

HIPPOCRATES LIFESTYLE™ ONLINE PROGRAM

LEARN & TEACH



Organic, Living Food, Plant-Based Nutrition &
the Hippocrates Lifestyle™ Medicine Protocol Certificate

2017 CURRICULUM



Brian Clement, Ph.D.



Anna M. Clement, Ph.D.



Jeffrey M. Smith



Rabbi G. Cousens, M.D.

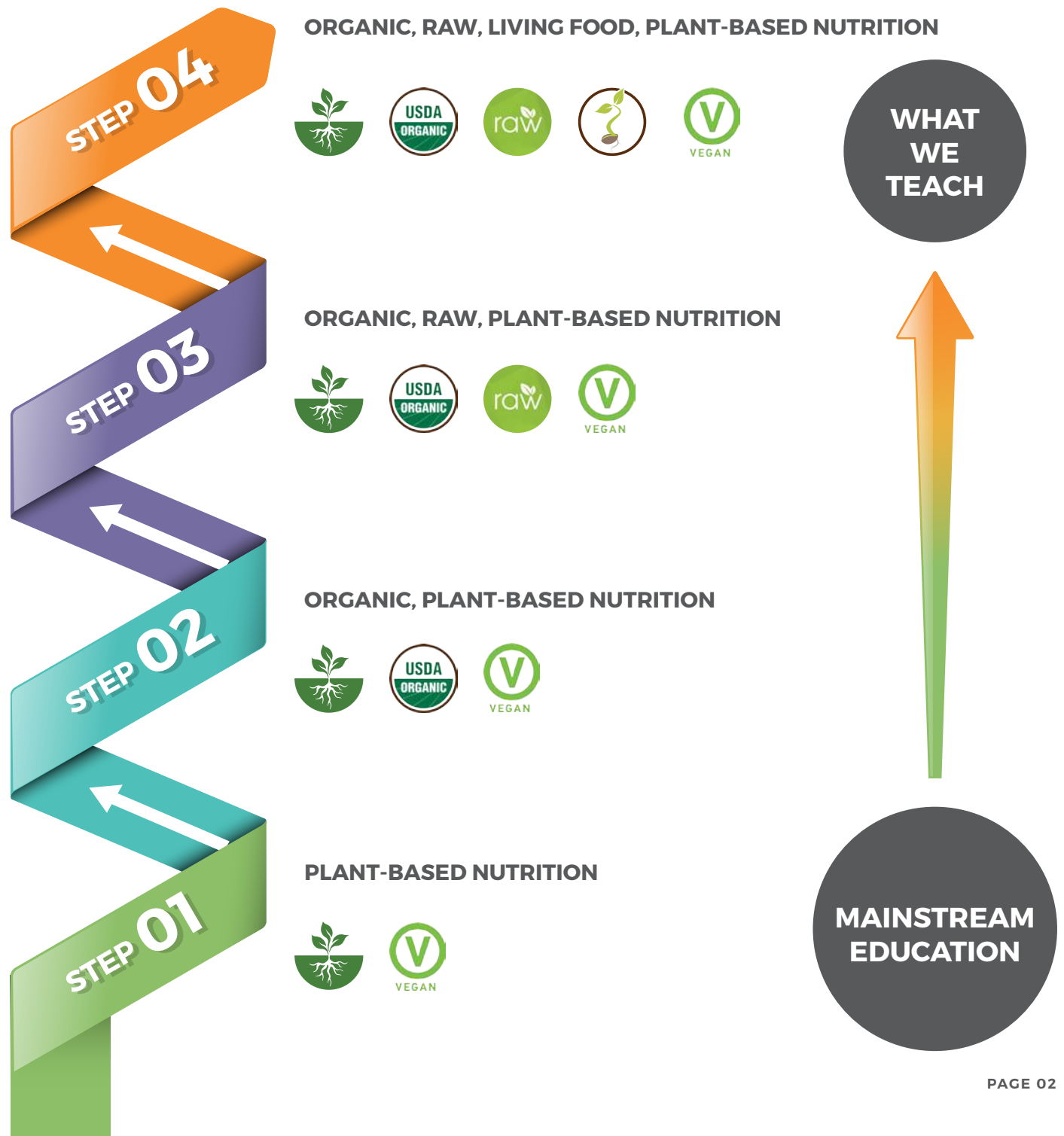


Dr Gerard Pollack



Donna Gates, M.Ed.

THE HIPPOCRATES LIFESTYLE™ TAKES PLANT-BASED NUTRITION TO THE NEXT LEVEL



81+ AUTHENTIC SCIENCE-BASED HEALTH LEADERS

The Hippocrates Lifestyle™ Online Program has over 81 contributors providing you with powerful education in Organic, Living Food, Plant-Based Nutrition and the Hippocrates Lifestyle Medicine Protocol.



Brian Clement, Ph.D., L.N.

Co-Director of Hippocrates Health Institute and author of numerous books, Brian travels the world giving lectures on the benefits of a living foods lifestyle.



Anna-Maria Clement, Ph.D., L.N.

Co-Director of Hippocrates Health Institute, Anna has brought a European approach to healing to the Institute. She travels the world with Brian lecturing on natural health methods in family and pediatrics.



Jeffrey Smith

Jeffrey Smith's documentary Genetic Roulette links genetically engineered food to health problems such as infertility and digestive disorders. His book, *Seeds of Deception*, is the world's bestseller on GMOs.



Rabbi Gabriel Cousens M.D., M.D.(H.), N.D.(h.c.), D.D.

A leading live-food vegan, medical doctor, holistic physician, yogi and author, Gabriel is also an Ayurvedic practitioner and Chinese herbalist.



Dr. Gerald Pollack, Ph.D.

Author of *The Fourth Phase of Water*, which won the World Summit Excellence Award, Dr. Pollack is also professor of bioengineering at the University of Washington.



Donna Gates, M.Ed., ABAHP

International best-selling author of *The Body Ecology Diet*, Donna re-introduced fermented foods and coined the phrase "inner ecosystem": to describe the network of microbes--from digestion to immunity.



Hans Diehl, Dr.H.Sc., M.P.H.

As a National Institutes of Health-supported research fellow in cardiovascular epidemiology, Hans evaluated the impact of the Pritikin Longevity Center. He is also a world-class speaker and author.



Jennifer Helene Popken, M.S.

As a high level executive coach Jennifer works with executives and entrepreneurs. She is also the US representative of Patanjali Yoga, a TV Presenter and the Director of Hippocrates Online Programs.

CURRICULUM OVERVIEW

Our curriculum has been designed to empower you to be successful at achieving extraordinary health and develop a career to teach others Organic, Living Food, Plant-Based Nutrition and the Hippocrates Lifestyle™ Medicine Protocol. The Hippocrates Lifestyle™ Online Program, comprised of 16 courses, will teach you the science and show you how to practically implement an organic, vegan, raw and living foods, plant-based lifestyle with cutting-edge research and science and proven Lifestyle Medicine Protocol.



COURSE 1 - PRINCIPLES OF HEALTH

14 hours 16 mins *

Learn the core secrets from the Hippocrates Lifestyle

Become educated on the most powerful foods on the planet

Explore how your beliefs are central to determining your health and life

Understand how success is rooted in self-respect



COURSE 2 - HEALING STARTS WITH OUR BELIEFS

8 hours 12 mins *

Learn strategies for emotional mastery

Become educated on Psychoneuroimmunology

Learn how the health of the nervous system affects us biochemically

Be empowered to move from beyond stress to infinite possibilities



COURSE 3 - THE SCIENCE BEHIND THE LIVING FOODS DIET

25 hours 8 mins *

Taking the plant-based diet to the next level

Understand the power of raw vs living foods

Learn from a cutting-edge researcher about the role of phytochemicals

Grasp how a living food diet is a step forward for veganism

Get to the root of hormone imbalances

The negative effects of cooking on nutrition

Receive the science behind the living food, plant-based diet and enzymes

Understand the importance of enzymes' role in digestion, disease and aging



COURSE 4 - LIVING FOOD PREPARATION

24 hours 10 mins *

Get tips and secrets from the executive chef at Hippocrates

Get over 40+ extraordinarily healthy recipes and video instruction from 4 raw food chefs

Get shopping lists, equipment lists and a meal plan

Be taught about planning to be successful once and for all

Learn how to make delicious raw, living food meals

Learn from a raw, vegan MasterChef (FOX TV) Finalist

Get 'Hippocrates Approved' dessert recipes

Get connected to trusted food suppliers



COURSE 5 - FOOD COMBINING

8 hours 46 mins *

The necessity of food combining on a living food diet to improve digestion

Understand the truth about protein on a plant-based diet

Get the science on why humans are herbivores

Learn about the Maillard reaction and its profound implications on health



COURSE 6 - GROWING & SPROUTING LIVING FOODS

7 hours 12 mins *

Get the secrets to sprouting that we have perfected over 60 years

Save thousands of dollars by learning to grow your own sprouts

Discover how easy and fast it can be to grow your own organic, living food

Learn from our Master Gardener how to successfully sprout in any kitchen



COURSE 7 - LIQUID NOURISHMENT

17 hours 26 mins *

Explore the essence and dynamics of water

Learn the science of fasting

Understand the role of water's cause and effect in spirituality

Get the truth on blending vs juicing once and for all



COURSE 8 - SUPPLEMENTS

14 hours 43 mins *

Learn the essential supplements required to stay healthy on a vegan, living food diet

Explore plant-based intravenous vitamins and their far reaching benefits

Understand bacteria, minerals, the integrity of soil and sourcing high-quality supplements

Get clear on synthetic vs plant-based supplements



COURSE 9 - DETOX & ELIMINATION

11 hours 50 mins *

Learn about how DNA is affected by detoxification

Get the practical application from 60 years of clinical detoxification practices

Understand detoxifying on a regular basis; physically, mentally, emotionally and spiritually

Get the vital information on the interrelationship between colon health and nutrient absorption



COURSE 10 - WEIGHT LOSS & LONGEVITY

25 hours 28 mins *

Get a Hippocrates Lifestyle™ 21-day lifestyle and meal plan

Empower yourself with the science of weight loss

Learn about taste buds and the immune system

Understand why the Hippocrates Lifestyle™ reverses cellular aging



COURSE 11 - EXERCISE IMMUNOLOGY

13 hours 48 mins *

Empower yourself by understanding capillary density and circulation

Get the latest science on exercise for disease prevention

Learn from the world expert on exercise, brain development and neuroplasticity

Grasp the power of the adaptive ability of human biology with exercise



COURSE 12 - INTEGRATIVE THERAPIES

18 hours 37 mins *

Learn why we get results with intravenous vitamin (IV) nutrient therapy

Explore the cutting edge therapies used at the Institute

Get a look into the future of Integrative therapies

Learn from masters of their trade using both ancient and modern modalities of healing



COURSE 13 – PRACTICAL LIVING

18 hours 55 mins *

Master living the healthiest lifestyle on the planet and prevent disease and aging

Learn how to travel anywhere and eat out while maintaining your goals

Skin, hair, sleep, clothes, adrenal fatigue - we cover it all

Learn solutions so easy you can stick with them and become successful once and for all



COURSE 14 – PHYSICAL, MENTAL, EMOTIONAL & SPIRITUAL HEALING

17 hours *

Empower yourself with knowledge on the validity of the emotional body

Grasp the vagus nerve's role in neurophysiology

Understand the uniqueness of emotional and spiritual cleansing with raw and living foods

Get new understandings from Masaru Emoto's protege about water and consciousness



COURSE 15 – SUSTAINABILITY & CONTRIBUTION

25 hours 28 mins *

Understand where the future of food and the food business is heading

Delve into the integrity and power of growing your own food

Understanding the deeper aspects of the metaphysics of food

Find a new perspective on deeper solutions for humanity



COURSE 16 – DOING IT!

Integrating, assimilating and reflecting on the course material

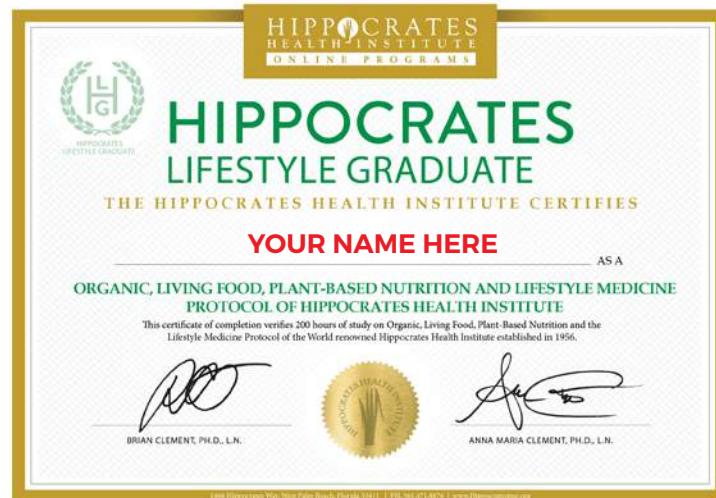
Final exam and written essay

Collaboration opportunity and business resources

Challenge yourself to follow through

LEAD THE FUTURE OF NUTRITION WITH A LIVING FOOD, PLANT-BASED CERTIFICATE

You now have the opportunity to receive the distilled protocol that has been clinically refined over the past 60 years. Plant-based diets are growing exponentially, to the degree at which a movement is emerging. The renowned Hippocrates Health Institute has been teaching the most cutting-edge *living foods*, plant-based diet for over 60-years.



You will become certified in raw, living food, and plant-based nutrition. Increase your earning potential by teaching the future of nutrition through:

- ✓ Teach your local community (colleges, schools, hospitals)
- ✓ One-on-one consults
- ✓ Consult for restaurants
- ✓ Lead individuals and groups who you enroll in the online program
- ✓ Lead workshops

- ✓ Upgrade your resume with a living-foods, plant-based and lifestyle medicine certification.
- ✓ Dramatically improve your health by living the Hippocrates Lifestyle, look, feel and become an example of extraordinary health.
- ✓ Experience the power of the living foods' diet impact on physical, mental and emotional healing.
- ✓ Collaborate with Hippocrates.



Dr. Will Tuttle, Ph.D.

Author of *The World Peace Diet*, Dr. Tuttle spreads the message of how a vegan lifestyle promotes peace, loving kindness, health and creates sustainable living.



Ellen Tart-Jensen, Ph.D., D.Sc.

An internationally recognized authority on iridology Ellen is renowned for her work in Comprehensive Iridology™. Ellen has studied and worked in the field of Iridology and natural healing for nearly 30 years.



Dr. Richard Oppenlander

A sustainability consultant, researcher and author, Dr. Oppenlander lectures on food choice and how it relates to sustainability and explains how what we choose to eat is destroying our planet.



Dr. Janet Hranicky, Ph.D.

The Founder and President of *The American Health Institute, Inc.*, Dr. Hranicky is a leading pioneer in the field of psychoneuroimmunology and cancer.



Dr. David Williams, Ph.D.

Professor at the Linus Pauling Institute, Dr. Williams major current research efforts are on diet and cancer, phytochemicals, and specifically the maternal diet on cancer risk.



Dr. John J. Ratey, M.D.

A psychiatrist and an expert on neuropsychiatry, John is one of the world's foremost authorities on the brain-fitness connection and author of the bestselling book on exercise: *Spark*.



Carla Hannaford, Ph.D.

As a neurophysiologist and educator who has taught for more than forty years, Carla has shown the importance of movement in her lectures and incredible book: *Smart Moves*.



Dr. George W. Yu, M.D.

Faculty appointment George Washington University Medical Center, Department of Urology-1981 to present date. Clinical Professor of Urology, Dr. Yu has enormous experience and research that links health and nutrition.



Michel Odent, M.D.

As one of the last real general surgeons, Michel is a French obstetrician and childbirth specialist. He is the author of 14 books in 22 languages, including *Childbirth and the future of Homo sapiens*.



Ken Blue

As Hippocrates executive chef, Ken prepares cuisine for guests and leads raw and living food classes at the Institute. He is a world class raw, and living food chef.



Matt Thornton

A HADO instructor, founding director of the Emoto Peace Project UK and Ireland, and founding director of the New Water Generation, Matt coaches on water's role in our body, in nature, the cosmos, and the effect on consciousness.



Dr. Tina Discepolo, M.D.

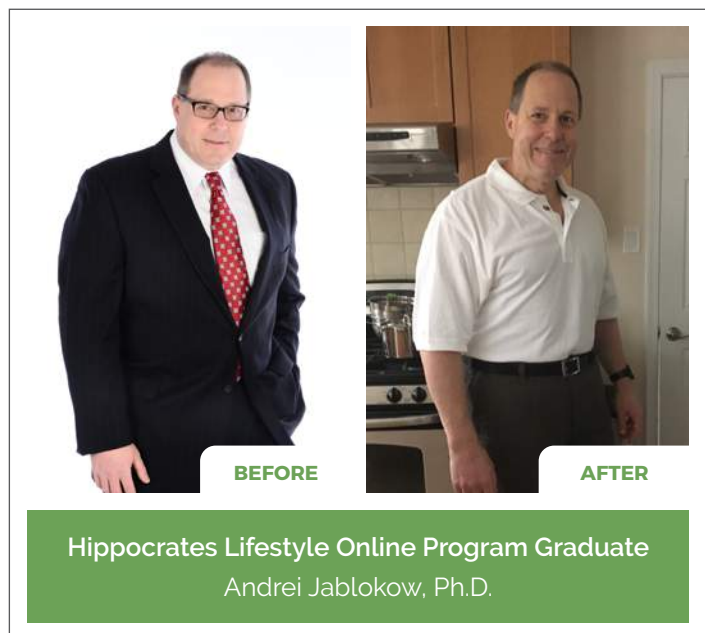
As the Hippocrates Medical Director Dr. Tina practices Functional Medicine which looks at the core causes of disease and treats it in the most non-medicinal way possible.

WHAT OUR GRADUATES ARE SAYING

"The online program is more than what and when to eat it. It's more than growing and eating sprouts. The program masterfully, washed the material and message over me many times, in many different ways, and by many different people in their lectures. In this way, the message got through to my core, challenged me, changed my way of thinking, changed what I believed, and had a profound effect on my lifestyle and my family. The program is a blessing for me and enabled me to lead my family to a healthier lifestyle as well. We are all now going in the direction of living a vegan diet as I strive to live the HHI diet. I think it's great that I am able to improve my health and outlook and helping me to teach my family to care for themselves and the planet is more than I could have hoped for. I feel more conscious of myself, more confident, closer to nature, and closer to the Universal (God). I have never felt better physically and still have a long way to go."

Why Andrei took the program:

"The reason I took this specific program is that it presented itself to me when I had exhausted every other diet, exercise, nutrition, supplement, and coaching program and did not get any results. I was frustrated and going nowhere except down hill. I also wanted to help others in my family but, had no real answers or direction for them. Basically, I was ready to hear the truth and was open to the message."



Andrei Jablokow, Ph.D.

“The Hippocrates Lifestyle Online Program has significant value. I, like many people, thought I was eating in a relatively healthy way and vastly superior to many, going organic (mostly) 2 decades ago and shunning GMOs the entire time (mostly). I was vegetarian for a number of years, after studying Seventh Day Adventism, and while I more recently ate meat, it was perhaps 1-3 times a week. I had already ditched bad chemicals going with eco plant-based household cleaners, we already purified our water, I already did yoga, journaling, purified our air and planted as many plants as I could squeeze onto our lot to boost air quality. But if I bought sprouts 2x annually, that was a good year.

Sure I liked them, but they're over \$3.00 an ounce and I had given no thought to how much more nutrition they contained vs the adult plant. Supply was always limited as was variety. I was unaware of the variety available, what I could sprout and I never had attempted growing them prior. The whole Sprout thing was not what I was expecting. Cooked food vs raw - Who knew? Sure, it makes sense that we cook the life out of something, but nobody speaks of enzyme loss and only with super high heat was I aware of vitamin loss.

EYE OPENING in 2 words, this course. In other words, it was its own value just giving me (and my family) what I needed. The value is intrinsic, inherent in the teaching and, by following the path of it, what it does to transform your life, your health, your outlook, etc.” - **Suzanne O'Brien**



Suzanne O'Brien – Plant-Based Lifestyle Consultant
Pure Temple Tel. 214-334-8517

“It has given me a level of understanding of how things work with the human species that I have long wondered about and thought that many of our beliefs were incorrect. The information provided was like a light being turned on in which I often said to myself... now that makes sense.

There is so much information presented that I often have to listen to the videos more than one time... which makes me wonder how many folks are like me and if they do the live classes at the campus, exactly how much they can retain. It has exponentially escalated my understanding of what actually is nutrition, the fact that your beliefs become your reality, and commitment to what you know to be true.” - **Mark Panzer**



Mark Panzer
Accountant

“Having always had a keen interest in health, nutrition and overall wellness, I became a Health Coach through a program I completed with the Institute of Integrative Nutrition. Friends and family were aware of my interests and I was always asked health related questions. The program provided me with knowledge of living foods and why they are necessary to sustain a healthy vegan lifestyle along with regular exercise and a spiritual connection.

Through the Hippocrates online program I now have a much better understanding of oxygen and water and the roles they play in overall health, along with the different therapies that are available.

I truly value the food combining module and talks on digestive enzymes. I am still not completely confident with the combinations of different foods, but I now know why I frequently had stomach discomfort after consuming a meal that I thought was a good combination.” - **Veronica Romaine**



Veronica Romaine

“The Hippocrates Lifestyle Online Program is invaluable. I went into this course wanting to learn a little more about sprouts and juicing with implementing more raw foods to my diet and walked away with so so much more. This program dove so deep in detail to many aspects of overall health and wellness as well as helping our environment.

As the program continued to dive further into all of its information I was stunned on how much more I really needed to learn than not that just some simple sprouting techniques. This program has really opened my eyes to all of those areas of myself for improvement and growth. I think this has been such a wonderful way to help educate those who are at all different levels of the healthy lifestyle they are living. This program is incredible with the amount of information that is given. I am happy to say that this program also gave me that time for myself, to allow me to do what I want my students to do for themselves.

I really and truly believe that the benefits are endless with the Hippocrates Lifestyle. I teach yoga, love to be in nature and I drink green juice daily and had sprouting experience already. I went into this with an open mind and an open heart really wanting to learn as much as I can for myself first. The benefits of going through this program are so vast. I have already had a background in self healing, meditation and diet, but this really was like putting all the puzzle pieces together.” - **Heidi Schetter**

Heidi Schetter



“This program has provided me with an abundance of information. I will never be the same because it opened my mind to so many aspects of health I didn't know. I began challenging every aspect of food, water, and spirituality. The work in these areas was so easy because it is so interesting to me. This program was so in depth and beyond bringing out so many talking points. I have practiced and shared all the information the course has provided to family and friends.

This program has helped me to grow and find my Dream Life to grow all my own food and to be the example and to plant seeds in my family and friends around me. I am so grateful for your program.

I now grow all my own sprouts. I am starting a greenhouse. I have also just started growing my own spirulina. I drink my lemon water, my wheatgrass, and green drink every day. I love my sprout salad and the Hippocrates recipes. I am so much happier on this diet. I feel so great when I stick to my diet. Strong, healthy and alive. I also work out almost every day and use my infrared sauna which I love. I feel empowered enough to help all those I come in contact with. I have learned how to be patient and love people for where they are in life.” - **Terry Logue**



Terry Logue

“The online program touched on so many levels spiritually, physically and mentally. I have taken away so much to use in my daily life in order to grow and be successful in health, and achieving the positive relationships I deserve. It has provided me the strength to know there are many options when it comes to health and happiness and the first thing is to look within. After taking on the challenge of a true commitment to health and finding what really matters to me, I now know how to find my inner strength and do what my heart tells me. The online program gives you the research, info and where the source is coming from. I like the book recommendations and testimonials, which are so touching and show amazing results. Very inspiring!

The online program is so valuable to me because I can refer back to each module and work on the areas that I need help in. Also, the information that has been given to us allows me to feel confident while sharing with others because I can talk intelligently about the subject and give facts about the health industry and where we are headed.

Anyone who wants be a health coach should take this program as well. I have taken the IIN health coaching program and I embrace the Hippocrates lifestyle and beliefs.” - **John Sagona**



John Sagona



Dr. Robert J. Marshall, Ph.D, CCN, DACBN

Bob Marshall was one of the most effective clinical nutritionists in the U.S., and CEO of Premier Research Labs. His radio talk show “HealthLine Live”, aired continuously from 1986 to 2017.



Edward H. Gilbert, M.D.

Edward H. Gilbert, M.D. was a board certified radiation oncologist. He completed his residency at Stanford University Medical Center in 1975 and lectured regularly at the Institute.



Tom Fisher, R.N., B.A.

A Nurse Supervisor at Hippocrates Health Institute and 16 year stage IV cancer survivor, Tom teaches at the Institute and lectures throughout the United States.



Brian Hetrich, C.N.C., M.S.

Brian is a Certified Nutritional Counselor (CNC), Master Organic Gardener and author. Brian has perfected the science of sprouting probably more so than anyone else in the world.



Antony Chatham, M. Phil., M.Th., MSW, LCSW

Antony Chatham is a Florida licensed Psychotherapist and a member of the National Board for Certified Clinical Hypnotherapists, who has worked with Hippocrates Health Institute since 1994.



Viktoras Kulvinskas

Co-Founder of the Hippocrates Health Institute, Viktoras has been a practitioner in the holistic field for over 35 years. He is the author of five books, including: *Survival into the 21st Century*.



Andy Bernay-Roman BA, MS, LMHC, NCC, CCHT, RN, LMT

Andy has been working as a mind/body psychotherapist at Hippocrates Health Institute for over twenty-six years. He has a wealth of experience in helping to discover the essence of solutions.



Dr. Thomas E. Levy, M.D., J.D.

Author of ten books, Dr. Levy has researched how intravenous vitamin C neutralizes all toxins and resolves infections, as well as the dangers of calcium supplementation.



Dr. David Minkoff, M.D.

Dr. Minkoff spends most of his time working with clients and researching and writing. In the online program Dr. Minkoff shares his work on Oxygen's role on Health.



Jack Dell'Accio

Sleep is vitally important for health. As the CEO and founder of Essentia, Jack's goal is to create a cleaner and healthier approach to sleep.



Dr. Tim Guilford, M.D.

Dr. Tim Guilford is an expert on Glutathione. Through research he observed that toxins play a role in inflammation. This led him to develop ReditSorb Glutathione.



Bernadette Bohan

After being diagnosed with cancer the second time Bernadette found the Hippocrates Health Institute and adopted the lifestyle of a nutrient-dense, plant-based diet.

LEAD THE FUTURE WITH A PROVEN LIFESTYLE MEDICINE PROTOCOL



TRANSFORM YOUR HEALTH



TEACH OTHERS



TRANSFORM THE PLANET

“I have been interested in health since I was a teenager, about 25 years now. No one I know is a health nut like me, not even in the slightest way. Having interest in nutrition and health has been a difficult road because of all the different ideas and information out there. I discovered the raw food diet years ago and now that I have finished the online program at Hippocrates I feel complete.

After all my studies over the years, the Hippocrates living foods lifestyle makes perfect sense to me. I feel very satisfied and complete now. Living a life where I incorporate living foods, sleep, meditation, massage, and all the other beautiful elements of the Hippocrates program I can say I value myself to the fullest. Now as I have a health discussion with a loved one I feel as if I have the best knowledge about health, even better than most doctors with 12 year degrees. I feel powerful as I speak to others about living a lifestyle that could change their lives along with the planet’s life. With the knowledge I have received through the Hippocrates online program, I feel confident about everything when people ask me questions about health. The passion in me has risen and I am dying to do more, to live more, and to love more.

The benefits will be endless as time goes by, but for now I have to say my energy and digestion are reaping the benefits. My digestion is pretty much nonexistent now, whereas before I had troubles on a daily basis with my stomach. Consistently constipated, gas, and bloating. I have always had a lot of energy, but now I feel like a kid where I want to just run and play all day. I have learned to love me for me through the spiritual process of this program. Meditation has done wonders for me. I feel as if everything has been lifted off of me and I feel alive. I can’t wait to see where I will be in a few years spiritually.

I have been lucky throughout my life where my skin has been good. Since going on this living foods diet my skin shines. I juice every day twice a day no matter what, along with my wheatgrass shots. I am not 100% raw yet, but in the next month I will be and I know I will feel even more amazing. I remember when Brian Hetrich said “once you go 100% living foods you will feel like a whole different person”. I will never forget Brian saying this.” - **Krina McNall**



Krina McNall

“I have discovered a lot of information that I did not know before. I have managed to find a lot of answers to my questions and more important is that I have entered remission to my Hashimoto Thyroiditis after adopting and embracing 100% the HHI lifestyle.

I wake up in the morning, happy and energised. My vision is clearer, my joint pain is gone, my back does not hurt anymore. I can focus on my work and do not get stressed too quick as I used to before. I have a general feeling of peace and wellbeing. Looking at the sprouts growing has also a highly balancing effect. I feel reborn.” - **Corina Corda**



Corina Corda

“ I am calm and feeling confident and making my right/healthy decisions. I started sprouting again (broccoli and wheatgrass), drinking my green juice in the morning (making one for my husband too), integrating raw foods more and more. It is like I felt 10 years ago when I was on the raw food diet for the first time. I am loaded with lots of energy. I am proud that I made the decision to be on the program. What impresses me the most is, that HHI is working with love, not with fear.” - Isabel Elmenhorst



Isabel Elmenhorst

“This online program has made my life, my family's and many more others whom I shall be encouraging and spreading this knowledge to. This is like an oasis that I came upon as it's a treasure house of knowledge, a step up to an Organic, Compassionate, Disciplined, Ancient and Proven Lifestyle.

This program has opened my eyes and widened my horizons as far as living a sensible lifestyle. It has set goals, and has made my life even more definite. What's more thrilling is, my family loves the program too. When I would speak with them after every module got completed, they felt I spoke on very scientific lines, so all of this has made complete sense to them too. Additionally, this program has added great value to my wish of starting an environment-friendly center for health and wellness.

This program has been a complete package in terms of 'value for money' and 'learning from the learned.'

The benefits are aplenty in living the Hippocrates Lifestyle. It not only has rejuvenated my system, it has refreshed and educated my mind. It's therapeutic in every way - eating living raw vegan food, aligning my mind, body and spirit, exercising regularly and meditating.

Following this lifestyle, I believe and see a change in the way I deal with challenges and difficult situations with no stress and more ease. I have gained immense knowledge on how to take utmost care of my family, pets, and friends in a different level altogether. Now I know exactly what plant-based simple treatments I can offer for different symptoms.

All of this I have learnt in this one year of this program. It's a whole new world and a clean one at that. And the best benefit I know for certain is that this program has been THE RIGHT CHANNEL. This is the most dependable and complete course for anyone: not only for the sick, but also for the healthy. In short, it is for anyone who wishes to go back to their roots, to live a long and balanced life!” - Deepa Lazarus



Deepa Lazarus

"In July 2016, I was diagnosed with breast cancer. My cancer was metastatic (breast, lymph nodes, lung), and the doctors didn't give me much hope for a recovery.

HOWEVER, being one who is super stubborn and who absolutely REFUSES to accept someone else's interpretation for my life, I immediately went on a mission to heal myself.

Yes, I did chemo, BUT I was able to run the entire time (I did several 5Ks), thanks to a vegan diet and lifestyle. After the chemo, the tumors in my breast and lymph nodes dramatically shrank and were encapsulated (a good thing), and the tumor in my lung had disappeared. I did not do radiation. Today, I am cancer free! :)

When I discovered Hippocrates earlier this year, I was ELATED! I finally found an institution that believes as I believe. The body truly CAN heal itself!

So, this year, between finishing up reconstruction surgeries, doing a cross country relocation to the city of my dreams, living with passion and FINALLY pursuing what I love to do, and also losing 60 pounds and getting back to my high school weight, The Hippocrates lifestyle WORKS....if you work the lifestyle! I'm a witness!

The Hippocrates Lifestyle Online Program has TRULY made a huge difference in my life and my health, and I KNOW things will only get better with time!

Have a great day, everyone! May God bless you all!"



Dr. Denean Carr

INTERNATIONAL COMMUNITY

The Hippocrates Health Institute has been promoting a living food lifestyle for over six decades and has helped hundreds of thousands of people who have been to the Institute from over 160 countries. In 2016 the Institute decided to launch the Hippocrates Lifestyle™ Online Program to share their Lifestyle Medicine Protocol with the world. We now have students in 28 countries taking the online program.



**WE REQUIRE ONLINE PROGRAM GRADUATES TO INFLUENCE CHANGE IN EVERY COUNTRY
JOIN THE GROWING COMMUNITY:**

AUSTRALIA	CHINA	INDIA	ROMANIA
ARGENTINA	COLUMBIA	IRELAND	SOUTH AFRICA
BELGIUM	DENMARK	KUWAIT	SPAIN
BERMUDA	FRANCE	LUXEMBOURG	SWITZERLAND
BRAZIL	GERMANY	MEXICO	TURKEY
BAHRAIN	HAWAII	NETHERLANDS	UNITED KINGDOM
CANADA	HUNGARY	PUERTO RICO	USA



Tom Corbett

Founder of ZanaJuices, Tom has created a superior probiotic from organic vegetables grown from heirloom seeds, and living bacteria.



John A. McDougall, M.D.

A physician and nutrition expert, Dr. McDougall has been studying, writing and speaking about the effects of nutrition on disease for over 30 years.



Renate Wallner

Renate is an Executive Chef at Hippocrates Health Institute and also designs raw menus for SeaDream cruises. Her desserts are not to be missed!



Sandy Queiroz

Sandy is a Raw & Living Food Chef and teacher at Hippocrates Health Institute. She regularly lectures to guests and Hippocrates Doctor Day events.



Dr. med. Hegall Vollert

Dr. Vollert is a pioneer in the Future of Therapy. He developed products fusing quartz with vibrationally activated minerals, and he is also an expert in running for health.



Michael Galitzer, M.D.

A nationally recognized expert in energy medicine, integrative medicine and bioidentical hormone replacement therapy, Dr. Galitzer is a leading figure and innovator in the field of anti-aging medicine.



Gregory Culver

Gregory brought NuCalm technology to Hippocrates Health Institute. NuCalm is the only patented system for balancing and maintaining the health of your autonomic nervous system.



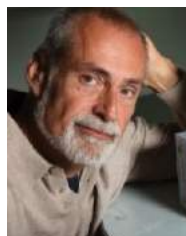
Dr. Chip Sexton, DOM.

Dr. Dorrance "Chip" Sexton DOM., L.Ac., owner & acupuncture physician at Chip Sexton DOM, LAc brings over a decade of experience as a healthcare professional.



Dr. Raleigh Duncan, D.C.

All Clearlight Sauna ® models are not just made with high quality and craftsmanship, but with the knowledge and experience brought by Dr. Raleigh Duncan.



Steven D. Schlosser

Steven works with different institutions, such as Florida Institute of Technology's Marine Research Facility to grow Spirulina. His goal is to bring to the consumer Spirulina in its most pure and unadulterated form.



Michael Saiber, President E3 Live

The discoverer and founder of E3Live, Michael at over 70 years of age, he attributes his youthful appearance and boundless energy to this commitment to eating living foods.



Dr. Roy Speiser

As a scientist and consumer advocate, Dr. Speiser has dedicated his career to addressing, and solving, the catastrophic health impact of water and air toxicity.



Jokūbas Žiburkus, Ph.D.

Jokubas Ziburkus is a Lithuanian-American Neuroscientist. He is the President of a vertically integrated phytocannabinoid-based product development and distribution company, Satimed.



Pamela Knapp, R.N.

With over 35 years of nursing experience, Pam is the IV/Oxygen Medical Supervisor here at Hippocrates Health Institute.



Eniko Fekete

Eniko is a skin specialist, and a neuromuscular and Swedish massage therapist at Hippocrates Health Institute, where she lectures weekly and works with guests.



Michelle Korbel

Michelle manages the organic apparel department at the Institute. She also educates guests on the dangers of synthetic clothing, and the benefits of wearing organic clothing.



Bodhi da Silva

Involved in healing since his early childhood, Bodhi is a master of emotional intelligence. He teaches Thai massage, Chi Kong and body consciousness.



Amanda Marcy

Amanda works at Hippocrates Health Institute as a colon hydrotherapist. She lectures on the benefits of colon hydrotherapy as being both an emotional and physical cleanse.



Dr. Matthew Steinberg, DDS

Dr. Steinberg specializes in Integrative Dental Medicine and lectures on how our dental health is key in our overall whole body health. He is nationally recognized as a leading healthcare practitioner in Dental Health.



Marty Landau

With over 40 years in the beauty industry Marty specializes in organic products and services to maintain shiny, healthy hair and skin. She is the Manager of the Organic Salon at Hippocrates Health Institute.



Elise Goldstein

Elise works with the BECOME skin, hair and body product line for the Institute. The BECOME products are full of vitamins, antioxidants, minerals, omega fatty acids, phytonutrients, anti-inflammatories, active enzymes and more.



Joseph and Tawna of Gratitude Garden Farm

In 2008 Joseph was diagnosed with stage IV colon cancer, and tried treatment a different way, through the Hippocrates Health Institute. Joseph recovered, and now together with his wife Tawna, they run an organic farm.



Vincent Parmentola, R.M.T., C.S.P.

Vincent is 86 years of age and is in vibrant health. He works at Hippocrates Health Institute as a Soma Body Therapist and teaching meditation classes.



Dan Fryda

Dan Fryda, President of Spa Technologies International, has been a leader in the skin care industry promoting the benefits of seaweed treatments for health and beauty for 25 years.

PROGRAM OVERVIEW

	Length of Online Program	200+ hours, 1 year program
	Style of Content	80% Video with PDFs, Keynote Presentations, Audios & Infographics
	Professional Contributors	80+
	Schedule	At your Convenience
	Program Access	24/7
	Webinars	Live Monthly Q&A Sessions
	Community	Private Discussion Group & Hippocrates Events
	Certificate on Completion	Organic, Living Food, Plant-Based Nutrition & Lifestyle Medicine Protocol Graduate
	\$ Price	\$2,900
	Payment Plans	Yes
	Level of Entry	No prerequisites
	Language	English

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