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Family & Children

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Bridging the Gap
Where the Future of Medicine Begins...
by Carolyn Brian

Hippocrates Health Institute Proudly Welcomes You to the Doctor Days 3-Day Immersion Experience

Why the Program Began

Today more than ever we are meeting with skilled and highly trained health professionals looking for more answers and realizing they are operating with limited tools to treat patients with both general health issues and chronic diseases. These same professionals find themselves hopeful of new and improved ways to boost their patient’s immune system and actually offer solutions, which in the past was not a considered option. Many doctors today are turning to Integrative Medicine, seeing the immense value that complimentary care can offer their patients in addition to traditional treatments.

About Hippocrates:

Over 80 years ago, visionary and humanitarian Ann Wigmore developed a simple concept first voiced by Hippocrates, the father of modern medicine, nearly 2,500 years ago: “Let food be thy medicine and medicine be thy food.” The commitment to this inspired truth is embodied in Hippocrates Health Institute, a non-profit organization founded by Wigmore and jointly directed by the caring hands of Drs. Brian and Anna Maria Clement since 1986. Hippocrates Health Institute (HHI) flourishes within a lush, tropical 50-acre setting in West Palm Beach, Florida. Under the guidance of a knowledgeable and compassionate team, guests from all over the world benefit from health and nutritional counseling, non-invasive remedial and youth enhancing therapies, state of the art spa services, inspiring talks on life principles and a tantalizing daily buffet of enzyme-rich, organic meals. The goal of Hippocrates Health Institute is to assist people in taking responsibility for their lives and to help them internalize and actualize an existence free from premature aging, disease and needless pain.

Doctor Days 3-Day Immersion Experience

Reading about this amazing resource is one thing, but seeing it first hand, and hearing from the medical staff and the guests themselves is priceless. This is why we created the Doctor Days 3-Day Immersion Experience. Since its inception in 2015, health professionals have been giving the program rave reviews. We invite attendees to become part of the Physician’s Partnership Program and also to attend the optional Comprehensive Cancer Wellness Program launching in October, 2013, in the 3-Day Experience. This exclusive program at Hippocrates will have a prerequisite of attendance in the 3-Day Immersion.

Kindly note: the 3-Day Immersion Experience, by approval only, is offered as a complimentary program which includes two bonus days! For more detail, www.CeaOne.com.

Doctor Days 3-Day Immersion Experience

~ A New Phase in the Field of Health ~

Overview:

Doctor Days 3-Day Immersion Experience is an avenue to provide a new platform to understand all the wonderful things Hippocrates has to offer. We are offering through this program a new phase in the field of healthcare, one which merges a multi-disciplinary approach to bridge the terrain of traditionally trained medical doctors, nurse practitioners, and other allied health professionals, introducing them to complementary ways of healing and disease reversal.

This program is designed to create the deepest impact for the professional within the shortest period of time. We believe along with Drs. Anna Maria & Brian Clement (co-directors of the institute), that for a professional to experience Hippocrates first hand is imperative. The professional will see how HHI’s comprehensive approach can positively impact the body’s immune system, aid in disease reversal and overall optimum health.

Cutting Edge Therapies only collectively offered at the renowned Hippocrates Health Institute

Specialized Kitchen Techniques - Learning to prepare Living Food Nutrition

Experience for yourself first hand. Hippocrates Comprehensive Approach

Incredible Live Lectures by time honored Experts in the Field.

To learn more about our upcoming 3-Day Immersion Experiences, please email info.ceaoeone@gmail.com or call (561) 312-1853 www.CeaOne.com

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What’s the News?

**Open Air Body Enhancement**

by Will Burson

Hippocrates Health Institute (HHI) recently installed Greenfields Outdoor Fitness equipment. Hippocrates guests now have their choice of getting some exercise at the institute’s indoor gym, one of its many pools, the outdoor track or the well-appointed Open Air Body Enhancement park.

By enabling users to work against their own body mass, the outdoor fitness equipment can be used by almost anyone, regardless of ability or fitness level. Wheelchair accessible units are available as well, ensuring virtually everyone can enjoy a fresh air full body workout at HHI’s beautiful tropical campus.

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**From the Executive Vice President**

Health and Happiness, friends of Hippocrates. I would like to take this opportunity to thank all our alumni for their continued commitment they make by returning to Hippocrates yearly. The passion you have to consistently improve your health is great encouragement to us as we strive to educate and heal our world. We are always looking for new ways to improve your Hippocrates experience within the body, mind, spirit approach which has positively impacted so many guests for over 60 years. I would like to take this opportunity to share some of the exciting improvements we are working on to better your experience. We are always focused on HHI’s attention to detail, and we are excited to announce the following improvements over the next six months:

1. Open Air Body Enhancement—an outdoor fitness area with a 10 piece circuit area including handicap accessibility designed for cardio, strength training and classes, all furnished outside in our lush tropical setting.
2. Reinvention of the Vista building with Oxygen and IV care rooms, new therapy space, relocation of the Care team and much more—all in one building that is optimized for guest convenience.
3. New Oasis Esthetician room at Oasis Spa Therapy Center.
5. State-of-the-art exercise facility Yurt for enlarged classes and an outdoor deck to enjoy new outdoor exercise, meditation and self-healing exercises.
6. New fitness equipment for strength and cardiovascular training in the Fitness Center.
7. New Organic Salon with three times the space to accommodate new services and treatments.
8. Educational Center to enhance special programs with our doctors and specialists.
9. Upgraded outdoor dining tables at Wigmore Hall outside seating area.
10. Enhanced educational programs to include weight management, energy management, Comprehensive Cancer Wellness and many other focused lectures and educational programs.
11. Online educational program—coming 2015.
12. Expanded HHI Store retail space.
13. Cottages renovations—renovated cottage A & B.
14. Herb garden educational area.
15. Improved walkways around the Institute.

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**Our 2020 Plan**

We also have our expanded Hippocrates Health Institute improvements which we are calling our 2020 plan. This five year project outline will focus on expanding our guest accommodations, a new lecture hall, Wigmore building #2, New Oasis area, New Program Consultants office, new HHI Hospitality building and so many more wonderful improvements. We are grateful to our Directors Dr. Brian and Dr. Anna Maria Clement for their support in the continuous improvements to our already beautiful institute. They inspire us not only to grow our facilities but to further educational programs and spiritual opportunities for optimal holistic naturopathic health. They are true leaders who have been the “beacon of hope” for over 45 years.

---

Michael Allen
**Food Marketing — A Primary Driver of Childhood Obesity**

The World Health Organization (WHO) defines overweight and obesity as an abnormal or excessive fat accumulation that may impair health. Based on the Body Mass Index (BMI), people with a BMI of greater than or equal to 25 are classified as overweight and those greater than or equal to 30 as obese.

McDonald’s has thirteen different websites that exclusively target children and promote their Happy Meal.

According to data from the WHO (World Health Organization), worldwide obesity has nearly doubled since 1980. Obesity is a leading risk for global deaths. Approximately 3.4 million adults die every year due to it while 44% suffer from diabetes, 23% from ischemic heart disease burden and between 7 to 41% of all cancers, all attributable to obesity and overweight.

As of 2012, more than 40 million children under the age of 5 were overweight or obese. Approximately 16 to 35% of children and adolescents in the US are obese. Childhood obesity is often related to poor eating habits, overeating or binging, lack of exercise, family history of obesity, medical illnesses, certain medications, stress, family and peer problems, low self-esteem and depression. Obesity is a cause for concern because in a large number of cases, obesity results in further complications such as heart disease, high blood pressure, diabetes and breathing and sleep disorders.

While all primary causes of obesity should be explored in-depth, an important reason for this rapid increase in childhood obesity is the fact that our nutritional environment has deteriorated to a large extent. People in general are overfed and overweight and high calorie foods. Most of these food items are easily accessible and are much cheaper than other healthier alternatives. According to Brownell & Horgen, “our obesogenic environment overpowers people with nutrient-poor, calorie-dense foods, which are more accessible and less expensive than healthier, nutrient-dense choices, such as fruits and vegetables.”

Marketing and advertising has been a major contributor in facilitating this bombardment. A large number of food-related advertisements are targeted toward youth and children. Research shows that millions were spent by companies in 2009 to promote food directly to children and teenagers. Food advertising toward youth is comprised mainly of low nutrient foods such as candy, soda, fast food and sugared cereal. While TV remains the primary medium for such advertising, there are now several other mediums which are easily accessible. These include Internet, radio, video games, cell phones, social media and word of mouth.

According to Manhattan Physical Exams Center (2011), an average child views 12.8 food advertisements per day. That translates into 4,500 ads a year. This is only on television. Cartoon characters such as Dora the Explorer, Disney Princesses, SpongeBob, etc. are commonly used for in-store packaging and promotion of food products.

Fast-food restaurants are one of the biggest promoters of food that is poor in nutrition. McDonald’s has thirteen different websites that exclusively target children and promote their Happy Meal. Fast food restaurants spent $595 million in 2009 on premiums including toys in kids’ meals. They spent another $149 million to promote their products in schools. Companies like Krispy Kreme promote their donuts through fundraising campaigns. Many sell their products on school grounds and even reward teachers with free or discounted products that comprise of pizza or candy. These rewards are then forwarded to children for good performance.

Food advertising and marketing not only undermines parents’ efforts to promote healthy eating habits in their children but also creates a misperception in the children’s minds when it comes to nutrition. Studies have already proven that the greater the exposure to televised food advertising, the greater is the likelihood that unhealthy food items begin to be judged as healthy and nutritious.

Overall, it is safe to conclude that while there are other factors that contribute to obesity, food marketing is one of the primary factors contributing to the increasing prevalence of obesity in our children. The Institute of Medicine is absolutely right when it says, “food and beverage marketing practices geared to children and youth are out of balance with healthy diets, and contribute to an environment that puts their health at risk.”

There is thus a definite need to control this issue and address the issue of unethical and misleading food marketing.
The average daily consumption of caffeine in the US ranges from 200–500mg per day, organic or not. 16oz of brewed coffee gives over 300mg. Adults get two thirds of their caffeine from coffee, children get half from soft drinks.

Due to the negative effect on billions of people's health and lifespan, the American Academy of Pediatrics states, "Caffeine and other stimulating substances contained in beverages have no place in the diets of children and adolescents."

Another substance of concern is chocolate — even the "raw" variety. One ounce of dark chocolate contains 12mg of caffeine, and milk chocolate is even higher at 34mg/oz. The all-time winner is the "raw" nibs at 50mg/oz.

Caffeine is the world's favorite drug, consumed by an estimated 80% of the world's population. 2012 brought the caffeine boom to a new level, exploding it 60% in just four years. By the end of 2015, it is expected to double.

"Caffeine and other stimulating substances contained in beverages have no place in the diets of children and adolescents."
— AMERICAN ACADEMY OF PEDIATRICS

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— AMERICAN ACADEMY OF PEDIATRICS
A Child’s Developing Body

Vaccines, in general, are targeted toward babies. They are the ones least versed reactions. It’s not like your baby will suddenly speak and say, “Mommy, I’m going blind,” or “Mommy, my arms and legs are in terrible pain.” It can be months or years before the negative impact is fully manifested. And of course, with this long time span, proving culpability becomes very difficult.

As mothers, our bodies protect the unborn child’s body as it moves through the early stage of development. We are no less obligated to protect our child’s body once he or she is born. The child’s brain and nervous system is designed with the function of keeping what is outside out, and keeping what is inside in. For years there have been many authors writing on the dangers of vaccines and there are many books on the issue. You can read them from your bookstore or at the local library.

Right or Wrong

Maybe you want me to tell you as simply as I can whether it is right or wrong to use vaccines. The answer is it depends. Vaccines, like any medical procedure or pharmaceutical, has inherent risks to it. Some people are willing to undertake the risks of a medical procedure because they desire the benefits. In Canada, we’re blessed to have the ability to use a statement of personal belief for an exemption for the requirements of vaccinations for public schooling. For some parents the points of contention are the inherent risks associated with the ingredients or the actual pathogens in the vaccine drug. For vegan parents, the formulation of the vaccine using animals or ingredients derived from animals may be morally or ethically reprehensible. Others may have strong moral or religious objections to the presence of DNA of aborted human preborn children (fetal tissue) in vaccines.

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Is Vaccination the best option for your child?

A parent cannot possibly make an informed decision without knowing the facts. In Canada, we’re blessed to have the ability to use a statement of personal belief for an exemption for the requirements of vaccinations for public schooling. For some parents the points of contention are the inherent risks associated with the ingredients or the actual pathogens in the vaccine drug. For vegan parents, the formulation of the vaccine using animals or ingredients derived from animals may be morally or ethically reprehensible. Others may have strong moral or religious objections to the presence of DNA of aborted human preborn children (fetal tissue) in vaccines.
The Legacy of Rodney Stockton, Aloe Vera Pioneer
by Amanda Haley

Rodney Stockton, a chemical engineer by trade, suffered severe sunburn in 1941. Finding no suitable treatment available at the time, he began a search that would lead to his life’s work.

Stockton’s journey led to a Seminole Indian medicine man, then to the owner of a botanical garden. There he discovered the plant used by Seminole healers was a rare variety of Aloe vera. Traditionally known as “Virgin Trinity,” the plant was reputed to be the same variety mentioned in the Bible (John 19:39 – 40) as a primary ingredient in the embalming preparation applied to the crucified body of Jesus.

However, here are some common principles to help us succeed. Life-style changes include more than just choices for eating; they also include health enhancing practices like how you entertain, how you exercise, how you socialize, where you live, what you wear, what you drive, how you practice your spirituality and the like.

Go easy on your partners: First of all, it is important not to push your partner too hard to change long-established eating habits. When pushed too hard, they may react by jeopardizing whatever you are trying to accomplish. You catch more flies with honey than vinegar, after all.

Improve your communication: Let your partner know how crucial your new lifestyle is for your health.

Recently a young man reported that his 24-year-old girlfriend of one year immediately gave up gluten and non-vegan foods as soon as she learned that her partner was diagnosed with kidney cancer, and that gluten and food derived from animal sources were detrimental to his natural healing. Strengthen your love for each other: A decision to adopt a new diet and lifestyle is not an easy one. However, when this change is embraced to support the health of you and your loved one, it goes a long way. You are healing your partner with your love, love is a healer. In the same process you are also healing yourself!

Include your partner in your research process: Occasionally, here at HHI we hear that someone is adopting the HHI program to support his or her partner who has been diagnosed with a debilitating disease. This provides excellent support for their partner’s new lifestyle. In many cases, they report that they did the research together and found that the Hippocrates Life Transformation Program was attractive to both of them. Education is the key to success in achieving harmony and support.

Agree to disagree: Reasons that something which works amazingly well, externally, might also be beneficial if taken internally, Stockton began drinking a cup of raw Aloe vera gel every day. He also shared his love of the plant with everyone he met.

It wasn’t long before his personal physician asked a favor — the doctor’s sister-in-law was suffering from stage four colon cancer. He wondered if Aloe could possibly help. Stockton immediately began sending fresh Aloe leaves, with instructions on how to access the raw gel, to the woman — Maxine Tracey.

Said Stockton, in the prior article, “Years later, [Maxine] moved to Ft. Lauderdale and worked in our office until retirement. She talked to scores and scores of patients throughout the United States to relate her testimony and encourage others to try the Aloe.”

Rodney Stockton’s daughter,Maxine Tracey. "spokes-baby" for Stockton's products, and the Hale family was seemingly destined to carry on the Stockton Aloe legend. Stockton’s wife, Joan, attempted to keep the business going after her husband’s death, but soon knew she needed help. She turned to the Hales, and they pitched in wholeheartedly to help. Let’s pick up on the Stockton Aloe story here, to see how the company is doing presently — and take a look at where it might be headed.

Under the Haleys’ leadership, the Aloe products, first introduced by Rodney Stockton, continue to be improved and distributed to health-conscious businesses and individuals. In 2010, Stockton Aloe 1, Inc. was started to carry on the legacy of Rodney Stockton’s work since 1953 with the full blessing of Rodney’s family. Dr. Michael and Amanda have taken the Aloe business to the next level, focusing in areas on the plantation level and also with the healing Youth-Derm® creams. 

cont’d on p. 53 From finding a way to relieve the pain of sunburn and heal radiation burns, to stories of recovery from malignant melanoma, we heard about the incredible adventures of Aloe vera pioneer, Rodney Stockton, in Healing Our World, Volume 28, Issue 2.
GYROKINESIS AT HIPPOCRATES
by Mia Munroe

Over the past 30 years, a new form of exercise has been emerging around the world, the GYROKINESIS® method, which is now being taught at Hippocrates Health Institute. Hippocrates fitness expert Yvonne Pratt is particularly passionate about empowering people to take charge of their own personal health. Besides allowing participants to reclaim a profound understanding of our innate self-healing capabilities, the GYROKINESIS® class teaches basic spinal motion. These include flexion and extension, lateral side bending, and rotation. Traditionally, the medical field has inadvertently added to the mind-body disconnect by severing the central nervous system into two organs, as a convenient means of study. Despite being researched separately, the brain and the spinal cord are physiologically one organ. They each consist of indistinguishable tissues, the variation being an intricate switch in layering of identical white and gray matter. With this in mind, stimulating the spinal cord does have a direct effect on the brain itself. The main core of the class is conveniently executed in a seated position on special stools that tend to comfort and mobility. With the pelvis firmly grounded, the spine can extend upwards easier, without interference from the legs, which are often tight and have lost the ability to extend downwards as we walk and even stand upright. It is within an upright-seated posture that gravity allows for decompression of the spine, proper digestion of food, and ease of respiration with the help of spinal flexion and extension. This technique can help one lose weight more efficiently, increase one’s chances of regaining mental clarity, and will very likely stimulate the body’s ongoing healing of imbalances. Due to this broad spectrum of healing, the GYROKINESIS® method can be deeply therapeutic.

Teaching the basic principles of the GYROKINESIS® method, Yvonne clearly demonstrates how to awaken and reclaim the main senses of the body and how to safely and gently stimulate the spine within a comfortable range of motion. Participants will leave the class with a heightened awareness, instinctively implementing class elements into a self-practice and everyday functioning.

EMBRACING INNER PELVIC HEALTH
A New Approach to the Squat
by Mia Munroe

Pelvic floor dysfunction is becoming all too prevalent, affecting women in every stage of life, and unfortunately is acknowledged as the norm. Incontinence is not comfortably discussed among women yet the growing number of various adult bladder control products is rising steadily. Mainly following childbirth, varying degrees of prolapse severity (different inner organs falling out of place) is a frightening reality for too many women. The female body was built to handle childbirth and bounce back to full recovery, yet this appears to be no longer the case. It seems apparent that perhaps it is our lifestyle habits that no longer support our pelvic health. By approaching inner pelvic healing from a logical and comprehensive standpoint based on its design and uses, there are alternative answers to healing damage that typically stems from childbirth.

In my exercise teaching experience, I found not only that pelvic floor issues have become the norm following childbirth but the treatments are ineffective and in many cases harmful. Surgically implanting slings and mesh suspension systems, wearing pessary insertions, and injecting bulking agents more commonly used in facial plastic surgery, are some of the current choices offered by traditional medicine. As I began researching and discussing the issues more openly with my clients, I heard Kegel exercises were, if anything, found to be frustrating and seldom reaching beyond a superficial fix of bladder control. The less invasive yet initial option of “X number of Kegels per day” has failed to be effective on its own and could even be argued as detrimental to pelvic floor health.

Extensive anatomical research revealed slightly differing graphical interpretations. Its given label of the pelvic floor denotes a complex group of muscles layered and designed to work together in ways that differ depending on the specified function. Where the traditional Kegel exercise is most often learned by isolating the Kegel muscle (pubo-coccygeous) or interrupting the flow of urine, in truth, it is but one component of a complex family of muscles with differing yet definable actions. Documentation shows Alfred Kegel working with patients primarily using a penileometer (a phallic shaped balloon used to measure and exercise the muscles of the pelvic floor). In actuality, ‘kegeling’ around nothing results in a tight, weak pelvic floor. Consider the dissatisfaction of chewing with nothing in your mouth. Perhaps if the labeling of these muscles weren’t limited by being called “a floor”, the potential for isolating and emphasizing certain areas along the natural cylindrical shape would be better understood.

By incorporating movement in one’s legs, pelvic, and spine supported by deep breath work, I teach cylindricalization (extending the base downwards and narrowing the top upwards), in either a seated or standing position. With repetitive practice and proper use of breath, one can learn to simultaneously flex at the top and extend at the base. Deep inner pelvic muscles exist to not only lift but to extend or cylindricalize the vaginal canal. However, accessing this level of sophistication led me to what may be the most important component missing from our pelvic health—the opposite of a “Kegel,” which is squatting.

All muscles become stronger when stretched deeply. Unfortunately multiple squatting practices have sociologically disappeared. We no longer harvest our own food and the ones who do, sit on a tractor. Waste cannot be properly eliminated while sitting on a toilet, currently our only social and economic choice (with the exception of many Asian countries). Is it possible that all these near universal changes have contributed to tight, weak pelvic floors?

Certain cultures, unlike our own, do embrace squatting as the preferred position during childbirth. In the West, this practice is only recognized in a handful of places that accept midwifery. Our sedentary lifestyle tightens our hips and knees, making squatting difficult for some but not impossible. There are ways to modify a weight-bearing squat by using pillows underneath the sitt bones and positioning one weight either forward onto one’s hands or backward by hanging onto a door jam. Adjustments can be made by modifying hip width and foot placement, taking pressure off fragile joints. An effective squat routine includes alternating between relaxed squatting and standing with closed legs actively extended downward. Over a given time, clients feel a deep internal lift taking pressure off of the bladder and lower organs.

Perhaps the best approach to these pelvic disorders could be reversed by letting go of the Kegel and “Embracing the Squat.” For questions or class instruction online, go to www.miamunroe.com or contact mia@miamunroe.com.

Before becoming a Gyrokinesis Master Trainer, Mia Munroe was a professional ballet dancer for 11 years. After earning a Bachelor’s degree in Psychology at the University of Washington, she now offers individual online consultations in spinal motion and pelvic floor management at MiaMunroe.com.
If you’re into hiding out and staying the same, and never being challenged, relationship is not for you. Along with providing love and comfort, and all the other beautiful human benefits, an intimate relationship is the quickest route I’ve experienced for uprooting and bringing to light any blind spots within the psyche. That’s why a primary relationship is so great to be in, and can also feel so bad sometimes. It comes with the territory of change.

Very few people have trouble navigating the good times. We like the good stuff, and want it to last as long as possible. It’s the rough spots we have trouble with, and need help with. A committed relationship is like a pressure cooker: its hermetic seal increases the effects of pressure and heat in transforming the raw to the cooked, from the undeveloped to the mature. A relationship is also like a gem tumbler, which works okay and heat in transforming the raw to the cooked, from the undeveloped to the mature.

A committed relationship is the quick-and-dirty way to get your partner to listen to you, express their thoughts, and feel heard. It is all about getting on the same team.

The journey of inner healing and integrating imprinted pain, the central topic of my book, *Deep Feeling, Deep Healing: The Heart, Mind, and Soul of Getting Well*, and of my therapy, eventually comes down to self-responsibility: owning your dirt and shining your diamond. I’m down right embarrassed when I see how much of my own kid pain I’m currently unconsciously inflicting on my partner. It’s humbling, and helps me like nothing else, release any victimhood I might otherwise have clung to. You want to know how spiritually evolved you are? Look at how you are with your loved ones.

But when we get it right, when you and I find that gracious point of empathy and understanding, it’s awesome! Those diamond times reflect our real loving human nature! We are not victims of our past! We are stardust—gods and goddesses! The diamond times make it all worth it! So do their pasts. Whatever is repressed in one gets pushed on the other through the nature of the impulse to integrate old unfinished psychological business—in both. Relationship hurts obviously didn’t start in our adult lives; their roots go way back, and until uprooted, they rear their heads. Anything can trigger the past and old hurts, it seems nothing is too small to trip over! But the good news is: nothing is too big to overcome! In a solid relationship, help is built into the home because your partner wants you to be well and heal your hurts. It’s all about getting on the same team.

Freezing is when a bird, being pursued by a fox, holds perfectly still, donning a make-believe cloak of invisibility: “If I don’t rock the boat, this conflict will just pass.”

Hiding is actively going out of sight. Not just madly running like the flight response, but actively finding something to hide behind. We hide our hurts behind anger. We hide our vulnerabilities in bravado, or in a happy face, or “spirituality.”

Submitting is what wolves do in facing the Alpha male or female as a way to stay included in the pack. Submitting is a false-vulnerability defense we use to stay in a hostile system. We agree, and let the other’s style dominate. Unlike healthy surrender, submitting breeds resentment because it affirms an inequality that hurts the self.

Next Steps

First off, admit you’re an animal, prone to attack and defend. Then, thank God you’re more than your reptilian brain! So take the leap into humanity! Do the adult thing. Snap out of the pain-driven blame-game! But the good news is: you don’t have to do this alone! Get to and reveal what hurts you, feelings, and OK-ness of the venter’s expression.

Spouse B, the venter: “You hate the way you disregard your feelings. You damn me for acting so superior. When you denied what I’d said you felt like clobbering me. You still feel like clobbering me. You seem like you feel angry and hurt by me. That makes me feel like feel that when disregarded and in the face of a know-it-all.”

The very act of mirroring the venter’s words and feelings, with an added OK provides the single most vital ingredient to getting along in the rough spots: feeling heard. When I feel like you’re really heard and have even a spot of empathy for me, I won’t linger on things. I’ll just accept your amends, make your requests for next time, and move on.

Making requests for next time, and having the venter make some sort of commitment statement to honor that request make up the final stages of the process.

Keep It Safe

If you want more diamond times, make it safe for your partner to be themselves. Nobody likes to hide, yet we will if we feel unsafe to be who we really are. We feel belittled, dismissed, disrespected, insulted, or judged, we will choose invisibility (when we don’t choose aggression) to survive, and withdraw our petals from the sun. Unfortunately, hiding creates distance.

Self-revelation and vulnerability foster safety. We feel safe to be, and to share openly when we feel accepted and respected. Without those safe guards, the primitive reptilian brain within us gets activated and we slip into defense mode. When my wife, Lynne, and I are fighting, our therapist hats get blown off by the hurricane of our own inner turmoil, and we get just as defensive as anyone else. Our recovery time, I’d say, is shrinking, and even conflict is becoming an enhancer of our intimacy rather than a block to it. When we’re on the same team, even fighting is part of our loving!

The reptilian brain harbors the famous “fight-or-flight” response hard-wired into our nervous system, and inherited from our prehistoric ancestors. When we feel threatened, our gut tendency is to run or fight, or freeze, or hide, or submit—all primitive animal responses to danger. That’s where'hitting the bed' comes from. Fight is lashing back. Match fire with fire. Keep the other away. Claw to claw. Flight is running, fleeing, avoiding contact.

“I wanted to get a PhD in spirituality, so I got married.”

— REV. TAYLOR STEVENS

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Again:
1. Take turns venting
2. Spouse B: reflect back the words, feelings, and OK-ness of what your partner says until he or she feels heard and validated. Make amends if called for.
3. Spouse A: make behaviorally-framed requests for next time
4. Spouse B: make a commitment statement to honor those requests next time.
5. Repeat with Spouse B in the venter position.

Keep It Simple and Direct

Here’s a final tip, thanks to my wife. Once when I felt hurt and angry at her, and was having trouble letting go, she just said it: “What do you need from me right now?”, and it disarmed me. She beamed adult empathy straight into the heart of a wounded child. I melted. Then I told her, and she gave it back.

Don’t wait for your partner to deliver these lifelines. Do it first, and the odds are you will successfully switch from the anger/attack tracks to something more reconciliatory and on-team. Thank God for gems like that to keep it simple and direct! Lay your weapons down, and get to it!

No mental or verbal techniques take the place of the real glue in relationships: vulnerability and kindness. Get to and reveal what hurts you, what you’re afraid of, what you really want—that’s the stuff of tender love. That’s the stuff of heart and healing.
Pesticides and Children’s Health

by André Leu

Scientists and consumers alike are growing concerned about the ubiquity of pesticide residues in our environment, particularly their potential to harm our children. A large body of published, peer-reviewed scientific research shows that pesticide exposure in unborn and growing children is linked to:

- Cancers
- Thyroid disorders
- Immune system problems
- Lower IQs
- Attention deficit hyperactivity disorder
- Autism spectrum disorders
- Lack of physical coordination
- Loss of temper—anger management issues
- Bipolar/schizophrenia spectrum of illness
- Depression
- Digestive system problems
- Cardiovascular disease
- Reproductive problems (as adults)
- Deformities of the genital-urinary systems
- Changes to metabolic systems, including child-hood obesity and diabetes
- Developmental Neurotoxicity

This is a critical issue as there is a large body of published science showing that the fetus and the newborn are continuously being exposed to numerous chemicals. The USPCP stated, “Some of these chemicals are found in maternal blood, placental tissue, and breast milk samples from pregnant women and mothers who recently gave birth. These findings indicate that chemical contaminators are being passed on to the next generation, both prenatally and during breastfeeding.”

The USPCP not only expressed concern at the level of these chemical contaminators, they also pointed out that this issue is being ignored by regulators due to the critical lack of knowledge and researchers. “Numerous environmental contaminators can pass through the placental barrier, to a disturbing extent, babies are born ‘pre-polluted.’ Children also can be harmed by genetic or other damage resulting from environmental exposures sustained by the mother (in some cases, the father). There is a critical lack of knowledge and appreciation of environmental threats to children’s health and a severe shortage of researchers and clinicians trained in children’s environmental health.” A number of studies show the link between chemical exposure, particularly exposure to pesticides, and the increase in cancer in children. The USPCP report states, “Cancer incidence in US children under 20 years of age has increased.”

The information from USPCP shows that current regulatory systems have failed to protect unborn and growing children from exposure to a massive cocktail of toxic pesticides. This has many serious implications, especially the increase in a range of serious health issues in children and as adults later in life.

Developmental Neurotoxicity

Scientific research shows that many pesticides affect the normal development of the nervous system in fetuses and children. The brain is the largest collection of nerve cells, and there are several scientific studies showing that when the fetus and the newborn are exposed to minute amounts of these pesticides, at levels below the current limits set by regulatory authorities, these chemicals can significantly alter brain function. Researchers at Duke University Medical Center found that the developing fetus and the newborn are particularly vulnerable to pesticides in amounts even lower than what is currently permitted by regulatory authorities around the world. Their studies showed that the fetus and the newborn possess lower concentrations of protective serum proteins than adults. A major consequence of this inferior protection is developmental neurotoxicity, in which the poison damages the developing nervous system.

This research indicates that contact with chemicals at levels below the regulatory limits can harm fetuses and breastfeeding children, even if the mother shows no side effects from the contact.

Brain Abnormalities and IQ Reductions in Children

Studies conducted independently by researchers at the Columbia University, Children’s Environmental Health, the University of California — Berkeley and Mount Sinai School of Medicine found that fetal exposure to small amounts of organophosphate pesticides caused a range of brain abnormalities that resulted in children displaying reduced IQs, lessened attention spans and increased vulnerability to attention deficit hyperactivity disorder.

Another study published in Environmental Health Perspectives looked at a range of chemicals, including pesticides that were implicated in lowering IQs in 5 to 10 year-old children. It found that the reduction in IQ in relation to contact with pesticides was substantial.

Some of the most concerning studies are those that show persistent damage during fetal development. Several small studies in animals indicate that pesticide exposure in the womb can have long-lasting effects. Pesticides can significantly affect the development of the nervous system, the brain, immune system, hormonal systems, and reproductive organs. These disruptions in these hormone signals can significantly alter the way these body parts and systems will develop.

Researchers in a 2002 study exposed pregnant rats and mice to the fungicide vinclozolin during the period when the fetus was developing reproductive organs. They found that the instances of spermatic cell defects, testicular abnormalities, prostate abnormalities, kidney abnormalities and poly cystic ovarian disease were significantly increased in future generations.

Another study showed that when pregnant rats were exposed to a combination of permethrin, a common insecticide, and DEET (N.N-diethyl-meta-toluamide), the most common insect repellent, the instances of pubertal abnormalities, testis disease and ovarian disease (primordial follicle loss and polycystic ovarian disease) were increased in future generations.

The critical issue with these two studies is that small exposures to pesticides at vulnerable times during fetal development can cause multiple diseases that are passed on to future generations. It means that pregnant women eating food with minute levels of pesticides could be inadvertently exposing their children, grand children and great-grandchildren to permanent damage to their reproductive systems and other organs.

This study is particularly distressing because DEET is the most commonly used pesticide for mosquitoes and other insects. It is widely used on children and pregnant women.

Endocrine Disruption

Children are more vulnerable than adults to the effects of endocrine disrupters because their tissues and organs are still developing and are reliant on balanced hormonal signals to ensure that they develop in orderly sequences. Small disruptions in these hormone signals by endocrine-disrupting chemicals can significantly alter the way these body parts and metabolic systems will develop. These altered effects will not only last a lifetime, they can be passed on to future generations.

A meta-study by the WHO and UNEP on endocrine-disrupting chemicals (EDCs), including pesticides found “...that there are particularly vulnerable periods during fetal and postnatal life when EDCs alone, or in mixtures, have strong and often irreversible effects on developing organs, whereas exposure of adults causes lesser or no effects. Consequently, there is now a growing probability that maternal, fetal and childhood exposure to chemical pollutants play a large role in the etiology of many endocrine diseases and disorders of the thyroid, immune, digestive, cardiovascular, reproductive and metabolic systems (including childhood obesity and diabetes) than previously thought possible.”

The fetus is most vulnerable during the times when genes are turned on to develop specific organs. Small amounts of chemicals or give the signals to genes to start developing various body parts and systems such as the reproductive tract, the nervous system, the brain, immune system, hormonal systems, and reproductive organs. These disruptions in these hormone signals can significantly alter the way these body parts and systems will develop.

This does not diminish their [EDCs] impact on [adults], but contrasts with their effects in the fetus and neonate where a hormone can have permanent effects in triggering early developmental events such as cell proliferation across the placental barrier. Hormones acting during embryonic development can cause some structures to develop (e.g. male reproductive tracts) or cause others to diminish (e.g. the ovaries and testes). The actions of EDCs on the development of endocrine and physiological systems in fetuses are considered to be programming events.

CON’T D’ON P. 54
The ABCs of Growing the Best Wheatgrass

by Brian Hetrich, ND

Kids love to see things grow. It is very therapeutic to participate in the propagation of life in the form of gardening. One of the fastest growing plants in the world is wheatgrass. This makes it the perfect plant to grow in homes with children. Not only can they learn to participate in the growing process, but they can also enjoy the enormous benefits gained from drinking this highly nutritious elixir. As a bonus, wheatgrass also provides pure oxygen and cleans the air as it grows, making it one of the best houseplants.

A child’s food choices are established by the eating habits found in the home. Children tend to mimic their parent’s behavior. The best way to influence your children’s eating habits is to lead by example. The most nutritious thing you can consume is freshly juiced wheatgrass. Wheatgrass juice is nature’s finest medicine. It is our signature elixir here at Hippocrates Health Institute. It is the icon in our logo. It is a powerful concentrated liquid nutrient. Two ounces of wheatgrass juice has the nutritional equivalent of five pounds of the best raw organic vegetables! Wheatgrass juice builds your blood and boosts the immune system. It is also a powerful detoxifier, pulling pollution, poisons, stored toxins and heavy metals out of the body.

Some wheatgrass juice simply tastes better than others. Here at Hippocrates, we have the sweetest tasting wheatgrass juice in the world! We are the largest grower and user of wheatgrass in the world. The reason our wheatgrass juice tastes so much different than other wheatgrass juice you may have tried elsewhere is the way that we grow it. It is best to grow wheatgrass indoors, right in your kitchen. The ideal temperature range is between 65–75 degrees F and humidity less than 50%. You want plenty of indirect sunlight and plenty of artificial light (full-spectrum is best), but no direct sunlight. At least 1000 lumens are needed. Keep the lights on for about twelve hours a day and turn them off at night. A little bit of gentle air movement is also very helpful.

Grow your wheatgrass with lots of loving intention! Convey plenty of your positive energy to your wheatgrass as it moves through the growing process. Think positive thoughts and speak loving words of gratitude to your grass as it is growing for the healing medicine and lifeforce energy it will convey to you. Play soft, classical music to your plants during daylight hours.

B basic steps to growing the best wheatgrass you have ever tasted:

1. Soaking: Place one cup of hard red winter wheat berries in a one-quart, wide mouth Mason jar equipped with a sprouting lid, and soak in fresh filtered water for eight hours. It is best to do this indoors at room temperature.

2. Rinsing: Drain the soak water and rinse the seeds three times over the next 36 hours at 12-hour intervals. Leave the jar upside down between rinses, propped at a 45-degree angle in a dish rack so it can continue to drain. Always use fresh filtered room-temperature water for rinsing.

3. Planting: Place ¼” of organic potting mix in a 10” x 10” tray with holes. Spread the potting mix out to the corners, evenly distributing. Use a second empty tray to lightly compact the potting mix. Using fresh filtered water, moisten the potting mix by spraying heavily with a misting bottle. Spread germinated seeds evenly on top of potting mix. Mist heavily once again and cover with an empty tray. Keep your planting tray propped upside down using spacers above a drain pan so that it does not sit in its own drain water.

4. Watering: Twice daily, water wheatgrass with fresh clean water until the tray just begins to drip. Replace the empty cover tray after each watering for the first three days, the cover tray is no longer needed after day three.

5. Harvesting: Harvest wheatgrass while it’s young—by the beginning of the jointing stage when the grass blade “splits” (when a second blade grows out from the base of the plant). Harvest the entire tray at this stage to halt the growing process. Cut the grass just above the soil line with a pair of scissors or a sharp knife.

C lean your trays, lids, and jars really well between each crop with strong, natural organic dish soap. While it is always best to juice your wheatgrass right away when it is freshly cut, you can store it in the refrigerator for up to five days.

Your whole family will enjoy and experience the amazing benefits of fresh-juiced wheatgrass!

Use an auger-style juicer for wheatgrass. A 10” x 10” tray will yield up to nine ounces of juice, which is enough for two people for one day. Each person should drink a two-ounce shot of wheatgrass juice twice a day.

Plant a new tray each day and harvest a completed tray every day. This way you will always have seven trays of wheatgrass growing in various stages.

You can use the small Hydrosol rack, which has seven shelves—one for each day of the week. The Hippocrates store can provide you with the juicer, Hydrosol racks, trays, seeds, and sprout lids and they will ship directly to you (seeds can only be mailed to US addresses).

The Hippocrates store also has books and DVDs on how to grow the best wheatgrass.

Call Toll-free (877) 582-5850

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

by Zainab Fisher

*Banana Cherry Ice Cream*

- 4 frozen bananas
- ½ cup fresh or frozen cherries

Optional: top with shredded coconut flakes, cinnamon.

**Directions:**

- Put bananas and cherries in a juicer using blank screen.

*Blueberry Smoothie*

- 1/2 cup coconut milk
- 1 cup coconut water
- 1/2 cup frozen or fresh blueberries
- 1/2 teaspoon cinnamon
- 1/2 teaspoon non-alcohol vanilla

**Directions:**

Blend all ingredients in high performance blender.

*Z's Green Juice*

- 1 Cucumber
- 4 Stalks celery
- 1 oz. sunflower sprouts

**Directions:**

Use auger type juicer to extract juice.

*Almond Milk*

- 2 cups raw almonds
- 4 cups filtered water
- 1 tsp non-alcoholic vanilla extract

**Directions:**

Soak almonds overnight. Drain and rinse almonds. Put almonds, non-alcoholic vanilla extract and water in high performance blender and blend on high speed until finely blended. Pour through a nut/cheese bag and gently squeeze the milk until the bag is dry. Pour the milk into a glass bottle. Optional: add cinnamon, nutmeg, cardamom or rosewater.

Zainab Fisher

Personal Chef, specializing in raw and vegan food

zainab@zeliciouscuisine.com

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Raising a Loving Family with Living Foods

by Kelly Jo Boan, Hippocrates Health Educator

After attending the Life Transformation Program at Hippocrates Health Institute, I switched from a vegetarian diet to a vegan diet. I already ate a lot of raw foods, as I was intrigued by their healing qualities and wanted to know more. I have since graduated from the Hippocrates Health Educator Program, and have loved everything that I have learned about this diet and lifestyle. It is one that I want to instill in my son and share with my family on a daily basis.

My son, Joey, is now age five-and-a-half. He has always enjoyed getting in the kitchen with me since he was very small. I have sat him right up on the counter to make anything from green drink, green smoothies, salad dressings, kale chips, raw cereals, nut milks and just about every kind of raw dessert you can think of. He loves to prepare food with me and I know this is a key element in getting children to eat healthy. I love to watch him “check” the dehydrator to see if the kale chips are ready—or maybe the fruit roll ups—or maybe some raw cookies. It’s not very challenging to keep him interested in healthy food when he is having fun and making things he loves.

Breakfast at our house consists of fruit and a protein shake. We also consume E3Live, chlorella and multi vitamins. I like to use Sun Warrior and add it in HHI Power Powder, Body Life-Give Live and Phys-Neur, an omega-rich oil. Adding a little fruit and stevia or a little carob and stevia makes a really good shake, and is packed with protein, vitamins and nutrients to give a child or grown up energy and vitality for the day. We also have some cooked grains like millet and quinoa, but not every day.

The lunch box is something I strive for in his diet. The lunches are usually 70% raw. He may have a veggie burger or beans and rice for lunch, but all of his snacks are raw, which may consist of fruit, granola, walnut truffles, kale chips or avocado carob mousse—to name a few. He seems to enjoy his salad best after school for now, but I do sometimes include a small salad with his lunch. When I pick him up from school he enjoys a green juice—Hippocrates style. It seems this is the best time of day for him during the week as he needs a pick me up and is usually thirsty so he drinks it right down.

He also loves to help me grow sprouts. He is very good at arranging the soil and helping to level it out on the tray before adding the seeds. Of course, watering is his favorite thing to do. He has eaten sprouts in a variety of ways over the years, including right out of the tray. His first salad consisted of finely chopped sunflower spouts with chopped baby lettuce and avocado when he was about age three. He liked it okay—I had to feed it to him after school before our cooked meal. At age four, he decided to try his sprouts with something new! I gave him every option from strawberries and pineapple to nuts and seeds. He wanted to try it with vegan cheese and so we did and he decided that he loved his sprout salad even more! Now, I wish he had chosen a raw item, but I want to be honest and realistic about how to get a child, any child, to eat sprouts. Children feel empowered when they can make their own decisions and it only takes a small amount of vegan cheese mixed with his sprouts to make him happy!

His salad has now grown to include micro greens, green peas, garbanzo beans, hemp seeds, cucumbers, lettuce...chopped finely and salad dressing.

As a rule, we eat raw food before cooked food at our house. Sometimes our meals are completely raw and consist of a hearty salad with avocado or a nut-based dish, followed by a raw dessert. We all love cheesecake, truffles, cookies and mousse. It is amazing how one can make a wonderful dessert out of beneficial ingredients that you can feel great about like walnuts or chia, flax and hemp seeds, which are all packed with omega-3s.

Joey’s first solid food was home-made, organic baby food that was steamed and pureed. He was introduced to more raw food and sprouts at about age three. His love for raw food has increased and become part of his daily regimen. His passion for eating healthy food is continuing to grow. Joey loves to share food and ideas about healthy eating with his teachers at school, which we find rubs off on them during his school year. I believe that any child can learn to love raw vegan food with consistent offerings, lots of love and lots of smiles.
My Journey as a Hippocrates Health Educator

by Jenny Yemaya Cook

Once back in England, my knee was operated on for the second time, with an 8-week period to follow with my knee elevated and iced. It was while I was recuperating that I got online and started Googling “raw vegan retroacts.” I felt overweight with no mobility, my blood pressure was sky high, my life was a mess and I needed a new start to get me back on track. I found a raw vegan boot camp in Southern Spain with hikers, circuit training and weight loss promised of up to seven pounds per week. I booked two weeks. This was my route to getting healthy again. Raw foods were not new to me; I lived on a raw diet for some time during my travels in Central America some years before. Eating mangoes, papaya, avocados, coconuts straight from the tree, as well as nomi fruit, which the locals swore by, I remembered this time as when I felt at my optimum health, and I wanted to relive that. I had also come across the books The Essene Gospels of Peace and felt like I had found my Spiritual truths, which also advocated a raw food diet. One evening I got talking to the lady running the retreat and she told me that she had trained at Hippocrates Health Institute (HHI) as a Health Educator. I already needed to plan my next step, and this just seemed like it.

I returned to England 14 pounds lighter and fitter, with a glow I remembered from my days as a raw foodie. This time I determined to not slip back into old habits and to take it further. I submitted my application to HHI and booked my flights before I ever dared tell my partner I was going off again—for nine weeks this time. He was furious and commented, “You are obviously going off to find a new life for yourself!” Maybe he knew more than I did at that time. I arrived at HHI with an open mind, still thinking I would be going back to him after the course ended, but on day three, I was listening to Hippocrates director Dr. Brian Clement speak, and a light bulb went on. He said, “You can be here doing all the food, detoxing, daily enemas, rebounding in the gym, working out, taking all the supplements, but if there is an area of your life that is still toxic, like a relationship, then you may as well forget everything else.”

This hit me like a bolt of lightning and in that moment. I knew my life was on a very different course. I left the talk in tears, with the realization floating through me. I was scared, but at the same time I knew there was no turning back. I called my partner in England and told him it was over.

Cont’d on p. 56
Birth Control or Birth Out-of-Control

Honor Thy UnMother and Thy UnFather

by Mark Mathew Braunstein

All moms and dads want to raise smart and healthy and handsome sons, and smart and healthy and beautiful daughters. One would think that society would want the same. Yet parents who aspire to raise their families conscientiously face many challenges institutionalized by society. Mothers and fathers must choose whether to shield youngsters from the violence and vulgarity of television, or to trust that their children will survive staring into the black hole of the boob tube just as they, too, survived. Parents must decide whether to comply to compulsory immunization of their children, or to contest the rules of school administrators and government bureaucrats. Whether every morning to pack for their kids a special lunch box filled with fresh fruits and green vegetables, or to mount campaigns to improve the dismal lunches served by school cafeterias. Whether to shelter children from the onslaught of industrialized and commercialized dead glop that poses as food, or to entrust children with the freedom to make their own educated choices when eating outside the home.

While the list of challenges can lengthen to fill this page, an underlying question may make moot any noble effort toward raising enlightened and envied children. Before grappling with the above dilemmas, we first must consider whether the Earth really can sustain many more future generations of consumptive Homo sapiens. Before asking how best to raise children, we first must decide whether to give birth to them at all.

Scientists who can read the smoke signals forecast that we soon will surpass our planet’s capacity to support the voracious appetites of our swelling numbers. The countless environmental canaries already falling silent in our coal mines hardly require enumeration here. Yet experienced from the isolated comfort of our temperature-controlled and water-filtration goldfish bowls, many affluent people have scant idea of the overcrowded lifeboat on which we all are adrift. While aware of the rising costs of housing, fuel, and food, we the affluent seem to ignore that the root cause is demand that is outstripping supply. Demand by whom? By the hungry hordes of humanity worldwide.

Between the dawn of human history and 1804, the global population rose slowly to 1 billion people. In 1927, we doubled to 2 billion; in 1960, we climbed to 3 billion; in 1974, to 4 billion; in 1987, to 5 billion; in 1999, to 6 billion. A scant 15 years later, in 2014 our numbers made a meteoric ascent to over 7 billion. Measured another way, from 1970 to 2014 we took less than two human generations to double our dizzying numbers. For the sake of our children’s children, we should dread if our population proliferates twofold yet again.

We North Americans at long last are in the midst of reversing, somewhat, our diets and lifestyles of self-destruction and overconsumption. Fine and good. And yet the rest of the non-Western world is actively pursuing what we previously had fashioned for ourselves. To understand why so many teeming masses clamor to gain entrance into our already congested country, we must look not just into past centuries but also beyond our borders. cont’d on p. 62
The world of essential oils is a reawakening of our planet. Interest is growing dramatically as the benefits of essential oils become more widely known. This interest is not limited to the everyday household; it extends to the scientific world, as more research is confirming the importance of essential oils. These oils are the heartbeat of the plant kingdom, and perhaps the most exciting life-giving substance in the world today. This heartbeat is the energy that was created to deliver the nutrients into every cell of the body with their ability to regenerate, strengthen and protect mankind.

Aromatherapy means to treat with aroma through inhalation. (Therapeutic oils can be used in many ways.) The response to aroma has been proven to be as immediate as one to three seconds. Essential oils are the aromatic substances in many flowers, trees, shrubs, herbs, roots, bushes, flowering petals and seeds. They are the oxygenating, regenerating and immune defense properties of plants.

All of the oils are antibacterial and there are many which are antiviral. Many essential oils are antitumor and antifungal. The distilled essence of most plants has been shown to carry anticoagulants and antibiotic properties, as well as smelling amazing and elevating our mood. An important aspect of essential oils is their oxygenating molecules, which help transport nutrients to the hungry human cells. As powerful antioxidants, they work as free radical scavengers, preventing fun- gus and oxidation in the cells. The body begins detoxing and health begins to take hold.

Essential oils are lipid soluble and capable of penetrating cell walls. They can affect every cell of the body within 20 minutes and are then metabolized like other nutrients. The effect of an oil application of just a drop or two can last up to five months. *cont’d on p. 58*

My initial experience with essential oils was dramatic enough to convince me not to want to ever use another pharmaceutical once prescribed by my doctor. Being the smallest in my family; very petite and weighing below others my age, the doctor put me on a tonic to gain weight at age seven. At that time, I received the vaccines a child is given and remember lining up with my mother and siblings for the controversial “monkey virus” shot of the early 1960s. This shot was not distributed by weight but by a one size fits all. This set the stage for an immune system dysfunction, and it took years before my body started exhibiting symptoms of toxic overload. By the time I reached my 20s, I was often sick and found myself struggling to cope and preoccupied with healing myself.

The prescribed medicines from the doctor; I saw for the systemic candida infection and the chronic fatigue that was to become long before my body started exhibiting symptoms of toxic overload. By the time I reached my 20s, I was often sick and found myself struggling to cope and preoccupied with healing myself.

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I found a lump in my breast in October 2012. Yes, October—Breast Cancer Awareness Month. I guess God realized that I would really need a clear message to get it. I had often wondered while doing self examinations in the shower how I would know if I ever felt something that needed to be checked out. When I did, I definitely knew something was different. I followed the standard guidelines and went to the gynecologist, who directed me to have a mammogram and an ultrasound. Then I visited a surgeon, who performed a biopsy. He said that it was cancer and my options were: (A) A lumpectomy (B) A lumpectomy with radiation (C) A mastectomy. It was one of the scariest, most stressful moments of my life. I am a person who always says that it is good to have options, but none of those options sounded too good to me. I asked the surgeon after he gave me his opinion if I had time to check out a different way, the Hippocrates Health Institute way, and he said, “Well, but don’t take too long.” Lucky for me I live in West Palm Beach, Florida, which happens to be the home of Hippocrates Health Institute (HHI), which I was already acquainted with. My son attended the same school as the son of HHI directors Drs. Brian and Anna Maria Clement, and their son was also a good friend of my nephew. This gave me some good insight to the integrity of the institute, which is outstanding on every level. The Clements are the kind of people who walk the walk in all aspects of their lives, and for me that had a lot to do with my decision to go there.

My sister-in-law, Kushranie, is a traditional doctor, but one who is open to alternative methods. A year before my diagnosis, our aunt was going through some cancer treatments, and our sister (who travels a lot) was frequently falling ill. Kushranie said she was going to take them both to the free, monthly “Save Your Life” seminar at HHI, and jokingly asked her “Don’t you want to save my life too?” We laughed, and I joined my family at the event, but mostly to support them—and a little out of my own curiosity.

That seminar did end up saving my life, because after hearing what they said I remember thinking I never had to worry about cancer if I ever got it, all I had to do was attend the Hippocrates Life Transformation Program. That is exactly what I did, and my premorbid was correct—that was all I had to do!

From the moment I met with Dr. Anna Maria Clement, I felt hopeful and at ease. Our appointment was diametri- cally opposed to the one I had with my surgeon. She was so confident that they could help me that she said, “You just need to come here and everything will be fine.” We met on a Friday and their sessions start each Sunday, so I signed up and got started. I spent the next three weeks as a day student there, going home every evening to be with my husband and 11-year-old son. My husband, ever the optimist, has been ex- tremely supportive through this whole process. He encouraged me to take the route that felt right to me and told me he would be at my side whatever choice I made, and he has been! My son was a little trickster, because I hadn’t known how to tell him about the cancer, so we just said that I was going to learn to be healthy. He resonated my choice at first, because it took me away from him. He is an only child and we are used to spending a lot of time together. I finally told him, and after the shock and fear wore off, he began to become more aware of his own health. He is now more interested in improving his food choices, in smaller, slower steps than I had to take. I would be remiss to not mention my friends and family who, through prayer, financial support, moral support and encouragement, also made a world of difference. Thanks everyone, you know who you are.

In those three weeks at Hippocrates I learned so much (overwhelmingly much). I went to lectures, exercise classes, doctor consultations, and ate a completely vegan diet. Oh, and don’t forget the wheatgrass! I had saunas, mineral baths, a colonics and several massages and other therapies.

How I Beat Breast Cancer
by Susan Maharaj • Royal Palm Beach, Florida

My name is Susan Maharaj. I am a 47-year-old who has been unwittingly liv- ing a SAP (Standard American Diet) existence. My story, however, is not sad, or dramatic, or devastating. It is pretty much like the rest of my life—middle of the road, a few hills and valleys, or at least that is the way I choose to see it. It is not an account of a battle like most cancer stories that you hear; it is a tale of learning, of choices, of acceptance. It is a story of taking responsibility for my own health. It is my sincere hope that it will become the most common cancer story—one with not only a happy ending, but also with a happy middle. Better yet, it could be a tale that will never have to be told again because more people will learn how to make small changes now to avoid ever having to get to this point, but that is another story, for another time.
Is Cow’s Milk the Right Thing for Children?

by Joe Keon

Nearly all parents are counseled by a healthcare provider at one time or another that their children cow’s milk is a good idea, if not essential to the children’s good health. The dairy industry claims are highly exaggerated at best and, at worst, simply false. Although the dairy industry has made a myriad of claims about the benefits of milk, when it comes to children the central thrust of their campaign is that milk is a good source of calcium for growing bones. On the surface the case sounds compelling. Kids need calcium for growing bones, and cow’s milk contains calcium. But even the science on whether cow’s milk is the best source of calcium to meet human needs is unconvincing. In 2005, researchers published a meta-analysis in the journal Pediatrics. It reviewed fifty-eight previously published studies. The authors reported that “in clinical, longitudinal, retrospective, and cross-sectional studies, neither increased consumption of dairy products, specifically, nor total dietary calcium consumption has shown even a modestly consistent benefit for child or young adult bone health.” A year later, another meta-analysis was published in the British Medical Journal that looked at the effect of calcium supplements in children. Its conclusion was no more inspiring. The minimal effect seen from supplementation

Numerous long-term studies of tens of thousands of people from all over the world consistently show a 40 to 60 percent reduction in risk of fracture in the youth who exercise most.

The facts on why your children should drink milk, how much, and what kind.

“Milk and other dairy products are a fundamental part of a child's diet,” advises, “Milk and dairy products are the best source of calcium to meet human needs.”

Kids need calcium for growing bones, on the surface the case sounds compelling. Kids need calcium for growing bones, and cow’s milk contains calcium. But the science on whether cow’s milk is the best source of calcium to meet human needs is unconvincing. In 2005, researchers published a meta-analysis in the journal Pediatrics. It reviewed fifty-eight previously published studies. The authors reported that “in clinical, longitudinal, retrospective, and cross-sectional studies, neither increased consumption of dairy products, specifically, nor total dietary calcium consumption has shown even a modestly consistent benefit for child or young adult bone health.” A year later, another meta-analysis was published in the British Medical Journal that looked at the effect of calcium supplements in children. Its conclusion was no more inspiring. The minimal effect seen from supplementation

Kids no more need the milk of a cow than they do that of an elephant, a whale, a rat or any other of the 5,400 mammalian species that make nutritionally unique milk for their offspring.

Yes, adequate dietary calcium is important, but the most healthful sources of calcium are plants, including leafy greens, legumes, grains, and fruits and vegetables.

The milk of a cow isn’t a guarantee of bone health, then it’s all the more important that we consider the other potential pitfalls of milk drinking. Cow’s milk is rich in saturated fat, which is a risk factor for heart disease, and nearly sixty different hormones and growth factors, which may predispose kids to a greater risk of disease later in life. Cow’s milk is the number one allergen in children’s diets and has been correlated with acne, allergies, asthma, behavioral problems, constipation, Type 1 diabetes, ear infections, eczema, intestinal bleeding, lactose intolerance and excess weight. A host of insidious diseases, including bovine tuberculosis, John’s disease (implicated as a cause of Crohn’s disease in humans), bovine leukemia, and an AIDS-like condition, are prevalent in dairy herds. Moreover, contaminants routinely found in dairy foods include poisons like dioxin, pesticides, flame retardant, dry-cleaning solvent and even rocket fuel and radioactive isotopes. What parents would feel comfortable exposing their children to these hazardous compounds, especially when such exposures are totally unnecessary? One of the most prominent and highly regarded nutritionists and clinical scientists today is Dr. Walter Willett, chair of the Department of Nutrition, Harvard School of Public Health. Willett is the author of more than one thousand studies and the second most cited author in clinical medicine.

Willett speaks with authority about his view on milk drinking: “Consuming plenty of dairy products is being portrayed as a key way to prevent osteoporosis and broken bones. But not only does this fail to fit the bill as a proven prevention strategy, it doesn’t even come close.” He continues: “Dairy products shouldn’t occupy a prominent place in our diet, nor should they be the centerpiece of the national strategy to prevent osteoporosis.”

Since cow’s milk was obviously never intended for humans and studies show that consuming it isn’t a reliable method for preventing bone disease, the risk of fracture, why do so many healthcare practitioners suggest that children consume it? Physicians receive very little in the way of nutrition education in medical school, and most doctors lack essential, in-depth knowledge of the impact of diet on health.
The manopausal male finds that when trying to switch on his senses isn’t like it used to be. Some of the changes he may notice are loss of muscle tone, difficulty sleeping, the changes he may notice are loss of mood swings, and irritability. Sexual function of life, affecting their very sense of vitality. These changes may cause anxiety and uncertainty. However, there is no need for alarm. In this article, I will discuss how men can retain their glow throughout this transition called manopause.

Perils and Promises of Hormonal Changes in Aging Men

by Katharine Clark, Hippocrates Health Educator

Manopause, also called Andropause is a “change of life,” or midlife change in hormone levels in men. The role of hormonal change in male aging affects every area of his life. These changes may cause anxiety and uncertainty. However, there is no need for alarm. In this article, I will discuss how men can retain their glow throughout this transition called manopause.

“W”hen I have a kid who says, ‘I love kale!’ that’s a big deal.” That’s what Robert Graff, principal of New York City’s P.S. 244, The Active Learning Elementary School, told congressional staffers at a recent Physicians Committee event on Capitol Hill. But soon it won’t be such a big deal. Thanks to the work TALES and other schools are doing to make healthy school lunches the new norm. Graff knows that kids will love vegetables and legumes — and won’t miss mystery meat — if food service directors just give them a chance. He noted the positive changes — including added energy and lower BMI — in his students after the school moved to an all-vegetarian menu. And the statistics back him up.

In the New York City 2012–13 school year, 21 percent of public school students were overweight or obese. But that statistic is changing, and severe obesity in New York City public school students has decreased. Some officials credit this to healthful school lunch menu changes, acknowledging that providing kids with fruit instead of fruit snacks — and beans instead of burgers — can make a huge difference in their health.

Graff is not alone in revolutionizing school lunches. Broward County’s program manager for nutrition education and training Darlene Moppe, chef Anne Cooper (aka the Renegade Lunch Lady from Boulder, Colo.), and many other school food administrators are dedicated to providing healthful lunches for their students. For the past 10 years, the Physicians Committee has presented the Golden Carrot Award to school food service directors who perform exceptional work providing healthful school lunches. Just a decade ago, it was difficult to find schools offering low-fat, plant-based options. But as more and more administrators realize that providing kids nutritious meals has positive effects lasting long after the lunch bell rings, it’s getting harder to pick a single winner! 

KIDS LOVE KALE — NO BIGGIE!
by Neal Barnard, MD

In the New York City 2012–13 school year, 21 percent of public school students were overweight or obese. But that statistic is changing, and severe obesity in New York City public school students has decreased. Some officials credit this to healthful school lunch menu changes, acknowledging that providing kids with fruit instead of fruit snacks — and beans instead of burgers — can make a huge difference in their health.

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A sample healthful school lunch tray from the Physicians Committee briefing on Capitol Hill.
Omega-3 from Clary Sage Seed Oil

The history of Salvia Sclarea (Clary Sage) seed oil as a new and unique source of omega-3 dates back almost two decades ago. It began as a broad research project at the world-renowned ARO (Agricultural Research Organization), Volcani Center — the main administrative body in charge of agricultural research in Israel. A team of researchers and experts in the field, led by Dr. Nativ Dudai, who specializes in Israeli floras and the introduction of new crops to the region, decided to research and map a new source of omega-3 from the gene pool of the ARO’s various plant species, in a quest to find a superior source of plant-based omega-3 compared to the existing sources that were known at the time. After a year of intensive research and elimination of various species, the researchers decided to focus only on the sage plant common to Israel. The initial trials showed over 2,400 vials of omega-3 from sage with different morphologies. Dr. Dudai’s team began examining these varieties of sage, some on the verge of extinction. The researchers focused their study on the plant’s leaves and, in particular, the seeds.

One of the varieties investigated (and on the verge of extinction) was Salvia Sclarea, commonly known as Clary Sage. Upon examination of the Clary Sage seeds, the team was surprised to find a concentration of over 50% of omega-3 in the oil produced from the seeds. This is one of the highest and rarest concentrations of omega-3 in nature. In the last few decades, the scientific community has recognized omega-3 as an essential fatty acid, and that very few foods contain omega-3 in such concentrated levels. The team was excited to find what they considered to be the high omega-3 in this vegetable.

When testing the Clary Sage seed oil, the team discovered that it had many beneficial properties. It was found to contain other highly beneficial substances, such as phytosterols and tocopherols, along with a host of other beneficial ingredients, which the researchers had not seen before.

It is here that a new story begins. The team discovered that Clary Sage seed oil contained a unique profile of beneficial elements that are not found in other sources of omega-3. This unique profile is a rare combination of essential fatty acids, tocopherols, squalene, and other beneficial ingredients.

Clary Sage seed oil is a balanced source of omega-3 and omega-6, which makes it a perfect choice for people looking for a plant-based source of these essential fatty acids.

The Clary Sage seed oil is also a rich source of antioxidants, which help protect the body from free radicals and other oxidative stress.

The Clary Sage seed oil is also a rich source of antioxidants, which help protect the body from free radicals and other oxidative stress.

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I f we look at the history of mankind, indigenous cultures around the globe were able to sustain a balanced existence far better than most modern societies. Tribal peoples maintained a lifestyle of harmony and balance with nature. Today we find ourselves striving to regain that innate connection with our natural world. There are countless examples of this rebirth of “archaic” knowledge. Bio mimicry is one such example. We can see the evolution of clothing and apparel to more closely resemble our natural movement. From shoes that allow us to walk or run with a more natural gait, to the sharkskin-inspired swimsuits used by Olympic athletes, the high-tech industry is looking at what was once considered low-tech in inspiration. Indigenous cultures survived for thousands of years through bio mimicry, by embracing nature instead of trying to conquer it.

Throughout modern history and into the industrial revolution, there arose a constant urge to separate ourselves from nature. People were striving to build larger buildings, bigger cities and to increase the overall productivity of land. Mono-crops and other industrial farming techniques became increasingly ubiquitous. In more recent years, scientists and environmental researchers have begun to realize that maybe indigenous practices weren’t so primitive after all. In Mesoamerica for example, the multi-crop technique often referred to as the “Three Sisters” planting system, utilized the natural symbiotic relationship of corn, squash and beans. Various tribes planted these three foods together in a simple, yet highly efficient multi-crop method. This sustainable and environmentally viable practice nurtured various tribes for thousands of years. The Huichol people of central-western Mexico continue to employ this multi-crop method to this day.

Physics too has become more and more closely aligned with indigenous beliefs related to the cosmos and our universe. The popularized multiverse theory sounds amazing similar to the teachings of the universe I was given by Don José Matsuwa (renowned Huichol shaman and healer). When I was first adopted into the Huichol culture as his grandson, Don José described to me how at night, the sun sets into the underworld and is then reborn each morning in the east. Though I respect this revered elder for his amazing spiritual wisdom and psychic abilities, I wasn’t so quick to accept this teaching. I figured I would teach my teacher for a change and so I began to describe my modern-world understanding of the daily cycle of the sun. I explained that though it appears the sun is setting into the horizon, it is actually rising in Japan.

Don José responded, “Who told you this wild story?” and then followed up with “and what is Japan?” I respectfully challenged him, saying, “Grandfather, this is a proven scientific fact.” I used a stick to draw a rough globe in the dirt and struggled to explain an elementary fact of the modern world to an old shaman living in the remote mountains of the Sierra Madre. After a few moments, Don José responded, “Well, I’ll believe you if you believe me.” He said, “Why can only one of us be right? There are many parallel realities coexisting at the same time. If not for this, only one tradition would be right and everyone else would be wrong.” This was a teaching I would never forget. It was at that moment that I realized I hadn’t done this to find the answer, but rather strive to see the multitude of dimensions that can provide the answers for each moment in life.
Our minds, emotions and internal drive are all fueled by the desire to perpetuate our species. From the time of birth until the day we die, hormones govern the purpose and our daily existence. It is the natural state of human biology. Although we believe for his offspring, it is the natural state of human biology. Although we believe

You, Family and Friends

by Dr. Brian Clement

When a mother speaks about her children and a father spills over with pride for his offspring, it is the natural state of human biology. Although we believe for his offspring, it is the natural state of human biology. Although we believe for his offspring, it is the natural state of human biology. Although we believe

not just sexuality. Although intimacy is powerful in partnerships, it cannot be the forceful factor that many of us make it in our youth. True friendships are sexier than good sex, and by the way they last forever. Loving parents spawn secure balanced and loving children. Here in the United States, the latest statistics are grim. We are at the highest level ever of single people in our adult population. Ironically, when you really get down to it, every one of these people would have loved to have a happy, enriching and rewarding relationship.

Erickson so wisely spoke of the phases of life, pictorially it is almost like watching a flower open. As time passes and experience mounts, your needs, desires, and fulfillment evolve. Choosing the right mate will expansively support a much larger and productive life for both. Nature did not create single parent homes or lonely people, it is our lost and valueless culture that manifests this mess. Once again, we must establish what is truly important to us. Of course, we all aspire to have economic security, a clean, safe and comfortable place to reside and adequate food, etc. This cannot be our only quest, and in fact, when you look at this closely, these are only practical requirements so we can begin to have a life. If and when you experience all this, you will never have enough money or size of residence or clothes or cars, etc. Without fail, you will learn that creature comforts are only a facade and not our essential desire. When having a choice between being loved and being rich, 88% of the people correctly chose love. Now there is nothing wrong with being loved and rich, yet that should come without effort not as your core value.

When Dr. Anna Maria and I speak on our early morning walks, we often comment how fortunate we are to have parents that truly love us. Were either of our lives Cinderella like, flawless adventures with perfect parents and siblings? No! Yet, the overriding sense of how we received our strength and faculty to persevere came from the loving guidance from our family. We in fact learned to be the parents of four, and now grandparents of four, from our nuclear family. How often is it that we meet in our work on the front lines of disease and disorder, broken and ill people who have not resolved their dysfunctional childhood relationships resulting from a disintegrated family structure. Are the experiences from our youth creating our health today? With a resounding YES, we are unwavering in our understanding of this fact.

Become the person you wish you had been nurtured as a child. Work hard with advancement and psychotherapy and be candid and transparent with close friends and family members so they can help piece together what you currently perceive as a fragile life. Once you have established the mantle for the future, deeply enliven yourself via visualization and commitment to creating a pure and desirable future. There is never a too late and always an opportunity for change and joy.

Recently, on a lecture tour to Western Canada, I met an alumnus who had reversed cardiovascular disease, diabetes and high blood pressure. She had been single her whole life and had just met the man of her dreams at 83. When standing next to them and observing their unadulterated love, it was reminiscent of Romeo and Juliet. For the first time, I saw her eyes sparkle, her lips pucker and her appearance and dress to be impeccable. Nearly 8 decades after she was born, she made her dream come true. When will you make your dream come true? Is it not time that you find a way to elevate your psychological, emotional and spiritual status to a place whereas you magnetize a like-minded friend. When this holy relationship begins in your youth, you have the ability to produce sound and valuable human beings. As we age, we can feel the solace of having a collaborator, a caretaker and a colleague at our side until the candle goes out. We must never forget that the level of happiness that we acquire is quietly and visibly experienced by others, and it enhances the lives of others and all of nature that we share this beautiful planet with.

Dr. Brian Clement is director of the renown Hippocrates Health Institute, the world’s foremost complementary residential health center. He and his team have developed a state-of-the-art program for health maintenance and recovery. His Florida institute has pioneered a new life changing strategy of cutting edge, active aging and dynamic prevention that has proven to raise health and happiness levels. HippocratesInstitute.org
For some women, the difficult aspects can outweigh the joyful, causing many to wonder how to capture the positive parts, like fireflies in a jar, treasuring them and looking to them for sustenance through the more challenging moments. With the quickly changing landscape of career and childcare options, today’s mothers may struggle even more to make the best choices for their children and families. They want the joy, but it feels difficult to discover beneath the layers of confusion about everything from what to feed your child to what childcare to choose, or whether or not working outside the home is ideal. Is it any wonder mothers often feel overwhelmed mere weeks into their motherhood journey?

My heart goes out to these mothers. I’ve been there and reared my children, and I am delighted to watch my children forging their own paths in motherhood. I believe that now, more than ever, joyfulness is entirely possible. It’s there for the taking.

Recently, I had a lovely conversation with my youngest daughter, Amethyst, who, in the last two years had her first child, a son, Kingston. Needless to say, he has brought immeasurable joy to our entire family. This is one of the most beautiful transformations I have had the privilege to witness in my daughter as she has discovered how to redefine her life as a mother and woman.

Amethyst shared that her most profound experience in motherhood was her delivery. Kingston decided to come about a month and half early, which drastically changed the vision my daughter had for a natural birth at a birth center. Suddenly hospitals, teams of doctors, and the NICU were her reality.

“It was a little scary,” Amethyst remembers. “Especially since I wanted to have him naturally, away from a hospital. I was like ‘Oh no! What’s happening? This isn’t how it’s supposed to be!’ Once you’re in there [the hospital] you really don’t know what’s going on.”

In the end, she was able to deliver Kingston naturally—a gift in its own right—and both mother and baby were healthy.

“So it all ended up well, it was different because I hadn’t planned it that way, but I didn’t have any regrets,” Amethyst says. “When I got comfortable, it was so exciting to walk over to the nursery to see him and I felt great, besides the sheer exhaustion. He wasn’t in a warmer or anything, he was a perfect baby and just wanted to come out early. They even called him the little overachiever in the NICU!”

After a week in the hospital, Amethyst took Kingston home and began the process of acclimating to life as three, along with her husband Shane. One big part of both of their lives has been a healthy lifestyle and raw, plant-based diet.

When I asked her what influenced her to choose the raw food path, she answered, “My mama! I feel like I’ve always had the knowledge of how important it is, and you being here and seeing you [prepare food] helped me notice that it’s simple; it was kind of an easy choice to pick the right foods. Guidance from you and learning how to respect the foods was easy, plus I want to do the best I can for him and his body.”

Amethyst also noted that as a nursing mother, she felt an added responsibility to take care of her body. “It’s just so amazing how our bodies work—like God is saying, ‘Nursing is a huge responsibility; you need to nourish on a regular basis.’”

The Possibility of Joyful Motherhood

by Luz Delia Gerber, Hippocrates Health Educator

Motherhood is one of those uniquely transformative experiences. Every woman’s journey and perspective is unique, and nearly every mother you ask will share that it is simultaneously the most joyful and difficult experience of her life.
"We want to change people’s idea of what aging is,” “Old people are a heterogeneous population; they come in all shapes, sizes and fitness levels. Getting older doesn’t mean you have to fall apart.”  — CHANDA DUTTA, CHIEF OF CLINICAL GERONTOLOGY BRANCH, INSTITUTE ON AGING

"Just by switching from a bad lifestyle to a healthier one, one can expect to add 14 years to his life!"  — DR. LESTER BRESLOW, FORMER DEAN, UCLA SCHOOL OF PUBLIC HEALTH

The true fountain of youth is very simple. There are nine principles of being totally healthy for the rest of your life. I call them the nine biological imperatives and they form an acronym: A NEW START.

"A" stands for ATTITUDE
The people I studied all had a reverence for their health. I’ve noticed when kids don’t want to learn, they don’t learn much. But when they have a genuine enthusiasm for learning some- thing—well, they learn a lot. I feel this is true with our health. All through my life I didn’t care about my health until I lost it. Then it became my main focus. I understand now that things do not “just happen,” they happen justly. So, I guess there was some divine reason for my being sick for so long. One sure thing I have learned is that it is much easier being healthy, as it is a real challenge being sick!

"N" stands for NUTRITION
What’s for breakfast, lunch and dinner. There’s nothing mystical about nutrition. Nutrition is a series of four processes that the body employs to make food for our bodies to use. Food doesn’t cure or heal—our body does that. And food does not act, it is acted upon by the body. But it is through nutrition that we came into existence—and it is through nutrition that we have whatever vigor we possess. Our health corresponds precisely to the quality of our nutrition. This is true with all plant and animal life. Living organisms, with all their wonderful capacities and enjoyments, are merely the results of good nutrition and drainage.

"E" stands for EXERCISE
The main focus about exercise is to have fun and just do it! When you are in front of your computer for quite some time and need some relief, just stand up and sit down five times without using your hands to get in and out of the chair. Each time you stand up you use 102 moves just to complete that motion. And when you sit back down again, you do the same thing. So five times will create 1,020 moves! Researchers from the University of Southern California found that people under pressure could make difficult decisions 20% better if they just stood up! They discovered that merely standing up arouses your nervous system by increasing your heart rate by ten beats per minute.

"W" stands for WATER
The people I studied understood the importance of drinking good clean water. A good phrase that a lot of Olympic athletes I interviewed all echoed: “Never drink the crap from the tap!”

"S" stands for SUNSHINE
Of course, we can overdo anything. But sunshine in small doses is excellent for good health. I encourage my clients to stay out of the sun between the hours of 10 am and 2 pm.

"T" (the second T) stands for TEMPERANCE (or MODERATION)
The greatest ability in the world is stickability. See it all through and it will happen for you. You can give in and you can give out but you can never give up!

"A" stands for AIR
I have been in places where I did not have the luxury of fresh air for periods of time. And if you talk to Captain Gerald Coffee, I am sure he will acknowledge the grandeur of fresh air when he was a prisoner of war in Vietnam for seven years and a day. As an athlete, I have learned that the person who wins in any activity is the one with the best oxygen.

"R" stands for REST
The greatest ability in the world is stickability. See it all through and it will happen for you. You can give in and you can give out but you can never give up!

Too many people think age is a matter of years. Let’s set the record straight from the beginning. Age is not a matter of years; it is a matter of condition. And the more healthful practices we engage in on a daily basis, the better condition we will have throughout our lives so we can get older and better and not old and bitter!

Dr. Wayne Pickering’s prognosis was death at age 80. Now, over 66 years young, he is an award winning Triathlete, double nominee for the Healthy American Fitness Leader Award, Nutritional Performance Coach & Disease Prevention Specialist. He’s authored 25 Books; 110 CDs; 2 DVD Series; 10 Health Systems & over 400 articles on Fitness, Stress & Nutrition. www.HealAtLast.com

Hippocrates Health Institute »« www.HippocratesInstitute.org Healing Our World »« Family & Children
Organic Clothing

What Moms Should Know to Safely Dress Their Children

by Patricia Davis

Many of us never give much thought as to what degree textiles affect our lives. Water and food are the most essential but next in line are the clothes we wear and the textiles we use in our everyday lives. Textiles are found in furniture, beds, bedding, towels, rugs, carpet, wall coverings, toys, cars and clothes. Today they are being manufactured and produced using some of the harshest chemicals on the planet.

When it comes to protecting your little ones, not knowing the facts could put the health of your baby and child at risk. Here’s how Major research and studies from around the world have linked the chemicals in our clothes to many illnesses and chronic disease. This is especially disturbing when it comes to the amount of toxic chemicals being found in infant and children clothing. CATA (Consumers Against Toxic Apparel) is a company working to create awareness and educate to help consumers sort through all the data, giving moms the ability to make factual decisions about protecting the health of their children. CATA is uniting small organic apparel companies together in the US, creating a resource for consumers seeking to transition their family’s wardrobe to organic and natural clothing. It also shares research on developments in the industry, helping keep busy moms informed.

There are currently eight major chemical classes being used in the textile manufacturing industry in infant and children clothes that are known hormone disruptors. Keep in mind that within those eight classes there are hundreds of groups of the chemical types. Furthermore, there are hundreds of other chemicals present in clothes that have been associated with autism, neurological brain disorder, epilepsy, seizures, brain damage, leukemia, asthma and cancer. In other industrialized coun-
tries, some of the chemicals have been banned or strict regulatory measures have been put in place to protect consumers’ health. This is not the case in the United States. For example, certain azo dyes have been banned by the European Union. Why were they banned? Under reductive conditions, some azo dyes can break down and release aromatic amines. These dyes can be found in items such as clothing, bedding, towels, nappies, sleeping bags and more. There are over twenty-two aromatic amines. Why are they dangerous? Aromatic amines are known carcinogens and have been linked to all types of cancer. What are some of the chemicals moms should look for and know about?

Third party accredited laboratory testing has identified the following chemicals as high risk, based upon their wide use and the range of textiles affected, especially in infant and kids clothing. It’s also worthy to note that many of these same chemicals are present in high concentrations in your kids toys, accounting for double exposure and high health threats. In addition, beware of the fact that many of these chemicals or chemical groups can also be found in pharmaceutical drugs. Yes, the medicine your child may be taking could also include an array of harmful substances related to these chemicals.

Nonylphenol Ethoxylates: This chemical has the ability to mimic natural estrogen hormones; it is a hormone disruptor for humans and affects the reproductive system. It acts as an obesity enhancer, endocrine disruptor and has been tied to breast cancer. Most importantly, it is frequently found in breast milk, the main source of nourishment for newborns who are in the early stages of development (where hormones can be easily influenced). High levels of endocrine disruptors in breast milk have been associated with negative neurological development, growth and memory function. When infants are exposed to the chemical through nursing, they receive extra exposure by wearing the clothes saturated with this killer. Also note that the EPA (Environmental Protection Agency) is very concerned about this chemical and have included it in their Action Summary Plan.

Hibiscus Rosé

Yield: 2 quarts, Serves 8

2 quarts filtered water
1 orange, (including the peel)
1 apple, chopped
1/4 cup dried hibiscus flowers
1/4 cup coarsely chopped fresh mint
1/4 cup coarsely chopped fresh parsley
1/4 cup sun-dried pitted cherries or unsulfured raisins
6 dates, pitted
6 dried prunes, pitted

1. Combine all of the ingredients in a glass gallon jar. Cover the jar with a clean dish towel and place it in a warm place for up to 3 days. Remove from the refrigerator a few hours prior to serving if you prefer to serve at room temperature.

Note: Store rose in a sealed glass gallon jar in the refrigerator for up to 3 days. Remove from the refrigerator a few hours prior to serving if you prefer to serve at room temperature.

Waldorf Salad with Pomegranate Seeds and Walnuts

Yield: 6–8 servings

1/4 small red onion, julienened paper thin
1/4 cup orange juice
2 tablespoons cold-pressed flax oil
1 teaspoon Dijon mustard
1/4 teaspoon orange zest
1/4 teaspoon onion powder
2 red apples, seeded and diced
1 large fennel bulb, thinly sliced
1/4 cup sun-dried pitted prunes
1/4 cup pomegranate seeds

1. Combine the orange juice, flax oil, mustard, orange zest, and onion powder in a large bowl and whisk to blend.

2. Add the apple, fennel, onion, and celery and toss well.

3. Place butter lettuce leaves attractively on a platter and heap salad on top. Garnish with walnuts and dried cranberries and serve immediately.

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More Recipes Next Page
**Red Bell Pepper Chipotle Soup with Avocado**

*Yield: 4 cups (four 8-ounce servings)*

1. **Soup**
   - 3 cups seeded and chopped red bell pepper
   - 1 ½ cups filtered water
   - 1 ½ avocados, chopped (remaining 1/2 will be used as a garnish)
   - 1 tablespoon chickpea miso or light miso
   - 1 teaspoon salt
   - 1 teaspoon lemon juice
   - 1 tablespoon chickpea miso
   - 1 1/4 cups filtered water
   - Red Bell Pepper Chipotle Maining
   - 1/2 avocado, diced (optional)
   - 1 teaspoon nutritional yeast (optional)

2. In a separate bowl, combine the olive oil, lemon juice, onion powder, garlic powder, chipotle pepper and white tamari, miso and orange zest. Add this liquid mixture to the vegetables and toss. Add the vegetables to the zucchini mixture. Add nutritional yeast and kelp powder and toss again lightly to mix. (Handle the mixture gently so it doesn’t become wet.) Set aside.

3. Combine the zucchini and almond flour in a large bowl. Toss to coat. Set aside.

4. Combine, oil pepper and celery in a small bowl and toss. Add the vegetables to the zucchini mixture. Add nutritional yeast and kelp powder and toss again lightly to mix. (Handle the mixture gently so it doesn’t become wet.) Set aside.

5. Place soaked pine nuts for two hours. Drain and rinse.

6. Transfer the rice to a large bowl.

7. In a separate bowl, combine the olive oil, lemon juice, onion powder, garlic powder, chipotle pepper and white tamari, miso and orange zest. Add this liquid mixture to the rice and mix. Add salt and pepper to taste.

8. Gently fold mayonnaise into the vegetable mixture. Handle the mixture gently so it doesn’t become compact.

9. Form the mixture into 6 cakes, each about ⅔-inch thick.

10. Place the cakes on a mesh dehydrator sheet with the smooth side facing up, and put into the dehydrator at 135 degrees F. In this particular circumstance, you may be wondering if this is a raw recipe if you’re dehydrating at 135 degrees F. In this particular circumstance, the high moisture content of the cakes cools the patties as they dehydrate, so they don’t get hot enough to destroy the nutrients and enzymes.

11. Store the sauce in a sealed glass jar in the fridge for up to one week or freeze for up to 3 months.

**Holiday Wild Rice Pilaf**

*Yield: 6 servings*

- ⅔ cup wild rice (1 cup bloomed)
- 1 gallon filtered water
- 3 tablespoons unsweetened dried cranberries
- ½ cup chopped raw pecans
- 2 tablespoons thinly sliced green onion (about 1)
- 1 teaspoon ground paprika
- ½ teaspoon ground smoked paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon ground chipotle pepper
- ½ teaspoon ground white pepper
- ⅛ teaspoon ground white onion powder
- ⅛ teaspoon ground chipotle pepper
- ⅛ teaspoon onion powder
- ⅛ teaspoon lemon juice
- ½ cup extra-virgin olive oil
- 1 teaspoon lemon juice
- 1 teaspoon unpasteurized tamari
- 1 teaspoon unpasteurized dark miso
- ½ teaspoon orange zest
- Salt and pepper to taste

1. To “bloom” wild rice, put wild rice in a gallon jar and fill the jar with filtered water. Put the jar in a dehydrator set at 115 degrees F for 10 to 12 hours or until the rice is soft and chewy. Then purse the rice in a colander, rinse well, drain, rinse and drain again thoroughly. Towel dry and transfer the rice to a large bowl.

2. While rice is blooming, soak cranberries in ¼ cup filtered water for 1 hour. Then toss the soaked cranberries along with the filtered water, carrot, celery, pecans, parsley, green onion, mushrooms, onion powder, parsley, garlic powder and rice.

3. In a separate bowl, combine the olive oil, lemon juice, tamari, miso and orange zest. Add this liquid mixture to the rice and mix. Add salt and pepper to taste.

4. Fold the mixture gently so it doesn’t pack together.

5. Form the mixture into 6 cakes, each about ⅛-inch thick.

6. Place the cakes on a mesh dehydrator sheet with the smooth side facing up, and put into the dehydrator at 135 degrees F for 2 hours, then reduce the temperature to 105 degrees F and continue dehydrating for another 2 to 3 hours.

7. Dollop 2 tablespoons of Creamy Dill Tartar Sauce on each cake and serve them warm.

**Creamy Bay Crab Cakes with Creamy Dill Tartar Sauce**

*Yield: 6 servings*

1. Peel the zucchini and finely julienne it using a spiral slicer or grater. Cut into pieces about 1/2-inch long. Pat dry, using a clean towel.

2. Combine the zucchini and almond flour in a large bowl.

3. Add the vegetables to the zucchini mixture. Add nutritional yeast and kelp powder and toss again lightly to mix. (Handle the mixture gently so it doesn’t become wet.) Set aside.

4. Form the mixture into 6 cakes, each about ⅔-inch thick.

5. Place the cakes on a mesh dehydrator sheet with the smooth side facing up, and put into the dehydrator at 135 degrees F for 2 hours, then reduce the temperature to 105 degrees F and continue dehydrating for another 2 to 3 hours.

6. Dollop 2 tablespoons of Creamy Dill Tartar Sauce on each cake and serve them warm.

**Creamy Dill Tartar Sauce**

- 1 cup raw pine nuts
- ⅓ cup lemon juice
- 3 tablespoons coconut nectar or agave nectar
- 1 teaspoon Himalayan crystal salt
- ⅛ cup filtered water, as needed to thin

1. Soak pine nuts for two hours. Drain and rinse.

2. Place soaked pine nuts, lemon juice, coconut nectar and salt in a high-performance blender and add just enough water to form a thick, smooth consistency. The mixture should be creamy with a satiny appearance.

3. Add onion, horseradish, dill, capers and celery. Pulse just enough to mix without blending smooth. The final mixture should be slightly chunky with bits of dill, celery, onions and capers visible.

**Tip:** Add your favorite green salad to make this a meal.

**Creamy Dill Tartar Sauce**

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- ⅓ cup lemon juice
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3. Add onion, horseradish, dill, capers and celery. Pulse just enough to mix without blending smooth. The final mixture should be slightly chunky with bits of dill, celery, onions and capers visible.

**Note:** These crab-free vegetable cakes stay delicious for two days if stored in the fridge in a sealed container. Store the sauce in a sealed glass jar in the fridge for up to one week or freeze for up to 3 months.

You may be wondering if this is a raw recipe if you’re dehydrating at 135 degrees F. In this particular circumstance, the high moisture content of the cakes cools the patties as they dehydrate, so they don’t get hot enough to destroy the nutrients and enzymes.

**Tip:** Add your favorite green salad to make this meal.

Alternatively, you can top a cup of mixed greens with the crab-free cakes and slightly thin the tartar sauce to resemble a salad dressing for your own quick and easy not-so-seafood salad.

You can up the sour notes by adding more lemon or

If you prefer it a little sweeter, add extra coconut nectar or agave nectar to sweeten the dish.

**Crab-free Vegetable Cakes**

1 cup raw pine nuts
⅓ cup lemon juice
3 tablespoons coconut nectar or agave nectar
1 teaspoon Himalayan crystal salt
⅛ cup filtered water, as needed to thin

1. Soak pine nuts for two hours. Drain and rinse.

2. Place soaked pine nuts, lemon juice, coconut nectar and salt in a high-performance blender and add just enough water to form a thick, smooth consistency. The mixture should be creamy with a satiny appearance.

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If you prefer it a little sweeter, add extra coconut nectar or agave nectar to sweeten the dish.
The Family Sauna

High school teacher, wife and mother of three children, Réka Teleky shares how their sauna helps ease the stress of having a 60-hour workweek while caring for her family.

How has using a Clearlight Sauna impacted the health of your family?

Réka: It really helped my two oldest sons detox from being in the swimming pool six times a week. In the spring and summer they’re in swim club and in the fall and winter they play water polo—so chlorine has been an unwelcome byproduct of these extra-curricular activities. I know the sauna helps them sweat out the toxic chlorine they’ve absorbed. Also, one of my sons has asthma and the sauna has been tremendous in reducing the frequency of him needing his inhaler. My husband suffers from depression and the sauna, along with the colored light therapy that came with it, is a great “mood lifter” in the long winter months of Alberta. For me, the sauna has helped with detox, weight loss, my skin, being more relaxed and managing stress.

My 5-year-old loves sitting in the sauna. Feeling like an adult, she wraps herself in a towel and goes downstairs by herself and turns the sauna on. She doesn’t stay in as long as we do, but it certainly helps her immune system and wards off nasty colds. The kids haven’t had a cold, nor a flu—not even my husband, when usually by this time of the year we’ve been incredibly ill, trying to make it through the holidays without being too run down.

Can you share a few more stories about your children using the sauna?

Réka: Often we come home and the kids call “alsó” on who’s going in first. They love reading in the sauna, or they turn on the computer and adjust the screen so they can see it from inside the sauna. I remember when my daughter was just four years old—one day she marched down to the sauna saying she had sneezed, therefore she needs to sit in the sauna (laughs). She loves our mommy-daughter time in there together.

Have there been any unexpected benefits from sauna use?

Réka: I got the sauna thinking of my husband’s mental health, as he has been suffering from a bad depression that was a result of three consecutive concussions. However, I think everyone’s mental health has benefited from having the sauna, not just my husband. Once you’re in the sauna you’re in a different world of relaxation and you feel yourself “letting go” of the stress. You realize that you’re actually doing something (for a change) for yourself. Living in Alberta, we have a long winter ahead of us and just having the sauna in the house gives us the mental break we all need to get through it. I know others who suffer from SAD (Seasonal Affective Disorder) and they have to go to salons and book time to have a sauna session. For us, we have the best-of-the-best sauna, with no worries about booking and driving—it’s always convenient and clean. We love our sauna!

Audrey, who is a 14-year-old daughter, Leslie, shared for the rest of the family:

Leslie: My sister likes to do her homework in the sauna and she uses it when she wants to have some time to herself. I dance and when I go in the sauna with sore muscles, I come out and my muscles don’t hurt anymore. It also clears my sinuses. We have three cats and they love going in with us! As soon as we turn it on, they go in and lie down. When they’re done, they stand at the door and we let them out. Fifteen minutes later, they want to come back in!

In the midst of a difficult time, Carol Sawaya purchased a Clearlight Sauna two years ago. Now, three generations of her family use the sauna with excellent results.

Tell us about your experience with the sauna:

Carol: Three years ago, I lost my husband from complications of a surgery, and two months later, I was diagnosed with Stage 3 and a breast cancer (both sides). I had heard about the sauna and I knew I didn’t want to go the medical route. Instead I worked with nutrition and daily saunas. I went in the sauna as much as possible. It made me feel clear, rested and it gave me such a wonderful feeling of relaxation—a different state of mind. I didn’t do anything medical, just natural things, and after a year I was retested and there was no sign of any cancer. I had a complete remission.

Our whole family uses the sauna. My father has hip issues and arthritis. He comes out of the sauna with no pain—he feels 100%. Nothing else has this effect on him. Each time he comes out he announces, “I feel fit—I feel great!” All his swelling goes down. He forgets how good it is, so I shove him in there all the time (laughs). My daughters and I have our special sauna time together. We love the music and the lights. We added plants around the sauna and we created our own little wellness center.

We asked Carol’s mother, Audrey, about her sauna experience:

Audrey: I love it! After a strenuous day I sit in the sauna and unwind. It gives me a perfect night’s sleep. It’s the best thing anyone can do.

Carol’s 14-year-old daughter, Leslie, shared for the rest of the family:

Leslie: My sister likes to do her homework in the sauna and she uses it when she wants to have some time to herself. I dance and when I go in the sauna with sore muscles, I come out and my muscles don’t hurt anymore. It also clears my sinuses. We have three cats and they love going in with us! As soon as we turn it on, they go in and lie down. When they’re done, they stand at the door and we let them out. Fifteen minutes later, they want to come back in!

Clearlight Saunas come with a True Lifetime Warranty and ship free to most of the continental USA and Canada. The saunas are available in different sizes, shapes and budgets. They install easily in about an hour and cost about 25¢ per session to operate.

For more information and to have your questions answered by a Sauna Specialist please call (800) 317-5070 or visit HealwithHeat.com

Clearlight Saunas are recommended by Dr. Brian Clement and are also sold at the Hippocrates Health Institute Store at (561) 471-8876, ext. 2171 or mailorder@hippocratesinst.org

Be sure to ask about the new Sanctuary Sauna with Full Spectrum Heaters (pictured at right) and a Hot Yoga option.

Clearlight infrared saunas are sold at the Hippocrates Health Institute Store at (561) 471-8876, ext. 2171 or mailorder@hippocratesinst.org

The above testimonials are true and accurate. They may or may not reflect your sauna experience. Although most cats and kids love the sauna, we cannot guarantee that yours will. These interviews have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.
Vaccines and Autism
Who is a Parent to Believe? by Beth Clay and Rudi Leonard

Autism is the fastest growing and most widely discussed disability, but there are other childhood conditions that are currently underutilizing. Type II diabetes (formerly known as adult onset) and asthma. All of these have environmental components and some may be related to vaccine injury. While this article is focusing on autism, there are common elements presented and threads of public policy maker's decisions that impact all child health conditions.

If you are part of the Baby Boomer generation (or older), you likely have a scar on the upper part of your arm from getting the smallpox vaccine. Unless you were in the military, you probably only received a handful of vaccines for conditions such as polio, tetanus and measles. Since the mid-1980s, a great deal has changed in the number of vaccines administered to children, and in how vaccine injuries are handled in the court system. Today, children are given not only the smallpox vaccine, which actually created a “pox” on your arm at the injection site, smallpox vaccine, which actually created major contributions to this epidemic. With the mid-1980s, many families report their child was normally developing but became ill after receiving one or more vaccines and developed autism. When Congress conducted a series of hearings on the issue from 1999–2003, no one at HHS acknowledged that the agency, through the NVICP, had more than 83 times compensated families for their child’s vaccine injury in which the child developed autism. When this was published, they tried to downplay the issue by stating that they compensated families when the child suffered a brain injury (encephalopathy and/or seizure disorder), and that the vaccine was secondary to this.

Autism Rates Soar
In many areas of the developed world, autism rates have increased from about 1 out of 10,000 three decades ago to approximately 1 out of 68 today. Man-created chemicals, heavy metals and sprays from farming directly contribute to autism. Vaccines are also a major contributor to this epidemic. With the current alarming increase, it seems that a great majority of future children will have to endure this disorder.

The Possibility of Joyful Motherhood, cont’d from P. 41
How many times do you go and start your day without breakfast? When you have a kid, you can’t just skip breakfast. I think it is something that God gives you to train you to eat at a certain time, and I feel like I’ve been a practice to have that — kind of getting into that schedule of giving your child food.

As Kingston grew, Amethyst prepared to return to work as a creative designer. At this point, figuring out the intricacies of that; often elusive work life balance became a real priority. Since she was still nursing, Amethyst shifted from feeding on demand to putting them both on a schedule and making time to pump. It was a stressful time adjusting to the new routine, she recalls. “Getting him to day care and getting to work at a decent time wasn’t easy. Doing all that was a little bit of a challenge, but I think I adapted well, he also enjoys school.”

She started him in day care on his sixth-month birthday, and the initial separation was not difficult for him. However, after a two-week interruption, he had developed just enough to realize he was no longer with mommy.

“It was harder to leave him then, because he was like, ‘No, I know you! Where are you going? Why are you leaving me with these people?’ So that was a little bit of a challenge. I completely understand how parents feel when their babies scream when they are left at school or day care. Babies wish to cling to you and you feel guilt-riden. ‘I knew he had love there and that he was in good. Sure enough, as soon as I left he was fine.”

As Kingston develops, Amethyst has also reevaluated her role at work. Before he was born, and even through early pregnancy, she admittedly worked “crazy hours, pushing a lot harder than I probably should; this could have taken a toll on my body.” However, she says one of the gifts of motherhood in realizing “I have to take care of me. Having him definitely changed that. It’s OK to eat. Another huge gift I had was my mom’s support. She was there at birth and during his transition in my return to work, inspiring me to prepare live, healthy foods for Kingston. Kingston now assists me in preparing his meals as well as preparing his almond, walnut and sesame seed milks. He loves his soaked and germinated seeds and grains!”

Now a toddler, Kingston regularly enjoys an array of live foods, including spinach, kale, chard, broccoli, sweet potato, blueberries, raspberries, pear, blue-green algae, green and red lentils, and a delicious juice made with soaked germinated organic almonds, soaked germinated organic sesame seeds, soaked organic dates, and water. It brings Amethyst great joy to know she is preparing Kingston for a life of vibrant health.

I observed that one of the biggest influences of Kingston in his life was her learning how to take care of herself and intentionally designing her life around her greatest joy, her son. Amethyst agreed, adding, “It gave me more of a focus, too. This is what I want to do. I have this many hours, I’m going to focus on work for this many hours, and it’s been that good way. The company has accommodated me, which has been really great. It’s all kind of just falling into place.”

Amethyst plans to move more into a consulting position at work so she can choose the projects that work best for her with Kingston. While she has no desire to work 60 hours a week, she finds real fulfillment in her work and enjoys the opportunities to weave together her passion as a designer with her joy as a mother.

“I want to continue to be creative and really focus on that. I do wish to be involved [in work], so that involves travel. It’s so much fun going and finding your fabrics and looking for inspiration everywhere.” Equally as important is having Kingston set up well in his routine of both day care and staying at home with mom. “He’s in a great school where I take him three days a week, and then I go to work. When I’m at work I’m focusing on getting things done, and then I have time to deal with family and life when I’m home.”

In this balance, Amethyst has discovered for herself and her family the joy of motherhood and the joy of a career without suffering or sacrificing any of her core values. Discovering their unique homeo- stasis — while maintaining the flexibility to evolve as each person grows — brings joy and beauty to their family. As Amethyst and Kingston’s grandmother, my heart expands every time I see their smiling faces and hear their laughter. To know they are following in my path of whole food nutrition, outdoor play, and having time together. To know that my first grandson eats 100-percent organic, and 80 to 90 percent raw foods is such a gift. It is here that I can see what we do makes a real difference in the lives of others — this is true joy!

Luz Delia Gerber is the Founder and CEO of Body Systems Design, Inc. — a company driven to inspire people from all walks of life achieve transformational healing through Well-Being Angela Worldwide, inspired balance, optimal homeostasis, and lasting Well-Being that ‘Awakens the Divine Within.” LuzDeliaGerber.com

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Organic Clothing, cont’d from p. 44

Phthalates

The legacy of Rodney Stockton, Aloe Vera Pioneer, cont’d from p. 15

Surprisingly, over the counter pharmaceutical like analgesic, sinus and weight loss compounds contain up to 200mg of caffeine. Another major concern is that caffeine attaches itself to pharmaceutical medication and recreational drugs like anti-psychotics and speed. Many people perceive their athletic cows and fitness enthusiast consume these noxious, life-altering and death-enhancing beverages. Active people are at especially high risk for caffeine toxicity, since their blood vessels and blood flow constrict to the heart, which causes dehydration and potential cardiac arrest. Unlike checkpoint research funded by the coffee industry, legitimate studies reveal that caffeine negatively affects stroke patients. Among those recovering from strokes, the group consuming coffee/caffeine had far less blood flow to the brain than did the non coffee drinkers. Even the New York Times bought into the coffee myth that “consumming coffee daily raises one's IQ.” On the contrary, reduced blood flow with its contingent oxygen and nutrients actually reduces intellect. 2005 brought more propagated “research” stating that people who consume six cups of coffee a day versus those consuming two, endured 26% less type 2 diabetes. Playing with the numbers and precluding the fact that those who drink more beverages are less animal rich (cholesterol) and sugar loaded foods created flawed results. Saturated fat and sugar are the two culprits that instigate type 2 diabetes. Everything we thought we knew about tea, soft drinks and caffeine, has been bought to us by the companies that make billions as our families sip away. Tsunamis of evidence and reports from every emergency room and hospital wide would prove the standard information dead wrong.

Much of what we accept as “normal” beverages and food and dessert choices are well disguised shovels for us to dig our own graves.

The most notorious coffee, tea, energy drinks and energy supplements include:

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<thead>
<tr>
<th>Beverage</th>
<th>Size (fl oz)</th>
<th>Caffeine Content (mg)</th>
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Source: Caffeineformers.com

Dr. Anna Maria Clement kicked off her career in natural health advocacy by founding the first living food organization in Scandinavia. Anna Maria is a leading expert diagnostician and co-director and Chief Health Administrator of Hippocrates Health Institute

The Legacy of Rodney Stockton, Aloe Vera Pioneer, cont’d from p. 15

They have invested in a chilling heat exhaustion scale that takes the hand felted aloe from the ambient temperature outside to just above freezing, so the aloe is still in liquid form, before being packaged. It was able to keep the gel down to core body temperatures to keep the natural bacterial levels low and ultimately extend the refrigeration life of the product for the end user.

Patricia Davis is a fashion designer specializing in organic/ natural fibers. She is the owner of Silver Needle & Thread Custom Sewn Clothing and the creator of CATA. Patricia can be contacted at patrick@cataorganic.com or at 904-999-9987.
Pesticides and Children’s Health, cont’d from p. 21
They set how these systems will function in adults. The WHO and UNEP study found that up to 50 percent of young men in some countries have low semen quality as well as an increase in genital malformations in baby boys, such as non-descending testicles. Boys of the same age in some countries have a lower rate of spermatozoa. This is an increase in adverse pregnancy outcomes, such as preterm birth and low birth weight. Neurobehavioral disorders in children, an issue associated with thyroid dysfunctions, have increased. The age of breast development in girls is decreasing, considered a risk factor in developing breast cancer later in life. Breast, endometrial, ovarian, prostate, testicular, and thyroid cancers are increasing. These are all endocrine system-related cancers.
Protecting Our Children
Currently, the only way for consumers to avoid synthetic pesticides is to eat organically grown plant-based food. Several scientific studies show that most pesticide exposure comes from eating food from conventional farming systems.

A study published in Environmental Health Perspectives found that children who eat organics fruits, vegetables, and juices can significantly lower the levels of organophosphate pesticides in their bodies. Researchers in another study found that the urinary concentrations of specific metabolites for malathion pyrrolidines decreased to undetectable levels immediately after the introduction of organic diets and remained undetectable until the conventional diets were reintroduced.

André Leu is the author of The Myth of Safe Pesticides. He is President of International Federation of Organic Agricultural Movements (IFOAM), the world umbrella body for the organic sector.

How I Beat Breast Cancer, cont’d from p. 31
Before one day I tried some onions that had been cooked with pork (an old favorite with black beans and rice). I thought I could get some flavor without eating the actual meat. At four o’clock the next morning I woke up violently ill, and continued to throw up for the next several hours. I thought maybe it was a 24-hour flu or some food poisoning since everything else I was eating was raw. Then I was reading a book that talked about pork and how hard it was for the body to process. The author had done a cleanse and hadn’t been eating meat, and when he reintroduced pork he had gotten violently ill. Well that pretty much confirmed that I will never eat pork again. I just take it day to day, and that has turned into weeks and months. As I continue to see other health benefits of eating a raw vegan diet, it is sure to become permanent.

Ancient Wisdom for the Modern World, cont’d from p. 37
In the Huichol culture and in most indigenous cultures, the shaman learns to see and tap into an alternate universe; a world of spiritual energy that surrounds all of us whether we are aware of it or not. A shaman thus could be seen as a psychic vector of sorts, venturing to make and maintain a connection between our conscious world and an unseen hidden universe. It is clear that more and more pairings are being drawn between modern world knowledge and ancient indigenous wisdom. This is because tapping into this wisdom and learning the lesson that sometimes we should listen to our elders.

I believe we can all benefit by embracing the nature-based wisdom of indigenous peoples. On the one hand we can use this wisdom to gain scientific understanding and entrepreneurial inventions, but we should also strive to utilize the tried and true practices of ancient cultures to better ourselves and create a more harmonious and sustainable spiritual existence. We can all learn from people such as the Huichol, who have maintained generations of peace and happiness through a holistic approach to healthy living.

If we see ourselves as a part of nature, we inherently remove the obstacles keeping us from living our most natural life. And when we truly learn to tap into the life force, Mother Nature has an offer. We begin to realize our own potential for empowering the world we live in.

Personal Story | Merging Ancient Wisdom with Modern Tech
I raced the Hawaii Ironman six times before finally emerging victorious. I was winning everywhere else around the world, but I was constantly falling short on the Big Island. I tried training more than all of my competitors. I tried using the best technology, but something was still missing. It wasn’t until I made a connection to Brant and the Huichol, that I realized I was able to bring together everything into a recipe for success. Finally, I was able to feel at home within the harsh environment of Kona and quiet my mind in order to connect with an alternate reality, a reality in which every step I was offered the island, which once made me sick in fear.

From then on I was able to race not to prove something to myself or others, but rather as an act of gratitude for what nature was allowing me to do. I was able to call upon nature for energy, to summon what the Huichol call kupuri (life force) from the sun-scorched Java fields and the unrelenting ocean. Winning suddenly took a back seat to experiencing the wonder and intensity of my relationship with nature.

Blatt Scadora is a shaman, healer, and certified teacher in the ancient 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 — Keys to a Healthier, Happier You.
My Journey as a Hippocrates Health Educator, cont’d from p. 27

I made some amazing friends at Hippocrates. Three of us took a one-bedroom condo next door to HHI for the year following. We supported one another through the ups and downs of starting our lives over after leaving long relationships in the past. I was having a kitchen filled exclusively with plant-based foods! I became the queen of dehydrated breads and crackers, raw desserts and snacks to keep us nourished and on track. We had fun days out shopping for clothes for our new found slender figures, singing in the car at the top of our voices and new found slimmer figures, singing in the car at the top of our voices.

I had been sleeping on a futon in the living room, but moved into the bedroom when an old friend of mine made me a loan, that gave me just enough to pay the deposit the sellers required, but when I got to the island I found the property needed a huge amount of renovation to prevent it from falling into the ocean! After some renegotiation and a lot of praying, the deposit was returned to me for renovating the property. Gifts came in the form of materials and help from unexpected sources; the whole project required, but when I got to the island I found the property needed a huge amount of renovation to prevent it from falling into the ocean! After some renegotiation and a lot of praying, the deposit was returned to me for renovating the property. Gifts came in the form of materials and help from unexpected sources; the whole project was born, and so was my dream. My friend’s family kept in touch about the progress with probate, which gave me some time.

I had been thinking about how I could combine all the things that made such a difference in my life and health: raw vegan foods, juicing, yoga, swimming with dolphins and time on retreat in nature, and how to bring this to others. Bimini seemed the ideal place and now I was being offered property there, but having walked out the door with nothing from my relationship I had no idea how I was going to manifest it. I decided to put together a business offering retreat holidays, hiring accommodations and offering all the elements, both in the UK and Bimini.

I had been living the life of my dreams. I was going to buy the property, still flights and told the family of my friend made me a loan, that gave me just enough to pay the deposit the sellers required, but when I got to the island I found the property needed a huge amount of renovation to prevent it from falling into the ocean! After some renegotiation and a lot of praying, the deposit was returned to me for renovating the property. Gifts came in the form of materials and help from unexpected sources; the whole project was born, and so was my dream. My friend’s family kept in touch about the progress with probate, which gave me some time.

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Manopause, cont’d from p. 34

February 2011 Phytotherapy Research featured a study involving 60 male subjects who took 600mg fenugreek daily for six weeks. Participants reported an increase in sexual arousal, energy, stamina and testosterone levels.

Exercise has also been found to have restorative qualities for your -you have to keep moving! Dr. Oz says, “If you want to live past 100 and be healthy, do qigong.” Massage and bodywork, yoga, Nia and other therapies can help maintain and restore lost functions. Dr. Amen says that if at 70, you can walk three miles per hour, you are most likely to live to be 80.

Good nutrition, regular exercise and close relationships will contribute to a smooth transition through Manopause.

Essential Oils: Gifts of the Earth, cont’d from p. 30

Essential oils are often diffused and they can be the greatest air filtration system in the world. They reduce bacteria, mold, fungus and unpleasant odors. They assist the body in relieving tension and clearing the mind, and they aid in relaxation. Essential oils help in weight management and improve concentration, alertness and mental clarity. They promote emotional, mental, physical and spiritual healing and have a bioelectrical frequency that can quickly restore the human body to its normal, healthy level. As a pleasant bonus, they fill the air with a fresh, aromatic scent.

Over 50 hospitals nationwide are using essential oils for increased healing. Essential oils are well documented for their powerful anti-microbial effect against infections like MRSA, VRE, Hepatitis and many more. Both patients and workers alike are welcoming the use of essential oils in hospitals everywhere in order to boost morale and productivity as well as to speed healing and prevent the spread of disease.

Hippocrates Health Institute, after conducting an extensive eighteen month study, is now offering its own line of highly therapeutic, pure grade, organic essential oils.

To learn more about these oils, or to explore and experience them for yourself, please stop by or call the Oasis Therapy Center at (561) 471-5867.

Also read 7 Keys to Lifelong Sexual Vitality by Drs. Anna Maria and Brian Clement • order toll-free (877) 582-5850

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Is Cow’s Milk the Right Thing for Children?, cont’d from p. 33

Many well-meaning health professionals, including pediatricians and well-credentialed nutritionists and dieticians, simply give their patients the same advice they received, thereby perpetuating unhealthy dietary myths. In short, the professionals we trust to address our children’s health concerns are often just as mired in food myths as the average layperson.

Moreover, as the Wall Street Journal and other publications have revealed, the dairy industry itself plays an intrinsic role in the fashioning of public policy, and historically has influenced much of the advisory literature disseminated by the federal government.

So if we’re seeking bone integrity for our children, what offers real promise? Exercise. Weight-bearing exercise stimulates, strengthens, and builds bone. Individuals who exercise regularly generally have up to 40 percent greater bone mass than their sedentary peers. That additional mass provides a significant protective advantage against fracture. The most physically active adolescents have greater bone density at age eighteen than their inactive counterparts, and carry this bone health advantage into adulthood.

Numerous long-term studies of tens of thousands of people from all over the world consistently show a 40 to 60 percent reduction in risk of fracture in the youth who exercise most. Those who exercised and were most physically active in their youth saw a large reduction in risk later on. So we should be concerned when surveys tell us that adolescents today spend about 60 percent of their waking hours in sedentary diversions that provide no stimulation to bones. Encouraging youngsters to be physically active is important, but parents who recommend exercise from armchair have less success than those who model an active lifestyle and engage in activity with their children. Take your child on regular walks or hikes, hit some balls on the tennis court, or shoot a few hoops at the local school playground.

Yes, adequate dietary calcium is important, but the most healthful sources of calcium are plants, including leafy greens, legumes, grains, and fruits and vegetables. Kids no more need the milk of a cow than they do that of an elephant, a whale, a rat, or any other of the 5,400 mammalian species that make nutritionally unique milk for their offspring.

By setting our children free of the milk myth, encouraging and modeling an active lifestyle, and following a diet centered on plant foods and rich in bone-building nutrients, we do them a great service that will benefit them for the rest of their lives.

Also read Whitewash by Joe Keon and Dairy Deception by Dr. Brian Clement Order toll-free (877) 582-5850

A wellness consultant for more than 25 years, Joe Keon is an award-winning writer of three books and numerous articles. He resides in Northern California. More information can be found at whitewashthebook.com.
Vaccines and Autism, cont’d from p. 50

Vaccine Policies Become the Foundation for Undermining Health Freedom

Vaccines have become an increasingly important component of public health over the last century. They are now considered the second most important advance to improve public health behind only the availability of clean water and proper sewer systems. Smallpox is eradicated and polio greatly diminished. It was fear of smallpox that lead to a compulsory vaccination law being passed in Massachusetts in the early years of the 20th century.

The case, Jacobson v. Massachusetts, became the foundation from which public health officials have forced vaccines and other medical interventions. In 1902, Henning Jacobson refused the vaccine for health reasons—he and subsequently his son and others had become ill after having other vaccines and did not want to risk becoming ill again. He also refused to pay the $5 fine imposed for refusing the vaccine, and claimed his state and federal constitutional rights were violated with the mandate. A legal case ensued and made its way all the way to the Supreme Court. The case ruled in favor of the state government, while also creating a legal requirement for medical exemptions, citing that for certain individuals, the requirement of vaccination would be cruel and inhuman, and therefore an overreach of government power. The court did not feel that Mr. Jacobson was entitled to an exemption. The statute, by its terms, encroached on personal liberty only when “necessary for the public health or safety.” The case has been cited in at least 69 cases before the Supreme Court. It has been the basis numerous times since then to impose quarantines in individuals with tuberculosis.

The case, Jacobson v. Massachusetts, also became the foundation from which public health officials have forced vaccines and other medical interventions. Less than a quarter century later, public health officials in Virginia would use this ruling as leverage to mandate involuntary sterilization of “f ree and mind individuals” in state institutions. The case Buck v. Bell made its way to the Supreme Court which found, because “mental defectives” would produce degenerate criminal offspring or imbeciles who “ sap the strength of the state,” involuntary sterilization was legal. Justice Oliver Wendell Holmes concluded:

Society can prevent those who are manifestly unfit from continuing their kind. The principle that sustains compulsory vaccination is broad enough to cover cutting the Fallopian tubes. Jacobson v. Massachusetts, 197 US 11.

In the Midst of Congressional Oversight of Vaccine Injury

Congress began looking at the increased reports of vaccine injury and its link to increased rates of autism in early 2000. By the thousands, parents approached Congressmen Dan Burton, then Chairman of the House Government Reform and Oversight Committee. The Committee had been looking at other vaccine injury issues, and would turn to autism both because of the public’s request and because the Congressman saw it happen within his own family—a healthy and normally developing grandson who received multiple vaccines in one day quickly became ill and regressed into autism.

The Jacobson framework was the logic behind the Centers for Disease Control and Prevention (CDC) contracting with legal centers at Georgetown and Johns Hopkins Universities to craft the Model State Emergency Health Powers Act in 2000. The perfect opportunity to promote this law developed in the fall of 2001 when the terror attacks and the anthrax attacks. States across the country quickly adopted the federal pre-emptive legislation giving governors broad authorities to declare public health emergencies and forced treatment.

The Unique Liability Protection for Vaccines

In the 1980s, just as the number of vaccines was increasing, there was also an upsurge in reports of vaccine injury, particularly with the DTP (diphtheria, tetanus and pertussis) vaccine. Families began filing lawsuits against the manufacturers for the medical injury. The vaccine manufacturer companies, such as El Lilly, Merck, Glaxo, Smith, Xilem and Beecham, began complaining to Congress and threatening to get out of the vaccine business if liability protection was not offered. They found a friend in Congressman Henry Waxman, a democrat from California.

He introduced and ultimately passed legislation that created the National Vaccine Injury Compensation Program (NVICP) in late 1988. The NVICP provides near total liability protection for both the manufacturers of vaccines and for the health care professionals who administer them. When 5,000 families filed autism injury cases, an Omnibus proceeding was established. All of the cases were bundled together with a few cases established as test cases. As the government began preparing to move forward, it realized that one of the ‘test’ cases was a slam dunk for the petitioner. This case was Hanna Poling, and the evidence of her injury was well documented and sufficient enough that the government knew it would lose.

A Presumption of Integrity and High Standards

The general public presumes that public health officials such as those at FDA and CDC, work from a position of integrity, putting public safety and the highest standards of research before policy agendas. In fact this is not the case. The vaccine oversight system, in particular the fast-track licensing approval, liability protection extended to manufacturers and medical professionals, and compensation to the injured parties, is deeply flawed.

From 2000 to 2003, the House Oversight Committee of Congress investigated and concluded that both the FDA and CDC had been lax in their management of conflicts of interest, and also concluded that the mercury preservative thimerosal posed too great a risk and should be removed. In repeated hearings federal officials from FDA, CDC, NIH and HSIA all testified that there was ‘no evidence of harm’—that there was no evidence that children developed autism as the result of vaccine injury or exposure to thimerosal in vaccines.

There were lots of concerns expressed when the studies were published that the study design was insufficient to make the conclusions that were made as well as concerns about manipulations during the conduct of studies. The thimerosal study was changed numerous times before publication, washing out the link to autism. Stay tuned to this mushrooming concern and unfolding saga.

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Choosing not to perpetuate their lineage, we should retain our traditional Sunday holidays but also declare two new ones, UnMother’s Day and UnFather’s Day. To honor caregivers who chose careers teaching children but who themselves remain childless, we should bestow an annual award of Childless Children’s Teacher of the Year. And a special award should be reserved just for childless nutritionists who teach our children to be whole foods vegans.

We North Americans and Western Europeans, especially we who hold this glossy magazine in our hands or read its PDF on our computers, are an affluent and educated elite. We understand how human history has been shaped by the tenets of Thomas Malthus and of social Darwinism. Yet we understand that the threats of the Four Horsemen of the Apocalypse no longer need reign upon the Earth. We need not rely upon the deprivations of Poverty, Plague, Famine, and War to contain our population. We can choose between birth control and birth out-of-control.
Hippocrates Health Institute »« www.HippocratesInstitute.org

REDUCE CELL PHONE USAGE
Exeter University reported that low level electromagnetic radiation from wireless devices such as cell phones hurt sperm production. Sperm counts have been dropping throughout the developed world and about 40% of couples struggle with infertility.

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**EternityWatch Magazine**

For Vegans & Raw-Vegans

Founded by Jenny Berkley, ND, CCH, Hippocrates Health Educator

Contact for iPad App Store: Jenny Berkley, ND, CCH, Hippocrates Health Educator

Based on Jenny Berkley’s New Book: EternityWatch (2014 Hippocrates Health Institute)
Water Crisis Worldwide

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