HEALING OUR WORLD

Gut Health
Pathway to Exceptional Health

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We have created a world-class program with over 50 hours of video from global experts and exclusive audio interviews on cutting edge science. We dive deeply into subjects like menopause and andropause, exercise, sleep, enzymes, supplements, live food prep, sustainability, water and other subjects that will help you successfully live the Hippocrates Lifestyle.

Included in the program are monthly live conference calls from the world-class team at HHI to directly answer your pressing questions and provide coaching.

Deciding to authentically live 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.

Taking responsibility to transform your life and health are possible with enrollment in the Online Program. Please contact us to get the syllabus and more information.

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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? Enroll in the Online Program and join the conversation of how to live the lifestyle in the real world. Be a part of the global community of participants currently taking the program.

THE ONLINE LIFE TRANSFORMATION PROGRAM

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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

“I can already tell that this course will be so much more than I expected it would be. Your videos and everything are so beautifully produced... makes you want to watch and learn. I’ve been living the course material and I’m so excited for our call tonight! I’m up to about 90–100% living raw food daily and truly loving it. It’s exciting to know I’m on my way to growing the food I need instead of relying on the store.”

— Kathy Williams

“I am enjoying the online course so much. It is a wonderful mix of both material that is new to me and material that is familiar. I look forward to the time I get to spend on the course each day.”

— Hippocrates Alumni Jane Herman

“Having done the HHI (Hippocrates Health Institute) Health Educator program I am so thrilled to have a platform to continue to deepen my understanding about so many things.”

— Hippocrates Health Educator Jane Rowe

Call Online Programs at (561) 227-7363 to get your questions answered or email us at OnlinePrograms@hippocratesinst.org
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23 Miami
15–18 Las Vegas
June 2016
10 Bristol
11–14 London
15–16 Holland
17–18 Germany
August 2016
3 St. Petersburg, Florida

*Subject to change.

What’s the News?

HI PPPOCRATES SCHOLARSHIPS

In 2016, we are proud to offer ten 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:

D.Bento@HippocratesInst.org
or
HHL, attn: Darlene Bento

143 Palmade Court
West Palm Beach, Florida 33411

And you will be mailed an application.

LEUKEMIA & LYMPHOMA SOCIETY’S (LLS) “MAN OF THE YEAR” CAMPAIGN
by Tom Fisher, RN, BA

Dear Friends,

I am honored to say that I am a candidate for the Leukemia & Lymphoma Society’s (LLS) “Man of the Year” Campaign. I am writing today to ask for your support in my efforts to help LLS assist patients and their families as they battle this disease. In September of 1999, I was diagnosed with Hodgkin’s Disease Stage IV (Stage IV is the last stage of this cancer; D means with symptoms). I was treated, conventionally, with chemotherapy for six months, I worked throughout my treat- ment. My family and wife, Zainab, helped care of me during the treatment, including making meals, doing laundry, taking me to treatments and doctor’s appointments. My father and my grandmother lost their battle to cancer. After healing by using the HHI program, I have committed my life to support others with cancer using natural means and live in optimal health.

LLS is an organization that is doing the right things with the dollars it raises, and I’m proud to be associated with it. This is where I sincerely need your help!

My goal for the “Man of the Year” is all about the much needed financial support for this great organization. Ev- ery dollar I raise is a vote for me, and a vote to support people with cancer. I am asking you today to join me in this ambitious campaign. For me, it is not about being “Man of the Year.” It is all about helping those in need of cancer support and care.

To make your tax-deductible donation, please go to:

mwoy.org/pages/pb/pc6/tfisher and make your contribution to my page. All funds raised go to patient advocacy (helping people), not re- search.

Fundraising ends May 11, 2016

If you live in an country other than the United States, please check with your local government on tax deductibility.

As a special favor, I’d like to also ask you to reach out to others you know and ask them to do the same. I have found that so many of the people I talk to about my campaign have a connection to someone with blood cancer or another cancer, and want to support our efforts. Encourage people to support my campaign to conquer blood cancer.

As an added bonus, Brian Clement, director of Hippocrates Health Institute, has generously offered to give a Hippocrates scholarship to someone with a blood cancer if I become the “Man of the Year.” I will keep you informed of the campaign’s progress. Thank you in advance for your friendship and support.

Sincerely,

Tom Fisher, RN, BA

Nurse Supervisor, Hippocrates Health Institute

Scott Gerson, MD, PhD (Ayurveda) is one of the world’s leading physicians and researchers in Ayurvedic medicine and is well versed in virtually all modalities of alternative medicine. He received his medical degree from the Mount Sinai School of Medicine in New York City and earned his Masters and PhD degrees in Ayurveda at the prestigious Tilak Ayurved Mahavidyalaya and the University of Pune. Dr. Gerson is a Clinical Assistant Professor, Dept. of Family and Community Medicine, New York Medical College and is an Associate Professor at Tilak Ayurved Mahavidyalaya, Department of Kayakshitshta (Ayurveda Medicine). He also serves as the executive director of The Foundation for Holistic Medical Research, a non-profit organization that objectively evaluates complementary medical therapies for safety and efficacy. Dr. Gerson has been practicing as a renowned alternative physician for over 30 years.

When thinking about the important organs of the body, our minds immedi- ately go to the heart and brain. No doubt these vital friends are formidable in their effort to keep us alive so we can thrive. One’s intestines seem to always ultimately destroy the natural occurring balance of the body’s terrain. Resulting from the domino effect that this has had, genera- tors that consistently consume antibiotics have dynamically and dramatically reduced their immune system, making them vulner- able to a wide array of disease.

We believe that it is time to unify all forces and together begin the work on our quest to help suffering humanity.

Understanding and respecting nature’s phenomenal and brilliant process allows us to unlock the secrets of the true genius in healing. We hope you enjoy this issue that focuses on what we consider profound and powerful.

To make your tax-deductible donation, please go to:

mwoy.org/pages/pb/pc6/tfisher and make your contribution to my page.
FROM THE PUBLISHER

This is my 25th edition at the helm of Healing Our World. It has been a great journey with you all and now I am embarking on a life of adventure and travel.

Thanks for reading the magazine for all these years. It’s been a privilege and a pleasure sharing these twenty-five magazines with you. You can follow my adventures at WillBurson.com

Yours in Health,
Will Burson

Healing Our World Digital Format

Healing Our World magazine is now available in digital format. If you would prefer the digital edition instead of hard copy magazines, please visit Hippocratesinst.org/news and click the electronic magazine link.

Hippocratesinst.org/news

WE ARE STARTING A NEW LIVE STREAMING GLOBAL PLATFORM

Watch Us Live from Anywhere in the World Beginning Friday, May 20, 11 AM EST

Join us for our inaugural Stream Friday May 20th at: 11 AM Eastern, 8 AM Pacific, 9 AM Mountain, 10 AM Central times. These discussions are awesome and what’s great, is if you happen to miss us live you can still go to our channel and watch the entire show as a rebroadcast.

Please make an account at Stream.Me and follow and or subscribe to us at www.Stream.Me/Hippocrates.

We’re Looking forward to seeing you there. Check out our profile page for updates!

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FROM THE EXECUTIVE VICE PRESIDENT

It’s been an honor serving as part of the HHI community for several years now as the VP. In my time here we have achieved many developments from not only a construction and expansion standpoint, but also on our level of communications as we continue to spread the message of health and happiness in our world.

Here at Hippocrates we continue daily with the consistent mission that has empowered us since 1956, however we realize that in order to reach people in the year 2016 our efforts must continue to evolve. With this knowledge we have developed our highly engaging and educational social media tools bringing daily updates on health facts and scientific research, our weekly e-newsletter (hippocratesinst.org/news) with articles, recipes, gardening facts, event schedules, and more, and continual updates to our website with new landing pages linked to specific science-backed topics and testimonials. As you continue to keep up with the newsletter, make sure to keep an eye out for our current promotions including the Florida Resident Program, Stay Connected, Alumni and others. You can also use our website (hippocratesinst.org) as a tool for discovery about HHI’s upcoming events through the calendar and to keep up to date with our Director’s lecture tours. Speaking of our calendar, please be sure to mark yours for the upcoming HED sessions on June 5. Please note fall sessions start on September 11 and October 2 for J3 alumni. Also please remember that “Improve Your Life” is the last Wednesday of every month at 4pm and we look forward to seeing you there.

Coming to the Institute is the best experience in the world, but if you’re dealing with significant time constraints, need a refresher as an alumnus, or are generally interested in learning more, we are now offering the Hippocrates Lifestyle Online Program. You can visit hippocratesinst.org/online programs to learn more.

With these continued developments we are excited to announce a new program that we will be launching on campus with our “Guest Coordinator” (GC). This team will be facilitating a seamless process with guest communication before, during and after their arrival. You can look forward to receiving calls prior to your arrival so we can best anticipate your needs, confirmations and help with booking appointments on campus, and any assistance needed facilitating an easy departure. We will be launching a new program called “Zingle” within the next 60 days. This new communications device will allow the guest to text the GC department on any needs prior to their arrival. Doesn’t that sound exciting?! We believe this will further develop the Gold Standard in guest satisfaction and care that HHI is passionate in expediting for each visitor on campus.

As we continue to grow, meeting new people each week, we are eternally grateful for our alumni who faithfully support the program through each stage of this advancement. Your testimonies and all that you do to help spread the word of the Institute is the heartbeat of what sustains this institute. We look forward to having you join with us on our mission to make the world a happier and healthier place.

Health and Happiness,
Michael Allen
Improving digestion is the most important health subject to me. When I was younger, I suffered from a disease called inflammatory bowel disease, which is inflammation of the colon, also known as ulcerative colitis or Crohn’s disease.

Once I discovered the connection between my unhealthy Standard American Diet (SAD) and my illness, I had to make a choice. Was I willing to let go of most of my poor food choices or would I continue with my way of eating and rely on doctors, drugs and surgery as my way of life?

For me, the decision was easy because I had gained a vast amount of knowledge about true health. I understood early in my research that the conventional medical way would not lead to vibrant health, unless I was willing to change my way of eating so my digestion could work properly.

For the last 20 years, I have been on a mostly raw vegan diet and it has worked! The reason the raw vegan diet has improved my condition is what I call the Formula for Health.

That formula is: power – destruction = vitality. Another way to put it would be health – disease = wellness.

The raw vegan diet itself is not a panacea or a cure-all. It must be done with wisdom for it to work. That is why an understanding about the Formula for Health is essential when choosing proper foods to improve your digestion.

The key factor in improving digestion and having great gut health is to eat foods that have the most of what the body needs (nutrients) while using the least amount of energy for your body to process them. Most foods on the SAD fail miserably when put to this test.

To understand this concept, imagine the world’s best juicer and what it does. When you put the right food in it, it will give you a beautiful glass of high-nutrient liquid and the juicer will also get rid of the waste. The more high-quality foods you put in the juicer, the easier it will work to do its job correctly. These high-quality foods would consist of raw, ripe fresh fruits and vegetables. If you tried to put something like bread or an animal or cheese in the juicer, it wouldn’t work at all, and eventually it would break.

Your body is not much different. You need to give it the foods that will break down easily. In addition, chewing your food well and not eating late at night will help assure that you are giving your body the best chance for great digestion and, ultimately, wonderful gut health. The raw vegan diet, if done correctly, is the best way to eat for gut health and improved digestion because fresh fruits and vegetables are healing and building.

Not all raw foods are the same. Many raw food recipes and raw food snacks that are not combined correctly can cause a big issue with your digestion. Learning and understanding proper food combining is one of the main differences between success and failure on a living food diet.

Another important aspect is eating a vegan diet. Once you consume any animal products, you are getting away from the ‘body as a juicer’ ideal because you make it complicated for the body to digest properly. We are not designed to consume animals or animal products. We have to remember just because you can get away with doing something for a certain period of time doesn’t mean it is good for us.

Another important factor to help improve gut health that many people miss is to learn not to eat when under stress. The body has an amazing power to adapt to things going on around us. We need to be careful and do a better job learning to identify stress. The best thing to do for your gut health when you are pressured is to fast and not eat. Emotional eating is directly connected to stressful eating and this creates a big impact on your gut health. The reason is that you cannot digest food properly if you are eating when under stress.

How far are you willing to go to assure great gut health? My advice to everyone is you have to understand your vibrant health is much more valuable than the tastes of certain foods. It may be hard at first to give up the things that are not healthy in time, your true taste buds will kick in and you will come to love the taste of fruits and vegetables and won’t miss the junk food at all. You can do it!
I started to develop very strange symptoms. I began having panic attacks before going into any class. My kidneys were throbbing; I could feel my stomach aching from my back, and my feet began to vibrate every morning. Such random and strange symptoms that my family thought I was making up to skip classes, but I loved school! I ended up needing to move back into my parents’ house and then they finally grasped how sick I actually was. I was having chronic fatigue, muscle spasms, migraine headaches, severe pain in the back of my neck, severe reproductive organ pain, vertigo, nausea, cognitive issues, insomnia, panic attacks, hot and cold flashes, and other “brain and gut problems.”

After seeing so many doctors that I lost count, the main consensus was it was all in my head, that I was making it up to skip classes, but I loved school! I went from being a high achiever to needing my parents help to do my homework. I was still bed ridden. My family would not accept this! I never thought I’d be traveling the globe to go and sit in doctors’ offices or lay in hospital beds. I did two solid years of IV antibiotics through a PICC line with my symptoms just getting worse and worse. I also had a closet full of prescriptions and bags of meds by my bed, and I was still bed ridden.

This just killed my family. I was back to needing my parents help to do almost everything. Things had gotten so severe that when coming off of IV antibiotics and onto orals and injectable penicillin I started having seizures. I couldn’t drive, couldn’t sleep, and couldn’t eat. I lost all of my friends and definitely lost anything remotely close to a normal life. It was very depressing, to say the least!

I was so consumed by pain that I couldn’t see outside the box, but my father could. He knew that all these antibiotics, pain medicines, muscle relaxers, antivirals, etc. were all making my body highly toxic. I’d never get better if I didn’t change my treatment philosophy and do something to detox.

That’s when he started his quest to find natural ways to detox and help with pain. He traveled all the way to China, just for me. It turned out, he was a genius. He discovered that infrared energy offers numerous health benefits along with pain relief and detox. He invented products to harness infrared heat, generate negative ions, and shield harmful EMFs, all in comfortable heating pads to use on areas of the body that are in pain. He also developed a portable, affordable infrared sauna to detox, kill parasites and bacteria, and suppress viral load, while enhancing the immune system.

I began to use infrared and slowly stopped all prescription medications.

Now many Lyme Literate Medical Doctors (LLMD) and alternative, complementary medical practitioners recommend the Hippocrates raw diet, and the use of infrared heat for detoxification, and to create a false fever to kick start their patients’ immune systems, while killing bacteria and parasites. Over the past few years, I have been feeling better and better. Of course, I always have set backs, but overall I am able to work and also have somewhat of a social life.

I thrive off the fact that I am able to help others suffering from chronic conditions. Through Therasage, I have been able to share my experiences and network with health facilities, naturopathic physicians, and even learn from our customers of new ways to better my life. In this way, I also discover new treatments to suggest to others in order for them to benefit as well.

I believe I was given this health challenge to learn how tough and strong I truly am, and also to learn how important it is to live your life’s passion, and especially to understand how short and fragile life truly is. I want to help others avoid all of the pain and suffering I’ve gone through. Maintaining your health is the most important thing in life. I am so grateful to have a family that truly cares about me and searched high and low to find ways to help me heal, and now help others.

Epilogue:
I passed away suddenly, in her sleep, last year, April 2015. It gives us peace to know that during the past six years of her life, she was the healthiest, strongest, most vibrant and the happiest ever! Her official cause of death on her death certificate was Lyme Disease. We feel blessed for all the time we had together through Therasage and her quest to help others and spread hope and love. We are grateful to know her quality of life was greatly improved using the lessons from Hippocrates and our infrared technology. Our mission is to continue her legacy and share her message, that those challenged with Lyme disease will understand they are not alone. there is help and hope to live a purposeful, symptom-free life.
Probiotics vs. Antibiotics

by Dr. Irene Belaga, Hippocrates Health Educator

The World Health Organization (WHO) has been citing glaring, escalating and repeated concerns about antibiotic and antimicrobial resistance growing at an alarming rate. In 2011, Dr. Margaret Chan, the Director-General of the WHO said, “In the absence of urgent corrective and protective actions, the world is heading towards a post-antibiotic era, in which many common infections will no longer have a cure and, once again, kill unabated.” This sounds terrifying, but what is being referenced in actuality is a return to the early 1900s, prior to the advent of antibiotics.

In my work with patients and within myself, I often suggest taking a moment to sit with a thought, feeling or sensation when it is disconcerting. Doing so helps us remain receptive to the unknown in its boundless possibilities and to a view of reality that is broader than our momentary sense of truth. Taking a moment here leads me to ask, “What was the broader view of healthcare before antibiotics came onto the scene?” In 1939, research detailing the important relationship between the gastrointestinal tract and the brain referenced a historical shift in the early 1900s away from the medical community’s interest in gut health and toward antibiotics.

Probiotics, fermentation and their positive effects on health were already being studied at that time, but were simply trumped by the study and subsequent use of antibiotics. There is a common mental process, one of many maneuvers that the unconscious mind takes to defend itself against deeply troubling sensations called “splitting.” It compels us to see another person or belief as either all good or all bad. Such splitting may have compelled the health community toward antibiotics and away from probiotics. Had the two been given room to develop and be utilized in unison, maybe we would not be facing such grave predictions about the state of mainstream medical treatment. Maybe our immune systems would be strong enough to combat the illnesses that antibiotics can no longer withstand.

In 2015, the general public was instructed to take the following protective actions against antimicrobial and antibiotic resistance: wash hands regularly, practice good food hygiene, avoid close contact with sick people and keep vaccinations up to date. We were also instructed to continue using antibiotics when prescribed by a certified health professional, take the full prescription and never use leftover antibiotics nor share antibiotics with others.

While I sympathize with the well-meaning nature of these suggestions and the continued efforts of the WHO to address the great danger that is antimicrobial and antibiotic resistance, the solutions suggested are flawed in one critical way. They maintain the cure, much like the threat, will be another manmade, laboratory-spawned invention. We now have the unleashing of human potential, and the continued efforts of the WHO to research supporting the use of probiotics and fermented foods to reduce psychological distress and save my patients and many others from the side effects of psychiatric medication and the compartmentalization of health.

I envision a time when I can work with patients not only on the reduction of emotional pain, but on the development of expansive consciousness and the unleashing of human potential. There is already much support for the link between brain functioning and gastrointestinal tract health (journal article; contact Dr. Belaga for citation) and between oxidative stress and inflammation, both influenced by gastrointestinal microbes, directly affecting mood, and depression in combination (Internet search: intestinal microbeota, probiotics and mental health: from Metchnikoff to modern advances: Part II—contemporary contextual research). cont’d on p. 61
Thermography Misconceptions
by Ashley Ageloff

If there was a technology that could evaluate your risk of developing breast cancer years before it showed physical symptoms, wouldn’t you want to get it done? This type of technology is exactly what medical thermography accomplishes and it’s been around since the 1950s.

T

hermography is a safe, comfortable, and easy procedure. This risk assessment test can aid in the early detection of breast cancer with absolutely no radiation or compression. Not only is there no harm in getting this test done, but if you see you are at risk, you have the opportunity to change your diet and take other natural steps to prevent disease. Never heard of thermography? This, unfortunately, is the case for many people because it hasn’t been accepted as a mainstream screening tool and many medical practitioners still advise patients against it, despite the ample research supporting it.

In this article, we will discuss some thermography misconceptions and how you can take charge of your health by scheduling a screening!

Misconception 1: Breast cancer is a genetic disease.
False. While all cancers are genetic and less than 3% of all breast cancers are genetic. The highest risks are related to environment, diet, stress and lifestyle. There is a field of study called epigenetics, which literally means “above” or “on top of” genetics. It refers to external modifications to DNA which turn genes “on” or “off.” These modifications do not change the DNA sequence, but instead, they affect how cells “read” genes. This means breast cancer is preventable! It also means that just because your mom or sister had breast cancer does not mean you will have breast cancer. The highest risks are from lifestyle.

Misconception 2: A normal mammogram means there is no cancer.
While the mammogram is still valuable for detecting cancer, it is important to know that most breast cancers take 8 to 10 years to develop. That means that while you may have had years of negative mammograms, there may be microscopic cells growing that will need to reach a significant size before they will be detected in your annual screening.

When you add thermography to a mammogram you can detect cancer 95% early. This number is a significant difference and can save your life.

Misconception 3: Thermography is a diagnostic tool.
Thermography is a screening tool. It shows you where the abnormal heat patterns are and evaluates your risk for breast cancer based on those heat patterns. If your thermogram comes back as high risk, this does not mean you have breast cancer. The next step would be to get an adjunctive screening to rule anything out at this time. Then you work on lifestyle changes and natural interventions so that when you come back for your follow up screening, your high risk thermogram has decreased.

I have seen many patients who have come back for follow up screenings and lowered their risk for breast cancer through lifestyle changes. I also always recommend for each patient to follow up with their doctor. The most important thing to know is that thermograms give you the early warning signs that can be reversed naturally. The earlier the detection, the easier it is to make changes.

Misconception 4: I need a doctor to refer me for a thermography screening.
You do not need a referral from a doctor in order to get a thermography screening. Unfortunately, many doctors do not know about medical thermography or the research which supports it. Also many doctors do not deviate from the mainstream screening tools. As we have seen time and time again, many natural remedies take decades before they are accepted into mainstream practice.

Misconception 5: Medical Infrared Thermography has no research behind it.
Since the 1980s, thermography has been extensively studied. There are over 800 published peer reviewed articles discussing the benefits of thermography as a screening tool. A 2008 study at the New York Presbyterian Hospital in Cornell, published in the American Journal of Surgery, showed it had 97% sensitivity. The research is accessible to us.

Misconception 6: Medical Infrared Thermography should replace the mammogram.
This is false, and I feel many practitioners do not recommend thermography for this reason. Mammography and thermography are two totally different tools. Mammography is an anatomical test that can evaluate structures in the breasts such as a calcification or a lump. Thermography evaluates the physiological changes occurring in the body, looking at the abnormal heat patterns to track activity that may indicate risks. Studies have shown that when you receive a mammogram, thermography screening, and self breast exam you can detect cancer 98% earlier! Find out more on p. 57
Probiotic-rich Fermented Foods

Excerpted from A Cheese Lovers Guide to Making Nut Cheese, Yogurt and Kefir, by Cherie Soria

Fermentation creates probiotics, which are beneficial bacteria that support natural immunity, improved digestion and proper assimilation of nutrients. Popular fermented foods that contain probiotics include yogurt, kefir, cheese (dairy and dairy-free), sauerkraut, pickled and sour vegetables, and miso.

If you prefer a whole food source instead of probiotics in pill form, fermenting foods at home will be an exciting, economical, and delicious option, and an activity you’ll enjoy.

Cultured nuts cheeses, coconut yogurt, and kefir drinks are a terrific way to eat nuts and seeds, since fermenting makes them tastier and far more digestible. Nut and seeds cheeses are great in raw dishes like pizza, enchiladas, burritos, burgers, sandwiches, dips, dressings, and desserts. In fact, many avowed cheese-aholics (like me) find it easy to go vegan once they learn how to make plant-based cheeses!

What you need to know: 
Flavor: Macadamias, peeled almonds, pistachios and pine nuts are especially good for making raw vegan cheese because they produce a visually attractive product similar to dairy cheeses. Pumpkin seeds make a green cheese with a delicious cheddar-like flavor, and almond skins will pop off easily when soaked to remove bitterness.

Tips: For most recipes, a white cheese produces a more distinct flavor and color than a brown cheese. The flavor and color of the cheese will be intensified if you collect the cheese regularly during the fermentation process, which helps to remove bitter-tasting compounds.

Try a Little Culture

People have been eating fermented and cultured foods for millennia—many of the longest-living groups in the world today continue to eat probiotic rich foods as a staple in their daily diets. Probiotics have been credited with everything from improving digestion to protection from cancer and heart disease. What started as a way to preserve foods has proven to be beneficial in many other ways.

Almond Cheese

Yield: 2 cups (6 to 8 servings)
Excerpted from Raw Food Revolution Diet by Cherie Soria, Brenda Davis, KD, and Vesanto Melina, MS, KD

Directions
1. Blend the coconut flesh, optional water, and probiotics in a blender, adding water only if necessary to achieve a smooth, creamy texture.
2. Put the coconut cream in a quart glass jar and put it in a warm (not hot) location to ferment for 8 to 12 hours. (Less fermentation time is required in warmer weather.)
3. After the yogurt has fermented, add optional coconut nectar and coconut extract to suit your taste.
4. Top with fresh berries or layer yogurt with berries for a beautiful parfait.

Storage Suggestion: Store in a sealed glass jar in the refrigerator for up to 1 week.

Note: If the coconut flesh is very soft, use less water and more flesh.

Cheese Lovers Guide to Making Nut Cheese, Yogurt and Kefir

Yield: 2 cups yogurt, Serves 2 to 4

Coconut Yogurt with Fresh Berries

1 cup water (if needed, see note below)
1/2 to 1 cup water (if needed, see note below)
1/4 to 1/2 teaspoon probiotic powder
1 tablespoon coconut nectar (optional)
1/2 teaspoon coconut extract (optional)
1/2 cup fresh berries

Main photo: Almond Cheese Balls with Sweet Pepper Sesame Chips

Inset: Parfaits

Raw Food Chef.com for more details about her instructors, and raw recipe book authors. At 68 years young, Cherie is a vibrant, energetic and inspiring example of the raw food lifestyle. Visit RawFoodChef.com for more details about her online culinary training courses.

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The beauty and power of the Riley Stress Reduction program, in concert with Hippocrates standards for lifestyle adjustment, is that everyone who comes into the program regardless of age, reason or incentive, experiences radical change for their own good and well-being.

Program begins October 9, 2016
It Takes Guts!

by Julia Loggins

Scientific studies from around the world have now shown what Hippocrates Health Institute (HHI) has taught for decades—that the gut is where disease starts and healing begins.

I learned that firsthand. Early in life, I was hospitalized for months yearly for bleeding ulcers, colitis, and gut-related diseases such as asthma and life-threatening allergies. I saved my own life after doctors had given me a death sentence of “incurable” illnesses. Thirty years later, as a certified colon therapist in private practice, I know without a doubt that taking care of gut health is the passport to energy, vitality and optimism.

If your gut is healthy, you are happy. 70–80% of our immune system resides in the gut. Thanks to Dr. Michael Gershon’s ground-breaking book, The Second Brain, we now know that 90% of the happiness hormone serotonin (actually a neurotransmitter), is produced in the gut.

Gut health is key to eliminating inflammation and therefore, diminishes chronic pain. So, what can you do to enjoy optimal gut health?

Eat Easy-to-Digest High-Nutrition Foods

When I came to HHI, my stomach and intestines were scarred. I drank nut milks and green juices; and ate blended soups, sprouts and avocados, until my gut healed. If you cannot digest and assimilate a food, it will rot in your stomach and ferment in your gut. (See renowned raw chef Cherie Soria’s gut-friendly recipes on page 16 of this magazine.)

Fast One Day a Week on Green Juices

Wheatgrass juice and green juices are nature’s miracle healers. Chlorophyll will not only nourish you, but begin to detoxify you, gently and safely. Foregoing solid food one day a week is like giving your tummy a five-star vacation.

Take Food Enzymes

Food enzymes assist the most challenged guts to assimilate and properly eliminate what you eat. By using food enzymes, especially with protein and carb meals, you will enjoy more energy, stabilize blood sugar, and lose that sleepy, dazed feeling that often comes after a meal. Do not leave home without them! (See back cover of this magazine for a special offer on HHI enzymes.)

Love Your Lymph

We cannot effectively detoxify without focusing on drainage first. A key system for our body’s drainage is the lymph. The lymph is a critical role in our immune health and is responsible for ridding the body of inflammation. We can love our lymph through daily dry skin brushing, bouncing gently on rebounders and accessing professional lymphatic therapy.

Detox with Colonics and Enemas

People ask me, “Why are colonics and enemas necessary? Don’t our bodies eliminate by themselves?” My answer is, yes, maybe one hundred years ago, prior to the chemical age. This is no longer true. We connect with 2500 chemicals daily, which become stuck in our vital organs, and begin to kill us. The body is not designed to assimilate or eliminate chemicals not on earth when our ancestors were cave dwellers.

The colon holds immense amounts of waste in a valiant effort to keep us alive. This waste paralyzes our livers and kidneys, stops metabolism, and diminishes thinking processes. New clients get colonics because they are sick and their gut hurts. Seasoned clients get colonics because they love the clarity they feel with a clean colon.

Stress is another key factor that rules gut health. Stress has an influence on the gut equal to or beyond what we eat. We cannot heal our bellies without calming our minds, whether through meditation or movement such as dance, yoga, or Tai Chi. Offer yourself time to play. You are not childish when you are being child-like. Living stress-free may save your life, and it will definitely remind you that your life is worth saving.

Did You Know Gut Health is Key to Your Happiness?

Toxicity and stress steal our joy. Pain and disease drain our creativity. Yet, it is possible to thrive in our modern world! Julia Loggins will teach you how to fight back by cleansing, detoxifying, and regenerating your body and brain. The tools that she developed to save her own life and revitalize clients’ lives, will energize you and turn back the clock.

Available on Amazon.com
Small effect on clearing electromagnet-clear energies a tiny bit and did have a fascinating result; this preparation did contain enough oil to allow a feasible extraction. I began to experiment with various methods of extraction and quickly found one: I then added the oils of white sage (salvia apiana) and cedar (thuya occidentalis) to this extract. The mixture of these three constituents gave a fascinating result; this preparation did clear energies a tiny bit and did have a small effect on clearing electromagnetic fields of heaviness and pollution. This was promising, but the mixture smelled awful!

I then began research that brought me to France to meet a great perfume artist, whose father was also a renowned perfumer: Michel Roudnitska, son of Edmond Roudnitska graciously shared his methodology with me. With this ancient tradition in perfumery for which the French people around Grasse are famous for, I undertook three years of R&D that gave birth to Chiyaam, the first Native American Liquid Smudge.

To do the same work as our traditional smudging I needed to be able to use this Native Essence as an offering. Some specific herbs were added and a ceremonial blessing that I call encoding was included in the process. This ancient shamanic ceremony infuses intentions into a preparation. The intentions infused into Chiyaam are: purification, protection, healing and inspiration. The inclusion of a ritual aspect in the elaboration of Chiyaam did multiply tenfold its therapeutic potential as well as preparing for its use in traditional ceremonies. The effect was very surprising. It actually carried this traditional purification to new levels of efficiency. Chiyaam revealed itself to be more powerful and more efficient than traditional smudging. This is when I understood that I needed to make Chiyaam available to as many people as possible. With this in mind, I chose to add in Chiyaam’s formula the essences of a purifying or spiritual plant representative of each of the human races: lavender for the white race, frankincense for the black race and sandalwood for the yellow race. Chiyaam could now travel everywhere on the planet without losing its spiritual and therapeutic properties. I had come to the conclusion of this fascinating research.

Chiyaam was first made available on the Canadian market in 1999. It has been distributed to more than 12 different countries now and has been available at Hippocrates Health Institute for several years. One thing that really struck me when I was working on this project was to realize that most ingredients used by perfumers are chemicals and synthetic fragrances. I thus saw the need to create pure perfumes using natural ingredients. This eventually gave birth to Miwaah—a more feminine Native Essence that has been encoded to attract beneficial energies and favorable circumstances. I also created five perfumes imitating the scent of the five elements in our Native American healing modalities: Earth, Wind, Fire, Water and Sacred Sound. These come with a small manual to understand the corresponding emotions and organs associated with these elements. These are very new and we have been receiving extraordinary comments on them. We have always been amazed at the results of these Native Essences. They have always gone beyond our expectations. We have come to understand that the ceremony I do has a crystallizing effect on the liquid that becomes organized on a molecular level. If a person has a specific intention in mind when using this offering, an intention that is in resonance with the initial encoding of the perfume, her or his intention will be amplified by the use of the Essence. Thus, the results are sometimes very surprising and powerful.

You may purchase Chiyaam in person at the Oasis Therapy Center at Hippocrates Health Institute or by calling (561) 471-5867. Blue Eagle is offering a program starting Feb. 5 at HHI.

Blue Eagle, a Native American Shaman from Canada, has been offering teachings on First Nations’ healing arts for over 30 years. He has written 5 books, recorded 8 CDs of healing music and is the creator of Invocation’s natural shamanic perfumes.
There is what I call a revolving door when it comes to issues involving your gut in the hospital emergency room. I know in the USA a trip to the emergency room can be costly, so people try to avoid it. But here in Canada, a trip is free so people overuse it. Here’s what I mean by the revolving door at the Emergency Room (ER). A patient might come in with severe pain in the abdomen. After waiting a few hours in the ER, they see the doctor complaining of pain in their stomach.

“So what’s the issue?”

“Well, I’m in so much pain I can hardly walk, and I’m constipated.”

“When was your last bowel movement?”

“Oh, I’m not sure... it’s been a while.”

At this point, the patient is on the bed and the doctor inserts two fingers into the anus and feels around for any sign of blockage. Pain is intense at this point. If the doctor finds a blockage, she begins to pick at it with her fingers trying to dislodge it. More intense pain for the patient. If nothing is found, a fleet enema may be ordered, which a nurse administers. Some blockage may be removed and the patient feels temporary relief and is sent home with some instructions.

However, fecal matter can be impacted higher up in the colon where a fleet enema is only mildly effective. Colon hydrotherapy would then be a more practical option, but this recommendation is not made. The same patient returns to the hospital a week or more later with the same symptoms. Thus, it’s like a revolving door: in, out, in, out, round and around we go. One time, I asked a doctor if he had heard of colon hydrotherapy. He told me no and didn’t seem interested in the topic.

Last year, the magazine I co-publish in Toronto, EternityWatch (see ad on page 64), ran an entire issue on colon health precisely because I have seen this type of problem too many times in hospitals. The issue was appreciated by many of our readers. I also wrote a book called Colon Health by Design, where I explain the issue from a holistic health perspective that even a 12-year-old child can understand. I firmly believe that if a patient can understand the problem in simple terms, that wins half the battle.

A sluggish bowel can be caused by a variety of factors including poor diet, lack of exercise, high stress, lack of fiber in the diet, dehydration in the colon, heavy meat consumption, dairy, alcohol, parasites, candida overgrowth, antibiotics overuse, narcotic overuse and many other factors.

Have you ever considered that your gut is linked to your mind? Think of it. You control your mouth with your thoughts to manifest words. Your mouth is the start of your gut. Isn’t it possible to influence the rest of your gut with your thoughts and mind? Yes, a person can hold in poop longer than necessary until their body compacts it and dehydrates it, making it harder to move. Then, even the slightest movement is painful so they don’t want a bowel movement.

At other times, the mind can be stressed or become panicked with fear, which might cause a person to feel sick in their abdomen or have an accident in their pants. It is the overwhelming power of the mind that caused this. If you want to help your gut, practice a daily ritual of relaxation and freedom from anger, frustration and negativity.

There are specific danger foods that I would not recommend people eat because they can have negative consequences to gut health. As a holistic nutritionist, I let my clients know that I expect them to eliminate refined sugars and white flour from their diet. I also expect them to cut out meats and dairy.

CONT’D on p. 55
The documentary clarifies how animal agriculture, as part of the overall soil-mining and species-destroying extractive agriculture, is the most harmful industry on Earth today. The secret is how relatively few people are consciously aware and responsive to this crisis of ecological and human health. Even many top environmental organizations in the world are unwilling to talk about it, or seriously lobby for the social, political and economic transformation that and the facts tell us is essential.

Let’s consider some of those facts, as summarized in Luke Jones’ infographic (this page).

**Climate Change:** 3% of global greenhouse emissions are due to livestock and their byproducts, compared to 13% due to transport (road, rail, air and marine). Individually, eating a plant-based diet cuts each person’s carbon footprint in half.

**Deforestation:** one to two acres per minute are cleared, or up to 50 million acres per year, with 91% of the Amazon destruction due to animal agriculture. While palm oil plantations have cleared 26 million acres, animal agriculture has cleared 156 million rainforest acres, and this figure may be conservative.

**Species Extinction:** Animal agriculture is the leading cause of species extinction, ocean dead zones, water pollution, and rainforest destruction. In particular, 110 animal and insect species are lost each day due to habitat destruction.

**Water Use:** 13% of Earth’s fresh water is used by the meat and dairy industries, with animal agriculture using 11 times more than human domestic use. One hamburger can take 660 gallons of water to produce, equal to two months of home showers.

**Waste:** 2,500 dairy cows produce about as much waste as a city of 410,000 people.

**Fishing:** 3/4 of the world’s primary fish habitats are over-exploited and in decline, with 90 million tons of fish being harvested, often by giant nets that kill many more fish and mammals than targeted annually.

Desertification: one-third of the land is desertified due to extractive livestock raising and usually giving nothing back to the land, with livestock now using 45% of Earth’s land.

Aside from the reference to desertification, not even mentioned is the vast amount of soil demineralization and physical erosion that result from most extractive animal-based agriculture. Along with the late John D. Hamaker and others, I have been writing since 1978 about soil demineralization and the imperative need to remineralize the Earth’s soils to save our species and the intergalactic Biosphere from the threats of malnutrition, famine, climate disaster, burning forests, global conflict and possible extinction.

As we continue down this road, this topic grows more compelling, and more of us are inspired to take action to regenerate our gardens, farms, orchards, forests, and thus the planetary Biosphere. As Hamaker pointed out, this side benefit of this is that we humans can continue living on this Earth. The inspiration comes naturally from our survival instinct, but in a world of much pain, conflict and suffering we need to consciously cultivate this desire to live and to thrive. We might otherwise succumb to our “pain body” (as Eckhart Tolle describes) and a wish for death and destruction that our species appears to drag along from the past into the present and future.

I suggest saying “yes” to life, withdrawing support from the Cowspiracy damage. We can accomplish this by planting gardens and orchards, remineralizing the soil, embracing veganiculture, eating mainly fresh, whole, delicious, real mineralized plant foods, and planting enough trees and plants on remineralized soil to withdraw the excess CO2 from the air. We can also re-dedicate ourselves to both time-tested and new ways of living wisely, ecologically constructively, cooperatively and compassionately.

Does anyone have any better ideas? Why aren’t we all doing this already in the 21st century, decades after the first Earth Day? Is there another conspiracy in place to prevent the health regeneration of planet Earth? What difference might you make? Imagine the transformation that would occur if enough of us translate our compassion into regenerative action!

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**The Facts**

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**Thanks to my friend and World Peace Diet author Will Tuttle, I recently watched a film called Cowspiracy: The Sustainability Secret. (www.cowspiracy.com) Produced by Kip Andersen and Keegan Kuhn, Cowspiracy movingly shows us, more than any film I have seen, how our food choices impact the health of the Earth. It is very well done and convincing.**

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**Don Weaver** has been a student of health and ecology since before he became a raw foods vegan in 1977. Don practices “veganiculture” in his work growing gardens and orchards.

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**Don’s latest ebook is REGENERATE THE EARTH! available from the bookstore at www.vibranthalthandwealth.com**
Ten Holistic Tips for a Life-Long Healthy Gut

by Nathan Batalion, PhD, Certified Traditional Naturopath

The word “tip” is an interestingly multi-faceted one in the English language. We can “tip our hats” to someone while bowing to them, “tip” with no clear demarcation helps our gut helps the whole body. Thus, with the following tips back to ourselves to promote a healthy gut.

1. Following an Alkaline/Anti-Inflammatory, Plant-Based Diet— A plant-based diet offers the body what it needs most, lower caloric and higher nutrient intakes. Plants also are more fiber rich, antioxidant, antiinflammatory, and lacking in the cholesterol which can potentially clog our arteries. Meat, fish, dairy and eggs, all end up leaving behind coagulant fatty deposits and acidic ash, while being laced with harmful antibiotics, hormones, persistent environmental toxins, to maintain a balanced intra-cellular fluids flow. At the present time, glutathione is the only known supplement known to help detox intra-cellular fluids. It is best absorbed by the gut on an empty stomach.

2. Eating Organic Raw Whole Living Foods— If, by means of a plant-based diet, we want to not only help avoid disease but also promote the strongest vibrant living, taking in an array of whole, seasonally grown, organic, raw-living, high nutritional density foods puts the finishing touches on our dietary plans. With each meal, we can enjoy an assortment of organic sprouts, fresh salad veggies, fermented kimchi and sauerkraut, superfoods, fresh green juices, and raw nutritionally dense foods like algae, leafy greens and seaweeds—to supremely nurture our gut. A favorite food supplement of mine is freshly-grown curcumin-ginger-flax seeds using a simple cold pressed oil. If it’s a maintenance diet, let us think 80% whole living foods if it is a healing diet to reverse chronic/ systemic illness, let us target 100%.

3. Drinking Ample Water— Since water makes up 70% of our body and conducts nutrients into our intestines and later our blood stream, we should not let ourselves become dehydrated. However, with the pollution affecting all waterways on Earth, plus the addition of fluoride to most municipal systems, it is a good idea to clean our water. Early in the day, having a glass of pure water, or with lemon and/or a green powder, can give the gut, kidneys and blood vessels a good flush. Eight glasses of fluids a day, half a gallon, can be a guideline to help maintain our gut and overall bodies’ health.

4. Maintaining Clean Gut Blood Vessels— Without clean small intestinal arteries (there are both 12-15 of them), our gut’s digestion processes cannot best nurture us. If we have been eating a standard Western diet, which is pro-inflammatory, some of the past harm will need to be undone. When inflamed, the vessels develop vascularities following by arteriosclerosis or an inflexible hardening and narrowing. They may further be filled with coagulated fat, calcium or other deposits. To clean out this mess, it is a good idea, on a daily basis, to take systemic enzymes in between meals and digestive enzymes with meals. When showersing, it’s also a good idea to massage the gut with a loofa brush or pad to stimulate circulation.

5. Maintaining Healthy Gut Nerves— The gut is sometimes referred to as the second brain being replete with many nerve cells. From the esophagus to the anus, the enteric nervous system contains 100 million neurons, more than the spinal cord or the peripheral nervous system. About two-thirds of brain cells and neurons are composed of fats. It is thus advisable to feed these cells with the best quality fats, especially those high in Omega-3s such as flaxseed oil (which boasts almost three times more Omega-3s than in any other plant-based food).

6. Keeping Up Intra-cellular Health— Our life force lives inside our cells, and to keep those reaches healthy we need water or alkaline liquids, and not too much salt or sugar in our diets, to maintain a balanced intra-cellular fluids flow. With high-intensity exercise, we function nearer to 100% of our aerobic capacity. This then helps to boost the metabolic rate, burns belly fat and improves glucose tolerance. Doing a half hour daily exercise and at least three days a week optimal aerobic exercise, will dramatically impact the belly. Weight training is a further complement. Sit ups, both straight and to the side, forward and back bends, squats with lunges all help to develop the gut muscles.

7. Gut Exercises— A aerobic exercises overall help the flow of the vital forces. But we don’t often think of deep breathing while exercising as a means of flexing the gut. As the lungs fill up the gut muscles contract.

8. Giving the Gut Ample Rest— Like any part of the body, the gut is constantly working for us and thus needs rest. There are a number of ways to help this along. We can have an all liquid diet day once a week. We can delay breakfast or have dinner early to rest the digestive tract for an extended time. Alternatively, we can lighten some of our meals. Further, getting extra sleep, lowering the stress level in our lives (emotional pains we feel in our gut) will help give the gut a well-deserved rest.

9. Seasonal Gut Fasting— Juice fasting is a more of a high-intensity rest for the gut. This can be done seasonally and for a few days, and with proper guidance from a health professional. Such fasting can help to strengthening the gut’s digestive functioning by eliminating accumulated toxins.

1. https://www.youtube.com/watch?v=1dZyszCsgFw


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Severe Psoriatic Arthritis

In late summer of 2013, my husband Sean started having pain and swelling in his right shoulder, right wrist and left ankle. He thought it had to do with over use and working too hard because he operates a crane and other heavy machinery. By spring of 2014, he was much worse. He was in excruciating pain in his shoulders, wrist and ankle. He was limping and most of the time hunched over in pain. I was watching the strong, healthy man I loved so much deteriorate before my eyes. He went from orthopedist to orthopedist not getting any real answers. Finally, his mother suggested he see a rheumatologist. The rheumatologist did not have an appointment for two months, but once his blood work was faxed, she asked to schedule him the next day.

When Sean arrived at her office he was limping and in extreme pain throughout his body. He was very sick and we were about to find out he had a crippling autoimmune disease. At that point in time, I was helping him dress and covering him with blankets at night because he had lost most of the mobility in his shoulders. After examining Sean, she diagnosed him with a very severe case of Psoriatic Arthritis. She injected him with Humira on the spot and prescribed Methotrexate (which is a form of chemo) and steroids.

Our heads were spinning, to say the least. We were both shaken to the core and very scared for what the future would be like. I could not even tell anyone the story without crying. I always knew how strong Sean was, but now I saw him fighting for his life. He was to have his blood taken once a month to check his liver and to check his kidney function. He was to have his blood taken once a month to check his liver and to check his kidney function.

When I got home and told him how they were literally helping people reverse cancer, diabetes and arthritis at HHI, he was skeptical. Soon after our discussion about HHI, Sean found out that his condition had worsened even though he had been on Methotrexate and Humira for a year. His rheumatologist wanted him to stay on these medications for 2 to 3 more years. Once hearing this he knew there had to be a better option and decided to go to HHI. This was a huge step for a man who runs his own business, is a workaholic and loved his meat and potatoes.

In November 2014, I went with him for the first three days to be sure he did not run away. When we arrived, he was limping and in pain throughout his body and unable to raise his arms. He was also living on Tylenol to function. After four days of being on the raw diet and utilizing other modalities to detoxify, he started feeling better. He was no longer limping and forgot to even take the Tylenol. By the end of the week, he was walking two miles to the store to buy the newspaper. When I came back down to get him three weeks later, he was a new man. He had lost some weight but was feeling much better.

Thanks to his stay at HHI and implementing a raw vegan diet, he was well enough to have his left shoulder replaced. The disease had eaten away at both shoulders but the left was worse than the right. On January 10, 2015, he had his left shoulder replaced. The disease had eaten away at both shoulders but the left was worse than the right. On January 10, 2015, he had his left shoulder replaced.

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You are More than a Human Being; You are an Ecosystem

by Bodi Deliberato, Plant-Based Triathlete

ECOSYSTEM: a system, or a group of interconnected elements, formed by the interaction of a community of organisms with their environment.

MICROBIOME: the collection of microorganisms that inhabit an environment, creating a sort of “mini-ecosystem.” Our human microbiome is made up of communities of symbiotic, commensal and pathogenic bacteria all of which call our bodies home.¹

According to the Human Microbiome Project, the total microbial cells found in humans may exceed the total number of human cells by a factor of ten-to-one. Some may say, that’s gross! Well, it’s actually beautiful and amazing if you realize that as long as you feed the good ones, all these cells are working together for your good! Most of your “bacteria” is good. The word probiotic means “life enhancing.”

The Hippocrates Life Transformation Program was founded on a few core principles. Healing power and wellness come from within. At the same time, this powerful system requires the right raw materials, principles and practices to function properly. This includes:

- Proper nutrition, cleansing and detoxing.
- Proper use and treatment of the 12 systems of the human body/mind.

The body and mind are connected; there is no duality. Consider this science-based fact about the system called the “microbiome”:

“These hundred trillion bacteria that live within your gut are intimately involved in your brain at a number of levels. They manufacture neurochemicals. For example, things like dopamine and serotonin. They manufacture important vitamins that are important to keep your brain healthy. They also maintain the integrity of the lining of your gut.”²

Hippocrates Health Institute (HHI) provides the best ever probiotics in the Living Foods and in a supplement called LifeGive Instinct. (See page 52 for more information.) I don’t know about you, but I like having about 50 billion extra good bacteria, working together for my well-being. The body/mind system is amazing when we just support it in small ways. This is no longer just anecdotal information. The food crisis and disease epidemic worldwide has forced the mainstream to pay attention to what really works. A human body is not static; it is a constantly regenerating ecosystem. It can renew itself if we provide the proper raw materials.

At the Emerge Miami conference, Deepak Chopra said, “I brought same luggage to this conference last year, but this year I brought a different body.”³ He also said, “Your body is a process; it’s more like a verb, rather than a noun.” According to Deepak, when someone says they have a “gut feeling,” this is literally true, and more trustworthy than a “head thought.” This is true because your gut cells have not learned how to doubt their own feelings. He also says, “Your mind is not in your brain; it’s everywhere.” Contemplate that!

Emerge Miami Conference sponsored by HHI.

According to the Woodstock song lyrics, “We are stardust, we are golden, and we’ve got to get ourselves back to the Garden” — WOODSTOCK, BY JONI MITCHELL (COVERED BY CSN&Y)

Bodi Deliberato has been a wellness and wellness advocate for the past 24 years. As a yoga practitioner and Hippocrates Health Institute alumnus, he brings a fresh perspective to the New Thought, Ancient Wisdom movement. Bodi7@me.com
nergy allows us to regenerate the cells and tissues of the body. Ill health is caused by a loss of energy at the level of our cells. When there isn’t enough energy for the body to accomplish its basic physiological processes efficiently, we don’t feel well. It’s harder for the body to absorb nutrients from food and to eliminate toxic wastes. The immune system is less effective in fighting off bacteria, viruses, parasites and other invaders. Cell turnover decreases, and it takes far longer for the body to recover from illness, or just to get through the day. Most people’s health complaints today can be attributed to functional disturbances in their body’s ability to produce and utilize energy. Such disturbances occur well before specific tissue or organ damage can be identified by conventional medical tests, which is why so many patients today continue to experience symptoms of poor health even when their doctors can’t find anything wrong with them. The use of energy medicine techniques can help detect and identify these disturbances very early on. Doing so makes it easier to effectively reestablish balance to the energetic pathways that run through all of your body’s organs, glands and tissues, thereby restoring and maintaining optimal health.

When we are young, the processes of optimal energy production, regeneration, and a host of other physiological functions within the body chug along very happily, doing exactly what they’re supposed to — keeping the body healthy, clean and vibrant. But over the years we bombard our bodies with internal and external stressors. Lack of energy is created by the slow accumulation of damage due to toxicity, hormone depletion, lifestyle choices and mindset. Addressing each of these factors is the key to reclaiming the energy of your youth.

Toxins: When I was an ER doctor, the only times we talked about toxicity were when we saw an overdose of sleeping pills or other drugs, carbon monoxide poisoning or a chemical or oil spill — the acute care/disease approach. However, in Energy Medicine we see toxins as substances that produce energetic imbalances in the body, resulting in physical, emotional and mental symptoms. (Most symptoms are actually the body’s way of trying to get rid of toxins and to regain homeostasis and balance.) Toxins can produce both specific illnesses (like migraine, arthritis, psoriasis, influenza, skin rashes, immune deficiencies and tumors), and nonspecific illnesses (clusters of symptoms that are identified as fatigue, headaches, insomnia, bad breath, muscle stiffness, depression, hypoglycemia, candidiasis, allergies and stress).

We are constantly exposed to toxins every day. Toxins can come from the outside environment or be produced as a result of imbalances in our metabolism. Environmental toxins can come from tap water, smog and petrochemicals, coffee, tobacco, alcohol, sugar, food preservatives, pesticides, heavy metals (mercury, aluminum, lead, cadmium), viruses such as Epstein-Barr, influenza, cytomegalovirus, herpes, and HIV, bacteria (streptococcus, staphylococcus, salmonella, and so on), parasites, even prescription or over-the-counter medications. Internally-generated toxins are produced as a result of compromised digestion, inefficient metabolism, pancreatic digestive enzyme deficiency, poor eating habits and improper food combinations.

Both internally-generated and environmental toxins need to be cleared out by the body’s elimination organs (liver, kidneys, lymph, colon, lungs and skin) for us to feel healthy. However, if there are too many toxins for these organs to handle, these toxins start to accumulate — first in the connective tissues of the body, and then in the organs. The body tries to compensate by having the endocrine system secrete more hormones to help stimulate detoxification, but over time these glands also become inefficient and “tired.”

What Is Health?
by Michael Galitzer, MD

Hippocrates Health Institute
Helping People Help Themselves

Healing Our World » Gut Health

“Premier Approach to Lifestyle Modification for Complementary Care”
The Comprehensive Cancer Wellness Program is designed for individuals wanting to optimize wellness with integrating natural holistic therapies.

Comprehensive Cancer Wellness Program Directors

Energy is commonly mistaken to mean the absence of disease. In reality, it is so much more than that. From a medical point of view, health is ultimately based upon the level of energy you experience on a daily basis. The more energy you have, the healthier you are and the more you are able to enjoy your life.

To Register, please contact the Hippocrates Program Consultants Office at: (561) 623-1002 or email info@hippocratesinst.org

Program Start Dates
June 17, 2016
September 9, 2016
October 29, 2016

What Is Health?
by Michael Galitzer, MD

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Enzyme Energy!

by Troy Aupperle

It is amazing to stop and think about the amount of energy contained in enzymes.

As an example, a single chemical reaction would normally take 78 million years to occur without an enzyme. The same reaction only takes 20 milliseconds with an enzyme. The human mind can barely comprehend just how quickly enzymes get things accomplished. For instance, there is a particular enzyme that is able to break down forty million (that’s 40,000,000) chemical bonds in only one (1) second! There is no super hero who could ever take on such a formidable and daunting task. It’s doubtful that even Superman’s kryptonite can hold a candle to the power of enzymes.

In fact, all energy in the human body is transformed and stored by enzymes through two major pathways. The first is the respiratory system and the second is through the citric acid cycle (think ATP). When this energy needs to be used by the body once again, enzymes come to our aid by releasing it slowly and systematically. This is how the body is able to maintain its temperature of 98.6° F. If enzymes did not perform this function, human beings would potentially swing back and forth from 98 – 104° F all day every day and men would suddenly have a whole new appreciation of hot flashes!

Another amazing thing about enzymes is the fact that scientists have no idea where all of this enzyme energy comes from — even in this modern era of advanced knowledge and technology. They remain an enigma or mystery. However, one thing scientists have studied is the loss of enzymes over a lifespan. They have made the following rough calculations:

» By the age of 30, we’ve lost 20% of our enzymes
» By the age of 40, we’ve lost 40% of our enzymes
» By the age of 50, we’ve lost 60% of our enzymes
» By the age of 60, we’ve lost 80% of our enzymes

How do we lose our enzymes? There are a number of avenues that will successfully accomplish this including:

» Eating dead, cooked and highly processed food
» Taking pharmaceutical and OTC drugs
» Using harsh chemicals in our body and home care products
» Being subjected to massive amounts of stress
» Surrounding ourselves with electronic gadgets

How can we balance this unequal equation? There are two principle routes. The first is reducing our exposure to the above-mentioned activities. The second is adding more enzymes into our daily routine, which can easily be accomplished by either eating more raw foods or taking supplemental enzymes. Before making any significant changes to your regime contact a health care professional and share with them the following points regarding supplemental enzymes:

» Are they safe? Yes, enzymes have been around since 1897 so they have a 118-year track record of safety and effectiveness.
» Do they work? Yes, there is more research documenting the efficacy of enzymes than any other supplement.
» Are they earth friendly? Yes, enzymes are created through a fermentation process that is thousands of years old and is both renewable and biodegradable.
» Are they cost effective? Yes, enzymes have become very affordable due to higher production yields and increased consumer demand.

When you are ready to move forward, be sure to purchase only enzyme products that have been professionally sourced and formulated. They are marketed and sold using the following criteria:

» Non-GMO
» Non-dairy
» Non-soy
» Gluten free
» Vegetarian/Vegan
» No Synthetics Standards (NOS)

Awaken and activate your inner enzyme energy powers and LifeGive® Instinct!
Flint, Michigan, and its notorious lead in the water scandal has provoked public awareness about the potential that multiple sources of H₂O may contain. When reading the literature that is sparingly available, we should all be alarmed. Flint is an example of many towns, cities and villages worldwide.

Lead, of course, damages the brain and nervous system, but how about the other heavy metals — chemicals, poisonous organic matter and microbes that often call our drinking water their home? All of these killer compounds come from one industry or another — chemicals and heavy metals from manufacturing, organic compounds, excrement, viruses, bacteria and amoebas from animal factory farming, etc. — and they all cause disease.

One water expert says Flint’s drinking water is no worse than tens of thousands of public sources globally. In spite of a profound discovery nearly fifty years ago that the very chlorine that is added to public drinking water systems for the purpose of stopping the mass cross-contamination of biological foes also leaches from the very pipes it runs through. Although there are regional differences, 22% of the pipes in the U.S. alone are more than fifty years old. On average, these pipes fail after 47 years of use.

Of course, European, Asian and other ancient settled parts of the globe endure much older infrastructures, causing even greater problems. Chloroform is another unintended consequence of using chlorine to kill infectious disease in our water systems. Natural organic compounds, when mixed with the chemical chlorine, creates cancer causing chloroform. It is assumed that all water that has this noxious element added to it raises the chance of consumers contracting one or more of a wide variety of malignancies.

1993 was the year the Environmental Protection Agency (EPA) labeled fluoride a cancer causing menace. This byproduct from the aluminum industry is touted as a bone building nutrient. Research has demolished this fantasy. The only people who benefit from fluoride are the companies that sell it to the government. For this reason, all countries in Europe outlawed the use of fluoride, with the exception of Ireland.

Global statistics have shown where fluoride is used, thyroid and other glandular cancers rise, and fertility rates plummet.

T.S. Eliot Ulysses stated: Where is the life we have lost in living? Where is the wisdom we have lost in knowledge? The knowledge we have lost in information. Hopelessness reigns when pondering the multitude of problems concerning water consumption. Visionary investors are betting millions on water being the next big commodity. Not only is it polluted, but we are running out of it. With all of this bad news, there are sensible steps that you can personally employ to protect you and your loved ones.

Affordable distillers are what we have suggested for decades. Cleaning your water in your own home ensures maximum quality. Distillation is the only economical method that the majority can utilize.

Quality showerheads for both baths and rinses must also be employed since a 15 minute shower allows your body to absorb up to a liter and a half of potentially poisonous H₂O. Organic gardening and farming techniques permit the natural occurring bacteria and other positive organic elements to systematically filtrate rainwater, giving it the required spark of life.

Dr. Mona Hanna-Attisha in Flint, Michigan, the physician who first hit the alarm about the catastrophic event of lead in the water, so accurately stated, “The foremost remedy that has been proven effective in reducing the brain altering effects of this contaminant is a high level of good nutrition.”

Make sure you adopt and maintain the Hippocrates lifestyle and tune in to all the offerings that we present for ongoing, up to date knowledge on the latest ways for you to protect and expand your health and happiness.
“We the People” Win the Day in Washington, DC

Battling for Truth in Labeling

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

The POP Campaign and MOMP4POP hold the line for consumers, who increasingly realize the Truth: Genetically Engineered Crops (GMO) and foods are health disrupters.

GMO foods have no place in our food chain, and wreak havoc on our health and that of our children. The POP Campaign stands with parents across the world who seek a clear blueprint for health and transparent food ingredients that support, rather than take away, from the health of our families. We stand together as one voice, fully taking control of our lives and food choices, aware of the actors and their products. As Henry Kissinger once said, “If you control the food supply, you take control of our lives and food ingredients that support, rather than take away, from the health of our families.”

As a result, we stayed busy from morning until night for those two days, we also reached out to our friends and dads across the country for two days, we also reached out to our friends and dads across the country for two days, we also reached out to our friends and dads across the country for two days.

The POP Campaign was there, had the information as soon as it was published an alert to the public and plight of your children.”

“For this victory shows how all sides of the political aisle can come together for health freedom, transparency and quality food choices for every mom and dad and child in America. Super congratulations for showing up in a big way for your future and that of your children.”

— BRIAN CLEMENT, PHD, LN

On Wednesday morning, the Senate began a short debate and then moved quickly to vote on cloture. This is the process in which Senators vote to move on passage of a bill and requires a 60-vote threshold. We knew going in that we had at least 56 bipartisan votes, but there were members who did not go public with how they were going to vote. Requiring a Roll Call, at the end, 49 votes were cast to block advancing the Bill. Senators — Republican, Democratic, and Independent — all stood up for “doing the right thing” for American families and their own children.

This is a GREAT victory, but we know the final battle is not yet over. Legislators seek to establish a national labeling standard and end the “patchwork of state and local labeling laws” so we know there will be a future vote, most likely in April. The POP Campaign continues urging a reasonable national mandatory GMO and completely trans-parent labeling standard.

POP on the Pulse: A Backstory

Sometimes many of you wonder how we do what we do — here is a good example. The POP Campaign has been actively reaching out to Senators and their staff, on all sides of the aisle, for a long time, to provide factual information, engaging conversations, and encouragement to “do the right thing” for consumers. We were alerted that Senator Roberts was going to introduce an amendment to publish an alert to the public and most likely still at their Monsanto industry dinner, we provided a detailed explanation of the contortions that Senator McConnell and Senator Roberts had gone through in an attempt to push this bill through the Senate with little to no debate. Ramping up our outreach to moms and dads across the country for two days, we also reached out to our friends in the Senate, and everyone who had not yet determined their vote. We actively engaged on social media and urged our advocacy circles to do the same thing. The telephone lights were busy from morning until night for those two days. Thanks to all of you, working together, it had the desired effect. What Can You Do: Check the POP Campaign website often (http://pop-campaign.org) for updates and details. Please contribute and visit the POP Campaign website at POPcampaign.org and MOMP4POP.org

Stay Informed With The POP Campaign

Please contribute and visit the POP Campaign website at POPcampaign.org and MOMP4POP.org

“IT IS INCREDIBLY EASY TO BECOME CYNICAL ABOUT OUR ELECTED OFFICIALS IN WASHINGTON, DC, BUT THIS TIME THEY STOOD UP FOR US...THANK YOU.”

— BAY BERTEA FINNEY (MOM OF GINGER, WHO WAS IN THE CALIFORNIA PROP 37 PRO GMO LABELING PROPPOSITION, POP CAMPAIGN 2012 COMMERCIAL)

A Terrific Victory

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The Gifts of Trees
by Gilbert and Lesley Smith, ISA certified master arborists

What is the single most beneficial thing YOU can do for your trees?

Trees are our link to life on this planet. They filter our air, they provide us with food, they give us oxygen, they shelter our homes, they even calm our spirits and help us heal. They are remarkable organism!

One thing we have learned through the years is that the most damaging misconception people have about trees is that their roots go “way down deep” into the soil. All of us have seen the drawings of trees that misrepresent them in this way and so the misconception persists. In reality trees’ roots extend out like a pancake just below the surface of the soil (that is not a typo!), with rare exceptions, and those roots can extend out two to three times the branch spread of the tree. Understanding this one thing about how trees grow can help us to protect and preserve them. It helps us to understand that digging trenches or building sidewalks or homes or streets close to a tree’s trunk can not just cut off a few roots but as much as 50% of the roots. So the single most beneficial thing you can do is THINK about where those roots are and make sure what is out of sight is not out of mind. Protect your trees roots in the same way you work to protect the hidden internal members of your body. Tree roots LOVE organic mulch on them. Just like we see in the forest environments where they call home. Mimicking that in our home and living environments can mean the difference between their long-term vitality or living a weakened life with compromised health which invites insect and disease attacks.

For more information on mulching and other ways to care for and love your trees check out our website www.thearborsmiths.com and read our articles Wisdom from the Trees.

With a passion for trees and the environment they live in, Gilbert and Lesley Smith have spent over three decades creating a business dedicated to saving and maintaining the trees on our North Shore of Chicago. They met at the school of horticulture at the University of Illinois in Urbana-Champaign. Both ISA certified arborists, Gilbert a master arborist, they thrive with a combined 75 years of practical experience and a flair for both the art and science of tree care. Their students rave about all their classes and their customers love their down to earth approach. (847) 634-7734

Dear Brian and Anna Maria,

There are no words to thank you for the gifts of life you have given to us.
The level of care we have received while here at Hippocrates is unprecedented anywhere.
This is REAL healthcare.
Blessing, peace & love,
Lesley & Gil Smith

Cyclical Addiction

Soothing oneself with a favorite sweet treat is a habit often developed in early childhood. Whether for holidays, holidays or special family events, sugar in all its forms — cake, cookie, candy, or sugary drink — creates a tapestry of memories. An innocent offer of candy by a well-intentioned grandfather or loved one may produce a sense of well-being and emotional connection.

A small 2014 study, printed in the Journal of Clinical Endo-
crland, Metabolism and Materialism, researched the brain-sugar connection and its physical impact on anxiety or comfort levels. Nineteen women were given sucrose or aspartame drinks three times a day for two weeks. Prior to their MRI scan, they were asked to solve complex math problems, in their head, to increase their anxiety level. As if the MRI experience wasn’t enough! Researchers were surprised to find that instead of a typical brain anxiety response — increased levels of the stress-hormone cortisol, and reduced activity in the hippocampus — the opposite occurred. The hippocampus activity increased, while the cortisol was reduced in turn? Reduced anxiety!

More research is needed with larger groups, and the inclusion of men, but it is a good start to explain why sugar habits may calm cortisol-anxiety re-
sponses. For those in recovery, this is one more thing you can do.

For more information on mulching and other ways to care for and love your trees check out our website www.thearborsmiths.com and read our articles Wisdom from the Trees.

So what holds us back from eating more fruit? Sugar! For thousands of generations, our ancestors crafted anaerobic-fermented fruit juice as a way to preserve fruit nutrients, without creating alcohol. Why have we not heard about their techniques or prac-
tices? What tools did they employ that might have been replaced by our modern twin-gear or masticating juicers? Whether a covered unglazed crock, animal skin, calabash gourd, deep earth pit, covered oak barrel, or unglazed covered crocks, all ancient fermenta-
tion tools were secured, to restrict the inflow of oxygen. Animal skins had all their “loose ends tied up,” a phrase we still use. Unglazed crocks were covered, their covers sealed in place with a bead of wax, or animal fat, to eliminate oxygen. Whether skin, wood, gourd, or clay, carbon dioxide was produced by sugar-hungry microbes, which then pushed oxygen out through the vessel pores. Inside the vessels, water — the world’s most abundant solvent — went to work, to extract nutrients from the food fibers. Just as fermentation turns grape mash into wine, so too water, fruit mash and a little salt created fla-
vorful, nutrient-dense sugar-free juices.

Today, the tradition continues with modern materials — fire-polished, hard-
ened glass, petroleum-free grommet, and authentic anaerobic sealing sys-
tem called the Pick-it,™ an anaerobic fermentation system, created in 2008, to borrow the wisdom of the ages.

cont’d on p. 56
On planet Earth, the largest biomass of life forms are invisible. The development of the microscope established their presence, and we know them as microbes. Microbiologist Louis Pasteur has shown that they can be your greatest allies or worst enemies. On his microscope established their presence, and we know them as microbes. Microbiologist Louis Pasteur has shown that they can be your greatest allies or worst enemies. On his deathbed he said, “…the terrain is everything. ” The types of microbes that live on your body, inside your body, in the gastrointestinal tract, and inside your cells are determined by your biological terrain, in particular the nature of the dietary environment that exists within your gastrointestinal tract. When you are indulging in ongoing eating of predominately sugars, starches and fruit, you will be inviting the proliferation of yeast.

These good guys can be your best friend, or as history will show, pathogenic microbes have the potential to be your worst enemy. Examples of this are the Black Plague and Spanish Flu of 1918, which wiped out over half of the world’s population. Pandemics are continuously rearing their ugly heads. According to futurists and microbiologists, as an example, quoted from the Nov. 1999 issue of Reader’s Digest, concerning plagues, it’s not an issue of “if,” but “when,” and, they said, we are long overdue for another such event. The possibility to lose 50% of the global population is indeed close at hand.

In a healthy gastrointestinal tract there are 100 times more friendly bacteria than there are cells in your entire body. When bacteria are in a complex carbohydrate environment, just a single bacterial cell can duplicate into one trillion bacterial cells within 24 hours. All microbes multiply rapidly. They can overrun you with diastase, gas and other uncomfortable conditions when you have faulty lifestyle habits.

Why are probiotics imperative? 1. They will help to protect you against all types of pathogenic microbes that you might be exposed to in your dining experiences, increasing your ability to assimilate the nutrients from food as well as assisting with digestion. 2. They will help to protect you against pandemics. 3. They can produce up to 30 grams of protein daily by actually fixing nitrogen from the air. 4. They support immune function. 5. Probiotics are the ultimate producers of Vitamin B Complex, critical for strong nerves and other important metabolic functions. 6. They reduce lactose intolerance. It is important to note that probiotics are destroyed by antibiotics, chlorinated water, coffee and many other less than optimal lifestyle habits. That said, daily probiotic intake should be a high priority for long-term optimal health.

Not only do probiotics improve the biochemical functioning of your gut, more and more psychologists are moving away from psychotropic drugs and replacing them with a high potency, full-spectrum probiotic/ enzyme supplement such as LifeGan Instinct. The power of rejuvenation within the gut-brain, aka Human Gut Microbiome, and its influence on the actions of the immune system, has been validated quite extensively.

Our Instinct product is unique, with patented ingredients that provide maximum probiotic bio-availability that helps protect against a toxic environment, as well as increases the rate of absorption of essential amino acids and other critical nutrients by as much as 64%.

Anthropological studies show cultures that are noted for longevity, low incidence of infant mortality, and degenerative disease all consume some sort of fermented products. Kimchi, sauerkraut, and yogurt, when consumed in a raw state, contribute significantly to the health of an individual. There are some very interesting studies concerning the impact of probiotics in health, athletics and physical activity.

For example, in Papua New Guinea, nutritional anthropologists, in their study of a vegan culture which had a very healthy lifestyle, were surprised to find that the population was actually living on a dietary intake of merely five grams of protein per day, which at first glance, was deemed to be insufficient. However, after lengthy investigation, it was found that the gastrointestinal tract bacteria actually fixed nitrogen from the air and produced over 30 grams of protein daily in its most active form, namely in the form of enzymes, which in turn met their nutritional needs with minimal protein intake.

Another study conducted at the North Pole, examined two dogsleds, with eight dogs each. One set of dogs was given raw fish while the other set was fed raw fish enhanced with fermented raw fish. The carnivorous dogs that ate only raw fish lost between 2 – 5 lbs. on their journey, while those dogs that ate raw fish plus the fermented raw fish actually gained weight on average between 2 – 5 lbs. This indicated that even under duress, the microbes were working within the GI tract, as with the Papua New Guinea tribe, to create the protein necessary to meet the physical requirements, resulting in an actual muscle mass gain instead of muscle tissue wasting.

In closing, beautiful, beneficial, microbial bacteria enable you to rebuild and reclaim your inner garden i.e. gut biome, resulting in vibrant wellness and a blossoming inner terrain that will have you touching the stars of your true Divine Essence! 

For more, read Dr. Hiromi Shinya’s book The Microbe Factor. Missing Microbes, never the Champion of Antibiotics isleading Our Modern Plague by Martin J. Blaser (Apr 8, 2014)
Found The invisible microbes of the gut by Nicolas Davies and Emily Sutton (Jul 5, 2010)
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From the garden i.e. gut biome, resulting in vibrant wellness and a blossoming inner terrain that will have you touching the stars of your true Divine Essence!
As the field of Periodontal Medicine has evolved, we have come to understand that infection in the oral cavity clearly presents a substantial infectious burden for the entire body by releasing bacterial toxins and inflammatory mediators into the bloodstream. In addition, these infections disrupt the body’s meridian systems. We often say “The oral cavity is a window into your overall health.”

With the advent of this understanding, our primary goal is to render a person free of oral infections, utilizing an integrative approach, blending all elements of Eastern and Western medicine and dentistry. Nutrition, lasers, and cellular/genetic immunopathy, various detoxification methods and conventional dentistry can all be combined to optimize the restoration of form and function.

Many conventional paradigms have gone by the wayside. For instance, it is no longer healthy to survive infected broken down teeth, which are acting as a source of chronic inflammation. These infections drain the body of life source. We must focus on altering the soil disease cannot manifest its symptoms. We know that lifestyle changes will affect gene expression. And we know that most diseases are a result of lifestyle choices.

Particularly, patients with chronic autoimmune diseases, metabolic disease, cardiovascular diseases, diabetes, cancers and any other chronic disease procedure will reduce the energy/immune response needed to focus on the imbalance and will increase inflammatory mediators which are the source of all disease. A simple question to ask is why have compounding risk factors present within the system?

It is estimated that about half the adults in the United States have gum disease. Periodontal disease can range from simple gum inflammation to serious chronic infection, that over time, results in loss of supporting bone, and tissue around teeth and the jaw. The results of which can mutate someone. Over the years, many studies have shown that the detrimental effect of periodontitis is not just confined to the oral cavity. In many cases, active and untreated periodontal patients may spread to the rest of the body and lead to compromised systemic health.

Periodontitis vs. Cardiovascular and Cerebrovascular Disease

Cardiovascular diseases, such as myocardial infarction and stroke, are major health challenges in the United States, responsible for 30% of all deaths in the general population. While myocardial infarction is the result of compromised blood flow to the heart, cerebral vascular accident (stroke) occurs as a result of impeding blood flow to the brain. Many studies have investigated the relationship between active periodontal disease and cardiovascular disease and found periodontalitis as a significant risk factor for cardiovascular disease. Both periodontal disease and cardiovascular disease are associated with increased production of enzymes and protein breakdown. Patients with active gum infection, leading to heart attack and stroke.

Therefore, in patients with a family history of cardiovascular disease, or compromised cardiovascular health, it is crucial to have a periodontal screening and treatment by a periodontist to prevent serious complications. In the event you are going to have a heart procedure, the very first thing that must be completed prior to the surgery is “treatment of the oral infection.” Of ten many of the medications patients take for cardiovascular disease change the immunology of the body, contributing to tooth loss and nutritional depletion.

Periodontitis and Pre-term Low Birth Weight Infants

Periodontal diseases are characterized by a wide array of anaerobic bacterial infections of the gum, bone and tooth. They are destructive, chronically inflammatory diseases that destroy the supporting tissue of the teeth. The signs and symptoms are bad breath, bleeding gums, long teeth (receding gums) and shifting teeth. However if you are a smoker, your gums will not bleed, as the capillaries become constricted. Eventually you lose your teeth and so your health.

In 1996, Offenbacher et al. found the presence of active gum disease in the mother is closely related to preterm low birth weight infants. The study consisted of 149 pregnant women with or without active gum disease. It was found that the presence of periodontitis harbored a statistically significant risk factor for preterm low birth weight infants. In another study conducted by Mannen et al. in 2017, 134 pregnant women were divided into two groups: one group with normal term infants and another group with preterm infant. Another study conducted by Sharma et al. in 2011 looked at two groups of patients: 100 patients hospitalized for respiratory infection and another 100 patients who were healthy. Again, a clear relationship between gum health and duration of pregnancy was found. Mothers with pre-existing periodontal disease were much more likely to have preterm low birth weight infants compared to mothers with a healthy periodontium.

These studies postulated that periodontitis is not an isolated disease. Since the oral cavity is connected to the rest of body, bacteria in the gums may enter the bloodstream and have detrimental impact on the fetus. Therefore, practicing good oral hygiene and periodontal health should be an important part of pregnancy care.

Periodontal checkups during pregnancy may be essential for the health of both the mother and child.

Periodontitis and Respiratory Disease

A casual link has also been found between gum disease and lung disease. It has been shown that oral bacteria may travel through blood in patients with active gum infection, leading to other systemic conditions. However, these harmful periodontal pathogens may also be inhaled and aspired into the respiratory systems. Oral bacteria that cause periodontal disease can easily be drawn into the respiratory tract. Once these bacteria colonize in the lungs, they can cause pneumonia and exacerbate serious lung conditions. The resulting inflammatory response may also diminish host defense and increase the chances of developing other respiratory diseases.

In an observational study, 100 patients were divided into two groups: 50 patients with obstructive lung disease and 50 patients without lung disease. It was found that patients with lung disease also showed increased prevalence of periodontal infection. Patients with worse periodontal health status were found to be an increased risk of chronic obstructive lung disease.

Another study published by Sharma et al. in 2017 looked at two groups of patients: 100 patients hospitalized for respiratory infection and another 100 patients who were healthy. Again, patients with respiratory illness also suffered from poor periodontal health. This process furthermore evident of the link between the periodontium and systemic health.

Gum Disease and Diabetes

Diabetes is the result of high blood sugar over a prolonged period of time. If left untreated, diabetes often leads to serious life threatening complications. People with diabetes tend to be more prone to attachment loss and tooth loss. In addition, they are more susceptible to periodontal diseases and tooth loss from caries as a result of immune changes.

Many studies have shown that the relationship between diabetes and gum disease goes both ways — active, untreated gum disease might make it more difficult for people who have diabetes to control blood sugar. Severe gum disease can also lead to increased blood sugar, putting people with diabetes at a greater risk of diabetic complications. Diabetics often suffer more frequent tooth loss patterns as a result of the changing susceptibility.

Role of Epigenetics and Periodontitis

Epigenetics is the principle of cellular and biological phenotypic trait variations that are caused by environmental factors — how environmental changes can affect your genes expres- sions. Furthermore, genes respond to external stimuli of food, toxins, exercise and stress, and respond to that stimuli by either suppressing or promoting an increase of enzymes and protein production that dramatically affects wellness. Periodontitis has been shown to be a multifactorial disease characterized by chronic inflammatory media- tors. Although, the primary etiology of periodontitis is of bacteria origin, its chronic nature can influence a wide va- riety of factors within the human body. Much of this, we are just beginning to understand. cont’d on p. 59

If you have any questions or concerns regarding your oral health visit www.periimplants.us or email Dr. D at dmdseminars@iol.com

Is Your Oral Health Killing You?

by David DiGiallorenzo, DMD and Henry Hsu, DMD

Hippocrates Health Institute »» www.HippocratesInstitute.org Healing Our World »» Out Health
ew research has revealed the missing link to pain-free living: a balanced nervous system and healthy connective tissue. These two components work together to provide your body architectural support and optimal mind-body communication. Manual therapist and connective tissue specialist Sue Hitzman has transformed groundbreaking neuro-fascial science and hands-on therapies into a one-of-a-kind treatment method called MELT. Using specialized balls, MELT rehydrates the connective tissue, rebalances the nervous system, and restores space to compressed joints.

What benefits does MELT offer?
MELT creates results you will see and feel in the first session. Over time, MELT heightens your body’s ability to repair and heal itself, which can create remarkable, lasting changes.

MELT improves:
- flexibility
- alignment and posture
- the results of exercise
MELT reduces:
- aches and pains
- wrinkles
- tension and stress

Who is MELT for?
MELT is for anyone who wants to slow down the aging process and live pain-free. For those in their 40s, 50s, 60s and older who want to stay active, mobile and independent — MELT is a must. MELT is also for active younger adults and athletes who want to maintain a fit, healthy body and achieve optimal performance without debilitating wear and tear.

MELT is truly for everyone! Even if you are pregnant, injured, post surgery, overweight, sedentary, out of shape or have limited mobility, chronic pain, knee/hip replacements or bone disorders — you can still MELT. It is the best starting point for any exercise and wellness program.

How does MELT work?
Daily living creates stress and tension within your body. Physical stressors may range from sitting at a desk to running a marathon. Emotional, mental and environmental stressors also put strain on your body. The repetitive stress of daily living literally gets stuck in the connective tissue, which surrounds every joint, muscle, nerve, bone and organ. “Stuck stress” accumulates and causes dehydration in the connective tissue, which interferes with the nervous system’s ability to regulate itself and slows down the body’s natural healing process. This creates a domino effect that begins with aches and stiffness and leads to common health issues such as neck and low back pain, headaches, insomnia, digestive problems and injury. Accelerated aging and chronic health problems can follow, leaving us with limited options such as medication, surgery and an increasingly sedentary lifestyle.

When the connective tissue is hydrated and free of stuck stress, your body functions more efficiently and natural healing occurs daily. MELT is a breakthrough technique that directly addresses stuck stress and slows down the aging process by rehydrating the connective tissue and rebalancing the nervous system. No other approach directly treats these two systems, including nutrition, exercise or meditation.

Why should I MELT?
MELT quickly rehydrates connective tissue and allows the body to release long-held tension and stress that leads to chronic pain. MELT is easy to learn and offers immediate results that you will see and feel the first time you try it. Changes in alignment, flexibility, energy, mood and performance occur within only a few sessions. Best of all, your body feels great long after you MELT! CONT’D ON P. 62
In the mid-20th century, the health food and supplement industry began propagating information about good bacteria, which came in the form of one strain called acidophilus. An advanced thinking physician in southern California gravitated toward the concept that this friendly bacteria was instrumental in stabilizing immune function and overall health.

Conducting research on cadaver intestines, he discovered several strains that were universal and produced Doctor Dophilus, the initial attempt in replicating the culture that resides in all of our bodies. Commonly accepted in the 1960s and 90s as the standard, other either properly or poorly produced supplements were born out of this 1970s science.

Now in the 21st century, possessing a comprehensive understanding about pre- and probiotics and their soil based origin, technology has greatly advanced so that the absorption of these vital microbial nutrients can be fully accessed into human cells. Most impressive is the AtralBiotic™ design that is contained in their weakened young bodies. Currently, exceptionally high quality probiotics and prebiotics have eradicated lifethreatening diseases including heart disease, cancer and many more. The use of pharmaceutical and recreational drugs including antibiotics, nuclear medicine, alcohol, etc. Adding to that notorious group are the heavy metals and chemicals that we derive from poor food, clothing and environmental choices. We perceive that the biggest culprit in the surge in catastrophic disease with our youth is the historic levels of bacterial imbalance in their weakened young bodies.

Allopathic physicians are not trained in medical school to accompany the gut destroying meds that they prescribe with healing probiotic supplements. This should be mandated immediately to reduce pain and suffering. The gut is the epicenter of life. During the last decade, there has finally been a great shift in the mentality of mainstream research and medicine on the significance and essentiality of the body’s bacterial buddies.

Gut Power

by Brian Clement, PhD, LN

People call it the stomach, the digestive tract, the intestines, but it should be best known as the epicenter of life. During the last decade, there has finally been a swift shift in the mentality of mainstream research and medicine on the significance and essentiality of the body’s bacterial buddies.
LifeGive Instinct is a highly concentrated source of beneficial bacteria, available in three special formulas:

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Instinct 50 Billion™ with AstraBiotic™ is a broad-spectrum probiotic formulated to bring balance to both the small and large intestines.

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Instinct Vaginal Balance 50 Billion™ with AstraBiotic™ was designed to support the urinary and vaginal tract of women.

Instinct contains AstraBiotic, which has been clinically proven to enhance absorption rates and increase the quantity of amino acids and peptides transported into cells.

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Liberity from Suffering, cont’d from 31

The dietitians at the hospital could not understand what he was eating or drinking and why he did not want the Jell-O and pudding, and turkey sandwiches they recommended. Because his body was in a very alkaline state, he did not need anything more than a few Tylenol after his surgery. The doctors urged him to take Percocet around the clock to stay ahead of the pain. The truth was that thanks to his lifestyle and raw diet he had little to no pain at all. His shoulder pain was worse before surgery than it was while he was recovering post-op in the hospital.

His recovery was beyond what the doctors, or we, imagined. He recovered very quickly, pain-free and has 100 percent mobility in his shoulder and arm. They told him it would be a long painful recovery with a chance of maybe 65 percent of his original mobility.

Sean has continued with the wheatgrass, green juices and mostly vegan diet, with a few cheats here and there for the past year. He is strong and feeling amazing, off the Methotrexate and weaning off of Humira. He had his other shoulder replaced on November 10, 2015. I am writing this article exactly one week post-op and he is recovering even faster and better than the first time.

As I said, I am not suggesting everyone wants to go on a raw vegan diet. But I am suggesting that by adding more alkaline foods to your diet and crowding out more of the acidic foods, you will live a healthier, more vibrant life than you could ever imagine. I give so much credit to HHI and Brian Clement. I truly believe the Life Transformation Program at HHI saved my husband from a life of pain and suffering.

Tracy Flaherty
Certified Holistic Health Coach
Founder of Be Well Nourished
Meditation Teacher
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Healing Our World » Gut Health
There are many other foods people consume that negatively impact their gut health, and working one-on-one with my clients, we work on a strategy tailored to their specific circumstances.

What about things living in your gut? No, I’m not talking about the Stephen King’s “cat from hell.” I’m talking about gut bacteria and intestinal parasites. Intestinal parasites can cause a lot of damage to your overall health because they steal nourishing nutrients from your gut and pollute your blood, organs and lymphatic system with their waste. Medical textbooks have estimated that over 150 million Americans have intestinal parasites, while 55 million American children have worms. The long-term negative impact to your health is hard to know because most people are completely unaware of these unwanted and unhealthy invaders.

Some symptoms like joint pain, magnesium deficiency, calcium deficiency, fatigue and even some mental illness and mood disorders may possibly be linked to the presence of parasitic infection. Gut bacteria can be helpful or harmful. You have both kinds living in your gut and the food you eat helps or hurts them. We want the good bacteria in our gut. We have trillions of bacteria living in our gut. The beneficial bacteria help us break down foods into nutrients our body requires.

When looking after your gut, it is important to remember that you must take a holistic approach to caring for it. Here are some tips to help you maintain balance:

- Avoid over-processed foods such as foods with trans fats, refined white flour and processed sugars.
- Switch to a 100% plant-based diet that is well balanced with plant foods from various sources.
- Avoid gluten, as many in the population suffer from gut inflammation due to gluten.
- Take lots of good probiotics.
- Eat lots of fruits and veggies.
- Drink lots of pure distilled water.
- Change your mental state and spiritual being.

All this, working in unity, can create within you an environment where good health can reside. I once struggled with my own gut health, and in spite of being a medical professional, lived in fear of the worst due to my own ignorance. My journey to recover led me to veganism then to raw-vegan and to Hippocrates Health Institute.

Today, I touch the lives of thousands of people in Toronto and around the world with my magazine, books and talks. When you discover what life means, you can truly love again. Peace, love, and gratitude.

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Beginner’s Workshop (Part 1) Saturday, June 4, 2016

Join Edd Edwards in a day of discovering your own body’s ability to create energy to help promote your overall health and wellbeing!

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- Discover ways to improve and increase your energy
- Generate energy from your brain to help with overall wellbeing

Edd Edwards, a renowned bio intrinsic energy specialist is one of the most well-researched energy transmitters in the history of man. From the doctors in Michigan to the University of Virginia, researchers have been stunned to measure the actual energy projected from his brain having a positive effect on people, plants and all life in general.

Saturday June 4, 10am-4pm
Registration: $139
Includes lunch
Cyclical Addiction, cont’d from p. 43
Like the fermentation juice methods of old, Pick-It™ positive pressure eliminates atmospheric oxygen, pushes up and out the airlock immediately, lactic acid bacteria, which resides in all organic food material, goes to work eating the food sugar, a “fuel,” to create a wide range of enzymes, antioxidants, vitamins, and over 150 different nutritional by-products. Fermented carrot juice has been a favorite “health drink” through Turkey, Pakistan, and most of the Middle East, still widely popular after many centuries. The World Health Organization has recently discussed the nutritional improvement and advantages of fermented tomato juice, sweet potato juice, and pumpkin juice. It only takes a ripe watermelon, carrot, or cucumber three short days to become crisp, clean, and sugar-free. Sugars in all fruit, vegetables, and herbs are intended to feed the fermentation microbes. Not our brains! Europeans and Koreans still enjoy, after many centuries, cabbage juice as a “health” tonic, created from sauerkraut or cabbage-based kimchi. Garlic juice, onion juice, beet juice, turnip juice—the list of possible nutrient-dense, sugar-free, naturally-created juices is endless. Vegetables. Parsnip, rutabaga, green bean, tomato pulp, sweet potato, radish, onion, olive, zucchini, broccoli, cauliflower, cucumber and beet. Fruit. Tomato, tomatillo, papaya, pineapple, mango, muskmelon, honeydew melon, banana, kiwi, watermelon, as well as a variety of berries. Herbs. Carrot, sauerkraut, onion, leek, ginger, turmeric, nettles, jalapeno, dagon, horseradish, burdock and garlic are easy to ferment. Their juice classified as medicinal as well as a “health drink.” Nutritional Improvement When grains and legumes are germinated, their nutritional availability increases to 300%. If you treat your vegetables, herbs and legumes in the authentic fermentation Pick-It™ system, they are more easily-digested, and nutrients become unlocked. Pick-It makes a wide variety of fresh, raw foods, even better. Numerous research studies have shown that anaerobic fermentation improves nutrients in raw foods, which are made more available, as well as pre-digested. Fermented vegetables, fruits and herbs are considered raw by even the most passionate raw food enthusiast. Additional benefits of the Pick-It™ anaerobic method—without oxygen—fermentation of vegetables, fruits and herbs:

- Anaerobic fermentation merges the organoleptic and nutritional quality of the fermented fruits and vegetables and retains the nutrients and coloured pigments of N. R. Dahal, T. B. Karki, B. Swamylingappa, Q. Li, and G. Gu, “Traditional foods and fermented fruits and vegetables and retains the nutrients and coloured pigments of Nepal’s review,” Food Reviews International, vol. 21, no. 1, pp. 1–25, 2005.
- Fermented berry juice inhibited activated macrophage; nitric oxide production; induced tumour necrosis factor-a production (Martin, J. & Math C. J., 2002.)
- Kiwi green kiwi fruit digest appears to prime defense mechanisms in gut cells by enhancing the production of anti-microbial defenses (Plant Foods Hum Nutr 2012 Sep;67(3):208-14)
- Correlates with lower serum concentrations (Am J Clin Nutr 2007 May;95(5):105-
- Carrot traditional drink (using purple carrot) throughout middle east and Asia; stables blood sugar levels (N. S. Bergqvist, A. -S. Sandberg, N. -G. Calissian and T. Andild)
- Provides rich source of natural – canterine (journal of Food Processing and Preservantion Volume 93; issue 1; pages 93–98; June 2008)
- Beet-lactic acid fermentation enhances organoleptic and nutritional quality, and retains nutrients and colored pigment such as beet, food color with biological activity (molecular nutrition- Wiley, purchased article).
- Scavenger of reactive oxygen species
- Exhibits gene regulatory activity
- Induces antioxidant defense mechanisms
- Potential blood pressure lowering effects mediated by dietary nitrate
- Apart from betanin, isobetanin, and neobetanin,(Kanner, et al 2001) the fermented beet juice contains: betanidin (5% of total red dye content) and isobetanidin (0.7% of total red coloent content). These compounds are not found in fresh beet juice, which was shown in a study by Cyo. owa et al. 2006: Betanidine and isobetanidine are aglycones, which are thought to have high bio-
- Biological activity (i.e. as betanine) with respect to neutralizing free radicals present in the environment (Kanner et al. 2001). Betanidine and its isomer – isobetanidine – are formed in fermented beet juice as a result of the bacterial activity of -glucosidase catalysing the transformation of betanin into betanidine [Zitting & Carle, 2004].
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malnutrition, sleep disorders, exposure to electromagnetic radiation through our smartphones, cell towers, microwave ovens, and computer screens, also contribute to our declining health.

When you throw into the mix the heightened levels of stress created by a culture where we’re expected to be accessible to work and our families 24/7 and the lack of sleep caused by our overscheduled, overstressed lives, it's no wonder we feel so exhausted.

The good news is that making changes to lifestyle can be fairly simple and extraordinarily effective. In fact, studies done by the Harvard School of Public Health show that small changes in diet and exercise, combined with basic preventive medical care, can add 20 more years of healthy and productive life to the average individual.

Lifestyle changes are some of the easiest ways for anyone to feel more energized.

Mindset: Our general state of health, either better or worse, involves a psychosomatic (mental/emotional) contributory factor. The most debilitating emotion I see in my patients is fear. We are afraid of poverty, criticism and ill health. We fear old age; we fear death; and most important, we fear the “big four” diseases: diabetes, heart disease, Alzheimer’s, and cancer.

Negative, fearful thinking creates disharmony in the body, literally acting like harmful frequencies. disharmonizing frequencies are crucial for us to be able to move out of the survival mode and into the growth mode required for vibrant health.

Replacing fear-based thoughts with positive thoughts of love, gratitude, and joy is one of the most effective ways you can proactively start to take better control over your health. Such thoughts are to your body like sunlight is to plants. They produce the frequencies that resonate with every cell in your body. As I tell my patients Thoughts that make you happy make you well.

Mindset also includes elements like our level of happiness, sense of purpose, our connections with friends and family, and our belief and connection to the power of the mind. In a study conducted by Lang et al., IL-1 gene polymorphism was studied.

Patients who are negative for the IL-1 gene showed less gum inflammation, while patients with positive IL-1 gene showed increased periodontal disease parameters.

In another study, associations between the IL-6 gene and periodontitis has been evaluated. Similar to patients who are positive for IL-6 gene, patients who are positive for IL-6 genotype also showed increased susceptibility to periodontitis.

Patients with a hyper-inflammatory genotype may be more susceptible to periodontal pathogens and therefore showed increased susceptibility to peri-odontal infection. Although primary etiology is plaque, the same bacteria does not always cause gum infection in every patient. Some patients may be more susceptible to disease than others due to specific genotypes present. In patients with increased susceptibility to periodontitis, the health of periodontium must be closely monitored.

In conclusion, we must respect the notion that our oral health is not a separate entity from the rest of the body. They are in fact closely correlated. Often, our medical colleagues are not aware of the complex relationship that exists between periodontal disease and other systemic diseases such as rheumatoid arthritis.

Studies have also found that presence of periodontal pathogens may increase the susceptibility to peri-odontal infection.

A specific hyper-inflammatory genotype, IL-1, has been closely associated with a heightened host response as a result of a periodontal infection. In a study conducted by Lang et al., IL-1 gene polymorphism was studied.

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Enjoy These Titles from Hippocrates Directors

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by Brian Clement, PhD, LN
Sweet Disease is the first book to explain the process of a wide variety of sugar from the inside out while the disease-causing property of fruit sugar.

Dairy Deception
by Brian Clement, PhD, LN
Dairy Deception explains why milk, eggs, and their offshoots are health’s biggest enemies.

Power Woman
by Anna Maria Clement, PhD
The Power of a Woman explains how to use your body to fight for your health.

Killer Fish
by Brian Clement, PhD, LN
Killer Fish reveals the many ways that synthetic clothing, chemicals added to garments, and tight clothing and tight shoes create dangerous problems for human health.

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

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Living Foods for Optimum Health explains how to use living foods to improve health and longevity.

Food IS Medicine
by Brian Clement, PhD, LN
Food IS Medicine explains how food can be used to prevent and cure disease.

Hippocrates Health Program
by Brian Clement, PhD, LN
Hippocrates Health Program is a state of the art program for health maintenance.

Healing Our World - Gut Health
Probiotics vs. Antibiotics, cont’d from p. 13
Anxiety symptoms and stress responses are being linked to gut health (journal article, contact Dr. Belga for citation). Gastrointestinal microbes are noted to affect brain activity, behavior, cognition and pain sensitivity (http://www.karger.com/ArticleAbstract/36628).

Psychologically speaking, the experience of excitement and anxiety are very similar processes. In both, the heart typically pounds more quickly, the mind races, the palms may sweat, and the hands might tremble. The main difference is often the interpretation of what lies ahead. In this moment, we can fear what is to come as the strength of antibiotics wanes or we can look at the power of probiotics and fermented foods and feel excited that there is positive change upon us. I choose the latter.

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The Melt Method, cont’d from 48

How often should I MELT?
MELT is so gentle that you can do it every day. Yet all it takes is 10 minutes, three times a week, to experience immediate and long-lasting benefits. Drink a glass of water before and after you MELT to achieve the maximum results.

When you exercise, MELT before strength training to improve muscle performance and joint alignment or after a cardio workout to ease joint compression and stiffness and enhance muscle recovery.

People who MELT regularly find that they want to exercise more often. It’s just more fun to move when your body feels good, has more energy, and is free of pain.

Have other questions?
Send your questions to info@meltmethod.com. Or find out more about MELT and purchase MELT products at meltmethod.com. While you’re there, look for a local MELT instructor — there are hundreds of instructors who are ready to help you live a long, healthy, active life that’s full of the physical and mental benefits MELT offers.

Instructor Yvonne Pratt.

pocrates Life Transformation Program by certified MELT instructor — there are hundreds of instructors who are ready to help you live a long, healthy, active life that’s full of the physical and mental benefits MELT offers.

Instructor Yvonne Pratt.

You are More than a Human Being, cont’d from 32

Another amazing aspect of this system is the human spinal cord and brain. It is like a Wi-Fi antenna to “divine intelligence” or lifeforce. This connection operates naturally and effortlessly. HHI can help you keep this “connection” and vibration strong with yoga, meditation, real science, emotional support, raw foods and living juices to regenerate your body/mind. This will allow you to continue to get the best downloads and updates from the Universe.

Since the body and mind are connected, the same principle applies to our thoughts. Feed the good ones; starve the negative ones. It’s fair to say that our ancestors were getting much better nutrition before the major shift to processed foods, pesticides, herbicides, and junk food. An overuse of pharmaceuticals and the toxicity of consumerism have impacted our collective and individual ecosystems in a very negative way.

The MELT method is taught during the three-week Hippocrates Life Transformation Program by certified MELT instructor Yvonne Pratt.

The fermented sauerkraut at Hippocrates is one of the best ways to reseed your inner garden. On a personal level, I was blessed by my Italian Grandma’s amazing garden and my Polish grandma’s focus on fermented foods like sauerkraut.

Living on junk foods, soft drinks, drama and stress is not the best way to maintain a healthy inner garden. (By the way, there is nothing “soft” about soft drinks. They are carbonated water, sugar, and artificial dyes.) A child may say, “I love french fries, burgers, sodas, etc.” The reality here is that certain bacteria in the child’s system have hijacked their desires. I like to call it “identity theft.” The bad bacteria is usually craving processed sugar, which causes a whole host of problems and disease.

Let’s reclaim our “real identity” and get back to the garden, as Joni suggests in her rock and roll anthem, “Let’s get back to the garden!”

You are More than a Human Being, cont’d from 32

Another amazing aspect of this system is the human spinal cord and brain. It is like a Wi-Fi antenna to “divine intelligence” or lifeforce. This connection operates naturally and effortlessly. HHI can help you keep this “connection” and vibration strong with yoga, meditation, real science, emotional support, raw foods and living juices to regenerate your body/mind. This will allow you to continue to get the best downloads and updates from the Universe.

Since the body and mind are connected, the same principle applies to our thoughts. Feed the good ones; starve the negative ones. It’s fair to say that our ancestors were getting much better nutrition before the major shift to processed foods, pesticides, herbicides, and junk food. An overuse of pharmaceuticals and the toxicity of consumerism have impacted our collective and individual ecosystems in a very negative way.

The good news is, HHI can teach you how to get what you need, in a very economical and sustainable way. The fermented sauerkraut at Hippocrates is one of the best ways to reseed your inner garden. On a personal level, I was blessed by my Italian Grandma’s amazing garden and my Polish grandma’s focus on fermented foods like sauerkraut.

Living on junk foods, soft drinks, drama and stress is not the best way to maintain a healthy inner garden. (By the way, there is nothing “soft” about soft drinks. They are carbonated water, sugar, and artificial dyes.) A child may say, “I love french fries, burgers, sodas, etc.” The reality here is that certain bacteria in the child’s system have hijacked their desires. I like to call it “identity theft.” The bad bacteria is usually craving processed sugar, which causes a whole host of problems and disease.

Let’s reclaim our “real identity” and get back to the garden, as Joni suggests in her rock and roll anthem, “Let’s get back to the garden!”

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HEALTH EDUCATOR CERTIFICATION PROGRAM
Your Opportunity to Make a Difference in the World Starts at HHI

• The program is nine weeks long; three weeks to learn the Hippocrates lifestyle and six weeks of curriculum and lectures.
• Classes are Monday–Friday.
• Hippocrates Health Educator Program includes:
  • Meals, wheatgrass and juices each day on HHI campus
  • Use of HHI pools, sauna and exercise classes
  • 10% discount on treatments and campus bookstore
  • Off campus lodging is available for an additional fee
• To register or learn more, call (800) 842-2225 or (361) 478-8868

Call today to register or learn more.

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• For those who have already completed the Life Transformation Program, the final six-week portion is all that is needed to complete the Health Educator Program.

I have been Vegan for seven years now, but becoming raw vegan has changed my life completely. I have more energy than ever and I feel much calmer and more composed than I have ever felt in my life. I have been practicing yoga and veganism and introducing raw veganism to my community. Being a living example is how I intend to spread awareness. When I meet people, I suggest they eat more sprouts and raw food for better health.

I am working a talk program and give presentations in schools, colleges and hospitals here in Nepal. I believe making changes where one lives is the best place to begin.

Best regards

Prerana Shah M—Nepal

I love providing and sharing what I learned at HHI for my home country Jordan. I now live in Canada and I have been making interviews at Chinese in my native language of Arabic.

Have a great day.

Samer—Iordan, Canada

I have devoted my life to using the teachings of Hippocrates to help Chinese people heal themselves with holistic medicine. I am the first HED student directly from China. This is my pleasure and pride.

I am so happy that Hippocrates gave me hope and solutions. Heal ourselves, then help others. This is my ambition after my HED program. I am going to build a team to help me with this mission, and I am preparing to build a new holistic lifestyle transformation center in Shanghai. We will invite Brian and Ann Maria Clement and other experts to kick off the HHI China lecture tour. This is my mission.

With love,

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

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