Recovery 16

27 Alumni Share Their Hippocrates Stories

ALSO: HHI Launches Online Life Transformation Program, Why Buy Organic Food?, Inhaling Death, AND MORE!
Hippocrates Health Institute Launches Online Life Transformation Program

With this world-class certificate program you will have the opportunity to expand and learn new ways of being. You will be enriched with the science of ancient and cutting edge nutrition as well as self-reflection tools to help you honestly assess your life and health.

hippocratesinst.org/online-programs

Have you ever wanted to learn more about the Hippocrates lifestyle from Hippocrates Health Institute (HHI), but for one reason or another have been unable to visit the campus in South Florida? Are you a graduate of the Life Transformation Program and need to refresh your knowledge? Well, now is your chance. At the start of 2016, Hippocrates Health Institute is launching the Online Life Transformation Educational Program to help people and families around the world learn to live the Hippocrates lifestyle and transform their health and life from the comfort of their own home.

THE ONLINE LIFE TRANSFORMATION PROGRAM features over 50 hours of video and audio lectures as well as exclusive interviews from the Hippocrates team. Additionally, many notable experts from around the world are speaking on cutting edge science: menopause and andropause, exercise, sleep, enzymes, supplements, sustainability, water and other subjects that will help you attain optimal health. There will also be live conference calls from the world class team at HHI to answer your questions.

When you decide to embrace what we have successfully been implementing for the last six decades, you will commit to transforming your health and life at levels you may never have reached before. When taking responsibility to transform your life and health please contact us here so we can send you more information and details about this opportunity to engage in this online program!

Visit hippocrates.org/online-programs and enter your name and email for more information. Enroll before February 1, 2016 for a 10% discount.
**JuiceKeys: Their mission: To provide the “KEYS” to great health**

Tom Fisher, RN, BA, takes us behind the scenes at an amazing juice bar with a very special mission.

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**10 Reasons Why I Am Addicted To My Sauna**

Ben Greenfield loves his Clearlight sauna and is here to tell you why.

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**Meat: The Anti-Longevity Food**

Mark Mathew Braunstein takes a hard look at meat consumption.

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What’s the News?

Hippocrates Guest of the Year

by Pam Blue

Jane Li began impacting our students, guests and staff from her very first visit with us back in January of 2014. Her commi-
mment, humbleness, compassion and generosity saw no
boundaries throughout her multiple visits to Hippocrates.
Not only did she participate a number of times in the Life
Transformation Program, but she also went through the
Comprehensive Cancer and Wellness Program and the Health-
Educator Program. This all provided her with a powerfully
unique perspective on her new lifestyle. As a result, Jane not
only attempted to prevent animal abuse and
human beings.

Hippocrates Charities of the Year

by Judy Sorensen

Hippocrates Health Institute is proud to announce the
Charity of the Year Award which has been gifted to the
ASPCA. This outstanding, historic animal rights organiza-
tion has developed a long respected history in protecting
the multitude of species that we share this beautiful planet
with. They not only attempt to prevent animal abuse and
neglect in homes, but also on factory farms as well as in
any and all other places these beautiful creatures make
contact with our confused human species. Congratulations
to this worthy group of heartfelt and courageous fellow human beings.

Hippocrates Scholarships

In 2016, we are proud to offer
fifteen full scholarships to
disadvantaged, ill women.

To apply for the Hippocrates Life Transformation Program, please submit a written request describing
your condition to the scholarship committee at
HDirector@HippocratesInsit.org

or

HHL, atttn: Scholarship Committee

1445 Palmade Court

West Palm Beach, Florida 33411

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If your company offers products or services
contribute to the well-being of people, animals
or the environment and would like
to be seen at the Hippocrates Health and
Wellness Center, please contact
WBurson@HippocratesInst.org.

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13 Riviera Beach, FL

FEBRUARY 2016
24 Jacksonville, FL
25 Tampa, FL
26 Miami, FL

MARCH 2016
13 Stockholm, Sweden
15–18 Lithuania
20–21 Athens, Greece
30 Nashville, TN
31 Atlanta, GA

APRIL 2016
1 Charlotte, NC
2 Raleigh, NC

JUNE 2016
16 Bristol, England
11 Birmingham, England
12–14 London, England

SEPTEMBER 2016
9–19 The Real Truth
About Health Conference
Conference Orlando, FL

*Subject to change.
Please check www.HippocratesInstitute.org
for current schedule.

Anna Maria Clement, PhD, LN
Brian Clement, PhD, LN

Anna Maria and Brian Clement, PhDs, practice as licensed nutritionists.
Practicing naturopathic medicine in the state of Florida is not licensed.
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HIPPOCRATES SCHOLARSHIPS

Hippocrates Health Institute and
Hippocrates Charities of the Year

permit the natural order to do its job.
How arrogant we have become to think
that a professional is the only healer.
The body knows how to heal itself, we just have to get out of its way so that it achieves its job.
All too often, mainstream thinkers scoff at the idea that there is a multiple process
at work in the conquest of disease. To us
it is said that their narrow perspective
inadvertently disempowers and often harms
the person that they are working with.
Authenticity reveals that those of us that
are blessed enough to work with people in
need are only guides that should gently and
compassionately suggest proven options.
When ego is allowed to enter the equation and
practitioners believe that they have
some magic power, the natural state of af-
fairs begins to fall like dominoes. Allowing
the individual to ignite their own strength
is what is necessary in the process of
transformation and recovery.
We are proud of the people that you
will read about in this issue. We also shout
out to those hundreds of thousands of
people worldwide who are living at an
utterly human level with their ability to
dream and create and achieve and
appreciate the richness of life in all its
forms with its ups and downs.

From the Directors

At the turn of the 21st century, we published our first recovery issue which has become a
way of life. Our intent was to open the door of recovery to the millions who were in a state
of despair and hopelessness by sharing real-life stories of transformation and recovery.

The purpose of this offering made us realize that
what we have observed was people going well beyond reversing their own disorder. As a matter of fact, re-cover may not be a thorough enough description since to
create recovery is an act of taking something old and freshening it up

Transformation may be a better description of
what is required to break the grips of dis-
order. Changing one’s mind, view and values are
at the core of healing. All disease, be it
advanced stage four or a weight problem
began with a less than stellar self-image. If we
just put makeup on top of the broken-
ness, it may appear to be fixed, but in fact
it is not. Core values must be challenged
and changed to achieve the paradigm shift
required in a psychological, biological and
spiritual revitalization.

Those thousands of people that we have
had the privilege to work with over the
combined 86 years that we have worked in the
field of human transformation brought
us the opportunity to learn how true re-
covery occurs. Fortunately, the progressive
members of the authentic scientific com-
munity are finally empirically validating the
significance of a mind shift. Without this, it
is impossible to achieve the pinnacle goal of
relinquishing disease.
Tools such as food, exercise, attitude and
connectedness with a higher power are all
the implements on the surgical table.
True surgery must be conducted by removing
preconceived notions, ideologies, traumas
and sadness before there is room for light
to shine. When permitting yourself to do your
maximum best, there is endless potential
to achieve everything. One’s only remiss
in the process of healing is their own ability
to respect and love themselves enough to
Be well,

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

Hippocrates Health Institute »« www.HippocratesInstitute.org
Healing Our World »« Heal Thyself

www.HippocratesInstitute.org
Doctor Days 3-Day Immersion Experience

A New Phase in the Field of Health

Doctor Days 3-Day Immersion Experience offers a multi-disciplinary approach to traditionally trained medical doctors, nurse practitioners, nurses and other allied health professionals, introducing them to complementary approaches to health.

PROGRAM OFFERINGS

- Cutting-edge therapies only collectively offered at Hippocrates
- Specialized kitchen techniques — learn to prepare living foods nutrition
- Hippocrates comprehensive experience firsthand
- Incredible live lectures by time tenured experts in the field

APRIL & SEPT. 2016 AT HIPPOCRATES

Learn more at CeaOne.com or call (561) 318-6162

More than a half century ago, visionary and humanitarian Ann Wigmore developed a simple concept first voiced by Hippocrates, the father of modern medicine, nearly 2,500 years ago:

“Let food be thy medicine and medicine be thy food.”

The commitment to this inspired truth is embodied in Hippocrates Health Institute, a non-profit organization jointly directed by the caring hands of Brian and Anna Maria Clement since 1980. HHI flourishes within a lush, tropical 50-acre setting in West Palm Beach, Florida.

Under the guidance of a knowledgeable and compassionate team, guests from all over the world benefit from health and nutritional counseling, noninvasive remedial and youth-enhancing therapies, state of the art spa services, inspiring talks on life principles and a tantalizing daily buffet of enzyme-rich, organic meals.

The goal of Hippocrates is to assist people in taking responsibility for their lives and to help them internalize and actualize an existence free from premature aging, disease and needless pain.

In my view, recovery is a mind-set rather than an action. It is not a switch to be flipped, but rather a new lifestyle to be cultivated, fed and nurtured. It requires true gumption and stick-to-itiveness to bring about true change.

This edition of Healing Our World is bursting at the seams with the inspirational recovery stories of 27 brave individuals who have been able to do just that.

Don’t take my word for it. Read on to learn how they did it, and how you can too.

Yours in Health,

Will Burson

As 2015 draws to a close and we move forward into the second half of the second decade of the 21st century, we want to take time to pause and thank each of you for participating with us in creating our dream of a healthy world.

We need you, and we need you now. Your contributions are the keystones that enable us to work together to create a better world for all. We cannot do it alone, but together we can.

In Healing Our World Volume 35, Issue 4, on page 111, I misspelled the name of a wonderful alumnus named Lita M. Perkins. Lita is a Living Food Chef and Instructor, and can be reached at 828-683-7824 or 828-335-8726.

Sorry for the mix-up, Lita! —WB

HEALTH & NUTRITION

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TO OUR BELIEVED ALUMNI

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FROM THE PUBLISHER
I have a wonderful neurologist who is very supportive. He was very honest about the state of affairs of my life and that it was clearly on a crash course. Overworked, over-tired, overweight and stressed out, all the makings for a good autoimmune disease to take hold of me. I found a fitness center in CNY—Trillium Fitness—that addressed people with MS. There I met women in whose lives who encouraged me to exercise regularly, something their doctors had not done. So, I hit the ground running and never looked back. According to my neurologist, the single biggest element of my success with managing MS has been the amount I exercise. Over the course of time, with the assistance of trainers and programs, I also lost over 200 pounds.

For eight years I had various symptoms, some worse than others. Some symptoms stuck, and some didn't. I took a drug called Avonex—a weekly injection that seemed to fit into my busy life. Avonex eventually lost its effectiveness, and I suffered posterior paralysis and was hospitalized for several days with an IV of Prednisone because I could not get it right. I made bad choices. We moved to Europe, to China, to Ohio, to Michigan, to South Carolina and finally to Florida, where there was a Tier 1 hospital. In 2014, I had chest pains again and they did all the tests one more time.

The angiorgram told the story. All arteries were again blocked and they would not do another bypass. Finally, we got an appointment at the transplant unit. Not easy, and a story for another day. They started me on a new course of medications and while it helped, I felt I needed to do something dramatic.

I did not want a transplant. The stories I heard scared me to tears. So, in August I started to research alternatives. I needed a new diet. I needed to exercise on a more structured basis. I needed to clear my mind and spirit and get into a better routine. I found Hippocrates Health Institute (HHI) and called their South Florida campus five days later I checked in.

HHI is an amazing place. While the diet is a central focus they actually have it all. The classes were brilliant. I enjoyed 40 hours of educational lectures over my three-week visit. HHI taught me step-by-step how to detox my body and start on my healthy food routine.

My son, Patrick, was right all those years ago when he said Multiple Sclerosis was the best thing that ever happened to me.

I continue to learn and grow with all the knowledge, lectures and alternative therapies offered at HHI, and I am eternally grateful to Anna Maria Clement and Brian Clement for their vision and quest to make the world healthier as well as my employers, Renee and Peter Teller, without whose love and support I would still be wandering aimlessly. Also, HHI chiropractor Dr. Gregory Gumberich, who rescued me from the hell of trigeminal neuralgia. Through all of this I have found my purpose—to impart what I have learned to others and continue my life transformation.

My story begins 15 years ago, July 7, 2000, when I was diagnosed with Multiple Sclerosis. It was the best and worst day of my life...I had many previous warnings but the connection was not apparent...until I was unable to speak and walk.

Luckily these symptoms were short lived and I waded my way through the barrage of diagnostics to determine the best course of action and therapy to manage MS—goal one: avoid a wheelchair.

I found a fitness center in CNY—Trillium Fitness—that addressed people with MS. There I met women in whose lives who encouraged me to exercise regularly, something their doctors had not done. So, I hit the ground running and never looked back. According to my neurologist, the single biggest element of my success with managing MS has been the amount I exercise. Over the course of time, with the assistance of trainers and programs, I also lost over 200 pounds.

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Feedback from the therapists as well as the group members are amazing. We are all about the food and the natural therapies offered at HHI. There is no measuring, just eating. I continue to learn and grow with all the knowledge, lectures and alternative therapies offered at HHI, and I am eternally grateful to Anna Maria Clement and Brian Clement for their vision and quest to make the world healthier as well as my employers, Renee and Peter Teller, without whose love and support I would still be wandering aimlessly. Also, HHI chiropractor Dr. Gregory Gumberich, who rescued me from the hell of trigeminal neuralgia. Through all of this I have found my purpose—to impart what I have learned to others and continue my life transformation.

I am a Hippocrates mentor of 96/68. It was not easy. But, with proper preparation and the knowledge you get you can really jazz up the salads with spices. I invented my own dressing recipe. Raw vegan ice cream every week. Taco night. Hummus night. Tropical fruit. The delicious food offerings are endless and their attentive staff kept it interesting.

Diet vs. Heart Transplant

At 42 years old, I suffered a major heart attack followed by a triple bypass. What could I do? Should I eat better food by making more healthy choices? Should I exercise more?

How can I do these things? I have a high-pressure job and travel all over the world.

My employer Renee Teller and her husband Peter had battled their own health issues and were big proponents of Hippocrates nearly three decades later. During this time, I had four more heart attacks, another triple bypass, stents and two defibrillator/pacemakers. I could not get it right. I made bad choices. 

Trigeminal neuralgia is better known as the “suicide disease.” No one could help. I saw countless dentists, homeopathic dentists, orthodontists, oral surgeons and chiropractors. Even though I had continued on the protocol from HHI, the pain never ceased. Admittedly, I had given back to eating fruit, forbidden for those with disease. Fruit, even natural sugar, feeds all disease. A learning curve—I will not stray from it now.

My son, Patrick, was right all those years ago when he said Multiple Sclerosis was the best thing that ever happened to me.
As far back as I can remember I was always sick with one thing or another. It seems I was on antibiotics every few months, mostly for recurring strep throat. When I turned 21 that’s when things got progressively worse. I went for a run one morning and felt my chest constrict and my breathing become heavy. I felt as though I couldn’t catch my breath…this turned out to be the beginning of a true health crisis!

I started with my primary care doc who prescribed antibiotics, which helped with the infection, but the “gunk” remained. I was sent to a pulmonary doc who tested me for asthma and other common lung disorders, but all the tests came back negative. This became a pattern over time, which resulted in more tests, more meds to treat me symptomatically, and a further decline of my health.

Dialing ahead to 2009, I was chosen as one of a hundred patients in the country to take part in the National Institutes of Health’s (NIH) Undiagnosed Disease Program (UDP). I spent an entire week there being poked and prodded. Eight tubes of blood a day, x-rays from head to toe, and a million questions asked by an assortment of practitioners, fifty in all. The last test of the week was a transbronchial bronchoscopy—this is where they stuck this long tube down my throat and into my lungs and took pictures, a deep tissue biopsy, and extracted fluids from my lungs. When I left the NIH I knew more about what “it” wasn’t, but still had no diagnosis. On the train ride home I was coughing up blood and felt so ill that I was not certain I would make it home to see my family.

This was my wake-up call—going from doctor to doctor was not serving me and rather than chasing a diagnosis, it was time to optimize my health to prevent further infections. I went back to school and received certifications as an integrative health coach. I did this for my own education to learn about foods that heal so I could improve my health. It turned into a passion, one I now share with others!

Unfortunately, the sticky white gunk in my lungs continued to plague me. The infections were coming on monthly and I was now dependent on a $16,000 respiratory vest, a nebulizer with 7% saline, and a $7,000 medication called Tobi for when things got bad. There were nights when my breathing would stop and I would have to sit up and move around to get my breathing going again. The gunk would turn into plugs now and then, which interfered with getting air. I lived in chronic fear of going to bed and not waking up to another day.

I had heard about Hippocrates Health Institute (HHI), but did not feel like I could afford the time or the cost of the program. A friend invited me to a talk given by Brian Clement, PhD, LN, here in Connecticut. WOW, what an impact he had on me in the two hours that he talked. I knew right then and there that I could not afford not to go to HHI! My family and friends were skeptical. They knew I had tried many different types of supplements and therapies without results, so they thought this was just another that would have a similar outcome. I was determined to go, so I scraped up the money and the guts to ask my boss for the time off and everything fell into place. I arrived at HHI in the fall of 2013, sick as a dog. I was a little apprehensive the first day or two, but then I settled in and allowed myself to go with the flow of the Hippocrates program, to not judge, to keep an open mind, to listen and learn, and to be open to making new friends. The result was nothing less than pure magic!

This was truly a life-changing event for me. Although I had been on a wonderful healing path, I was still dependent on the machines and meds to clear my lungs. I am pleased to say that after completing the Life Transformation Program at Hippocrates, I am off all machines and meds!

HHI’s 52-acre campus is breathtaking. There are many different buildings, each serving a different need, all of which are surrounded by nature, with winding trails and delightful artistic surprises at every turn.
I saw my doctor a number of times suspecting either a hormone deficiency or, because of the tightness in my chest, a heart problem. Hormone panels and ECGs showed everything as normal. Lyme disease was the last thing on my mind, even though we were warned about it when training for tree work. It was suggested we put tape around our trousers. They told us if we had a tick, we should watch for a ‘bull’s-eye’ rash and rush around the bite.

More recent evidence shows that only 30–40% of people get the bull’s-eye and rash around the bite. In early 2014, I became sicker and sicker. I insisted I had Lyme and underwent heavy doses of antibiotics for months, although I do remember picking ticks off me on a number of occasions after the work. It was suggested we put tape around our trousers. They told us if we had a tick, we should watch for a ‘bull’s-eye’ and rush around the bite.

More recent evidence shows that only 30–40% of people get the bull’s-eye and rash around the bite. I was one of those people, although I do remember picking ticks off me on a number of occasions after the winter of work, as an arborist in those days.

I underwent Gerson Therapy to detox off of many years of strong and toxic medications, and while the intervention did serve that purpose, it wasn’t rebuilding my body after a year on the protocol. My intuition told me that the underlying issues I was experiencing were not allowing me to succeed on that particular therapy. I had hypothyroidism, severe adrenal fatigue, low sex hormones, candida overgrowth and parasite infections. With my will to live dwindling, my family and I decided to try Hippocrates Health Institute (HHI) as a last resort. I entered HHI for the three-week Life Transformation Program unable to ambulate around campus on my own. By the third week, I was walking to all of my own appointments, still with many limitations and pain, but much improved.

I followed the program for 12 months, and one year later, I returned to the facility for another three-week stay. Both experiences were magnificent! The staff was attentive and helpful, the food was divine and the location could not have been better for healing. Brian and Anna Maria Clement, along with all of the other medical and hospitality staff, restored my hope.

I am coming up on my two-year Hippocrates anniversary, and while I am not cured yet, I have made so many remarkable improvements. My condition was incredibly severe when I arrived at the facility, so my progress has been slow but steady. I no longer have to rely on my family for everything. I live with my boyfriend and I work from home full-time (none of this would have been possible before my stay). Incorporating what I learned at HHI into my every day life has not been difficult for me because I was a vegan for seven years prior to my first visit and also because my desperation for a cure has kept me on my healing path. Having pain that takes your breath away twenty-four hours a day, seven days a week is a great motivator!

Despite the illness, I still managed to complete undergraduate and graduate degrees in Criminology/Psychology and Clinical Social Work. I also became a Certified Holistic Health Coach during my first year of the HHI protocol, and I currently work for Kris Carr as an Editorial & Social Media Strategist certificate program so that I can have an academic foundation in the field I am working in.
The Environmental Working Group (EWG) publishes a list of the top twelve crops with the highest pesticide load called the “The Dirty Dozen.” These foods should only be eaten when they are grown organically:

THE DIRTY DOZEN
(most likely to be chemically laden, non-organic “food”)

• Apples
• Strawberries
• and blueberries
• Grapes
• Celery
• Peaches
• Spinach

AVOID THE FOLLOWING SEVEN FOODS unless they are USDA-certified organic in an effort to eliminate GMOS:

• Corn
• Soy
• Canola
• Sugar beets

Foods on the list below are the LEAST LIKELY TO HOLD PESTICIDE RESIDUES:

• Avocados
• Pineapples
• Cabbage
• Sweet peas (frozen)
• Onions
• Asparagus
• Mangos

1. By Eating Organic Food You Reduce Your Exposure to Toxic Chemicals

Today’s crops are heavily sprayed with a chemical cocktail of synthetic pesticides, fungicides, herbicides, and fertilizers. Some of these chemicals are highly toxic to humans and have a very long half-life. For example, DDT was banned from use in the USA in 1972, yet this very dangerous pesticide is still showing up today in the placenta of birthing mothers. DDT has an aquatic half-life of 150 years. Girls exposed to DDT before puberty are five times more likely to develop breast cancer in middle age, according to the President’s Cancer Panel. This is just one of the 85,000 chemicals we humans have created in the last 180 years that now pollute our global environment.

Modern chemical crop sprays are less stable but no less toxic. Trichlorfon, one of the most commonly used pesticides today has been associated with endocrine disruption, reproductive effects, neurotoxicity, kidney/liver damage, birth defects, and cancer according to studies by the EPA, the National Library of Medicine, the Endocrine Disruption Exchange and the Extension Toxicology Network.

The practice of spraying crops with artificial chemicals also upsets the balance of the natural ecosystem. Crops treated this way become increasing dependent upon these artificial substances, which weaken the plant’s natural growth and defense mechanisms. Crops grown organically use only natural methods and products for fertilization, pest control, fungus control and weed suppression, which are harmless to humans without the use of any chemically synthesized pesticides, fungicides, herbicides or fertilizers.

2. There is More Nutrition in Organic Produce

Because of several generations of unsustainable farming practices, the topsoil on almost all factory farms has been depleted of minerals. Most of the food that is mass distributed for commercial consumption is grown on life support primarily of just three minerals: nitrogen, potassium, and phosphorus (NPK). These three nutrients are the most applied ones, because they are what make the plants grow fast so farmers can turn around the quickest profit. But, where are the iron, the calcium, the magnesium, zinc, copper, and any one of the other 92 minerals we need for good health? If they are missing from the soil, they will be missing in the plants. If they are missing from the plants they will be missing in you, causing health concerns!

Not only is the soil depleted on factory farms, but plants fed on high concentrations of nitrogen grow too fast before they are harvested. They are not given the time needed to uptake any of the antibodies needed to naturally deal with these challenges. Phytonutrients are also very sensitive to heat and are destroyed by the cooking process. Therefore fresh, ripe, raw, organic and whole fruits, vegetables, and sprouts are the best source of these powerful stimulators of your immune system.

3. Buying Organic Food Helps You Avoid Genetically Modified Organisms (GMOS)

The practice of creating GMOS in food involves injecting the DNA of one species into the DNA of another species in an effort to develop certain characteristics. For example, the DNA of fungus, mold, bacteria, viruses, fish, humans, and jellyfish have been injected into corn, potatoes, and strawberries in an effort to increase crop yields.

Why Buy Organic Food?
by Brian Hetrich, ND

Organic food usually (but, not always) costs more than conventional groceries. Is it really worth it to spend the extra money for organic? Of course, my answer is a very predictable and emphatic, “YES!” Allow me to explain three very important reasons why I feel this way.

1. By Eating Organic Food You Reduce Your Exposure to Toxic Chemicals

Today’s crops are heavily sprayed with a chemical cocktail of synthetic pesticides, fungicides, herbicides, and fertilizers. Some of these chemicals are highly toxic to humans and have a very long half-life. For example, DDT was banned from use in the USA in 1972, yet this very dangerous pesticide is still showing up today in the placenta of birthing mothers. DDT has an aquatic half-life of 150 years. Girls exposed to DDT before puberty are five times more likely to develop breast cancer in middle age, according to the President’s Cancer Panel. This is just one of the 85,000 chemicals we humans have created in the last 180 years that now pollute our global environment.

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Raw Food to the Rescue

Breast and Lymphatic Cancer

Bernadette Bohan: Dublin, Ireland

I spent time at Hippocrates Health Institute (HHI) after my second diagnosis of breast and lymphatic cancer. The vital knowledge I gained has been one of the key factors in helping me turn my life around. Hippocrates helped open a gateway to a different approach to healing for me. It has helped me bring hope and understanding for the past 15 years to those who need it most. Over those years, I have written five best-selling books on health and set up workshops for those who seek to maintain healthy lifestyles.

Of course, with a recurrence of cancer, I had a massive incentive to change my lifestyle. The education I received at HHI was an eye-opener. It sparked a true life change that altered my whole perception of health and led me to a healthy lifestyle that I have managed to maintain for the past fifteen years. Hippocrates taught me a common sense approach to better health. It gave me back the control over my life that seemed to be stripped away when I was diagnosed with cancer. There are thousands who are living proof of the powers of HHI’s raw, living food lifestyle. Their stories of recovery are a testament to the power of living food as medicine. The beauty and simplicity of the Hippocrates program is that it is a lifestyle change and not just a trendy temporary diet that has no lasting results. Over the years I have come to realize that the smallest changes can have the biggest impact. True health must be earned, and Hippocrates Health Institute teaches you that. There are no magic pills or cures that can replace the wonderful foods that nature has given to us.

www.ChangeSimply.com

Finding Clarity

Spouse with Digestive and Sleep Disorders

Bill Carter: Charlotte, North Carolina

My Hippocrates story started in the year 2012 when I went to West Palm Beach, Florida, to pick up my wife after her Transformation Program at Hippocrates Health Institute (HHI). She had gone to work on some digestive issues she was having and didn’t know what else to do. It seemed none of the doctors we went to had any real solutions other than taking some form of prescription medicines. We had heard about Hippocrates from a very good friend of ours who went to clear up a cancer she had and the results were so amazing my wife figured maybe she could get the same with her issues.

"I was a little crestfallen, but I decided I wanted to attend HHI after my second diagnosis of breast and lymphatic cancer and I see this woman standing out front and think, “Now there’s an attractive looking lady,” and I didn’t realize it was my wife until I heard her voice. She had lost weight and looked radiant. So radiant that I thought maybe I should spend some time at the center for my own health and future. She was so excited about the Institute she couldn’t stop telling me about all the great staff who worked miracles and all the friends she had met. She told me she had signed me up for lunch with her and she wanted me to meet everyone. I was thinking, “Oh boy, I bet they have some really great food.” When I got inside the cafeteria and got in line with everyone else I tried to see ahead what they were serving for lunch, and all I saw was salad stuff. I asked my wife where the main course was and what was on the menu. When she said this was it I was a little crestfallen, but I decided I wouldn’t show it because she was really looking forward to sharing her experience with me—especially the food. I must say I was surprised at how good everything tasted and how nourished I felt after eating a plate full of green, organic, living food. As a matter of fact I don’t think I have ever piled a plate so high with salad stuff and been so satisfied. Then she introduced me to all her friends whom she met there and I could see by their faces they were all struggling with some critical health issues, but the other thing I noticed was they all had some light behind their eyes and they were happy they had found the Institute. And the really great thing about them was they were not being victims of their diseases. They all looked like they had taken on their own fight with whatever they had and they were going to win. I rarely saw that outside Hippocrates with my sick friends who relied solely on the medical profession and the advice of some doctor who would only offer prescriptions as a cure.

The biggest thing I have taken away from my time at Hippocrates is the knowledge that I no longer have to be at the mercy of my body and what it does. Before Hippocrates when I would have problems with digestion or I couldn’t sleep or I was drained of all my energy, I would worry about it and think there was something genetically wrong with me. Now I know what to do. I know that eating raw, organic food manages my digestion and helps me sleep. If I am low on energy I know to eat sprouts and my energy comes right back. And lastly I use my Clearlight sauna regularly to maintain my health. I am forever thankful of the staff at Hippocrates for teaching me how to manage my own health. At 60 years old I have reached a high level of performance with my career and I look forward to at least 20 more years knowing I will be healthy and able to carry on. I would recommend it to anyone who has had some health issues but no diagnosis. My Hippocrates story started in the year 2012 when I went to West Palm Beach, Florida, to pick up my wife after her Transformation Program at Hippocrates Health Institute (HHI). She had gone to work on some digestive issues she was having and didn’t know what else to do. It seemed none of the doctors we went to had any real solutions other than taking some form of prescription medicines. We had heard about Hippocrates from a very good friend of ours who went to clear up a cancer she had and the results were so amazing my wife figured maybe she could get the same with her issues.

www.HippocratesInstitute.org Healing Our World »« Heal Thyself
I knew I did not want to go through the radiation again, all it did was harm all the tissue around the prostate, wrecking the bladder, bowels, and who knows what else. Then there were chemotherapy or hormone shots every six months. I was looking for an alternative healing. A man in Georgia told my son about Hippocrates Health Institute (HHI), and my son told me I visited a seminar at Hippocrates in 2008 and learned to grow wheatgrass. I enjoyed my one-day visit. When my cancer came back in 2012, I went to Hippocrates for three weeks and it was the best and smartest decision I ever made. The cancer went into remission, thanks to the Vitamin C infusions and the angels (the nurses) I met there. Praise God. The PSA level dropped lower than it did with the radiation in 2006, but I stayed a bit from the program when I returned home. Several months later, the medical doctors told me the cancer came back with a vengeance. It spread to my lungs and bones, because I did not keep the WHOLE program. This time God got my attention and I said to myself did God not already show me what to do by leading me to HHI? I did not want to resort to the medical alternatives like the medical doctors wanted me to do, so I continued with the Vitamin C infusions and returned to the WHOLE program. If I had listened to the medical doctors and undergone chemotherapy, as they wanted me to do, the MDs themselves said I would not make it to 2014. That means at the time of this writing, I would already be dead, even in their best case scenario. If you are not willing to change your lifestyle, Hippocrates is not the place to go. Your lifestyle is what caused you to get whatever you have. If you then just going to Hippocrates for three weeks is going to “cure” you, then you are mistaken. They teach you how to help yourself, if you fully embrace a new lifestyle. I tried to do it only part way and I failed badly. Now I am successfully on the program. The reason I say I am working on it is because I have not reached the spiritual level, which takes twenty-one years to achieve, according to Brian Clement’s lectures. Your attitude and believing that you will win is what will get you to where you want to go. If you only keep part of the program you will not get to where you want to be, just like putting not enough gas in the car, you will fail short of your goal. Barnum and Bailey Circus have always bragged they have the best show on earth, however, I say Hippocrates Health Institute is the best Health place on earth.

When you enter HHI it is like entering a new world where love is all around you. So open your heart and let it in, then your heart will be open to let the love that is in it out, to join, the rest of the love that you feel. All this love wants you to love yourself and love others, and this is why HHI is so great a place. I think it is the best place on earth and if you do not feel the love it is because you are not letting it in.

I have met some of the best people on earth at Hippocrates. I met someone at HHI in 2012 who saved me from falling on my face, on some stones. I feel that person is an angel and I thank God for this angel. In 2013, I met this angel again and the angel asked how I was doing. I said the cancer came back with vengeance, and the angel asked if I was going back to HHI. I said that I could not afford to return and the angel said, “Would you come back if I paid for it?” This is why I say you meet some of the best people on earth at HHI. By the way, the angel did pay for my three-week stay in 2013. In 2015, Brian and Anna Maria Clement gave away 10 scholarships to veterans and I was blessed to receive one. They wanted to give back to some who were willing to give their all for our freedom. I have never seen a scholarship like that offered anywhere else, and I know they will be blessed for doing what they do.

In 2006, I received radiation and radiation seed implants. My cancer was dormant for six years. When the worldly doctors told me that my cancer returned in 2012, I knew I did not want any more poison, burning or cutting because it only works for a short time—or shall I say, it only hides things for a short time.

“As at Hippocrates we don’t learn anything new. This natural wisdom has been around as long as man—we just have not been taught the right way to eat, or to love. Now we do know, so there are no excuses for not doing what is right for others and ourselves. I am starting the healthiest years of my life and you can too if you want to. I pray that God will give me the strength to stay on the HHI program.”

I would have never thought that physical workouts had such a big impact on my overall health, but thanks to the HHI program I know it does. I am on the Hippocrates Health Institute program for life. I see no reason to ever stop working out. I will run again.

Above: Jeff executes a one-arm pull-up. Hippocrates staff and guests alike marvel at Jeff’s feats of strength. Even Hippocrates director Brian Clement beamed, saying, “He is stronger than I am!”

On my 60th birthday, I gave myself 10,000 crunches in 2 hours and 12 minutes, and I was not on the HHI program then. I am looking forward to doing at least 10,000 on my 70th birthday in December 2017. I know that I did not have lung and bone cancer then but I am not going to let that stop me at 70 years old. I always go back to what Brian Clement told me, “Do not let any doubt in. Only believe and you will win.”
Foods that Fool & Fuel Disease
by Dr. Wayne “The Mango Man” Pickering, ND, ScM

First and foremost, if you want your body to perform optimally, you need real food and all-natural nutrients, i.e. “Foods that FOOL Disease.”

The sad fact is, most of the food consumed by people today is not real food—it’s genetically engineered (GE), saturated with pesticides and added chemicals, and processed in a number of ways. Many people are so used to pre-packaged foods that they struggle to understand what food is.

Choosing organic, whole (meaning unprocessed) foods, grown without synthetic pesticides and fertilizers or genetically engineered organisms is just as important as getting a wide variety of nutrients. One of my biggest encouragements to all my audiences and clients is to QUIT COUNTING CALORIES and Start Counting Chemicals.

The type of food we MUST eat is very simple and direct: “Quality Living Food” = Foods that FOOL Disease

These foods are high in enzymes, pre-digested complete proteins (amino acids), chelated minerals, nucleic acids, vitamins, RNA and DNA. Foods having these qualities have the capacity to regenerate, revitalize and actually rejuvenate the human body.

Choose foods that are beautiful, colorful, delicious and healthy. You should contain a wide variety of nutrients and appeal to all your senses. It should be delicious and fiber-rich.

There are three basic classes of food: Proteins, Carbohydrates and Fats. It is important to choose the right balance for your body. They supply all the body tissues with materials to grow and repair. Carbohydrates are the body’s primary source of fuel. When people try to eat no carbohydrates, thinking it is a healthy way to lose weight, it is totally counter-productive. Fats are a concentrated fuel source and are needed for insulation and protection for all body tissue. (See Dr. Wayne Pickering’s 10 Best Foods to FOOL Disease).

10 Best Foods to FOOL Disease:
1. Sprouts / Leafy Greens—Sprouts and dark leafy greens have long been known to protect the cells from free radical damage and cancer.
2. Pumpkin Seeds—These are the most nutritious part of the pumpkin and the easiest way to get more magnesium into your body. That is important because men with the highest levels of magnesium in their blood have a 40 percent lower risk of early death than those with the lowest levels.
3. Cabbage—One cup of chopped cabbage has less than 25 calories and it is loaded with valuable nutrients. At the top of the list is sulforaphane, a chemical that increases your body’s production of enzymes that deactivate cell-damaging free radicals and reduce your risk of cancer.
4. Beet Greens—Think of beets as red spinach. Just like Popeye’s power food, this crimson vegetable is one of the best sources of both folate and betaine. These two nutrients lower homocysteine, an inflammatory compound that can increase heart disease risk. The natural pigments—called betacya- mins—that give beets their color are potent cancer fighters.
5. Swiss Chard—A half cup of Swiss chard provides a huge amount of both lutein and zeaxanthin, known as carot- einoids, which protect your retinas from the damage of aging.
6. Spinach—if sexual enhancement, muscle growth, heart health, bone building, and enhanced eyesight weren’t enough, spinach is also packed with lutein, a compound that fights age-related macular degeneration.
7. Tomatoes—Tomatoes fight cancer, promote heart health and boost im- munity. Red tomatoes are the best, because of their abundance of the antioxidant lycopene, which can de- crease the risk of many cancers, as well as the risk of coronary artery disease.
8. Carrots—Most red, yellow, or orange vegetables and fruits are spiked with carotenoids—fat-soluble compounds that are associated with a reduction in a wide range of cancers, as well as re- duced risk and severity of inflammatory conditions such as asthma and rheuma- toid arthritis—but none are as easy to prepare, or have as low a caloric density, as carrots. Carrots also fight cancer, boost immunity, and enhance eyesight.
9. Blueberries—Host to more anti- oxidants than any other popular fruit, blueberries not only boost immunity but also help prevent cancer, heart disease, dia- betes, and age-related memory changes (hence the nickname “brain berry”).
10. Walnuts—With 8g of omega-3 and 4g of omega-6, walnuts are rich in heart-healthy omega 3-6 and are loaded with anti-inflammatory polyphenols and muscle-building protein. (See How Can I Start Eating Healthy).

I still remember the state of my mind and my body on my first Life Transformation Program at HHI. On one hand I was nervous, hesitant and skeptical, and on the other hand, I was hopeful. I came with a wig that not only covered my bald skull but also my heart. I felt that I was beaten not only physically, but also emotionally by the treatments I had gone through.

As a professional businesswoman I had always had a hectic life—like a high speed vehicle. My cancer diagno- sis surprised me as a way to put the brakes on things to slow down. I have to say HHI changed my life all the better. When people back home ask me about Hippocrates and the raw vegan diet that I learned to adopt, appreciate and practice, I tell them it is more than just the food—it is about reconnecting with my emotions, my physical body, my spirit and my entire being.

I am no longer fragile, and every day I am getting much stronger both emotionally and physically. All I have experienced at HHI—the wonder- ful staff led by Brian and Anna Maria Clement, the therapies, the environment—made me feel loved, encouraged and supported. My body has grown stronger with each visit. Hippocrates offers more than just a program to regain health; it has been a spiritual experience for me. This spiritual experience brought me to discover the most important thing in life, and realize the true purpose of living. When I got my first diploma for graduating from the Life Transformation Program, I said at my graduation that it was the most important diploma I have ever received. When one loses health, one loses everything. HHI has given me a new hope for living with a healthy lifestyle. The day I took off my wig I also opened my heart. What growth back on me is not only new hair, but also new hope and belief.

This new hope and belief led me back to Hippocrates. In addition to completing the Life Transformation Program (LTP) a second time, I have completed the Comprehensive Cancer Wellness Program, and I recently became a Hippocrates Health Educa- tor after completing an additional six-week curriculum (LTP comprises the first part of the nine-week Health Educator Program). HHI has truly changed my life and has taught me so much. My gratitude to Hippocrates is far beyond what words can express. What makes me most joyful and grateful is now I can use what I learned from HHI to help people. I can truly say from my heart that by coming to Hippocrates I have learned to accept and embrace my diagnosis as the best gift I have ever received in life. It was not by mere chance that I got cancer, I got it for a reason and for a purpose.

My diagnosis was an awakening call. It facilitated not only my own healing, but enabled me to help people in need with the knowledge I have gathered. I am presently working on a lifelong journey to carry this healing message to the world. I truly believe the Hippocrates lifestyle is the path for healthy living. It is our hope for now and for the future.

The world is waking now and it will be more beautiful and brighter with each one of us who contributes to it with love, gratitude and good energy.

Dr. Wayne Pickering’s progiosis was death at age 30. Now, over 66 years young, he is an award winning Triathlete, double nominee for the Healthy American Fitness Leader Award, Nutritional Performance Coach & Disease Prevention Specialist www.WaynePickering.com

Passion Not Status Quo Success

Breast Cancer
Jane Li, Hippocrates Health Educator
Jupiter, Florida

The first time I came to Hippocrates Health Institute (HHI) was three months after I finished my conven- tional breast cancer treatments. After I went through the diagnosis, surgery, chemotherapy and radiation therapy, my body became very weak and fragile. With a great desire for regaining health, I embarked on the quest to restore my health that led me to HHI.
One brisk autumn night on the coast of California, Dr. Hunt and I looked at photographs by Brian Clement, PhD, LN. Heal Thyself

by Brian Clement, PhD, LN

One brisk autumn night on the coast of California, Dr. Hunt and I looked at photographs of plants that had been dissembled and still held their perfect picture and shape of their original energetic field. We both laughed and recalled our childhood religious training that talked about the soul that lived on long after the body. Maybe, just maybe, this was proof of an original energetic field. We both laughed and recalled our childhood religious training that talked about the soul that lived on long after the body. Maybe, just maybe, this was proof of that philosophical dogma.

Shortly after, I invited a remarkable Hungarian medical doctor who presented a program to our guests here at Hippocrates and spoke about a scientific event he had the privilege to view in Paris in 1998. Special motion cameras were used, observing an energy field leaving the human body after death.

His story went on to explain that most of the scientists and physicians in attendance were nonbelievers and skeptics who instantly and visibly were stunned by their observation. What all of this means we still do not know, but what is for sure is that life continues on with or without us in the physical form. What I ponder almost daily is whether or not that frequency that we are, and everything else, quite simply, is an illusion.

With all such matters being considered esoteric, there is little being done in the scientific community to discover the significance of biofrequency fields and the effect they have on life, health and consciousness. We now know that these energies permeate and move through matter. This has been photographed and proof can actually be sought out and found on the internet. We also know from conscious physicists that all matter is 99.9% the absence of matter. This façade of structure may be the gaping hole of confusion that propels the majority of missteps in “healthcare” today. In an observational way, with people when in the process of bringing about their own recovery, what can be stated is that their enthusiasm, optimism and joy factor are measurable as they come closer to healing. Is this the congruency of desire and biofrequency literally changing the biological structure? There is now solid data revealing that thoughts can instantly change DNA, so it is not a stretch of the imagination to think that you can alter disease with the ability to disappear. When speaking in front of Congress, I watched him articulate the truth about his own recovery from an inoperable cardiovascular concern. Rather than being smoothed below the dark cloud of eminent demise, he laughed rather than cried and liberated himself anatomically out of disease. Becoming a lecturer at UCLA, he spread this message to the next generation, many of whom became healthcare professionals.

Just the other day, I spoke to one of our guests who is an alumna. She smiled and said “I was so sad when I was sick, and I am so happy because I am well!” With an inquisitive look and a sparkle in her eyes, she laughed and said it was probably that sadness that made me sick and the happiness that helped me heal.

Ann Wignmore, Hippocrates founder, was one of the most positive people and attitudinally positive individuals I ever knew. Seemingly she never learned the word “no” and everything was possible. Although this doesn’t seem practical, who said practical is practical?

Throughout history, every great advancement has been met with challenge. There is no difference in bringing about your own recovery. Dr. Bernie Siegel often visited Hippocrates when we still resided in Boston. As a conventional doctor, he recognized that patients in hospitals who were not visited, often sad, and constantly being hounded by data, statistics and negativity, reflected greater illness. He tried something unconventional. Although the hospital administrators were not happy with his approach, he began to support these patients, giving them hope and befriending them. As you must know, the outcome was spectacular. A little love goes a long way. Unfortunately, a little negativity does also.

From the same era, Patch Adams, better known as the clown doctor, spent most of his time cheering up his patients and when qualified, exposed the positive impact this has for a patient’s recovery.

As you think about disorder and bringing about recovery, always remember that this depends upon your own attitudinal reservoir. When deep and wide, when fresh and clear, there is nothing that cannot be achieved. Always remember that you are in total control of your destiny, so make informed decisions based upon your own values and beliefs, rather than fearful missteps brought about by your own self-imposed subservience. This world is endless multitudes of patterns, procedures and propaganda. Make sure you do not get caught up in the nonsense we call advanced societies. All truth grows from the basics of organic nature, often not as impressive but always steadfast, pure and perfect. Your heart and soul know far more than your mind will ever know! Trust yourself not because of all the data and information that has been collected in your brain, but the depth and sincerity of profound love that you have in your heart.

Dr. Hranicky, along with Dr. Carl Simonton, worked for decades in the field of visualization and the outcome that it could have on advanced cancers. From their relentless worldwide pursuit, there was solid evidence and data accrued that showed quality of life, life expectancy and even potential for healing was enhanced with the individual who had the courage to dream of a better result and make it occur.

One of the many tools we employ in our Comprehensive Cancer Wellness Program is this powerful method with Dr. Hranicky Psychotherapy is another offering that all of our guests in the Life Transformation Program are afforded. For 35 years since I engaged this support, I have learned that it is one of the most important gifts we can give to anyone. Banishing blockages will bring bold and bountiful transformation.

My colleague Norman Cousins was living proof that these blockages either support disease or when removed give it the ability to disappear. When speaking to my friend Dr. Simonton, he watched him articulate the truth about his own recovery from an inoperable cardiovascular concern. Rather than being smothered below the dark cloud of eminent demise, he laughed rather than cried and liberated himself anatomically out of disease. Becoming a lecturer at UCLA, he spread this message to the next generation, many of whom became healthcare professionals.

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Dr. Hranicky, along with Dr. Carl Simonton, worked for decades in the field of visualization and the outcome that it could have on advanced cancers. From their relentless worldwide pursuit, there was solid evidence and data accrued that showed quality of life, life expectancy and even potential for healing was enhanced with the individual who had the courage to dream of a better result and make it occur.

One of the many tools we employ in our Comprehensive Cancer Wellness Program is this powerful method with Dr. Hranicky Psychotherapy is another offering that all of our guests in the Life Transformation Program are afforded. For 35 years since I engaged this support, I have learned that it is one of the most important gifts we can give to anyone. Banishing blockages will bring bold and bountiful transformation.

My colleague Norman Cousins was living proof that these blockages either support disease or when removed give it the ability to disappear. When speaking to my friend Dr. Simonton, he watched him articulate the truth about his own recovery from an inoperable cardiovascular concern. Rather than being smothered below the dark cloud of eminent demise, he laughed rather than cried and liberated himself anatomically out of disease. Becoming a lecturer at UCLA, he spread this message to the next generation, many of whom became healthcare professionals.

Just the other day, I spoke to one of our guests who is an alumna. She smiled and said “I was so sad when I was sick, and I am so happy because I am well!” With an inquisitive look and a sparkle in her eyes, she laughed and said it was probably that sadness that made me sick and the happiness that helped me heal.

Ann Wignmore, Hippocrates founder, was one of the most positive people and attitudinally positive individuals I ever knew. Seemingly she never learned the word “no” and everything was possible. Although this doesn’t seem practical, who said practical is practical?

Throughout history, every great advancement has been met with challenge. There is no difference in bringing about your own recovery. Dr. Bernie Siegel often visited Hippocrates when we still resided in Boston. As a conventional doctor, he recognized that patients in hospitals who were not visited, often sad, and constantly being hounded by data, statistics and negativity, reflected greater illness. He tried something unconventional. Although the hospital administrators were not happy with his approach, he began to support these patients, giving them hope and befriending them. As you must know, the outcome was spectacular. A little love goes a long way. Unfortunately, a little negativity does also.

From the same era, Patch Adams, better known as the clown doctor, spent most of his time cheering up his patients and when qualified, exposed the positive impact this has for a patient’s recovery.

As you think about disorder and bringing about recovery, always remember that this depends upon your own attitudinal reservoir. When deep and wide, when fresh and clear, there is nothing that cannot be achieved. Always remember that you are in total control of your destiny, so make informed decisions based upon your own values and beliefs, rather than fearful missteps brought about by your own self-imposed subservience. This world is endless multitudes of patterns, procedures and propaganda. Make sure you do not get caught up in the nonsense we call advanced societies. All truth grows from the basics of organic nature, often not as impressive but always steadfast, pure and perfect. Your heart and soul know far more than your mind will ever know! Trust yourself not because of all the data and information that has been collected in your brain, but the depth and sincerity of profound love that you have in your heart.
I arrived at Hippocrates a complete mess. I was depressed because I could only fit into XX clothes. My organs were failing and I was mad at the world. I wanted to regain my health and find my joy—not only for me, but for my husband and my beautiful daughter.

The new Weight Management Program at Hippocrates was a no-brainer. What I received was a coach and counselor—Tony Zamagni—who looked at me from the first moment and saw me for who I truly was. He saw me thin. He saw me successful. He saw me happy. I believed it. A switch went off, and Tony Z began making the connections for me. The program is more than information. If people ask, “Just tell me what to eat” because they want to become thin, they will miss out on so much more. There are so many dimensions, and food is just a small part of it.

I have gone from a size 18 to a size 8! My cholesterol dropped over 100 points and my organs are doing well. I am now at home and continuing to communicate with Tony. I am not feeling deprived and I’m losing more pounds. You’ll now find me smiling. I am over 40 pounds lighter and full of gratitude for Tony Z. Skinny & happy feels so good!

Thank you, Hippocrates and Tony Zamagni, for your ongoing love, patience and understanding; the best is yet to come.

Barry Hochstein : Alberta, Canada

DROPPING MY BROKENNESS

Tara Husband : Royal Palm Beach, Florida

IN CONTROL AND HAPPY

Craig Govan : Jupiter, Florida

FROM LOST TO MOTIVATED

Melanie Shafron : Las Vegas, Nevada

FINAL LIBERATION

Barry Hochstein : Alberta, Canada
In January 2015, I called Hippocrates and booked my reservations for May 2015. I’m glad I asked for specific help with my obesity. The program consultant referred me to Tony Zamagni. I am forever thankful for the referral to Tony. Tony greeted me with a big smile and plenty of knowledge. His pleasant disposition and straightforward principles have facilitated my fat loss. Tony took the time needed to go through his program with me—a program that is based on his direction from the Hippocrates way of eating and living. Tony also met with me in the gym and established both an aerobic workout and strength-training workout that are cognizant of my abilities and will ensure that I can safely manage the exercise at home. During the Life Transformation Program, Tony has helped empower me to work out six days a week, to eat the top foods from the Hippocrates buffet in the right quantities. He motivated me to “Float like a butterfly and sting like a bee—cause I gotta train like Muhammad Ali.” Thanks to Tony, I released 15 pounds in 21 days. Wow, I was stuck for many years. How awesome is that! There is a reason why the association to his last name “Zamagni” is “Amazing.”

I recently worked with Tony at Hippocrates Health Institute last month. In the three weeks I was at Hippocrates I had many ups and downs. However, by sticking to the diet, as well as the exercise program Tony Zamagni shared with me, I have continued to have success. During my program at Hippocrates I lost 10 pounds! Since returning home I have lost many more pounds, bringing the total to 20 lbs—from 296 to 276. Thank you, Tony. You pushed me hard, and motivated me thoroughly for this. I am truly grateful. You gave me my life back, and you showed me that losing this weight is possible. So again from the bottom of my heart, thank you.

The four weeks I spent at Hippocrates was truly unforgettable and amazing. As I remember all the special people and moments that helped elevate my weight loss journey to a whole new level, the person who touches my heart the most is the very special Mr. Tony Zamagni. Tony Zamagni’s own weight loss challenges and triumphs gave depth to all I’ve learned on the Hippocrates Weight Management Program. The wisdom and knowledge that I gained while working with Tony has helped me not only shed 15 pounds in three weeks, but more importantly helped me understand my core issues concerning my struggles with weight. I encourage anyone looking for a meaningful weight-loss experience to meet Tony. All you have to do is be ready to transform, because Tony surely helps you do just that! Thank you Tony for being the kind, inspirational voice whenever my mind would silence itself from hope and positivity. Thank you Tony for being there with a hug, full of pure loving energy, that would revitalize me enough to feel strong again, whenever I was feeling feeble and powerless. Thank you Tony for helping me laugh and not take myself too seriously throughout all the twists and turns on this path to weight loss. Thank you Tony for going above and beyond in believing in me, in encouraging me and in opening my heart up to realizing that God’s goodness is something I deserve and am worthy of experiencing in my life. Thank you Tony for really seeing me, past the struggles and self-sabotage that has always made me feel invisible and undeserving of my own self-love, care and dignity. Thank you Tony for helping me heal my way towards a healthy life by losing weight and feeling great. The words ‘Thank you’ are truly not enough to express my gratitude for everything I’ve learned from you, Tony... so thank you, thank you, thank you for all your help, Tony!
Inhalng

As the American Lung Association states, there are approximately 600 ingredients in cigarettes. When burned they create more than 7000 chemicals. At least 69 of these chemicals are known to cause cancer and many are poisonous. Many of these chemicals also are found in consumer products, but these products have warning labels. In my investigation of the obvious outrageous hazards of cigarettes and their side-stream effects, there is no doubt that they are killers.

Rom my personal experience, this is so true—my beloved mother smoked since her early twenties. Her twin sister did not. By the time my mom had been coughing for many years and finally was diagnosed with lung cancer at 73 years old, she was very weak and her ability to heal from any other minor problem was very low. She underwent thyroid surgery in her 30s and began taking thyroid medication.

The thyroid regulates so many things in our body, and her health was slowly regressing. The many cups of black coffee she loved to drink during the day compounded this problem, and her immune system declined to fight off cancer and many are poisonous. Many of these chemicals also are found in consumer products, but these products have warning labels. In my investigation of the obvious outrageous hazards of cigarettes and their side-stream effects, there is no doubt that they are killers.

...
Drug-Free Healing

Relapsing-Remitting MS
Kimberly German: North Haledon, New Jersey

In August 2011 I was hospitalized with numbness ascending from my feet to my mid back, affecting my ability to walk normally. I was having difficulty breathing or feeling internally. I had lost the ability to run, bike, swim, ski, and wear heels. I was released from the hospital and told nothing was wrong because my MRI was normal. My testing did continue and so did my symptoms, by now I was barely making it through the day—especially when it came to climbing stairs. Airline travel and extreme heat were also issues because they trigger intense symptoms.

I did seek and receive excellent psychological care that led me to seek a second opinion. This occurred in January 2012, which led to yet another MRI, confirming thoracic lesions. Then there was a spinal tap the following month. This led me to seeing a fourth neurlogist and a lot more testing with high dose steroid infusions. In March 2012, I was given a diagnosis of relapsing-remitting multiple sclerosis (RRMS).

The steroids alleviated 90% of my symptoms, but my feet continued to stay numb and I began to have issues with my blood sugar and blood pressure. This continued for the next three months. I started physical therapy to regain strength and started wearing dorsa-flexion braces to regain some normal walking. I was encouraged to start drug therapy. I had been adamantly opposed to this approach, but started to consider it because I felt that I could no longer work or live the life I wanted. I expected that my symptoms would have me wheelchair bound, in need of care, losing my house and going on permanent disability. In October 2013, I attended the Internal Multiple Sclerosis Management Practice Symposium in New York with my husband to make a decision about drug therapy. At the same time, I was seeking holistic intervention/treatment options.

I have been immered in the integrative/holistic community since the year 2000; I have been a certified holistic nurse since 2003. I have had many people in this community care for me and advise me, and this is how I came to know about Hippocrates Health Institute (HHI) and eventually make the decision to attend their three-week Life Transformation Program.

I stopped eating meat in the late 1990s. I have been gluten free since 2000. In January 2013, I went salt free and what I thought was sugar free. I have had chiropractic and acupuncture care since 1993. I have used medical massages for fibromyalgia since my 20s. In my 30s I have been treated by friends (holistic nurses) and practitioners in fields of ‘M’ technique, Reiki, aromatherapy, music therapy, guided imagery, Mindful Based Stress Reduction, and Prayer, just to name a few.

We PRAYED. I am Christian and do believe in God’s Healing Power. God had a plan. Now to him who is able to do unmeasurably more than all we ask or imagine, according to his power that is at work within us Ephesians 3:20. God gave me the strength to ask for what I needed. I took a leave of absence from work with the blind faith that the money and help would work out. As we prayed, the money and help we needed came, unexpected checks arrived and unexpected people gave us gifts.

Through the help of family, friends and my work and church community, in December 2013 I arrived at Hippocrates Health Institute. I knew that it was God’s plan and He would be in charge. I prayed for my trip, that I would have the perfect room, roommates, and that I would learn and heal from my health challenge so that God could use me. I arrived in Florida, anxious and relieved at the same time. I have never been away for three weeks. There were so many things going on at home. I had made plans with my family and friends that I would cut off all communication and that my husband Ken would be my only link. This was time to immerse myself in healing. (continued p. 56)

I left Hippocrates feeling well, happy, energetic, back with my own passion for life renewed. It doesn’t get better than that.

Camelot? No, Hippocrates.
My path to this almost mystical yet grounded haven was through Tina Discrepola, MD, head of the Hippocrates Health Institute (HHI) medical department. My daughter and I had been her patients in New York City before she moved to the position with Hippocrates. Dr. Tina and my daughter were having a phone conversation, and what entered into it was the discussion of a debilitating episode I was having involving my nervous system. It had taken me from my usual energetic and joyful self to a tenuous, fearful and exhausted state.

Dr. Tina said, “She needs to come here!” In a week, I was there.
I have such respect and faith in her, and was losing ground and feeling confused in the physical and personal work I was doing. My mind, body and spirit were unable to connect the dots. And so, the beginning of the journey…both from New York to Florida, and from the polar positions of fear and pain, to healing, joy and love.

Hippocrates is a place where I feel it impossible not to ‘morphe’ in the time spent there. I watched guests in the first few days in questioning and unbelieving stances, move into a totally different space in themselves, and in connection with others. I watched guests alone and isolated at the start, becoming as butterflies emerging from cocoons. The conversations with each other brought out many miraculous stories of healing, and there is nothing like getting it from the ‘horse’s mouth.’

HII features a ‘buffet’ of services and workshops that cater to individual needs, as well as group interaction. The therapies are unraveled, in my opinion, with individual preferences always considered. The independent practitioners operate with caring attention and skillfulness, and have personal convictions and behaviors in line with the Hippocrates philosophy.

Everything fits.
The diagnostics, the tours, the food, the lifestyle practices offered, the gifted therapy professionals and the healing modalities leave little unspoken for. I found no gaps in the spirit of service.

A powerful healing space has been created and all you need to do is let go, and openly and willingly step in.

(continued p. 53)
Keeping the Correct Perspective Alive

The POP Campaign goes on the Congressional Record
by Brian Clement, PhD, LN, Beth Clay, Rudhi Lenardi and Gabriel Cousens, MD

The non-profit POP Campaign seeks to educate and advocate about the importance of protecting our food supply, in particular organic food standards and preserving food choices. The POP Campaign opposes any provisions that undermine state and local GMO mandatory labeling laws while leaving GMO labeling voluntary at the federal level. We oppose any measure that puts the desires of industry and corporate profits above the safety and wellbeing of our children, grandchildren and future generations.

Bellow is the recent “Written Testimony to the Record” to the Senate Committee on Agriculture, Nutrition and Forestry submitted by Brian Clement on behalf of the POP Campaign and all of us.

Submission on “Agriculture Biotechnology: A Look at Federal Regulations and State & Local ‘Pioneer’ Policies” by Brian Clement PhD, LN

(For the complete text and footnote references see POPCampaign.org)

Hippocrates Health Institute was founded, more than 50 years ago, by humanitarian and health visionary Ann Wigmore in Boston. She advanced a simple concept first voiced by the father of modern medicine—Hippocrates—who almost 2,400 years ago taught, “Let food be thy medicine and medicine be thy food.”

As someone who from personal and professional experience has seen the difference eating a healthy plant based diet can make in health and vitality, I am very concerned that the United States continues falling behind in health status, in part because of lifestyle decisions, in particular around food. A study recently published by the Commonwealth Fund reiterated what has been previously reported, that the United States spends more than any other high-income country on health care, 2–3 times the GDP (over $19,500 per person) but has poorer health outcomes and shorter life expectancy than our international counterparts. The study also found that 68% of American seniors are living with two or more chronic health conditions…

...the Chairman of this Committee is quoted in a Kansas newspaper... “We’re going to have a biotech hearing right off the bat,” Roberts said Thursday. “We don’t call it GMO, we call it biotech for a purpose. We are trying to prove to the American people that their food is safe and we have every body from the FDA to the USDA to EPA to testify.” Only after a hearing on the safety of GMO food will the agriculture committee consider a Senate version of Pompeo’s bill, Roberts said.

Is it the job of the United States Senate to convince Americans that food ingredients that have been genetically modified are safe? I would suggest that it is not. Rather, it is the job of this Senate Committee to ensure that the federal agencies tasked with confirming a ‘biotech’ food is safe for human consumption, have done their job correctly, without undue influence from industry, and to a standard that provides confidence from American families. Monsanto and other companies do not want government officials to use the acronym GMO or the term ‘genetically modified’, or "genetically engineered" because they know consumers have negative feelings about the terms. However, this is the term that is most consistently used globally including in regulatory bodies. They believe that if the softer, gentler term ‘biotech’ is used, the American public will somehow be fooled into not being adequately informed about what it is. Is it the job of the United States Senate to do the bidding of industry or is it the job of the United States Senate to do the bidding of the People of the United States? After all, the People have for more than 20 years asked both the Executive and Legislative branches to do a better job in addressing the safety questions that have arisen, and to mandate that labels be truthful and accurate, i.e. that labeling in the same manner of sodium content, trans-fat content, and the presence of nuts, include mention that a food contains a GMO ingredient.

Instead of questioning the safety through the Senate hearing process, the Chairman’s quote confirms that he has a priori concluded that GMO foods are safe… I would ask that Chairman Roberts make public on the Committee’s website every published and unpublished clinical and epidemiological study in humans of GMO food ingredients... comparing and contrasting GMO foods with both the conventionally and organically grown Non-GMO counterparts. Studies comparing and contrasting numerous measures including nutritional content, and pesticide/fungicide content to measure short and in short supply in the published literature and human studies are absent from the published literature. We ask the Chairman to make public all the safety data he has reviewed to conclude GMOs are safe.

The facts matter in this discussion, and sadly... Americans heard from House members that there was scientific consensus regarding the safety of GMOs. This is a factually inaccurate statement. In truth, there are a growing number of scientists who have expressed concerns about the safety. Two years ago, the European Union Network of Scientists for Social and Environmental Responsibility issued a joint statement countering this claim: “As scientists, physicians, academics, and experts from disciplines relevant to the scientific, legal, social and safety assessment aspects of genetically modified organisms (GMOs) we strongly reject claims by GM seed developers and some scientists, commentators, and journalists that there is a “scientific consensus” on GMO safety and that the scientific community is “over”... The claim that it does exist is misleading and misrepresents the current available scientific evidence and the broad diversity of opinion among scientists on this issue... We endorse the need for further independent scientific inquiry and informed public discussion on GM product safety and urge GM proponents to do the same... Furthermore, many well-known medical experts in the United States have called for mandatory labeling of GMOs in line with a growing number of countries worldwide. This list includes: Dr. Mehmet Oz, Dr. Michael Murray and Dr. Gabriel Cousens, MD. Americans also heard from House members that the science is clear on safety. This too is inaccurate. As Sheldon Krimsky, the Lenore Stern Professor of Humanities and Social Sciences at Tufts University has confirmed through an excellent review of the literature, the science is far from settled. In his conclusion, he noted, “I found twenty-six animal feeding studies that have shown adverse effects or animal health antinutrients. The eight review articles were mixed in their assessments of the health effects of GMOs. In risk assessment, the number of studies that reveal a risk can be more significant than a larger number of studies that do not... the negative results should be replicated to see if they hold up to rigorous testing.”

This point was made by the 300 scientists who signed a joint statement that was published in Environmental Sciences Europe. The statement “does not assert that GMOs are unsafe or safe. Rather the statement concludes that the scarcity and contradictory nature of scientific studies published in the scientific community...”

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Stay informed with The POP Campaign
Please contribute and visit the POP Campaign website at POPCampaign.org and MOMSPop.org

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Y

M y sugar story begins in the summer of 1994 when my mother was prescribed pharmaceuticals to dry up her breast milk and instructed by her doctor to administer canned formula as a better nutritional alternative for me, her newborn baby girl. This slow form of poison and addiction reconfigured my brain and physique and would unknowingly play a starring role in my life for 50 years. I could bake a cake before I could do a cartwheel, my school lunch was a creamed cheese and jelly sandwich paired with a package of Twinkies. In fact, I loved Twinkies so much I named my cat “Twinkie!” At age 10, play dates resulted in a Baked Alaska, for the mere satiation to answer. I was awarded a five minute audience with my doctor. Without so much as a bat of an eyelash I was promptly prescribed antidepressants for my brain and amphetamines for my waist. I walked away discouraged, yet determined: I had to find a better way.

My bridge brought me to HHI, where I plunged in and became well. Currently I am happy to report I did. I live (literally) for organic, nutritionally dense foods filled with phytonutrients, enzymes and fiber that deliver cognitive adaptability and serotonin. Depression is a common disease of the 21st century. It is not until I introduced to Hippocrates that my former maladies are quite common for “carbover.” Too much sugar affects negative brain health, ravishing it with addiction and despair. Brains hooked on sugar lack cognitive adaptability and serotonin. In fact, depression is projected to become the number two disability in the US by 2020. My goal is to help people realize there is life beyond sugar addiction and a good one at that!
I have not taken any antibiotics since adopting the HHI living foods diet (over two years now). I have had no colds, respiratory infections, or flus—I don’t get sick. I used to average 4 to 5 rounds of antibiotics a year with (over two years now). I have had no colds, respiratory infections, or flus—I have not taken any antibiotics since adopting the HHI living foods diet.

Mary Pierson : Louisville, Kentucky

It was a typical warm hazy August afternoon in Louisville, Kentucky, as I was winding up my chores before my afternoon walk when I received a phone call, which was anything but typical. The call concerned my breast biopsy. I was diagnosed with infiltrating ductal carcinoma (estrogen positive). It was stage 2B, but was a grade 3 (scale from 1–3) indicating a very fast growing cancer. Two of the three oncologists I saw stated it was more like a stage 3. They scheduled me for a bilateral mastectomy.

Initially, I was advised there was no lymph node involvement, however 3 days later I got a call that when they sent it to their offsite lab, it did in fact show in one of the three nodes. They said the first call was an error. Instead of putting me through further surgery to make sure there were no more nodes involved, they just hit me hard with a very aggressive chemotherapy. They felt it could be justified because of the high grade of the cancer. I ordered a wig knowing I would lose my hair and tried to prepare myself emotionally. I thought about my life. I am 64 years old and have grandchildren. I love the outdoors, swimming, and even tackling a few favorite mountain trails, although the mountain trails have been put on hold as I have some serious cervical spine issues, following an accident over a decade ago.

I requested prayers from my church and met a Dr. Churchman here in Louisville who is a naturopathy ND. He gave me a DVD entitled “Healing Cancer from Within” and talked about Hippocrates and a raw plant approach. I was impressed, and my husband Bill very much wanted me to take that route. Also, my youngest son David, who lives in our town, also felt favorable. My son Steve is a deacon at his church in Tennessee and I received waves and waves of cards before, during and after my surgery. My oldest son Bill flew in from Texas for four days to be with me and ironically, I found myself looking more forward to his visit instead of dreading the surgery.

The oncologist commented to my husband on how I was so cheerful and “bouncy” and said, “This has not hit her yet and when it does, it will hit her hard. Bring her back and I will give her an anti-depressant.” I was excited about going to Hippocrates, and the depression never came. Since they were not 100% sure it was not in more than one lymph node, they were a bit shaken when I told them I was declining the chemotherapy.

A therapist phoned me later and asked me if I realized they were trying to give me time. The third oncologist was such a blessing. He respected me and my viewpoint, but was straightforward and stated the cancer had a high likelihood of returning and/or spreading. He said he didn’t know anything about the plant/enzyme diet. He was willing, however, to follow me and track my labs. He was honest and caring. He did urge me many times to take the Arimidex and was thorough in explaining his concerns. I declined, and he respected my choice.

During my visit to Hippocrates, I felt terrific. Bill and I were full of energy with the raw diet. My education and therapies were outstanding! We bonded with others on a similar path in our quest for healing. Some had returned after healing themselves from stage IV cancer. The staff was caring. There was so much love and positivity!

I learned so much, but what really struck me was the healing miracle of the sprouts. They have ten to thirty growing sprouts, and I stayed busy chopping, rinsing, preparing vegetables and trips to farmers mart, and grocery to stock our fresh vegetables daily. It was challenging, but with God’s help we made it. 

Stage 3 to Remission & Healthy

Infiltrating Ductal Carcinoma (Estrogen Positive)

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I was born into a Holocaust surviving family in Darmstadt, Germany, in 1949. My sister, cousin and I were the first post-war born Jewish children in that town, and what I learned about the war from my parents and their friends did me a very deep impression on me. Two close members of my family had been in the concentration camps and I fully equated their experience with that of animals confined, severely abused and then slaughtered in factory farms. While Judaism has a deep respect for “hai” or life, the more orthodox traditions I was brought up with, unlike the Essene tradition, did not veer toward vegetarianism to respect the sanctity of animal “hai.” It was not until I was 32 years of age, in 1981, that I broke with my family’s traditions to become a vegetarian, and later in 2006 a vegan and finally a raw living food vegan.

In the meantime, before waking up, I lived under the shadows of what I had been taught by my family and surrounding culture. In fact, after we immigrated to the US, I was exposed to my stepdad working as a butcher. My parents also ran a delicatessen in the suburbs and a beach stand as well. There I had unimaginably easy access to every kind of greasy animal-based food, candy, soft drink and other junk food. By the time I was 12 years old, I suddenly came down with hepatitis A, spending a week in the hospital. That was the turning point, the kind of greasy animal-based food, spending a week in the hospital.

The highly positive part of this experience, however, was that it brought me into a purer right brain experience and understanding of my inner consciousness. I sensed that “consciousness” at the core of my life, was also the phenomenon at the core of all of nature, representing nature’s universal essence or relationship of connection. This was contrary to my college training in physics, having been taught that nature was essentially mechanical, to be flawlessly pointed to only by math symbols. But math symbols are universal abstractions of separation, helping us to expertly build machines made of separate parts but not helping us as well in the life sciences to heal whole-flesh organisms. So here too I had to turn away from my upbringing, to be able to, with an independent mind, better heal not only my body but my spirit. Later I wrote a book called  Harmful Effects of Genetically Modified Foods back in 2000, before hardly any one knew about this technology. I felt it was a deep and dangerous intrusion of the mechanical vision. Currently I am working on a follow up work to be out shortly, and as much counter-cultural, called Did Galileo Commit A Titanic Blunder?

Further retracing my personal health experiences, in my 20s, recovering my mental skills, I re-attended NY University. It was during that decade that I met Viktora Kalvinkas, who had a presence at the NYC health fairs, and I learned also from Steve Meyerowitz about living foods at his New York City Spout House. During my 30s, while making the transition to becoming a vegetarian, I married and had two children. At the same time, I developed a condition known as hydrocele, a simple inflammation of my private parts. Three urologists and a family member pressured me into an operation to deal with this condition. The operation was botched, and I lost a private part and became infertile. In addition, this operation greatly weakened my whole body. 

Edd Edwards is genuine and inspiring and this is why Hippocrates Health Institute is proud to present him and utilize his gift with many of our participants as time passes. For more detailed information about Edd, please visit his website at www.EddEdwards.com. You can also find Edd on Facebook — Energy Edd.
picture a small, non-air-conditioned dining hall and a few sparse dormitories. We were summoned for meals three times a day by a welcoming cow-bell and everyone interacted like family at the dinner table. A dirt path connected the buildings and we trudged around to juice our wheatgrass and get to our classes, warmed by the radiant climate and tropical lushness.

I remember those days with such gratitude because I, like many others, was transformed by the experience there and infused with a deep knowledge and respect for the power of proper nutrition and right living to bestow health. That humbling knowledge was to stay with me for the rest of my life—seeds planted which sprouted again and again in different ways over the years.

I experienced how a severe inflammatory autoimmune disease could be completely reversed by embracing a whole food, plant-based diet, in conjunction with compassionate bodywork, detoxification practices and meaningful connection with others. Needless to say, I returned to stay at Hippocrates many times over the next two decades, watching the Institute grow and expand magnificently—and yet still remain true to their core values and dedication to empowering people to take control of their health.

Fast-forward to the present, where I’m the co-owner and executive chef of The Sanibel Sprout—a 100% gluten-free, vegan cafe and health food store on an island off the west coast of Florida. After becoming a licensed massage therapist and certified yoga instructor, I realized that the third and most powerful arm in an incredible triumvirate of healing modalities would be to specialize in providing people with optimal nourishment—as I understood first-hand how life-changing pure food could be.

My culinary training apprenticeship with Dr. Aris Latham of Sunfired Foods, as well as the wonderful education I received from the Plant-Based Pro Culinary Course (offered through Rouxbe Cooking School) augmented my classical culinary skills. It has been a joy and true privilege to create conscious community where I live and cook daily for people seeking healthy options.

Without a doubt though, the most important gift given to me, was the ability to use everything I learned to create a nutritional program for my (now 89 year old) mom to follow, as her health was faltering some years ago due to chronic lymphocytic leukemia and other degenerative issues. I asked her if she would commit for six months to a raw, vegan diet if I promised to provide all her meals and make the transition as easy as possible for her.

We embarked on a healing journey together and she gave up her most beloved comfort foods: cheese, chocolate and yes, her one-a-day beer. In addition, she ate no processed foods, whatsoever. Everything I made was from scratch and with a whole lot of love, perhaps the most important ingredient. And since my cafe also runs the organic food co-op for Sanibel and Captiva, (where we order fresh, organic produce every week for the use of our kitchen, juice-bar and for our members), my mom started to eat 100% organic.

Let me tell you that we are now four years into her complete transition to veganism, which she enjoys immensely. Her leukemia is all but arrested, her oncologist doesn’t understand what she’s doing but tells her to keep it up, and at 89 years old, she works nine hours a day, six days a week in the cafe. She greets everyone with a smile and is busy as a bee all day long, with more energy than most young people.

I was overjoyed when Brian, Anna Maria and their family unexpectedly walked into The Sanibel Sprout this year and sat down at our big, wooden community table for an evening meal. It was like coming full circle. I hope they know that the reason I am here doing what I do, with so much passion and belief, is because of the light that HHI has always shone. Thank you for that beacon, sweet folks. Keep up the good work.
JuiceKeys

Their mission: To provide the “KEYS” to great health
by Tom Fisher, RN, BA

JuiceKeys is a Juice Bar and Health Boutique that is wholeheartedly supported by Hippocrates Health Institute. The Juicekeys mission is to provide “KEYS” to great health. They are passionate about the synergies between nutrition, education and leading an active lifestyle. They are a brother-sister team based out of Raleigh, North Carolina. I recently got to visit Juicekeys and their store was immaculate. They had friendly and knowledgeable service. Their wheatgrass and green juice would make Hippocrates director Brian Clement proud. Like Hippocrates, they believe in the concept of “Let food be thy medicine.”

A t Juicekeys they make organic in-house smoothies, juice and superfood shots. Shots include wheatgrass, blue green algae (AFA), turmeric and ginger-lemon. They also carry high quality products that are packed full of nutrition, such as blue green algae (AFA) and Sunwarrior protein. AFA is the only superfood that contains the twenty-one amino acids and is a complete protein. AFA contains almost every organic mineral in trace amounts. Without minerals, vitamins have no function. AFA contains a complete balance of vitamins, except for vitamins D and E. We get vitamin D from sun exposure (ideal times are before 10am and after 4pm) and we get vitamin E by eating high chlorophyll foods. AFA and Sunwarrior can be ordered from Juicekeys.

Their juice does contain sprouts, such as sunflower sprouts, which are thirty times more nutritious than organic vegetables harvested from a backyard garden. Sprouts are packed with nutrients, but finding them at other juice bars is very rare. Sunflower sprouts are a complete protein. They are full of chlorophyll, which is a well-known agent for its antibacterial, anti-fungal, anti-inflammatory and blood building benefits. They also have phytonutrients, which contain protective, disease-preventing compounds that interact with other plant nutrients to produce a synergy that can help fight many diseases.

Juicekeys also provides delicious organic sprout salads with a delicious dressing. People are given the option to have nuts (pistachio or almonds) with their salad. Sprouts can contain up to 100 times more enzymes than raw fruits and vegetables, allowing your body to extract more vitamins, minerals, amino acids and essential fats from the foods you eat. Juicekeys also offers great raw food desserts!

Kelly Young is a Hippocrates Health Educator and co-owner of Juicekeys. Kelly grew up on the standard Western diet, and at the young age of 16 she suffered a health challenge. During gymnastics, she broke her T-7 vertebra and was out of gymnastics for six months. From there, her health quickly declined. She started not feeling well, gaining weight, experiencing fatigue, and her hair started falling out. When she met with her doctor, she was diagnosed with hypothyroidism. As Kelly did not feel her doctor was helping to support her overall health, she proactively started making positive changes in her own health. She began making better nutritional choices and eating organic-based foods. After her experience with the Hippocrates Health Educator Program, she also started using raw and living foods to support her health. Now, she feels passionate about educating others and helping them seek ways to feel their best! She specializes in selecting the nutritional products that fall in line with Juicekeys’ mission.

Kelly’s brother, Chris Young, is the co-owner of Juicekeys. He has served in the United States Marine Corps and has an MBA from the University of Southern California. The Marine Corps gave Chris a valuable background in team leadership. He is also passionate about business collaboration and strategy, and as a result, he strives to deliver the best opportunities for living a healthy lifestyle.

As a result of Chris’s service, Juicekeys is also committed to the support of our military men and women. It has pledged 0.05% of their year-end sales to the Brandon A. Barrett Honor Scholarship Fund at the USNA. The Brandon A. Barrett Honor Scholarship is a scholarship devoted to affording young men and women the opportunity to attend the United States Naval Academy Preparatory School (NAPS).

Once the donations for the scholarship total $50,000, it is considered complete, and a candidate for the scholarship will be named each year. NAPS allows future Midshipmen to build their moral, mental, and physical foundations before entering the U.S. Naval Academy.

The scholarship was named for Captain Brandon “Bull” Barrett, who was a candidate for the scholarship when he was named each year. NAPS allows future Midshipmen to build their moral, mental, and physical foundations before entering the U.S. Naval Academy.

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Healing Our World «« Heal Thyself

43
I remember so clearly pacing outside the doctor’s office waiting for the CT scan results. I was crying, terrified, and felt so alone and helpless. But this was the first time I felt “OERKRACHT” (Dutch). It was a power that came from my feet and worked its way up through my body. Fabulous! I was ready for my challenge. Those sad and sick cancer cells were facing me, and I was empowered with so much life energy that I could light up an entire city.

My belly looked like I was eight months pregnant and there were fluids pressing against my lungs when I breathed, accompanied by pain along my diaphragm. I had visited my doctor with complaints of shoulder/neck pain that I believed was due to cancer metastasis. Marisa Witte, who had been to HHI in the days after the chemotherapy, told me that her months pregnant and there were fluids pressing against her lungs when she breathed. That was when my world turned upside down. I was diagnosed with ovarian cancer that had spread to my whole abdominal cavity and organs. I was only 48 years young.

I had a strong urge to be as independent as possible while getting chemo and learning the raw food lifestyle. I needed to keep going and not to sit down and feel sorry for myself and become depressed. There was no space and time for that.

My partner James came over from the UK in the days after the chemotherapy, when I was the most affected. He made the juices, salads and took care of the shopings and me. He was my personal assistant. He was the first person to help me clear my emotional baggage—and quickly. During the chemo, I underwent regression therapy to help me clear my emotional baggage—and quickly. I was putting it all out in the sun-president—my anger, frustration, fear, hate and annoyance. I could now let go of it and forgive. It is amazing what you are capable of when the time is little and the need is big. What a relief to forgive. I had kept myself a prisoner, suffocating for years. You don’t have to forget what has happened in order to heal. That’s a good thing since you would have to re-move a piece of your brain to do that! By the third round of chemo, a lot of the pain and discomfort had come back, but the oncologist said, “It’s just your intestines.” By the fifth round of chemo, the real cause of the pain was evident. A CT scan showed my cancer had grown back, and was even worse than before the operation. The oncologist wanted to give me the same chemo that hadn’t worked, and at an increased frequency. I thought that she was kidding but she answered, “It’s protocol.”

I packed my bags and went to Hippocrates Health Institute (HHI) in South Florida. I had refused further chemo, and my experience with allopathic doctors had left me feeling devastated, scarred, intimidated and helpless. Luckily, I had brought a suitcase full of hope and I was now in a tropical paradise.

Many of the other Hippocrates guests were just like me—dealing with serious health issues. They were brave and frightened too. We had all come to HHI to help ourselves heal on all levels. cont’d on p. 58

Multiple Sclerosis

Jarod Jacobs : Boca Raton, Florida

I am 58 years old, and I was diagnosed with Multiple Sclerosis 30 years ago. Multiple Sclerosis, known as MS, is a degenerative disease. I spent 23 years asymptomatic, but the past seven years the stuff has hit the fan. Things got really bad, really quick. I tried all the Western medications and they didn’t work. In fact, it took two years for my body to detoxify after I stopped taking the meds.

I learned to take responsibility for my health five years ago and became vegan three years ago. Two years ago, I became a raw vegan and began to embrace the diet at Hippocrates Health Institute. Eating this way has made a huge difference in my life!

I use a simple five-step approach to deal with my MS:

» A great attitude
» Visiting a chiropractor on a regular basis
» Undergoing regular physical therapy, including aquatic therapy at the YMCA
» A raw vegan diet (nature’s food)
» No doctors, no medications, and asymptomatic for 20 years

I eat sprouts every day. I go to physical therapy or the YMCA at least three times a week; I go to the chiropractor once a week. By doing this, I have been getting phenomenal results for years and counting.

Men with MS have a very high mortality rate. The fact that I am able to stand up and take a step or two, and alleviate the symptoms of multiple sclerosis is nothing short of a miracle. It is only possible because of the diet they eat here at Hippocrates Health Institute.

I may not be a nutritionist, and I am certainly not a doctor, but I am proof-positive that what I am doing is working. If I can do it, anybody can do it. Many other people are trying this protocol and getting terrific results. I invite you to do the same thing. You can see the results I have been getting over the years by going online to YouTube.com and searching for “Jarod Walking.”

MS Diagnosis 1986
Non-Ambulatory 2008 & 2009
Organic vegetarian since December 2009
Raw Vegan since April 2013
Walking with cane, 300+ ft (91+ meters) 2x/week
Walking independently 70+ ft (21+ meters) 2x/week
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All this with no doctors or meds!
Keys to Success: Positive Attitude, Diet, Chiropractic, Physical Therapy, Wheatgrass and Juicing for optimum health.

Five years and counting!
Histoire de vitalité

Angioplasty

Michel Vachon : Princeville, Quebec, Canada

Michel Vachon comes from a typical 1940s Quebecois family of 10: the kind we just don’t see anymore. Michel worked for several years in the financial investment industry until 1988. At 42, suffering from a heart condition, he underwent major cardiac surgery that left him weakened. Indeed, for the 20 years that followed this surgery and, until he was 62, he had so much difficulty to move that he had to walk with a cane. During this period, he admitted at emergency wards on 7 occasions and even transported by ambulance from Arthabaska’s Hospital to the Royal Victoria Hospital in Montreal, where Cardiologist Dr. Paul Poirier had performed the Angioplasty. Each ambulance ride was lived as the possible ‘final journey’. Michel refers to this period as the times when he felt he was a ‘prisoner of his own body’.

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Michel Vachon : Princeville, Quebec, Canada

by Roxane Vezina

Hippocrates Health Institute »» www.HippocratesInstitute.org

Return to Vitality

Angioplasty

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10 Reasons Why I Am Addicted To My Sauna
by Ben Greenfield

I have a confession to make: I’m an addict.
Every morning I wander to my basement gym, flip the power on my sauna, step inside, and sweat hard for thirty minutes. Knowing I can venture downstairs and enter a chamber that gives my body a myriad of benefits simply makes a sauna a daily must.

There are many reasons I sauna and you should too – 10 scientifically proven reasons, in fact. In no particular order of importance, they are:

1. Heart Health and Longevity
   JAMA Internal Medicine shows that regularly spending time in a sauna may help keep the heart healthy and extend life. Researchers from Finland tracked 2,300 men for an average of 30 years. 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, including cancer.

2. Detoxification of Chemicals and Heavy Metals
   The skin is a major detox organ, and sweating through skin cells are replaced can be increased. At the same time, heavy metal elimination upon exposure to heat.
   
3. Athletic Recovery for Pros and Weekend Warriors
   Growth hormone is essential for repair and recovery of muscles, and research has shown that two 20-minute sauna sessions elevated growth hormone levels two-fold over baseline. Two 15-minute sauna sessions at an even warmer temperature resulted in a five-fold increase in growth hormone. And two one-hour sauna sessions for 7 days has been shown to increase growth hormone 16-fold! For an additional recovery benefit, sauna also increases blood flow to the skeletal muscles, which helps to keep them fueled with glucose, amino acids, fatty acids, and oxygen, while removing by-products of metabolic processes such as lactic acid and calcium ions.

4. Arthritic and Muscular Pain Relief
   In The Annals of Clinical Research Volume 20, research results show the benefits of sauna for relief of pain and increased mobility. Pain relief induced by a sauna was attributed to an increase in the release of anti-inflammatory compounds, as well as an increase in positive stress on the body, causing it to release natural pain-killing endorphins. More than 50% of participants reported relief of pain and an increase in mobility.

5. Muscle Gain and Fat Loss
   Sauna can promote muscle growth and fat loss by improving insulin sensitivity and decreasing muscle protein catabolism. Intermittent hyperthermia has been shown to reduce insulin resistance in obese mice, and in this case insulin resistant diabetic mice were subjected to 30 minutes of heat treatment, three times a week for twelve weeks. The results were a 31% decrease in insulin levels and a reduction in blood glucose levels, both of which can contribute to an increase in muscle growth and an increase in weight control and fat loss.

6. Immune System Boost
   The Journal of Human Kinetics investigated the effect of sauna on the immune system, specifically white blood cell profile, cortisol levels and selected physiological indices in athletes and non-athletes. After the sauna session, an increased number of white blood cells, lymphocytes, neutrophil and basophil counts was reported in the white blood cell profile, showing that sauna use stimulates the immune system. German medical research shows that saunas are able to significantly reduce the incidences of colds and influenza.

7. Skin Rejuvenation
   When your body produces sweat via the deep sweating you experience in an infrared sauna, the rate at which dead skin cells are replaced can be increased. At the same time, heavy sweating helps to remove bacteria out of the epidermal layer of the skin and the sweat ducts. This pore cleansing also causes increased capillary circulation, which can give the skin a softer-looking, younger appearance. When you sweat, the movement of fluid to the skin delivers mineral-rich nutrients and also helps to fill spaces around the cells, increasing firmness and reducing the appearance of wrinkles. So by continually flushing waste through skin cells via the use of hyperthermia, you increase skin health, tone and color, and cleanse the pores.

8. Relaxation and Better Sleep
   Researchers have found that a sauna can help provide a deeper, more relaxed sleep, relief of chronic tension, and relief of chronic fatigue issues, most likely due to a release of endorphins from the sauna. As endorphins are released into your body, they create a soothing, tranquilizing effect that not only helps to minimize chronic arthritic pain and other muscle soreness, but can also help with relaxation and sleep.

9. Increased Cardiovascular Performance
   Research has shown 30 minutes of sauna treatment after exercise can cause an increase in oxygen consumption and red blood cell production. In temperatures of an infrared sauna, your skin heats up and core body temperature rises. Then, in response to these increased heat levels, the blood vessels near your skin dilate and cause an increase in cardiac output. So with regular sauna use, you are training your heart muscles and improving your cardiac output.

10. Increased Stress Resilience
    Multiple research studies have shown that hyperthermia via the use of a sauna can prevent protein degradation and muscle loss by triggering the production of heat shock proteins. Heat shock proteins are then used by your cells to counteract potentially harmful stimulus, including environmental stress from pollutants, toxins, heat, cold, exercise stress and more. So, can you blame me? I’m addicted to my sauna and knowing these 10 benefits, I feel very good about myself when I walk out of my daily sauna session. If you’re up for the challenge, I’d recommend that for the next thirty days you try the Finnish practice of visiting a sauna four to five times a week for twenty to thirty minutes.

Ben Greenfield is the New York Times bestselling author of the book Beyond Training. Nutritional trainer, health coach and high-performance endurance athlete. Ben can be found each morning in his Clearlight Sanctuary Yoga Sauna and at BenGreenfieldFitness.com

Clearlight Saunas is proud to be the only sauna used and recommended by Hippocrates Health Institute. Clearlight Saunas have a 100% lifetime warranty and come in a variety of sizes, shapes and budgets. Speak with a sauna specialist at (800) 317-5070 and find the best sauna for your home and your health at HealwithHeat.com.
Imagine a clan of identical triplets, grown up and newly inducted into the glorious ranks of senior citizenry. Triplet A all lifelong has eaten many burgers and fries, and all day long has worked with his hands and on his feet. Triplet B has prepared meals mostly from scratch, and has packed sandwiches to work, where he has sat on his duff under fluorescent lighting talking into cellphones and staring into computers. Triplet C has eaten mostly raw and mostly vegan, and has taught yoga at a health and fitness spa. Who might you wager will live longer?

If you placed your bet on Triplet C, you have just been conned. Some pieces to this make-believe puzzle were missing. C lives in the middle of Manhattan, eating some of the best food in the world but breathing some of the worst air in the world. C does not teach at a true health spa, C teaches only at a health information spa. Similarly, Triplet B works in an office cubicle in smoggy Los Angeles. In contrast to B and C, Triplet A lives far removed from the stress and noise and fumes of city streets. Triplet A toils sunrise to sunset on an organic farm in the backwoods of Maine. In the uncertain lottery of life, now who do you expect will clinch the winning ticket to vitality and longevity?

Man Does Not Live Long by Bread Alone

A man does not live long by bread alone, nor by food alone. All genes being equal in those who eat them, foods alone cannot enhance longevity and vitality to the exclusion of other factors such as air and water, stress and sleep, climate and housemate, occupation and disposition, recreation and aspiration, attitude and gratitude. Because the person who eats beer and franks with cheer and thanks just might live longer and healthier than someone who eats pears and sprouts with fears and doubts.

Someone who lives for fifty years in vibrant health with the least possible sleep has already lived more active and wakeful hours than a constant convalescent in ill health for seventy-five years, much of it in bed and most of it in pain. Too soon along their inescapable ride at the head of a funeral procession, most people have left by the wayside fitness and health. Ample quantity, but dismal quality.

Individuals of indigenous cultures located as diversely as the Himalayan Mountain valley of Hunza and the Pacific Ocean island of Okinawa are heralded for their long life. While they do eat some meat or fish, they do not eat much. And the meat or fish they eat they either have raised or have caught themselves, so the animals are not victims of any unseen factory farm and hidden slaughterhouse. Also, these peoples breathe clean air, drink pure water, and lead active non-sedentary lives within an intimate social network. Not Facebook or FaceTime, but real face-to-face time.

Yet if such a thing as a longevity food at all exists, it cannot be meat, because even if eating meat does not shorten meat eater’s lives it surely shortens the lives of the animals eaten. Thus we can choose Life: surely the animals’ and maybe also ours. Or we can choose Death: surely the animals’ and maybe also ours.

According to the USDA’s Agricultural Statistics 2013, Table 13-7, in 2011 the average American ate 55 pounds of cattle, 1 pound of sheep, 42 pounds of pigs, 58 pounds of chickens, 13 pounds of turkeys, and 15 pounds of fish. This does not include all the cows milked dry nor the hens who only count their eggs but never hatch them. Thus the average per capita annual consumption of mammal, bird, and fish totaled 184 pounds. On average, every year an American eats his own body weight in meat. Meat is eaten one mouthful at a time, while animals are killed one life at a time. More disheartening, once drained of blood and trimmed of gore only a third of most animals’ bodies are actually eaten. Because two-thirds never makes it onto dinner plates, in reality every year an American orders from the waiter or the butcher three times his own body weight in meat. Three times his own body weight in animals are killed. In the case of beef cattle, a castrated male which cattlemen call a steer, its average gross weight upon slaughter is 1338 pounds. But after undressing, that becomes 859 pounds, and once trimmed of bone and fat that gets further reduced to 490 pounds. So on average, a 1338 pound noble steer is reduced by two-thirds to 490 pounds of ignominious hamburger.

Mary Had a Little Lamb and a Lot of Beef and a Lot of Ham

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At 184 pounds of meat consumed by an average American per year, and at 460 pounds of beef per steer, an American actually is responsible for the cumulative death of more than one-third of a huge steer a year, which is to say one entire cattle steer every three years. For every three years, Mr. Chuck Steak and Ms. Virginia Ham each kills one entire Elsie the Cow. In all overdeveloped countries, numbers are about the same. Farmers are fattened to be killed once they attain full biological growth, the human equivalent of the hungry witch of the Black Forest roasting in her oven Hansel and Gretel never to return. Thus the steer is rare that is allowed to live longer than two of its potential 22 years of life, and a karmic deficit of those 20 unlived steer years is accumulated by whom? By the butcher or hotdog street vendor? By Old MacDonald who was the factory farmer or slaughterhouse worker? By Ms. Virginia Ham each kills one entire cattle steer every 3 years, every year that an average American eats meat creates a karmic debt of 20 divided by 3, which equals 7 steer years.

Those who Live by the Swordfish Die by the Swordfish

No scale exists in eternity’s ledger to compare the worth of each species of animal compared to other species, nor each year of a species’ life compared to a year of another species’ life. Nevertheless, 7 steer years seems a heavy debt load to carry annually, and over a lifetime an overwhelming debt to pay off. But why? By increased rates of heart disease and cancer, and thereby decreased human longevity. While those who eat meat only sparingly can get off nearly scot-free, the interest on the karmic debt for heavy meat eaters compounds daily. This results in shorter human life or in diminished quality of living, so either in no change or in being shortchanged. At the exchange rate of 7 steer years for every 1 human year, every 7 years of eating meat results is one less year of life for the eater. According to the World Health Organization (WHO), in 2013, the average life expectancy for an American omnivore was 79 years. For a Japanese, of whom population Okinawans comprise a very small segment, it was 84.3. But what of an American vegan? Neither the WHO nor the USDA takes into account vegans when tabulating their averages, so we must extrapolate that ourselves. An average omnivore’s 79 years already takes into account the subtracted 1 less human year per 7 years while eating meat, and 79 divided by 7 equals 11 years. By applying the above karmic calculus, an American vegan’s average life span would get those 11 years added back in. And plus 79 equals 90 human years. Thus we count on a vegan’s average life expectancy to be 90 years. But who’s counting?!

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 Finding Clarity, cont’d from p. 17 We arrived exactly one year later, and stayed in one of the villas by the wa- ter. It cost a bit more and it was worth it! The feeling of being taken care of and pampered was something we hadn’t taken the time to do before because of our workloads and lifestyle.

I explored and tried out more ideas and treatments for my health than I had in my entire life. From swimming in hot salt water followed by freezing cold plunges seven con- secutive times, to taking a meditation class every morning, to learning how to grow sunflower and wheatgrass sprouts, to studying the benefits of vitamins and supplements, to walking of walnuts — about one ounce, three or seven nuts — is good anytime, but especially as a post workout recovery snack. Walnuts also stimulate brain and immunity and fight cancer. Food?” My coffee, cigarettes, booze, swimming in hot salt water followed junk foods make the body very acidic.

We could stop right here and be right if it’s greasy, it’s Sleazy
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It was because of Spud, my wife and I created the non-profit called “Save Your Life.” Spud was an Army MP who had recently returned from Iraq and was attending Hippocrates on one of their 10 scholarship programs they offer to the military. She was the mother of a 4-year-old girl and a 2-year-old triplets (two girls and a boy), and a proud wife of a man who was also in the military. We met her for the first time at lunch and we heard her story and met her children on Skype. We were proud she had been serving our country and we wanted to do something to show our gratitude.

I got my chance during an ensuing lunch when Spud was sharing about a dilemma she had. She had to choose between buying the supplements she needed or paying for another session with the therapist, Anthony Chantay. I immediately looked over at my wife for the “OK’ sign and I spoke up say- ing I would pay for the session so she wouldn’t have to choose between the two.

We Buy Organic Food, cont’d from p. 15

Unfortunately, this genetic manipulation creates unintended consequences in our food such as twisted proteins and twisted carbohydrates and other toxins. GMOs have been linked to seri- ous medical conditions such as unde- ned immune system, autoimmune diseases, food allergies, gastrointestinal problems, childhood learning disorders, leaky gut syndrome, autism and cancer. The American Academy of Envi- ronmental Medicine (AAEM) recently released its position paper on genetically modified foods, stating that “GMO foods pose a serious health risk,” and are calling for a moratorium on GM foods. Citing several animal studies, the AAEM concludes “there is more than a casual association between GM foods and adverse health effects” and that “GM foods pose a serious health risk in the areas of toxicity, allergy and immune func- tion, reproductive health, and metabolic, physiologic and genetic health.”

Twenty-six countries outside of the USA have already banned GMOs at least partially, thanks to much more balanced media reporting on this topic in those regions of the world. Mon- santo and other large corporations who stand to make enormous profits have invested huge sums of money into lobbying and political lobbyists to influence government policy and the public’s perception on GMOs. The most common GMO foods in this country are conventional corn, soy, canola, sugar beets, Hawaiian papaya, zucchini, and yellow squash, or any pro- cessed products containing any one of these foods. Your best defense to avoid GMOs in the USA is to eat only organic food. According to the USDA, the use of GMOs is prohibited in organic products. This means an organic farmer can’t plant GMO seeds and an organic soup producer cannot use any GMO ingredients. To meet the USDA organic regula- tions, farmers and processors must show they aren’t using GMOs and that they are protecting their products from contact with prohibited substanc- es, such as GMOs, from farm to table. You should also look for products that have the “Non-GMO Project Verified” label.

The purity of the “Organic” label on commercial conventionally produced food has been somewhat diluted in the last few years. Still, it is better to eat organic as opposed to conventional food that we know is laced with toxic chemicals. Sometimes it comes down to making the best choice from the options avail- able. The best practice is to grow your own food so you know exactly where your food comes from. Eating healthy organic food is not expensive compared to sickness. Disease is expensive. Good health is priceless!
Featuring the largest organic selection of:
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Gluten-free Desserts
Superfoods
Mon–Sat 8–8      Sun 9–6
Visit Southeast Florida’s Only All Organic Market and Café.

Featuring All Organic
NEW LOCATION BOCA WEST Opening Early 2016

Tears came to her eyes, and mine, and right then I knew I had made a friend for life. When Antony heard what I had done he was so moved he gave her two more sessions free of charge. That was just one representation of how great the staff were and a real reflection of the quality of the co-directors of HHI, Brian and Anna Maria Clement. It was because of the great work Hippocrates has been doing for people all over the world for the past 60 years that I was happy we had come up with our idea for “Save Your Life.” Our vision for “Save Your Life” is three-fold:

- Assist with the payments of extra, and often needed, treatments for veterans who attend Hippocrates
- Health Educator Program on their scholarship program.

To send people who serve others in the area of healthcare to Hippocrates to learn an alternative approach to life-threatening diseases.

To send professional caregivers who are taken ill with a life-threatening disease to Hippocrates.

For more information visit our website at: SaveYourLife.co

I believe my remission is truly God’s blessing and without my faith in His plan it would not have happened. He works on me daily. I am happy for all the days I feel my feet touch the ground. I can now work as a nurse doing what I love and living a healthy life. I live in His grace. My prayer is that you would make this choice also. God gave me this body and I am responsible for it. I live each day the best I can. I continue to build a community of support spiritually, medically, physically and emotionally including family, friends, doctors, healers and prayer warriors.

I, and many others, have found Hippocrates as a last resort, when treatment options were exhausted or life not being lived due to a health challenge. I urge that Hippocrates not be a last resort but a first choice, learn to live life so that you do not develop a health challenge by preventing disease.

I am thankful to be able to find strength to live my best life and have the continued support of Hippocrates.

I am so happy to be able to live drug free. I am inspired by others and hope that I have inspired you to choose a happy healthy life.

God Bless and know that I am praying for all those who read this.

For more information visit our website (800) 842-2125

www.HippocratesInstitute.org

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- Gluten-free Desserts
- Whole Foods Market
- USDA Organic

Be Healthy. Eat Organic!

For more information visit our website www.HippocratesInstitute.org

For those who have already completed the Life Transformation Program, the final six weeks focuses on all that is needed to complete the Health Educator Program.

By January 2005, and my sixth Neurologist, I was in FULL REMISSION. I have been blessed to find a neurologist who believes in me, and my lifestyle. He prays for his patient and has a naturapath on staff to support my lifestyle and monitor my supplements and blood work. He believes that one’s faith in God is most powerful, as well as faith in your treatment choice (vegan life for me). In 2015 I have flown, skied, hiked and swam symptom free, all of which previously triggered my MS symptoms. I have felt the blessing of new experiences like surfing. What an amazing experience to ride a wave. It took core strength to balance on the board, which reminded me of how far I have come. I am in better shape then when I played varsity soccer in high school. I have gone from a size 8 to a size 0 in clothes to a size 0 in clothes. My prayers continued to be answered with a clean brain MRI in April (there had been a brain lesion that was found right after coming home in January). All things are possible through God.

Finding Clarity, cont’d from p. 54

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My therapies included high dosage IVs together with jolly laughter reduced the tension we had been living with. I asked Hippocrates director Anna Maria Clement about returning to my practice (I graduated from Palmer College of Chiropractic in 1988) and she said I needed a minimum of two years to reach a stable, healthy stage—TWO YEARS. But after some serious thought, I accepted this and felt at peace with myself. It is time to heal myself for at least the next two years. No more doubts, and no more feeling guilty about not going to my work. After three weeks at HHI, I returned to the Netherlands with my suitcase covered my blood values are almost within the normal range. Cancer marker CA 15.2 is 2.8 (under 3 is good) and on the MRI the metastases are SHRINKING. If my health should go pear-shaped I will return to HHI and get my lifestyle reevaluated and straightened up. Having a place to go pear-shaped I will return to HHI and get my lifestyle reevaluated and straightened up. Having a place to support me makes me feel safe and gives me peace of mind. It’s a joy to see that many of my friends have changed their eating habits to eat more raw food and avoid sugar and overconsumption of sweet fruit. I went from being in a “mess disas-ter” in the kitchen to making tasty raw food. Luckily, I have many guinea pig friends who dare to try out my new recipe creations.

It is very fulfilling to assist other newly diagnosed people. I tell them what I went through and how the HHI program helped me to heal myself. Newly diagnosed people are very vulnerable and need to stay calm so they can think clearly! All too often, the medical world rushes confused patients into making decisions they are not 100% convinced about, and thereby not fully committed to. Follow your gut and heart, and get as much information as possible. It is important to understand how a treat-ment works, and what the side effects are. This is true for chemo, radiation and the HHI lifestyle. In the end, it is only you who is responsible for your choices and your future health—nobody else.

When I look back on the past year, so many good things have happened. I could only lift one pound weights, and now I do 15.5 pounds and more repetitions. From the lost 42 pounds (19 kg), I have regained 20 pounds (9 kg) (all muscles). My skin looks great and my hair is three times thicker and much healthier than before. I feel strong, I am thankful, and I am happy. I even have more time to devote to my chiropractic practice. My life is much easier now that I have adopted a well-planned daily routine. Since I was a teenager, chiropractic has been a pass-ion of mine. I love helping people get better. I have yet to return to working with my patients, but it makes me feel good to think about doing it in the future. One day at a time!

It is my hope that more people will become aware of a healthi-er lifestyle. Prevention is the key. It is like changing the direction of a big cruise ship—it takes time! I hope my journey can be an example and an inspiration to others. Remember—if something is important to you, you will find a way…or you will find an excuse!

The biggest healing power has been all the love and support I have received from my partner James, my family in Denmark and dear friends. This, together with the HHI lifestyle, and my passion and power to live, is the reason I am alive today.
I’m Alive Again, cont’d from p. 13
I still struggle with pain and limitations but have come a long, long way in my recovery and it wouldn’t have been possible without Hippocrates Health Institute and the love and support from my family (especially my mom, dad and brother), friends, and my incredibly understanding, helpful, accepting and loving boyfriend, Troy. I would recommend HHI to anyone who has a minor to severe health condition or just wants to get away for an amazing vacation that will improve your health instead of deplete it.

Some people think that this type of holistic treatment seems extreme, but nothing was more extreme than being sick and bedbound taking ketamine in an IV (and no one questions whether that is safe, like they do holistic treatments). It is time we take a look at what we think is “normal” and realize that just because we have been treating all illnesses using traditional medicine for a century doesn’t mean that it is the cure-all. While it is useful for many conditions under many different circumstances, it has severe limitations that are not openly addressed by its practitioners.

Don’t be afraid to step outside of society’s norms, follow your intuition and carve a new path out for yourself and others like you. From what I was told, I am the only person with B3C/PPS who came to HHI at the time of my stay, and I am more than ready to be the example that others can follow.

My passion for healing continues. After graduating from the Breakspear Medical clinic. I had the full Lyme test and interview again at the Breakspear Medical clinic. I had the full Lyme test and interview again at the Breakspear Medical clinic. Whatever treatment is administered there, it doesn’t mean that it is the cure-all. While it is useful for many conditions under many different circumstances, it has severe limitations that are not openly addressed by its practitioners.

I am completely Lyme-free. Full recovery from Lyme is possible and achievable, we have to apply ourselves and follow the instructions, if not to the letter, to 95% of the letter. Hippocrates Health Institute provides everything needed to beat Lyme.

I always had hope. There was a moment last year when I realized what was happening to me, and I knew it was a blessing. I knew it was going to change my life for the better. In spite of the awful depression and dark moods, I had a streak of light that said, “This is your chance, Michael.” I had a streak of light that said, “This is your chance, Michael.” I knew it was going to change my life for the better. In spite of the awful depression and dark moods, I had a streak of light that said, “This is your chance, Michael.”

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I know I am going to be a doctor, and I am going to help other people. I know that I am going to change the world, and I am going to do it in a way that is meaningful.
We decided to make Hippocrates a combo trip for some more education as well as some R&R. Where else could we vacation and find the elaborate buffet of enzyme rich raw vegetables and sprouts. We renewed our energy. We also got help addressing the hormone issue and ways to learn ongoing maintenance. The time there was awesome! The very best news was when I saw my oncologist after I returned from HHI. He proclaimed I WAS IN REMISSION and there was no need for me to take the Arimidex. He said the plant regimen was doing the exact same thing for me, blocking the estrogen in a natural way. He had told me in more recent months, that their practice had begun studying the plant/enzyme approach. He asked me, “Are you going to be doing this for a while?” I said, “Yes, definitely.” He added there was no need to do another PET scan. There was no need to risk putting radiation into my body when it was for no benefit. He said the enzyme/plant therapy was working and that I am living proof! He exclaimed how happy he was for me and gave me a hug. I am overjoyed that by the Grace of God I have found this path. The journey is challenging and involves work and dedication, but HEALTH IS THE REWARD!

**From a Sickly Teenager to a Nationally Ranked Triathlete, cont’d from p. 38**

What I learned the hard way from this ordeal was, again, that my body was not a machine, akin to something made of separate parts to be surgically cut apart. I am rather a living organism connected together as a whole by my life and consciousness. When that life and consciousness is ill or inflamed, my body becomes thereby causally ill. The operation didn’t deal with the underlying cause, the inflammation. This taught me to completely turn away from primitive allopathic medicine, except for emergency care. Modern medicine, being mired in an outdated mechanical 17th century vision of nature, can be thought of as ineffective.

Further applying such an understanding to myself in my 40s, I began to heal myself more completely. I ran four NYC marathons with stress.

We felt we could use a break from the daily challenges and tasks. We wanted to learn meditation, and breathing techniques to help with stress.}

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**From a Sickly Teenager to a Nationally Ranked Triathlete, cont’d from p. 38**

What I learned the hard way from this ordeal was, again, that my body was not a machine, akin to something made of separate parts to be surgically cut apart. I am rather a living organism connected together as a whole by my life and consciousness. When that life and consciousness is ill or inflamed, my body becomes thereby causally ill. The operation didn’t deal with the underlying cause, the inflammation. This taught me to completely turn away from primitive allopathic medicine, except for emergency care. Modern medicine, being mired in an outdated mechanical 17th century vision of nature, can be thought of as ineffective.

Further applying such an understanding to myself in my 40s, I began to heal myself more completely. I ran four NYC marathons with stress.

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