OBESITY

Can We Change Our Deadly Course?

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OBESITY

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America’s global influence in media and communication rapidly spread our food mantra to the developed and now developing world. Worldwide concerns of catastrophic health-care issues were born out of this frightening trend. Experts state, “If you think we are ill now, look at the overweight problem of our children and multiply our present concerns by three.” Science has revealed that those enduring extra pounds not only increase their risk of cancer, heart disease and diabetes, but also a wide array of nerve, tissue, brain and microbial problems. Noxious waste such as heavy metals and chemicals pervade our environment (water and air), homes and offices, and most egregiously our food and clothing. Human fat seems to be their favorite hangout and this is why statistically those who possess additional pounds are foremost the sickest among us.

I, Brian, found myself as a teen pioneer in American obesity. Encouraged by my loving and supportive family to continue to eat, and being reinforced verbally by the suggestion that I become stronger and bigger, seduced me into thinking it was perfectly fine. Well on my way to disease and premature death, I was fortunately just aware enough to recognize my panting as I walked up the stairs. This provoked a well-needed lifestyle change to a plant-based diet, which I thank God for every day. Now well into my 60s I am thinner, stronger, happier and healthier than I was at age 20. User-friendly bodies make life worth living.

Anna Maria, fortunately grew up in the hills on the Baltic Sea not far from Stockholm, Sweden. Walking or cross country skiing kilometers per day while enjoying the great outdoors kept me thin in spite of my horribly bad northern European diet. My dad, who seemed one step above the mix, came home one day when I was 15, threw out all of the junk food from our cabinets and refrigerator, and announced that we were going to embrace a plant-based diet. Since there was no doubt that he was the boss, my brother and I fell into step rapidly and began experiencing the wondrous changes that occur when you fuel your body with real food. Although I only dropped a few kilos, my energy level quadrupled. Progress was so apparent that it led me to work in the field of natural health-care. For more than 40 years, it has become apparent to me that the greatest worldwide disease today is the problem of excess weight. We must immediately prioritize this as the number one health enemy and pour endless resources into re-educating and supporting the next generation. Without the commitment to do this, the biological and economic burden that will rest on humanity will certainly bring us to our knees.

Anna Maria and I are pleased to present this issue of Healing Our World. Focusing on such a formidable nemesis may help you, your loved ones and others to take the first step in resolving this catastrophic trend. Become light in body, mind and spirit.

With respect,
Anna Maria Clement, PhD, LN and Brian Clement, PhD, LN

FROM THE DIRECTORS

Last year, when my family had to bury my young 50-year-old brother who died from liver failure and his related obesity, it provided many personal memories. Like all Americans, except the aborigines of this continent, my family immigrated from abroad. Most often our lineage jumped on boats fleeing hunger. For this reason, the United States and its adoptive population, when developing economic security, focused on food like no other culture from the past. Our grandparents often served endless portions to us in fear we may end up the same as others they saw wither. From this was born the first nation with an obesity problem.
What’s the News?

**THE REAL TRUTH ABOUT HEALTH**

**FREE TO THE PUBLIC • Registration Required** (see below)

Tuesday, June 2: 6:30–9:00 pm (Doors at 6:00)
NYU Film Center • 36 East Eighth St, NYC
(212) 994-4100
Register at TruthAboutHealth.eventbrite.com

Wednesday, June 3: 7:30–9:30 pm (Doors at 6:30)
Lubvitich Yeshiva • 570 Crown St, Brooklyn, NY
(718) 774-4131
Register at TheTruthAboutHealth.eventbrite.com

Thursday, June 4: 6:30–9:00 pm (Doors at 6:00)
The Graduate Center. CUNY • 365 Fifth Ave, NYC
1-877-428-6942 • (212) 817-7000
Register at RealTruthAboutHealth.eventbrite.com

Please call Michael Friedman at (216) 214-2668 for more information. You can also call Hippocrates Health Institute at (561) 631-1001.

**Unborn Babies Cover Face & Grimace When Moms Smoke**

It’s no new news that smoking during pregnancy is bad news for the baby, but the CDC estimates that about 14% of pregnant women in the US still light up anyway. A new study aims to shrink that number even more; reports USA Today. Using high-definition images of fetuses, researchers found that those inside smokers touched their faces and moved their mouths more than those in non-smokers. That kind of movement isn’t a good sign, because healthy fetuses generally stop such activity over time. The study suggests that “mothers who smoke may delay the development of their babies’ central nervous systems,” explains the Independent.

**Below:** 4-d scans showing a sequence of movements displayed by two fetuses at 32 weeks gestation.

**BRAIN CLEMENT, PHD, LN**

**SPEAKING SCHEDULE**

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<th>May</th>
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<tr>
<td>8–9 North Carolina</td>
<td>19 Denmark</td>
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<td>16 The Villages, FL</td>
<td>20–22 London</td>
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*Subject to change. Please check www.HippocratesInstitute.org for current schedule.

Dear Friends, As Hippocrates Health Institute (HHI) continues to grow in its body, mind and spirit approach, I would like to take a moment to share with everyone all the wonderful focus areas around our world class educational destination. Hippocrates Health Institute is located in South Florida where the sun meets over 50 acres of beautiful land in the amazing landscaped grounds where Hippocrates continues to grow and develop. We are currently working with Palm Beach County to expand the institute with many new and wonderful amenities. We have mentioned some of these advancements in past articles; let’s revisit these and see what else is new at HHI:

**Building and expansion projects**

- New front desk in Wigmore Hall. Guests experience convenient check in and efficient communications.
- Entire new outdoor Wigmore dining room furniture. April 2015
- New exercise yurt, outdoor fitness class deck and updated yoga room. Summer 2015
- Rejuvenation park featuring a fire pit, water element and outdoor seating. HHI guests will enjoy a new seating area. Fall 2015
- The re-invention of the Vida Building. Featuring new hyperbaric chambers, expanded IV therapy rooms and an entirely new design. Fall 2015
- New tiki hut with twice the seating. Fall 2015
- New raw living buffet station. Fall 2015
- New organic salon. The salon offers unique treatments, as well as OLO, the exclusive, one-of-a-kind organic product line you will not be able to find anywhere else. December 2015
- New program consultants sales office. 2016
- New exercise/tea destination. 2017
- Expanded dormitories with new amenities and reception area. 2017
- Expanded walkways and seating areas. 2018
- Lecture Hall. 2018

**Services**

- Expanded exercise classes. Ongoing
- New yoga classes. Summer 2015
- New HHI television programming. December 2015
- New online Hippocrates Health Institute educational program. 2016
- Weekend educational retreat lectures. 2017
- Most exciting is our 600-person multi-use lecture hall. Spring 2018

Hippocrates Health Institute is the world-class destination that has never wavered for nearly 60 years — helping people help themselves through many outstanding educational processes. We are always striving to exceed our guest's expectations by making continued improvement through raw living cuisine, proper exercise and a positive mental attitude. We truly care about you and want you to care about yourself.

Health and Happiness,

Michael Allen

Healing Our World • OBESITY
New Year | New Life | Be Informed

Enjoy These Titles from Hippocrates Directors
Brian & Anna Maria Clement, PhDs

Dairy Deception
by Brian Clement, PhD, LN
Dairy Deception explains why milk, eggs, and their derivatives are our health's biggest敌人．

The Power of a Woman
by Anna Maria Clement, PhD, LN and Katherine Powell, EBD
The Power of a Woman guides men and women alike in shaping the experiences of great leaders, providing real models and tools for inspiration to renew the ‘power within’ which manifests in the world.

Belief, Integrity in Relationships
by Brian Clement, PhD, LN and Katherine Powell, EBD
Belief is reflected in the ‘power within’ by which people treat one another in health, love, words and relationships.

Loneliness, yet creating longevity. He has
of health and happiness. Clement a privileged insight into t

With out Limits

Preface by Jac

Witho ut Limits

Longevity
by Brian Clement, PhD, LN
By conducting daily clinical research as the director of the renowned Hippocrates Health Institute, Brian Clement and his team have developed a slate of art programs for health maintenance and recovery.

Supplements Exposed
by Brian Clement, PhD, LN
What if just about every- thing you thought you knew about supplements and health turned out to be... absolutely wrong?

Killer Clothes
by Brian and Anna Maria Clement, PhDs
Killer Clothes reveals the many ways that synthetic clothing, chemicals added to garments, and tight clothing and tight shoes create dangerous problems for human health.

Killer Fish
by Brian Clement, PhD, LN
People the world over are eating more fish than ever before and assuming fish to be a healthful alternative to meat as well as an excellent source for omega-3 fatty acids. Killer Fish alerts consumers to how eating aquatic life endangers their health.

Killer Fish

Food is Medicine:
by Brian Clement, PhD, LN

Food IS Medicine:
Volume One
THE SCIENTIFIC BASIS AND ESSENTIAL NUTRIENT BENEFITS
by Brian Clement, PhD, LN
Book one in a three-volume series presenting data from studies clearly demonstrating that the most important ingested medicine comes from the food we consume.

Food is Medicine:
Volume Two
EDIBLE PLANT FOODS, FRUITS, AND SPICES: FROM A TO Z
by Brian Clement, PhD, LN
Book two in a three-volume series presenting data from studies clearly demonstrating that the most important ingested medicine comes from the food we consume.

Food is Medicine:
Volume Three
FOODS THAT UNDERMINE YOUR HEALTH
by Brian Clement, PhD, LN
Book three in a three-volume series presenting data from studies clearly demonstrating that the most important ingested medicine comes from the food we consume.

Enjoy These Titles from Hippocrates Directors
Brian & Anna Maria Clement, PhDs

The Real Truth About Health Conference: Q&A
When is The Real Truth About Health Conference?
I am a very busy person and don’t reallly have time for a conference, why do I need to attend this or view this?
Life and planet saving information on health, nutrition and the environment is being discovered and written about, yet is being ignored by the mainstream media. This is why we have brought together the authors on some of the most important books ever written to let them tell you in their own words, the life and planet saving information that they have learned.

How is it possible that such important information could be ignored by the mainstream media?
If the newspaper or website you get your news from has to choose 50 articles from 500,000 possible articles then only one out of every 10,000 possible stories get published each day. You think you are reading the news each day but if you’re only seeing 1 out of 10,000 stories that were newsworthy. You are not getting all the news even if you read the whole newspaper.

Can’t we delay facing these problems for 10 years?
No, the options we have to deal with many of these problems won’t exist in the future. We still have a window of time to solve many of them but we will not have the same amount of options if we wait. Once you increase the temperature of the planet, melt the glaciers, cut down the forests, push animals to extinction, turn farmland into deserts, run out of drinking water, change the weather, acidify the oceans, destroy the ecosystems, make it warm enough for tropical insects to live in the United States, kill trees by letting the pine beetles spread, create antibiotic resistant bacteria, blanket the planet in pesticides and conduct other environmentally unfriendly practices it will be impossible to fix things.

I already know a lot about health and nutrition, why should I bother coming to another conference?
The top researchers in the world on the most important topics mankind has ever faced are coming to share the very latest, most accurate, unbiased information. You will learn, grow and be greatly influenced after each and every lecture. All of this will occur in one place and you can attend for free.

How can you afford to make the whole conference free?
We are counting on the people who can comfortably afford admission to pay, which will cover the cost of all the people who couldn’t afford it. However, the conference is 100% free to everyone who wishes. Paying is completely optional.

What role do Brian and Anna Maria Clement and the Hippocrates Health Institute play?
Both Brian and Anna will be among the 25 plus speakers and Hippocrates Health Institute is the sponsor of the conference. Brian Clement is also partner of The Real Truth About Health and The Real Truth About Health Conference and TheRealTruthAboutHealth.com.

See ad on back page for more info. TheRealTruthAboutHealthConference.com
Contact The Real Truth About Health (561) 911-1417

From the Publisher
The effects of excess body weight are associated with various diseases, particularly cardiovascular diseases, diabetes mellitus type 2, high blood pressure, obstructive sleep apnea, certain types of cancer, osteoarthritis, and asthma, all resulting in a reduced life expectancy. The effects of obesity could also lead to the desire for cosmetic surgery, i.e. to get rid of fat or loose, excess skin.

Measuring Obesity

The good news is that even a modest estimate of body fat. However, BMI doesn’t unequivocally measure body fat. Some people, such as muscular athletes, may have a BMI in the obese classification even though they don’t have excess body fat. Other ways to measure body fat percentage include skin fold caliper measurements, bioelectrical impedance analysis, anthropometric, hydrostatic weighing and a DEXA Scan. Although these techniques can be relatively accurate, they all have upsides and downsides.

**Portion Distortion**

“Portion distortion” is the misunderstanding of a serving (which is the quantity of food suitable for, or served to, one person). Everything we eat has a scientifically agreed upon serving size for one person. Many people do not really understand what supersize actually means to their health. I always say, “Eat for two people, look like two people!”

Back in my days of craziness, if I was to pay $11 USD or more for a meal and I didn’t get at least 12 ounces of meat along with bread, one or two sides, and soup or a salad, I would grumble, in-simulating that they were ungenerous. At times I would be infuriated enough to order another meal! In reality, a serving of meat or fish is three to four ounces.

Why is North American culture programmed to be annoyed if we don’t get at least three or four servings at one sitting in a restaurant? Any less, and we feel like we are getting ripped off. Europeans are content to pay well for a decent meal that has the appropriate serving amount for one person. Eating organic food in the proper portion gives us the best opportunity to achieve our goals.

Retaining the Brain

When it comes to weighing ourselves we should never judge our successes by the balance of a scale. Instead, we must gauge our progress by the steps we make as we adopt a resolution to be healthy. The use of proper food combining along with realistic exercise habits, and a healthy attitude is where we find peace in our journey. The best applications for optimum health are devoted to digesting, absorbing, releasing, and eliminating. These interests are the key factors of a wholesome life. When preparing for a program it’s best to make sure your expectations are realistic. You don’t really want to lose 100 pounds in 3 weeks! Your body will release excess weight in the biological way it is intended.

**BMI (Body Mass Index)**

- **Below 18.5** Underweight
- **18.5 – 24.9** Normal
- **25.0 – 29.9** Overweight
- **30.0 – 34.9** Obese (Class I)
- **35.0 – 39.9** Obese (Class II)
- **40.0 and higher** Extreme obesity (Class III)

**Retaining the Brain**

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“Although a healthy diet plan is essential, much of the HWMP’s success is attributed to its emphasis on proper exercise.”

Tony Zamagni is a Certified Nutrition & Wellness Consultant, Hippocrates Health Educator, Weight Management Consultant, Certified Personal Trainer and raw food chef. He has lost over 150 pounds and has kept it off for over three years. Through the Hippocrates Weight Management Program, Tony provides a safe wellness protocol to last a lifetime.

To sign up or learn more, call (561) 623-1002 or email info@hippocratesinst.org.
1. I was a person wanting to adopt a healthier lifestyle.
2. I was completely discouraged by dieting.
3. I eventually felt helpless to do anything about my condition because each time I "fell off the wagon," it would take me years before I would build healthy, long-term habits. This approach is about eating, not depriving ourselves. It’s not about losing overall body weight by reducing calories. This misconception causes the loss of muscle, bone, organ tissue, water and fat, making participants prone to degenerative diseases, especially in the nervous, muscular and skeletal systems.
4. I needed clear, relevant, research-based information about my condition and came to realize that there was no easy, magical answer to my problem I suffered from.
5. We just do life. If we eat excessively every now and then, we should forgive ourselves and move on. We can always go back to the beginning stages with improved resolve. We need to be careful how we interpret the word “diet.” When people imply that its “going on” a diet, this implies that there will come a future time to go “off” the diet. In nutrition, diet is defined by the sum of food consumed by a person.

**The Importance of Hydration**

Hydration is important, because consuming water is associated with fat loss. Initial weight loss is largely due to loss of water. Because we need to drink an adequate amount of water in order to avoid dehydration, the process of burning calories requires a sufficient supply of water in order for our bodies to function efficiently. Dehydration slows down the fat-burning process. Water also plays a vital role in flushing toxins out of our bodies during the fat loss process. When exercising, water helps maintain muscle tone by assisting muscles in their ability to contract, and it lubricates our joints. Proper hydration helps reduce muscle and joint soreness so we can get the most out of our workout. Dehydration causes a reduction in blood volume. A reduction in blood volume causes a reduction in the supply of oxygen to our muscles. A reduction in the supply of oxygen to our muscles can make us feel tired. A healthy fat loss program must include a proper amount of fiber. But while fiber is normally helpful to our digestive system, without an adequate fiber intake, it can make us feel tired.

Obesity is mainly caused by grazing on a combination of unbalanced food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications, or psychiatric illness. Indications to support the view that obese people eat little, yet gain weight due to a slow metabolism is very slight. On average, obese people have a greater energy expenditure due to the energy required to maintain an increased body mass.

“Hedonic hunger” is the scientific term used for the impulsive urge to eat when we’re not even hungry. The pleasure center in the brain is triggered by sight, sound, smell, or even thought, and we then behave the same way an alcoholic or drug addict does.

**Never Say “Die”**

Dieting does not mean deprivation and sacrifice. There is no wagon to fall off! Dieting does not mean deprivation and sacrifice. There is no wagon to fall off! After repeating this sabotaging cycle of exhaustion, we lie back down in a sad state of despair, until we digest just enough to fall into a bewildering sleep.
How often in your life do you take the time to stop and connect with yourself and with life around you? How often are you in touch with your feelings and your body while you’re engaged in daily activities? Many of us are doing too much on a daily basis without connecting to our inner presence. Our laptops, tablets and our virtual lives have become a substitute for engaging on a deep relational level with ourselves and others. We continually deprive ourselves of a grounded sense of Self within our bodies. The less we feel our bodies, the more anxious we become and the less we feel our bodies. We have lost our wholeness as a species. In order to come back to our senses, we need to rediscover our deep self-awareness and our full potential as sentient beings. Both embodiment and mindfulness are invaluable tools to assist us in our journey back to wholeness and vibrant wellbeing.

Anxiety is the most common psychiatric illness in the United States and is a major global problem. According to the Anxiety Disorder Association of America, 40 million American adults are suffering from anxiety! Anxiety not only affects the sufferer, but it also affects the families and beloveds who live with the disruptive and very unsettling nature of this condition. Constant worrying, trouble falling asleep and a continuous feeling of dread or apprehension keep us out of “the here and now” and impair our quality of life. It is essential that we reclaim our inner peace and tranquility as well as engage in a state of true aliveness. Embodied Self-awareness brings us into contact with all of life in an accepting and non-judgemental way. When we are aware in our senses, we find less of a need to judge or evaluate our experience. We learn to accept any experience as it is, in the moment. Anxiety takes us out of this kind of embodied presence and causes us to experience the world as hostile and fraught with danger.

Embodied Self-awareness is our birthright. According to Alan Vogel in “Body Sense: The Science and Practice of Embodied Self-awareness,” Embodied Self-awareness begins prior to birth during the last two pre-natal months. “Self-awareness in the late-term fetus and in the infant is non-conceptual and non-linguistic. It is implicit ‘knowing’ about the self’s likes and dislikes, joys and pains, in relation to the world.”

— ALAN VOGEL

Embodied state is not supported and we grow ever further away from it as we become socialized.

Psycho-physiological health rests upon the ability to mindfully perceive and monitor bodily states. Mindfulness is receptive presence; it is our ability to receive life as it is, moment to moment. It is not to be confused with one-pointed concentration, although a certain degree of concentration is necessary for mindfulness to happen. Mindfulness requires us to slow down, to breathe, to feel and to sense. As we become more present in our experience in a mindful way, we become truly sentient beings. Both mindfulness and embodiment don’t happen on a regular basis unless they are practiced, yet they can both be learned very easily, with little effort. A wealth of research has shown that mindfulness meditation is very effective in the treatment of anxiety and all its related symptoms and issues. We believe that the practice of embodiment brings a deeper level of awareness into mindfulness and thus offers a more profound level of healing and wholeness.

As Hardell states, “Cancer prevention is the privilege of an educated elite since it is well-educated people who have easier access to information sources and can make their own conclusions. Research on risk factors for cancer does not have the glamour associated with the development of complicated and profitable new drugs for cancer treatment. But cancer prevention, on the other hand, is cost-effective and research to identify risk factors should be of equal importance as laboratory studies in molecular biology.”

World’s Authority Dr. Lennart Hardell
Links Cell phones and Wireless to Disease

As head of the oncology department at Orebro University Hospital, Sweden, Hardell has devoted much of his life’s work to exposing the modern catastrophe that technology spreads. For two decades, working in accordance with the Declaration of Helsinki and the Ethics Committee at Orebro and Uppsala Universities, he established the longest study on the cell phones and wireless pathway to cancer. Hardell’s work revealed that wireless radio frequencies slowly but surely increase the potential for glioma, specifically in the temporal or overlapping lobes.

Additionally, youth who employ wireless technology experience a sharp increase of astrocytoma grade IV and or glioma later in life. Astrocytoma is glioblastoma in a multiform growth. Children in their developmental years have thinner skulls and greater conductivity in the brain tissue, readily allowing mutation to occur. Hardell and others point out a direct link to neurological diseases like MS, ALS, Parkinson and Alzheimer’s. Myelin sheaths, which protect the nerves, are eroded by radio waves, playing havoc on the nerves. Melatonin reduction via these disease causing waves plunges brain chemistry. Breaking healthy sleep patterns for all cell phone and wireless users.

Research points to the fact that for children, as well as adults, the use of cell phones triples the chances of contracting brain cancer. In 2015, global ownership of cell phones exceeded 5.5 billion. Hardell has struggled to enlighten the public about the severity of this problem. His past work, linking pesticides and chemicals to cancer also seemed to fall on deaf ears. Wireless home phones are also culprits in this sinister, unreported problem.
No matter the season, it’s important to ensure kids get up and moving so they stay on track with their physical fitness! Here are some tips with many that offer the opportunity for some good old-fashioned family time. Exercising need not be reserved for the outdoors as there is plenty kids can do inside of the house to get fit! Listed below are just a few good ideas.

Indoor fitness activities

Walk or run up and down a stairwell multiple times (skip a step for added intensity and effectiveness).

Jump rope—yes, indoors too! Just ensure that the child has enough clearance from that cherished vase!

Calisthenics (push-ups, sit-ups, jumping jacks, etc.) are great for developing body coordination and balance.

Calisthenics help with flexibility, which is another sign of a healthy body.

Stretching helps with flexibility, which is another sign of a healthy body.

Prefer the great outdoors? No problem! Outdoor fitness ideas abound.

Take a walk, jog, or bike! Raining? Walk the mall double time!

Take some lessons. Find an after school program, YMCA, or community center that offers lessons or activities that are physical fitness-oriented. Your options are unlimited and may include tennis, dance, kickboxing, golf, swimming and self-defense. These lessons will help your child become more well-rounded in many areas of fitness and may possibly help them find one that they enjoy and where they might want to take advanced lessons.

Enjoy an “extreme” family vacation. Get your children involved in planning a dynamic family vacation that includes physical activities for everyone, both together as a family and individually. Each family member should be able to plan a physical activity whether it is a walking tour of a city, playing volleyball, kayaking, white-water rafting, snorkeling, skiing or snowboarding, hiking a trail or climbing a summit. Together, your family can take the months prior to the trip to build up the endurance, strength, and skills necessary to enjoy your active plans. The “vacation” can, even be a simple day trip in your own neighborhood or something much more extravagant. Children can save allowance money for “cool” fitness gear or earn money to be used toward the purchase of specialty equipment by achieving physical fitness-oriented goals (like getting a yellow belt in Karate or completing a successful season on the swim team). This will not only teach children about preparation, organization, and planning, but it will also motivate and reward them for engaging in activities that are good for their health.

Merilee Kern, is the creator of the ground-breaking “Kids Making Healthy Choices” APP for children, parents/caregivers and educators (available on iTunes), which is based on her award-winning, illustrated fictional children’s book, Making Healthy Choices—A Story to Inspire Fit, Weight-Wise Kids. She may be reached online at www.KidsMakingHealthyChoices.com.

by Merilee Kern

Jump rope

Dance!

Calisthenics

Indoor fitness activities

Swim!

Roller skate

Walk the mall double time!

Hula hoop

Take a walk, jog, or hike. Raining?

Crunches!

Shadow boxing

Sure, let the kids watch TV but challenge them to do as many sit-ups as they can while the commercials are on. Do this for at least one full TV program, which usually has at least 3 or 4 commercial breaks.

Shadow boxing is a great way to work the arm, leg and core muscles while also getting the heart pumping for some nice calorie-burning cardio. And, it’s fun. Kids will have fun showing you how they can “float like a butterfly and sting like a bee.”

Jump rope is an old standby that offers an array of health benefits.

Take casual activity to the next level by performing given exercises (push-ups, sit-ups, jumping jacks, balance beams, etc.) with parent’s encouraging them along the way. Children can set goals, such as trying to beat their time from last week, spotting animals along the route, or finding “treasure” along the way. The course can be followed with a healthy family picnic lunch in the park. Doing so will also teach children how to prepare healthy foods.

Swim! Forget doggie paddles; instead, do laps up and down the pool or, for the ambitious types, try the butterfly stroke!

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Swim!

Roller skate

Walk the mall double time!

Hula hoop

Take a walk, jog, or hike. Raining?

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Swim!
WALKING THE TALK OF MINDFULNESS
in FOOD JUSTICE

by Brian Clement, PhD, LN, Beth Clay and Rudhi Lenardi

Political foraging for food justice in the changing 2015 climate requires a heightened awareness of the seasonal winds. It requires cultivating new relationships with new players and seeding favorable education opportunities while avoiding toxic run-off influences and drivers indicative of deeply fund-ed interests of Big Ag and Big Chem. Tracking these clues towards sustainable, quality organic food and food sovereignty policies in 2015 may be a mixed bag as the major players reveal their agendas.

The POP Campaign translates Hippocrates Health Institute’s living blueprint to its food jus-tice campaigns. It seeks to protect and promote policies at all levels of govern-ment that promote a healthy, organic, sustainable food supply with accurate labeling through educating, bringing together and empowering advocates and communities worldwide. A healthy food supply, combined with supporters of healthy lifestyles and beliefs systems, are the foundations of an alive, vibrant social salutogenesis where “quality food is a human right.”

Science is our friend, not our enemy. And as such, when we put GMO prod-ucts under the microscope of true sci-ence, we find that there has not been sufficient unbiased testing to ensure that GMOs are safe.

We support what a super-majority (over 80 percent) has asked for—man-datory labeling, so that the informed consumer can make accurate choices at the supermarket. We strongly support protecting organic farms and crops. Industry officials have discounted the risks to both human and environmen-tal health and hope that government officials take their word on it, rather than requiring legitimate long-term studies done with integrity to validate their scientific positions.

There is a huge ongoing push back from corporate entities that desire to protect their positions, profits and current status quo on govern-ment policies—voluntary labeling of genetically engineered foods (GMO) in the U.S., a dominating agenda at this time. At the expense of citizen health, alleged birth defects, toxic halogenings, contaminated crops and dis-harmony of communities, corporate giants such as Monsanto suggest that there is not a scientific basis to mandate labeling. They use well-funded political and manipulations to have their way and prevent consumer transparency. One of the most obviously prevalent examples of this is seen in Maui, Hawaii, where a GMO moratorium was passed by the majority, yet the courts and the County have stalled and refuse to implement the voters’ will (see more below).

A new film called “Bought” by Jeff Hayes and Bobby Sheehan was recently released. It is a powerful piece on how our health and food is driven by what is best for science and most profitable for industry. One of the graphs in the film illustrates the over 60 Countries in the world that already label GMOs—at little or no cost to consumers.

Nielsen, which conducts consumer re-search and analysis, reported that sales of non-GMO products exceeded $10 bil-lion last year and grew at a faster pace than sales of gluten-free items over the last four years. In a Nielsen study of 3,000 consumers published earlier this year, 80 percent of respondents said they would pay more for foods with labels like “non-GMO,” although most of them do not necessarily trust food labels. A strong 61 percent of those consumers said it was “very” or “moder-ately” important to buy products with a non-GMO label, exceeded only by those saying it was important to buy products without high-fructose corn syrup.

We know that 100 years ago, many of the diseases such as heart disease, obe-sity and chronic debilitating illnesses of children did not exist on the record books. Many diseases did not increase at the rates we see today. Surfacing during the State of Washington’s GMO YES on 522 labeling campaign, research-er Nancy Swanson, PhD reported these Disease Epidemiology Correlations with the planting and availability of GMO crops.

These graphs on pages 20 and 21 are so revealing from a bird’s eye view of the various illnesses that are affecting our health—obesity, heart disease, diabetes, autism, etc. — and how their growth surges parallel the incorpora-tion of GMO crops into our food supply. Obviously large corporations have spearheaded this growth to meet their own profit agendas; however, we can-not help but inquire about our roles in these increases. We participated in this too, you and me and our parents and grandparents—these increases have happened during our lifetime.

While the new national political stage is set and the new players are still “memorizing their lines,” so to speak, we have an opportunity to write our own success scripts for health and our future. If we act now, and do not settle as spectators of our health freedom, the Academy Award is ours.

Blueprint for Health and a Renewed Pledge

The POP Campaign and MOMS4POP look to Hippocrates Health Institute (HHI) as the mother ship blueprint for vibrant health. What it offers brings into harmony our inner landscape and is the primary resource for information. It offers the menus, education, lifestyle, beliefs and support that challenge our own “rust and rot” tendencies to destroy ourselves on a daily basis—until we get it. We encourage everyone to visit and share this resource—especially tune in to the Real Truth About Health Conference May 22–23 in Orlando, Florida.

The Pledge: in the spirit of being mindful of our aliveness, The Pledge is a simple but powerful tool. It is a practical commitment step in applying the HHI and POP Campaign blueprint to our inner environment and bridging our outer environment and daily actions. We invite you to sign the Million Moms Pledge and contribute support by sharing it and donating at www.MOMs4POP.org (Don’t feel left out, Dad, you can be a pop for the pledge.) We seek to expand our network so that we can leverage a high volume educational response and speak out when the time is most crucial.

The Million Moms4POP Pledge for Healthy Foods And Choices

POP Campaign (Preserve Organic Pow-er) • MOMS4POP • Hippocrates Health Institute • Sustainable Radiance

This POP Campaign pledge for Moms and Heads of Households is a blueprint for action in preserving healthy food and supplements and the right to choose.

As a MOMS4POP I recognize that I am the primary caretaker in the healthy blueprint for organic, alive, nutrient dense food and supplements. I know that the power of organic food lies in its quality, vitality and aliveness and that access is a fundamental human right. I know that eating healthy organic nutri-ent dense foods are best for my health. I choose food that is the result of pure seeds, sustainable farming practices, human dignity, economic affordabil-ity, and local—without decep-tive advertising, manipulation, misleading labels or genetically altered genes. See the rest of the pledge on page 22.

A Grass Roots Community Model on MAUI.
One of the recent outstanding efforts of US citizens who realized a vic-tory on Maui is the SHAKA Movement.* Maui County is GMO ground zero, where the three to four growing cycles per year dramatically expedite GMO research and development of new varieties of genetically engineered corn and other crops. It is NOT all paradise there.

(*Sustainable Hawaiian Agriculture for the Keiki and the Aina)

Citizen’s groups in Maui County stood up to two of the most influential Agro-chemical corporations, Monsanto and Mycogen (Dow AgroSciences), and not surprisingly won the most highly financed political campaign in Hawaiian history by over 1,000 votes. The results are the strongest local GMO restrictions in the nation, a temporary ban on all GM crop produc-tion and experimentation until studies show no harm. The campaign was 100 to 1 outspent in their remarkable victory.

Key to this lesson, from the perspec-tive of the authors, is a model of social salutogenesis where their GPS was the health, traditions and cultural roots of the Hawaiian Community.

Stay informed with The POP Campaign Please contribute and visit the POP Campaign website at POPCampaign.org and MOMS4POP.org
An extended legal framework was crafted to honor and preserve these values and the land; and many different groups found common ground to work in harmony. Education was door-to-door, sharing concerns about issues, and finding the core Alola value—all ensuring the people’s voice was heard. At the time of this writing, the courts have refused to implement the voters mandate. The corporations are spending thousands of dollars to derail the voters’ mandate in the court system. The County of Maui has backpedalled directing away from the voice of the people it is supposed to serve.

Key Legislative and National Issues

Two Major Approvals: Enlist Duo: The EPA has approved the use of Enlist Duo, an Agent Orange based herbicide that violated the Endangered Species Act and is highly toxic. There has been a court challenge by the Center for Food Safety. It is interesting to note there are some exceptions. “While the EPA proposed initially to restrict the use of Enlist Duo to Illinois, Indiana, Iowa, Ohio, South Dakota, and Wisconsin, it has anticipated another 10 states, Arkansas, Kansas, Louisiana, Minnesota, Missouri, Mississippi, Nebraska, Oklahoma, Tennessee and North Dakota, will follow.” The cross contamination of Enlist Duo on other crops is a huge concern, so stay tuned.

GMO Apple Available in Supermarkets: Despite a huge public outcry, the USDA approved the Okanagan Specialty Fruit’s non-browning genetically engineered apple. It will begin showing up in applesauce, baby food and on shelves. Some stores are refusing to sell the apples. The POG Campaign and MOMSsPop encourage you to demand that your local grocers do not sell these apples and support our efforts to add warning labels on them for mothers who are pregnant, nursing and for children under the age of five years.

Legislative Actions

There are many State efforts to address labeling; the newest being the State of Indiana where Senator Dennis Kruse (R) from Auburn introduced SB 66. As you recall, the states of Maine, Connecticut, and Vermont have passed labeling laws that require additional triggers to go into effect. California, Oregon and Washington campaigns were heavily outspent and did not succeed except to achieve immensely higher levels of education and awareness for future attempts. At a national level there is some legislative activity as the new Congress gets traction for the 2013 legislative session. Alaskan Salmon Bills. HR 193 and HR 594. Alaskan Republican Don Young has reintroduced his two bills to protect his own Alaskan salmon.

• HR 193. To amend the Federal Food, Drug, and Cosmetic Act to require labeling of genetically engineered fish, and,

• HR 594. To prevent the escapement of genetically altered salmon in the United States. Cosponsoring these both are Rep. Matt Cartwright (D-PA), Rep. Peter DeFazio (D-OR), Rep. Jared Huffman (D-CA), Rep. Walter Jones (R-NC), and Rep. Mike Thompson (D-CA). Continuing to educate representatives and share your stories and concerns is most appropriate as these bills set a precedent and will demonstrate the ease of labeling a GMO product. The escapement is obviously a very serious environmental concern because any escape of a genetically engineered salmon into the wild will result in a monstrous contamination and hybrid distortion of the species and wild salmon will become only a story in our history books.

• Glyphosate and GE Industry

Hearings: On March 20th, the UN’s International Agency for Research on Cancer (IARC) classified the herbicide glyphosate—the active ingredient in Roundup as “probably carcinogenic” on the basis of “limited evidence” of cancer among humans,” as reported by EuroActive news. Industry immediately criticized the report stating that all of the reports to the contrary were not included.

Sources: USDA:NASS, CDC.
Therefore, I am committed to the following:

My greatest assets are my power to choose and my voice to be heard. 

I PLEDGE to educate myself on GE (Genetically Engineered) food and supplements and to avoid purchasing these for myself.

H.R.1699/S.809: The Genetically Engineered Food Right to Know Act. The House Bill introduced by Congressman Peter DeFazio has 63 cosponsors. The Senate Bill, introduced by Senator Barbara Boxer has 16 cosponsors. On March 25, Rep Mike Pompeo introduced the industry labeling bill H.R 1699. At the time of this writing, although no text is available, it is presumed that it will restrict State's labeling and propose a very watered down version or no labeling at all. In particular as parents, it is essential to call your legislators and ask them to stand up for your choices around food and to sponsor and get passed this important landmark legislation.

The positive note in every action we take, is that the more informed our communities become, the more we realize that we can influence policy makes by sharing our stories and educating them on the issues. We learn that we can cause a ripple and that policy makers turn their heads. Even in our apparent failures, our voice is heard and progress, although slow, is broadened, enlivened and inspired. Education on these issues leads to a more mindful awareness on our personal lifestyles and affect the healthy roots of our communities. For many, many individuals, this is the first time they have seen their voice and power make a difference.

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THE SHAKA Movement looks forward to working with the County to heal the divisions created by all the propaganda and misinformation pumped into our community and to creating a sustainable agricultural system that emphasizes local food security over exports for profits. This initiative was an important first step for us all to find a new way of self-governing, where when the people lead, the leaders shall follow.” — MARK SHEEHAN, Maui SHAKA Movement

THE PLEDGE Cont’d.

My greatest assets are my power to choose and my voice to be heard.

Therefore, I am committed to the following:

1. PLEDGE to transition to 75% to 100% organic food as much as possible for myself, my family and children;
2. PLEDGE to educate myself on GE (Genetically Engineered) food and supplements and to avoid purchasing these for myself and my family and children whenever possible;
3. PLEDGE to become a voice in the lives of my family and community by sharing what I know about healthier food choices; 
4. PLEDGE to establish a healthy food legacy for the children of my home, my community and the world;
5. PLEDGE to declare that the right to quality, unaltered food the way nature intended is a human birthright;
6. PLEDGE to protect the highest standards for organic, alive, nutritious, sustainable foods, seeds and whole food supplements; 
7. PLEDGE to be a MOMS4POP who continually educates myself about healthier food and supplement choices, speaks out boldly, supports government policies that support my pledge, and makes a difference by my actions and pocketbook.

Stay Informed With POP Campaign

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

by Patricia Davis

It’s hard to believe that the clothes you wear can contribute to obesity. It’s true; allow me to show you how. The first part of this article will focus on explaining the medical facts and making the connections. We will then disclose the major chemicals being manufactured in the clothes that contribute to the medical conditions associated with obesity. Finally, we will offer the solution to help you take greater control of your life by being selective of the clothes you wear and the textiles you use.

THE ENDOCRINE SYSTEM

The endocrine system is the collection of glands that produce hormones that regulate metabolism, tissue function, growth and development, sexual function, reproduction, sleep and mood. It’s made up of the thyroid gland, parathyroid glands, pituitary gland, adrenal glands, pancreas, ovaries and testicles. Several organs play a major role in helping the endocrine system work well. These organs are not glands themselves. They work to produce, store and send out hormones that help the body function properly and maintain a healthy balance. The endocrine system affects many different body functions, including growth and the production of energy. The thyroid gland is the control center of our metabolism. When it does not function properly, weight gain is one of the most common consequences. Thyroid disorders can result in problems such as obesity, diabetes, hyperthyroidism, hypothyroidism and Addison’s disease.

Your stomach and small intestine secrete many hormones tied to eating and digestion. Disorders in this system can cause you to eat too little or too much food, causing weight gain or loss. The gut tract is the largest endocrine-related organ system in the body. It makes and secretes several different types of hormones that play a critical role in metabolism. Ghrelin and leptin are two hormones that have been shown to regulate appetite and are important in obesity and weight disorders.

Several endocrine abnormalities are reported in obesity and several endocrine diseases have obesity as one of their clinical manifestations. For example, testosterone, the male hormone, is also important in the management of weight. Without proper amounts of testosterone, men cease acting and functioning like men.

To further explain, some of the signs of low testosterone include: depression, anxiety, inability to get motivated, muscle loss and weight gain. As reported by WebMD, “Obesity and low testosterone are tightly linked. Fat cells metabolize testosterone to estrogen, lowering testosterone levels.” Research has shown that there is not a clear, one-way connection between obesity and depression. Instead, studies have shown that the two tend to unequivocally feed off each other in a vicious, self-destructive circle.

Obesity causes depression. Obese people are about 35% more inclined to experience a mood disorder like depression compared with those who are not obese. It can cause poor self-image, low self-esteem and social isolation. Research has shown that there is not a clear, one-way connection between obesity and depression. Instead, studies have shown that the two tend to unequivocally feed off each other in a vicious, self-destructive circle.

Depression causes obesity. People who experience depression are more likely to overeat, make poor food choices, avoid physical activity and exercise, and be more sedentary. Studies have found that depressed people with decreased levels of the hormone serotonin have a tendency toward obesity because they tend to eat in an attempt to self-medicate and restore their serotonin levels to normal.

What’s this have to do with clothes?

There are over 10 classifications of chemicals being used to manufacture clothing that are known endocrine disruptors. Under the 10 classifications there are thousands of chemical compounds. On average a single garment can contain up to 8,000 chemicals, many of which compromise our endocrine system.

What are some of the chemicals in your clothes that can be linked to obesity?

• Dioxin: also known as PCBs (persistent bioaccumulative toxicants).
• PFCs (Perfluorinated chemicals)
• Bromine
• Glycol Ether
• Arsenic
• Cadmium
• Lead
• Antimony
• Nonylphenols
• Fire Retardants:
• Tris, PBB, PBDE and Chlorinated Tris
• Aluminium
• Copper
• Mercury
• Zinc

Consumers Against Toxic Apparel Explains the Link Between Obesity and Fashion

We know that GMO foods are toxic, it disrupts our internal harmony, and disrupts the harmony of the planet. Even if the disputed promises of increased crop yield are accurate, which is questionable, an increased amount of toxic products in our food supply is a negative not a positive and is downgrading the health of our communities. This is becoming more and more obvious to all of us.” — RUDHI LENARDI, POP Campaign

Five days later, the House Committee on Agriculture held a hearing on GE Foods where six witnesses were allowed to speak, all industry representatives, who claimed GE crops presented no risk and that there was no need for labeling. Immediately consumer representatives have spoken out screaming the hearing was bias and unfair. The tensions build.

• GMO Labeling Bills: H.R.1699/S.809 The POP Campaign is working diligently in DC to educate representatives and staff to share the views of parents on issues relevant in H.R.1699/S.809: The Genetically Engineered Food Right to Know Act. The House Bill introduced by Congressman Peter DeFazio has 63 cosponsors. The Senate Bill, introduced by Senator Barbara Boxer has 16 cosponsors. On March 25, Rep Mike Pompeo introduced the industry labeling bill H.R.1699. At the time of this writing, although no text is available, it is presumed that it will restrict States labeling and propose a very watered down version or no labeling at all. In particular as parents, it is essential to call your legislators and ask them to stand up for your choices around food and to sponsor and get passed this important landmark legislation.

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A
s Western fast foods, includ-
ing factory-farmed animal
foods and processed foods,
are replacing traditional foods in
developing countries, obesity rates con-
tinue to soar worldwide. Inhabitants of
many nations are experiencing
unprecedented rates of debilitating
chronic diseases that are inextricably
linked to obesity, thanks to current
commercial Western eating policies and
choices.

According to FRAC, Food Research
and Action Center, “Obesity rates have
more than doubled in adults and chil-
dren since the 1970s (National Center
for Health Statistics, 2009).

Weight loss diets do not work in the
long run. Improved nutrition through
a raw vegan lifestyle offers lifelike
health benefits, including ideal weight.
Life in our foods enhances the life in us,
but, unfortunately, this vital aspect is
lost once foods are heated and
processed.

White, refined foods are addic-
tive—their consumers will endlessly
eat more, hoping to find that satisfy-
ing spark of life that is no longer there

Lifeforce was destroyed in these pro-
cessed foods, ironically, to give them a
lengthier shelf life.

Children will not be obese when
their parents uphold a strong convic-
tion about the benefits of fresh raw
vegan foods. These parents will teach
the health promoting aspects of fresh
fruits, leafy greens, sprouts and veg-
etables to their children. When foods are
whole, ripe, fresh and organic, they
contain vitamins, minerals and phyto-
nutrients that satisfy us. We’ll benefit
from the essential fiber that keeps us
feeling full, but this will never be an
incapacitating full feeling such as that
following a standard holiday dinner.
Remember that unpleasant full feeling
“after great dinners”? After fresh raw
vegan meals, there’s no longer the
sensation of having an overstuffed
stomach; feeling full simply means
the feeling of craving something more
will linger. In an attempt to obtain
essential nutrients, the desire for more
will persist. Refined foods will always
lack what the body needs—overeating
of nutritionally empty “foods” ensues
and becomes habitual.

Such “empty” eating habits result
in vitamin/mineral deficiencies and
obesity. In addition to being un aes-
thetic, obesity lays the groundwork for
myriad diseases.

Whenever there is excess body fat,
there is an accumulation of toxins in
the fat cells that must be diluted by
water. Fat cells thus become bloated
and heavy, and all bodily functions
become more difficult, resulting in dis-
esases based solely on eating disorders.

In reality, the disorder is nothing more
than eating empty foods that have
been destroyed by heat, chemicals and
many processing techniques before
arriving on the plate. Paradoxically,
the obesity victim is really starving for
nutrients found abundantly in fresh
vegan foods.

Commercial interests selling acryl-
amide, a carcinogenic plastic re-
sulting from high temperatures in
contact with foods that are fried,
baked or roasted, further facilitate
excess fat gain. A study done at the
University of Stockholm, Sweden in
2002 demonstrated the toxic effects of high cooking temperatures. For ex-
ample, potatoes when cooked at high
temperatures in boiling oil get coated
with the potent cancer-causing plas-
tic-like compound called acrylamide,
especially prevalent in French fries or
chips. Acrylamide, easily recognized
by the golden brown surface on foods,
combined with the polynsaturated
oils used in cooking with canola, soy-
bean, safiflower, corn and other seed
and nut oils, produce toxic amounts of
free radicals, causing aging, inflam-
mation, fat gain and cancer.

In her article, “Turning Up The Heat
on Acrylamide,” in the FDA Con-
sumer Magazine (IF S Food and
Drug Administration), January–February
2003, Linda Bren explains: “Acryl-
amide was not found in uncooked or
boiled food—studies indicate that it
appears to form during certain high-
temperature (greater than 250 degrees
Fahrenheit) cooking processes, such
as frying and baking, and that levels
of acrylamide increase with heating
time. Acrylamide is classified as a
potential human carcinogen, as well
as a genotoxicant, a substance that can
mutate and damage genetic material.”

Animal foods contain cholesterol,
which with time builds up to clog
blood vessels. Leafy greens, vegetables,
sprouts and fruit are 100% cholesterol-
free. Since our livers make all the
cholesterol we need, there is no dietary
requirement for cholesterol. Animal fat
is solid at body temperature, whereas
unfortunately, obese children are clogging
their arteries, laying the foundation for
diseases that are unknown in countries where people remain, for-
tunately, too poor to eat animals and their byproducts.

Milk of different species varies in
protein and fat content according to
how fast the infant of that species
grows. The bovine calf grows four times
times faster than the human baby, which
explains why cow’s milk is 20% protein
and human mother’s milk is less than
5% protein—a true indication that cow
milk is meant for calves, not for hu-
mans. Cow milk is meant to grow a calf
into a 1000-pound plus creature. Is that
what we should be doing to humans?

Even vegan children become
obese when white foods are eaten:
white flour, refined sugar, salt, white
potatoes, starch, sugary refined
cereals, white rice, crackers, breads,
rolls, cookies, cakes, etc. Baking and
frying require high temperatures. Not
only are the heated oils and shorten-
ting toxic to the point of becoming
carcinogenic, the resultant acrylamide
(a deadly, golden brown plastic), albeit
crunchy to taste, becomes yet another
toxic that gets stored in the fat rolls
and must be diluted with water and
held in solution—hence obesity.

Refined sugars, especially high fructose
corn syrup and aspartame absorbed by means of gushing sodas,
toronut snacks or ice cream, cause an
inflammatory response, preventing
weight loss.

When the precepts of fresh plant
nutrition are fully lived, obesity will
no longer be an epidemic; it will
be impossible. ©
http://www.hippocratesmedicine.org

Karen Ranzi,Creating Healthy Children: Ramseth NJ:SHC Publish-
ing, Inc.

Award winning author, international lecturer, raw food coach, chef
and speech therapist Karen Ranzi is the author of Creating Healthy
Children: Attachment Parenting and Raw Foods And Raw Vegan Recipe
For Families. Karen can be reached at www.SuperHealthyChildren.com
My lifelong passion for food
by Dr. Katherine C. Powell, EdD

I have had a long and intimate relationship with food. It’s an illicit affair that dates back to my youth, and one that’s developed many sides—so shades, you might say. Even before I was born, my Greek parents—both chefs—had an affinity for delicious food. My arrival simply provided them a new outlet for their passion. My mother was a fresh-food fanatic, straining my baby food herself. My dad was the king of presentation and exotic chefs—had an affinity for delicious food. My arrival simply provided them a new outlet for their passion. My

What We Need

There are five major physical necessities of life:

- AIR
- WATER
- FOOD
- SLEEP
- SAFETY

What human beings require goes beyond these physical needs. Abe Maslow, a developmental psychologist in the 1950s, described what he called “the hierarchy of human needs,” culminating in self-actualization, which also included two psychological needs:

- LOVE (belonging) and
- SELF-CONFIDENCE (self-esteem).

The need for love comes as no surprise: we only enjoy safety or security when we feel truly happy, and happiness requires love. Self-confidence, however, may hold even more importance. Without feelings of confidence and self-worth we cannot really connect to others; we become feeble, blown about by the forces that might serve to undermine our resolve.

HHI helped me recognize the key role played by nutritious food in this process, and taught me the importance of balancing myself without extremes. I had the pleasure of working with HHI directors, Brian Clement, PhD, LN, and Anna Maria Clement, PhD, LN, when writing the books Belief: Integrity in Relationships (about balance in self in relationships) and The Power Of A Woman Leading The Way (about balance of power), realizing that awareness is paramount. But what specifically and recently produced my change of heart after all these years? What suddenly clicked for me? What put all this together to generate strength, hope, and joy in my life? What forever altered my love affair with food? My adventures and travels played a role.

What I learned is really quite simple. The most important and social aspect of life is food: not just any kind of food, though. I’m talking about real food—genuinely fresh and invigorating food without any form of the salt, sugar or substitutes that can contribute to addiction and craving. Real food means food that travels straight from the garden to your plate to your mouth!}

“Nature itself is the best medicine... Wherever the art of medicine is loved, there is also a love of humanity.” — Hippocrates

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epite the culinary attention they lavished on me, I never had a singular passion for food in my youth. Outdoor activity held far more appeal; I was a dancer and very athletic. Before moving to Florida in 2003, I lived on St. Thomas in the U.S. Virgin Islands for three years—nirvana! I was eating healthfully and swimming in the water daily. The island of St. Thomas is small, but it boasts many eateries; the best of which was Tony Romano’s Italian Restaurant, a unique establishment that was a chef’s paradise and art studio (closed in 2012). The ambiance was special: Tony himself would visit each table armed with a wide smile and abundant warmth, to ensure that all was perfect. He still lives there with his incredible paintings and caters as a private chef to gatherings. His chefs, which he mastered, are the quintessential pastries. Unfortunately, that happy period marked the last of my youthful physically. As I got older, I suffered accidents and developed physical ailments. After the Florida hurricanes in 2005, my right knee collapsed and the right side of my body was crushed in a bad accident. After my mom’s death in 2009, my toys with food spiraled out of control. Food became not just my partner but my passion—an unhealthy fixation: eating became a blur; I was never satisfied.

Today I’ve kicked my unhealthy habit (thanks to HHI), and developed a better relationship with eating: a new passion centered on pure, fresh, healthful food! The newfound love affair blossomed after I visited Hippocrates Health Institute (HHI) several times, culminating with the Life Transformation Program in May 2009. I graduated from the Health Educator Program in 2013 with a certificate in meditation. Dr. Keith Cini is the Qigong, meditation, and Tai Chi master who helped me balance my emotions. His teachings revealed to me that meditation was the key in managing my stress. I got further results when I enrolled in the Hippocrates Weight Management Program (see page 11 for more details). Working with HWMP director Tony Zamagni was instrumental in my ongoing success. Hippocrates helped me develop a heightened self-awareness, allowing me to open myself to surrender my mindless past obsessions. I feel young again!

What I learned is really quite simple. The most important and social aspect of life is food: Not just any kind of food, though. I’m talking about real food—genuinely fresh and invigorating food without any form of the salt, sugar or substitutes that can contribute to addiction and craving. Real food means food that travels straight from the garden to your plate to your mouth!
**The Missing Link to Weight Loss?**

by Mia Munroe

For some men and women, diet and exercise is the most effective combination for successful weight loss. For others, it clearly is not enough. Medical researchers are taking a closer look at what is affecting the mortality of those who carry excess weight, specifically abdominal compartment syndrome or, to a milder degree, intra-abdominal hypertension. Finding alternative ways to alleviate life-threatening high-pressure levels within the body could also be the missing link in successful weight loss when combined with a healthy diet and exercise regime. A better understanding of what is actually occurring when carrying excess weight could motivate those who have “tried everything” to adopt manual manipulation as a way to enhance overall results. Instead of focusing only on training muscle to burn fat, perhaps attention should be refocused on the flexibility of one connective tissue. This creates a platform suitable for the optimum conversion of fat and increased muscle development.

Understanding the function of connective tissue lies in recognizing part of its basic makeup. Most connective tissue fibers contain a ratio of collagen and elastin commonly found in our skin, fascia, ligaments and tendons. When functioning optimally, connective tissue dictates our range of motion and maintains tissue boundaries within supple yet resilient limits. The solutes of our hands and feet will never stretch to the same degree as our abdominal tissue, yet all of our intricate layers of skin, fat and muscle can stretch and change shape, withstanding pressures and forces that literally keep us from falling apart. Used by surgeons because of its hardness and relatively low biological maintenance, connective tissue is effective in sealing lung tissue and replacing other permanent damaged ligaments that need to withstand tremendous amounts of force. However, when this limit is breached in certain areas, those who carry excess weight can experience serious consequences, such as hernias and abdominal dysthesia (the burning of surgical incisions that fail to heal properly due to intra-abdominal pressure).1

While straining the boundaries of our connective tissues, the entire abdominal area is compromised by an overall lack of space. A hardened abdomen is not necessarily a sign of toned muscle tissue, but an indication that the inner organs are at risk, lacking sufficient space to function optimally. Motility within the intestines slows down and absorption of nutrients into the blood stream is less efficient, especially as fat adheres to intestinal walls. The bladder, liver, kidneys and lungs are particularly sensitive to minor increases in pressure, prompting an all-too-common diagnosis of kidney, liver or heart failure, when in fact, it is not necessarily the individual organ that is at fault. ER doctors have been urged to re-evaluate the protocol of immediately administering fluids to patients who carry excess weight, as the very treatment of hydration may further exacerbate organ failure.2

When we reach the uncomfort- able point of overeating, pressure is released by means of belching, flatulence or simply the natural call of our elimination system. Even a deep exhale can temporarily relieve a feeling of fullness. There is also a constant elimination of pressure through our pores—when they are open. To ensure this process is optimal requires a new physiological approach to our fitness routine, beginning with our largest organ—the skin.

Dry brushing, in conjunction with bathing rituals, has been practiced for generations by Japanese cultures and documented historically in ancient Greek and indigenous American traditions. The Ayurvedic system, a traditional Hindu medical practice, reports that dry scrubbing enhances circulation of the lymphatic system, our body’s natural anti-inflammatory response. If the skin can ‘breathe’ better, dry scrubbing could very well enhance overall detoxification. Substitute sweating for toning the lower body but during exercise, flushing the skin with hot water also provides a means to help regenerate from exercise. A cross-training approach to the skin may further lead to evenly toned tissue development. After mobilizing and stretching the fascial layers of tissue, a slap to the skin results in redermining of the tissue. Repeated slapping will increase circulation and bring freshly oxygenated blood and lymphatic fluid to the skin’s surface. Although not for the faint of heart, gently puncturing unwanted fat accumulations on the buttocks and legs towards the center of large muscle groups is not only beneficial for toning the lower body but during the process itself, strengthening the upper torso. The origin of this slightly more startling practice can be found in ancient traditions of Thai massage. Even Hollywood stars have discovered the art of Breast Slapping treatments, augmenting breast tissue by temporarily increasing blood flow. Yet, it is the ancient practice of Butt Punching that could potentially eliminate the quick-fix fads of skin-clogging lotions and wraps and instead naturally speed up body contouring that occurs following consistent exercise.

Alternating scrubbing, slapping and punching unwanted fatty deposits could not only aid the process of converting stagnant fat cells into healthy muscle tissue but also accelerate healing of necrotic tissue (areas where cells are dying often due to lack of circulation from intra-abdominal pressure). A relaxing abdominal self-massage would nicely complete this deeply physiological fitness routine and very likely aid in digestion. Tactile self-manipulation combined with the knowledge of those potential effects could be the first step towards mindfully regaining a lost trust in a body that has previously failed its owner. For growing numbers, there exists a forgone acceptance that a person’s size will hold them back from their intended purpose in life. Manual self-manipulation could be a truly profound psychotherapeutic process. Those who are ready to change may discover that their self-defeating mind-set has been naturally replaced with understanding and forgiveness. Embrace it, and then let it go.

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Your body is very forgiving. I’ve seen many people pull themselves from the brink of death and recover from serious illnesses when they made changes in their lifestyle and attitude. The body is on your side, not against you, as you may feel when you’re ill. When it is diseased, it’s letting you know something has to change in your life. The immune system’s job is to keep you healthy. Seventy percent (70%) of your immune system is found in the gastrointestinal tract or digestive system. You are what you eat and your children are what you feed them. That’s a scary thought today! Modern diets are largely heat-processed and as a result contain high levels of advanced glycation end products (AGEs). Dry heat promotes new AGE formation by 10- to 100-fold above the uncooked state across all food categories. (US National Library of Medicine, National Institutes of Health). Advanced glycation end products in foods and a practical guide to their reduction (Costa Rica) and others, enjoy healthy active lives well into their hundreds. These are the common characteristics: close family ties, no smoking, mostly plant-based diet, constant moderate physical activity, socializing across age groups, and they eat legumes. A diet high in raw organic vegetable products puts the body into a constant mode of natural detoxification. It is not necessary to remove all accumulated environmental toxins ingested from the air we breathe, the water we drink and the food we eat. Even a newborn is already compromised by the 28x toxins passed through the birth canal from the mother to the child.

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

Hippocrates Health Institute strives to help its guests correct deficiencies in their diets, address emotional trauma and embrace regular exercise. All this can help your body work naturally.

Life should be filled with the joys of living, opposed to just surviving. You can make a difference in your own health. The keys to a healthier life are within you. There are no short cuts. There are only rewards when you give your body what it needs to take care of you, as it was designed to do by nature.

Dr. Tom Fitzgerald is an alternative health care practitioner, researcher and product developer. He is also an alternative health care consultant for numerous professional practitioners.

For over three decades, the world renowned Hippocrates Health Educator (HED) Program has been empowering students to live a life of passion, health and happiness. Participants from around the world gather at the lush tropical campus in West Palm Beach, Florida, and discover new ways of serving themselves and others. One of the many ways Hippocrates Health Educators reach out to serve others through public speaking. The HED Program provides students hands-on training and experience in making these types of presentations. The curriculum covers both presentation development and delivery, and the participants learn to use the latest software and equipment in the process.

To further support this aspect of the curriculum, the HED Program is excited to introduce its newest award in honor of Hippocrates Health Institute Director, Brian Clement, PhD, LN, who motivates, inspires, engages and stimulates audiences all over the world. These are the qualities that truly can encourage change in others. The Brian Clement Public Speaking Award will be granted to one health educator per session and is being anonymously underwritten by a devoted health educator who believes that through communication, we can change human history.

Applicants are asked to submit a business plan explaining how they would use the monetary award to support or enhance future public speaking events. The first Brian Clement Public Speaking Award will be granted to a student in the Spring 2013 class. Another award granted to one health educator per session is the Derrick Brookie Memorial Award of Excellence. It was created in honor of the life and spiritual gift of Derrick Brookie and is granted to the student who engages fully in the program and submits a business plan explaining how they plan to use the monetary award to further support a living foods lifestyle in their community. Tara Hershkowitz, a 2014 Derrick Brookie recipient notably successfully dropped her cholesterol level over 100 points and lost 30 pounds, but created a program to support others in living a healthier lifestyle. Her program involved creating a medical billing company called Payslay for alternative care procedures. Although it can take months for reimbursement, Payslay users are beginning to get support from their insurance company if you would like to see more people covered for alternative therapies, please feel free to call or text Tara at (305) 331-961. She is building a team!

Tara is one of many Hippocrates Health Educators around the world who are empowering themselves and others. If you, too, would like to be a part of something bigger than yourself, a global family that is uniting on behalf of service and unity, the internationally acclaimed Hippocrates Health Educator Program could be right for you. It is a nine-week journey that connects you deeply to yourself, to a gathering of like-minded people and to a lifestyle which fosters health and happiness. Come and discover vital health and clarity on the lush 50-acre property, learn compelling truth about health and develop a sense of connection and purpose that will fill your life with meaning!

Learn more by calling (800) 842-2135 or at HealthEd@HippocratesInstitute.org and take the first step towards living a truly authentic life. Also see ad on page 37

Dr. Tom Fitzgerald

As benign and mainstream as Dr. Oz is, the powers that be (Big Pharma, Big Food) challenged him for upsetting the status quo. Last June, as Dr. Oz was being questioned by a Senate committee over his promotion of what one senator called a “weight loss scam,” he offered this rational for his “brand”:

“My job, I feel, on the show is to be a cheerleader for the audience, and when they don’t think they have hope, when they don’t think they can make it happen, I want to look and I do look everywhere, including in alternative healing traditions, for any evidence that might be supportive to them.” — Dr. Oz

Seemingly, our rights for free speech and freedom of choice are now being monitored by corporate interest and their paid-for bulldog politicians.
S
eed forward 22 years. My body was toxic from multiple seizure medications, and I was obese because my pancreas stopped working and my organs began shutting down. The two things I still had going for me were my immune system and love from my family. My skin was blackened, I was a grump and I lived for coffee to try to stay awake.

My family dropped me off at Hippocrates Health Institute (HHI) in my PJs and said, “We’ll pick you up in 15 hours.” (I was a commuter.) Lost and dazed, I began the process of settling in, as did everyone else.

That’s when a tall, bald man with a huge smile and all these vibrations has hugged me and said, “You are going to blow everyone’s mind. I can see it.” That was Tony Z, my weight loss coach.

Tony Z led me to a room that felt safe and quiet, a place where I didn’t have to smile and I could say what was on my mind. All this pressure just lifted. Katherine Powell, co-author of The Power of a Woman was on my mind. All this pressure just had to smile and I could say what was on my mind, and I am happy to say my daughter helped me master it and now we play hula wars! I also posted a video on New Year’s Eve of myself hula hooping that went sort of viral (way past friends and family) and a fitness blogger interviewed me on my hula hoop fitness routine! Check it out at EdgyVideos.com.

I had so much success with my blood work and weight loss in the Life Transformation Program that I decided to stay on for the Hippocrates Health Educator Program. The journey led to one final success, which was me being awarded the Derrick Brockie Business Plan Award. I have given myself two years to detoxify my body, gain muscle and continue to transform my body from the inside out.

Some insurance companies pay for alternative forms of therapies, prevention and education. With a team of people I have been creating procedure codes, diagnostic codes and paperwork to turn in for reimbursements for people’s stay at Hippocrates Health Institute. We are in the start-up phase and are looking to expand our team with medical billing experience, lawyers and call centers. Please call or text if you have an interest in this or any questions about my story. (305) 323-9614.
Optimizing Health and Vitality for Getting Well

by Michael Galitzer, MD, Co-Director of Hippocrates Health Institute’s Comprehensive Cancer Wellness Program

Cancer is a disease of the whole body and a tumor is just a symptom of the disease. So basically you’ve got to treat the whole body, you can’t just treat the cancerous tumor and try to kill it or eradicate it with chemo without supporting the whole system. We all have cancer cells and that’s important for people to understand, but you need about five billion cancer cells to get to the lump or bump stage which is why a tumor takes years to develop. When traditional medicine diagnoses a tumor, whether it be by mammogram, MRI or a CT scan, it is important to understand that you have time. It is not necessary to start therapy the next day. Energy & Regenerative Medicine is incorporated as an important basis of this Premier Approach in Integrative Cancer Wellness Care at Hippocrates Health Institute. Regeneration Medicine is based on European Biological Medicine, which treats the underlying causes of illness rather than the symptoms alone.

A lump or a bump is an indicator that your body is now extremely toxic, plus just the experience of being diagnosed with cancer sets people’s immune systems back enormously. At this point is when the “building up” process has to begin, the person needs to take nutrition seriously and only eat organic. The Hippocrates Health Institute’s renowned nutritional protocol is a way to start this process. Yet if toxicologists know that detoxification refers to removing toxins from the tissues, from there they go into the blood stream, and are eventually eliminated in the stool and the urine.

Drainage and detoxification are the initial steps. This must be accompanied by supporting the hormonal system of the patient: the two most important glands being the thyroid and the adrenals. Think of the adrenals as the gas pedal, and the thyroid as the car’s accelerator. The key here is to optimize the energy of cancer sufferers, and to improve their ability to handle stress. In summary, the Treatment Goals for Optimizing Health and Vitality include the following:

- Step 1: Drain Toxins
- Step 2: Balance Metabolism
- Step 3: Regenerate Organs

It is important for the cancer patient to find a doctor who practices integrative medicine, who can support the patient in their decisions regarding treatment. Ideally they should be working hand in hand with the person’s oncologist. A question is frequently asked, “What’s more important, the belief of the patient or the belief of the doctor?” I think it’s the belief of the patient, and as a doctor you must respect that. If the patient believes chemo is going to help them, then most likely it will.

The placebo effect works 1/3 of the time and the placebo is basically a belief overriding biology. I always say to people, “If you believe it, you can achieve it, if you can see it, you can do it.”

If you don’t bother to empower yourself with information and do the research, and just listen to the oncologist, who is discouraging you from doing anything regarding strengthening the body and ignoring the benefits of nutrition, you most likely won’t do well. One of the problems with chemotherapy is that it is so powerful, and by killing tumor cells and normal cells, it presents a significant toxic burden on an already overloaded liver. So it is essential to take liver drainage formulas. It is also essential to take probiotic enzymes on an empty stomach three times a day to help clear this toxic overload. Intravenous Vitamin C can also be very helpful in supporting the liver, the adrenal glands, and the immune system.

Michael Galitzer, MD, is a nationally recognized expert in Metabolic Functional & Regenerative Medicine who has developed a holistic protocol for both supporting people with cancer as they undergo standard medical treatments so that they experience less side effects and more energy as well as for supporting people utilizing predominantly Alternative and or Integrative Oncology approaches. Rather than treating a patient’s symptoms, Dr. Galitzer focuses on the electrical/energetic disturbances underlying the symptoms. Detoxifying the body and supporting the drainage of toxins as well as regenerating and strengthening the major organ systems of the body is that they function at maximum efficiency. His areas of major focus are: Hippocrates Health Institute’s Comprehensive Cancer Wellness Program. See the ad on page 4 to learn more about this revolutionary program.

Peak Soil

Digging and Spreading Local Farm Policy Awareness

by Tony Dagher, BA, Florida Master Gardener

Have you ever watched the movie Interstellar? To understand more about the gravity of issues concerning fertile soil and farming, this film is a must-watch. It starts and ends with alerts on how the human race will end up facing the unknown, as a consequence to the loss of more farmers, farms and fertile soil. Interstellar predicts that future careers will be shifting from engineers to “educated farmers!”

Back to Modern-day Reality

Welcome to the State of Florida and the most challenging quest: how to find a local farm/farmer or locally grown food near you. If none of these options are available, you are faced with a new set of questions: how to grow your own food on sandy soil that is infested with nematodes, polluted with buried industrial and pharmaceutical hazards such as lithium and irrigated by contaminated and polluted water—and let’s not forget the chemical fertilizers used virtually everywhere!

The Agricultural Reserve, land promised for future farmers and farming, is in a very sad state. No surprise, commercial and residential developers are making deals to dissect and diminish the Agricultural Reserve. These deals are with the very elected officials who are our local representatives. Palm Beach County commissioners are approving even more farmland purchases from the PBC Agricultural Reserve for development as we speak in 2015. For more details, conduct an internet search for “Palm Beach County agrees to consider more farmland development” and read the local news for updates.

Why 2017? This is to commemorate the United Nations declaration of “175 Years of Soils” (or the International Year of Soils).

Here is what the UN declaration says: “After two years of intensive work, 2015 has been declared the International Year of Soils by the 68th UN General Assembly (A/RES/68/232). The IYS aims to be a platform for raising awareness of the importance of soils for food security and essential eco-system functions.”

The objectives of the IYS are:

- to create full awareness of civil society and decision makers about the fundamental roles of soils for human life;
- to achieve full recognition of the prominent contributions of soils to food security, climate change, adaptation and mitigation, essential ecosystem services, poverty alleviation and sustainable development;
- to promote effective policies and actions for the sustainable management and protection of soil resources;
- to sensitize decision-makers about the need for robust investment in sustainable soil management activities aiming at healthy soils for different land users and population groups;
- to catalyze initiatives in connection with the SDG (soil density gauge) process and Post-2015 agenda.

- to advocate rapid enhancement of capacities and systems for soil information, collection and monitoring at all levels (global, regional and national).

I want to draw attention to the lack of awareness among many decision makers of how important it is to preserve agrarian soil, earmarked for growing our food.

I have witnessed during my hands-on horticultural experience growing organic produce locally, the lack of soil sensitivity among decision makers. I witnessed the destruction of fertile organic soil that took us more than ten years to build up at community garden “X.” This happened back in 2008, when the Sun Sentinel, a leading South Florida newspaper, documented my urban farming work on the ground, through an article they published.

Locally Grown Food Shortage for Disadvantaged of Palm Beach County

I have donated organic produce from my gardens to a soup kitchen in Delray Beach, Florida. The soup kitchen, run by CROS ministries, relies on “gleaning” to obtain fresh produce from farms. Gleaning is a process that allows farms to provide excess food to those in need. With fewer farms producing less food, gleaning opportunities are reduced, and what happens next? (continues on page 64.)
To Win, We Have to Lose!

by Dr. Wayne “The Mango Man” Pickering, ND, ScM

The problem of obesity in the world staggers the mind and continues to climb on a daily basis. Just living on the beach here in Florida opens up your eyes in a big way. I speak with many tourists who always mention the fact that Americans are so fat, and they usually turn their nose up, as obesity is disgusting! The problem of childhood obesity is a terrible shame and totally avoidable.

According to the National Health and Nutrition Examination Survey by the Centers for Disease Control and Prevention (CDC), they say that currently, 64.5 percent of U.S. adults, age 20 years and older, are overweight, and 30.5 percent are obese. Severe obesity is responsible for over 300,000 deaths in the U.S. each year. The annual cost to society for obesity is estimated at nearly $100 billion USD. Overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise. Counting calories is totally useless as this is a very ineffective way of controlling weight. According to the CDC, Behavioral Risk Factor Surveillance System, Obesity prevalence is now over 5 percent! Severe obesity prevalence is now over 5 percent!

What Causes Obesity and What Can We Do About It?

According to the CDC, Behavioral Risk Factor Surveillance System, Obesity prevalence has increased across all education levels, and is higher for lower education levels, and is higher for males and females. Males are much more likely to be overweight and obese, and is higher for 45-54 percent of U.S. adults, age 20 years and older, are overweight, and 30.5 percent are obese. Severe obesity prevalence is now over 5 percent! What Causes Obesity and What Can We Do About It?

Totally Avoid the following 3 Classes of Food/Junk:

1. Anything that’s WHITE (If it’s White, it’s not Right):
   - Salt
   - Sugar
   - Flour
   - Rice
   - Milk & all Milk Products.

2. Anything that FIZZES:
   - Soda pop
   - Champagne
   - Beer
   - Sparkling Drinking Waters
   - Sparkling Waters

3. Anything that’s FATTY/GREASY:
   - Fatty Sausages
   - Fatty Sausages
   - Buttered Fat
   - Margarine
   - Butter and Margarine
   - Margarine
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Chronic Disease: Taming the Tsunami
Overweight, Diabetes, Hypertension & Heart Disease

May 28, 2015
Free Lecture at Hippocrates Health Institute
7:30 - 9:00pm
Dr. Diehl
DrHSc, MPH, FACN

The evidence is in! We are largely what we eat! Once you hear him, you won’t forget him, because he changes lives: from disease and pills to health and hope. He does it with solid data, with kindness, and with humor.

RSVP (561) 471-8876

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, nurses, practitioners, nurses 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 Anna Maria & Brian Clement, PhDs (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 Foods Nutrition
- Experience for yourself first hand, Hippocrates Comprehensive Approach
- Accredited Live lectures by time honored Experts in the Field

To learn more about our upcoming 3-Day Immersion Experiences, please go to our website at: www.Ceawine.com

In 2002, I had a health scare that forced me to slow down and listen to the miraculous people in my life, one of whom was Michael Gerber. I realized that his prediction had come true—I had indeed run myself into the ground because I wasn’t allowing others to support my efforts. I decided to finally take his advice, and it made all the difference. I regained my health and my business blossomed.

Years later in 2005, my health and business had greatly improved, but I still felt like something was missing. The Spirit spoke and said, “Call Michael!” and so I connected again with my beloved Michael. My life for the last nine years had been about Michael E. Gerber, his dream, and his vision. Then suddenly his dream, vision, purpose and mission became mine. We realized our goals aligned, and we joined forces—as husband and wife. I always felt that God put me in my husband’s life to support him. With his coaching and his guidance, I became the CEO of Michael E. Gerber Companies, and together we seek to bring Well-Being to the national community and the world at large.

I still had little knowledge about running a company, but Michael filled in the missing pieces and we’ve done phenomenally well in the last few years. He’s written 18 books, we have this new company, and we keep expanding his mentoring and inspiring others. We’ve done phenomenal work, even with my inexperience. (Although my lack of experience is made up for by my passion!) Today I AM BLESSED that I get to share him with the world!

Then in 2011, I felt a new tug—a new focus for my attention and efforts. And as it had happened before in my life, the realization came with a health breakthrough. I was feeling sleep deprived and stressed out. I was having difficulties supporting my husband in his business and had inflated like a balloon due to these frustrations. I felt hopeless!

Ready To Be Discovered.

In April 2012, I took some time to go visit my mom in Orlando, Florida. Just as I’m clear that the sun comes up and goes down every day, I know when I hear the voice of God—and I hear it loud and clear.

It was in the middle of the night. I sensed something outside of my reality and the sweet whispering voice repeated the ordinance “Little one, give your body to the world.” Although the words shook me, I maintained my poise and reached for my computer. I sat in bed and Googled Ann Wigmore, and Hippocrates Health Institute came up.

Guess what?

The next thing I knew, I was at Hippocrates Health Institute. I told my mother that I would be there for a week, but once I arrived, it was clear that I would be there for much longer. I enrolled in the Hippocrates Life Transformation Program.

The gift that God gave me through Ann—‘Little one, give your body to the world’—really meant that I must take care of myself, nurture myself, be inside of myself, and love myself before I could help others to help themselves. And so I became a Hippocrates Health Educator with Brian Clement, PhD, LN, and his wife and partner, Anna Maria Clement, PhD, LN.

I am a caregiver. I somehow believed that meant I must give, and give, and give, leaving little energy for myself, collapsing into bed each night, and doing it all again the next day! I’ve done it for my husband; I’ve done it for my business; I’ve done it for my children. I’ve done it my whole life, but I felt that I was never important enough. I was never awakened enough to realize that I get to be healthy. I get to be well. I get to realize my dreams. From that healthy, detoxified, joyful place, now I can go out and serve other people more.

Today I am so joyful. I’ve let go of the things that I was doing that were less empowering. Michael is so excited because I’ve claimed me! I’ve claimed that part of me that was just sitting over there in the corner. Forget the back burner—I was in the closet. cont’d on p. 60
Self-esteem, the most important attribute that anyone can possess, is not taught, acknowledged or often practiced. On the contrary, self-loathing seems to be the most popular human sport, resulting in a wide array of dysfunctional activities. As surface thinkers, one would believe that the reason we self-destruct on an anatomical level is merely from the foods we consume. This unfortunate façade is why diets do not work. Evaluating your own personal perception about your worthiness would be a far better measurement as to why we are harboring the disease of excess weight.

Le Creuset is Not Better

by Brian Clement, PhD, LN

Big is Not Better

Let us focus on the number one destroyer of health—obesity. Body image generally reflects one’s feelings about themselves. An anorexic is virtually holding a sign over their head saying “look at how little I like myself.” A plump person has the same sign. In our current world, we may be able to pick out the anorexic but overweight and even obese people now look normal in the human landscape. Not to oversimplify the discussion about self-esteem, but for this conversation, we are going to focus in on the concern of extra pounds.

When interviewing a guest here at Hippocrates 30 years ago, I will never forget their vivid story about the self-loathing they felt. Why they were 200 lbs. overweight, how they were made buoyant in the ocean water to walk due to his extreme weight, he flew down to the island weighed 80 lbs. oxygen, he was sure he could help with his new invention to save their lives. He said, “We want to help some fat people, like me, be skinny.” Unexpectedly, the first person he flew down to the island weighed 78 lbs.

My first real awakening to why they were 200 lbs. overweight was made buoyant in the ocean water to walk due to his extreme weight, he flew down to the island weighed 80 lbs. oxygen, he was sure he could help with his new invention to save their lives. He said, “We want to help some fat people, like me, be skinny.” Unexpectedly, the first person he flew down to the island weighed 78 lbs. He received his PhD in psychotherapy with an emphasis on hypnosis. Relentlessly, he pursued me to let him try his craft. He explained to me that I had stepped in and asked my dad to accept me as a man and an equal but his busy work schedule would not allow him to join me for the show. I perceived this as a rejection rather than the innocent fact that my father was busier than I could have imagined. Little did I know that this had burdened me throughout my adult life until I was willing to let my inexperienced friend tamper with my past and thank God, release me, from a life altering experience.

So often we believe that our problems are by our mouths and bellies up with stuff, not our minds. Sugar consumption, be it white sugar, orange juice or agave syrup, is by far the universally pervasive emulsifiers of spirit. Simply said, your adult life until I was willing to let my inexperienced friend tamper with my past and thank God, release me, from a life altering experience.

Needless to say, between age 16 and 19, I had eaten my way into obesity. So often we believe that our problems come from some mystical faraway place, yet all of them stem from personal experiences that have been understood or perceived incorrectly. Our bodies desire to eat until dead. Addictive substances are not sought by the overwhelming majority. Yet sugar is the one exception. If we are forced to name the largest “food” culprit in weight gain, hands down all forms of sugar and cooked complex carbohydrates that break down into sugar (syrups, starchy potatoes, pastas) will. As you see, there is a multitude of complex yet fixable concerns at the root of weight gain. With this said, I will leave you with three basic remedies:

1. Find out what is eating you and discard it.
2. Find what you love and do it.
3. Consume only enriching food, not rich food.

Remain well by being happy and fulfilled.

Brian Clement, PhD, LN is director of the renowned Hippocrates Health Institute, the world’s foremost complementary health care center. He and his team have developed a state-of-the-art program for health maintenance and recovery. His Florida institute has pioneered a life-changing program and established training in active aging and disease prevention that has proven to raise health and happiness levels.

HippocratesInstitute.org
Quit Treating Soil Like Dirt

**2015: The International Year of Soils (IYS)**

The U.N. is focusing global attention on the increasing pressure on soils and its ripple effect on other global concerns.

“A nation that destroys its soils destroys itself.”

—President Franklin D. Roosevelt

### Conclusion

For most, the fight against obesity begins with exercising regularly and eating a healthy diet, but unfortunately not enough emphasis is placed on education, visualization, goal setting and the proper mindset needed to overcome lifelong weight issues. The modern-day solution to obesity is bariatric surgery, also known as stomach stapling, but it doesn’t address the root cause of the problem.

What if there was a simple solution in the fight against obesity readily available to all who suffer from it? When I first heard this statistic it left me speechless, and it subsequently became my personal mission to help others in their walk of life establish tangible goals. Goal setting is important to achieve anything in life. Our personal and professional lives require goals for us to feel productive and energized each and every morning. It goes without saying that our personal and professional lives require goals for us to feel productive and energized each and every morning. It goes without saying that our personal and professional lives require goals for us to feel productive and energized each and every morning.

3. **Self Love & Exercise**

The paradigm shift has been made and goals have been set, it’s now time to move onto the physical exercise portion. The journey towards adopting a healthy lifestyle begins in the mind and then travels to the physical body. For most, excess weight goes beyond genetics and enters into an area called self-love. Self-love simply cannot be understated. We must love ourselves to ultimately be our best version. Each and every morning we must look at ourselves in the mirror and say, “Today is a great day, I love myself, I am alive, I am vibrant, and I am on the road to success.” By implementing self-love in our lives as this powerful exercise instantly sets things in motion.

Obesity has become a worldwide health problem and a public health crisis. In the United States alone, roughly one-third of all adults are affected by this epidemic. While genetics have been found to play a role, I believe every person afflicted by obesity has the power within themselves to adopt a healthy lifestyle and live the life of their dreams. In fact, there is no better time than now to do so.
Secret #1: Eat Breakfast
When we fast (i.e. skipping breakfast), our bodies can go into starvation mode and hold on to adipose tissue (fat).
Breakfast also helps to balance blood sugar to reduce cravings.

Secret #2: Maintain Steady Blood Sugar
Choose foods that hold your blood sugar steady—balance blood sugar using protein between meals, such as chlorella (green algae) or raw organic nut milk.

Insulin sensitivity establishes normal thermogenesis (how the body burns calories).

Secret #3: Fiber is Your Friend
Increase fiber—Good sources of fiber include beans, sprouts, jicama, asparagus, Jerusalem artichoke, radishes, onions, leeks and garlic.

Research has shown that you can decrease your calorie intake by 10% if you add an extra 14 grams of fiber each day.

Secret #4: Boost Your Leptin

Secret #5: Do Not Diet
Eat enough calories, otherwise your body’s leptin system is impaired.
When underfed, your body goes into a “fight or flight response” and burns no calories.

Secret #6: Get Enough Exercise.
Exercise improves insulin sensitivity.
Exercise increases mitochondrial (energy powerhouse of the cells) function.

Secret #7: Get Enough Sleep.
Sleep allows you to make growth hormones which aids in weight loss.

Secret #8: Get Your Vitamins
Take whole food source vitamins to keep your body functioning well.

Secret #9: Use Nutrients that Support Metabolism:
- CLA—Conjugated Linoleic Acid
- Woburn
- Green tea extract
- Carnitine

Secret #10: Avoid Fast Food and Junk Food
Fast food speeds us to the grave.
Junk food gives us empty calories with little to no nutritional value that are high in unhealthy fat, sugar and salt.

Secret #11: Use LifeGive Meltaway Hormone Levels:
Normal DHEA for both men and women.
Normal testosterone for men and women.
Normal estrogen for women.
Normal progesterone for women.
Your levels can be tested by an integrative medical doctor who is trained in biodentical hormones.

Secret #12: Keep a Healthy Thyroid
Understand your normal thyroid function to support weight loss.
One can test thyroid function with a simple blood test.

Secret #13: Use AdrenaSupport
Adrenal gland dysfunction can cause weight gain.

Secret #14: Decrease Stress.
Elevated stress increases cortisol levels.
Chronic stress can stop digestion and cause adipose tissue in the abdomen region.

Secret #15: Balance Hormones
Bacteria, fungi, algae, parasites, and plants use a seven-step metabolic route known as the shikimate pathway for the biosynthesis of aromatic amino acids; glyphosate inhibits this pathway, causing the plant to die, which is why it’s so effective as an herbicide. Monsanto says humans don’t have this shikimate pathway, so it’s perfectly safe. contingent on p. 63

Half of All Children Will Be Autistic by 2025, Warns Senior Research Scientist at MIT

Why? Evidence points to glyphosate toxicity from the overuse of Monsanto’s Roundup herbicide on our food.

For over three decades, Stephanie Seneff, PhD, has researched biology and technology, over the years publishing more than 130 scholarly peer-reviewed articles. In recent years she has concentrated on the relationship between nutrition and health, tackling such topics as Alzheimer’s, autism, and cardiovascular diseases, as well as the impact of nutritional deficiencies and environmental toxins on human well-being.

A recent conference in a special panel discussion about GMOs, she took the audience by surprise when she declared, “At today’s rate, by 2025, one in two children will be autistic.” She noted that the side effects of autism closely mimic those of glyphosate toxicity, and presented data showing a remarkably consistent correlation between the use of Roundup on crops (and the creation of Roundup-ready GMO crop seeds) with rising rates of autism. Children with autism have biomarkers indicative of excessive glyphosate, including zinc and iron deficiency, low serum sulfates, seizures, and mitochondrial disorder.

A fellow panelist reported that Dr. Seneff’s presentation of “Autism and Glyphosate” was so powerful that people in the audience were squirming, likely because they now had serious misgivings about serving their kids, or themselves, anything with corn or soy, which are nearly all genetically modified and thus tainted with Roundup and its glyphosate.

Dr. Seneff noted the ubiquity of glyphosate’s use. Because it is used on corn and soy, all soft drinks and candies sweetened with corn syrup and all chips and cereals that contain soy fillers have small amounts of glyphosate in them, as do our beef and poultry since cattle and chicken are fed GMO corn or soy. Wheat is also sprayed with Roundup just prior to being harvested, which means that all non-organic bread and wheat products would also be sources of glyphosate toxicity.

The amount of glyphosate in each product may not be large, but the cumulative effect (especially with as much processed food as Americans eat) could be devastating. A recent study shows that pregnant women living near farms where pesticides are applied have a 60% increased risk of children having an autism spectrum disorder.

Other toxic substances may also be autism-inducing. You may recall our story on the CDC whistleblower who revealed the government’s deliberate concealment of the link between the MMR vaccine (for measles, mumps, and rubella) and autism.

Dr. Seneff’s presentation of “Autism and Glyphosate” points to the urgent need for people to embrace a healthy lifestyle, as it is the only way to begin reversing this devastating trend.

Tom, RN, BA
is a Nurse Supervisor, Hippocrates Health Educator, and stage IV cancer survivor. He is passionate about empowering people with the living foods lifestyle and enjoys his work, which includes providing guests with health consultations. He is a Hippocrates Health Educator instructor.
I awoke the morning of August 8, 1993, without the slightest idea that this would be the day my life would alter its course so fundamentally. I knew it might seem silly to some, that I expected some kind of warning, but this morning my mind was filled with the usual everyday issues that can occupy our consciousness, trivial little things that need sorting and can occupy our time. Issues with the boyfriend, problems at work, blah blah blah blah boom, and my life would never be the same.

You never know what’s around the corner in your life and in my case this metaphor was just a little bit too real. Put it this way—I certainly wasn’t expecting a speeding police motorcycle attending a false alarm to send me flying into the air and into a deep and lasting daytime darkness. This darkness was as significant to me personally, and my life, as an eclipse of the Sun for the ancient world. It’s been a long time now since my accident. I’m able to look back on this event in this way, as a twist of fate that was unforeseen, a false alarm that was a catalyst to look back on this event again. I’m able to look back on this event, as I did, to look back on this fateful day now by revisiting the accident. I only revisit this fateful day now by revisiting the accident, the fateful accident. I’m able to look back on this event now by revisiting the accident.

The Heather Mills Story
by Heather Mills

It was a sunny day in August and there was not a cloud in the clear blue expanse of summer sky. If ever there was a day to dust away the cobwebs and to begin again it was this glorious summer day. Change, however, doesn’t always come in ways you expect and to say it took me by surprise is somewhat of an understatement.

to transform my life, greatly increase my energy level and become the foundational stone of my recovery to a healthier, more conscious me.

My Leap of Faith
When you’ve rubbed shoulders with death and managed by the skin of your teeth to get out of there alive, I certainly will not be the first person to tell you that everything changes in your life from that moment on. In my case, I began to appreciate life more earnestly, and the desire to make the most of every moment of every day overshadowed any trivialities. What’s most important entered the foreground—you and I loved ones together with a galvanized, earnest desire to really make a difference with the time I had left on our beautiful planet. Living in the moment and making the most of every second of every day was to become an indelible mantra in my mind.

first of all, I had no idea how to deal with, however the impact with the police motorcycle had thrown my body in one direction, and my left leg in another! I had also suffered severe injuries to my head, pelvis, rib and lungs. I was very lucky to be alive; there was a doctor near to the scene, whose swift first aid stopped me from bleeding to death and I have him to thank for saving my life. Unfortunately, my leg could not be saved. It had been severed below the knee and I was just going to have to learn to live without it.

In the hospital during my recovery there was a serious problem. A nasty and very persistent infection in my residual limb stubbornly refused to heal despite the strongest antibiotics. A multitude of pills of various colors, shapes and sizes with the most unpronounceable of names were tried but to no avail. In the end, no biological weapon in the pharmacist’s armory could touch my infection. Eventually, the bone became infected, resulting in the amputation of a further two inches from my limb.

At this point a good friend of mine recommended Hippocrates Health Institute in Florida, which had helped to put her breast cancer in remission. She spoke of her time there with such passion and genuine belief that it sparked my own very real leap of faith, and to the mouth surprised of many of those close to me, I checked myself out of the hospital in London and flew to Florida in the USA to begin my alternative therapy.

The Healing
I suppose many people would think that putting yourself in the hands of alternative therapists in Florida in such serious circumstances was a brave or perhaps even foolhardy decision to make. As I saw it, I really didn’t have much choice, this infection seemed untreatable.

It became apparent that the further amputation had not corrected the problem. I simply had to believe with all of the power of my heart and mind that I had made the right decision. I had started out on a journey of belief in the healing power of our natural world. A faith, by the way, that gets stronger and stronger with every passing day.

At the institute, meat and dairy was immediately taken off the menu and was replaced with a whole food, vegan, raw food diet and natural therapies. In place of the pills at my London hospital were enzymes rich wheatgrass shots and garlic poultices that were applied to my wound, and in just a matter of a few weeks my radical change in diet and associated plant-based remedies had cleaned up my infection entirely. The healing process actually advanced so quickly in fact, that I was able to have a prosthetic leg fitted whilst at the institute. This had been absolutely unthinkable whilst the infection was still present in my hospital bed just a short while before. I was finally able to get on with getting on with the rest of my life.

To personally witness such a miraculous recovery of my physical body by embracing the natural and the organic was an incredibly life affirming experience and one that has gone on to shape the rest of my life. When I left Hippocrates Health Institute all those years ago, I remember nature seemed incredibly vital and vibrant, the colors more intense than I had ever remembered. It was like I was truly seeing the natural world again with brand new eyes. I wanted to shout from the rooftops about my miraculous recovery and tell the world about the wonders of a plant-based diet.

I started growing wheatgrass in window boxes at my London flat and I was filled with the wonder of the healing properties of the natural world. It struck me then that we humans bring fancy ourselves as being very clever, when in all reality everything had been provided for us already by nature. All we really needed to do was to live in harmony with her natural laws and we could then live a balanced, happy healthy and fulfilled life.

Things have got themselves some tangles in the present day and the problems facing humanity are so large that there is at least one advantage to this. Now that the problems are being clearly identified, it is becoming easier to find the solutions.

My time spent at Hippocrates had given me a deeper understanding of the importance of good nutrition and personal wellbeing, this has had a lasting effect on the way I live my life. I came to the understanding that individually we are responsible for the way in which we live and the care of our human frame by good nutrition, proper exercise and a balanced lifestyle. It is this, together with a strong focused mind, that enables us to draw from our vast inner resources and strength to make the most of our time on this planet.

The changes in my life came by way of a massive physical and psychological shock and were implemented for the purpose of healing and motivating my recovery. A change in our diet and lifestyle of course can be started at any time, and is of interest to anybody wishing to maximize their health and vitality, leading to a more fulfilling life.

It was this how I discovered the benefits of cutting meat and dairy from my diet and then taking the correct care of my body’s nutritional requirements to help heal my mind, body and soul. We all have the opportunity to make positive changes in our lives at any moment we choose. All that is needed is the awareness of the need to change and the power contained within us.

It was this enlightened approach to food nutrition and balanced organic living that not only healed my infection, but also then enabled me to reach above and beyond what I would have been able to achieve in my life without it. This new diet and way of living literally transformed me.

I began to put together leaflets for people about plant-based remedies, as my positive attitude toward my recovery became the subject of UK media interest. I appeared on GMTV in 1993 singing the praises of a plant-based diet and wheatgrass shots and was pictured in the newspapers skiing, roller-skating and mountain climbing.
Now that we are all becoming educated about the damage human activity has inflicted on our beautiful planet, there is no more important task for us to achieve than to learn how we are able to live in harmony here and lighten our footprint by making important changes in the way we live.

Thoughtlessly has become a thing of the past and needs to be replaced by a greater sense of awareness. The fuel we now choose to energize further human activity will have a profound effect on the future of Earth. Renewable and sustainable energy alternatives replace our reliance on fossil fuels, together with a natural diet that fosters the correct care of our bodies’ energy and nutritional requirements by consuming a varied diet of plant-based foods, will have far less impact on our environment and resources.

**You Are What You Eat**

Modern living has removed us from the close connection we had with our natural world and the lessons that it teaches. These days, our children are more likely to be influenced by television, advertising and popular culture rather than from a Huckleberry Finn sense of connection. This, of course, has been true now for many generations and has been incredibly influential in regard to human activity.

Living closely connected to the natural world teaches us many simple truths about the way in which we should live. Balance is one of the fundamental laws of nature that is clearly visible all around us. Where there is balance there is peace and harmony, where the law of balance is not observed problems always occur. In truth, I think there is no more important lesson for us to learn and it is not only for the physics classroom but relevant to all our lives. Personal equillibrium is vital to our wellbeing and the wellbeing of our environment.

Think about it: If we drink too much alcohol we get sick, eat too much food then we burn off in energy, we get fat.

Without the correct balance between work and relaxation we get stressed. Too much sleep and we are sluggish, too little work and we are still tired. If you are breathing in more than you breathe out for a while, treat me you are having a panic attack. As night turns to day, we breathe in and breathe out, we give and we take as the waves flow onto our shores and then retreat once more.

Human beings, like it or not, are a part of nature and fundamentally connected to the natural laws of this planet.

We are the only beings on earth that do not naturally observe this law of balance, and the fact that it has been completely disregarded by us is visible in the catastrophic environmental problems we are facing. This results of course in human diseases and illness such as obesity, heart disease, cancer, strokes and diabetes.

Over the past sixty years, our diet has changed considerably as industrial methods of food production, such as factory farming, which enabled the widespread availability of cheap meat. This created a situation where fruit, vegetables, grains, seeds, etc. became an afterthought rather than the most nutritionally important part of a healthy diet. Cheap meat always means terrible animal cruelty and since becoming a prominent feature of our diet, human health has suffered massively as a consequence of this imbalance.

“Affluent populations” habitually consume a diet that was unknown to the human species a mere ten generations ago. Compared with the diet that fueled human evolution, the so called “affluent” diet of today has twice the amount of fat, a much higher ratio of saturated to unsaturated fatty acids, a third of the former daily fiber intake, much more sugar and sodium, fewer complex carbohydrates, and a reduced intake of micro nutrients. Worldwide, the adoption of this diet has been accompanied by a major increase in coronary heart disease, stroke, obesity, various cancers, diabetes and other chronic diseases.”


Show me a fat lion, tiger, zebra, bird, badges, or otter in the wild and I will eat my words, as they all naturally observe this fundamental law of nature, as do all other wild creatures. We however lost touch with our natural sense of self and our natural sense of balance when we became industrialized. Having lost sight of what nature teaches, we have gone on to devastate our environment, tipping the scales of balance with one-sided unsustainable activity. We have finally become aware that if we do not do something drastic to change the way in which we live our lives, it is likely that our planet will never recover, at least whilst we reside on it.

The sickness and disease of our planet is showing itself in many ways, including, of course, global warming. This is by no means the only environmental catastrophe that we need to address now as a matter of urgency. Deforestation, loss of biodiversity, the destruction of our oceans, collapse of fish stocks, pollution, desertification and the dwindling of our vitally important resources, such as fresh water, are all reaching catastrophic levels.

There is a common denominator to all these problems!

Question: So what is the connecting link to all of the major environmental catastrophes that the world now faces?

Answer: Industrial farming and agriculture of meat, fish and dairy.

There is no industry in the world that shows a deeper sense of disrespect to our environment, to nature and to the animal kingdom than the meat, fish and dairy industries. This disrespect we show to our environment and the disrespect we show to the animal kingdom is closely connected. Viewing life only as a commodity whilst losing our nurturing sense of self continues to cause unimaginable destruction to our natural environment and to the animal kingdom.

Recent studies made by the United Nations Food and Agriculture Organisations have highlighted the meat and dairy industries’ paramount contribution to global warming, contributing more to the problem than all of the cars, planes, and indeed all the transport networks combined. This led the head of the UNFAO to state that the number one response we can have in order to lower our carbon footprint is to live as close as possible to a vegan diet.

**Mend** (Meat and Dairy) Facts

- A meat diet is at the heart of the decimation of rainforests, essential wildlife habitats and hundreds of animal and plant species.

- Meat and dairy industries’ contribution to global warming is estimated at 18–30%, higher than the contribution to global warming of all transport networks combined (15%).

- 55 billion animals are killed for meat each year, and that is a lot of toxic animal waste. Methane is 23 times more damaging than CO2 released into the atmosphere whilst valuable resources unnecessarily consumed. Livestock consume much of the world’s dwindling fresh water.

- A pig factory farm was responsible for the largest catastrophic spill in US history when 120,000,000 tons of effluence from its manure lagoons was leaked into the rivers and the sea, killing millions of fish. This was twice as big as the Exxon Valdez oil spill.

- The mammoth worldwide appetite for the hamburger is chomping through the Amazon rainforest at an alarming rate. 80% of the degraded Amazon rainforest is used as pasturage by cattle.

- Loss of biodiversity is not only a Central and South American problem; it is happening all across the globe. The UK now has less than five percent of primary forest when it used to be 80 percent forested. British biodiversity is in crisis.
I am in love with food; I always have been! My family, friends and I certainly have! For the Vegans and Veggie I hope this recipe book can become an inspirational and delicious point of reference! Everybody can enjoy the great variety of dishes it offers in order to create exciting, friendly menus filled with the most important ingredient of all, LOVE!

Since removing meat and dairy from my diet I can honestly say that I feel more vital alive, my energy levels soared; my eyes brightened, my skin, hair and nails all improved in condition. The best thing of all is that I feel safe and secure in the knowledge that I do not contribute to animal cruelty or to the environmental consequences of the meat and dairy industries. The wise old saying "we are what we eat" has never been more relevant.

I am now 47 years old with the same body (minus one leg and a ton of sports injuries) as I had at 22 years old. I am still breaking world records and winning medals. Aside from my dogged determination and genes, the rest is my Vegan lifestyle. No more excuses, change your life, you only have one...

Lots of Love, Heather

To read more about Heather go to:
www.whitefoodies.com
www.heathermills.org

Editor’s Note:
Heather has just successfully completed her 5 World record attempts, the final and most difficult one being speed skiing.
As of last week Heather is the fastest disabled woman on skis in the WORLD! 166.84 km/h.

YouTube search: “Heather Mills - The fastest disabled woman on EARTH!”

Heather Mills is a British activist, philanthropist and former model. Mills works with several charities including Easter Seals and Viva.

Enjoy Weekly

• Raw Cuisine Recipes
• Garden Tips
• HHI Store Specials
• Featured Events
• Featured Article
• Events Calendar
• Inspirational Quotes
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Sign up this month for a chance to win a $250 HHI Gift Card!
One secret of real food is that it appeals to the five senses of sight, sound, taste, smell, and touch. How critical is the role of the five senses when interacting with food? Let me give you an example: I recently visited Italy, and while walking near the Borghese Gardens in Rome, I asked a stranger to suggest a good restaurant. The man pointed to a nearby eatery—LARYS—and then kissed his fingers, a gesture Italians use to convey a sense that something is terrific and magnificent. Based on his suggestion—and his emphatic enthusiasm—I walked into LARYS and found myself suddenly transported to another planet! For a long moment, I simply stood still, while my senses were clamoring for me to sit down and never leave. What was I feeling? The only description is an awakening. I had stumbled into a fantastic food garden; I was surrounded and overwhelmed by the smell of freshness. The escarole was excellent, the rice swirled with incredible mushrooms. The olive oil was so extraordinary that I just stared at it, smelling it and soon beginning to recognize different variations like wine lovers do. The smells, the music, the atmosphere were electric. I realized I had found nirvana now in Rome.

Most memorably, though, were the salads with all shades of green—more varieties than I could possibly count, and more vivid than I can possibly convey. There was endive, baby lettuce, arugula, artichokes with olive oil. Each shade of green came with its own bounty to feed the senses, its own characteristics that our senses could clearly identify. Green had always been my favorite color but I finally realized why I craved it. I suddenly discovered a new motto: fifty shades of green will feed the soul.

Truly nourishment, of course, comes not from the plate, but from the heart. If authentic, food goes straight to your soul. When fed properly, you’re not hungry; when you’re sated, you feel like you belong. That sense of belonging including where and how you eat, is as important as what you eat. I later found out that the proprietors of LARYS are Maria Monfreda and Larissa; they and their excellent staff make you feel truly at home, as if you were part of their family.

When eating using the five senses (hearing music, feeling or touching textures, tasting magnificent flavors, seeing the array of colors, and smelling aromas that evoke far-away lands) you become gratified, and happy. All five senses coming together like an explosion of joy! You feel complete. Thus, when I did first walk into LARYS, I was transported. It was like a feast of orgasmic pleasure for the senses. I took in how serenely decorated it was, with white and a red divan. I heard pleasant music that eased any apprehensions of feeling alone. I felt the newfound freedom of me delving my heart and welcoming me with their special presentation. The salad was like no other, full of fifty shades of green. The vegetables sang in unison with the variety of beans, potatoes, and other great dishes. Food had never truly satisfied me, because the food I had chosen for myself was never really authentic or in season. Healthy and crisp foods feed your body, mind, and spirit, and nourish a purposeful soul depicting who you really are. When satisfied there is no addiction, there is no emptiness, no black hole of dissatisfaction.

What We Eat

The Greeks and Italians have olives, almonds, artichokes, tomatoes, walnuts—but what else is there? The Greek gods showed us that the journey to food was perfection and my journey had ended. or had it just begun? With avocados, a dash of coconut and lots of greens—fifty shades of them—we are in heaven. I am now on a quest—a lifelong quest—to find and eat only genuine, pure and perfect food. As part of this quest, I plan to revisit LARYS, where I hope to once again smell the olive oil and relish in the ambience, the intimacy between me and food, fulfilled by panache and a perfect setting. Finally, I’m able to enjoy food like I do being at Hippocrates!

I hadn’t realized until I arrived at HHI how important juicing was—and how many shades of green the juicing process opens up for us on the spectrum (cucumber, celery, pea, and sunflower sprouts). Thank you, HHI, for becoming my teacher and ultimately developing my taste buds so I could recognize great food and enjoy it with all my heart. Both my body and my mind had to develop and decompress before any part of me could appreciate pure and gratifying tastes again in my youth. So this is just the beginning for all of us—the start of a journey as we embark on our own voyage of self-discovery into what makes us happy! How lucky can we be? The moral of this story is to find what your passion is and to then pursue it with every fiber of your being. Do not settle for something that is not authentic. Do not settle for something that is not perfect for you! I now realize I no longer have to search for happiness, as long as I treat myself to real, pure and fresh food. I am now satisfied and happy. The passion for great food was in my family for generations. I learned to appreciate incredible food from my parents and it was not secretive; trysts did not exist. We celebrated life with food, and love was everywhere.

With these newfound insights, I’ve begun writing a new book on happiness. I plan to ask various people to contribute passages or chapters, thereby creating a collaborative adventure. One mystery I intend to shed light on is how the Etruscans in Tuscany (around 500 BC) mastered joy, bliss, and happiness in both life and death. I will find their answers—and share them, happily.

Katherine C. Powell, EdD has written many articles and books investigating how people develop confidence, a strong sense of self, and openness to discovering their true self or potential. Since 2004, Dr. Powell has taught graduate and undergraduate courses at HHI as a full-time instructor. Her classes prepare teachers in the psychology of teaching, learning theories, classroom management and self-assessment.

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To Win, We Have to Lose, cont’d from p. 36

You have a part in your brain that tells you when you are full and controls your appetite and it’s called the “ap- pestast” and the process is called the “Satiety Factor.” This mechanism is constantly monitoring our blood- stream for nutrients. If we don’t have the right amount of nutrients then this alarm kicks in and tells us to eat more. So we eat more of this “junk food” (processed food), which never satisfies us and we get fuller and fuller and still feel hungry. I guess it brings up a common saying people will lament about, “I eat all the time and I’m still hungry!” This mechanism is constantly monitoring our bloodstream for nutrients. This is called the “Satiety Factor.” This mechanism is constantly monitoring our blood- stream for nutrients. If we don’t have the right amount of nutrients then this alarm kicks in and tells us to eat more. So we eat more of this “junk food” (processed food), which never satisfies us and we get fuller and fuller and still feel hungry. I guess it brings up a common saying people will lament about, “I eat all the time and I’m still hungry!”

DefeatingBadEating.com

Cont’d from p. 36

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To Win, We Have to Lose, cont’d from p. 36

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In order to study the effects of Embodied Mindfulness on people with chronic anxiety, we have gathered together an international team of researchers. The team is working at the Masters and Doctoral level under the auspices of the Inter-University College for Health Science in Graz, Austria. Our research study will investigate the beneficial effects of guided, Embodied Mindfulness meditations on the functional health of people who suffer with anxiety if anyone wishes to be included in the study, they can contact us at the email addresses below.

For the research, participants will be asked to commit to practicing a series of short, guided Embodied Mindfulness meditations, five times a week, for a period of eight weeks. These meditations are designed to be a supportive tool, in addition to medical and psychotherapeutic treatment, should someone be following a treatment program or protocol.

As a participant, you will be asked to fill out a very short, self-reporting, anxiety questionnaire at various intervals, so we may collect data and evaluate the possible changes in your health and well being. We will deliver the meditations to you via email and support you during the research via online audio/media or Skype. Should you prefer or need in-person contact, and live near one our research team, we are happy to meet with you. We have researchers in Girona, Spain, Dublin, Ireland, Graz, Austria, Berlin, Germany, and Berne, Switzerland. We assure you that confidentiality is respected at all times.

Participants may or may not be taking anxiety medication, but we would require you to note if you are, or not, as this would be seen as a variable in our research. You will be free to keep the guided meditations after completion of the study, and if you wish, we will be happy to furnish you with a copy of our final research. There is of course, no charge whatsoever for your participation in the study. Hopefully, your time will be repaid, with an increased sense of well being, a deepening of your self-awareness and more ease, presence and joy in your life.

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Monday – Friday, 9:30 am – 6 pm
Consumers Against Toxic Apparel Explains the Link Between Obesity and Fashion, cont’d from p. 23

What is the Solution?

CATA (Consumers Against Toxic Apparel) is working hard to create a reliable resource for conscious consumers seeking clean, safe textiles. We make it easy for consumers to find, shop and save on organic textiles. There are over fourteen organic affiliates at your disposal offering clothes, undies, bedding and more.

Last year, CATA presented Hippocrates Health Institute’s first organic fashion show, showcasing affiliate companies during the annual Hippocrates RawFest event. Attendees had the opportunity to see up close and personal what organic apparel is all about. Many were surprised at the quality and selection of items available. Oftentimes, small organic companies are eager to show transparency and traceability for their products, further supporting the integrity of their brand. We will also present the second annual Hippocrates RawFest Fashion Show this November.

Mountain Air Organic Beds (our first bedding affiliate • MountainAirOrganicBeds.com) offers a wide selection of mattresses, sheets, comforters, pillows and toppers. Because bedding plays such an important role in how children can ingest endocrine disrupting chemicals, we are providing a link to their site.

In addition we have teamed up with the Pure Integrity Verified seal creator, Organic Guru, Lynette Marie. The Pure Integrity Verified seal is yet another way of ensuring the integrity of the products you’re buying. There are four key components to the seal: 1. Pure Integrity & Intention, 2. GMO Free, 3. Beyond Organic, 4. Toxic Free. “The Pure Integrity Verified” seal of approval means pure, integrity, quality and above and beyond organic ingredients without toxins or ingredients that become toxic when mixed with certain components. What does this really mean? Significantly reduces your exposure to chlorine—a chemical you really don’t want in your body or on your skin (try this: smack two thumbs up).

Sources: www.hormone.org/ Endocrine System and Endocrine glands and types of hormones
www.kidshealth.org/teen/your_body/body_basics/endocrine. html

To learn more, read Killer Clothes, available in the Hippocrates Store.

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“IT does exactly what it promises… don’t want in your body or on your skin (try this: smack two thumbs up)
This part of me has now awakened!
It’s what inspired me to create Body Systems Design and Well-Being Angels Worldwide, which is about acknowledging and honoring the 11 systems in the body so that they are in balance, and so that we have complete homeostasis, which is how we all thrive to be. We’re either too much of one thing—or not enough of the other—and the body can’t thrive unless we have full balance which supports our Immune System.

Since Part 1 of this story, I’ve had several creative accomplishments. I have completed my first beautiful Well-Being book, OH, My Body! The Undiscovered Miracle of Our Lives. This is a stunning message, true as we know it, put to your binoculars and take a closer look within this Magical Kingdom that is your body!

I have also just launched my first ONLINE Product—Living, The Miracle! A Journey Beyond YOUR Skin. This is a “YES, I Can Do This” odyssey for anyone desiring eternal healing! It’s a simple and inexpensive program anyone can implement, regardless of where you currently are.

I’m in the process of creating a foundation for Well-Being to inspire and support young mothers and young children desiring healing and encouraging Healed Adults! www.March4thforWellBeing.Foundation and www.OurChildren-OurFuture.org

This has been the year of my life. I am truly awakened. And now I am inviting everyone to join me in Body Systems Design and Well-Being Angels, “to awaken the divine within you, to become a Well-Being Angel, and source those in dire need desiring to be well, to become well!” Our Global community continues to expand with my weekly, Dialogue with Luz (or Chat with Luz), as well with The Spirit of Well-Being Monologues, where I commit to continuously inspire You with print, audio and even inspiring videos.

Since I was 12 years old with my grandmother, who was my best friend until her last day, I’ve always known that there is a voice within me. A real voice, a wise inner voice, as opposed to the outside voice, the one that keeps vacillating back and forth in the brain. I’m talking about that divine intelligence, that innate voice within us that is always guiding us. That God Light. That God Energy, that we are all tapped into, that is always guiding us forward, inspiring us to March Forth! There’s never going back in life—it’s always moving forward.

When I ask and I pay attention—because the answers come in many different forms—and my heart says, “take action,” and I take action, it is always divine. There’s no struggle. It’s all joy.

We must confront the addictions in our lives, the things that we’re used to and unwilling to change. It may not be easy for us to say, “I’m going to surrender. I’m going to step into the Voice and trust that I will be taken care of,” because you may not be used to it.

There may be some fear involved in the unknown. I experienced the same fear, but trusting has given me access to a life that I would have never, ever imagined.

I have all kinds of great stories to share about real people who were influenced by their faith to take action. One of my favorites is about a man with diabetes who was going to have a leg amputated due to a large open wound that had been there for over a year. After working with me for six weeks through reflexology, his whole foot had healed. As a result, his wife went into the Well-Being field, and they both transformed their lives.

There was nothing I did for this man’s foot to heal; rather, I knew that it was God working through me, and through him, because he was ready for something, for his personal healing. Basically, I just played with his feet! I did reflexology. It was amazing. I remember when he walked in with this special pair of boots to keep his foot elevated. Six weeks later he walked in with regular shoes.

Another story I’d like to share is of Mary, who had been sent home to settle her affairs after she was told she only had three months to live. As she shared this with me, all I could say was, “Mary, all you can do is choose! I have no idea if you will live or die, but do I know you have a choice. Only God knows when!” She had eleven cancerous nodes throughout her entire body including her brain, eyes, and lungs, but she chose to believe that she had the choice. She chose to take on The Living Foods Lifestyle and reconstructed her life for healing. Mary lived another ten beautifully joyful healing years.

My journey really took flight when I began practicing Reflexology inside of Whole Foods. My clients were so confused with the reflexology charts and the location of their organs. One of my clients, an artist for a major ad agency, inspired me to create a REAL reflexology chart, as we understand the body today.

I began asking for Divine guidance on how to share what I was learning with my clients so they could better see it for themselves. One of my clients, who was an artist for a major ad agency, inspired me to create a REAL reflexology chart, real as we humans understand the body today. We met weekly before we both went to work and created a beautiful full-color chart with the anatomical organs mapped out. This chart became very popular and was featured in Allure magazine.

I am gifting all of you with this beautiful reflexology chart. Just download, print and enjoy! Play with your family and awaken the divine within.

In each of the stories I shared, I didn’t know what I was doing. Nor did I predict the results or the outcomes. I simply listened to that divine voice inside of me, and the miracles happened! You too can begin expanding your inner joy.

Share your thoughts with me. We are in this journey as ONE! Get your FREE Report—“News with Luz”
Exercise comes in many forms, it is important to start with small workouts you enjoy. Everyone has different interests and passions when it comes to exercise, as some like to run, while others prefer walking, cycling, swimming, weight training, zumba, yoga, etc.

The key is to find a practice you enjoy and connect with. Implementing this natural approach will produce consistent results and ensure exercise will become part of your overall lifestyle. It’s not to say you won’t need additional support. Always remember, small steps every day get us to our ultimate goals!

Key Exercises in the Fight Against Obesity, cont’d from p. 43

Exercising in small parts every day get us to our ultimate goals!

Key Exercises in the Fight Against Obesity, cont’d from p. 43

Exercising in small parts every day get us to our ultimate goals!

Key Exercises in the Fight Against Obesity, cont’d from p. 43

Exercising in small parts every day get us to our ultimate goals!

Dr. Seneff points out, however, that our gut bacteria do have this pathway, and that’s crucial because these bacteria supply our body with crucial amino acids. Roundup thus kills beneficial gut bacteria, allowing pathogens to grow. This interferes with the synthesis of amino acids including methionine, which leads to shortages in critical neurotransmitters and folate, chelates (removes) important minerals like iron, cobalt and manganese; and much more. Even worse, she notes, additional chemicals in Roundup are untested because they’re classified as “inert,” yet according to a 2014 study in BioMed Research International, these chemicals are capable of amplifying the toxic effects of Roundup hundreds of times over.

Glyphosate is present in unusually high quantities in the breast milk of American mothers, at anywhere from 160 to 1,600 times the allowable limits in European drinking water. Urine testing shows Americans have ten times the glyphosate accumulation as Europeans.

“In my view, the situation is almost beyond repair,” Dr. Seneff said after her presentation. “We need to do something drastic.”

Half of All Children Will Be Autistic by 2025, cont’d from p. 45

There are many ways to support the mind/body for the adrenals, such as meditation, visualization, affirmations, comedies (laughter) and psychological therapy. To support the physical body, practice the following: being well hydrated (0.5 liter of body weight in fluid ounces per day), proper diet (living foods), adequate sleep (7 to 9 hours), deep breathing exercises, moderate physical exercise (aerobic and anaerobic), yoga, acupuncture. Try to identify your personal stressor and eliminate it, if possible. Consider changes to your view of the stressor. As you learn to identify the stressor, you can begin to see patterns and modify your behavior.


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Monica Péloquin, Agent

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Organic Urban Farming. Learn more at
www.LocalHarvest.org/farms/M20618 or email guerreroantonion6@gmail.com.

Peak Soil, cont’d from p. 35

I attended a recent meeting at a program called Way Café, affiliated with CROS ministries and run by St. Andrews Episcopal Church in Lake Worth, Florida, where I teach organic gardening classes. To my surprise, I learned that the program is struggling to find local produce or land to grow it on.

Imagine if the county provided land for charities and urban farmers like myself (who cannot afford to buy farmland). We could grow local food for the county and donate part of it to soup kitchens. There is dire need for such a program as the growing season nears its end and farmland is lost to developers. This sustainable model of land use should be employed internationally.

Container gardening is a Great Start

Growing our own food starts with a class, then with sprouts and then a baby container garden. A small container is an inexpensive way to start a garden, even if you are living in a small apartment with no yard or land to grow your own food.

Container gardening is the best place to start because it is the easiest and simplest way to learn the gardening process. Container gardening could be traced back to many ancient cultures, including the Egyptians, the Sumerians of Mesopotamia and the Ancient Mayans, Incas and Aztecs.

Now in the present—we have devolved to live in cities and eat canned and packaged food produced from genetically modified organisms (GMOs) and adulterated with chemical pesticides and fertilizers. We have fallen to live in skyscrapers and travel by supersonic planes and communicate via cyberspace.

It is time to get back to basics. We are now learning the lost art of urban farming/gardening—one garden, one student and one container at a time! Start the process with a baby step: Awareness Productive Urban Farming Class at my backyard garden! Learn more at
www.LocalHarvest.org/farms/M20618 or email guerreroantonion6@gmail.com.

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