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Thank You, Jane Smith
Jane Smith was not only one of our extraordinary team members, but a dear friend of our children and Hippocrates guests and all those who had the privilege to meet her. We want to thank Jane for the decades of love and support she offered us at Hippocrates Health Institute.

— Anna Maria and Brian Clement and family

Global Warming: Fast Facts

- At the rate our climate is changing, the world will soon be warmer than at any time in the last 1000 years.
- The world has warmed by 0.5 degC over the past century and an average 2 degC warming is predicted by 2100.
- There is scientific consensus that air pollution from human activities is partly responsible for global warming.
- Climatic changes will alter natural vegetation, wildlife habitats, cropland growing seasons, and distribution of pests and diseases.
- Global warming will cause a continued and accelerated rise in sea level during the 21st century, with the world's most critical coastal wetlands threatened.
- A one-meter rise in sea level would threaten half of the world's coastal wetlands of international importance for their biodiversity.
- A 3 degC to 4 degC warming could eliminate up to 85% of the remaining wetlands in the semi-arid regions of southern Europe.
- The loss of wetlands in the flood plains of rivers in the African Sahel could make some local populations of turtles and birds extinct.
- A 3 degC to 4 degC warming could eliminate all open waters of the prairie pothole region in the US, an area where half of the wild duck population hatch out.
- About 30 new infectious diseases have emerged in the past 20 years.
- Global warming will expose millions of people to new health risks. Infectious diseases are emerging, re-emerging, and undergoing redistribution on a global scale.
- Global sea levels have risen between 10 to 25 cm in the last 100 years and will rise faster still in the coming decades.
- By the year 2050, up to one million additional deaths from malaria may be occurring annually as a result of climate change.

- The Arctic is unusually important for migratory birds. An estimated 15% of the world's bird species are Arctic specialists. In North America, 36 species breed only above 60 degN latitude.
- Ringed seals are the principal prey of polar bears. Unseasonal warming can lead to collapses of the snow cover where female seals bear their young. The young as yet have no blubber and die of exposure when cold conditions return. Scientists suspect that declines in seal populations will occur in this manner, and will ultimately lead to declines in polar bear populations.
- Detailed climate models suggest that a doubling of greenhouse gas concentrations will lead to a 30% reduction in the tundra available to Arctic species.
- Many of the world's most distinctive mammals are found only in the Arctic, including walruses, several species of seals, Arctic foxes, collared lemmings, arctic and tundra hares, muskoxen, polar bears, narwhals and bowhead whales.
- As sea ice becomes thinner due to increased temperatures, animal intruders from the south, such as grizzly bears and moose, are penetrating north affecting local populations.
- Between 15 to 20% of the large nature reserves in southern Europe, southern Africa would experience a change in biome or habitat type under different climate change scenarios.
- Climatic changes will alter natural vegetation, wildlife habitats, cropland growing seasons, and the distribution of pests and diseases.

Source: World Climate Change Campaign — Protecting Our Planet from Global Warming World-Wide for Future

Brian Clement, Jane Smith, Blake Clement and Anna Maria Clement (from left)
We would like to take this opportunity to thank the following sponsors who have graciously stepped up to make this annual event a possibility. We are honored to have them as part of the Hippocrates Community, and appreciate not only what they do, but who they are.

Each has brought their own unique experience to this year’s RawFest, sharing their knowledge, their passions, and their commitment to a healthier life, a healthier lifestyle, and a healthier planet.

It is with sincere gratitude and love that we say, “Thank You!”

Chunkie Dunkies is an inspiration that came to me after I was fortunate enough to work in the Hippocrates Kitchen and then complete their nine-week Health Educator Program in 2010. I only wanted to eat food that was simple, clean, and pure. I quickly developed five flavors to sell at the local health food store in Palm Beach Gardens, Florida. Now, we offer 15 different products, sold in over 100 locations (which can be found on our website) and sell online at www.chunkiedunkies.com. Our cookies, brownies and biscotti are Raw, Vegan, Gluten-Free, Diary-Free, Non GMO, Paleo friendly and Kosher, handmade in our 100% plant-based, gluten-free free facility in Rivera Beach, Florida. They are either sweetened with organic maple syrup, organic raw blue agave or liquid stevia (Stevia brand) — Diana Lauro, founder/Chunkie Dunkies

Eidon, Inc., founded in 1996, is dedicated to quality and commitment towards educating about the true functions, requirements and benefits of minerals. Eidon provides its clients with a revolutionarily new way to experience the benefits of minerals – without additives or preservatives. Each mineral is scientifically formulated in our own lab and then carefully tested by private laboratories to insure high quality and purity.

Essentia is a health and wellness company that makes the only natural memory foam mattresses in the world. Essentia mattresses are unique as they focus on key elements of whole body care: proper posture support, a cool sleep surface and clean air environment. Made using organic and natural components, Essentia mattresses have been tested to show ambient VOCs and to be an optimal solution for allergy sufferers. Your immune system won’t spend valuable time at night fighting external toxins and will instead focus on fully restorative sleep.

Family Health Designed is a research and development company that specializes in formulating high-end nutritional products. We’ve collaborated with physicians, health institutions, scientists, chefs and laboratories for the past eight years to provide our customers with first-class nutritional supplements that will nourish and support healthy function.

Got Sprots? began in our personal kitchen, and with help and guidance from the universe, grew to be a part of many people’s health and happiness! Our Journey is to continue to research and provide our customers with the best holistic/organic products and services available. Whether you are experiencing a health challenge or would like to challenge yourself to better health. Got Sprots? is a great place to start your “Sprout Life” journey — Jody Albert and Sean Herbert, founders Got Sprots?

Gumberich Family Chiropractic offers state-of-the-art upper cervical specific chiropractic care utilizing the NUCCA and Orthopsychology adjusting techniques and protocols. These techniques focus on adjusting the top bone in the cervical spine, the Atlas or C1 vertebra. The correction restores body balance, and allows for optimal brain to body communication. This powerful correction is efficient, gentle, precise, and has significant, measurable results. NUCCA requires the use of very precise diagnostic tools and equipment not found in other clinics (e.g., general chiropractors, orthopedic doctors, neurologists or hospitals). After careful analysis of upper cervical images, one light correction is given to the atlas transverse process. The atlas is the only bone that can be used as a lever to move the head and neck back to the patient’s vertical axis. Patients with countless conditions have responded well to upper cervical care, and we invite you to discover if you may benefit from this procedure. Feel free to contact Dr. Gumberich at 391-964-1600 or visit our website at www.palmbeachNUCCA.com.

Haalen 951 is an international award-winning, super nutritious, fermented soybean protein beverage. In addition to its soybean protein concentration, Haalen 951 contains large quantities of single cell proteins and their metabolites produced by the Haalen 951 patented fermentation process. Haalen’s fermentation process hybridizes many of the soybeans into amino acids and compounds that are rich in nitrogen and fermentation metabolites of the naturally occurring isoflavones such as genistin, protease inhibitors, saponins, phytosterols, and insoluble hexaphosphate compounds in soybeans. This amounts to the ideal Adjunct Nutrition to help boost the immune system for those who would benefit from a product that eliminates calories from fats and carbohydrates but includes quality soybean proteins and their inherent nutrients, micro nutrients, and amino acids, as well as, a good source of dietary nitrogen.

Healthy Juicer is a little powerhouse developed because its inventors ran into a problem when starting out into the wonderful world of juicing wheatgrass: they couldn’t find a portable and affordable option to juice. All the options were clunky and prohibitively expensive. That’s when the Healthy Juicer was born! The world now has a simple to use and simple to clean juicer! Now a decade later, the Healthy Juicer has touched thousands of lives.

Kattilac Gems are handcrafted, and because of their natural state, they are truly one of a kind. Crystals and gems inspire me with their natural ability to spark. While showing off their beautifully evolved history, these gifts from Earth provide the perfect accessory for everyday wear and can enhance one’s energy. It is my pleasure to create something special for you to cherish and share with others. My hope is that you will fall in love and let these pieces become part of your permanent collection. —Kat Yarborough, founder Kattilac Gems

Linda Frest, a certified Hippocrates Health Educator, has been helping people transition to a healthy lifestyle for the past 30 years via hands-on classes, television, radio, print and special events. She inspires people to begin embracing simple changes through a series of classes on living food preparation, including dehydrated foods, raw vegan desserts and easy sprouting techniques for a kitchen garden. Her colorful recipe book Simply Juoetu offers ideas for foods and beverages based on sprouts and micro-greens. Simple sprouting instructions are also included that makes starting a kitchen garden easy and fun. Linda also organizes immersion events at Hippocrates for various groups, notably for alternative health care professionals, corporate clientele and for people recovering from addictions.

Master Ken Martial Arts Academy specializes in teaching men, women and children the art of living balanced lives through meditation, nutrition, martial arts exercise and rest. Students learn martial arts as a way of personal development as well as personal protection. By studying the movements of the martial arts, students are taught how to gain insight into themselves and know how to remain calm and confident as they encounter the situations of everyday life. The overall structure is a fun and positive environment designed to empower each student. With a balanced approach to handling situations and learning to resolve conflict peacefully, students recognize when they can turn a potential negative situation into a positive one.

Pure Choice Holistic SkinSide — OUT Studio believes every little thing matters that comes into direct contact with your face and body in today's stressfull and toxic-filled world, consumers are hard pressed to find time to educate themselves about the toxic practices of the cosmetic manufacturing industry. It is our passion to educate our clients in what is truly safe for their family’s daily use, both at home and in the treatment room.

Pure Choice Holistic SkINside — OUT Studio believes every little thing matters that comes into direct contact with your face and body in today’s stressful and toxic-filled world, consumers are hard pressed to find time to educate themselves about the toxic practices of the cosmetic manufacturing industry. It is our passion to educate our clients in what is truly safe for their family’s daily use, both at home and in the treatment room.

Skin Institute offers products and treatments with unrivaled efficacy. Much attention to detail has been given in the development of this exceptional line of natural, vitamin and mineral enriched products. The entire line of animal cruelty free products is tested at the Esthetic Training Institute, using strict criteria for evaluation both in the laboratory and with actual consumers. All products are very concentrated, thereby requiring tiny amounts, which yield visible results. Non-comedogenic, hypoallergenic ingredients are always used, along with completely natural preservatives.

The Tower Garden, the vertical garden, powered by aeroponics, gives you more control of your family’s health by making it easy to grow nutritious, great-tasting vegetables and fruits at home. It’s a smart choice, both environmentally and economically because of its unique aeroponic technology and vertical design. Tower Garden uses less than 10% of the water and land required by traditional, soil-based agricultural. And a recent university study it also generates 90% more produce than soil-based growing methods.

Therasage® is an international, innovative, natural health and wellness enterprise that specializes in the natural healing properties of infrared technology. Therasage is at the forefront of a shift in the American Healthcare system, offering a line of products which provide the most advanced applications and infrared devices. Our FDA-listed products enhance and optimize many other medical therapies. Based on more than 30 years of extensive research by NASA scientists, Therasage products deliver unparalleled healing benefits for affordable at-home and office wellness.

Wakaya Perfection creates products using a highly complex process. We call it nature: Everything we make is sourced with prized and rare ingredients native to the South Pacific. The same certified organic ginger and turmeric that goes into our capsules goes into our aromatic teas, and our rejuvenating ginger scrub and soak. It is good for you inside and out! Our sea salt is harvested from Fijian reefs and dried in the island sun. And our company’s methods will also ease your mind. Our ginger, turmeric and kava are so pure they contain only one ingredient, hand harvested on a pristine 2,000 acre island farm. No short cuts. No substitutes. And there’s no comparison to other brands. Wakaya will help you rekindle your best self — your island self. Perfection Takes Time — in our case 300,000 years to create the world’s richest, purest organic soil.

WaterWorkscs, founded by Peter Goodgold, manufactures healthy water products to produce high pH alkaline water for wellness, weight loss and anti-aging. They offer Ionic Oasis electric water ionizers, Vitalite Dechlorinating shower and bath filters, the Alkaline diet stick and Ti Stick portable water ionizers, pH testers, EMF protector and far infrared saunas.
In 2011, I was badly injured and broke all my ankle ligaments. That was the last straw. From that moment, my health journey began. Complete exhaustion was palpable; I became very ill and I had several symptoms that were undiagnosed by my doctors. I underwent a physical decline, which made me lose a lot of weight (66 lbs / 30 kg) in a very short time.

Doctor after doctor, treatment after treatment; I did everything to find out what was going on with me. It took some time to realize that the answer was closer than I thought. Doctor after doctor, treatment after treatment, I did everything to find out what was going on with me. It took some time to realize that the answer was closer than I thought.

This injury abruptly took my passion for dance away. My identity was lost and I became an enemy of my body. Rather than succumb to the dark negativity, I pursued the living food lifestyle. It became my passion, and I was so inspired that I took my own health in hand and attended the Living Light Culinary Institute’s nine-week course, becoming a Raw Food chef, instructor, and coach.

I transformed my creativity and passion for dance into creating art through food. My mission became guiding people in making healthier choices—to inspire, encourage and mentor them!

Since I am convinced that coaching others starts by being well and balanced myself, I decided to prolong my raw food adventure in the USA by finishing up with the Life Transformation Program at Hippocrates Health Institute (HHI).

What an experience, what an eye opener! I was told in advance it is a paradise where magic things happen. Well, I cannot agree more with that! The atmosphere is amazing. Everybody is super friendly, you feel extremely supported, the accommodations couldn’t be better, the team consists of highly qualified people and they help you help yourself!

Everyone is welcome at Hippocrates; they accommodate both healthy guests and those with a wide array of health concerns.

Before my stay at HHI, I was already following the raw vegan lifestyle. But at Hippocrates a lot of things changed:
- My skin became as soft as a baby’s
- My vision got brighter
- No more eczema
- My water retention reduced
- Much more energy
- I look healthier and happier
- Less bloating and no gas
- My nails and hair got stronger
- More inner peace and balance

CONT’D ON p. 52
One of the basic principles in understanding longevity is that the higher we are eating on the food chain, the more concentrated the toxins are in the foods we are eating. Cows, pigs, chickens, and farmed fish, for example, are eating corn, soy, alfalfa, and other grains that absorb environmental toxins. Additionally, their feed is often enriched with fishmeal, chicken litter, slaughterhouse waste, and other substances that concentrate toxins, and that industry has found profitable to use, promoting weight gain.

The result is that with animal foods, we are consuming PCBs, dioxins, heavy metals, nuclear radiation, pesticides, herbicides, and a wide range of injected drug and hormone residues. These physical toxins tend to increase rates of cancer and weaken our immune system, reducing longevity. There are also naturally occurring toxins in animal foods, such as the primary protein in milk, casein, which we are not designed to digest, as well as other animal proteins that tend to be inflammatory and acidify our blood and tissues. These substances, along with saturated animal fat, hormones, heterocyclic amines, and other naturally occurring substances increase risk for heart disease, strokes, diverticulitis, kidney and liver disease, obesity, autoimmune disease, arthritis, and other conditions that reduce health and longevity.

However, beyond these physical toxins that accumulate in animal-sourced foods, there are what we can refer to as metaphysical toxins that we may not be aware of. The animals who provide the flesh, dairy products, and eggs we are typically pressured into eating from infancy are confined, mutilated, abused, and killed in ways that lead to our consuming metaphysical toxins. I have heard the plaintive wails of despondent dairy cows whose calves are stolen from them at birth, and the squeals of pain and terror as pigs are sent to slaughter. In purchasing animal foods, we are both causing and consuming acute fear, despair, pain, sadness, and frustration. What is the result of creating our bodies with these hormonal and vibrational realities?

Further, all the cows, pigs, chickens, and other animals we use for food are killed at a small fraction of their natural life spans, when they are mere infants or children in human terms. What is the result of killing billions of animals for “food” when they are only infants? Destroying the longevity and health of others, do we impact our own health and longevity?

We can see the answer to this in the decreasing longevity rates worldwide, and in the vast profits accruing to the medical-pharmaceutical industry, which sells billions of dollars of drugs annually in three main markets: 1) for animals who are imprisoned for food; 2) for people who eat foods derived from these animals and consequently need medications for cancer, heart disease, diabetes, and other resulting conditions, and 3) the largest market of all, for people who are prescribed medications for mental conditions such as insomnia, depression, anxiety, panic, and dementia, and who, significantly, are typically buying and eating animal foods, causing insomnia, depression, anxiety, and panic in the animals whose flesh and secretions they are eating. The ancient wisdom holds true eternally: as we sow, we reap.
Longevity

Part of God’s Natural Design

by Fred Bisci, PhD

One of the most often asked questions that people present to me is about longevity. I’m currently 86 years of age and because of what I do I may be able to provide some helpful information. Of course there are many books on this subject and much information on the internet recommending special supplements, hormones and nutraceuticals to promote longevity or slow down the aging process.

I believe that science and the future of new information about the aging process is very important. My personal belief and what I practice in my life is much simpler and easier to understand. In some respects it might even be more profound. I can only tell you what my study and my experience has revealed.

I would like to explain how I apply this knowledge by comparing the human body, which is governed by natural law, to a mechanical machine such as an automobile. The engine of an automobile is made up of mechanical parts and some electrical components. When you buy a new automobile it is best to care for that automobile based on the manufacturer’s recommendations. This auto must be maintained with the proper octane gasoline, the correct motor oil, the correct hydraulic fluids, the proper engine cooling fluids and the correct amount of air in the tires. If these recommendations are not followed correctly the auto will wear out sooner or have the capacity to break down.

When driving an automobile, how you handle the auto can actually cause the car to wear quicker—or last longer. If the vehicle does break down, the automobile must be brought to an auto mechanic to have the problem diagnosed in order for the mechanic to replace the necessary parts or fix the damage. The car, being a mechanical machine, cannot repair itself and sooner or later—based on how well it is cared for—most likely will end up in a junkyard or in the showroom of an auto museum. If you purchase a new automobile and take it out of the showroom and never use it, the auto will get older as time goes on. But if it is kept in a protective environment it will never wear out.

Now let us make a comparison with the human body. As we all know the human body is not a mechanical machine. And in no way can the most sophisticated mechanical machine be compared with the marvelous human body. The body is a sophisticated, biological organism. In totality it is still, in some respects, fully beyond human comprehension. The human body is self-healing, self-regulating and is always within its own sophistication to create unbelievable perfect balance with its chemistry—to preserve and extend life.

cont’d on p. 56

Fred Bisci, PhD
The usual suspects of protein, vitamins, minerals, carbs and sugar are old and familiar as the basic components of nutrition. More recently, enzymes have entered into the arena of nutritional awareness, while the newest kids on the chopping block are phytonutrients. Unable to flee or hide, plants armor themselves with an arsenal of phytonutrients. With these, they defend themselves from adversities such as ultraviolet light, blight, heat, frost and drought, and from adversaries such as bugs, bunnies and us.

Phytonutrients as Keys to Longevity

Pro- and Anti-Antioxidants

Every plant produces several hundred phytonutrients. Nearly twenty thousand have been isolated and identified, with more on the way. Many of these phytonutrients act as antioxidants. Pure oxygen can be dangerous and flammable. Oxygen rusts metals; fans flames; spoils food and ages living cells. We inhale oxygen as air in small doses, one breath at a time. Before filtration by our lungs, oxygen is diluted with several other gases. Dilution with only one other gas is insufficient. Nitrous oxide makes us silly, sulfur dioxide makes us sick, carbon dioxide makes us drowsy, carbon monoxide strikes us dead.

Antioxidants protect against guess what, oxidants. And against free radicals gone amuck in the presence of oxidants. Free radicals are not some roaming gang of left wing militants, but rather pesky nuclear matter with electrons gone missing. Those roving electrons can damage individual living cells and hasten their aging and dying. As in microscopic cells, so goes the whole neighborhood, which in our case is our organs. Free radicals are the root cause of six signature maladies of old age, namely cancer, atherosclerosis, dimming vision, dementia, memory loss, and I can’t remember the sixth.

When plants are eaten by animals their antioxidants nourish the animals too. Their loss is our gain, which is cruelly ironic because it rarely benefits plants to be eaten. Heat destroys or reduces the bioactivity of antioxidants, but fortunately we can eat most plants raw. While animals, too, produce their own antioxidants, people who eat animals mostly eat them cooked, so such antioxidants hardly benefit the human animals who eat them. Even worse, cooked animal protein, especially when barbecued or burned, itself can be carcinogenic. Thus meat eating is an anti-antioxidant diet.

During the past two decades, tens of thousands of scientific studies have documented phytonutrients. Little wonder that phytonutrients have become hot new buzzwords for marketing food and dietary supplements. But buzz too easily descends into hype. Resveratrol in grapes and lycopene in tomatoes have provided marketers with props for selling wine and pizza, and consumers with excuses for drinking and eating them. Yet phytonutrients have been hidden inside plant foods all along, discovered or not, marketed or not. Any new phytonutrients that researchers discover and that marketers promote are just a tip of the iceberg lettuce.
The “Fountain of Youth” is certainly not a fairy tale when you incorporate these known longevity foods along with a healthy lifestyle of exercise, positive thoughts, and lots of healthy love. Here are a few delicious longevity recipes to get you jump-started:

**Cinnamon Walnut Shake (serves 1)**
1 cup (200ml) walnuts
2 cups (400 ml) filtered water
1 tablespoon (15 ml) ground cinnamon

Soak the walnuts in water for a few hours or overnight. Drain the liquid and discard. Place the walnuts and filtered water in a blender and pulse until smooth. Add cinnamon and pulse again. Enjoy!

**Sea Veggie Salad (serves 1)**
Handful of whole dulse leaves
Handful of whole kelp leaves
Handful of whole arame leaves
Toss all the sea veggies in a big bowl with your favorite salad dressing

**Indian Spiced Cauliflower Juice**
1 head of cauliflower, cut into chunks
1/2 lemon
1 inch (2.5cm) fresh ginger root, unpeeled
2 inches (5cm) turmeric root, unpeeled, or 1 teaspoon (5ml) turmeric powder

After juicing:
Black pepper to taste
Coriander to taste
Cumin to taste

Juice the cauliflower, lemon and ginger root. Add turmeric root as well or if using turmeric powder, add it to the finished juice. Pour the juice into a glass and sprinkle in desired amounts of black pepper, coriander, and cumin.

---

According to the Guinness Book of World Records, as of September 2015, Susannah Mushatt Jones of Brooklyn, New York, born July 6, 1899, is the oldest living person on the planet. And at the ripe old age of 116 years, she attributes her long life to love, happiness, positive energy and good sleep.

Science, specifically the field of epigenetics, would tell us Ms. Jones has long and highly functioning telomeres. Telomeres are “the caps at the end of each strand of DNA that protect our chromosomes, like the plastic tips at the ends of shoelaces.” Over 10,000 scientific papers have been published on telomeres, with a 2010 study from Harvard showing a main cause of cellular aging is indeed, shortening of our telomeres.

It used to be thought our longevity was strictly determined by the “genes” that we were born with; we were simply helpless victims of our genetic heritage and just had to deal with the cards we were dealt. But today, we know differently. Not only can our thoughts and emotions (love, happiness, positive energy) change our DNA, as Bruce Lipton points out in his book, *The Biology of Belief*, but our overall lifestyle, in particular, our nutrition can also alter our genetic makeup quite dramatically. When it comes to our health, we can actually control the outcome of many of today’s common diseases thought to “run in the family.”

If you are faced with some of those “bad health genes,” it’s time for you to take some simple steps not only to improve the quality of your life, but also extend the quantity of its years. It’s time to keep those family genes from ever expressing themselves in you and to repair and/or prevent the shortening and destruction of your DNA’s telomeres. It all starts with what’s at the end of your fork.

Science is discovering the power of our food and its affect on our telomeres daily. Yes, the quality of the food you choose to eat can either protect and lengthen your telomeres or destroy and shorten them and, in turn, affect your lifespan. Maximize your true genetic potential by incorporating these telomere-lengthening and telomere quality-enhancing foods into your daily diet:

**1. Walnuts**
High in omega-3 fatty acids and one of the highest antioxidant profile of all nuts. Delicious, buttery-tasting walnuts won’t disappoint in their overall body-boosting and anti-aging abilities. Omega-3s have been shown to prevent age-related cognitive decline and macular degeneration, improve joint stiffness, lower blood pressure and triglycerides, aid in the flexibility of blood vessels and help improve depression. But their telomere-lengthening abilities have come into the spotlight, making the foods loaded with them, such as walnuts, a must eat for turning back the clock.

**2. Sea Vegetables**
Sea veggies are loaded with trace minerals, including iodine, and some serious heavy metal detoxifying and bone-building properties. Did you know they are also jam-packed with sulfated polysaccharides or fucoidans that exhibit antiviral, antioxidant, anti-coagulant, and anticancer properties? You definitely want these anti-aging foods as a staple in your diet.
Wishing alone doesn’t make it so.

Life is wished by priests at baptisms, by Rabbis at ritual circumcisions. It is an admirable and long sought goal to live a long, healthy (and happy) life. It is wished of poor food and lifestyle choices. The better news is this can be reversed, and at least 7–8 “good” years can be added to life.

With moderate diligence, a life that reaches into the 80s should be a marvel even more if they can see, and later hoping, that cure would follow. For example, one cup of oatmeal fiber/day extends a woman’s life by a higher intake of meat. David Buettner has detailed the common practices and habits of these communities.

The blue zones are pockets on different continents, with different climates, and plants and fruits naturally available. These zones of centurions share similar principals. Namely a diet of whole plant foods: vegetables, grains, nuts, legumes, and fruit. There are no processed foods, nutritional supplements, packaged vitamins, membership gyms, or chains of supermarkets in these areas. Additionally, these centurions are physically active, nonsmokers, tied to family and friends and purposeful in their lives.

Even before blue zones were studied, there was ample evidence that a Western lifestyle, a diet of processed foods high in saturated fats, sugars, meat, fish and chicken promoted cardiovascular diseases, obesity, cancer, arthritis and autoimmune diseases, illnesses that curtail longevity. A century ago, a New York Times article noted an increased cancer incidence and higher mortality in new immigrants in Chicago. This was traced to a higher intake of meat. When English surgeons went to Sub-Saharan Africa in the 1940s, they noted that “Western diseases” were “nonexistent.” Thus appendicitis, cholecystitis (gallstones), hiatal hernia, all cancer, obesity, hypertension, diverticulitis, peptic ulcer, kidney stones, Alzheimer’s disease, and cardiovascular disease, including stroke, myocardial infarction, and peripheral vascular disease were rare. How striking it was when an autopsy study of 1000 Kenyans in 1937, which, aside from one peptic ulcer and three diabetics, showed no evidence of myocardial infarction, appendicitis, cholecystitis or other Western Diseases. These studies held true only for native Africans and were attributed to their plant-based, high-fiber diet and active lifestyle. In non-natives, Western diseases were common and often required surgical skills.

This evidence notwithstanding, the continued emphasis in the West, particularly in the USA remains on “early detection” of disease and treatment. Unfortunately for its advocates, reality trumps hope!

Hope aside, screening studies for cancer show a greater detection of pre and non malignant lesions rather than cancer, and a significant expense and morbidity for surgery, which often is over-utilized. Denmark has limited mammograms and colonoscopies because they have not shown any significant impact on mortality.

In Esselstyn’s most recent report of 2021, cardiologists noted that the value of a whole food, plant based diet (WFPBD) in CVD. In Esselstyn’s most recent report of 198 cardiac patients, 89% were compliant with a WFPBD and 21% were not. 71% of compliant patients had a stroke (6%) and 17% of noncompliant patients had adverse coronary events. More recent studies elucidate the beneficial effect of a WFPBD on lifestyle.

The cause of CVD is injury to the endothelial cell, which is the inner cell that lines all arterial vessels. When the endothelial cell is damaged by a western diet (oils, sugar, caffeine, meat, fish, fowl), the inflammatory response is initiated, foam cells engulf and surround the injury, and then plaque is formed. With continued inflammation, the plaque ruptures, causing a myocardial infarction or stroke.

The bacterial flora of the gut, which assist in the breakdown of food, is different in vegans, vegetarians and carnivores. The microbiota in vegans assists in the production of nitric oxide through an enzyme DDAH (dimethylamine arginine hydro-lase), which dilates blood vessels and increases blood flow. Cont’d on p. 55.
I personally met Steve back in the late 1970s, while taking a course on living foods, no-cooking cuisines at his Manhattan apartment, better known as the ‘Sprout House.’ It was located 12 stories above the streets of New York City, and was overflowing with his growing sprouts. In 1979, Vegetarian House published an article on his sprout-abundant diet, anointing him with the title Sproutman. It stuck ever since, and deservedly.

Though Steve was 65 years old, he came across with the energy of someone in his vibrant 30s or 40s. He was the epitome of a professional, caring, passionate and compassionate teacher—one who walked his talk with unflinching integrity. At the family gathering after his funeral, I was blessed to taste the final fresh pea sprouts which he had made in his kitchen garden and sprout bag. I also brought, along with prayers for the ongoing vibrancy of his work, some sprouting pea shoots and rose petals from my own home garden to leave behind on his grave.

Steve’s bio also tells more about the many special sides to his unique personality. Steve was a passionate husband, father of three children, a musician, and a pilot. Getting his flying license at age 17, Steve passed that passion on to his two sons who also became pilots. Annually, the family flew to a large airshow and helped organize a local Rotary’s Bike-N-Fly fundraiser.

He was also a great friend of Hippocrates Health Institute for many decades, and a tree in the Hippocrates garden has been dedicated in his honor. In a recent Healing Our World edition (Vol. 33, Issue, ‘The Science of Living Foods’), Steve wrote the lead article, What’s Behind the Sparkle in Sprouts, a wonderful writing piece that detailed the huge scientific backing for the power of sprouts to heal us.

Therein he concluded with the following inspirational words:

“When you eat sprouts you are consuming the bioelectric twinkle of life. You can’t get that from a pill or box or can. Think about how every day you plug in your cell phone to charge up. How about plugging in your body and getting charged up with the spark of living foods!”

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Let us celebrate and greatly honor the life of Steve Meyerowitz, better known as the Sproutman, who sadly was killed in a car accident September 9, 2015. Steve was a gifted leader and very inspiring teacher in the natural health community—spreading an overflowing abundance of light, love and joy wherever he went.

Nathan Batalion, PhD
Certified Traditional Naturopath, Nationally Ranked Triathlete has been a vegetarian since 1981, author of 50 Harmful Effects of Genetically Modified Foods, and over 800 articles on natural health and healing. healingtalks.com
Longevity Exercises for your 3 Bs: Brain, Body & Bones

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

What really happens in the body when we EXERCISE?

As you shape up, your cardiovascular system becomes stronger, exercise becomes easier, and your heart doesn’t have to work so hard to pump blood as it does when you’re not exercising.

FIRST of all, ask yourself, “Can I run a mile nonstop?”

“Would I be exhausted at the end?” If you said “no” to the first and “yes” to the second, then you need to get fit.

Although I enjoy some sort of fitness every day, maintaining a pretty good level of fitness need only take three 20-minute periods of exercise a week. It is critical those 20-minutes be vigorous so they will benefit your body.

Complete five to ten minutes of warm-up exercise like calisthenics or stretching to get the heart pumping. I personally like the mini trampoline while listening to some upbeat music.

Getting the heart pumping is the first thing we must do with our fitness program.

Next do about 10–15 minutes of muscular activity and then taper off and cool down for about five to ten minutes. The cool-down period helps to reduce the pooling of the blood in the exercising muscles.

Be sure to add variety and fun to all your activity. It has been proven time and time again that exercise not only keeps your body fit, but it keeps your mind sharp. And the opposite is true as well. When we are inactive, our minds go dull. It is known that a sedentary lifestyle is accompanied by electrical changes in the brain.

Physical changes are accompanied by a gradual winding down of brainwave frequencies and decreasing levels of the two neurotransmitters.

Exercise is the best insurance for the body

The results of a study made by the National Health Interview Survey were published in the New York Times. They kept tabs on about 7000 people over a period of nine years and came up with some conclusions about what contributed to health and disease.

Among their findings is this: Men who never exercised were more than twice as likely to die prematurely than active men. Likewise the death rate was double for sedentary women as compared with exercising women.

Regardless of your age and disposition there is a message in this: “Either make yourself fit or prepare for an early death!” I have observed that fit people are generally happier and healthier than unfit people are. So there’s quite a bonus for being fit. My encouragement here is “Commit to get fit!”

Our bodies improve with use and die of abuse

“Use it or lose it” is not just an old saying. It is a firm biological law that applies to the aging of almost all parts of the mind and body, says Dr. Walter Bortz, head of the American Geriatric Society. Dr. Bortz surveyed more than 100 studies showing that the deterioration caused by age is strikingly similar to the deterioration that follows inactivity.

“And studies show that exercise can stop or reverse much of the deterioration, although it cannot prevent aging,” Bortz reported in the New England Journal of Medicine. He also stated, “we are doing people a disservice by putting them to bed when they are sick or injured. Exercise is simply cheap and effective, which you can’t say about many things in medicine.”

Exercise and Osteoporosis

Many studies show that regular exercise not only helps prevent osteoporosis, but also helps to alleviate it after it develops. So, it appears that bone, like muscle, responds to stress. The more we ask our bones to do, the thicker and stronger our bones get. But of course, honey mixed with poison doesn’t stop the poison from being deadly. Even though exercise is extremely beneficial to all aspects of our bodies, we must stop causing all the problems with less than the very best food. Being truly fit is 50% activity and 70% in the kitchen.

People who follow the principles of a healthy lifestyle, i.e. exercise, nutrition, quality thoughts, etc are not guaranteed immortality or even chronological extension of their lives. While longevity may in part be determined by genetics, one’s quality of life can improve dramatically with lifestyle changes.

Most people spend the last 10 or so years of their lives in and out of hospitals and doctors’ offices, always talking about their problems instead of embracing the solution. And most of that time is spent recovering from surgeries, infections and other health challenges, hopelessly delaying the effects of a very unhealthy lifestyle. This physical and emotional toll on you and your loved ones is unparalleled, and can be totally avoided when we embrace healthier practices.

We must be proactive and not reactive. Recommit to get fit!

An active person of 70 is like an inactive person at 30. The most amazing part of it, of course, is the Brain — keeping it active, alive and useful!

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Water: The Fountain of Youth and Conductor of Health
by Cherie Soria

Our bodies are more than half water. We lose water each day when we sweat, urinate, and even when we breathe. When we are sick, have a fever, vomit, or have diarrhea we may experience rapid, sometimes dangerous, fluid loss.

Think about what happens if we forget to water our garden or our houseplants. They wilt very quickly and sometimes cannot recover. The same thing happens to us; we just don’t recognize it as easily.

Dehydration doesn’t go unnoticed by our body. When we forget to drink water, we lose vital fluids and valuable electrolytes. Electrolytes are important because they are what our nerves, heart and muscles use to carry electrical impulses to other cells. They act as a conductor—if we don’t consume enough high water-content plant foods, juices, or water, we lose electrolytes and become dehydrated. If we exercise, sweat, or lose bodily fluids for any reason, we risk dehydration.

Dehydration is more than just being thirsty. There is a multitude of health challenges that are associated with insufficient hydration, including:

- Bladder cancer and urinary tract infections
- Cardiovacular problems
- High blood pressure
- Digestive disorders
- Kidney and gall stones
- Dental problems
- Joint and muscle pain
- Memory loss and confusion
- Headaches
- Insomnia
- Fatigue and loss of energy
- Vertigo, dizziness and light-headedness
- Asthma
- Weight gain
- Premature aging and wrinkles
- Memory loss and confusion
- Headaches
- How can you tell when you are dehydrated?
- The easiest way is to check out the color of your urine. Your urine should be a pale color without a strong odor. Feeling thirsty, tired, “spacey” or confused are also signs of dehydration.

Who is at higher risk of dehydration?
We are all at risk, but there are circumstances which put us more at risk at different times. When we exercise at a high intensity, are outdoors on a hot day, are sick, or just don’t drink enough fluids during the day, we are at risk. The elderly are at an even greater risk, because as we age our brains may not be able to sense dehydration and send the signals for thirst.

How much water should we drink each day?
Many experts recommend that women drink four to seven cups a day and men should drink six to eleven cups, provided you are not sweating a lot, taking prescription medication, or sick. On the other hand, if you are healthy and consuming a diet high in water-rich, fresh, raw, plant foods, you may need less than the recommended amount. If you are eating a lot of processed or dehydrated foods and salty snacks, or drinking alcohol, especially hard liquor and wine, you’ll need even more water.

What else can I consume to stay hydrated?
Drinks like fresh vegetable juices, nut milk, coconut water, etc. contribute to your daily fluid intake. Fruit juices should be limited because of the amount of sugar they contain and soft drinks should be avoided altogether (whether sweetened with sugar or chemicals or not).

Everyone knows our bodies require water to survive. Yet few of us really drink as much water or eat as many water-rich foods as we need for our bodies to truly thrive. Every cell, tissue, and organ needs water in order to stay healthy. Water is responsible for helping us maintain proper body temperature, remove wastes, build a strong immune system, lubricate joints, and keep all of our organs functioning optimally. Water keeps us looking and feeling younger!

Cherie Soria is founder and director of Living Light Culinary Institute, and has been teaching gourmet raw vegan cuisine since 1993, and vegetarian culinary arts for more than 40 years. She is the author of several books including the classic Angel Foods: Healthy Recipes for Heavenly Bodies and The Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy, Feel Younger (co-authored with Brenda Davis, RD and Vesanto Melina, MS, RD) and Raw Food for Dummies.

RawFoodChef.com
Truth in Time

by Rev. Viktoras P. Kulvinskas, MS, Hippocrates Health Educator

There is a conflict going on between the Scrolls of Jubilee prophecy and what is happening within the organized, planetary warzone against humanity and all of nature. Our “modern” industrialized, medical, media, military complex has “Population Control” (Jim Marrs) as its number one agenda, reducing the size of the human population to half a billion. Learn more by reading about the Georgia Guidestones.

Taking an optimal, balanced, defensive position and enjoying the cleansing experience of this orchestrated chaos, you too can have a jubilee. There should be no anxiety about the delusional drama that is being played out. Always remember that you are a finite body with a deathless soul energy, which goes through an ever-evolving schooling and incarnations. You are eternal and there is no time or space in the co-manifested holographic reality.

We move continuously with our consciousness through the virtual, quantum and material realm. We wish to experience joy and happiness, which goes by quickly, and avoid pain, sadness and suffering, which may seem to drag on forever. To live a Malthusian age and older can happen very rapidly. It is all within the state of one’s consciousness and actions.

This Longevity dissertation will center on the material plane and how to move into the consciousness and physical opportunities of growth, while immersed in a soup of EMFs and radio frequencies, daily tempered with chem-trails and embalmed waters of fluoride and every imaginable pharmaceutical medication and microtox floating through your tap. We should all take the necessary precautions with cell phones, Wi-Fi, computers and other such devices by adding EMF protectors, such as GIA Wellness chips from the Hippocrates store.

Our air is filled with a vast array of chemicals. According to environmental journals, living in a city like Los Angeles or New York, in one year, you can accumulate a pound of chemicals and dust pollutants within your lungs and respiratory system. Look into an appropriate air filtration system for your home.

Likewise is the case with your water source. Even filtration systems do not completely purify your water, so use a good distiller — it is a wise investment.

Infinite patience brings immediate results. By becoming patient with yourself and embracing the process, you will continually unfold, like a seed within muddy waters that blossoms into the most beautiful lotus flower that will constantly provide joy to the Universe.

The food that we eat should be organic, whole foods. Whole foods mean vegan with no flour, pasta or unhealthy oils. While you might use these moderately during a dietary transition, eventually, it is best avoid them altogether. Similarly, sugars and other sweet concentrates such as honey and agave, ultimately, are not conducive to healing. Stevia is a good temporary substitute. All grains, nuts and seeds should be soaked and/or sprouted.

The size of your meals matter, and are of great importance. We can take a look at the National Geographic January 1973 issue, devoted to longevity. In a study of three communities noted for extreme longevity of over 100 years of age, and their health relative to our standards, they noted that their dietary average was 1,500 calories and 35 grams of protein a day with an extremely limited amount of fat and 10 times more fiber than our “civilized” countries.

“the children shall begin to study the laws, “And the days shall begin to grow many And increase amongst the children of humans Till their days draw nigh to one thousand years, and to greater number of years than (before) “And there shall be no old people For all shall be as children and youths. (The Book of Jubilees, XXIII: 26-30, Vol. II, p. 49) Essene Writings of the “Dead Sea Scrolls”

Leaders of the Living Foods Movement Brian Clement, PhD, ND, Viktoras Kulvinskas, Gabriel Cousens, MD and Fred Bisci, PhD answer over 100 vital questions about your health. Preorder now at the Hippocrates Store (877) 582-5850 or HippocratesInstitute.org/shop www.OurEldersSpeak.com
Organic Apparel Brand
the conscious consumer. has finally come to fruition! Our Living Lifestyle brand “Ohganix”
has been in the works for years as we look forward to offering our very own organic garments.

Our mission for our product line is to be able to provide fashionable, organic apparel for people who are seeking a healthier alternative to conventional and synthetic-based clothing. Our current offerings include organic bra and underwear, lounge wear, maternity and baby products, as well as casual and athletic apparel for men, women and children. As we grow our line, we plan to expand our product offerings into all apparel categories, offering a wide array of styles to choose from.

We use our profits for the power of good to further develop and support organic methods while in our communi-
ties to educate the importance of wearing organic and ethically made apparel and the impact it has on one’s health and the health of the environment.

Anna Maria Clement, PhD, LN, along with Michelle Korbel, our Managing Director for the brand, are excited to share this venture with you and look forward to offering a much needed organic lifestyle brand for those wanting pure sustainable apparel without sacrificing style.

Dear Anna Maria
I want to thank you for your persistence in creating the most perfect organic cotton bra. It is by far the best bra I have ever worn.

Warmly, Hita

To stay up-to-date on new styles we launch to our brand, follow us on our social networks:
Facebook, Instagram, Twitter @ohganix

For more information on the importance of wearing organic apparel, check out Anna Maria and Brian Clement’s book, Killer Clothes.

As a student of Dr. Hahnemann, who created the system known as homeopathy, I have been able to enrich my understanding of the vision of illness. As a young man, Hahnemann wrote the book Organon of Medicine. He revised the book six times, most recently in his 80s, and the text has become a cornerstone in the field of legitimate health care.

Feeling impelled to have a virtual conversation with him will fully allow you, the reader, to gain insight into this visionary physician. The concerns Hahnemann had about his fellow physicians in the caregiv-
ing field of non-patient participatory medicine not only exist today, but have become far worse. Together let’s honor Dr. Hahnemann for his heartfelt passionate and conscious evaluation of what needs to be done for patients’ rights.

Hippocrates the Observer (450–435 BC) introduced the art of clinical observation as the necessary basis for pathologic diagnosis. The Hippocratic Oath is still used as the medical ethical standard.

Paracelsus the Assailier (1493–1541) introduced chemical, as well as physical observation into the practice of medicine. Hahnemann the Experimenter (1755–1843) discovered the symptomat-
ic source of both pathologic and thera-
peutic diagnosis and thereby made the practice of medicine scientific.

Hahnemann quoted from his writings (16): “A disease is nothing more than alterations in the state of health of the healthy individual which expresses itself by morbid signs, and the ‘cure’ is also only possible by a change in the state of health of the diseased individual.”

Anna Maria Clement, PhD, LN (AMC) That’s a fact, and for 60 years, our mission at Hippocrates Health Institute (HHI) has been “Helping People Help Themselves.” From this was born the self-care movement stemming from the holistic alternative and complementary field. Our founder, Ann Wigmore (1909–1993) pioneered this popular and effective arena of legiti-
mate medicine.

A radical change nowadays means more than just a positive mindset. It also includes an organic, vegan, living food diet, mobility of the anatomy, and an interpersonal relationship with yourself and the universe that you are part of.

We have found the foremost way to achieve all of these essential goals is through education, knowledge and application.

A: “Substances which are used as medi-
cines are medicines only so far as they each possess each its own specific living energy to alter the wellbeing of man.”

AMC: Like you, the father of quantum biology, we in the 21st century recognize that everything is based on energy. From the proactive frequencies of positive and negative thoughts to the electrical energy contained in living foods and living whole food supple-
ments. Our clinical research has proven your understanding, whereas changing the electron activity of the body can help to abolish disorder.

cont’d on p. 63

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Here are some common ingredients of these particular communities:

1. A cultural environment that reinforces healthy lifestyle habits like diet and exercise
2. Strong social networks
3. Lots of gardening
4. A cooperative community spirit
5. Public health care that is easily accessible
6. Seniors are valued as members of family and the community
7. A limited or zero consumption of refined sugar and other processed foods.

OKINAWA, JAPAN: Okinawa boasts the highest number of centenarians per capita in the world! Gardening, as a widespread and common activity, brings older citizens the benefits of sunshine, exercise and nutritious plant-based foods. Okinawans adhere to a philosophy that promotes eating in moderation, and never gorging. They consume a lot of seaweed. They also have a sense of purpose, a positive outlook on life and close social support groups called moais.

NICOVAY PENINSULA, COSTA RICA: The prevalent mindset in this population encourages a lifestyle that is physically active, with plenty of time in nature as well as time spent on family and spirituality. They sleep eight hours a night. And their diet includes not only nutrient-rich local fruits, beans, rice and corn, but also water that’s naturally high in calcium and magnesium.

IKARIA, GREECE: Home to mineral hot springs, Ikaria has been a health destination for decades. Its residents stay active through walking, farming, and boating, but they also take time out to nap and socialize. They supplement their Mediterranean diet with lots of wild greens and drink a local nutrient-rich herbal tea. The community as a whole encourages good health habits and promotes regular social engagement.

LOMA LINDA, CALIFORNIA, USA: Loma Linda is a community of 31,000 that includes about 9,000 Seventh-Day Adventists — a group that is significantly longer-lived than the average American. Adventist culture focuses on healthful habits such as vegetarianism, and excludes alcohol, caffeine and smoking. Adventists drink plenty of water, exercise regularly and tend to maintain a healthy weight. They nurture emotional and spiritual health, value their family relationships, and prize volunteering.

There are four noteworthy subcultures or communities where not only is the average lifespan significantly longer than in other parts of the world, but where more individuals live into old age than other places. Let’s see what they do right.

OK, those are some community and lifestyle factors in longevity. What about the personal, inner life traits or habits of people who live a long life? The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study, by Friedman and Martin, (Hudson Street Press, March 2011) provides some surprising findings:

1. The strongest predictor of long life was conscientiousness, which is another word for self-responsibility. Conscientious people are less likely to smoke, engage in risky behavior, and have accidents; and they are more likely to focus on the big picture, and make good health choices moment to moment.
2. Avoiding stress alone doesn’t add up to longevity, but being engaged with meaningful work does. A sense of purpose far outweighs the absence of hassles. In fact, service to others ranked high in Friedman and Martin’s study — even greater than feeling loved by others! Go figure.
3. Being part of something bigger than you. Selfish people die younger than people who belong to a group or to a movement. That can be a church or a religion, a healthy lifestyle, or the Peace Corps. People who volunteer for something live longer than those who don’t, but it has to be selfless. (The science shows that people who volunteer only for their own personal satisfaction don’t live any longer than people who do not volunteer at all.)

CONT’D ON P. 64

Andy Bernay-Roman is a Florida Licensed Mental Health Counselor who has practiced at HHI since December 1990. Find out more about Andy’s work through his book, Deep Feeling, Deep Healing: The Heart, Mind, and Soul of Getting Well, available through the HHI Store.
The time has come for us to shift our societal beliefs around what it means to age and how we feel about it. In Western culture, we place a strong emphasis on preserving the physical attributes of youth and beauty through the consumption of products and services. Yet a little known secret to ageless living is that it rests on the foundation of adopting an ageless attitude, one that helps you flourish physically, emotionally, mentally and spiritually.

Take Phyllis Sues for example, she enjoys hiking, dancing, swinging from trapeze and practicing yoga for 45 minutes a day, which she believes is one of the main reasons she continues to live an active lifestyle at the age of 92. Yes, Phyllis is 92 years old and has become an internet celebrity on agelessness. Her story has been covered on major media outlets such as CBS and The Huffington Post.

It is not purely the physical act of doing yoga and swinging from trapeze that keeps someone like Phyllis feeling ageless, it’s her ageless attitude that keeps her on a quest for life. Here are a few tips on how to stay vibrant in mind, body and spirit on the pursuit to longevity and agelessness:

**Secret #1: Think Ageless, Be Ageless**

According to the National Institute on Aging, we are generally living longer and healthier lives. Perhaps some of the most interesting research around agelessness comes from Bruce Lipton, PhD, author of Biology of Belief who is best known for promoting the concept that DNA can be changed by our beliefs. Lipton explains that new biology reveals that we “control” our genome rather than being controlled by it. We all have billions of stem cells designed to repair or replace damaged and aging tissues and organs and these cells are heavily influenced by our thoughts and perceptions about our environment. So ultimately, our beliefs about aging can either interfere with or enhance our stem cell function so that it regenerates or declines. This breakthrough is fundamental in all healing because it recognizes that when we change our perceptions or beliefs we send totally different messages to our cells, causing them to reprogram.

What we think has a profound effect on the development of our cells, so why not cultivate an ageless mindset and attitude for increased longevity?

If that’s not compelling enough, meditation on this…

Research from the Brain Imaging and Analysis Center at Duke University Medical Center has found that a regular Hatha yoga practice increases gray brain matter density in the hippocampus, the area of the brain associated with self-awareness, compassion and introspection. In addition to increased brain function, research continues to show meditation and yoga’s ability to reduce chronic pain and blood pressure, something that becomes a bigger concern with age.

**Secret # 2: The Four Keys to an Ageless Body**

Research continues to show that disease, the loss of physical or mental function and erosion of systems is due to one or more of the following conditions:

- **Rusty cells**— free radical oxygen molecules that damage cells and speed up aging.
- **Toxicity**— accumulation of toxins in the body.
- **Inflammation**— chronic inflammation of the body.
- **Stress**— psychological stress on the body.

What we think has a profound effect on the development of our cells, so why not cultivate an ageless mindset and attitude for increased longevity?

<table>
<thead>
<tr>
<th>Liza Pitsirilos is an Experiential Wellness Consultant, teacher, speaker and writer for individuals and organizations seeking to reverse the detrimental effects of stress on the body and mind. She holds her Masters in Education and an Advanced Certification in Forrest Yoga. LizaPitsirilos.com</th>
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3 Secrets to the Ageless Body, Mind and Spirit

by Liza Pitsirilos

**What does it mean to be ageless?**

**Is it a physical or mental state of being?**

**Or is it a state of spiritual awareness?**

**Or perhaps it is a combination of all three?**
Longevity’s Legacy

by Brian Clement, PhD, LN

Most people dream of living a long life since they have not been fulfilled with the life they have. Seemingly, they are asking for more time to figure it all out. We should all rethink what that extended lifespan will mean for us if it is achieved. Will it give us more time to be bored? Can we have extended periods of anger? Will we collect more stuff? For what reason do you want to live into your golden years?

How would it be if you just lived life in the moment, perceiving every day as a lifetime? When this is done well, it is due to the fact that you are exerting effort at a maximum level, never holding back. There is a classic saying, “Live life as if it is your last day.” Now this does not have to render feelings of fear and pictures of demise but on the contrary, should provoke exceptional energy and grace for you to utilize. How awkward it is when one recognizes that they live a mundane existence moving from day to day without enough vigor to have any clear direction?

Longevity is a great concept, but before you ask for it, figure out why you need it! As a matter of fact, decades ago there was an international study conducted looking at the professions where people lived the longest. Ironically, medicine was one of the shortest lifespans. When the young doctors had stars in their eyes hoping that they could help suffering humanity, they were living at a heightened level of fulfillment. Sadly, when they began their practice in the majority of cases, their hands were tied to really share their dream with their patients. For this very reason, it is common that physicians die in their 50s.

On the other hand, orchestra conductors commonly lived into their ripe old ages. Scientists hypothesized that they were not only completely enriching their lives with what they love, but were also leading an enlightened orchestra.

My question to you is, do you really have a purposeful future or are you just asking for more time? As many of us know, the Universe knows all and sees all, and unfortunately we cannot hide our sentiment from it. Many people are posers, attempting to create the façade of a deep, thoughtful and significant life while truly searching for who they are. What a sad scenario this is, since who we are has been there since we were a spark from our mother and father. Over time, it is clear to me from working with so many people, that the authentic person that lives passionately often lives long.

Erik Erikson, one of the founders of modern psychology, offered us the understanding that we have different phases in life. Perpetually changing second to second, not only year to year or decade to decade, our purposeful lives adapt to the transformation of self. Our unshakeable core values reflect the purity of our person. No matter what storm arrives, it will always withstand the turbulence, since authenticity is godliness. Ultimately we are each spiritual beings living a physical reality on a temporary basis. Our constant core is the expression from the heart and soul manifested in our good deeds of self-respect, love and sharing.

So many humans on earth today are lost and angry and blameful of others for their circumstance. Massive amounts of our species’ energy is wasted in the relentless pursuit of lost identity. Of course this can all be written off to the horribly bad experiences we may have had, but when will it be time for us to discard the heartbreak and become the beautiful, happy people we were when we arrived. Long lives are often cursed, since it reveals to the centurion that they have not yet figured out a formula for happiness.

Happiness is the ultimate payoff for a life well lived and deserving of longevity. Making choices that are obviously good for you is representative of a person who truly is pouring themselves into the possibility of a next day, a next week and possibly a next century. When making poor selections and choices, it is representative of the unhappiness that dwells within your heart and soul. Addicts are self-haters, murderers are self-killers, racists are self-loathers, sexists are sexually uncomfortable, etc.

Pretty much what you think is real, is really not. Innocence, transparency, straight talk, and humbleness are the gifts that all of us possess. These are not the signs of weakness but more so, the example of godliness. When you understand yourself enough to be comfortable with who you are and share that with others, it is time to request a longer life.
In the following years, I did see with enthusiasm that Brian and Anna Maria Clement, who now direct HH, created a fantastic health school that holistically expanded Ann Wigmore’s original ideas about living food. Their campus, now located in South Florida, incorporates all sorts of natural therapies and education processes in order to allow every person to become her own physician and open their consciousness physically, emotionally, mentally and spiritually.

Through the years to come, I saw many HHI graduates discovering how to be healthy, happy and radiant in a very short time. When we listen to Mother Nature’s laws and to the guidance of our Soul (which connects us to our Heavenly Father) we step out of diseases and modern slavery to enjoy a new, positive and glowing life.

Many times when Brian came for lectures in France and Switzerland, I had the pleasure to be his translator. It was very easy because we have the same ideas and goals! When I met Brian in Geneva recently, I shared with him a major discovery and he asked me to write this article.

People who are ready to change their life come to centers like HH or Fondation Soleil, but what can we do for those who are not yet ready to take responsibility for their health? What can we do for those who suffer and take anti-pain pills because they still ignore the natural ways? What can we do for those who still believe that only chemical remedies can help them? What can we do for all those who have lost hope and believe that their suffering path cannot be changed? Millions of people have been brainwashed by the medical establishment into the false belief that “nothing can be done, just swallow your chemical pills and wait for death!”

Of course Brian did say, “The only question to ask your doctor is: ‘Is your treatment going to improve my immune system or weaken it?’” If people were thinking this way, a great number of chemical remedies would be abandoned and health education would appear as the best solution for most diseases. But how can we help those people who suffer and do not understand these basic principles? Until now there was little we could do.

Now there is a new product, called PowerStrips ForeverGreen. It contains nearly 100 natural vital substances that give the cells the fundamental nutrients they need. Because it goes directly though the skin, it avoids the problem that many people have — an intestinal tract that is so intoxicated that the nutritional complements they take in pills are not absorbed correctly.

Many Westerners eat a lot but what they eat is so polluted and imbalanced that, at a cellular level, they are starving! With the PowerStrips, they suddenly receive the natural substances that allow the cells to function and this living nutrition gives them not only a new well-being but the desire to take responsibility for their lives. An example is an elderly lady in hospice care who was totally apathetic, speaking to no one for months. Her children had the idea to put some ForeverGreen patches on her. After a few days, she suddenly started speaking, and asked for paper and a pen. Being suddenly awakened to life, she started to write wonderful poems.

What are the natural substances that PowerStrips bring to the cells?

First of all, phytoplankton, the great gift from the sea. Then there’s ginseng, germanium and other natural vital elements that act together in synergy. PowerStrips also have some quantic wavelengths and infrared rays that bring energy and harmonize the body.

With PowerStrips, 85% of people suffering from pain see it diminish or disappear in a few hours or a few days. Some kinesiology tests can prove that the product has an immediate effect on the whole body. It is spectacular! If all the ingredients of the Powerstrip had to be taken in pills, it would cost hundreds of dollars! But, with the patches, it costs only two dollars a day. So everyone can use them easily.

The ForeverGreen company that sells the PowerStrips has created a relational marketing system that is, from my point of view, the economy of the future. It brings global economy to every doorstep, allowing each person that is convinced of the value of these patches to present them to their relatives, friends or suffering men or women they meet.

Water covers 70% of the world’s surface and, as sap, plasma or blood, is the fluid basis of all living nature. H2O dissolves 8% of the known 103 primary chemical elements and, combined with its powerful expansion when freezing, wears down mountains given time, carries dissolved nutrients to all living things. In short, it is a vitally important, mysterious substance — with its different anomalous characteristics which defy present scientific explanation. In short, we need a new way of thinking to understand it.

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E3 SpirulinaLive
by Brian Clement, PhD, LN

It has been nearly 20 years since Tamera Campbell and Michael Saiber began harvesting wild-grown AFA (Aphanizomenon flos-aquae) blue-green algae. And this is how it all began. Michael met and stayed with Dr. Ann Wigmore at Hippocrates in Boston over 40 years ago where he was introduced to raw living foods. Michael applied his knowledge that all foods are purest and most potent in their fresh living form. He applied this same principle to the algae, and LifeGive Live/E3Live was born! When Michael and Tamera brought Anna Maria and I the live algae at Hippocrates, we were in a state of awe.

For years we had already used, and believed in, the dried form of AFA algae here at Hippocrates. But I always felt there had to be a better way. This fresh frozen algae brought the power of the AFA to a whole new level! We encouraged them to go this way.

Tamera and Michael spent a few years searching the world for a superior Spirulina which could be frozen and eaten raw, plus yield the results they were looking for. Their bar was set really high.

Through a colleague, Michael and Tamera were introduced to an amazing grower that exceeded all of their expectations. The irony is he lived to miles away from Michael and Tamera in Florida. Stunned and challenged by what they discovered, the first question was, “How could this be as good as Lifegive Live / E3Live?”

So they studied and researched everything about it. How it was grown including the water, the nutrients, the location and more. Then they shared their new fresh frozen spirulina with key people in the health industry who they trusted and whose opinions they valued, including myself and Anna Maria. We loved the fact that Tamera and Michael had produced a completely raw, live fresh-frozen spirulina with no heat, resulting in a highly absorbable, digestible powerhouse plant protein. A partnership was formed with the grower, and E3 SpirulinaLive, the world’s first fresh-frozen raw spirulina was born.

In the raw frozen form, E3 SpirulinaLive is completely digestible. As with Lifegive Live/E3Live, you’ll receive the highest concentration of raw plant protein of any food (80-70%). Spirulina is also the richest known source of both Phycoerythrin and GLA — each known as a natural anti-inflammatory. It is rich in iron, B12 and chlorophyll, thereby making spirulina another one of the most nutrient dense foods on the planet! Athletes use spirulina for endurance and strength; it offers quick, long-lasting energy. It is also a boost for your immune system. With the revolutionary breakthrough fresh-frozen E3 SpirulinaLive, your body gets the benefits.

Besides the amazing benefits you’ll receive from this fresh-frozen superfood algae, it’s easy to use! E3 SpirulinaLive comes in convenient single-serve frozen sticks — all you need to do is tear open the top and plop your spirulina into water or juice. It dissolves quickly and it doesn’t alter the taste like the powdered spirulina does. It tastes good. Additionally, E3 SpirulinaLive will give any drink a nice creamy texture. E3 SpirulinaLive fresh-frozen raw spirulina is available for sale at the Hippocrates store and will soon be available for sale online.

By the People, for the People...EXCEPT WHEN IT’S THE MONSANTO GENETICALLY ENGINEERED FOOD MONEY MACHINE
by Brian Clement, Beth Clay and Rudhi Lenardi

We Americans, for over 20 years, have overwhelmingly asked to mandate labeling of Genetically Engineered (GE) foods. This summer, the House of Representatives passed HR 1599, essentially stripping power from states to label GE foods and stating that national labeling is not necessary. Next up — the Senate showdown. The POP Campaign and Hippocrates Health Institute stand with the majority of moms and dads across this country who want truth in labeling so that they can choose for themselves whether or not their families will consume genetically engineered foods. We also stand by the farmers who seek to protect their crops from GMO seed drift and from pesticides and herbicides in their water supply. We are at a crossroads — it is ethical, correct and our fundamental right to choose quality food.

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— Brian Clement, PhD, LN

We printed as “misinformed” during the debate, the majority of Americans who sought labeling for their families were accused of being part of a “well-funded” organized effort to undermine GE foods. A Consumer Report survey indicates 70%, while other reports show up to 90%, of all Americans want foods containing GE ingredients labeled.

Yet, it is Monsanto and its allies who continue escalating the war against consumers, doing everything to win control of the billion-dollar food industry through. The blatant “quid pro quo” buy-off of votes seen in this national debate has created a groundswell of disgust among American householders. Front and center is the US Senate where § 511 is being revived out of cobwebs and led to a tangled attercop of different flavor in the Monsanto Senate web of influence. Monsanto is by far the largest financial investor of the agriculture industry in Washington political influence. This clearly is a well-financed chess game as seen in the graphic on page 41. A new bill also is expected.

Besides using stockholders and the Bill and Melinda Gates Foundation to promote GE crops, Monsanto uses every funding stream available. These include direct employee donations, their own Political Action Committee (PAC) and likely corporate donations to political events. Furthermore, they also have retained the services of numerous lobbying organizations. In addition to its in-house lobbyists, Monsanto retains a slew of firms with vast connections in Washington. One lobby firm has even subcontracted to the democratic powerhouse firm, the Podesta Group. The following companies are registered to lobby on behalf of Monsanto in 2015:

Buying Scientific Opinions

The New York Times, in August, recently confirmed what many have suspected, that Monsanto has been funding academic researchers to drive policy activities and sway government regulators. Mimicking the Big Pharma playbook in recognizing the importance of a “3rd party approach,” it provided “unrestricted grants” and trips for participating scientists to speak to legislators. Dozens of articles drafted by industry consultants were published under the names of prominent university researchers. Dr. Foltz of the University of Florida admits in the article that he had not publicly acknowledged the extent of his ties to Monsanto.

Monsanto, Bayer, Dow Chemical and DuPont also fund the Council for Biotechnology Information, an “astro turf” organization established to promote GMO crops. Working through their PR firm, the website “GM0 Foods” was crafted launched. The same PR firm drafted answers that Dr. Foltz used almost verbatim.

More examples: Dr. Bruce Chassy, University of Illinois, receiving funding, in collaboration with Monsanto lobbyist, helped persuade the EPA to abandon its proposal to tighten regulations on pesticides for GMO (insect resistant) seeds. The New York Times confirmed two years ago that Monsanto asked Dr. David Shaw, the Vice President for research and economic development at Mississippi State University, to inter- view to get USDA approval of GMO soybean and cottonseed. Dow Chemi- cal, it is reported, used the veiled threat of reminding Dr. Shaw of the industry’s significant financial support at Mississippi State University, to achieve its ends. The USDA followed suit with approvals.

Tufts University Scholarly Review

Furthermore, a recently published academic review of the policy debate and published safety data on GMO foods highlights the lack of safety data to support plantings GMOs for human or animal consumption.

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Please like us on Facebook, too.

Political Action Committee

The POP Campaign and Hippocrates Health Institute stand with the majority of moms and dads across this country who want truth in labeling so that they can choose for themselves whether or not their families will consume genetically engineered foods. We also stand by the farmers who seek to protect their crops from GMO seed drift and from pesticides and herbicides in their water supply. We are at a crossroads — it is ethical, correct and our fundamental right to choose quality food.

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**Senators’ Positions on Labeling**

Previously Oppose GMO Labeling Industry $ Influence

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<th>Pro GMO Labeling — Bill S 51</th>
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<td>$0 Bob Corker TN</td>
<td>Bernie Sanders VT</td>
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The Longevity Lifestyle

Tom Fisher, RN, and Darlene Malvasi, RN

With longevity as the primary goal, we need to consider the lifestyle and dietary choices that are aging us. Raw and living foods contain antioxidants which reduce free radical damage and help us age gracefully. If the raw and living foods are grown in healthy soil, they will have an abundance of needed vitamins and minerals.

We must consider these age accelerators:

- Alcohol – Arguably the fastest age accelerator
- Fast Food – Speeds us to the grave
- Toxins – Heavy metals (i.e. mercury, lead), pesticides, POPs (persistent organic pollutants), etc.
- High stress
- Constant negative thoughts/attitude
- Lack of moderate exercise

To enhance longevity, we can mimic the habits of centenarians. A centenarian is a person who lives to or beyond the age of 100 years. Centenarians are the best examples of successful aging. They are an astounding group of individuals, each with their own particular rationale for his or her longevity. Supercentenarians are those rare individuals who live past 100.

In interviews and surveys with centenarians, the following themes come up very often:

- Eating good food (fresh, organic, raw and living foods)
- Keeping a positive attitude
- Exercising moderately
- Clean living (not smoking, drinking excessively, etc.)
- Living independently
- Close bonds with family and friends
- “Good genes”
- Staying mentally active and always learning new things
- Faith/spirituality

A body of experimental research indicates that oxidative stress (free radicals) contributes to the processes related to aging and to the pathogenesis of several age-related diseases. Vitamins and antioxidant enzymes play a fundamental role in defending the organism from oxidative stress.

As part of the medical team at Hippocrates Health Institute, we receive many questions regarding nutrition’s role in longevity. Below is a sampling of these questions.

What nutrients help support the longevity of the heart?

The heart is a muscle that pumps blood throughout our entire body. Therefore, the circulation of our oxygen-rich blood is crucial in sustaining life. Cayenne pepper is great for improving circulation. A beneficial antioxidant for heart health is CoQ10. Every cell in the human body has CoQ10, which is a substance that provides energy to cells. There is an abundance of CoQ10 needed in the cells of the heart muscle. CoQ10 can be found in almonds, green and blue-green algae. Avocados (in moderation) have good fats, that help lower the bad cholesterol. Omega-3 fatty acids are the “good fats” that contribute to heart health as well. Organic flax, chia, and hemp seeds and oils top the list.

What nutrients help support the longevity of the muscles?

Protein is an important building block of muscles. A plant-based protein is the protein of choice. Foods that include protein are sunflower, pea, and buckwheat sprouts, algae, nuts and seeds. A raw, plant-based protein supplementation option is Sun Warrior protein. Magnesium is also great for muscle support. Foods high in magnesium include kelp, almonds, legumes, fenugreek sprouts, avocados and leafy greens.

What nutrients help support the longevity of the skin?

One simple way of improving skin’s health is drinking pure water. Staying well hydrated improves skin’s elasticity. Astaxanthin is a super antioxidant that is very beneficial for skin health. It can be found in algae (blue-green varieties), red peppers and carrots. Another powerful antioxidant is Vitamin C. It draws out damaging free-radicals from the body and promotes collagen production. Collagen is the foundational framework of all skin tissue. Some foods high in Vitamin C are green leafy vegetables, citrus fruits, and yellow and orange peppers.

What nutrients help support the longevity of the bones?

Supportive nutrients for bone health include calcium, magnesium, strontium, Vitamin K2, and Vitamin D3. Calcium can be found in almonds, arame seaweed, figs, all leafy greens, mung beans and lentils. Strontium is found in root vegetables. Vitamin K2 (use caution if on blood thinners) can be found in natto (fermented soy), chard and parsley. Although the best source of Vitamin D is daily sun exposure (ideal times are before 10 am and after 4 pm), it can also be found in bee pollen, fenugreek sprouts, shiitake mushrooms, sprouted sunflower seeds and wheatgrass. In addition, weight resistance exercises are great for maintaining and building bone health and are especially important as we age. (Consult your physician before starting any exercise program).

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Supportive nutrients for bone health include calcium, magnesium, strontium, Vitamin K2, and Vitamin D3. Calcium can be found in almonds, arame seaweed, figs, all leafy greens, mung beans and lentils. Strontium is found in root vegetables. Vitamin K2 (use caution if on blood thinners) can be found in natto (fermented soy), chard and parsley. Although the best source of Vitamin D is daily sun exposure (ideal times are before 10 am and after 4 pm), it can also be found in bee pollen, fenugreek sprouts, shiitake mushrooms, sprouted sunflower seeds and wheatgrass. In addition, weight resistance exercises are great for maintaining and building bone health and are especially important as we age. (Consult your physician before starting any exercise program).

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When it comes to the food we should consume for ideal health, God had a plan A and a plan B. Today, many people settle for plan B, but plan A will always get you better results.

Our Creator’s original diet is found in the Bible in the book of Genesis 1:29:

And God said, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.”

“Plant gardens and eat the food it produces.” Jeremiah 29:5

“A Raw, Vegan Diet is the Optimal Plan for Longevity

by Paul Nison

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“A Raw, Vegan diet is the best way to eat for longevity

Eating a raw, vegan diet is also the optimal plan for longevity. According to Judeo-Christian tradition, after the biblical account of the flood, it states that God set in motion a physiological limit to human life of 120 years. A passage from Genesis 6:3 states: “And the Lord said, My Spirit shall not always strive with man, for he also is flesh; yet his days shall be a hundred and twenty years.”

One should not limit oneself with a SAD (Standard American Diet), which can be high in free radicals. By adding raw and living foods to your life, you will support longevity with anti-oxidants, phytonutrients, chlorophyll, vitamins and minerals.

A Raw foods author, chef and educator who travels the world giving lectures on raw food nutrition and raw food prep classes to show people how easy and fun the raw life can be. He has written eight books about the raw food diet. Learn more at www.PaulNison.com or www.HealthWatchman.com.

Longevity Recipes

Zainab “Z” Fisher

Can the foods we eat support longevity? Here at Hippocrates Health Institute, we believe that fresh organic, raw, and living foods are foundational to longevity. Antioxidants in raw and living foods help reduce free radical damage to support longevity. Vitamin C is an antioxidant which is great for the skin and the adrenal glands. Great sources include bell peppers, green leafy veggies, and sprouts.

Free radicals are atoms or groups of atoms with an odd (unpaired) number of electrons, and can be formed when oxygen interacts with certain molecules. These chief danger comes from the damage they can do when they react with important cellular components, such as DNA, or the cell membrane. Free radicals can affect our longevity. Common food sources of free radicals come from ingested chemicals such as pesticides and herbicides; polyunsaturated fatty acids, such as corn, cottonseed, peanut oil, fish oils; rancid oils; and heavy metals.

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One should not limit oneself with a SAD (Standard American Diet), which can be high in free radicals. By adding raw and living foods to your life, you will support longevity with anti-oxidants, phytonutrients, chlorophyll, vitamins and minerals.

The following are Zainab’s heavenly recipes for longevity:

**Raw Cauliflower Tabbouleh**

- 2 cups grated or chopped cauliflower
- 1 cup diced English cucumber
- ½ cup red or white onion
- ½ diced red pepper
- ½ diced yellow pepper
- 1 cup minced cilantro
- 1 cup minced parsley
- ½ cup minced mint
- ½ diced celery
- ½ tsp cumin powder
- ½ tsp cumin seeds
- 1 clove diced garlic
- 2 tbsp lemon juice
- ½ cup olive oil

Himalayan salt to taste (optional)

Put all ingredients in a bowl, mix well and refrigerate. Press zucchini and jalapeno through a strainer to make zucchini chips. Combine all ingredients in a salad bowl.

**Avocado Carob Parfait**

- 4 ripened avocados, peeled and pitted
- ½ cup carob powder
- ½ young coconut meat
- 1 tbsp vanilla extract
- ½ tsp cinnamon powder
- ½ tsp nutmeg powder
- 2 tbsp coconut oil
- 1 cup coconut water

Pinch Himalayan salt (optional)

Blend all ingredients in a high speed blender on high speed until smooth. As an option, you can use stevia for extra sweetness. Garnish with fresh organic berries, and fresh mint! Put in a Mason jar and refrigerate.

**Lemony Garlicy Tahini Dipping Sauce**

* 1 cup raw tahini
* ½ cup water, depending upon your desired consistency
* 3 cloves garlic, peeled
* ½ tsp cumin powder
* ½ tsp curry powder
* ½ tsp smoked paprika
* 1 tbsp fresh lemon, or lime juice
* ½ cup Hempseed oil

Himalayan salt to taste (optional)

Blend all ingredients in a food processor until it is smooth, then put in a mason jar and refrigerate.

**Zucchini and Jicama Salad**

- 1 Zucchini
- 1 cup olives
- 1 tsp mixed olives
- ½ cup chopped shallot
- ½ cup chopped mushroom

Press zucchini and jalapeno through a strainer to make zucchini chips. Blend all ingredients in a salad bowl.

**Mediterranean Dressing**

* 1 cup avocado oil
* ½ cup fresh lemon juice
* 1 tbsp apple cider vinegar
* 2 cloves garlic
* 2 tbsp dired mint
* ½ tsp onion powder
* 1 tbsp za’atar

* 1 cup olive oil

Himalayan salt to taste (optional)

Blend all ingredients in a high speed blender on high speed until smooth. As an option, you can use stevia for extra sweetness. Garnish with fresh organic berries, and fresh mint! Put in a Mason jar and refrigerate.

**Honey-Lemon Tahini Dipping Sauce**

* 1 cup tahini
* 1 lemon
* 1 tsp garlic powder

Blend all ingredients in a high speed blender. Put in a mason jar and refrigerate.
The Sauna-Longevity Connection

Studies Tie Sauna Use to Longevity and Lower Risk of Death from Heart Disease

We love how saunas make us feel — now science verifies why. A new study in Medicine (The Journal of the American Medical Association) links sauna use to a reduced risk for a number of cardiovascular conditions including heart failure and coronary heart disease, ultimately leading to a longer life.

Dr. Jari Laukkanen, a cardiologist at the Institute of Public Health and Clinical Nutrition, University of Eastern Finland, and his colleagues studied more than 2,300 men between the ages of 42 and 60 for more than two decades. They found that the more sessions per week men spent in the sauna, the lower their risk of sudden cardiac death and fatal coronary heart disease. The sauna also extended the life of participants with other illnesses, suggesting that sauna bathing is a recommendable health habit.

“More is Better”
“There was an inverse relationship between sauna and cardiovascular disease risk, meaning that more is better. It seems that participants with more than four sauna sessions per week had the lowest risk,” Dr. Laukkanen told Reuters Health.

According to the study, participants who had two or three sauna sessions a week had a 22 percent reduced chance of suffering sudden cardiac death. Men who had four to seven sauna sessions a week had a 63% lower risk of sudden cardiac death, 43% lower risk of CHD (coronary heart disease) death, 50% lower risk of CVD (cardiovascular disease) death and were 40% less likely to die from all causes.

“The higher frequency of sauna bathing was related to considerable decreases of sudden cardiac death, fatal coronary heart disease, fatal cardiovascular disease and all-cause mortality,” the authors wrote.

Across men in the study, the highest risk was among those with just one session a week. “We are not aware of any other study that has investigated whether there is a benefit of increasing the frequency of sauna bathing,” Dr. Laukkanen said.

The latest study shows the health benefits for the cardiovascular system apparently result from the sauna’s high temperature and low humidity. The benefits of sauna use are much like those of exercise according to the study. Sauna use increases heart rate and greatly boosts sweat levels similar to moderate exercise. Overall, sauna use also leads to “better relaxation and well-being,” Dr. Laukkanen said.

In a recent study, Dr. Joel Kahn, cardiologist and author of The Whole-Heart Solution reports, “The data suggests that sauna may be one of the most important health habits to have to prevent and reverse the #1 killer in the Western world.” In Japan, sauna therapy is known as waon, from the Japanese words ‘wa’ for soothing and ‘on’ for warmth. In a recent article Dr. Kahn describes waon therapy protocol, “Heart patients sit in an infrared sauna set at 60°C (140°F) for 15 minutes, followed by resting outside the sauna for 30 minutes, wrapped in towels. What happens to a heart patient who enjoys this soothing warm therapy? One benefit that has been measured in research studies is healthier arteries. Waon therapy has been shown to improve the function of endothelial cells that line every artery in the body resulting in better health and functionality.”

Dr. Kahn continues, “Waon therapy may save lives. In a provocative study of 129 patients with bad heart problems, patients treated with waon therapy at least two times a week were compared to similar patients who did not get the therapy. Over five years of follow up, the rates of rehospitalization and death were half in the waon treated patients compared to the others. In a recent study, waon sauna therapy improved exercise capacity, quality of life, and mental capacity in patients with advanced heart failure.”

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Meet the Brassica Family

Phytonutrients tend to lend a sour or bitter taste to the fruits and vegetables, the Brassicas excel. Phytonutrients are chemicals that are found in plants and have been shown to offer protection against cancer and heart disease. A unique feature of the Brassica family is their phytonutrients, which include sulfur compounds found in broccoli, cauliflower, and cabbage. These chemicals are responsible for the strong smell and taste of these vegetables. While the Brassica family is known for providing a wide range of phytonutrients, it is also important to note that these chemicals can be lost during cooking. For example, blanching can reduce the amount of phytonutrients in these vegetables. So, it is important to eat these vegetables raw or steamed to retain the maximum amount of phytonutrients.

Brassica is the botanical name for the plant family formerly called cruciferous (Cru-ciferae) vegetables. And for short, they are called crucifers. brassicas include kale, broccoli, cauliflower, collards, cabbage, radish, mustard, and a slew of Asian vegetables. The cruciferous vegetables have been reduced. And among green leafy veggies, green (and red and blue) are the best sources of phytonutrients. And remember, phyto means plant, so no self-respecting phytonutrient would be caught dead inside a hunk of meat.

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5. Cruciferous Vegetables, Sprouts & Leafy Greens
Kale, broccoli, broccoli sprouts, cauliflower, Brussels sprouts, and cabbage have long been known to protect the cells from free radical damage and cancer. In fact in Brian Clement’s book, Food is Medicine, he lists over 50 studies attributing cruciferous vegetables to the arrest and/or prevention of a long list of cancers: bladder, breast, colon, esophageal, gastric, leukemia, lung, melanoma/skin, ovarian, pancreatic and prostate. Cruciferous veggies are loaded with phytonutrients such as sulforaphane and indole and are also innately packed with over 100 types of glucosinolates, as well as an enzyme called myrosinase that converts the glucosinolates into anti-cancer superheros in the small intestine. (Note cooking destroys myrosinase). The potent powers of cruciferous veggies don’t stop there; they also slow down biological aging. A 2005 study in the Annual of Neurology showed cruciferous vegetables were also specifically associated with less cognitive decline in aging women when analyzing six different cognitive tests involving memory incorporation into their diet in side dishes, salads, juices, and even use them in the form of sprouts (as in broccoli sprouts).

For an autographed copy of Dr. Ginger’s best-selling book, The Rainbow Juice Cleanse, and more longevity and immune-boosting recipes—including juices, smoothies, soups, entrees, salad, dressings, and desserts.—Log on to RainbowJuiceCleanse.com

What nutrients help support the longevity of the nerves?
The brain and spinal cord make up the nervous system, which is the control center of the body. Vitamins B6, B12 and B3 play a key role in keeping our nervous systems healthy.4 Good sources of vitamin B1 include sunflower seeds, flax seeds, legumes and garlic. Vitamin B6 can be found in sunflower seeds as well. Pistachio nuts and avocados are also good sources of vitamin B6.5 Vitamin B12 can be a bit more challenging to find when consuming a healthy diet. Some raw, organic produce that may contain small amounts of B12 are wheatgrass, buckwheat and fenugreek sprouts, and almonds. Very minimal amounts are found in plant foods; therefore B12 (bacterial form, such as Lifegene B12 Forte) should be supplemented.
What nutrients help support the longevity of the hormones?
Hormones are chemical messengers that help maintain energy levels, mood, weight and fertility. Some sources of foods that help in balancing hormones naturally include arachidonic acid, basil, coconut oil (when appropriate), and flax and chia seeds.
What nutrients help support the longevity of digestion?
Digestion plays an integral part in maintaining optimal health. Digestion involves a process where food is broken down and nutrients are extracted for use. There are four components which help in aiding the digestive process. The first component is fiber, which helps bulk up stool and helps keep waste moving throughout the body. The second component is prebiotic, which feeds beneficial bacteria in the gut. Fiber can be found in bean sprouts, hemp, flax or chia seeds. Another component is omega 3 and 6 fatty acids which provide lubrication to keep food moving through the digestive tract. These essential fatty acids can be found in flax, chia, hemp or coconut oil (when appropriates).

What nutrients help support the longevity of the liver?
The liver also helps in the process of eliminating toxins and fats. Garlic has the ability to activate liver enzymes that aid in flushing out toxins from the body.6 Grapefruit and sprouted grains such as millet, buckwheat and quinoa also help the liver detoxify. Lemons and limes have high amounts of Vitamin C, which also stimulates the liver to increase enzyme production.

What nutrients help support the longevity of the brain?
Keeping the brain healthy throughout life is crucial. Boosting brain function and memory involves creating good blood flow to the brain. Blue-green and green algae, broccoli and dark, leafy greens do just that. Higher levels of Vitamin B12 is associated with less cognitive decline. Nuts and seeds are great sources of Vitamin E. Avocados, flax, chia and hemp have omega-3 fatty acids, which are good fats that also help with brain function.7 Centenarians also overwhelmingly agree that stress is the most important thing to avoid to promote longevity. Stressors can be physical, emotional, environmental and nutritional. Try to identify your personal stressor and eliminate it, if possible. As you learn to identify the stressor, you can begin to see patterns and modify your behavior. Centenarians’ lives have as many stressful events as the rest of us. But, they manage their stress better than most people. Rather than holding onto the stress, they let it go.8

“What is stress?”

What nutrients help support the longevity of the kidneys?
The kidneys function to filter waste products out of the blood. They help in keeping the body stable. Drinking pure water flushes out toxins. Cup- cumbers have a high water content. They are also loaded with essential minerals, which would be great for the kidneys.
For most people, water, fresh juice, and water-rich foods are all that is needed to maintain good hydration. However, if you are exercising at a high intensity for longer than an hour, you may need more than water. Coconut water with a little good quality minerals will provide the electrolytes, sugar, and sodium you need to maintain your energy and help your body absorb and use water.

Tips for staying hydrated:
- Keep a bottle of water with you during the day.
- If you don’t like the taste of plain water, try adding a slice of lemon or other fruits to your drink.
- Be sure to drink water before, during and after a workout.
- When you’re feeling hungry, drink water.

Thirst is often confused with hunger.

If you have trouble remembering to drink water, drink on a schedule. A small glass of water at the beginning of each hour is sufficient for most of us, or try drinking water when you wake up, before, during and after exercise, before every meal, and sometime again before bedtime.

Caution! Tap water is treated with chemicals that are designed to kill bacteria. These chemicals will destroy not only the harmful bacteria that can make you ill, but also the good, friendly bacteria that help keep you healthy. Friendly flora, like probiotics, can’t survive a chlorine bath, so invest in a decent water distiller to remove chemicals. Then you can drink water directly from your tap.

Water is the easiest and least expensive of all the things you can do to achieve greater health, maintain your weight, keep your skin youthful and elastic, keep your bowels and organs functioning properly, energize your life, and stay young longer. So drink up and celebrate good health! Cheers ♥

RENewed VIGOR, cont’d from p. 9

The quest to get better, I lost myself. I had made me insecure and uncomfortable in an unacceptable state of being. This is my unhealthy self image. My biggest challenge was to love myself daily. My body and mind had been through so many metamorphoses, that I landed in an unacceptable state of being. This made me insecure and uncomfortable.

At HHI, I felt loved, and received so many compliments about my positive energy and personality. This helped me forget my unresolved memories so I could discover my inner beauty. After my return to Belgium, I kept on sprouting, growing and fermenting, to have to believe that the quality and availability of seeds and vegetables isn’t the best here. Putting some effort forth, I finally found good places to shop. If you are determined, you always find a way.

The transformation of lifestyle got me so hooked that I started up my own business, Hooked by Uncooked, where I encourage people to live healthier and be their own guide in making changes. I am guiding them to develop a new relationship with healthy food and showing them that they can break patterns and habits via the workshops, group classes, and lectures, as well as private consultations.

I personalize their new lifestyle to be satisfying and sustainable, so that they are happy to maintain it for life. No matter what anyone thinks, each of us has to develop a user-friendly life for ourselves.

The Metaphysics of Longevity, cont’d from p. 11

Longevity is not only about the quantity of years we live; it is also about the quality of our lives as well. As a composer and pianist, I have spent quite a bit of time over the years offering concerts to elderly people confined to nursing homes, and have had the unique ability to witness some of the effects of our food and medical systems. Many of us who in our later years are committed to these institutions are drugged into states where we exhibit little awareness and our capacities and functionality are tragically minimized. We may live for years in these facilities doing little more than watching television and staring blankly. These painful years add little to meaningful longevity, yet cows, pigs, chickens, and fish continue to be killed to keep us “alive,” and as a culture, we fail to see how our about of these animals boomerangs and affects us all.

Looking more deeply into longevity, we are called also to address the bigger picture, and the purpose of our lives on this earth, actually. If we live longer, what are we doing with the additional years? How are we contributing to our deeper purpose, and to the purpose of humanity? What role does our lifetime here have in the larger journey of our being as an expression of eternal consciousness?

No matter how we look at it, whether we live to be 60, or 80, or even, say, 110 years, which seems remarkably long to us, we will inevitably find ourselves at that moment when we leave our bodies, and this moment is unpredictable. The mere handful of decades we have here on our earthly adventure, relatively brief and precious as it is, opens ineluctably to a new experience after death that is strongly influenced by how we live our life.

We are not merely physical objects, pieces of living meat with a brain and biological drives. This delusion of materialism is perpetuated by our animal-enslaving culture, which is based on eating animals and relentlessly reducing beings to objects.

Despite the reductionist narrative of our culture, we are all manifestations of infinite and eternal consciousness. Though what we are can never, essentially, be born or die, our human life is significant, because we have the opportunity to learn, grow, express and contribute as part of a boundless unity of being.

By questioning the official stories of our culture that promote violence and disease, and pursuing our lives as questing adventures of awakening joy, love, freedom, and respect for all expressions of life, we connect with our spiritual health and longevity. This is rooted in the timeless awareness that is the core of our true nature. By living this lifetime in alignment with our true values, endeavoring to bless others and allowing them to fulfill their purposes, we sow seeds not just for physical health and longevity, but also for metaphysical health and longevity as well.

Our journey is far more vast than we can fathom, especially within the context of our cultural conditioning. The seeds we sow will produce after our kind, with consequences that reverberate throughout the entire web of creation, far beyond what we are aware of here. The quality of these reverberations determines the quality of our lives and as physical beings here on Earth, but as expressions of eternal consciousness in the far bigger picture into which our lives here unfold. This is the most significant longevity, and one through which the compassion of vegan living brings benefits to all of us, both here on this Earth, and also into our unfolding journey beyond the veil of this lifetime.
The Holy Grail of Water Management, cont’d from p. 37

When FFW is in the process of using scientific methods to help design the most effective equipment for every person’s needs. In the 1960s the founders of Foundation for Water (FFW), George Burdick and John Wilkes, foreseeing the present water quality crisis, worked to develop Flowform biomimicry technology based on advanced geometry of nature[5] to create best quality energetic water. They foresaw a time (now) when every community would need its own water laboratory to recreate high quality, energetic potable water. What they lacked were scientific methods to assess the quantum coherence of such water, FFW, now working with leading international water scientists in the USA and Europe, is aiming this combined knowledge to transform tap water into energized, high quality water. This is the ‘holy grail’ of water supply—having the very best water easily at your disposal. This can be created in your home or office, at a price that is reasonable, with scientific explanations of what is happening.

Part of this method will be to use distillation to create 99.5% pure water, which, as Brian Clement has written, helps to cleanse the body of inorganic minerals, not the supportive organic minerals incorporated from good food. When distilling, there is loss of energetic water quality only reducing the energy state. This is perceivable in crystals pictures. It then can taste flat and unresponsive. So distilled water needs re-energization. This can be achieved using special photosynthesis pipeline combined with mathematics and rhythm as nature itself does. This water tastes sweet, the oxygen increases and the fractal molecular structure indicating high energy increases using Flowform® technology.

Knowing how vitally important our project is, we invite anyone who is interested in knowing more, and in contributing to the development, and supporting the ‘holy grail’ of drinking, but also for nature as a whole—to contact us. Opportunities exist for partnerships, grants to our water charity and either debt or equity investments in our innovative water business.

Some Food For Thought & Ingestion to Promote Longevity, continued

In carcinovores, carcinin and lecinthin breakdown by gut flora release TMAO (trimethyl amine oxide) which pro- mulates vascular injury. Vegans who forego the protective nitric oxide do not form TMAO.

CANCER is prevalent in developed countries, particularly in the West, and is a leading cause of death. Cancer cells are present 30–35 years before cancer develops, and our im- mune system kills many of these cells. Some cancers may take 15–20 years to manifest themselves and the associa- tion between meat and chicken and cancer is still 50 x lower than in the USA, and is related to a low fat and low animal protein intake. The reasons again may lie in the microbiota of the colonic gut flora. These bacteria putatively produce protein (5–35% of ingested protein) and produce ammonia and hydrogen sulfide, both of which increase colo-rectal malignancy. A lifetime of a Western Diet may produce ammonia equivalent to that in 1000 gallons of Windex. This process causes colon alteration and destruction, and these cellular changes may lead to malignancy.

Changing a diet to WFPBD reverses most changes within one week. Further studies show that biopsies and Americans of African and African are compared there are far fewer alterations in the mucosal biopsies in Africans. Cancer of the pancreas is much more common in vegans, chicken eaters, and chicken handlers, and a direct association between fat and breast cancer has been noted. When blood from vegans and carnivores is tested with tumors in a Petri dish, suppression of cancer growth is eight times greater in vegans. The standard Western diet slows cancer growth by 9% but for vegans it is 71%! These in vitro lab studies have been done on prostate and breast cancer cells lines.

Even eating poorly has some benefit in prolonging healthy life two weeks dramatically improves the response. These experiments then separated and compared exercise vs. a vegan lifestyle. While exercise is of benefit, it pales compared to “vegan- ism.” The production of IGF-1 (insulin growth factor-1), a promoter of cancer growth, is decreased by a WFPBD, and a protein that binds IGF is increased. One cannot expect the benefit of WFPBD in men with early prostate cancer. In contrast to those who continued on a Western lifestyle, there was no progression, and often diminution of the cancers in the vegan group. In contrast, those who often progressed and required treatment in Western diet patients. A long career as a surgeon and clinical investiga- tor has provided me with sufficient sense to urge prevention of many of the diseases I have treated. Whole food plant-based diets are the elephant in the room. They are a large, beneficial force that promotes longevity, and a healthier and should not be ignored. A WFPBD is less costly than any prescription, has no negative side effects and will show other family members the wisdom of adopting a healthy lifestyle.

There is overwhelming evidence that diet changes. Of the many components is a WFPBD, favorably influences long-evity. A whole food, plant-based diet that is low in animal protein and rich in vegetables and fruits is a mainstay of all blue zone centuri-osts. Western dis- ease were unheard of in Sub-Saharan Africa 70 years ago. The mechanisms, and some diseases, that are making inroads into our European and Western Diet, and reversal with a WFPBD, lends credence to a WFPBD can prolong life by preventing many Western Diseases. The bacteria in our gut and the diet that we eat in large part in the development of chronic diseases, de- pending on lifestyle choices. There is overwhelming evidence that a whole food, plant-based diet extends life and eliminates or diminishes common chronic diseases.

References and Suggested Reading

SFP Report: Western Diets and their emerging relation to diet & health (in press)
WFPBD, in the Complementary Medicine Research Network (CMRN project), 2012.
1. Younker (596) of 80 people over 60 years old who used a “plant rich” diet and exercise, the health benefits of the whole food lifestyle, was a comprehensive study on the effect of diet on health, funded by the American Cancer Society and also sponsored by the National Cancer Institute and the National Heart Lung and Blood Institute, which showed that the risk of cancers was dramatically reduced.
Longevity: Part of God’s Natural Design, cont’d from p. 12

Our body is always striving to create the perfect balance in taking in nourishment from an optimal source in order to create a perfect metabolism utilizing all the essential nutrients: water, fresh air, proper rest and a tranquil state of mind. With the human body, you cannot really stop the clock and put it in storage. As humans we have to go on living. How do we really slow down the aging process? We must keep in mind that the human body has been created in natural design to live by natural law. What that means is that if we can create the right internal environment and compensate for the external environment—that we have no control over—we can make adjustments that will contribute to our longevity.

I believe that we should be living on the cleanest diet devoid of all processed food, as fresh, vital and alive as possible. We must stop medicating our emotions and our psychology with food. We have fallen into habits that are part of the addictive process. How I escape this is through my own experience. I made plenty of mistakes. I always thought that more weights, ran too many marathons and even longer distances. This type of activity is not really conducive to optimal health and optimal longevity. I finally came to the conclusion that if I performed exercises that built energy or chi and promoted the vital force—which is the breath of life—that this is the power behind living a long life full of vitality and functionality into advanced years. I came to this conclusion years ago when I first decided to live on an all raw diet. I realized that in spite of what I was being told, humans were designed to live much longer than it was actually taking place.

In the book of Genesis Chapter 1, verse 29 in the Holy Bible, the Creator says, “Behold, I have given you every herb bearing seed upon the face of all the earth and every tree which is the fruit of a tree yielding seed. To you it shall be for food.” This refers to the fact that both animals and mankind were vegetarians before the fall. This was changed after the flood and in Genesis 9:3, man was released to eat meat. This was a period of 1200 years. I believe this and it was an inspiration for me to commit my life to an all raw diet based on my faith and what this scripture said. It is said to say, with all of the progress that we have made in science and medicine and also socially, that man is just coming to realize that a raw or vegan lifestyle could be the way to live. In the process of living this way, without going into the science that I believe authenticates this, I must say it worked better for me than I originally thought it would. I am very happy with the choices I have made. I believe if you look in the right places, scientifically, socially, historically, epidemiologically it will confirm this. Thank God I have a very happy, exciting and fruitful life. I jump out of bed in the morning looking forward to each day. I must say, I feel as good as I did 40 years ago. I love exercising outdoors, doing qigong, running or walking on the ocean (please don’t misunderstand I run on sand, not water). My body weight is the same, my vital signs are excellent and I must say I am looking forward to my extensive future.
I would like to share other aspects of my experiences. For instance, fasting and living on fresh squeezed juices for an extended period of time were both beneficial as a part of my experience. I found that the diet that I ate of all raw foods was mainly responsible for helping me to slow down my aging process and prevent disease. It also was the main part of my recovery from a near death experience. For instance, fasting and living on fresh squeezed juices for three weeks before from all of my years of experience was enabling me to respond. I went into the hospital when I realized I needed some kind of life saving care. I wound up in the hospital with a bad case of double pneumonia and had a brain concussion and just prior to this they also determined that I had a reoccurring pneumonia. The infection from the mold ate a hole through my skull. That is when the infection broke through my skull. I did have a lot of pain the last month when the infection broke through my skull. I did not tell the doctor this, but when you are on a raw alkaline diet, the neuron cells that transmit pain do not fire as readily. All through the healing process I felt no pain. In the beginning it allowed me to recover from this type of treatment better than what I know of medical science, and it allowed me to recover from this type of experience and it brought me back to optimal health. I must say I feel as good or maybe even better than before this all happened. There are many other factors and parts of this experience that I have omitted because of time and space. I have seen many people go through different types of treatments that were supposed to slow down or stop the aging process. I have not seen anything that works as well as nature for those who are willing to submit to God’s creation for the human body. For me the answer is in committing ourselves to a lifestyle that is totally in accord with the original plan. We cannot ignore science. Many great things are happening and will happen because of science but we cannot forget that nature is the ultimate science that was given to us by God.

The raw food lifestyle and moderation in all things was the key to generating the vital force that we need to live longer than some people would believe possible. I believe that in the perfect environment and all things in accord, the human body will continue to regenerate and prevent disease and heal for a much longer period than most people would dream possible. The body was really meant to function in a pristine state of nature, but this world is far from a perfect place and we are exposed to so many of the wrong things and programmed to believe much that is either abstract science or nutritionally incorrect. I honestly believe that I made the right choice as far as surgery and modern medicine are concerned. I still have what looks like a bullet hole in my forehead. I have no problem with this. I believe that the mold spores no longer are in my skull or my lungs. This type of lifestyle could slow down the aging process better than what I know of medical science, and we are exposed to so many of the wrong things and too many of the things are happening and will happen because of science but we cannot forget that nature is the ultimate science that was given to us by God.
encourage fasting once a week, 32 days a year. You would also do well to consider some detoxifying fasts. Even more outstanding results were noted by Nobel Prize recipient Dr. Child and Julian Huxley from the University of Chicago. Their experiments with worms showed that when worms were fasted periodically they saw no change from one generation to the next and 19 generations later, the same worms were alive and expressing the same youthful qualities.

Another major factor in regards to longevity comes down to our hormones. As we continue to age, our hormonal functions seem to become more and more compromised. This is largely considered to be a normal part of the aging process. This belief is false, and diminished hormones are completely reversible. The two most important hormone-draining events that occur in the body are menstruation and ejaculation. The losses associated with the gonads are one of the major accelerators of aging.

For women, a vegan, mucus-less diet can reduce their menstruation cycle to a clear flow, lasting no more than 1–2 hours with no discomfort, while also maintaining fertility. For men, the major nutrient loss is through ejaculation. The alternative to that is Tantric Yoga. More radical changes can occur, the healthier you become.

It is common for many people to reach out for various hormone replacement therapies. With such programs, often one sees some significant improvement, however, it is not a lasting solution, as the best approach is to naturally jumpstart hormone production within your own glands. There are also yogic exercises that address cleansing each specific organ through postures. As an example, for the thyroid, one works on neck exercises, shoulder stands and the plow pose. Reflexology and acupuncture send energy to specific internal organs for cleaning and detoxification.

In summary, longevity entails an enzymatic living food diet, an awareness and protection from environmental hazards and the path of rebuilding the body and its hormone levels. We are on the cusp of reclaiming our birthright of transcending the concept of death.
3 Secrets to the Ageless Body, Mind and Spirit, cont’d from p. 33

Inflammation — damage done to the blood vessel walls leading to degenerative diseases and increased aging. Excess sugar — when excess sugar sticks to protein or fat molecules leading to advanced glycation end (AGE), damaging all body systems and can contribute to diseases associated with aging.

Stress — the long-term effects of physical, mental or emotional stress are very damaging to the body. According to the U.S. National Library of Medicine, long-term exposure to stress hormone cortisol can shrink parts of the brain, damage blood vessels, increase blood sugar levels, heart rate and blood pressure and contribute to chronic inflammation. These four damage cells and DNA, wear down organs and systems, and damage the vascular system that delivers blood and oxygen to the whole body.

Whole foods, nutrients, stress reduction techniques like yoga and mediation, exercise, detoxification and relationship improvement have all been proven to help address these issues and lead to a longer and higher quality life.

Secret #3: Align with Spirit

Cultivating an ageless mind and body are two important parts but they are not everything. Aligning with Spirit is an important part of the equation as well. Our bodies are divine expressions meant to embody our spirit. Our connection to Spirit is to integrate ourselves with the creative loving flow of life within us and the larger web that we are all a part of.

Connection with nature, whether swimming in the ocean, hiking in the mountains or stargazing on a fall night, is a vital component of being ageless because it connects us to pleasure thus reminding us of our divine nature. Think of it as a way to reverse disease is to become fully personally responsible in the quest to reverse it. Hundreds of thousands of people over the last 60 years have been taught here at Hippocrates to become responsible self-healers.

Hi: “How often has it happened that an irritating word has brought on a dangerous high fever, a prediction of death has caused the fatal catastrophe at the very time announced. The champions of this clumsy doctrine of morbid matters ought to be ashamed that they have so incommodiously overlooked and failed to appreciate the spiritual nature of life, instead of curing”—they are destroying life. In such an important affair as that of healing the sick, the most powerful way to reverse disease is to become fully personally responsible in the quest to reverse it. Hundreds of thousands of people over the last 60 years have been taught here at Hippocrates to become responsible self-healers.

Hi: “What is new in allopathic medicine?”

AMC: The 21st century medicine is divided into specialties, from toe to head. In spite of this there are advancements in some areas. Diagnosis has revolutionized the ability the physicians have in determining health problems. Yet many of these tools carry additional negative effects from their application. Emergency and intensive care is at the cutting edge of allopathic advancements. There are heroic competent surgeons that are now able to replace diseased organs and in the near future they hope to grow them in laboratory settings so they are biologically accepted by the body without rejection.

Hi: “As our diseases are spiritual at their core, practitioners should strive to spare the patient’s emotional strength as much as possible. Is this taken into account in your time?”

AMC: We are at the beginning of an era where there is emerging science and practice, like psychoneuroimmunology and a wide variety of other body, mind, spirit approaches. Unfortunately, mainstream science disregards this essential truth and continues to treat the physical symptoms exclusively.

Dr. Hahnemann, thank you so much for your commitment to truth and well-being and more so for being a prophetic visionary hundreds of years ago. Due to founding pioneers like you, we are sure that the shackles of ignorance and profit-seeking will soon be a thing of the past.

Do you have any advice for today’s physicians?

Hi: “Physician, you are the preserver of health, and you need to know the things that derange health and cause disease. You also need to know how to remove these causative factors. I have verified and catalogued my findings with homeopathy, which is a perfectly simple system of medicine, avoiding everything that in the slightest degree is infelicitous. Please remember when you were a young student why you became a physician. There is no doubt that you were called to help suffering humanity.”

On the other hand, lifestyle disease, like obesity, type 2 diabetes, cardiovascular disease, new microbial diseases and cancer, are expeditiously growing with little assistance from mainstream medicine.
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Hippocrates Health Educator Shula Gabbay is organizing a group of people from Israel to travel to Hippocrates Health Institute located in West Palm Beach.

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Live Long and Prosper, cont'd from p. 30

4. Humming and singing. Yes, humming and singing. The healthiest people in the world seem to intuitively know the value of oxygen and regularly practice deep breathing in some form or other. Rigorous daily exercise is one way, humming or singing, another. (I bet the happiness factor plays into that.)

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Express yourself! People who are in touch with and show their emotions tend to feel more connected with others and with life itself. They tend to feel more at home in their skin, and carry less tension overall. It’s the best way to stay mentally, physically and spiritually healthy.

Focus on and fill your world with beauty and gratitude. Those, to me, are the strongest, most natural normalizers in life. They keep the heart open and the will to live strong.

They deepen our sense of appreciation, and heighten our sense of acceptance. They feed the most real part of us. Isn’t it beautiful that the things that extend life also improve its quality, and that the things that improve the quality of life also extend it? The goal, after all, is not just more time, but feeling good all the time.

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live Long and Prosper, cont’d from p. 30

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