won the tragic distinction of being the world’s most air-polluted city, thereby surpassing even Beijing. After residing in Beijing for a season, I used to joke that Beijing was thinly named because the air is visible and beige-colored, hence it is “beige-ing.”

Author Happy Oasis lives next to this little known, motorboat-free, thus remarkably clean-air lake that is occasionally visited by kayakers, birdwatchers, bicyclists, rock climbers, windsurfers, hikers and sailors located just outside of Prescott, Arizona. Happy nicknamed it “Lake Magnificent,” and the new name is spreading.

Cont’d on p. 56
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leaning the air in your home with an advanced ozone-free system means that the over-
whelming tiredness a person experiences from an overloaded immune system can be a thing of the past. This air purifier quickly and effectively reduces carbon-based contaminants, providing fresh, clean smelling air in only minutes. What are carbon-based contaminants? Familiar carbon-based contaminants include mold, bacteria, viruses, odors and volatile organic compounds. Germicidal UV light is effective in reducing microbial colonies in only eight hours. Other tests show an almost complete eradication of microbes and fungus within 60 days. Further studies of this technology are underway, and results will be published and released soon. Safe air purifiers have no ozona-
tors and do not contain any needle point ionization, thereby reducing the amount of ozone created to only trace amounts produced by the lamp, most of which is, in turn, converted back into safe ions.

University Studies
Laboratory testing and validation by West Texas A&M University and Baptist Saint Anthony’s Hospital in Amarillo, Texas, confirm this tech-
ology reduced bacteria and other microbes on surfaces and in the air, including the MKSA. Testing showed a 75% reduction of microbial colonies in

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by Dr. Grady M. Mayeaux, Sr.

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Our sexy intimates are specially designed to use minimal to no elastic. If a garment does contain elastic, it is fully covered by natural fabric to ensure those who have sensitivities to elastic or latex remain allergy and irritation free. Conscious people know that what you put on your body is just as important as what you put in it. Skin is the largest organ of the body, absorbing over 60% of whatever it comes in contact with!

The breathability of natural fabric is far superior to synthetic fabrics such as polyester or nylon (which is currently being used in most other undergarments). Polyester suffocates the skin, which is especially critical in the areas of our body where we wear undergarments. Many of our fabrics also have the benefit of being naturally anti-bacterial and anti-fungal which is an added plus for your dermatological and gynecological health.

In addition to nurturing the skin, we make sure that we protect the environment, minimizing our carbon footprint. We start by using the finest sustainably sourced organic and natural fibers to produce our fabrics. From fabric construction to final manufacture, our organic intimates are made domestically in the USA.

The most obvious reason for choosing organic clothing is the environmental and sustainability factors. 2.4% of the world’s crop land is planted with cotton and yet it accounts for 24% of pesticides and 1% of the global sales of insecticide and pesticides respectively. This means for every pair of jeans or t-shirt that is made with cotton that approximately one pound (0.45 kg) of pesticides and chemical fertilizers are used.

How does this directly affect you and your health? Absorbing over 60% of whatever it comes in contact with, our skin should be the most protected organ in our body. Protecting our skin becomes a difficult feat when there are over 8,000 chemicals used in the manufacture of the clothing we wear every day.

Achieving health involves far more than diet, exercise and attitude. Our body’s permeability presents a gigantic challenge in the process of health maintenance. As an example, one 15 minute shower allows the skin to absorb up to 1.5 liters of water, along with all of its pollutants. Imagine the chemicals that can be sucked up when using mainstream dry cleaning, detergents, cosmetics, perfumes, colognes, soaps, shampoo, body wash, etc. Synthetic clothing is the most formidable enemy in the war against noxious debris. With all of the ranting and raving about other areas of prevention, clothing is hardly ever considered.

Years ago, Dr. Brian Clement and I began warning the public of chemical clothing’s threat. We then published our book Killer Clothes which presents concrete scientific evidence showing how the manufacture, care and use of toxic garments directly causes everything from cancer to neurological disorders. After completing the manuscript a few years ago, we approached one of America’s most famous and accomplished designers to ask if they would champion this noble cause. Not surprisingly, they declined; money seems to be more important than integrity.
Kidney Cancer, 8 cm Spinal Tumor

The major enemy to my health was learned behavior. I was digging my own grave multiplied with the shovel of unresolved anger and unforgiveness. I was racing myself to the hospital en route to my passing from this life. When it came to nutrition, I was just throwing something down to fill the prison of unresolved feelings. I spent three years in and out of hospitals and ended up left for dead in hospice care in 2002 with cancer in my lymph glands in my left pelvis and armpit and tumors on my stomach and bowel that kept me from eliminating. This is the manifestation of not letting go of anger! When they gave me the chemo it ate off half of my stomach, and put a burn on my arm from my wrist to my elbow where you could see the bone in my arm for nine months! The oncologist kept telling me I was going to die in a day or two, then a month, then a year. I continued to call him to see how he was doing. I told him how her wife was doing. He asked me to consult with them as she had breast and bone cancer.

Dan Fryda (DF): Back in 1989 I was in law. I had heard that “Oh crap, once again I’m going to die!” At that time I could not have fathomed that I would feel well after only four months, much less be completely healed in less than ten months. I had a PET and MRI scan done in February, following my August arrival the previous year, and it showed just a little of the tumor on my spine that had put me in a wheelchair (and of course, out of work), and both of my kidneys were completely clear! When I visited Hippocrates, I went to see Dr. Brian Clement (who has co-directed HHI with his lovely wife for 30-plus years!). The first thing he said scared the hell out of me. He looked at my x-rays, read my medical history and said to me in an extremely cavalier manner, “You’ll be as good as new in no time! Our guests recover from this condition all the time!” OMG! I am six feet tall; six months earlier I had weighed 180 pounds and at the time I met Brian, I was 190 pounds. I went down to 121 pounds because of weight loss, which Brian told me was going to happen. I was experiencing the constant pain level of a 8 of 10! The pain is why I had gone to hospice care. The oncologist would not give me pain medication because I refused to do three times the chemo he gave me the first time plus a bone marrow transplant with a 25% chance of recovery! I wasn’t about to go near chemo as the first time I almost killed me. I was prescribed the heaviest amount of painkillers allowed by law. Going to hospice, I had thought, “Oh crap, once again I’m going to die!” The thesis of the book was that our own blood plasma and body fluids, which make up 70% of our bodies, is qualitatively identical to seawater! What this implied is that our bodies contain trillions of cells and each one of these cells obtain their nutrients from the “organic seawater” that resides in our bodies. I call this our Ocean Within.

How does this relate to formulating our products with seaweed? Seaweeds are part of a large family of marine plants we call algae. Each of these plants obtains its nutrients from the ocean, which is the largest body of mineral water on the planet. The great thing about this is that this rich trove of minerals and trace elements is absorbed and concentrated in seaweed in the same balance that is compatible with our body’s Ocean Within. To put it another way, it would take 10,000 gallons of seaweed to provide us with the vital elements of copper, zinc, manganese and iodine that we obtain from just one gallon of seaweed powder. Why is this important? As you are well aware, today’s agriculture and food industries are failing us. Monocultures and Monsanto products are responsible for producing a diet of calories depleted of the building blocks of life. Minerals. As Nobel laureate Linus Pauling put it, “Every sickness and every disease can be traced to a mineral deficiency.” So seaweed is our ally in nature to restore and replenish these vital nutrients in such a balance that when applied to our skin, these elements can nourish it transdermally. Being bio-compatible with the human tissues, these elements are then bio-available to be absorbed and put to productive use to restore health to our skin and scalp.

What was the process used in creating the OLO line? Hippocrates Health Institute (HHI) Director Dr. Anna Maria Clement is passionate about providing clean products that reflect the mission of Hippocrates. Most amenities, of which shampoos and conditioners are examples, contain chemicals that are inconsistent with the HHI philosophy, and more importantly, have been shown to be harmful. I was charged with creating products that deliver healthy benefits by relying on nature through both marine and botanical sources.

Dan Fryda interview by Marty Landau

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G ood saved me for such a time as this writing. He showed me the way to make a u-turn from the hospital! I was asked to write my story years ago but I just didn’t know exactly what to say until now! I’m Jewish by birth, but was raised as a heathen. I was not parented in any way, much less a Jewish one. Even after I had recovered from being a garbage can street junkie, I still hated who I thought God ered from being a garbage can street a Jewish one. Even after I had recovered was, because I did not know Him at all. Fortunately my hate for Him had zero effect on His True Love for me! After 13 years of being clean I had calmed down a bit and chose to be Born Again and learned a lot about who God really is. Then when I got sick He took me by His divine providence to Hippocrates and they taught me as they taught others since 1996 (the year I was born) to heal ourselves by changing our belief system — spirit, soul and body.

I was at Hippocrates for three weeks and three days. I was in such bad shape when I arrived from hospice care that Hippocrates gave me an extra three days. The first three days I missed all of my appointments due to being too sick or hardly functioned. I did do cleansing enemas and wheatgrass therapies those first days, and ate 100% raw organic foods without sugar or fruit. I had difficulty walking due to hyper-tension from the chemo and radiation treatments I underwent the first time I had cancer (which had also put me into hospice care). Within my first week at Hippocrates, with the awesome help of Kevin Nezhe and his loving N-Wave staff, I was walking on my bare feet for the first time since 2001! Now in the experienced and capable hands of the true doctors of health, I was recovering Spirit, soul and body! Upon arriving at Hippocrates, I went to see Dr. Brian Clement (who has co-directed HHI with his lovely wife for 30-plus years!). The first thing he said scared the hell out of me. He looked at my x-rays, read my medical history and says to me in an extremely cavalier manner, “You’ll be as good as new in no time!”

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In 1970, at 18 years old, intrigued by a book of Carlos Castañeda, I left my hometown in New Jersey and set out on a journey to Ixtlan as a spiritual tourist in search of Don Juan. En route, I met a Huichol schoolteacher, who gave me the name of his family’s village — a five day walk away.

Soon, I found myself hiking through the Sierra Madre Mountains, in search of the mysterious Huichol Indians. With the sun blazing down on me, I followed a narrow deer trail hoping I was still headed in the right direction. The Mexican towns, along with the rest of the modern world, quickly faded behind me.

The brazil trees and the thick underbrush enveloped me, as I continued deeper into the Sierra. After three days and no sign of any village, I found myself hopelessly lost. I had drunk my last sip of water and tried to calm the panic rising inside of me. Pressing on in hope of finding the village, dehydration and sun exposure overtook me. The trees around me began spinning. I collapsed, sinking into unconsciousness, as feelings of disgust, anger and finally fear overtook me. As I lay dying on the parched earth, I dreamt of circles full of light spinning in front of me. Visions of deer and an old indigenous man appeared. Suddenly, cold water hit my face. Startled into consciousness, my beautiful dreams and visions faded. Slowly opening my eyes, above me loomed the dark faces of three Indians. They told me in Spanish of an old shaman in their Huichol village who had dreamt I was dying at this spot and sent them to save me two days earlier.

Still weak, I was led through the mountains to a clearing with mud and stick huts, the smell of tortillas cooking and sounds of children playing. Amazed at this scene and that I was alive, I was taken to their shaman Don Juan (of the same name, but not the one of Castañeda fame). I remained there for two weeks. The people told me of another shaman, Don José Matsuwa, in a nearby village, who had also dreamt of me. He summoned me to his rancho. The same three Indians who had originally saved me led me to his hut. Shortly after meeting Don José I was put in a cave for five days and five nights with no food or water. I was told this was my initiation. If I lived, I would continue as an apprentice to this renowned shaman and healer.

Twelve years later, I completed my apprenticeship. I had been adopted as Don José’s grandson. He taught me the ancient wisdom of healing and ceremony and we became close companions on the path of the shaman. Following my training, I was sent back to the modern world to help share the secrets of the Huichol, to heal those in need and to conduct ceremonies to bring balance to the Earth.

Since that time I have been traveling the world, striving to fulfill the vision of my teacher: Thousands of people, from every corner of the globe and from all walks of life, have come to me for healing. Many of them have tried everything Western medicine has to offer before finally resorting to shamanic healing. It seems to me that people today are more in need of healing than ever before.

Shamanic healing searches out the root of illness. Often a person’s ailment stems from something much deeper than what is felt on the surface. This is common with psychological and spiritual trauma, but also with physical ailments. The shaman strives to find the source of the illness and to extract it from the individual.

For many, shamanic healing may seem far-fetched or simply archaic; however, I have witnessed time and again its relevance for those very people who don’t even believe in it. I have had numerous people come to me after trying “everything else” and searching desperately for healing. One such man came to my office in Santa Cruz, California, for a healing over 15 years ago. As soon as I met him, he asked if I needed to believe in the shamanic healing I was about to conduct. I said “no” and he replied, “Good, because I don’t.” His doctors had given him two weeks to live with his pancreatic cancer. He ended up in remission and lived another 10 years.

I am so grateful for my journey to the Huichol. I am thankful for the countless healings I witnessed while studying with Don José, which allowed me to believe in the first thing he told me. He said, “Until you learn to believe, you will never really learn.” You can be told the earth is sacred or that shamanism can dream of the future or heal terrible diseases, but until you experience it yourself, you can never fully believe. Experience is one of our greatest teachers.

Whole is Fulfilled
Changing the Name
These corporate giants are following a familiar battle strategy. First, following the high fructose corn syrup plan of action a few years ago, the GMO industry is attempting to dilute the public’s concern through a name change. As you may recall, there was an attempt to change the name of high fructose corn syrup to “corn sugar,” and a major media campaign telling the public that there was no difference between “corn sugar” and “regular sugar.” There has been a recognition that the terms “genetically modified” and “GMO” are viewed with such negativity that the industry does not feel it can recover viewed with such negativity. That the “genetically modified” and “GMO” are counteracting the laws being passed in cities, counties and states, as well as the last few years, they have shifted the terminology first to “genetically engineered” (GE) and then to “bioengineered” (BE) and are now considering bio-fortified (BF).

Counter Legislation With One of Their Own
The second strategy is an attempt to counteract the laws being passed in cities, counties and states, as well as the genetically engineered food right-to-know Act (HR 1699 and S 890), by having friends in Congress introduce an industry-produced bill which would keep labeling voluntary. This effort is an encroachment on the sovereignty of states and local jurisdictions in making their own laws. Early April, Republican Congressman Mike Pompeo of Kansas was joined by fellow republicans Representatives Ed Whitfield of Kentucky and Marsha Blackburn of Tennessee, as well as Democrat Representatives G.K. Butterfield of North Carolina and Jim Matheson of Utah, in introducing the industry version HR 4432—Safe and Accurate Food Labeling Act of 2014. By the end of June there were 25 co-sponsors. Many of them came on board in the final week of June, showing that there is a huge lobbying push on the bill by industry (obviously tied to campaign contributions).

Ramp Up Their Lobbying
Not only are the Grocery Manufacturing Association and Monsanto ramping up their lobbying in Washington, but so are other corporations and associations. Nestle USA, the maker of Hot Pockets, Nesquik and hundreds of other popular processed foods, is reported in a political news outlet to be ramping up its presence in Washington to have more of a say in numerous food-related issues, including the GMO labeling battle. On their website, Nestle USA admits that over the last 20 years, GMO ingredients have been increasingly adopted by companies like Nestle. They state an estimated 70–80% of the foods we eat in the United States, both at home and away from home, contain ingredients made from genetically modified crops. If the label on a food or beverage product lists corn or soy, the product most likely contains ingredients made from genetically modified crops, as over 90% of these two crops grown in the US are genetically modified. Patients usually witness a change in their sight in the first half-hour! The patient is asked to put the lenses in at bedtime every night. As the molds are worn nightly (like an orthodontic retainer), the effect lasts longer each day. If the lenses are discontinued, the cornea returns to its original shape. Daily soft contact lenses and spectacles do not produce this outcome. In fact, patients who wear daily contacts have an increased risk of requiring stronger lenses annually. Children benefit most, as demonstrated in the CANDY study (Controlling Astigmatism and NearSightedness in Developing Youth). Molding can “freeze frame” this condition and it is non-invasive. See www.WaveContactLenses.com to view a short video on this procedure.

Nearly 70 million people in the US are affected by myopia (about 25% of the adult population). It is a significant public health issue that causes 5.6% blindness in school children. Myopic degeneration can cause retinal pathologies like retinal detachments. Myopia or near-sightedness is created when the shape of an eye is too long or when the cornea of an eye is too steep resulting in blurred vision in the distance. Since 8.6% of cases lead to disabilities, Orthokeratology offers a therapeutic option for children and adults. Correcting nearsightedness with contact lenses, spectacles or refractive surgery does not emphasize prevention.

Correspondence with One of Their Own
The second strategy is an attempt to counteract the laws being passed in cities, counties and states, as well as the genetically engineered food right-to-know Act (HR 1699 and S 890), by having friends in Congress introduce an industry-produced bill which would keep labeling voluntary. This effort is an encroachment on the sovereignty of states and local jurisdictions in making their own laws. Early April, Republican Congressman Mike Pompeo of Kansas was joined by fellow republicans Representatives Ed Whitfield of Kentucky and Marsha Blackburn of Tennessee, as well as Democrat Representatives G.K. Butterfield of North Carolina and Jim Matheson of Utah, in introducing the industry version HR 4432—Safe and Accurate Food Labeling Act of 2014. By the end of June there were 25 co-sponsors. Many of them came on board in the final week of June, showing that there is a huge lobbying push on the bill by industry (obviously tied to campaign contributions).

Ramp Up Their Lobbying
Not only are the Grocery Manufacturing Association and Monsanto ramping up their lobbying in Washington, but so are other corporations and associations. Nestle USA, the maker of Hot Pockets, Nesquik and hundreds of other popular processed foods, is reported in a political news outlet to be ramping up its presence in Washington to have more of a say in numerous food-related issues, including the GMO labeling battle. On their website, Nestle USA admits that over the last 20 years, GMO ingredients have been increasingly adopted by companies like Nestle. They state an estimated 70–80% of the foods we eat in the United States, both at home and away from home, contain ingredients made from genetically modified crops. If the label on a food or beverage product lists corn or soy, the product most likely contains ingredients made from genetically modified crops, as over 90% of these two crops grown in the US are genetically modified. Patients usually witness a change in their sight in the first half-hour! The patient is asked to put the lenses in at bedtime every night. As the molds are worn nightly (like an orthodontic retainer), the effect lasts longer each day. If the lenses are discontinued, the cornea returns to its original shape. Daily soft contact lenses and spectacles do not produce this outcome. In fact, patients who wear daily contacts have an increased risk of requiring stronger lenses annually. Children benefit most, as demonstrated in the CANDY study (Controlling Astigmatism and NearSightedness in Developing Youth). Molding can “freeze frame” this condition and it is non-invasive. See www.WaveContactLenses.com to view a short video on this procedure.

Nearly 70 million people in the US are affected by myopia (about 25% of the adult population). It is a significant public health issue that causes 5.6% blindness in school children. Myopic degeneration can cause retinal pathologies like retinal detachments. Myopia or near-sightedness is created when the shape of an eye is too long or when the cornea of an eye is too steep resulting in blurred vision in the distance. Since 8.6% of cases lead to disabilities, Orthokeratology offers a therapeutic option for children and adults. Correcting nearsightedness with contact lenses, spectacles or refractive surgery does not emphasize prevention.
A moment of conception until death.”1 Today, the cycle of poison created by chemical agriculture envelops all life on earth — water, soil and air, plants and animals — and threatens the very survival of humans and the health of ecosystems. An example of how agriculture-related chemicals are affecting humans is the prevalence of the chronic kidney disease (CKD), which is spreading in agricultural communities across the world.

Agrochemicals and Kidney Disease

In 1962, Rachel Carson warned in *Silent Spring* that “For the first time in the history of the world, every human being is now subjected to contact with dangerous chemicals from the moment of conception until death.” Today, the cycle of poison created by chemical agriculture envelops all life on earth — water, soil and air, plants and animals — and threatens the very survival of humans and the health of ecosystems. An example of how agriculture-related chemicals are affecting humans is the prevalence of the chronic kidney disease (CKD), which is spreading in agricultural communities across the world.

According to World Health Organization (WHO) estimates, as many as 400,000 people may be suffering from kidney disease and some 22,000 people may have died from CKD over the last two decades in the North Central Province in Sri Lanka.2 Also according to WHO, more than 16,000 men have died of kidney failure in Central America between 2005 and 2009.3 In some villages in Uddanam in the remote agricultural belt of Andhra Pradesh, India, as much as 37 percent of the population is affected.4 The CKD epidemics in Sri Lanka, Nicaragua and India have important features in common: the victims are farm workers, all suffer from a rare form of kidney damage known as tubule-interstitial disease (this is consistent with severe dehydration and toxic poisoning), and few suffer from diabetes and hypertension, which are common risk factors for kidney disease. In each case, the disease is classified as a mysterious disease of “unknown etiology,” as there is no scientific consensus on its cause.

The increased droughts and water shortages driven by global warming (and climate change more broadly) do not bode well for the eradication of CKD. According to findings of a WHO Report, ingesting heavy metals found in water due to unregulated use of fertilizer and pesticides is the main cause of CKD in Sri Lanka. WHO has recommended “urgent action to improve safe use and quality control of agrochemicals and quality control of fertilizer.”5 Chemical pesticides have their origin in modern warfare: Nazi Germany experimented with them as weapons. Malathion and Parathion were first used as deadly nerve gases during World War II. It was only later that they came to be applied against pests in agriculture. Pesticide pollution is one of the most serious global environmental and health issues today. Consumer agitation has led to banning and restricting of some of the most dangerous pesticides and improving safety standards in the Northern developed countries. Many dangerous pesticides banned in the North are still “dumped” in some countries in the South, where regulation and safety standards are far more lax. Consequently, the countries in the North do not escape the poison: it comes back via pesticide-laden food imported from the South and through the ecosystem.

Ten companies in the global North consisting of the “Big Six”— Syngenta, Bayer, Monsanto, Dow, BASF and DuPont — now control 90 percent of the $44 billion global pesticide market.6 Corporate control is not restricted to pesticides; it extends to other agricultural inputs, notably seeds and biotechnology. Fifty percent of the global seed market is dominated by 10 corporations, many of which are also top pesticide corporations.7 According to Monsanto’s executive vice President and chief technology officer, “What you are seeing is a consolidation of the entire food chain.”8 CKD activists in Nicaragua see the sugar industry, where most of the victims work, as a root cause of chronic kidney disease. In 2006, the International Finance Group, the private sector arm of the World Bank, provided more than $100 million to two privately owned sugar plantations in Nicaragua to promote sugar cultivation and biofuel production.9 The workers at one of the plantations funded by the Bank, Ingenio San Antonio, have been protesting for close to a decade. They allege that pesticide use and labor practices of the plantation have caused the disease. Given WHO recommendations, on April 8, 2013, the Ministry of Agriculture in Sri Lanka banned the importation of three pesticides — Chlorpyrifos, Propanil and Carbaryl — and called for the reduction of the use of triple super phosphate fertilizer. This represents a major victory for CKD activists.

The search for solutions to CKD, however, must go beyond the implementation of pesticide bans to long-term approaches to health and livelihood.

CONT'D ON P. 58

Killing Fields

by Asoka Bandarage

In 1962, Rachel Carson warned in *Silent Spring* that “For the first time in the history of the world, every human being is now subjected to contact with dangerous chemicals from the moment of conception until death.” Today, the cycle of poison created by chemical agriculture envelops all life on earth — water, soil and air, plants and animals — and threatens the very survival of humans and the health of ecosystems. An example of how agriculture-related chemicals are affecting humans is the prevalence of the chronic kidney disease (CKD), which is spreading in agricultural communities across the world.
Decision to Get Well

by Dr. Janet Hranicky

We have observed that an important enhancement in self-healing seems to occur right when the patient makes the decision to get well. Visual imagery involves using your imagination to create pictures in your brain that communicate emotional safety, comfort and pleasure so that your body can shift into a relaxed state where healing can occur.

Step 1: Creating a meaning about yourself that supports you and empowers you is the first step in getting well.

Step 2: The second step in getting well is to master your ability to direct and control the state of your physiology and emotions. This will be a natural outgrowth of Step 1. You will feel better as a result of evaluating your current situation more effectively.

When you feel better physically and emotionally, it is much easier to visualize yourself in an optimal state of being well. Therefore, practice daily getting into an empowered state, to whatever degree you can begin with and then go to Step 3.

Step 3: Make the conscious decision to get well. This will cause your brain to change what you focus on. The quality of our life at any given moment is determined by what we are focusing on.

The quality of our health at any given moment is dramatically influenced by the quality of our life (or by what our brain is focusing on).

Your quality of life has nothing to do with what is going on around you; it has everything to do with how you evaluate things.

People who are most successful in staying consistently well have the ability to evaluate things more effectively.

Step 4: Practice daily asking yourself better questions. Your brain is like a computer; it will give you information on whatever you ask it. Note the questions you have asked yourself in the past that have caused you to be in an unpleasant state. What are some questions you can ask yourself about your current challenge of getting well that would make you feel great, no matter what else is going on?

What you focus on determines the quality of your life and health. Asking better questions daily forces your brain to make better evaluations. How you evaluate things is going to determine how you feel and what you do.

Step 5: This requires the daily practice of holding specific images of what you want, not of what you don’t want, reality follows image. Many people spend much more time during the day thinking about the things they are afraid of that might happen, rather than focusing specifically on what they want.

Many people with serious health concerns have highly developed photographic memories; that is, they have the ability to recall in detail past memories and visualize them in living color. Our research has shown that there is a tendency for our patients to hold more pain-related memories and to relive them over and over.

Since the body does not know the difference between real or imagined danger, it will gear up for survival response when there is a perception of ensuing fear. When we continually hold images in our minds that create pain, anger or fear, our bodies remain in an overly activated defense response, which eventually drains us of our energy and can actually get in the way of our survival.

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Until recently relocating to western New York, I called Colorado home for 24 years. It is one of those rare states where environmentalism is not a cheap approximation. Green is such an accepted lifestyle the kids play rock, recycled paper, scissors, while teens stealth downstairs, playing spin the made-from-recycled-glass bottle.

Yet amid Colorado’s earth-friendly embrace, the state has allowed the fracking industry to drill at will. Fracking, or HVHF (High Volume Hydraulic Fracturing), is a drilling technique that accesses pockets of natural gas in tightly packed shale beds as deep as 8,000 feet. A hyper-intensive pressurized mix of slickwater — sand, water, and more than 600 chemicals — is force-injected into the ground to fracture the surrounding rock and release the natural gas into waiting wells. Or so the fracking profiteers hope. The combination of error, negligence and hubris sometimes allows natural gas, methane and the toxic mix of 600 chemicals to seep into the aquifers, poisoning the water we drink. Confidence in the saccharine claims that fracking is safe would be easier to subscribe to if fracking companies didn’t harbor the transparency of a nine-foot harbor the transparency of a nine-foot thick chromium steel wall. Consider the following:

- Fracking companies are exempt from the Clean Water Act, the Clean Air Act and the Safe Drinking Water Act. This frees them from federal oversight.
- These exemptions were negotiated in 2005 by the Vice President of the United States. The biggest profiteer from fracking is Halliburton.
- Hill and Knowlton handle public relations for the fracking industry. This is the same firm used by the tobacco industry to counter the scientific fact that tobacco use led to cancer.
- People whose drinking water has been tainted are financially compensated only if they agree to remain silent.
- The US government, in tandem with the natural gas industry, use “Patriot Act” approaches with people affected by this criminal act.

During my last seven years in Colorado I lived in the ultimate mountain cabin. Rooted at the end of a dirt road at 8,524 feet in a thick forest of spruce and pine, my A-Frame was slightly more accessible than North Korea. Neighbors were few; bears were many. Everyday felt like a National Geographic special. Aircraft vapor trails 26,000 feet above were the closest human-impurity clean air and water presupposed.

Or so I thought.

Three years in, my feet began to manifest characteristics more aligned with charcoal briquettes. They burned. My toes suddenly had the sensation of being obese, like thick balls of Georgia cotton were wedged in between them. And my feet felt hot enough for soldering metal. Sleep was reduced to a rumor. Every 45 minutes I’d rise from bed and soak my feet in ice water with the hope of finding enough relief to allow for a few minutes of rest.

Desperate, I met with a leading Denver neurologist. She said I had peripheral neuropathy, a curious affliction with no known cure, and that the symptoms would continue to intensify with age. She prescribed me Gabapentin, a drug more associated with epilepsy, which to my shock worked. The symptoms subsided to livable levels, allowing me to sleep provided I kept my feet free from blanket and sheet.

Enter Christine Henderson. We were childhood friends and raced on the same ski team together as teenagers. After a 35-year gap, we reconnected. As a disciple of Ann Wigmore, Christine was the real deal, as it were. Kaw plant diet advocate, grower and seller of sprouts, daily wheatgrass drinker from her own home-grown harvest, blue green algae gulper, wild edible food whiz and a walking Google-search of nutritional information. (cont’d on p. 62)
Hippocrates Health Institute » www.HippocratesInstitute.org

COMING SOON TO HIPPOCRATES

INSTINCT: A Breakthrough Nutraceutical Probiotic Complex

Probiotics have truly gone mainstream in recent years. It’s nearly impossible to watch any amount of television, for instance, without encountering some form of Probiotics commercial. As a consequence it is easy to find probiotics these days because they are so prolific, being found in many different types of products ranging from yogurts to gums to shampoos and especially in multiple categories of dietary supplements.

This unique and clinically proven complex, Instinct, was developed by none other than Vítátoru Kühlnchak and his team of probiotic experts that includes Michael Shahani (the son of the world renowned developer of the legendary DDS-1 strain of Lactobacillus Acidophilus, Dr. Khem Shahani). Please look forward to reading the full-length article that will explain the features and benefits of these four new and amazing HHI probiotics in the November issue of Healing Our World.

The benefits of taking probiotics are numerous, starting from promoting a healthy immune system, defending against food poisoning, creating healthier looking and feeling skin, maintaining a good hormonal balance to lowering cholesterol levels as well as decreasing lactose intolerance. Just when you thought there was nothing else to discover about probiotics, something new comes along. Well, in November 2014 mark your calendar, as this will be one of those occasions. Instinct—a new line of probiotics containing select pre and probiotic and offered exclusively through Hippocrates Health Institute (HHI) will be introduced to the industry.

Love Your Body, cont’d from p. 35
Garment industry here I come

This led us down an eye opening road in a field that is as convoluted, ambiguous and misguided as any other. Finally, upon meeting a bright-eyed, compassionate and competent young entrepreneur named Michelle Kramer, I found a conscious partner who understands the importance of natural, organic clothing.

Together we labored over designing functional organic undergarments for women, with consultation from osteopaths and a chiropractic physician. Their guidance assured that these health-promoting garments aligned with the body’s correct skeletal posture. Michelle also offers healthy options for the males among us. By starting with clothing most intimately connected to your body, you are taking the first essential step in securing complete health. Organic natural and untreated clothes and outer wear should be your next consideration so that the global ecosystem, the employees in garment manufacturing and your health have the opportunity to further flourish.

Hippocrates Living Lifestyle bras are available for all serious health seekers. When one considers that women wearing synthetic bras contract cancer six times more than women who are braless or who wear natural options, one should place organic bras on the top of their shopping list. Underwire bras further sabotage women’s health by impairing lymphatic gland function.

Due to women’s willingness to maim their bodies by placing foreign objects in their breasts to enlarge them, we are also offering a healthy alternative to disease causing breast implants.

One century ago, bras were invented to visually please men and have now somehow pervaded the female psyche as a necessity. We invite you to learn more about these comfortable, breathable alternatives to disease causing garments. We as women must begin to think clearly about healthy ways around any blockages to our utmost vitality.

Contact 1-877-582-5850 today and ask about Hippocrates Living Lifestyle organic bras and undergarments.

ALLOW YOUR LIFE TO BE A MANIFESTATION OF YOUR GREATEST DREAMS

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“Don’t let the industry’s promotion drown out your own voices. Together, only together, we can cause a roar and make a significant stand about our health and our food supply.”

— Dr. Brian Clement

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**POP Campaign and MOMS4POP UPDATE, CONT’D FROM P. 40**

In addition, a high percentage of some other crops in the US, such as sugar beets, are genetically modified. The company directs consumers to the industry sponsored website, www.factsaboutgmos.org. The website Facts About GMOs and Websites www.factsaboutgmos.org, directs the public to the industry’s sponsored website, www.factsaboutgmos.org. In addition, a high percentage of some other crops in the US, such as sugar beets, are genetically modified. The Gates Foundation teamed up with agri-industry giant Cargill to promote GMO soy in Africa. Earlier this year, it was reported that the Gates Foundation used $300 million of its resources to join with Monsanto, Dow, the Rockefeller Foundation and the government of Norway to create a “Doomsday Seed Vault.”

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**Some Industry is Changing**

Like a wolf in sheep’s clothing, the Bill & Melinda Gates Foundation is using its philanthropic clout to force GMO crops all over the planet. Their claim that GMO crops fight world hunger is egregious and misplaced. World hunger is primarily a matter of distribution. Most people from starving countries do not have access to any GMO food, as most is shipped to wealthy countries and used to feed livestock. GMO crops require more fertilizer and pesticides, and a lot more water. Agriculture and sustainable, organic small scale farming could potentially double food production in many areas of the world where hunger is an issue. It is now known that the Bill & Melinda Gates Foundation has invested in Monsanto, purchasing 50,000 shares of Monsanto stock, and shortly thereafter began promoting GMO crops. The Gates Foundation teamed up with agri-industry giant Cargill to promote GMO soy in Africa. Earlier this year, it was reported that the Gates Foundation utilized $300 million of its resources to join with Monsanto, Dow, the Rockefeller Foundation and the government of Norway to create a “Doomsday Seed Vault.”

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**Eric Cantor had climbed the ranks of leadership to the number two position of Majority Leader in the House of Representatives. In an election shock, Cantor lost his primary. The loss required him to resign as Majority Leader. The Full House of Representatives and one third of the US Senate is up for re-election. You have the power to make a difference by holding legislators accountable. Please visit POPCampaign.org and Moms4Pop.org and use our link to send a letter to your elected officials, educating them on your concerns about our food supply. Please note the Mom Pledge and the Candidate Pledge that we are asking members to sign. Consider attending a campaign event or request a meeting with your legislators in their district offices. Stay informed on the GMO labeling activities in 22 states and make your concerns known with your pocketbook both in choosing GMO labeled food brands and supporting the POP Campaign. Working together, we can win this battle.”**

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**Own Your Own Power**

Washington got a powerful reminder recently that all politics is local — and that the consumers/voters, have the power. Virginia Republican Ben & Jerry’s Ice Cream has announced that they are offering full transparency on GMO by 2018. In their labeling, other companies are using their label to keep from having to be truthful in their labeling, other companies are listening to the voice of consumers. Whole Foods1 has announced it will offer full transparency on GMO by 2018. Ben & Jerry’s Ice Cream manufacturers announced this year that they are going GMO-free. The CEO of Wholey Bites has announced it is raising money to go GMO-free as well.4

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**Stay informed with The POP Campaign**

Please contribute and visit the POP Campaign website at POPCampaign.org and MOMS4POR.org

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**Propylene Glycol: Great for your skin, bad for your body!**

Propylene glycol (PG), the “moisturizing” ingredient in a variety of skin care products, is in fact a toxic, carcinogenic chemical, known to cause cancer, birth defects, and other serious health problems. It is also a major contributor to allergies and skin irritations. PG is one of the worst ingredients in personal care products. It is used in hand sanitizer, baby powder, and even in baby food. This raises serious concerns about the safety of these products.

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People often find themselves saying, “Let me go out and get some air to clear my head.” This common act frames our need for oxygen/air with its perpetual capacity to sustain consciousness. Our earthly ecosystem requires different elements to spark the existence of life as we know it, whereas space, stars, other planets, and the endless, timeless multiple universes all possess different atmospheres/air. Seemingly Earth’s environment is no greater or less than that of the continuum of all existence in the matter of retaining and projecting knowledge.

Many great thinkers believe that all existing scientific theory is dead wrong. Herbert Popplich (University of Liverpool, recipient of the Max Planck Medal), Elmer Lund (University of Texas), Marsh and Beams, among dozens of others, actually measured invisible frequencies in air and applied them to animals. Eventually, humans showed that these harnessed elements originating from the sun’s protons could alter human biology more so than any other method ever known.

They also proved that the number of photons emitted from organisms was determined by their status on the evolutionary scale. Animals and plants tend to emit one hundred photons per square centimeter each second. These are high frequency electromagnetic waves. What this proves is that we do not only accept energy from air, but we process it and re-project it back out into air. In the lesser realms of academia they believe this is only magnetic field interaction. In the center of current progressive thought, this example is proof of perpetual connectedness.

Air is regarded as distance

Distance is another measurement of this elusive expanse we call air. When sitting in New York and thinking of London and how you will get there, the one universal concept is that we have to move from one place to another through the invisible. Today most of us make this voyage via air. When we are flying and looking down, most of the time we see water. The ocean may appear different than the air we are speeding through, but they are practically the same. After all, water is 85% oxygen.

Time travel has always been attractive to people, yet considered science fiction. Today, some of the top researchers are edging closer to a time when this may be possible. The recent discovery that there is not one universe, but a perpetual series of nonstop universes connected together (yet not the same), has thrown the discussion wide open. Many believe that the universes that precede and succeed ours may be mirror reflections of what is occurring here, but with different gravitational forces. The most exciting hypothesis is that we have twins for everything that simultaneously function at exactly the same time. This may be proven or disproven tomorrow, but the thought of it alone excites the imagination.

Air is also imagination

The consensus among cutting edge pioneers in quantum physics and biology is that all structural matter is literally a projection of our imagination, manifested out of thin air. This sounds unbelievable to the academically trained, status quo mind. When exploring the science behind this, one cannot explain away the work of Jacques Benveniste, the renowned French scientist, who was seriously considered as a Nobel Prize contender. In his laboratory, he and his team discovered that once an element is in water or a solution, it remains there in spite of the fact that you may remove the element itself. As Lynne McTaggart wrote in her book The Field, “He paused to listen to these tiny oscillations and heard the symphony of the universe.” Unfortunately, as this revered scientist expressed his discovery to his colleagues, they abruptly rejected his findings.

This revelation was further substantiated by the work of Fritz-Albert Popp, a world class German researcher, who began his work at the University of Wurzburg. As a superstar young scientist, his pure sense of integrity led him to report the remarkable findings that were occurring when they peered into the facade of matter. He actually proved in the 1970s that all biology is scrambled frequencies. At one point, Popp requested funding so he could find a way to reorganize the abnormal electron motion in cancer cells, since he believed this would abolish the disease. Of course, this was denied, denounced, and discouraged. Relentlessly, his decades of professional life established beyond reproach that all reality is really an illusion—just electric vibrations at different levels. By measuring photons in food, he discovered the healthiest foods have the lowest and most coherent intensity of light. In the same decade, along with Dr. Rick Rietkott (UCLA), Hippocrates Health Institute commissioned a study measuring the electromagnetic output of “foods.” Animals and plants emit photons from meat to wheatgrass. Although we were not measuring photons, we supported Popp’s findings by collecting light emitting or absence of light from these foods. This study, and the subsequent work of many cutting edge researchers around the world, inspired me and the institute to utilize light frequencies to heal. This revelation was further substantiated by the work of Fritz-Albert Popp, a world class German researcher, who began his work at the University of Wurzburg. As a superstar young scientist, his pure sense of integrity led him to report the remarkable findings that were occurring when they peered into the facade of matter. He actually proved in the 1970s that all biology is scrambled frequencies. At one point, Popp requested funding so he could find a way to reorganize the abnormal electron motion in cancer cells, since he believed this would abolish the disease. Of course, this was denied, denounced, and discouraged. Relentlessly, his decades of professional life established beyond reproach that all reality is really an illusion—just electric vibrations at different levels. By measuring photons in food, he discovered the healthiest foods have the lowest and most coherent intensity of light. In the same decade, along with Dr. Rick Rietkott (UCLA), Hippocrates Health Institute commissioned a study measuring the electromagnetic output of “foods.” Animals and plants emit photons from meat to wheatgrass. Although we were not measuring photons, we supported Popp’s findings by collecting light emitting or absence of light from these foods. This study, and the subsequent work of many cutting edge researchers around the world, inspired me and the institute to utilize light frequencies to heal.
Cooking our food kills the oxygen and enzymes (enzymes are as important as oxygen, and in some ways more important). Raw plant foods are also excellent sources of alkalinizing minerals, which help our cells maintain a healthy pH, and antioxidants, which protect our cells from free radical damage. An oxygen-depleting diet would consist of high cooked foods, red meat, sugar, saturated fats, white bread and processed and frozen foods, as well as carbonated beverages.

Choosing foods rich in chlorophyll helps normalize the body’s pH. The main chlorophyll rich foods are dark leafy greens (spinach, broccoli, kale, mustard greens, etc) and algae (digestible spirulina, chlorella, blue-green algae). Leafy greens and sprouts can be juiced to maximize the benefits of oxygen and enzyme content. Switching to an oxygen-rich diet often brings immediate energy, a vibrant spirit, clearer skin and a more positive attitude. I certainly experienced all this when changing my diet.

To “Air” is Human, cont’d from p. 16

There is one other interesting fact about this powerful thing called oxygen. It is invisible. It is not a “thing” at all, it is more like a force. This force is in you, and flowing all around you. It makes you wonder — what other invisible forces are flowing in this life? We all know about the power of electricity, solar power, wind power, gravity and sound energy. It makes sense to open up more to the mystery and power of the invisible aspects of life.

Finally, it helps to remember that oxygen is infused in everything (especially sprouts). There is no separation, no center, no limit — it is everywhere! Where “to air” is human, to breathe deeply is divine. Feel free to take a deep breath of life, and feel divine.

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The Hidden World of Vibration, cont’d from p. 21

Restoring Balance with Music

The Harmony of the Spheres was discovered and covered and taught by Greek Philosopher Pythagoras, who was fascinated by the harmonics of a vibrating string on a lyre. Pythagoras discovered there is a direct mathematical relationship between music’s vibrational frequency and the corresponding position of planetary bodies. The planets and stars move according to mathematical equations, which correspond to musical notes, and thus produced a symphony. He used music to bring balance to his students.

Every chakra, every organ, every bone, every tissue and every cell has a unique resonant frequency — its own sound. Under natural circumstances, they work harmoniously together. But when the body’s electrical system receives interference from an outside source, such as Wi-Fi, these man-made frequencies that are not in harmony with the body interfere with the electrical makeup of the human system. By disrupting the communication system, the interference makes it difficult for our cells to communicate with each other and get the proper nourishment they need to maintain proper body function. Whenever we begin to get out of sync in our mind, body or spirit, imbalance begins and disease soon follows.

Resonance can be applied to re-harmonize cells that have been imprint-ed with disruptive frequencies. These healing frequencies may originate from a modern sound healing instrument or from a traditional method, such as the human voice, a gong, a didgeridoo or tuning forks. Sound healing practitioners find that by applying specific sound frequencies to the affected region, normal function returns in most cases. The cells of the organ or system are effectively re-harmonized and re-energized, allowing cellular re-programming to take place.

Hippocrates Health Institute’s Oasis Therapy Center is an integral part of the Life Transformation Program, as it helps connect the mind, body and spirit through its many unique services, such as body work, sound therapies, stress management, meditation, fitness and electromagnetic therapies.

While visiting Hippocrates, enjoy the following therapies:
• Aquamotion
• Harmonic Massage
• Didgeridoo Sound Healing
• Chi Ne Tsang
• Psychotherapy
• Craniosacral
• Theragem
• Bodywork

To make an appointment at the Oasis Therapy Center, please call (561) 471-5867.

Vibrant Life is Your Birthright

Eat Your Oxygen, cont’d from p. 28

To place your order please call 1-877-582-5850 or 561-471-8876 ext 2171 or email mailorder@hippocratesinst.org

LifeGive™ HHI-Zyme is Hippocrates Health Institute’s own state of the art, time-tested formula that provides essential nutrients, vitamins, minerals and enzymes to enhance digestion of food, increase the electromagnetic frequency in and around the cell, helping fight off free radical damage, which is the cause of disease and premature aging.

NOTE: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Valid for 750 capsule size only. No additional discounts apply. Sale ends October 31, 2014.

LifeGive HHI-Zyme
Digestive Aid
Dietary Supplement
750 Vegetable Capsules

Correcting Vision While You Sleep, cont’d from p. 41

She returned to practice and opened Wellness Concierge with partners Jamie Lee and Greg Culver. The center’s objective was to “make wellness visible” in their community. Dr. Campisi’s holistic philosophy is exemplified in the way she practices optometry. By focusing on prevention, she minimizes the risk of retinal detachment, glaucoma and the need for stronger eyewear, reduces visual stress while increasing efficiency and can “reverse” some prescriptions with Orthokeratology. Dr. Campisi recently joined Dr. Mary Beauleau’s group practice, Professional Eye Care, in Waterford, Connecticut, so that she could continue working with cases like these. She encourages colleagues to offer Ortho in their practices because it makes such a difference in a child’s health, self-esteem and performance.

If you would like to learn more about this vision correction method, please call (860) 908-9745 or email jackiecamps@me.com

www.drjockiebamps.com • www.jackieshealthblog.blogspot.com

To the depths of her unconditional love she brings us the essence and vibrancy of youthing by nature

Rev. Viktoria Kulineris, M.S., Co-founder of The Hippocrates Health Institute
Breatharianism: Fact or Fiction?, cont’d from p. 31

Do you give yourself optimal air? Considering that we are all breatharians, (one who is sustained by breathing more than by eating though not excluding food) what do you think is more important: clean air or clean food and water? Perhaps it is not a competition. Perhaps they are equally important, along with clean environments, thoughts, words and actions, and myriad complementary factors.

Approximately 150 million Americans live in places with polluted air. Polluted air not only creates physical illness, fatigue, depression and premature death, polluted air can contribute to polluted thinking and resulting errant actions.

Since the height of the industrial era in the USA, air quality has markedly improved (chem trails aside) in North America, despite population increases. The improved air quality is due to industries relocating, not only to China and India, but also to a plethora of industrial Asian, African and South American countries.

According to the American Lung Association’s ongoing studies on www.stateoftheair.org, humble Prescott, Arizona, ranks as the cleanest city in the USA. Moreover, in agricultural areas, (one who is sustained by breatharian form, sugar-free, oxygen-rich environments.

The five worst air and ozone polluted cities in the USA are located in the central basin of California, while the five cleanest cities are in the western mountain states. Meanwhile, visiting Hippocrates Health Institute in West Palm Beach, Florida, and simply stepping outside to breathe the warm subtropical air may in itself enhance one’s health, since Hippocrates is a salubrious location.

Where is the cleanest, freshest air in the USA? Research results can prove surprising. Despite online claims to the contrary, air around the geo-graphically isolated island of Maui, for example, is more polluted than one would imagine due to neighboring Hawaii island’s volcanic fog, coupled with the widespread practice of burning harvested sugarcane crops along with burning their PVC drop system tubes. Although an enormous effort to overcome GMO crops is currently on the rise in Maui, the spraying of toxins on sub-tropical crops still poses concerns.

Simply moving to the countryside does not guarantee cleaner air, especially in agricultural areas. With few exceptions (thanks to eco-conscious city councils), the commonplace spraying of carcinogenic pesticides, herbicides and insecticides perniciously persist as a major contributor to hundreds of diseases—from cancers to asthma and beyond.

Inversely, the absence of creeps, thus pesticides, herbicides and insecticides, is a contributing factor as to why the drier western mountain states generally enjoy healthier air quality than the broadbasket and coastal states. Moreover, among the mountain states’ few existing farms are one of the highest percentage of organic farms and organic home gardens in the country.

Air quality is also seasonal and site-specific, however, no website on air quality seems to fully consider this.

For instance, Missoula, Montana, and dozens of myriad other montane cities, towns and villages suffer compromised winter air quality due to inversions aggravated by high wood stove use, yet during the summer the air is often astonishingly fresh throughout the Rocky Mountains.

I moved to the countryside outside of the mountain town of Prescott, Arizona, partly because it was famed as a doctor’s prescription for tuberculosis (TB) patients who required clean air. It definitely helped me overcome the TB that I concocted as a teenager during the first year I lived in India and Nepal. Likewise, the Prescott area generally still enjoys exceptional air quality most of the year, during the wood store months, as well as the dry and windy, thus dusty, months of June (before the summer monsoons arrive to break the heat in July), the dust-filled air can be less desirable.

We can strengthen our lungs by running vigorously for at least five minutes per day amidst tall trees and increasing our consumption of fresh leafy green vegetables. In addition, it’s wise to research not only seasonal variables but also site-specific fluctuations for air quality. Choosing a hotel or campsite away from polluted areas, for example, can make a dramatic difference in preventing a cold, bronchitis, asthma, pneumonia and cancer.

Moreover, keep in mind that when we smell something we are in fact ingesting aromatic molecules. While aromatherapy can be a boon to health, on the other end of the small spec-trum, it’s best to not converse or linger near dumpsters. Instead, scurrying past them and letting yourself talk or relax amidst roses, gardens, parks and forests after fresh rain is a wonder-ful prescription.

The top 5 steps for quitting smoking are:

1. For at least the first week, change your surroundings by crumpling up a few margaritas.
2. Drink plenty of water between meals to help flush nicotine from your system. Herbal teas are good as well.
3. Always encourage your clients to use Yucca—it’s an herb taken from the root of the Yucca plant. It detoxifies your body, eliminating the nicotine from your body quicker. It also helps to calm the central nervous system so you can better deal with stress.

Even if you do fall back, try not to get too discouraged. Few very few people are able to quit for good on the first attempt. In fact, it takes most people several attempts before quitting for good. What’s important is figuring out what helped you in your attempt to quit and what worked against you. You can then use this information to make a stronger attempt at quitting the next time.

The power to change if you want it bad enough. Breathe like a champ, as that is who you are. Reward yourself with great things, as you are the best you got! — US Surgeon General

5. For at least the first week, change your surroundings by staying away from people who smoke. If your spouse or housemate smokes, make them do it outside.

A WAKE UP CALL FOR SMOKERS

Apply this to yourself, friends and family

Since you are reading this article, you are to be congratulated as a whole lot of folks would rather sit back and just puff the stuff and watch the tube or hang out in bars or the like. But you chose to read about the detriments of smoking, and that suggests to me that you are an intelligent, successful person. Smoking is a dumb, stupid thing to do to your wonderful body. You are not a dumb, stupid person, so being a smoker is incongruent with the other success principles you embrace.
Awaken the Beautiful Hummingbird in You, cont’d from p. 45
And now you have that manifestation.
Do you desire to live the remainder of your lifetime this way? Or do you desire to awaken to the system of the divine within to continuously integrate that knowledge?
The choice is yours!
You can see something on television, and an impression from the program goes inside your mind and your body. In that moment, you just collected someone else’s thought, and if it is a negative thought, then somehow down the line, that thought might cause trouble. Or you can choose to tell that thought, “Get out of here!”
You have the choice to accept what enters your mind.
But only when you are aware can you stop those negative thoughts in their tracks and say, “No, I’m free of you; I’m not going to entertain this thought! I choose to think about something else.”
Instead, right now, close your eyes and envision your heart’s desire. Allow your thoughts to wash over you. You will be able to identify exactly what this is — after all, it’s been with you always. It’s the closest thing to you!
Now write that desire down in your journal. Keep it quiet between you and your God or inner self. Now why would you keep your innermost desire a secret? One, it’s easy to dissipate the energy of a thing. Two, others may see little or no value in your desire, or the small, fearful, doubtful listener may resent your thought of, or your belief in, your desire. No matter — their commentary is not your connection. Go back to this desire every day. Take time to think about it, and envision and visualize it realized, manifest right now! Feel it right now! You have the inner power and wisdom to act now!
Meditate on this every day. Be grateful, joyful — for you know it’s a done deal! Smile in the joy. Others will wonder what that smile and joy is all about. You will attract them to join you in your joyful life!
Find a complete meditation script in my book, rejuvenate Your Well-Being Today. You can rewrite, record, and speak it in your own words. Go for it! Be bold! Change and add to my words. This is truly about you!
I also invite you to contact me at awaken@bodysystemsdesign.com. I’m here to inspire you to realize your dreams and awaken your beautiful self! Listen to it every night and upon awakening. This is the part that is the most fun; for when you truly begin to experience what is happening within you, little clues begin to appear! It’s said that it takes one to seven years to completely renew your body, regardless of the circumstances. I dare to say it takes you a year or even a few months! You will be amazed by just how much you can manifest by envisioning. And it all begins with the Nervous System, the birdhouse of your thoughts, the great communicator — your beautiful and powerful, fitting hummingbird!

Breatharianism: Fact or Fiction?, cont’d from p. 56
What can we do to lessen air pollution? Drive less, choosing to walk and bicycle whenever possible. Use less electricity or convert to solar. Seek out alternatives to burning wood and trash. Support measures in our communities that can reduce air pollution. Tell our local and state officials to take steps to clean up air pollution. Send a message to the EPA, President and members of Congress to tell them we need them to support laws providing cleaner, healthier air.

Around the world, locations with higher air quality often seem to enjoy a higher quality of life. In fact, the location we call home is one of the most significant factors determining our health and well-being, along with daily exercise, a healthy diet, peaceful and loving relations, having fun, being present and kind. May we choose to live wisely, realizing that we are breatharians as we give ourselves vital life force by breathing in fresh, oxygen-rich, precious air and often and deeply.

Killing Fields, cont’d from p. 43
The victims of CKD, disenfranchised farmers, have experiential understanding that the disease is not attributable to one isolated factor but the entire trajectory of unsustainable development that has turned their lands into killing fields.

A global shift from the fragmented, highly technobureaucratic approach of agribusiness to organic agriculture that maintains agro-ecological balance between the soil, water, people, animals and insects, is urgently needed.

4. IBID.

Hippocrates Introduces OLO Line, cont’d from p. 37
ML: What other products have you formulated?
DF: We are excited to announce that all of the products being introduced for skin care, hair care and body care will all be preservative free. Our labs have created formulas that rely on natural alternatives that have been tested for efficacy and stability.

Further clinical studies of our products show that we can deliver high performance health care for the skin and hair thanks to some new bio-technologies that avoid reliance on chemicals. We will have more science coming soon.
ML: Thanks, Dan.
DF: My pleasure.

To purchase or learn about OLO, please call (561) 689-9464 GotSprouts.com

Breatharianism: Fact or Fiction?, cont’d from p. 56
What can we do to lessen air pollution? Drive less, choosing to walk and bicycle whenever possible. Use less electricity or convert to solar. Seek out alternatives to burning wood and trash. Support measures in our communities that can reduce air pollution. Tell our local and state officials to take steps to clean up air pollution. Send a message to the EPA, President and members of Congress to tell them we need them to support laws providing cleaner, healthier air.

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4. IBID.

Hippocrates Introduces OLO Line, cont’d from p. 37
ML: What other products have you formulated?
DF: We are launching our new body lotion, which is a seaweed based lotion rich in shea butter and virgin coconut butter to give the skin of the body some tender loving care. Another new product is a marine serum for the face that delivers rejuvenation in a balanced way. Many more healthy body products are on the way.
ML: What else should we be expecting?

To purchase or learn about OLO, please call (561) 689-8875 Ext. 2371 or 2124

New! Hippocrates Experience For Orthodox Jews
Once a year an Israeli Physician, Dr. Gil Joseph Shaar, M.D. an expert in nutritional medicine comes to Hippocrates with a group from Israel for twenty-one days of the Life Transformation Program. If you are an observer and interested in a Miryan during your stay, Shabat Services with a Sefer Torah, Kabbalat Shabat, Shabat meals according to Halakha and interested in joining the group, please contact the coordinator via e-mail — gil@rambam-medicine.org.il or wellness55@hotmail.com

Res till Hippocrates med THE SWEDISH GROUP på Stora Hälsoreasan
Ta del av fördelarna med att resa i gruppen. En grupp som tar svensk del av stora Hälsoreasan för livets och vårt närvaro i Sverige. De ska inspirera och stödja dig hemma i Sverige.

Datum för nya reser meddelas via rivett@rawfoodmidagrar.com eller www.rawfoodmidagrar.com/sverige.

Mer information www.rawfoodmidagrar.com/halsaare.

(561) 689-9464 GotSprouts.com
WE SHIP AND DELIVER

Hippocrates introduces OLO line. We are excited to announce that all of the products being introduced for skin care, hair care and body care will all be preservative free. Our labs have created formulas that rely on natural alternatives that have been tested for efficacy and stability.

Further clinical studies of our products show that we can deliver high performance health care for the skin and hair thanks to some new bio-technologies that avoid reliance on chemicals. We will have more science coming soon.

ML: Thanks, Dan.

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As Carol Kurth has observed, “Years ago, EIFS was touted as the best way to clad your home for a maintenance-free exterior with added benefits of having extra insulation, saving money for homeowner’s on heating and AC bills. A number of years later, it was a disaster — there were cases of homes with mold growing inside, a result of poor construction and lack of understanding of vapor barriers and flashing details needed. Occupants were getting sick, and homes had to be condemned as a result. And this is when the foam (rigid) insulation was on the outside of the building.”

The driving cost to upkeep energy efficiency in buildings may also play a role in how sick building syndrome continues to thrive in buildings. “So called ‘green’ systems can be very high maintenance, and building management may not continue to pay the high cost of maintaining such systems over time, leading to less than optimal system performance,” explains Businelli. I believe that as order to investigate the issue of energy efficiency and human health in the interior environment, we can take several steps. Businelli believes that there is an over emphasis on energy efficiency, citing the example of overly tight buildings potentially causing “more harm than good.”

First, there must be much more widespread third party verification in the industry. Various industry standards exist. Amongst air quality standards are Green Label and Green Label Plus by the Carpet and Rug Institute, GreenGuard for product emissions, and FloorScore for floor coverings and adhesives. Additional certification parties test indoor air quality and energy efficiency amongst other traits: Green Seal, EcoLogo, SCI, Cradle to Cradle, and NSF are just a few. As David asserts, “There are many products out there, and careful specification of interior finish materials also helps combat the syndrome, as does proper maintenance. Many interior products are very good in terms of VOC output, and should be carefully specified to maximize indoor air quality.”

How many of these certification parties require products to publicly label their ingredients? LEED’s new v4.0 version incorporates an amendment that pushes product manufacturers to acquire a third party verification of its ingredients. These LEED credits emphasize disclosure of the ingredients, which I feel may not be as accurate as actually studying the impact of the ingredients. Second, I believe we need a stronger life cycle analysis. I continue to believe that construction, architectural design, and interior design together play a role in sick building syndrome.
Clearing the Air on Fracking, cont’d from p. 46
Curing my feet became her obsession. First she began purging my diet of dressings and dairy products. Then she began upping my Vitamin B intake, buying me a case of E3 Live blue green algae with PEA (Phenylethylamine)—“the love molecule”—for Valentine’s Day (nothing conveys affection more than the gift of pond algae).

Results began to show in six months my daily Gabapentin intake reduced from three to two and then eventually to one. The burning symptoms and chubby-toe sensations persisted but with far less intensity. And then came the aha-moment.

Christine, who resides in a bucolic hillside setting in western New York, closely monitored the fracking debate in her community as well, regularly attending public meetings on the issue. While researching the topic she came across a story detailing how peripheral neuropathy had become endemic in Colorado due to tainted wells. The dots began connecting.

My A-Frame tapped into an underground well. And it wasn’t until I moved into it that the symptoms began. I immediately started importing my own bottled water. Within a few weeks I was off Gabapentin for good.

There is a West African proverb that states, “Filthy water cannot be washed.” Most people of reason would concur with this profound observation. But those who frack are not “most people.” They instead believe that filthy water can be denied through secrecy, legal threats, political lobbying and hush money.

In the arena of fair play, the fracking industry holds all the whistles. Only knowledge and public vigilance will level the playing field.!
A story about RAGE turned to forgiveness to love, cont’d from p. 36

Let’s face it—the medical system in terms of health care sees us as their annuity plan and it is up to us not to be that but to be well!

Did you know that Dr. T. Colin Campbell, author of The China Study, said after the study was completed that everything Hippocrates is and has been teaching for over 60 years now according to their research is spot-on! Yet the government refuses to replace what is proven to not work with what is proven? We need to change that, so please share Hippocrates with everyone you know and save lives and heartache!

My story is unique mostly in that I survived a three year odyssey in and out of the hospitals and the practicing of things known not to work. I was on an IV for 3 months and at one time food and drink was coming out of my back! I was indeed a real freak show; and when all was said and done I still had to rehab all my atrophied muscles and get healthy enough to have a major reconstructive surgery!

In October 2012 my 19-year-old daughter was misdiagnosed with cancer. Three weeks later, my 24-year-old son was also diagnosed, and this cancer was real. By the time the doctors got done with him it was too late to even attempt natural remedies. We were estranged for many years. This was due, in part, to my anger, which I deeply regret. Even though I made every attempt to repair things, he would not allow me to see him or speak to him. I finally got a call from him, telling me he loved me and wanted me to come and see him, and I made the trip from Tampa, Florida, to Ontario, California, a second time (as he wouldn’t see me the first time). I spent the last four days of his life with him, and we made amends.

Brett’s passing was the toughest thing I have ever experienced, and it was the first time I wanted to use drugs again in over 37 years. My close relationship with God was the only reason I did not. The grieving process is equally horrific, and I attended a group program for grieving. Just as Dr. Brian Clement’s experience with health affords him the wisdom to touch others’ lives in a very effectual way, these new friends of mine who have experienced the depths of grief are coming to the aid of folks like me. It is so awesome that we are all loving and comforting one another, and leading newcomers down roads we have already been down!

My hope in writing this is that others will become more informed about their personal health, and afford their Spirit, soul and body the opportunity to heal itself as its original manufacturer intended. God needs no assistance from us to mess up His Universe with unloving thoughts, words and actions, much less a bastardized food chain.

I want to personally invite you to feel free to contact me if you need a helping hand at God’s-Farmacy.com.
Water Crisis Worldwide

Toledo, Ohio
500,000 people warned don’t drink the water. Algae bloom caused from chemical fertilizer has poisoned the water in Lake Erie. We need to be responsible for educating ourselves about water and our own immune system. We are water beings: our brains are 75% water, our bodies are 60% water.

Life FORCE Water.net
Best Water Purifier in the World

California running out of water.
Water supply endangered everywhere.

THE REAL CAUSE OF DISEASE
The real cause of disease is malnutrition at a cellular level due to dehydration, adrenal exhaustion, stress, toxicity, etc. Pure water is life itself. Without water, organic life simply cannot exist. We all require it, and when we consume poor quality water we compromise our health. Turn your tap water into pristine drinking water and never buy bottled water again.

THE LIFEFORCE WATER PROCESS
Add one cap full of LifeFORCE Water per gallon and eliminate all impurities in your water. LifeFORCE turns the dirtiest water on earth into pristine drinking water within 24–72 hours, depending on the toxicity of the water. You can also use this product as a foliage spray to increase the mineral content of your vegetables, improving their flavor.
LifeFORCE Water can turn your swimming pool and hot tub into a healthy mineral spring, up to eight months toxin-free.

Order online at LifeFORCEWater.net

Visit online or call for dealer and representative opportunities.

1-888-567-9990