

DETOX THE MIND

Full-body detox starts with the brain. Nathan offers his advice!

SPEAK TO THE SUBCONSCIOUS

Andy Roman offers four tips for a more positive mental state.

VEGAN DREAM KITCHEN

This alumnus redesigned her kitchen to complement her raw lifestyle.

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The Mind

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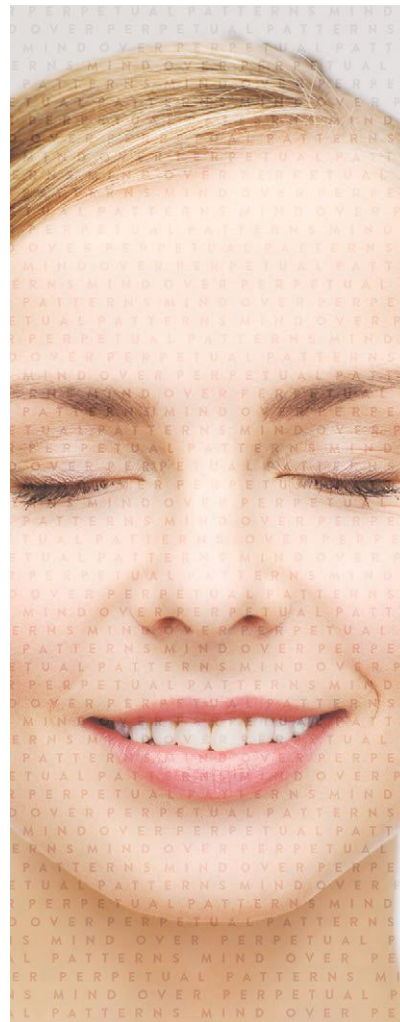
Ask Brian!

Since we're committed to bringing you truth-filled answers, we have dedicated a page for Brian Clement to respond to your health and wellness questions.

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WE WANT TO HEAR FROM YOU!

What do you think of this issue? We welcome your comments and suggestions at HOW@hippocratesinst.org

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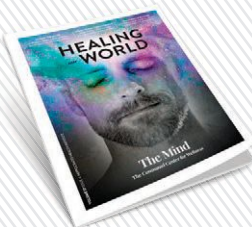
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PUBLISHER'S LETTER

As a man thinketh in his heart, so is he.

A book I read more than 10 years ago opened my eyes to the reality that we can control our thoughts. It is a process for me as I continue to train my mind to think positively and to change the negative things that come to mind here and there instinctively.

I, and probably many others, have been taught from birth about Murphy's Law, that "anything that can go wrong will go wrong." I learned the phrases "trust no one," "life stinks, then you die," "no one does anything for you for free," and "what can you do for me?"

This created an all-around negative environment that caused me to look for the bad in people and expect everything to be tough.

My spirit knew better, yet I couldn't stop myself from always thinking of something negative when anyone was around or in conversation. This wasn't pleasant for me or those around me.

Then I began to replace that stinkin' thinkin' with a happy, positive, truthful thought. I posted affirmations on bright index cards around my house. I read books that reminded me of the goodness in the world and solidified what I knew to be true about others. Turns out the majority of people are good and honest.

It was a conscious effort at first, but relieving at the same time. In my heart, I did see good in people and in life. I am a happy person, but my thoughts often prevented my heart from living joyfully. They robbed me of my peace.

What had to be a conscious effort at first became instinct after just a short while. I live now as a very happy, positive, grateful human being. And if I can train my brain to think differently, anyone can.

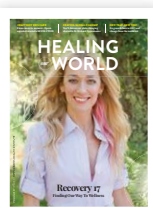
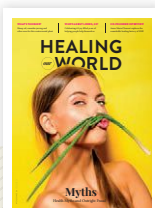
As we approach this wonderful season of thankfulness, consider joining us for our 31st annual Thanksgiving event (read about it on page 39).

I hope to see you there!



Wishing you much health and happiness,

Sabrina
Sabrina



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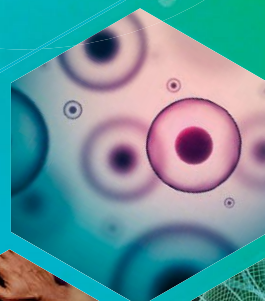
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The most important factor in the prevention of disease, the prolongation of life and the reversal of disorder is clearly a sound mindset. When looking beyond the ritualistic explanation of what this source is, we discover something quite powerful: your true mind is really the heart speaking to you—either amplified and enhanced by the mind and the brain or quite often squelched and confused.

Authentic expression is always generated from the heart center. Our cultural and social abnormalities have led us to “protect” this odd pattern. For this reason, we rarely express or hear genuine truth. Our armor prevents us from expressing freely and speaking from the depths of our souls. It is almost comical to think of how disingenuously we relate to one another. Married couples who have been together for decades do not even know how to communicate. Our poor children endure our lack of direct expression. Other than the rare glimpse of a genuine artist, it is seldom that we receive unadulterated thoughts.

To heal the heart is to heal the mind. This inseparable duo is the essence of who you are. My book *EmoSpirit* states the emotions are representative of either a lack or a depth of spiritual knowledge. In the same vein, the mind is the mirror of the soul and the heart.

Our ongoing exploration into human progress here at Hippocrates is often focused on what we are now speaking about. From the application of psychotherapy, NuCalm and relaxation techniques, we can change our outlook and literal destiny. Find the strength to challenge your self-imposed limitations by liberating your truth. As gigantic as that chore seems, it is the essential step in creating a happy, healthy and successful life.

We stand ready, as you see from the pages of this issue, to assist you in the quest of finding your essence. Each of us has a personal and humanitarian obligation to do so. If all the nearly 8 billion souls on earth rediscovered their inner well and pursued their passionate aspirations, they would be fulfilled contributors who would further unify us all in the process of peace, purposefulness and prosperity!



Warm Regards,
Brian & Anna Maria Clement, PhD, LN
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Nathan Batalion, PhD

Nathan is a vegan naturopath, 65+ nationally-ranked triathlete, food and intentional community activist and author of *50 Harmful Effects of Genetically Modified Foods*. He is also blogmaster of www.healingtalks.com and www.raw-wisdom.com and is currently writing a new book: *Did Galileo Make a Titanic Blunder?*—an exposé of the failings of our mechanical death-centered vision of nature.



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

Antony is a Florida-licensed psychotherapist and a member of the National Board for Certified Clinical Hypnotherapists. He draws his inspiration from Eastern and Western holistic traditions of healing and integrates his experience in psychology, philosophy and theology/spirituality.



Beth Clay

Beth is a powerful figure in Washington, representing the citizens' interest in areas such as alternative medicine (including alternative cancer research and treatment), pediatrics, medical injury, FDA regulation, conflicts of interest, health care disparities, disease prevention, integrative medicine and more.



Tina Discepola, MD

Tina is currently the medical director of Hippocrates Health Institute. Although formally trained and board-certified in emergency medicine, she has practiced as a functional medicine physician for the last 18 years, incorporating acupuncture and energy healing into her practice. She is a diplomate at both the ABIHM and A4M, and an active member of A4M, AAHIN, ACAM, ACLM, and IFM.



Tom Fisher, RN, BA

Tom is a nurse supervisor, Hippocrates health educator and stage-IV cancer survivor. He finds the living foods lifestyle invaluable in his own efforts to keep healthy and happy, and is passionate about empowering others to do the same. Tom has studied under top integrative medical practitioners and institutes in the world, including the Academy of Comprehensive Integrative Medicine and the American Academy of Anti-Aging Medicine.



Zainab Fisher

Zainab is a professional chef who specializes in raw and vegan cuisine. She has served as the chef at The Raw Kitchen and as a guest chef for FOX29 WFLX and the CBS 12 Health and Wellness Experience.



Gill Heart, PhD

Gill Heart served for more than seven years in a top-secret unit in the Israel Defense Forces and specialized in undercover operations deep behind enemy lines. Heart developed the Mind in Control™ mind-training program by adapting key principles from his training and operational experience and applying them to change our habitual emotional response to everyday stress triggers.



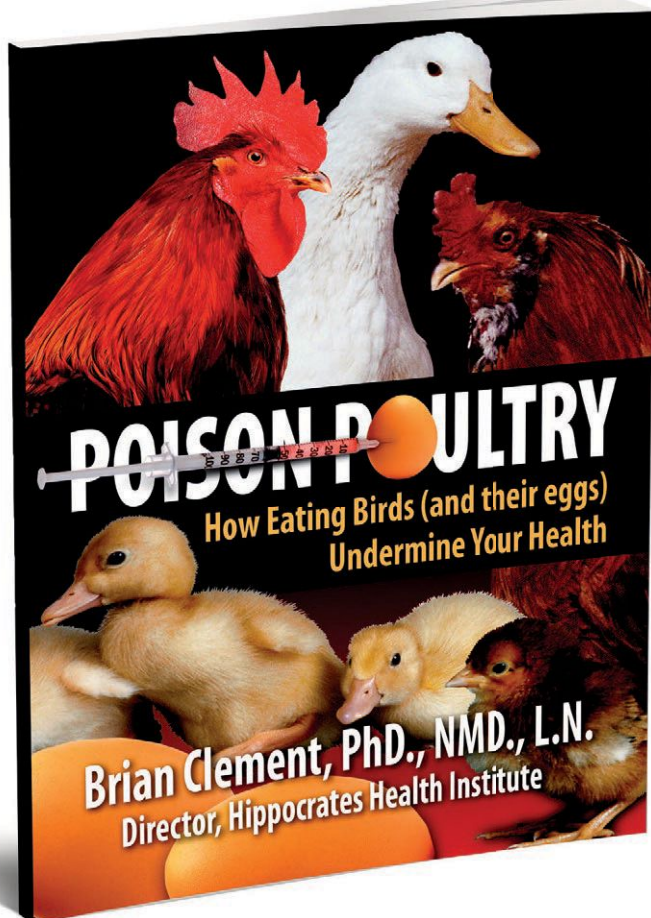
Rudhi Lenardi

Rudhi is a food justice advocate, strategic consultant and mediator. Once a public official with the city of Oakland and director of a statewide advocacy group representing nearly 6 million Californians, he cofounded the POP Campaign and invites you to participate and engage the power of your voice. Visit POPcampaign.org to learn more.



Andy Roman, Licensed Mental Health Counselor, MS, RN

Andy has served as a mind/body psychotherapist at Hippocrates since December 1990, using and teaching radical, feeling-centered, body-focused, awareness tools to help guests and health educators. He conducts private sessions with individuals, couples and families, and facilitates the ongoing Healing Circle Therapy and Support Group.



THE SCOOP ON THE COOP

→ Chicken and eggs have been positioned by their industries as “healthful options” for many years. Are they feeding us lies? In his latest book, Brian Clement delves into the deeply rooted misconceptions of poultry and discusses how it really affects our health, the environment and the wellbeing of others.

Brian, a former poultry consumer who became obese, is one of the world's leading experts on plant-based nutrition. Since early 1970, he has researched the benefits of nutrition and health and has written from his personal transformation.



MATTERS OF THE MIND

The 10-percent statistic is a myth.

Humans do use 100 percent of their brains over the course of a day. They just don't use every section at once.

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20%

of your body's energy and oxygen are devoted to powering your brain. The brain itself only makes up 2–3 percent of your mass.

THE SCIENTIFIC AMERICAN

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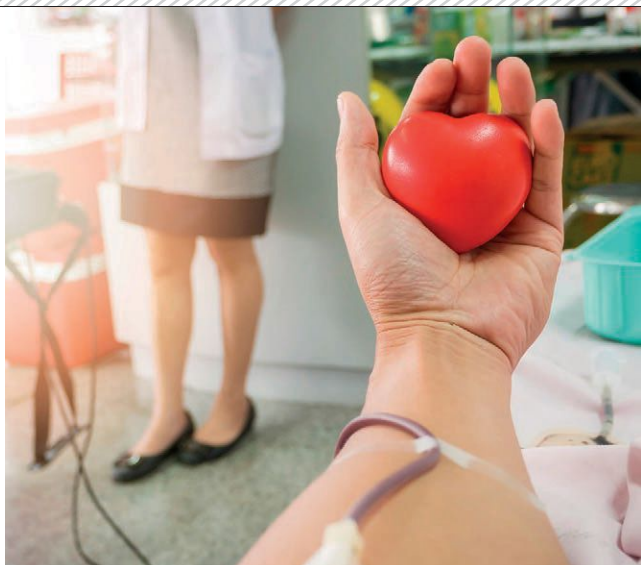
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→ Join us at HHI this Thanksgiving from noon to 4 p.m. to celebrate “turkey day” the vegan way! Enjoy a fully prepared, turkey-free Thanksgiving buffet complete with live music from local musician John Bolus. All proceeds from reservations benefit the Hippocrates Scholarship Fund. Make a reservation or pay at the door. Alumni and children under 12 eat at a discount; children under 5 eat free! See our ad on page 39 for pricing.

— FOR INFORMATION: HIPPOCRATESINST.ORG/THANKSGIVING2017



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➔ Every second of every day, someone in the United States needs a blood transfusion. It is frightening that only 30 percent of the U.S. population is eligible to donate blood. Even worse, only 3 percent of those eligible people actually donate.

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PUT YOUR BACK INTO IT

➔ Doctor Days by CeaOne enterprises will host Chiropractor Day on November 17 at Hippocrates. We hope to see you there!

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H O W M A T T E R S



RAWDICAL!

➔ Hippocrates Health Institute will host its 12th annual RawFest on March 24, 2018 from 10 a.m. to 6 p.m. This 80s-themed extravaganza features music, raw vegan cuisine, special performances, door prizes and a raffle for a free one-week stay at Hippocrates. All proceeds from the raffle go to the Hippocrates Scholarship Fund. We hope to see you there!

— RSVP AT HIPPOCRATES.ORG/EVENTS

DID YOU KNOW?

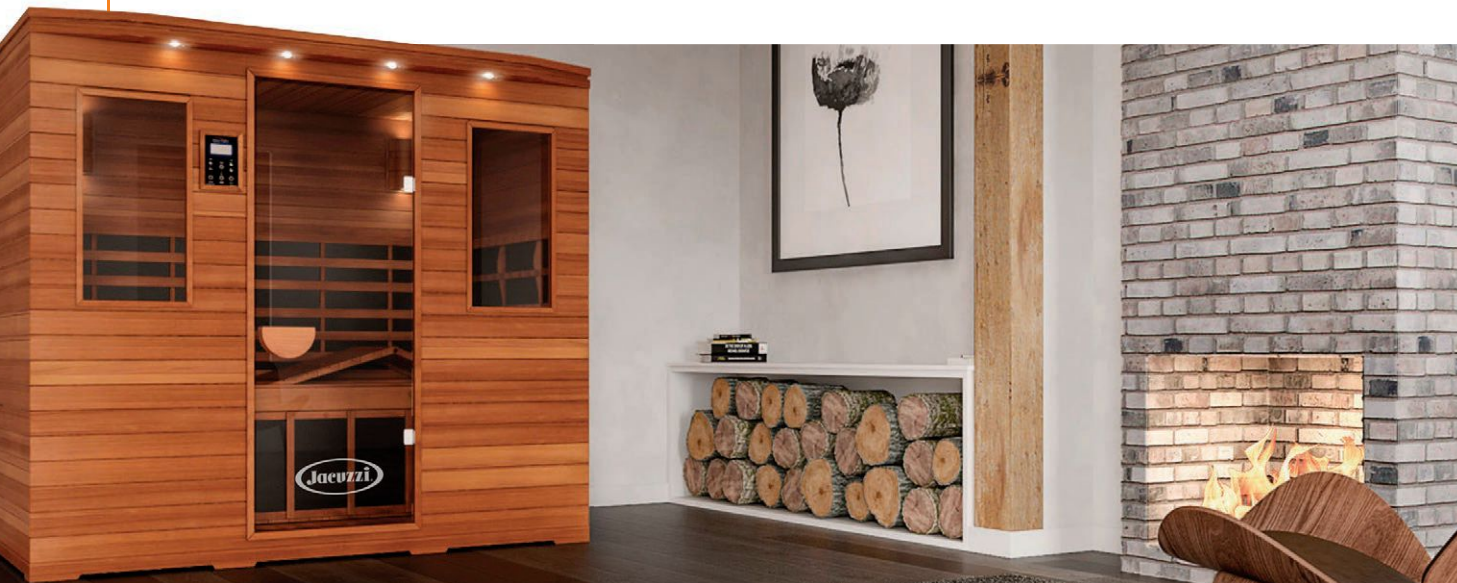
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Heal with HEAT!

by DR. RALEIGH DUNCAN, Founder of Clearlight Saunas



The ancient greek physician Hippocrates—a man commonly referred to as the father of Western medicine—is credited with saying: “Give me a fever and I can cure any disease.” It’s fitting, then, that Hippocrates Health Institute uses infrared saunas as an essential part of its healing regimen.

I purchased my first infrared sauna many years ago while a student at Chiropractic College. I was so fascinated with how it worked: penetrating healing heat, effective detox and immune boost – all in a comfortable, affordable package. Soon, I was putting my patients and friends in the infrared sauna and many were getting dramatic results and relief from everything from psoriasis

“Taking a sauna helps my achy joints. It gets all the excess liquid out—the swelling goes down and all the pain goes away.”

—George Yu, MD, Surgical oncologist, anti-aging expert



and arthritis to fibromyalgia. I became so intrigued with what I saw, that I’ve spent the last 20 years of my life studying and refining the infrared sauna to help people live longer, healthier lives.*

You may wonder how infrared accomplishes all these things? The easiest way to explain it is that far infrared saunas produce the same general wavelength of infrared heat produced by the human body. Infrared heat works with the body rather than against it, amplifying and strengthening the body’s own innate energy and immune system.

Boosts The Body's Healing Response

We all know that stress causes disease, but what can we do about it? Meditation, enjoying nature

- these are a few of the solutions that come to mind. In addition, spending time in the infrared sauna allows you to reside more in the parasympathetic state (rest, digest, heal) and less time in the sympathetic state (fight, flight, constrict). Eventually, the set point of the autonomic nervous system can return to a normal healthy balance and adrenal function is strengthened.

When the sympathetic system is dominant, adrenaline is secreted, heart rate and blood pressure increase and blood vessels constrict. The body responds as if it's being threatened and begins to move energy away from certain functions to focus on self-preservation. As we sit in the infrared sauna, the blood vessels open, muscles relax, pain starts to subside and the body starts to actively heal. This is an important concept that's often misunderstood and overlooked. Our modern life, with all its demands with technology and sensory input, keeps us in a constant state of "fight or flight." We were never designed to stay in this place all the time, but rather only for shorter periods to help us get out of bad situations. Chronic "fight or flight" can keep us feeling chronically tired, anxious or sick, while we wonder why we always feel this way.

EMF Levels In Infrared Saunas

Clearlight Saunas is the only infrared sauna company to shield their saunas from high levels of both EMF and ELF electromagnetic fields. For this reason, Hippocrates Health Institute exclusively uses and recommends only Clearlight

Saunas. Dr. George Yu, eminent surgical oncologist, lecturer and anti-aging expert explains, "Sweating using infrared saunas is an efficient way of pulling toxic chemicals from the bloodstream to the skin for elimination. Modern heating systems are efficient, but you must make sure that the EMF, electromagnetic field, is kept to a minimum. This is why I only recommend Clearlight Infrared Saunas."

How Often Should You Sauna?

In one of his talks, Dr. Brian Clement, Director of Hippocrates Health Institute, shared, "I don't go a day without a sauna. I don't lecture anywhere if there isn't a sauna available. I sauna seven days a week. Infrared is amazing. When you talk about

chelating, guess what? Chelation is not the best way to get heavy metals out of your body, infrared saunas are. With what you pay for chelation, you can buy an infrared sauna. I cannot say enough about it."

*Sauna Use Linked to Longer Life, Fewer Fatal Heart Problems; Harvard Health Publications, Harvard Medical School, Beverly Merz, Executive Editor, Feb. 25, 2015

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Crushing Sadness

| BY ANNA MARIA CLEMENT PHD, LN |



As a young lady, I was in awe of many of the great philosophers. Reading their woven words in my teens incited new and exciting emotions that provoked self-analysis. The expected adolescent confusion was met with grand ideas that led me to gain confidence. Schopenhauer provoked social conscience. Nietzsche deepened my appreciation for intellect. Thoreau sensitized me to our extraordinary natural environment. Somehow, I

skipped the enduring pain of emotional turmoil in my teens and replaced it with fulfilling and inspirational guidance.

Long walks and talks with my father created a sense of calm and security, so battle lines between us never formed. Once I began to explore my career options, it rapidly became clear that the healing arts would be my professional path. After being with people who sought my guidance daily, I realized most of us lack direction, which impairs conviction and abolishes values. As time passed, it became obvious that disorder and disease were often the replacement for a lack of passionate focus.

Over decades, the masses began to wander into no man's land. They sought professional sedatives like antidepressants and psychiatric drugs. Now the mainstream norm is to avoid all emotions by sedating our-

selves with recreational drugs such as alcohol or drugs.

This avoidance of the conquest of self-fulfillment and emotional stability often begins with food substances that either stimulate or sedate the mind. But once you combine bad food with bad drugs, paralysis sets in and results in an endless, relentless loss of self. We now live in a mechanical, robot-like humanity that is volatile and easy to manipulate.

People who lack commitment to their own self-realization tend to blame others for their circumstance. This is why adversity pervades most of society. Every day I see an exaltation in the numbers of people in the lost and confused category. As overwhelming as it seems, it could be rendered by forgoing the culture of dependency. Today, we are not encouraged to thank independently and take responsibility for our life and actions. In fact, the entire global economy is based on dependency, be it on food, health, spirituality or survival. Our priorities are often nonexistent or misguided. We are not taught that life should be a joy and a series of remarkable experiences, but the opposite—that it is tough and painful.

Liberating yourself from your confinement requires a commitment to personal passion. When you seek out and do what you love, you inherently let go of the shackles of diversion. Finding yourself is no more or no less than living your truth.

Over the last four decades, I have watched thousands of people release pain and suffering and embrace health and happiness. If you are brave, clear and committed, you will not fail. Your emotions are 100 percent under your control. There should be no reason for you to require any crutch in achieving joy. 

“When you seek out and do what you love, you inherently let go of the shackles of division. Finding yourself is no more or no less than living your truth.”

RAW FOOD KITCHEN RENOVATION

*The Hippocrates lifestyle
has been my way of
healing my addiction story.*



| BY DIANE DeGUZMAN PYLE |

I believe addiction traumatizes everyone, from the addicts themselves to the people who love them. And it can be impossible to find answers. I've searched for answers and for ways to fix myself. And honestly, I haven't found any perfect solutions.

But preparing and eating raw living food, exercising, meditating, practicing yoga and meeting

support groups heals and improves my physical and mental health around my addiction story. And as I practice the Hippocrates lifestyle, I notice healing occurs all around me, not just within me. I'm not trying to fix or change my addiction story. I'm just healing myself. And the weight is coming off. I feel better, and people around me seem to be in a better place.

That's why I keep coming back to Hippocrates. That's why I became a Hippocrates health educator, and why I practice the Hippocrates lifestyle.

It's my gift to myself so I can keep evolving and being a beacon of hope, health and happiness to the people I love.

The Hippocrates lifestyle follows me everywhere. It was with me last spring when

my husband and I went to the appliance store to buy the new dishwasher we had been telling ourselves for months we didn't need. I happened to notice the kitchen design place in the back of the store, and a week later, the kitchen designers were in my kitchen measuring the room.

I teach raw living food classes, and the designers



Our three-month renovation was done here in Salem, Massachusetts, by Family Kitchens and Tri-City Appliances.

listened while I explained how I needed space for sprouting, dehydrators, a Tower Garden, a juicer and all my other gadgets in a kitchen that could host a dozen people. Without missing a beat, they came up with a beautiful design and helped us hire an amazing and loveable contractor.

We were able to get financing, and many dusty, chaotic months later, my dream of both the beautiful kitchen and a new bathroom with a Clearlight sauna came true.

The oven and stove are tucked along the side of the room on purpose. In American households, the range is typically the focal point of the kitchen. But in our house, we

wanted the refrigerator with cabinet doors and the island to be the focal point.

The Tower Garden fits near the front window. We have a reverse osmosis water purification system we can easily fill with a small faucet hose. There is a large rack for growing herbs, sprouts and wheatgrass, and for storing fruits and vegetables from our farm share. The wheatgrass juicer fits nicely on the counter. There's a separate rack on the other side of the room for sprouting in jars.

My husband and I live in the historic McIntire District of Salem, Massachusetts, minutes from downtown and the ocean. We walk along cobblestone sidewalks past old mansions

to get to our favorite shops and restaurants.

Our house was built in 1847 for a clerk named Jonathan Holman. It was a large house that was renovated and made into two condos by Steve Thomas of "This Old House" TV fame. Now it's a lovely little Hippocrates Health Institute-inspired retreat. 🌱



From Agony to Ecstasy

| BY ANNA MARIA CLEMENT, PhD, LN |

More than two decades ago, a frightened couple named Alice and C.S. entered the Life Transformation Program. Their love was palatable, but their hearts were broken. The top hospitals for cancer in U.S. (M.D. Anderson, Sloan Kettering, Moffit) told Alice that her demise was eminent unless she amputated her leg—but even that would only add six months to her life.

Her loving husband could not live without his wife, but allowing her to be an amputee was out of the question. He researched health centers around the world before choosing Hippocrates. By the end of their stay, Alice was no longer in a wheelchair: she was dancing with C.S. as the Wheat Grass-band played. 21 years later, we interviewed Alice, 90, and C.S., 91, as they sat and held hands and kissed one another.

We can't wait for C.S. and Alice to turn 100. Any alumnus who reaches that milestone is awarded a three-week stay on us!



Q: *How long have you lovebirds been married?*

C.S.: Nearly 70 years. And I'm still crazy about her!

Q: *Do you ever think or talk about your experience of reversing advanced cancer?*

Alice: Not at all. The only time I discuss it is when I try to help people make good decisions about their own healthcare.

Q: *Have you seen a doctor since your recovery?*

Alice: When I healed and saw my doctor nine months after [my stay at] Hippocrates, he was shocked. He said it was unbelievable. But when I began to tell him how I achieved it, he was disinterested and walked out of the room. Now my physician is "Dr. Will to Live."

Q: *As elders, why do you think there's so much confusion in modern healthcare?*

C.S.: I have read hundreds of medical and health studies and reports. It is clear that

doctors are trained by the pharmaceutical [industry], and the objective is to gain further profits from a wide array of disease. The corporations actually fabricate and embellish about disorders and create pharmaceutical remedies for them.

Many of the medicines today are more dangerous than the illness itself. Side effects seem to be rampant and the public is so confused and estranged from other more mature choices. When Alice was ill and [doctors] biopsied her tumor, they removed several lymph nodes. When I asked the doctor why, he said, "we always do."

Q: *How do you maintain your vigor, joy and youthfulness?*

Alice: We maintain the Hippocrates lifestyle, dance and teach dancing weekly. We stretch daily and play ping pong with much younger folks who cannot keep up with us. We sleep eight and a half hours daily, drink plenty of water, cayenne and lemon, play Gin nightly, and travel the world. But most importantly, we continue our lifelong romance.

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Heal*

Life Transformation

P R O G R A M

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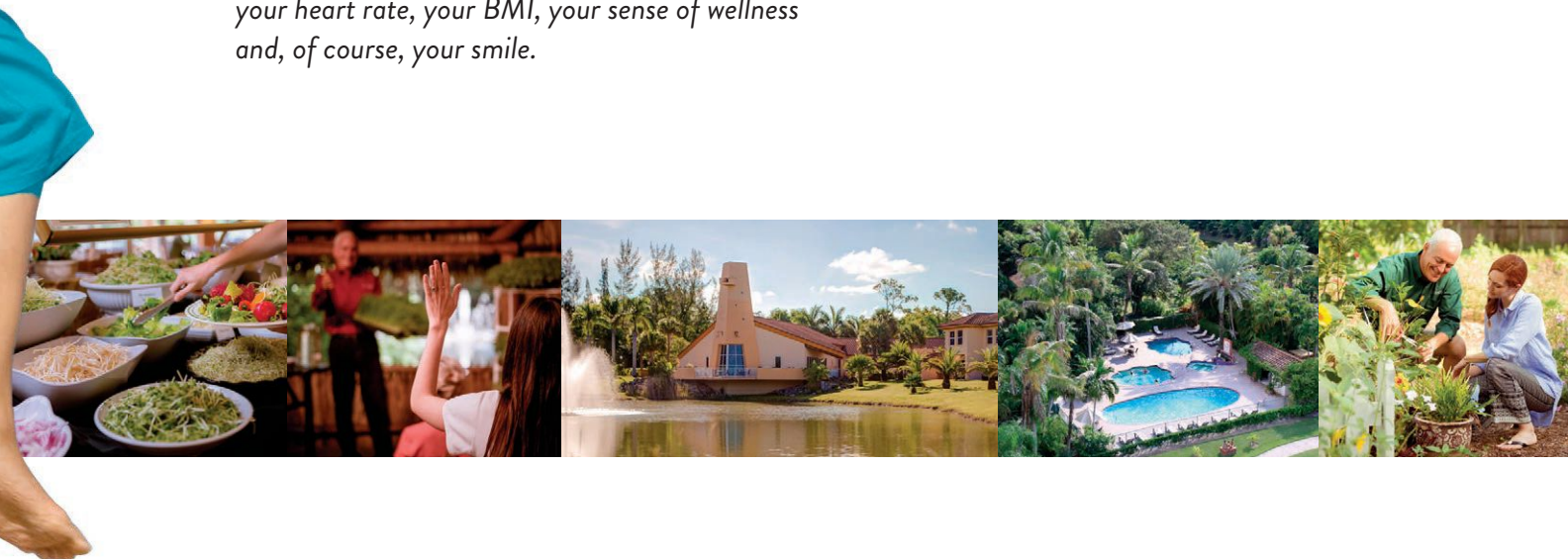
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ASK BRIAN

Brian Clement PhD, LN
Co-director of
Hippocrates Health Institute

SINCE EVERY ILLNESS STARTS IN THE DIGESTIVE SYSTEM, WHAT ARE THE BEST SUPPLEMENTS TO TAKE FOR DIGESTIVE AND IMMUNE SUPPORT?

Of course, the raw and living foods diet is foundational, along with proper food combining. As for supplements, probiotics such as LifeGive Instinct brand support the good flora of the gut. LifeGive HHI-Zymes Plus supports the absorption of nutrients.

MY HUSBAND TAKES TESTOSTERONE SUPPLEMENT INJECTIONS WEEKLY DUE TO LOW LEVELS. ARE THEY HARMFUL?

Testosterone needs to be monitored by a good integrative medical doctor who specializes in bioidentical hormones. It is possible for hemoglobin to go high, and then one would need to give blood to lower it. Your husband can build testosterone naturally by lifting weights or using American ginseng.

BREASTFEEDING ISN'T AN OPTION FOR ME, BUT I WANT TO SUPPLEMENT WITH THE HIGHEST-QUALITY PRODUCTS. WHAT SUPPLEMENTS ARE SAFE FOR A BABY TO TAKE? WHAT WOULD YOU RECOMMEND?

If a mother cannot breastfeed, the only reasonable option is raw organic goat milk. 🐐



FOX NEWS
Health

FOX NEWS HEALTH:

Those who suffer from sciatica, a painful condition resulting from a herniated disc compressing a nearby nerve, can reduce their pain through regular exercise. A new study reveals that regular walking and biking are likely to reduce the effects of sciatica by 33 percent or more. On the other hand, those who smoke or are overweight or obese are 33 percent more likely to be hospitalized with sciatica.



American Cancer Society

THE AMERICAN CANCER SOCIETY:

Exercise doesn't just make you look better, it makes you like the way you look! According to the Mayo Clinic, a brisk 30-minute walk can activate chemicals in your brain that relax and calm you, which can improve your confidence and self-esteem. For optimum health (and a happy brain), the ACS recommends 150 minutes of exercise per week.

HARVARD HEALTH PUBLICATIONS:

New research is beginning to find a link between poor sleep and beta-amyloid protein plaque—the substance most responsible for the development of Alzheimer's Disease. This is because the brain eliminates excess plaque during slow-wave sleep. Regularly interrupted sleep causes the plaque to build up, and may mark the beginning of Alzheimer's progression.

*Learn
Grow
Live*



Educator Certification

PROGRAM

The program is nine weeks long: three weeks to learn the Hippocrates Lifestyle and six weeks of curriculum and lectures.

If you've already completed our Life Transformation Program, the final six-week portion is all you need to complete. You will graduate as a Certified Hippocrates Health Educator, connecting you to the global reputation HHI has earned over the last six decades!

YOUR PROGRAM WILL INCLUDE:

- Classes Monday through Friday
- Meals, wheatgrass and juices each day on HHI campus
- Use of HHI pools, sauna and exercise classes
- Lectures within each session
- Generous discounts on treatments and at campus bookstore

2018 SPRING SESSION SCHEDULE

- January 7: 9-week program begins
- January 28: 6-week program begins

9 WEEKS
OF LEARNING.
A LIFETIME
OF HEALTHY
LIVING!



In addition to having more energy, I also feel much calmer and more composed than I have ever experienced! Being a living example is how I intend to spread awareness. I am now working a talk program where I give presentations in schools, colleges and hospitals here in Nepal.

Prerana Shahm—Nepal



I have devoted my life to using the teachings of Hippocrates to help Chinese people heal themselves with holistic medicine. Hippocrates gave me hope and solutions. Heal ourselves, then help others. 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.

Yasin Ye—China



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

Samer—Jordan, Canada



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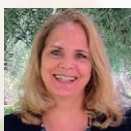
SPIRITUAL BLENDING FOR HEALING THE SOUL

WITH NANCY DIMAIO

SATURDAY, OCTOBER 21
10 – 5 PM \$139 LUNCH INCLUDED

In this fun, hands-on experiential workshop you will discover a way to create change in your life by engaging plant energies and making the most of their subtle powers through your own power of thought. You will create your own custom blend to stimulate psychological and spiritual 'resonance' and the unique healing force that it yields.

- Discover your personal blockages that are holding you from being your authentic self.
- Learn how to perceptively blend essential oils with intention to create your own magical elixirs, with emphasis on restoring emotional and mental balance.
- Transform the power of plant aromas into magical messengers that will breathe life into your intentions.
- Experience how to use known science in combination with your creation to help you on your path to connecting to your higher self.



Nancy DiMaio has been working with essential oils for many years. She is a recognized teacher and international speaker. Her passion is to help others to reconnect to the wonders of natural plants for optimal living.



YES, YOU CAN MEDITATE!

WITH BODHI DA SILVA AND
AMANDA MARSE

SATURDAY, OCTOBER 28
10 AM–5 PM \$139 INCLUDES LUNCH

Experience first-hand how to get in touch with your own knowing. This full day hands-on workshop will teach you several different techniques to access the infinite possibilities of your integrated self, where body, mind, and spirit are no more, but only the "I", the whole ONE is present.



Bodhi Da Silva, an international speaker/practitioner, has studied Eastern meditative practices of Osho, Bio-Energetics, Chi Energetics of ChiGong, the power of light and color in Colorpuncture, and Transformational Breath that have brought together the physical, the mental, the emotional and spiritual experiences as one.

REMEMBERING WHO YOU ARE: A SHAMANIC JOURNEY

WITH CATRINEL POPESCU



SATURDAY, NOVEMBER 4
12-9 PM \$170 INCLUDES DINNER AND
FULL MOON CEREMONY

This workshop is designed to assist you in attaining life goals, restoring health, releasing old behavioral patterns, and emotional pain. Through several interactive

experiences you will dive deep within yourself and discover those areas of your life that are blocking you from living at your fullest potential.

You will step into the world of the mythic and learn to see the unseen through shamanic eyes. You will receive tools and practices that will enable you not only to connect to your higher self and discover your true calling, but will also make you aware of the sacred connection that we have with nature and Mother Earth. Medicine walks, outdoor sand paintings and sacred fire ceremonies are just a few of the activities that you will experience.

Catrinel Popescu is a modern shaman. Cat has been practicing shamanic healing at the Spirit of the Inca School since 2009. She is an experienced diver into the unknown, and a bridge between the worlds. She is well versed in creating and embracing change and is intimately familiar with healing trauma, soul loss and intrusive energies.

HAPPINESS CONNECTION

WITH SARA BRONSON

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\$528 DINNER INCLUDED ON FRIDAY, LUNCH INCLUDED ON SATURDAY AND SUNDAY

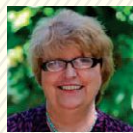
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Is there something about your life that you wish to improve, something unwanted that you would like to release or something missing that you would like to include?

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or thinking about what you want, then nothing in your life experience can change.

What if you could harness the power of your subconscious mind? What if there actually is a magic genie in the bottle? You can and there is.



Sara Bronson, Minister of Happiness, is a One-Brain™ facilitator and life coach who travels internationally to help people release old blockages and past patterns and rediscover happiness.

ANCIENT WISDOM OF HEALING PLANTS

WITH NATURAL NURSE™
ELLEN KAMHI

SATURDAY, JANUARY 27
10AM-4PM \$139 INCLUDES LUNCH

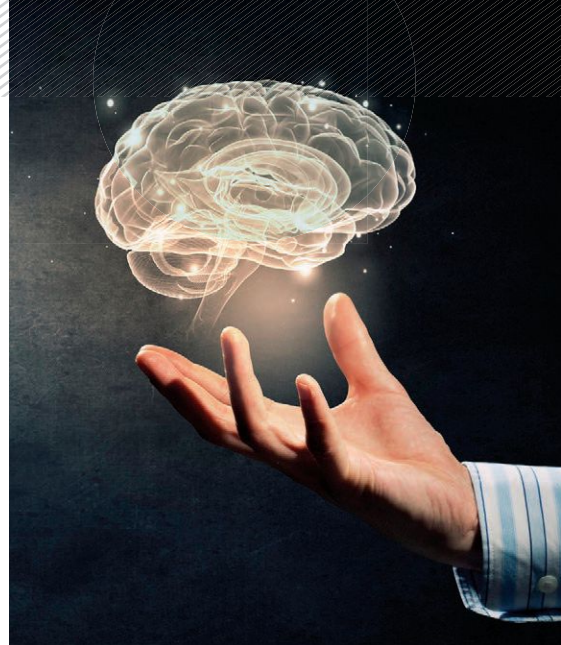
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- Unearth ancient healing arts of traditional cultures
- Learn safe use, dosage and possible adverse effects of plants
- Gather and prepare herbal infusions
- Create sacred amulets as used by ancient civilizations and much more!



Ellen Kamhi PhD, AHG, AAHN-BC, The Natural Nurse™ is a Medical School Instructor, teaching Botanical Pharmacology. She is an author and radio host, leads EcotoursForCures.com to indigenous areas of the world and is adept at radionics and dowsing. Dr. Kamhi educates professionals and consumers about how to care for themselves Naturally!



TRAIN YOUR BRAIN WITH DR. GILL HEART

SUNDAY, NOVEMBER 5
10 AM-4 PM \$150 INCLUDES LUNCH

Discover how the principles and strategies used by Special Forces in the military to train undercover operatives can help you to transform how you react to stress in your daily life.

This full-day, hands-on interactive workshop is designed to train you to use mind tools to re-wire your brain to handle every day stress.

- Understand the neuroscience of stress
- Recognize potentially stressful situations in real time
- Discover how to control the natural emotional responses to stress triggers.
- Learn to maintain emotional equilibrium so you can effectively respond to any situation.



Gill Heart, PhD, is the founder and CEO of Mind in Control. Dr. Heart served over 6 years in the IDF's top secret unit that operates undercover deep behind enemy lines. He received his PhD in Bio-medical Engineering from London University and trains people worldwide on how to improve their performance when operating under stress.

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| **BY** BRIAN CLEMENT, PhD, LN |





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mark
on the
world.*

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Since its creation one year ago, the Hippocrates Ambassador Program welcomed 300 passionate graduates and health professionals from around the world. And they've made a difference.

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If you are a Hippocrates graduate or a health professional in a related field, you qualify to become an ambassador. We offer a generous incentive program to thank you for your efforts.

We also provide a basic computer data system

to help you keep track of everyone you shared your stories with. If one of your contacts reaches out to us, we see that you were their first point of contact, and you receive credit.

If you enjoy speaking to groups, large or small, we have a beautiful presentation that explains our history and the reasons we believe our lifestyle makes a huge difference in a person's life, as well as our planet.

Many of our ambassadors send just one person to us. Others send a few a year. Some have made a choice to become an full-time ambassador and create educational events and presentations around the globe. We are thrilled with the one life changed and the many.

There is no cost to join and no referral quota to meet. Support is always an email or a phone call away. Together, we can share the gift of health with more people than ever before.

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my children:
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How can I dramatically
reduce their risk?

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What do I need to know to protect
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Brian Clement, Ph.D., L.N. – *"Food Is Medicine: The Scientific Evidence"*

Gabriel Cousens, M.D. – *"There Is a Cure for Diabetes, Revised Edition: The 21-Day+ Holistic Recovery Program"*

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Alan Cassels – *"Selling Sickness: How the World's Biggest Pharmaceutical Companies Are Turning Us All Into Patients"*

Peter Wadhams, ScD – *"A Farewell to Ice: A Report from the Arctic" and "Ice in the Ocean"*

Jeffrey M. Smith – *"Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods"*

Dr. Richard A. Oppenlander – *"Food Choice and Sustainability: Why Buying Local, Eating Less Meat, and Taking Baby Steps Won't Work"*

Dr. Joanna Moncrieff –

"The Bitterest Pills: The Troubling Story of Antipsychotic Drugs"



DETOX THE MIND

| BY NATHAN BATALION, PhD |

René Descartes once declared, “Cogito ergo sum,” or, “I think, therefore I am.” He gave more priority to left-brain dominance, to the analytical mind that is so skilled at taking our experience of the world apart.

But should we agree with him? In our age where we build explosive atomic weapons but flounder when trying to reconnect or heal raging chronic illness epidemics?

Our minds actually function like landscapers shaping our raw consciousness.

The word consciousness comes from the Latin *con-scius*, “to know connectively.” This may sound insignificant but not in the light of this discussion. Looking at consciousness as more foundational than the mind, we might in Latin say, “*Conscius ergo sum*,” or, “I am conscious, therefore I am.”

MIND AS THE LANDSCAPER

The mind uses separate concepts, symbols, and words to focus on or point to an element of awareness. It then, intentionally or not, helps take elements of consciousness selectively apart.

For example, when walking along a city street with the idea of a “cement sidewalk,” we are likely mind-directed to look down. When thinking “blue sky,” we are directed to look up. The mind is like a diver who dives into a subtle ocean of sensory consciousness, but not randomly. Again, the mind uses thoughts, concepts and symbols as pointing tools to tell our senses where, how, when

and what to separately experience—in the process splitting the waters of consciousness and creating waves. It may lose sight of the original or primordial connectedness of that ocean before it dived in.

ARE OUR ADVANCED MINDS GOOD FOR US?

Over the last 5,000 years, civilizations have advanced their more analytical mental skills. The phenomenal results led humans to build pyramids, create smartphones, develop antibiotics and launch space satellites. Most impacts appear life supportive, but not all.

The creation of GMOs or chronic illness epidemics, for example, reveal that something is still amiss. As to individual inner states, 1 out of 5 Americans take psychiatric drugs, 1 out of 4 have a mental illness, and 1 out of 2 adult Americans will become mentally ill during their lifetime. As to children, 1 of 5 already suffer not minor and inconvenient but rather debilitating mental disorders.

HEALING AIMS

It is no doubt important to retrace our cultural steps, our collective right/left brain polarity or what built the modern psyche, but it seems more urgent to address the acceleration in mental health epidemics—including autism, Alzheimer's disease, attention deficit disorder, anxiety, personality disorders, depression, schizophrenia, and much more.

It's time to focus on what might help those with such disorders for these purposes:

- Attain a clearer, cleaner mental view of life,
- Focus attention to positive, meaningful organization and undoing chaos,
- Maintain a healthy short-term memory, and
- Think with speed, agility and flexibility.



*The
mind
is like
a diver
who dives
into a subtle
ocean of
sensory
consciousness,
but not
randomly.*



➔ HEALING APPROACHES

PHYSICAL:

Regular sweats

Either athletic sweats or saunas help remove toxins from the whole body, including brain cells.

Lifting brain fog

Turmeric seems the most anti-inflammatory of spices, but is poorly absorbed. Use more absorbable liposomal turmeric with concentrated curcumin, along with liposomal B12, and nutritional yeast for the wider B-complex. Sometimes other herbs help synergistically such as Ayurvedic-sourced Bacopa and Chinese-sourced Huperzine A.

Regular exercise

Cardiovascular exercise improves brain circulation and yoga exercises help us meditatively relax.

Fasting

Ridding the body of toxins that make life numb or unbearable.

Adequate sleep

During sleep, the mind detoxes and reconnects its inner light.

Adequate dietary minerals

Certain minerals, like magnesium, help relax both body and mind. Sprouts and raw green vegetables are especially mineral-rich.

Brain wave technologies

High-tech means exist to stimulate brain waves that help with relaxation.

MENTAL:

Consciousness-connective

thinking: We concentrate on more positive constructive, and nurturing thoughts to replace hateful, disruptive or harmful negative thoughts.

Emptying the mind: We either quiet the mind by emptying it of negative thoughts or, since the conceptual mind has this innate talent to split elements of connected awareness apart, we empty this conceptual mind entirely for a more peaceful state. Meditation by itself is a powerful way to detox the mind. This can involve many useful visualizations:

- *Deepest relaxing:* We imagine supreme or penultimate relaxation.
- *Completely letting go:* All stresses and/or conflicts are let go.
- *Sense of melting:* We release tense rigidity in favor of a relaxed flowing.
- *Imagining sounds:* We imagine sounds like “om” or the Hebrew word “shalom,” meaning peace.
- *Imagining more sensory relaxation:* We imagine relaxing smells, tastes, and touching.
- *Life-loved and blessed:* We imagine warmth enveloping us, like the love of parents.

Ultimately, the negative thinking creating mental toxicity is diluted by engaging more “connective-consciousness” modes of thinking or is eliminated by removing divisive and negative thoughts altogether. One way or another, we detox mentally.

DR. TINA'S

TOP 5 BRAIN BOOSTERS



1

FEELING
THE BLUES?

Blueberries are filled with proanthocyanidins (a plant nutrient) that give them their blue color. Proanthocyanidins decrease the damaging free radicals in the brain cells, therefore protecting the brain against damage from environmental toxins. It is also thought that these nutrients can reverse some age-related memory loss and motor skill decline.



2

TURMERIC AS A
BRAIN TONIC?

That fabulous spice that adds yellow color and distinct flavor to many dishes is a potent brain protector. Research shows that curcumin, the active ingredient in turmeric, protects the brain against inflammation and amyloid plaques, which are linked to Alzheimer's disease. It's best to eat turmeric freshly grated.



3

ARE YOU
PUZZLED?

We hope so! Puzzles can help keep your memory sharp as you age. A University of California at Berkeley study showed that brain teasers such as crosswords, Sudoku and jigsaw puzzles stimulate the part of the brain that handles memory and abstract thinking. If you're wondering what to give your elderly aunt or neighbor next holiday, head to the game section of the store.



4

READY FOR AN
OIL CHANGE?

The brain is 60 percent fat and loves to be lubricated in healthy fats, which help with all the brain's functions. Healthy vegan sources of omega-3 fatty acids are walnuts, hemp seeds, flaxseed, chia seeds and seaweed. Remember to choose cold-pressed seed and nut oils as omega-3s are damaged by heat.



5

COLORING
FOR GROWN-UPS?

It's all the rage. Adult art therapy can create calm, intensify focus and diminish anxiety. It channels the creative center of the brain and keeps fine motor skills strong. Adult coloring books are attractive, intricate and inexpensive. Try pairing your coloring session with some pleasurable music to waken and entice every area of your working brain.



| BY SHALESH KAUSHAL, MD, PhD |

As we age, we grow more in tune with our brains' health. We don't know exactly how our brains work, nor are we aware of their functioning, except when it becomes abnormal. For example, patients who have memory loss, slowing of speech, or inability to move parts of their bodies are aware that something is wrong with their brains.

There have been amazing advances in our understanding of a whole host of conditions in the past half-century. At the core of these advances is the physician's skill to understand an organ's structure and function. A cardiologist, for instance, can noninvasively image the structure of the heart and recognize the metrics that pinpoint cardiac conditions. To "see" disease before it becomes symptomatic is the goal of all medical traditions.

Sophisticated technology and ingenious software made it easy to perform these diagnostic tests in outpatient settings. But until recently, brain specialists still tested mostly in hospitals, which is time-consuming and stressful for patients and families.

Fortunately, HHI recently acquired a novel FDA-approved device, the eVox system by Evoke Neuroscience. This device performs five different tests of brain function and provides a map of where dysfunction may be occurring. For people visiting HHI, this device offers distinct advantages of speed, convenience and comfort.

As part of the eVox assessment, the following reports are reviewed and provided to the patient in a simple color-coded format:

- **COGNITIVE RESPONSE MEASUREMENTS** determine how quickly and consistently the brain signals muscles to react.
- **BRAIN SPEED TESTS** measure how efficiently the brain acquires new visual and auditory information.
- **HEART RATE VARIABILITY** measures the balance between the sympathetic and parasympathetic tone. It's also a quantitative measure of how much reserve and capacity our bodies can tolerate physical and psychological stressors
- **NEUROIMAGING** measures electrical activity on the surface of the brain and generates a topographic map of the results. The testee wears a futuristic-looking skull cap for this part of the test.

Some of these tests aren't new. They've been validated by a body of published, peer-reviewed literature from the world's top medical institutions. eVox is unique because it integrates these tests and provides more comprehensive brain data in a comfortable clinical setting.



HIPPOCRATES FRANCOPHONE PROGRAM

FRENCH GROUPS

BIENVENUE AUX CLIENTS DE LA
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SEJOURS TRADUITS FRANCO-
QUEBECOIS EN 2017-2018

- 17 DECEMBRE 2017 AU 6 JANVIER 2018
- 8 AU 28 JUILLET 2018

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Nut Loaf

You'll go nuts over this vegan-friendly meatloaf substitute, complete with home-made Red Pepper Ketchup!

INGREDIENTS

Nut Loaf

3 cups pecans, soaked
3 cups walnuts, soaked
2 red bell peppers, chopped
1 cup chopped carrots
2 tbsp paprika
1 tbsp garlic powder
1 tbsp poultry seasoning
1 cup onion, finely diced
1 cup celery, finely diced

Red Pepper Ketchup

2 cups chopped red pepper
1/4 cup chopped red onion
1/8 cup chopped red beet
2 tbsp paprika
2 tbsp ground flaxseed
1 tbsp celery powder
2 tsp garlic powder
1 pinch ground clove
2/3 cup Extra Virgin Olive Oil
1/2 tbsp lemon juice
1/4 tsp liquid stevia extract

DIRECTIONS

STEP 1: In a mixing bowl, combine all ingredients except onion and celery. Process mixture through juicer using homogenizing attachment.

STEP 2: Season to taste. Add onion and celery. Mix by hand.

STEP 3: Shape into loaf on dehydrator tray with unbleached parchment paper beneath. Dehydrate overnight.

STEP 4: Blend ketchup ingredients. Top with ketchup and return to dehydrator for at least 2 hours. Enjoy!

Tempeh Salad

Tempeh is a low-fat, cholesterol-free meat substitute made from soybeans. Its unique nutty flavor and firm texture gives this salad a different sort of kick — plus 18.2 grams of protein!

INGREDIENTS

1 pkg organic tempeh, cubed
1 pack mixed organic salad
2 tbsp olive oil
3 tbsp vegan mayonnaise
2 tsp lemon juice
1/2 clove garlic chopped
2 tbsp shallot minced
3 stalks celery, minced
1/2 cup spouted broccoli
1 tbsp dried parsley or cilantro
1/4 tsp curry powder
Dash cayenne pepper (optional)
Sea salt and pepper to taste

DIRECTIONS

Mix all ingredients together in a small bowl and enjoy!



Would you like to share your delicious and nutritious raw vegan plant-based recipes with the nearly 100K worldwide readers of HOW magazine?
SUBMIT YOUR RECIPE NOW! HOW@hippocratesinst.org

Recipes courtesy of Zainab Fisher, a professional chef specializing in raw vegan cuisine. She was formerly the chef at the Raw Kitchen, a guest chef for Fox 29 WFLX and PBS, and chef for the CBS Health and Wellness Experience.

Contact zainab@zeliciouscuisine.com or 561.629.0593 for more information.

HIPPOCRATES
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31st
Annual

**VEGAN
THANKSGIVING
CELEBRATION**

THURSDAY, NOVEMBER 23RD
12:00 - 4:00PM

**AN EDUCATION
ON CELEBRATING THE
VEGAN WAY**

SCHEDULE:

11:30 AM: CHECK-IN & TOUR

12 - 1 PM: 1ST COURSE

1 - 2 PM: THANKSGIVING CIRCLE

2 - 4 PM: BUFFET

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IN THE RED AND HEALTHY

The benefits of infrared energy work well for those with chronic pain and challenging disease.

ROBBY BESNER knows from personal experience how infrared energy provides an abundance of health benefits, pain relief and detoxification.

When his beautiful teenage daughter Julia was diagnosed with Lyme Disease, her quality of life became nonexistent. Visiting doctors throughout the country left her with a drawer full of antibiotics, pain medication and muscle relaxers—all of which made her body not only riddled with Lyme and other parasites but also highly toxic.

Passionately seeking natural ways to help his daughter detox and find pain relief, Robby visited China to research infrared energy. That was a life-changing journey for the family.

Robby began developing easy-to-use products that incorporate infrared energy and negative ions for his daughter to use at home. These comfortable heating pads and portable infrared saunas detoxify the body and kill parasites and bacteria. For Julia, infrared treatments were far more effective than the cocktail of medications she was prescribed.

"She still had Lyme disease, but she was basically symptom-free," Robby says. "Because of the technology, she was the healthiest and strongest she had been in years."

From that, the family formed a company called Therasage to help others struggling with chronic pain and other challenging diseases.

Although Julia passed away suddenly in April 2015, Robby and his wife Melody continue operating their Boca Raton-based business in their daughter's memory.

"She went out at the top of her game," Robby said. "She was living as purposefully and as close to being symptom-free as she could. Along the way, she touched so many people's lives, and she's the reason we're so passionate about helping others."

Robby is a distinguished annual contributor at the World Committee on Infrared and has been appointed to a four-year tenure with the Specialty Committee of World Federation of Chinese Medicine Societies. He also serves on Hippocrates Health Institute's Education Committee.

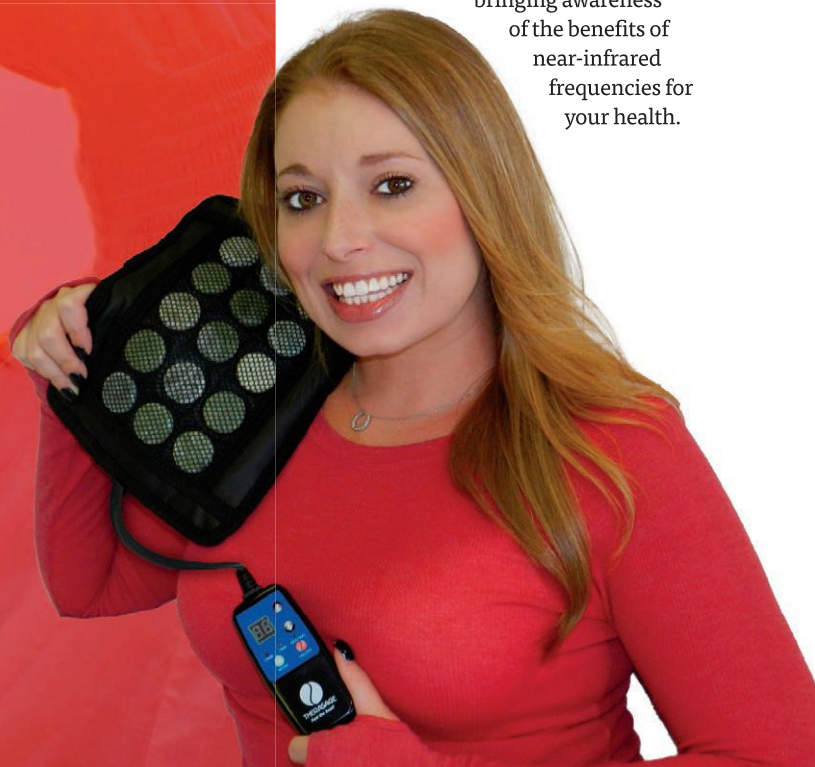
During a phone interview, Robby explained the benefits of infrared technology.

Q Can you give a brief introduction to what infrared frequency is?

A Infrared technology helps relieve pain, enhance the immune system, provide natural detoxification, increase metabolism to improve weight loss, strengthen the cardiovascular system and relieve stress. People come to us because we're the leaders in natural healing with infrared and earth elements.

There are three different wavelengths of frequency—the near frequency, the mid-range frequency, and the far frequency. In the past 20 years, most people focused on the far frequency, which penetrates deeper and is great for the detoxification of heavy metals and neurotoxins given off from parasites and bacteria. Thanks to the research we do at Therasage, we're now

bringing awareness of the benefits of near-infrared frequencies for your health.





Small Heating Pad



Thera360° Portable Sauna

Q Have there been scientific studies in the field of infrared technology?

A The science behind infrared is expansive and dates back more than 100 years. There are many clinical trials and assays published in a number of publications including the *Journal of the American Medical Association* and the *New England Journal of Medicine*. NASA integrates infrared technology into their space shuttle programs. Hospitals use infrared technology in their neonatal care units.

Q How does infrared frequency improve health?

A The frequency of the wavelength resonates or vibrates at the same frequency as the water inside your body. When that happens, it generates a vibration called bio-resonance, which sets the stage for many very important physiological health advantages. Bio-resonance generates heat, which causes vasodilation and the natural production of nitric oxide. Nitric oxide is a transient gas that naturally dilates blood vessels, which increases metabolism and allows your body to deliver more oxygen to tissues and organs.

Q What's the difference between warming your body from the inside and warming it from the outside?

A There's a big difference, both anatomically and physiologically. When you warm your body from the inside, you're warming up your organs and muscle mass. Those happen to be the areas of the body that are most vascular. When you warm up a tissue surrounded by blood vessels, they dilate, improving circulation. It's like going from a two-lane highway to a four-lane highway. There is less traffic.

Q Can infrared frequency help people lose weight?

A Absolutely. By warming up the vascular system of your body, you are improving both circulation and metabolic function, which means you're burning calories. Infrared sauna use simulates exercise; it increases your heart rate and circulation, increases your metabolism and burns calories. Infrared frequency is one of the best and most popular ways to lose weight.

Q How does infrared frequency help healing?

A Blood carries healing properties and nutrition. So when blood circulation increases, organs and muscles are receiving more oxygen, more nutrition and more healing properties. Infrared creates healing much faster than the body does on its own.

Q How is Therasage different from other companies?

A There are a few fundamental things our company is very passionate about. Our devices are 3-wave, meaning we employ the full spectrum of near, middle, and far wavelengths. We also use natural earth elements in all our products, which generate negative ions. A healthy body is negatively charged, however almost everyone is positively charged from the toxins in our environment and our food. Exposure to full spectrum infrared and negative ions changes the bodies' physiology and creates healing, immunity, mood enhancement and pain relief.

Another unique feature on all Therasage products is shielding from harmful electromagnetic fields (EMF). Therasage delivers only the healthy infrared frequency so the body does not have to defend itself against EMF frequencies. The body will be completely open to receive the benefits of the infrared and negative ions. And that's important because medical researchers have discovered EMF activates

and energizes disease-causing microbes, which produce toxins that act on the body's cells, tissues and organs. We shield all of our devices so there's no EMF.

Q What other unique things does your company do?

A We use different stones such as gemstones, tourmaline and rose granite in all our devices. So while you're in the sauna, you're not just getting infrared energy, but also all kinds of energies driven by these stones. We use only the best materials tested by laboratories to ensure they're nontoxic. We also make sure our products are priced so everyone can afford them.

Q What feedback do you receive from clients who have used your devices?

A The feedback is amazing. Almost every day we receive a call from a customer thanking us for our technology.



It offers all the benefits of a full infrared sauna in a size you could pack in a bag and take anywhere.

—ANNA MARIA CLEMENT, PHD, LN



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The logo for Hippocrates Health Institute Online Programs. It features the word "HIPPOCRATES" in a serif font, with a green leaf icon replacing the letter "O". Below it, "HEALTH INSTITUTE" is written in a smaller serif font, and "ONLINE PROGRAMS" is written in a white sans-serif font on a green rectangular background.

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HIPPOCRATES LIFESTYLE™ ONLINE PROGRAM

This online program takes Plant-Based Nutrition to the next level, and teaches you the science behind and how to live the Hippocrates Lifestyle Medicine Protocol.



The Hippocrates Lifestyle™ Online Program was created to raise the bar globally in what is being offered in the world of nutrition and healthy lifestyles in the online program arena.

Contributors include more than 80 professionals: Brian and Anna-Maria Clement, Ph.D., L.N., Jeffrey Smith, Rabbi G Cousens, M.D., Dr Gerard Pollack, Donna Gates, M.Ed, Hans Deihl, Dr.H.Sc., M.P.H., Dr. John J. Ratey, M.D., Carla Hannaford, Ph.D., Michel Odent, M.D., Dr. George W. Yu, M.D., Dr. Robert Marshall, Ph.D., Ellen Tart-Jensen, Ph.D., D.Sc., and Dr. David William professor from the Linus Pauling Institute, as well as more than 60 other professional contributors. Contact us for the full syllabus.

Andrei Jablokow, Ph.D. took the Hippocrates Lifestyle Online Program and graduated in July 2017. Here are his words: "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
Hippocrates
Lifestyle™
Online
Program was
created to raise
the bar globally
in what is
being offered
in the world
of nutrition
and healthy
lifestyles in the
online program
arena.*

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."

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."

"This is a program of empowerment," says Jennifer Helene Popken, M.S., Director of Online Programs at Hippocrates, and one of the program's educators. It is a way to really learn from health leaders, and truly take control of your health. The living foods lifestyle is a way to give back to mother earth, and a pathway to reconnect to nature, and one's spirituality.

The program takes 200 hours to complete at your own pace. It is 80 percent video along with beautiful keynote presentations, audio recordings, PDFs and inspiring infographics. The content of the program is highly researched and fully referenced. You have access to the program 24 hours a day. The cost is \$2,900, and there are payment plans available to finance this online offering.

JENNIFER HELENE POPKEN, M.S.

*Director of Online Programs
at Hippocrates*



For information about the program, call **+1 561.531.0534**
or email **onlineprograms@hippocratesinst.org**

You can also visit our website: hippocratesinst.org/online-programs



CHANGING HEALTHCARE. TRANSFORMING HEALTH.

The work that Ann Wigmore and Hippocrates Health Institute pioneered and developed is being taken to a new level in Lithuania.



There's something important to celebrate. The Health Educator Program that Ann Wigmore and Viktoras Kulivinskas began in the 1970s is becoming a fully accredited curriculum at at Kaunas University School of Public Health in Lithuania. This "Lifestyle Medicine Masters Program" emerged in part because the Chairman of Parliament's Health Committee Algimantas Kirkutis, MD and Health Minister Aurelijus Veryga, MD — both former guests of HHI — have on a policy level distinguished true healthcare from disease care and profit-motivated symptom management. This legally sanctioned motion illuminates a client's or patient's course of action and empowers them to choose whether to cultivate vitality or manage disease.



This unprecedented alignment has emerged in Lithuania, where Universities, Parliament and the Ministry of Health have worked to establish the curriculum and resulting practitioner — Lifestyle Medicine Specialist — as a licensed professional integrated into Lithuania's healthcare system.

And the timing couldn't be better. Chronic non-communicable disease (NCD) affects between 75 and 80 percent of

the current Western population. So, to have the total support and alignment of both the government and academia to research and rediscover ways of living that truly nurture well-being could be considered a kind of miracle. This is especially celebration worthy, given how much of the world is controlled by the profit-driven pharma-petro chemical corporatocracy.

At the special UN General Assembly Plenary Session in 2011, it was determined there were two main causes of the global epidemic of chronic NCDs: "wrong priorities of health system, which are oriented towards symptom suppression while ignoring the importance of health promotion and education as well as reducing harmful lifestyle behaviors."

Lifestyle Medicine is rapidly developing as a response to the global NCD epidemic. It has the potential to usher in a new paradigm of health activism where the whole human picture is considered — individual body-mind-spirit and community. The potential transformation from Lifestyle Medicine is tremendous.

But in practical terms, implementing the services of this contemporary medical field is complicated. Lifestyle Medicine challenges more than 200 years of the allopathic medical model.

The emphasis of this new field of medicine shifts the priority from treatment and symptom management to guiding individuals to transform their way of life which caused illness.

One of many strengths of the Masters Lifestyle Medicine Program is the collaboration with International and EU experts. Highly qualified lecturers, medical professionals, scientists and the American College of Lifestyle Medicine (Brenda Davis, RD; John Kelly, MD; Hans Diehl, DrHSc; Michael Greger, MD; Caldwell Esselstyn Jr., MD; Colin Campbell, PhD; Adrian Kennedy, PhD; Neal Barnard, MD; Dean Ornish, MD; Brian Clement, PhD and others) are involved in the program's development to ensure its theoretical and clinical aspects are realized.

The main objective is to train and empower professionals in this new worldview to become practitioners who can integrate Allopathic Medicine and other fields of medicine in a way that goes beyond holistic health.

The Curriculum has received strong support, not only within the European Union, but also from Middle East Countries. It is endorsed by the EU Commissioner of Health and Food Safety Vytenis Andriuskaitis and is being used as a model for the rest of the EU and the globe.

Ann Wigmore planted the seeds in the west after emigrating as a young girl. Her courage and trust in nature's power started a momentum that later Viktoras Kulivinskas and Brian and Anna Maria Clement joined with their own unique talents. Together they started a movement that is reawakening those in her homeland 60 years later.

Thank you to all the visionary Lithuanians who started and continue to foster the planetary conditions for us to evolve our view of health, healing and medicine.



OPPOSITE PAGE: Brian and Anna Maria (bottom) stand at the foot of a statue dedicated to lifestyle medicine professional Ann Wigmore (top) in Lithuania. **THIS PAGE:** The annual Lifestyle Medicine Conference in Lithuania hosts lifestyle medicine professionals from around the world.





EXPERT ADVICE FROM THE A-TEAM

Antony & Andy give you a piece of their minds!

DETERMINED
TO INSPIRE WITH
WORDS THAT
APPRISE, THESE
TWO MEN ARE
COMPASSIONATE,
CLEVER AND WISE!



ANTONY CHATHAM, M Phil, M Th, MSW, LCSW is a Florida-licensed psychotherapist and a member of the National Board for Certified Clinical Hypnotherapists. He draws inspiration from Eastern and Western holistic traditions of healing and integrates his experience in psychology, philosophy and spirituality.



ANDY ROMAN, Licensed Mental Health Counselor, MS, RN serves as a mind/body psychotherapist at Hippocrates using and teaching feeling-centered, body-focused awareness tools. He conducts private sessions and facilitates the ongoing Healing Circle Therapy and Support Group.

A = ANTONY A = ANDY



Q I know I need to follow the Hippocrates program 100 percent for the sake of my health, but sometimes I feel like I don't even care anymore. I'll think to myself, "so what if my life is over? So be it." And I'll actually feel some relief. I know that can't be right! Please help me straighten myself out.

A Wow. Thanks for being so honest! And for reaching out for help. I'm glad you're questioning your thoughts and reaching for clarity as you face these thoughts.

I assume you're dealing with a difficult medical diagnosis of some kind. It sounds like you've concluded that the Hippocrates program can help you, and that you have no room for error.

In that case, I say this: stop struggling, stop fighting, stop

depriving yourself, and do the Hippocrates program 100 percent. Get my point?

They're not the same thing. One is a heavy, heavy mindset, and the other is a fully life-affirming, nurturing lifestyle. You've mixed the two.

To me, it sounds like you have some deep inner questions to answer: Are you a victim of your disease? Have you lost your personhood? Do you choose to live? Do you choose to be healthy? To be

happy? To have peace? Those are fundamental choices without which the secondary lifestyle choices never add up.

Once you do make those choices, reach out for support from your loved ones. Be clear about what kind of support you want and need. Anyone who says "eat whatever you want" or "don't work so hard" just mirrors that inner voice that offers pseudo-relief, and not true comforting. Don't listen to that voice.

Your life, on one hand, is truly reduced: You need to focus and do what will save you if you want to be saved. So embrace the status of your condition, and live one day at a time. Reduce yourself to the basics, to what's truly important to you. Let your situation ignite your soul-searching like never before. Give yourself permission to live. Follow your heart! Speak your mind! Get mad at whatever stops you from choosing to live.

And keep reaching out for help. That's neither a sin nor a crime. You can do this!



Q Ten years ago, I lost my fiancée in a car accident. I grieved for a long time, but have since remarried. I love my husband very much, but I still feel afraid every time he drives alone, even if it's for work. At times I'll sweat or feel my heart race. Is this PTSD? Can I get rid of it?

A PTSD develops in some people who have endured a traumatic event, but not everyone who had such experiences will develop PTSD. To be diagnosed with PTSD you must have these symptoms at least for one month: *one re-experiencing symptom* such as flashbacks, nightmares or panic-inducing thoughts; *one avoidance symptom*, meaning you avoid people, places, thoughts or events that remind you of the experience; *two arousal/reactivity symptoms* such as jumpiness, irritability or difficulty sleeping; and *two cognition/mood symptoms* such as trouble remembering key parts of the event, negative perception of yourself or the world, distorted feelings of guilt or blame and loss of interest in enjoyable activities.

Your description matches some of the symptoms of PTSD. It is possible to work on the condition and feel some emotional relief from it, but it's difficult to tell whether you can get rid of the memory itself. There are certainly appropriate methods for putting the past

behind you and learning to live fully in the present.

The first step to working on it is to address the past trauma and externalize the memory using Neuro-Linguistic Programming and hypnotherapy tools. You might also want to try Eye Movement Desensitization and Reprocess to desensitize the memory which causes fear and other emotional disturbances in the present. We find that a lot of HHI guests with post-traumatic stress found relief through the above strategies in psychotherapy.

Q I'm facing a serious cancer diagnosis and am following the Hippocrates program to save my life. My husband is supportive, but he doesn't seem to fully understand my situation. I find myself resenting him, especially when he pressures me for sex when I don't feel like it. Please help! I'm caught between being mean and giving in.

A There is a Pathway C that is neither being mean nor giving in. Find Pathway C.

The choices you've set up for yourself—being mean or giving in—are both negative for you. That tells me you are both an outer-directed person and one who doesn't have very high self-regard. Finding Pathway

Wife, you are a strong, competent woman, and you've put others first for so long that putting your needs first might seem alien and even wrong. But it's not.

C will depend on finding your inner-directedness, which means being in touch with and taking a stand for your own needs, desires and self-worth.

Whose needs are more important right now, yours or your husband's? I say your needs are more important right now. It's his turn to defer his needs and put you first. That's what love calls for sometimes.

Hubbie, stop whining, and help her get well enough that she wants to have sex with you again. When there's a new baby in the family, we naturally put his or her needs before our own. Why? Because babies are vulnerable and need support just to make it through the day. Well, that's your wife right now.

Wife, you are a strong, competent woman, and you've put others first for so long that putting your needs first might seem alien and even wrong. But it's not.

Pathway C will emerge when you have a clear understanding of what you want and where you stand. So whatever choice you make isn't being mean or giving in. It's doing what you want because you want it, or not doing what you don't want because you don't want it. You're worth it!

Your Subconscious is Listening.

Be sure you're sending the right message.

| BY ANDY ROMAN, MS, RN |

Below the surface of our conscious, everyday thoughts lies a field of information stored in our subconscious mind. Unlike the unconscious mind, whose material we're not aware of, the subconscious mind lives on the fringes of awareness, subtly and subliminally influencing our waking experience.

It's all there, from the trivial to the sublime. The subconscious mind registers everything, day after day, from large to small, through our senses, our emotion, our understanding, without doing anything particularly creative with that input. It simply says "yes" to it all.

As kids, we have no filters. Whatever we're exposed to, we take in, and become. That's how we brilliantly learn language and social rules but also how we take on some ideas and beliefs that may not serve us. What we hear from the significant people in our lives when we're children lays the foundation of what we tell ourselves and how

we feel about ourselves as adults. One study with 4-year-olds demonstrated that in America, children hear twice as many negative, prohibitive things from adults as they do positive, self-affirming things—every day. Year after year, these subconscious messages add up to influence core beliefs about what we can and can't do, what we do and do not deserve, what we can and can't

have. Even our sense of lovability lives in the shadow of our subconscious.

Like a hairy dog walking through a briar patch, our subconscious picks up lots of leaves, twigs, and barbs. By the time we're adults, we end up needing a good comb-through. (That's what therapy is.) We people are sensitive that way.

Kids don't have a patent on passively absorbing the

environment. Commercial advertisers know this and take advantage of our subconscious mind's tendency to take things in and make them our own: with catchy jingles, strong, suggestive imagery, and lots of repetition. Even with adult filters in place, we're still vulnerable.

The good news is there's a lot we can do to enhance our subconscious landscape and get our inner lives on a positive track. Consciousness is the cure.

As a psychotherapist who's worked with thousands of people, and who's worked hard for my own mental health, I say it's time to drench the subconscious with positive and life-affirming input. One way to clean a dirty bucket is to pour in lots of clean water. As it overflows, the dirt comes out, and then, free from past imprints and filled with the pure water of life itself, we finally get to be naturally optimistic and happy. We deserve it. 

TIPS FOR INTERNAL POSITIVITY

1 Be Aware.

Notice negative phrases you hear yourself repeat: "It can't happen for me." "I'm too fat." "I never get it right." Then write and post the opposite as an affirmation on your mirror, computer, refrigerator or wherever you'll see it. Surround yourself with good. Remember: repetition creates habit, and habit rebuilds subconscious pathways.

2 Exercise with Affirmations.

The body plays such a large role in what goes into the subconscious. While you're stretching or peddling, say those things you long to hear: "I'm in love with you!" "You're a great soul!" (Two of my favorites). Reach your muscles with new information.

3 Be Sensitive.

Let the child part of your psyche feel. Sometimes that means more than saying positive things. Make a safe space to feel and grieve the hurts. The heart does get over things; it just needs some space to process and let go.

4 Make Eye Contact.

The eyes are the windows to the soul, and to the subconscious. Say good things directly to your friends and family: "I love how you speak your mind!" "You're awesome!" If you declare it, you wear it. Show up as a positive person and hang out with positive people. Kindness turns even a desert into a field of flowers.



Shield yourself

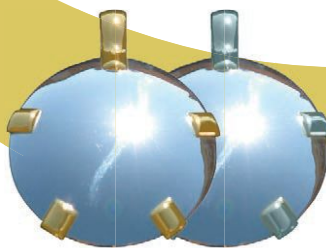
from the
unhealthy
energies
of the
modern
world.



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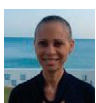
Students worldwide are experiencing new levels of health. Contact us for the new syllabus that outlines the 200-hour, certificate-based program. Payment plans are now available!

PROGRAM LAUNCHING OCTOBER 30



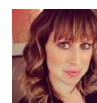
The online program touched on spiritually, physically and mentally. I have taken away so much to use in my daily life to grow and be successful in health. Anyone who wants to be a health coach should take this program as well. I've taken the Health Coach Program and I embrace the Hippocrates lifestyle and beliefs.

John Sagona,
New York, USA



Having always had a keen interest in health, nutrition and overall wellness, I became a Health Coach... 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.

Veronica Romaine
Bermuda



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... I already had a background in self healing, meditation and diet, but this really was like putting all the puzzle pieces together.

Heidi Schetter
New Jersey, USA



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YOUR BRAIN AND THE MIRACLE MOLECULE

BY JOHN B. HEWLETT



When researchers first discovered nitric oxide three decades ago, they had no idea how important their discovery would be. Since then, there have been tens of thousands of studies and articles about nitric oxide's role in the body.

Nitric oxide is a gas produced in the vessel wall that relaxes, reduces inflammation and regulates carbon dioxide in the cell, which helps the body remove waste and toxins more effectively. Case Western University determined that without adequate nitric oxide, carbon dioxide can mutate or damage cells, and possibly contributes to cancer and other health issues.

When we are in our teens or early twenties, the vessel wall produces plenty of nitric oxide. But with age, environmental toxins, poor diet and exercise, stress and medications, nitric oxide levels naturally decline.

Fortunately, Cardio Miracle provides a solution. This vegan supplement is designed to naturally increase nitric oxide in the vessel wall, which will improve endothelial health in the

cardiovascular, neurological and lymphatic vessels. It also relaxes the arterial wall, strengthens the lymphatic contraction and reduces inflammation in both of the above systems and the neurological vessels.

THE LYMPHATIC SYSTEM AND THE BRAIN

The effects of nitric oxide have a significant impact on the brain's health and performance. Some researchers believe it may play a role in future treatment and prevention methods for concussions, PTSD and dementia diseases.

Cardio Miracle can recude these problems by ensuring that your lymphatic system has adequate nitric oxide levels. Amino acids and other natural ingredients help signal and extend nitric oxide to do its important cellular work.

LYMPHATIC INFLAMMATION AND NITRIC OXIDE

If lymphatic contraction is weak from inflammation, waste products won't be removed completely from the tissues.

In chronic illness and disease, toxins and waste products accumulate with a compromised lymph system and contraction strength. It is important to reduce systemic inflammation where possible, and increase nitric oxide to strengthen the self governing contractions within the lymphatic vessels.

Clinical research has proven that the presence of elevated nitric oxide stimulates the lymph nodes and vessel walls to contract more consistently and forcefully. This is critical to reducing inflammation and improving the waste disposal process.

Cardio Miracle assists that effort while delivering absorbable vitamins D, B, C, biotin, selenium, turmeric and many other plant-based ingredients to the body.

People who suffer from brain disorders, injuries, PTSD, seizures, migraines and other brain-related issues report having fewer symptoms, less discomfort and increased mobility after taking Cardio Miracle on a daily basis.

THE FUTURE OF CARDIO MIRACLE

The researchers who discovered nitric oxide earned the 1998 Nobel Prize in Medicine. Since then, the mysteries of how the body heals, regulates, and exchanges key gases for survival, rehabilitation, and disease prevention grow closer to being solved.

Watch for the continued research breakthroughs that will reveal the dramatic impact nitric oxide will continue to prove it's contribution to overall brain health, and the prevention of life threatening conditions of brain dysfunction and chronic nervous system disorders.

Hippocrates Health Institute will be at the forefront of nitric oxide therapy, and will continue to provide Cardio Miracle supplementation to fulfill its mission to improve the human condition.

ORDER YOUR MIRACLE TODAY!

561.623.1002 OR HIPPOCRATESINST.ORG/SHOP

The above is not intended as medical advice. Individuals should consult with their health practitioner on any supplement, diet or therapy. The ideas expressed are the sole opinion of the author based on personal research, interviews and experience, and is protected under the First Amendment of the U.S. Constitution.



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Essentia takes pride in the product we make. We don't hide what goes into or what comes out of our products so you can be confident that sleeping on an Essentia Mattress is a safe and healthy experience.



Brian Clement

"There is no better bed I've slept on that has ever invited me, made me comfortable, and slept so deeply as Essentia."



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HALL OF FAME TRENDS



In the last issue we compared the exchange-traded fund (ETF) investment strategies from top hall of fame investors Warren Buffet and Yale's David Swensen to sample portfolios at [InvestableBenchmarks.com](https://www.investablebenchmarks.com). But while diversification using an ETF investable benchmark is important to financial health, there is a bigger opportunity to address.

Years ago, I learned that certain aspects of the "Blue Zone" lifestyles give us the highest probability of becoming "happy centenarians," capable of enjoying active lifestyles at well over 100 years of age. However, I also learned that medical bills are a leading cause of bankruptcy in America.

INSPIRING ATHLETES

Tom Brady is the best football quarterback ever, given his five Super Bowl wins, including the greatest Super Bowl comeback of all time, and he promotes a plant-based diet through Purple Carrot, his new food delivery service.

Novak Djokovic, one of the best tennis players of all-time, opened Ekvita, a mostly vegan restaurant in Monte Carlo, and **Carl Lewis**, "Olympian of the Century," credits a vegan diet for his legendary success in track, including nine Olympic gold medals.

Barney Du Plessis, Mr. Universe 2014, said the vegan diet is "the new athletic superpower," and "it's almost an unfair advantage over meat-eaters."

GREAT THINKERS

Leonardo Da Vinci is considered the "archetype of the Renaissance man," a "universal genius," and he was vehemently against eating animals.

Legendary genius **Albert Einstein** said "Nothing will benefit health or increase chances of survival on earth as the evolution to a vegetarian diet."

Even famous inventor **Nikola Tesla**, known for changing the world through advancements in power and light production/distribution, and for being a health guru, said "That we can subsist on plant food and perform our work even to advantage is not a theory, but a well-demonstrated fact."

These extraordinary examples of opportunity—and risk—fueled my passion to research leading health strategies, in addition to top ETF portfolios. In this issue, we review hall of fame trends that maximize your health and wealth.

If you want to save money, lose weight, reduce stress, maximize your appearance (hair, skin, etc.), improve physical/mental fitness or just get off the meds, consider these trends. Or, if you want your child, or loved one, to be a world leading athlete, thinker, or healer, this trend may be critical.

LEGENDARY HEALERS

Hippocrates, known as the "Father of Medicine," believed a plant-based diet was the key to both prevent and cure disease.

Dr. Max Gerson, developer of the Gerson Therapy, a predominantly vegetarian diet, was considered by Albert Schweitzer to be "one of the eminent geniuses in the history of medicine."

And of course, our **Dr. Ann Wigmore**, co-founder of the Hippocrates Health Institute and leading specialist to the American Heart Association, built a legendary track record treating cancer and other diseases with a raw vegan diet focused on wheatgrass juice.

VEGANISM

Clearly, the world's top hall-of-fame athletes, thinkers and healers relied on a mostly raw, organic vegan diet and lifestyle. The priceless documentaries *Forks Over Knives*, *Fat Sick and Nearly Dead* and *Cowspiracy* all explain the critical importance of this trend to individuals, our families, the animal kingdom and life on earth in general. There are many superior, non-addictive, plant-based substitutes to all our favorite foods, materials and substances that help to maximize your health and your wealth. Contact us at [ETFPM.com](https://www.ETFPM.com) to learn more.



David Kreinces is the founder and portfolio manager for ETF Portfolio Management, a leading financial advisor.

OCT 1

AT HIPPOCRATES

MIND

IN

CONTROL



GILL HEART, PHD, SERVED MORE THAN 7 YEARS IN AN ELITE ISRAELI MILITARY UNIT KNOWN TO OPERATE UNDERCOVER. HEART ADAPTED HIS MILITARY TRAINING INTO THIS PROGRAM AIMED AT PREVENTING OUR HABITUAL RESPONSE TO EVERYDAY STRESS.

As you read this, your prefrontal cortex is in control. This area of the brain is responsible for analytical thinking, planning, problem solving and decision-making. It is responsible for suppressing your emotions so you respond in a controlled and calculated manner.

But when stressed, your amygdala takes control and suppresses your prefrontal cortex. In other words, when stressed, you are robbed of your ability to think clearly. Your best way out of a stressful circumstance is no longer available. You become emotionally-controlled and fear-driven, which leads to poor stress management.

So how do undercover operatives like CIA agents remain calm, focused and goal-oriented under extreme stress? They are trained. Their minds are trained to control the habitual emotional response to stress. This enables them to prevent the impact of stress on the mind and body, even in high-risk situations. We, too, can be trained to change our response to stress and prevent its impact on our mind and body.

SIGN UP TODAY! 541-471-5867

DOLPHINS AND HUMANS CONNECT

| BY BRIGITA KREIVINIENĖ, PhD and ALGIMANTAS KIRKUTIS, MD |



In 2001, the father of a child with autism from Poland asked that his child have access to Dolphin-Assisted Therapy. So, urged by this father and other parents, the team of the Lithuanian Sea Museum educators and trainers started trying various working methods to help autistic children make friends with dolphins.

After the first trial sessions of dolphin-assisted therapy arranged in the Lithuanian Sea Museum, it became evident that this program was not simply a magic phrasing. The effect of these therapy sessions exceeded not only the parents' expectations but also those of everyone who worked with the children.

It was important to take the individual evaluations and group them to be analyzed in accordance with standard methods approved in Lithuania. Therefore, it was decided the scientific research for investigating possible changes of children would begin after therapy. Between 2004 and 2006, Lithuanian Sea Museum, together with Klaipėda Seamen's Hospital and Klaipėda University, conducted biomedical research on the impact of dolphin-assisted therapy on children's psychosocial rehabilitation.

The study proved dolphin-assisted therapy had no negative impact on the children with disability. In fact, there was proof of a positive effect on more than 80 percent of the children participating in the study. These results were presented to the Lithuanian Bioethics Committee, and dolphin-assisted therapy was accepted.

WELLNESS FOR CHILDREN AND DOLPHINS

In 2015, the newly established dolphin-assisted therapy center opened its door to the families in disability situations. Reconstruction of the dolphinarium and dolphin-assisted therapy center was started because of two main goals—better living conditions for dolphins (dolphin wellness program) and meeting the needs of people with disabilities (human wellness program).

The Dolphin-Assisted Therapy Center is three-floor building with inclusive environment for creating positive experiences. The therapeutic rooms created under the pool of dolphins offers traditional educational and therapeutic activities held in: sensory integration room, movement therapy, arts/sand play/crafts room, music room, relaxation room, playroom,

Sherborn movement therapy, intensive interaction service for complex disability, video analysis, and TEACCH structured learning.

Many of the facilities are either built in and around the dolphins' natural habitat or are made to simulate that habitat. And while the primary goal may be to provide a therapeutic environment for children, there is always attention paid to developing a healthy community between humans and the dolphins that help them.

The content of dolphin-assisted therapy is created as methods are developed, ongoing consultations held, and new studies in the field are planned in collaboration with

the scientists of rehabilitation, psychology, and social work departments of Klaipėda University. Dolphin-assisted therapy is a family program. There are plans to apply this method to adults as well.

Each client for this therapy program is evaluated individually for their psychoemotional, social, and physical status.

PROVEN BY RESEARCH

Between 2007 and 2011, Brigita Kreivinienė in Lapland University (Finland) conducted a scientific study with families raising children with severe cerebral palsy. In addition to the doctoral thesis, data was collected for scientific articles. After many scientific articles were published, it was determined that dolphin-assisted therapy produced positive results, and it is a support method for these families protected under the laws of the Republic of Lithuania.

Recently studies have begun on the effect of the therapy of the dolphins used in therapy. Studies in the field of animal well-being and environmental improvement are planned. Žilvinas Kleiva, chief vet deputy director of the Lithuanian Sea Museum, maintained thesis "Analysis of health examinations of Black Sea Bottlenose Dolphins (*Tursiops truncatus ponticus*) kept in the Dolphinarium in the Veterinary Academy of the Lithuanian University of Health Sciences in 2013 and was awarded the degree of the Doctor of Agricultural Sciences and Veterinary Medicine (02A). Rūta Žilienė, the employee of the Lithuanian Sea Museum, began studying the doctorate program of ecology sciences in Klaipėda University in 2012 and in the nearest future will defend her doctoral thesis "Analysis of individual and social behaviour of Black Sea Bottlenose Dolphins raised under human care." The said thesis is being prepared in cooperation with Dr. F. Delfour, the director of scientific programs of Paris University.

In 2014, the Lithuanian Sea Museum, Rehabilitation center "Palangos gintaras," Klaipėda University, Šiauliai University partnered to develop innovative rehabilitation procedures and methods with dolphin therapy branch. It is expected that such cooperation would enhance development of innovations in the field of children's rehabilitation and increase scientific input. 

PRINCIPLES OF DOLPHIN-ASSISTED THERAPY

• *Welfare of the dolphins.*

First and foremost, dolphins are **equal partners** in the therapy. The interaction time and behavior are monitored to ensure the dolphins are healthy and happy.

• *Holistic approach to the family.*

The family is meaningful to the therapeutic process. Therefore, a full program of intervention is created for whole family.

• *Ethical aspects.* Humans and dolphins are always treated with the utmost compassion and respect.





JAILED FOR TRUTH

Samuel A. Girod

was sentenced to six years in prison for selling herbal health products that were not adequately labeled. Freedom today seems to be for corporate interest and not for citizens of the United States. How dare the major conglomerates that pedal their often-harmful products squash a kind man whose only ambition was to help fellow humans! Governments worldwide have defaulted, and seem incapable of doing their civic duty. We as a people — not only in the United States, but globally — have to take back our lives and stand for truth. **Learn more and find out what you can do at bit.ly/fda-sam**

A new leaf

Dr. Gabriel Cousens, colleague, friend and leader in the field of regenerative healthcare is moving forward with his work in a global outreach. He should be honored for his decades of dedication and commitment he has made in perpetuating the wisdom of a living food lifestyle.

Although his center, Tree of Life, is now history, we surely welcome and look forward to his contribution in this new phase. We send you love and support and hope the next 100 years are fruitful.



DANCING WITH “THE BIG O”

Keeping organic products pure in accelerating times is vital to good health and good food.

| BY BRIAN CLEMENT, BETH CLAY AND RUDHI LEONARDI |

The POP Campaign and Hippocrates remain alert to the winds of change in food politics. We operate from a framework that organic agriculture standards and food regulations should be protected and transparent. Soon, the organic food and beverage industry will exceed \$320 billion annually.

Sadly, there are food operators who put profits before quality. The USDA has uncovered fraud in the marketing of organic foods. Imported soybeans and corn entered the United States wrongly labeled “organic.” Greed along the supply chain led to criminally relabeling non-organic products to scam \$4 million from consumers.

Even U.S. organic food producers are caught cheating. American consumers paid extra for organic milk, but were duped by a supplier that failed to follow organic regulations. We were also informed that some “organic” farmers take shortcuts by using synthetic oils as the basis for growing algae.

Just as we see in other big industries, Big Organics is capitalizing on the regime change in Washington. New opportunities from federal budget cuts, erasing environmental protections and reducing government oversight make it easy to cut corners.

A correct balance in regulations and oversight is needed. Clear and adequate laws and regulations that ensure quality products must be balanced against ensuring low production



costs to keep the cost manageable and profit margins high. When bad actors cheat the system and put fraudulent products in commerce, we all lose.

As the evidence base grows in support of a plant-based diet, the food industry continues down the biotech path of genetically modifying plants and animals in potentially harmful ways. The advancement of biotechnology is outpacing the policy regulations that protect consumers, leaving many areas unchecked and imbalanced. Our health and food are at risk.

The major areas we are tracking include the following:

GMO LABELING REGULATIONS

In last year's GMO Labeling Bill 764, the USDA was to establish a National Food Disclosure Standard with key stakeholders by 2018. These policies regulate and disclose GMO ingredients in an estimated 75 to 80 percent of foods on market shelves. A series of 30 feedback questions were listed on topics such as bioengineering, refined oils and

sugars labels for small packages, excluding restaurant food, etc.

See our website to review the submission. We will keep you posted on any regulatory and legislative progress.

FARM BILL REVIEW

The Farm Bill is up for renewal in 2018. Subsequent “listening sessions” were held around the country by USDA staff. As the organic food market increases, success stories such as Annie's products and fast-food outlets are gaining traction. Consumers—especially the younger generation—are learning that organic food is healthier. With more expendable income, this generation is beginning to drive the market.

But in July, China approved the use of genetically engineered soy and corn. This means their U.S. export market will increase and bump up against local demands for organic production.

There is growing support for a new bill, the Homegrown Organic Act of 2017 (H.R. 3637), designed to encourage and support U.S. farmers who wish

to transition farmland acres to organic, reducing dependency on imports of organics.

BIOTECHNOLOGY OVERSIGHT

The rapid deployment of biotechnology into every level of living organism—especially with the CRISPR technology explosion that originated in Berkeley, California—to all parts of the world remains a policy nightmare. At present there are more than 70 new patented versions of food headed to marketplace shelves.

Any policy that appears to hinder or limit this new Gilgamesh explosion is doomed to challenge and undercuts the basic fabric of who we are. Little attention is given to the plant world applications, although the FDA is seeking guidance on regulating intentionally altered genomic DNA in animals.

The key concern is tracing and labeling food products that have been altered by GE processes, including through use of byproducts or baseline starting molds. We have no idea what the health effects of these new processes are, so caution is urged.

We will continue monitoring these issues to find a policy that makes sense on your behalf. Since movement truly exists on either side of the aisle in Congress, clearly targeted push-backs from all of us can make a difference. With your support, we can express your concerns and leave some sensible footprints for future generations. **H**

A close-up photograph of a woman with dark hair and green eyes, looking directly at the camera with a slight smile. She is holding a clear glass filled with water. The background is a soft-focus outdoor scene with green foliage and a hint of a blue sky. The text 'A Pure Water Solution' is overlaid in a blue, italicized serif font on the right side of the image.

***A Pure
Water
Solution***

As health-minded people, we religiously read food labels to determine the amount of calories we're consuming. We keep chemicals in locked cupboards. Yet when we drink water on a daily basis, we rarely ask ourselves an important question: ***What exactly is in my water?*** The answer may surprise you.

Contaminants such as herbicides, pesticides, microorganisms, heavy metals and a whole list of synthetic chemicals and industrial pollutants are often found in water. Moreover, corrosion of pipes and water mains can easily add copper, lead, and other heavy metals to your tap water. That doesn't sound very healthy or nutritious, does it?

Fortunately, **Waterwise**, a company located in Leesburg, Florida, is a leading manufacturer of premium home water distillers that come in various models to suit every need. The company's high-quality water distillers have been recognized as a safe and effective way to protect against the full range of contaminants found in water.

Waterwise was started 40 years ago by Jack Barber, who at the time resided in the Blue Ridge Mountains of Virginia. Realizing that his spring water was contaminated with bacteria

and parasites, he began putting the water through a process called distillation so he could provide his family with clean, safe drinking water.

Jack's company has grown exponentially throughout the years thanks to a strong reputation of trust, integrity, and professionalism. Today, his son, Greg Barber, serves as vice president of Waterwise.

Although the family-owned business focuses primarily on residential customers, it's a glowing endorsement that their products have been sold to organizations such as the Peace Corps, the Department of Defense and the U.S. Navy. The company has also shipped its products to homeowners in

120 countries throughout the world.

"We're not focused on just selling products; this is a passion for us. We truly believe in distillation and cleaner water," Greg says. "Our goal is to provide customers with the best possible service and high-quality products. We've never wavered from that, and I believe that's why much of our business has been built on referrals and repeat customers."

Jack and Greg also realize there's a big difference between marketing to customers and educating them. Besides manufacturing top-of-the-line water distillers, they also teach consumers about the vital importance of consuming fresh

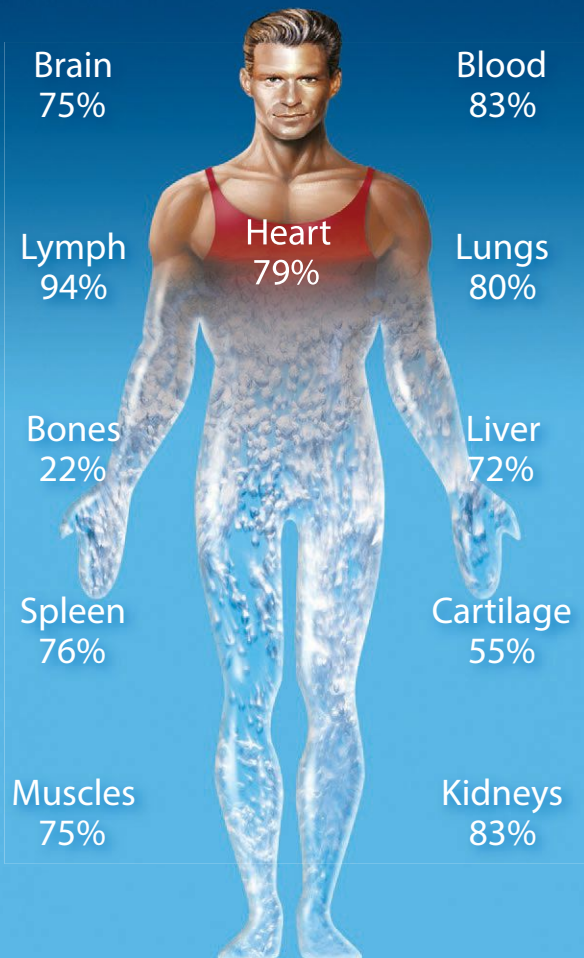
"We want our customers to have peace of mind knowing they are drinking the absolute purest water possible."

—JACK BARBER, FOUNDER

WATERWISE®



You are 60-70% water





Thus, distilled water is the absolute purest water. That's important to note since our society increasingly turns to bottled water because of convenience. Dangerous toxins from plastic water bottles can seep into your water, and bottled water is environmentally unfriendly since most empty bottles are not recycled and end up in landfills.

Waterwise offers a full line of water distillers in all sizes and price ranges to meet your specific needs. Some are even portable and lightweight. These products do not only produce high-quality water for drinking, but also for cooking and personal hygiene.

One of the company's most-popular products is the

Waterwise 7000 Automatic Distiller, which comes in both countertop and floor-standing models. It produces up to nine gallons of water daily and stores purified water in a three-, eight-, or 12-gallon reservoir that is automatically refilled. As a result, it saves consumers a lot of hassle and saves them money from having to buy bottled water. This product also features a seamless, stainless steel boiling tank that can be removed in seconds for easy cleaning. In addition, an optional remote faucet pump system provides the luxury of pure water to your refrigerator's icemaker and kitchen sink.

"As you use water, this model replenishes it automatically," Greg says. "Today's customers

distilled water. In addition to an informative website and product literature, Waterwise also has helpful water consultants on the phone to answer any questions about their products.

"Education is a vital component of our business," Jack says. "We give our customers the tools they need to make informed decisions. We want our customers to have peace of mind knowing they are drinking the absolute purest water possible."

For the Barber family, it's a point of pride to educate consumers on distillation, which many doctors and scientists around the world regard as the gold standard in water purification. Unlike other processes such as filtration or reverse osmosis, distillation provides water that is virtually free of impurities, including heavy metals and most chemicals. Moreover, the prolonged boiling action of distillation kills virtually all types of microorganisms such as bacteria, fungi, viruses, and parasites.

***"We're not
focused on
just selling
products;
this is a
passion for
us. We truly
believe in
distillation
and cleaner
water."***

—GREG BARBER, VICE PRESIDENT





THE WATERWISE 7000 AUTOMATIC DISTILLER

- Guarantees water is **99% free of contaminants**
- Produces up to 9 gallons per day with 8-gallon reservoir
- Stainless steel reservoir, condenser and removable boiler
- Optional remote pump system services up to 5 locations
- Floor and countertop models available

Three portable models to choose from

are really looking for convenience features, and this model is definitely convenient to use and operate."

And here's the best part. All Waterwise products come with a 100-day, 100 percent money-back guarantee. The company even pays shipping charges both ways. "That way, our customers are not out even one penny," Greg says. "That shows how much confidence we have in our products."

Waterwise also provides superior customer support. There is a customer service department to address any questions and concerns as well as a full-time service department

in the event a distiller needs to be returned for inspection or repair.

"When we repair a distiller, we test it through three cycles before we ship the product back in a timely manner," Jack said. "That's because we're so passionate about taking care of our customers."

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WATERWISE WORKS WONDERS!

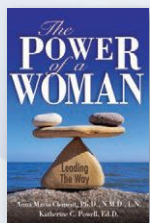
"I've owned a Waterwise 7000 distiller for more than seven years. It's never broken down. And since I live locally, Waterwise even maintains the unit for a very nominal fee. I have recently connected my distiller to my ice maker and sink for easier use, and I love it! Water is the foundation of great health. You should use nothing but distilled for your family."

—SABRINA CICERI



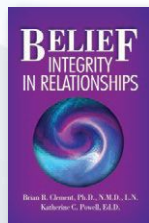
17 TITLES for an enlightened 2017!

Enjoy These Titles from Hippocrates Directors
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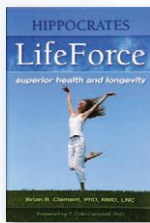
THE POWER OF A WOMAN

Anna Maria Clement, PhD, LN
and Katherine C Powell, EdD



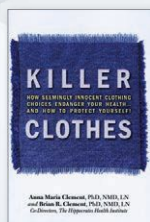
BELIEF: INTEGRITY IN RELATIONSHIPS

by Brian Clement, PhD, LN
and Katherine Powell, EdD



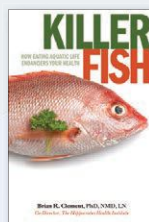
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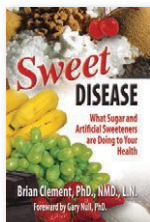
KILLER CLOTHES

by Brian and Anna Maria
Clement, PhD, LN



KILLER FISH

by Brian Clement, PhD, LN



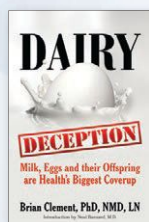
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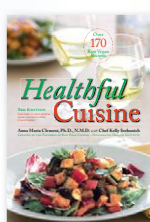
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by Brian Clement, PhD, LN



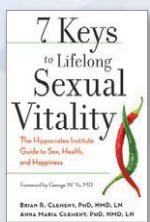
DAIRY DECEPTION

by Brian Clement, PhD, LN



HEALTHFUL CUISINE

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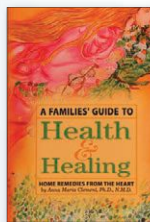
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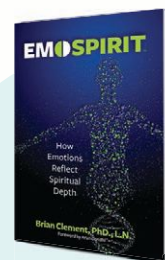
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EMOSPIRIT

How Emotions Reflect Spiritual Depth

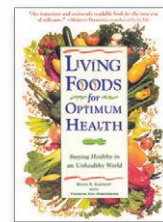
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SOURCE: PERM J. 2013 SPRING; 17(2): 61-66

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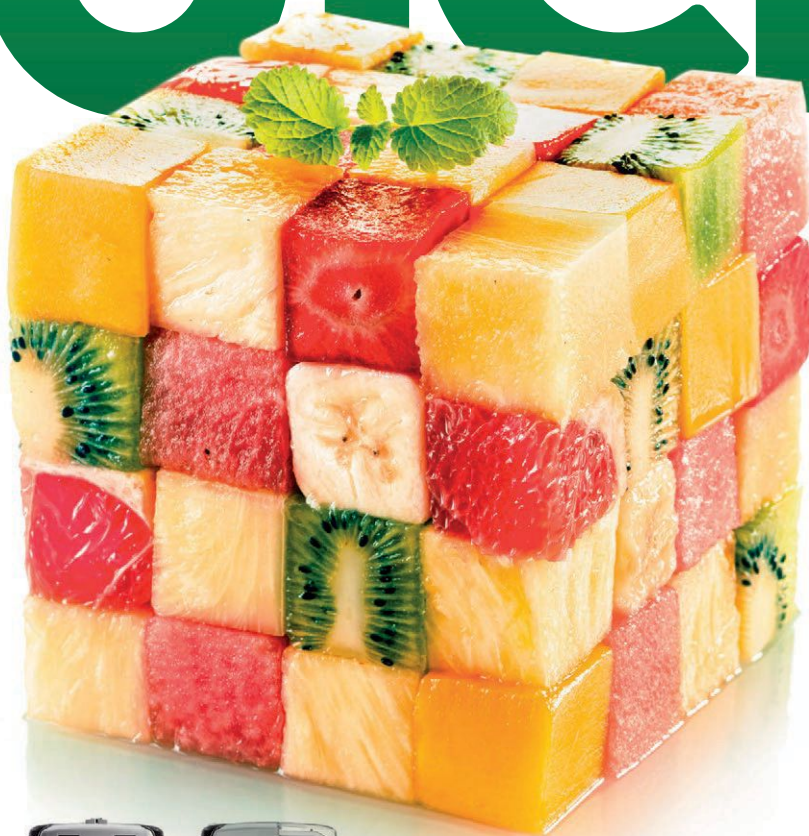
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