

A close-up of a human eye, looking directly at the viewer. The iris is replaced by a vibrant, colorful cosmic scene, resembling a galaxy or nebula with swirling patterns of orange, yellow, blue, and purple. The pupil is a dark, circular void in the center of this cosmic display. The eyelashes are long and dark, framing the eye. The background is dark and out of focus, emphasizing the eye.

Healing OurWorld

YOUR ULTIMATE GUIDE TO WELLNESS

THE QUANTUM HUMAN ISSUE | VOLUME 44, ISSUE 4

HIPPOCRATES
WELLNESS

PIONEERS *of* LONGEVITY
SINCE 1956

Why Choose Eidon's Liquid Minerals?



**HIGHLY
ABSORBABLE**



**100%
GLUTEN FREE**



**NO SUGARS, STARCH
OR PRESERVATIVES**



**MADE IN
THE U.S.A**

The elemental building blocks of the universe and everything in it, alive or not, are the mineral and gas elements we have identified and probably numerous others we have not discovered yet.

Yes, we are, in fact, a living assembly of all of these elements. New research is demonstrating that optimal health is directly dependent upon an optimal cellular balance of these minerals and gasses, as we are a combination of water and dust.

Eidon provides a comprehensive list of known essential minerals in a liquid, easy-to use format and a hair minerals analysis to guide you toward mineral barium and optimal health.



SHOP THE FULL RANGE
eidon.com
CALL US 800-700-1169

EIDON®
Ionic Minerals

20% OFF
CODE: WBJ20

Powered by
HIPPOCRATES
WELLNESS

PIONEERS *of* LONGEVITY

SINCE 1956

Healing OurWorld



/HippocratesWellness



/Hippocratesinst



/HippocratesWellness

Interested in advertising with us?

We have a reach of over 100,000
print and online readers each issue!

For a rate card, email Lynne
HOW@hippocratesinst.org

DISTRIBUTED BY

Hippocrates Wellness
1466 Hippocrates Way, West Palm Beach, FL 33411

DIRECTORS

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

HOW PUBLISHER

Lynne Jackaman | lynne@vivify.agency

ARTWORK AND DESIGN

Tom O'Ryan

INTERESTED IN ADVERTISING WITH US?

If your company offers products or services contributing to the wellbeing of people, animals, or the environment and would like our readers to know its offerings, consider advertising with us.

TOTAL CIRCULATION

110K. Estimated readership: 330K per issue with over 70K digital subscribers.

CONTACT

lynne@vivify.agency

DISCLAIMER

Hippocrates Wellness values the views expressed by its contributors in Healing Our World magazine. While HW appreciates the work of each contributor, some of the food items discussed are not included in the Hippocrates Life Transformation Program's dietary protocol.

The materials, information, and opinions expressed in this magazine are not necessarily those of Hippocrates Wellness' directors, employees, agents, distributors, and/or its affiliated or related entities, content providers, or publisher. This magazine and any information contained herein are for educational purposes only.

Hippocrates Wellness is not a health care provider. It is a non-profit, tax-exempt organization whose purpose is providing guests and students with progressive information. Hippocrates Wellness and Hippocrates Health Institute of Florida, Inc., Do not provide medicine or medical diagnoses, care, or treatment. Any and all information contained in this magazine is to be construed as opinions.

The information herein is not meant to supplant or take the place of your medical treatment, diagnosis, or care. No part of this publication can be reprinted in any form without written permission from the publisher. Unauthorized reproduction in any manner is prohibited.

FOR REPRINT INQUIRIES, CONTACT

HOW@hippocratesinst.org

PREFER DIGITAL FORMAT?

View Healing Our World on the Hippocrates website at
hippocratesinst.org/learning-centre/healing-our-world-magazine/

FL reg. #CH17318. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE

(800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.

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

Contents

5

Ask the Experts

Co-directors of Hippocrates Wellness, Anna Maria and Brian Clement, Ph.D., L.N., impart their wisdom by answering questions sent in by our readership.
With Anna Maria and Brian Clement

21

All Together Now

Are things that seem to belong only in science fiction actually turning out to be a deeper reality, that all of us are unknowingly immersed in?
By Andy Roman

29

Quantum Humans

We explore the powerful connection between human consciousness and Quantum Physics, revealing how our minds can shape reality and wellbeing.
By Brian Clement

39

Biological Photons

We dive into the hidden world of biological photons, natural frequencies, and the incredible quantum energy from the sun that may hold the key to a new era of healing.
By Dr. Joshua Helman, MD

From the Editor	1
Directors' Message	3
Ask the Experts	5
HW Updates	7
Body: A Network of Quantum Fields	11
Your Stories	14
All Together Now	21
Circumcision Vs Science	25
Quantum Humans	29
The New Science of Wellness	35
Biological Photons	39
Clutter is Caused by Confusion	49
Wellness Trends 2024	55
Recipes	61

From the Editor



What does it mean to be human? Perhaps an infinite mix of brilliance, complexity, possibility, and duality? In this era, the boundaries of our potential are constantly expanding, but so are the challenges we face.

At this juncture, we are more connected than ever—yet sometimes more divided. The accelerated pace of technology and progress has unlocked incredible capabilities but left many grappling with a sense of disconnection and overwhelm. This duality does not have to hold us back. Instead, it offers us the opportunity to transcend the limits of individual experience and access something much greater: a collective awareness, a shared responsibility, and a new level of consciousness that embraces not only our humanity but the world around us.

In this fall issue, we explore what it means to be a Quantum Human—one who exists in a state of ever-evolving possibility in a world where science, consciousness, and compassion intersect. We delve into how the mind, body, and spirit can unite in ways that elevate not only our own lives but the wellbeing of this magnificent planet we call home. We embrace the notion that we do not need to master life to live it fully. Rather, we are invited to engage with it—mindfully, compassionately, and with a sense of curiosity about the unknown.

The wisdom of quantum thinking shows us that even small, intentional actions can ripple out into vast, transformative change. With vision, love, and the resilience of spirit, we can reach extraordinary heights—both as individuals and as a collective.

As you turn the pages, you will discover inspiring recovery stories, groundbreaking wellness practices, thought-provoking insights, and actionable guidance from some of the world's leading wellness experts, reminding us all that we are interconnected and that our greatest potential lies in nurturing, not just ourselves but all conscious beings.

Join us as we journey through the infinite power within each of us and the quantum possibilities of what humanity can achieve.

Big love,

Lynne Jackaman, Editor



"We are not human beings having a spiritual experience; we are spiritual beings having a human experience."

- Pierre Teilhard de Chardin

HIPPOCRATES
WELLNESS

PULSE

EMF INTERRUPTION MEDALLION



We're surrounded by electromagnetic fields (EMFs) generated by cell phones, home appliances, and electrical wires daily. EMF exposure can be a root cause of illness.

Fortunately, the revolutionary HW Pulse is an EMF interruption medallion, or necklace, that should permanently adorn your body against the solar plexus area of your chest.

Not only will human-made frequencies be altered, but emotional abnormalities will also be diffused.

We have scientifically explored the state-of-the-art EMF technology and assembled this highly effective tool for protection. Watch the 5G Apocalypse Movie!

**ONLY AVAILABLE AT
HIPPOCRATES WELLNESS**

Call Hippocrates Mail Order at: 877-582-5850
Order online at: hippocratesinst.org

HIPPOCRATES
WELLNESS

PIONEERS  LONGEVITY
SINCE 1956

The Era of Consciousness

A Message from the Directors



We all stand at the cusp of the most transitional period that humans have ever endeavored. The world that all of us are familiar with and that has molded us into who we believe we are today is rapidly disintegrating.

This can be a fearful time that will be unsettling for those who embrace the familiar status quo and habitual patterns but liberating for others who want the burden lifted from them to explore their own authenticity and capacity. Over time, each of us has written books on a broad cross-section of subjects pertaining to human health and progress.

This is the first comprehensive guide that will enable you to step up and into the extraordinary world that we find ourselves embarking on today. Our term for this is: "THE ERA OF CONSCIOUSNESS." AI, and the soon-to-come super intelligence AI, is freeing us from the mundane tasks of cramming knowledge into our brains and allowing us to access information that no one has the capacity to accumulate.

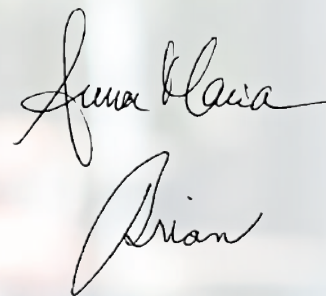
In this early stage, it is stunning to understand that Artificial Intelligence can become conscious intelligence. As humans, we incorrectly establish a belief that we reign over the planet and multiple universes. Now, mathematical rhythms manifest algorithms that seem to supersede all that we are capable of.

What freedom there is in this unfolding story to re-engage with the core of our own selves so that we personify our passionate pursuits rather than struggle to gain challenging insights that do not resonate with our own hearts.

Granted, this will be a turbulent time for our species to face. However, it can result in a reunification of you to yourself, and you to all others, and we, as the human race, can work towards a harmonious, fulfilling, and impassioned existence.

Quantum Human, the book and the national and international tour that presents our newest offering to pioneering enhanced hyper wellness, is something that we hope each of you embraces and utilizes as the solid path back to a peaceful, prosperous, and exceptionally balanced self.

Be Well,

The image shows two handwritten signatures in black ink. The top signature is 'Anna Maria' and the bottom signature is 'Brian'. Both are written in a cursive, flowing style.

Anna Maria & Brian Clement

Ask the Experts

Email us your questions!
HOW@hippocratesinst.org

Q: What are the best foods to help balance your hormones in the Perimenopausal chapter of life? - Donna Green, Quebec

A: Why menstruation and menopause, as well as male andropause, create significant shifts in biological and psychological areas is in great part due to the unhealthy diets that most people consume with the inherent animal hormones, pesticides, and genetic modification CRISPR. Engaging in a pure organic, green plant-based diet while taking over-the-counter hormones - for women, it would be Vitex, and for men, it would be ginseng. When the problem is great or pervasive, seek a well-seasoned bioidentical doctor.

Q: What would you say is the most likely cause of low energy in the afternoon? - Michael Humber, NYC

A: Blood sugar is the number one culprit. When people are on highly cooked carbohydrates, consuming fruit and/or juices, and even worse, condensed sugars like white, brown, honey, maple syrup, coconut sugar, date sugar, etc., they are unnaturally elevating sugar in the blood, manifesting synthetic energy. Then, when it drops like stopping amphetamines, people lose energy and become lethargic. Eliminating all the above-mentioned "foods" and replacing them with organic, green plant food with the inclusion of blood sugar-regulating supplements like chlorella, blue and green algae, and many green plant supplements permits you to naturally balance so that there is consistent energy rather than sporadic highs and lows.

Q: How does sleep impact lifespan? - Anthony Cook, Virginia

A: Most likely, sleep deprivation is the number one cause of brain dysfunction and shortened lifespan. The insurance industry has researched and said it is the foremost cause of all forms of accidents, and needless to say, your ability to live calmly with clarity diminishes. Many experts globally point out that uninterrupted deep sleep for an average of 8 hours is what we need throughout life. Other studies show that sleep loss is cumulative and actually takes hours, days, weeks, and months off our longevity. Dark and cool rooms without sound pollution and the use of proven methods like contemplation, prayer, and meditation help to retrain the brain and bring it back to the circadian rhythm. Here on the Hippocrates campus, we use advanced NuCalm and BrainTap technologies that have consistently proven to be effective.

Q: What's the most effective way to naturally destress? - Liam James, Miami

A: You must find passion in pursuing life. We are all on the Earth to love, be loved, and, most importantly, fulfilled. When we allow ourselves to be in untenable, uncomfortable, and disruptive relationships, workplaces, or friendships,

we are asking for stress, and we will receive it. The tools of prayer, meditation, and contemplation can quiet the mind's noise. Yet, ultimately, it is a losing fight unless you change the environmental cause of the disharmony. We also suggest raw, pure CBD oil, magnesium, Ashwagandha, and 5HTP.

Q: What are the early signs of Dementia? - Hans Berg, Norway

A: Pronouncing certain words poorly, consistently having patterns of forgetfulness, and feeling alone and lost. There is a big difference between memory loss/dementia/Alzheimer's. Here at Hippocrates, we have a cognitive corrective program led by one of the world's foremost authorities on these brain/Neurological disorders. Beyond diet, certain nutrients, treatments, and lifestyle protocols render results. Mainstream medicine is wrong when it says there is not much that can be done with suppressing the brain with ineffective medicines.

Q: How damaging is the sun to our skin, and does it really accelerate aging? - Nikki Bull, Sydney

A: The sun is a double-edged sword. In one way, your body is a solar collector that, until recent generations, was exposed to the sun on a daily regular basis. This was before we diminished the ozone layers and filled the skies with pollutants that reflect and amplify sun rays in an unhealthy manner. The sun does not cause cancer, but even in healthy people, it can provoke wrinkles. So, wearing a well-suited hat and applying quality sunscreen like Lifegive Become, which is employed here at Hippocrates, and a successful remedy. The rest of your body needs to be clothed in natural fibers and/or as nude as possible when in the sun, which is usually 9:00 am and before and two hours before sunset year-round. In the early part of the 20th century and before, hospitals, sanitariums, and doctors encouraged and placed their patients, even in winter, with wind blocks in sunny areas to heal both biologically and psychologically.

Q: What role does caloric restriction play in weight loss and longevity? - Laura Flemming, Hamburg

A: A new Lancet report highlighted that calorie restriction and its counterpart, intermittent fasting, both achieve the exemplary results of longer life, less disease, and managing weight. Here at Hippocrates, we employ the two mentioned lifestyle enhancers with spectacular results. As you know and consistently read in this magazine as well as on our website, a limitless trilogy of guests, for nearly 70 years, who have attended our programs have been able to reverse disease, prevent future problems, and prolong their lives. This is now further supported by all of the researchers and their findings on those who live long lives. Plant diets, exercise, and community are the pillars for centenarians and supercentenarians.

Q: Do you advocate the consumption of soya? - Penny Garcia, Madrid

A: We do not think soya is the best bean for overall wellbeing. Although it contains plant estrogens, and no matter what the health authorities say, estrogen is estrogen. Many disorders like breast and prostate cancer can be provoked by not only the chemical estrogens that your body harbors from manmade laboratory-created concoctions, but the added soy estrogen further revs up the unwanted process. If you are going to consume soy, the best choice is tempeh and/or sprouted soybeans. If you are healthy and vibrant, rare and occasional consumption is not generally problematic.

Anna Maria & Brian welcome Bjorn to the Hippocrates Family
Co-Directors, Hippocrates Wellness



Updates

Find out what's new at Hippocrates Wellness and how you can be involved!

Innovative New Therapies Now Available on Campus at Quest Medical



We're excited to introduce new cutting-edge wellness technologies on campus! Our new Hyperbaric Oxygen Chamber boosts healing by delivering pure oxygen to your body, helping to enhance tissue repair, reduce inflammation, and improve overall vitality. Plus, the Full Body Length Red Light Therapy provides powerful cellular rejuvenation, promoting skin health, reducing inflammation, and accelerating muscle recovery. These advanced therapies are the perfect addition to support your wellness journey.

Our Revolutionary Genetic Offering

Embrace a healthier future with **ExtendingME and Hippocrates Wellness**—where science meets progressive wellness for a better tomorrow. Discover how convenient genetic testing can improve your health and longevity and get to the root causes quicker. Discover:

The Comprehensive Longevity Playbook: Ideal for those with a family history of certain diseases. Or **Lifetime Genetics and Epigenetics:** more suitable for those ready to focus on longevity without family history concerns.

Lose Weight and Transform with our Fitness Protocol



Our 21-day Life Transformation Program, combined with the Fitness Protocol, is designed to help you shed excess weight, boost your metabolism, and build strength—just in time to combat those fall cravings. With personalized training, advanced therapies, and a plant-based nutrition plan, you'll feel energized, revitalized, and ready to take on the new season confidently.

Quantum Cuisine Book - Coming Soon!

Get ready to revolutionize the way you think about food! The **Quantum Cuisine** cookbook is set to launch, bringing you transformative recipes designed to nourish your body from the inside out. Packed with cutting-edge nutritional insights from Hippocrates Wellness, this book blends flavor and wellness in every dish. Stay tuned for a culinary journey that fuses science with vibrant, healing foods to elevate your vitality from our very own Anna Maria Clement and Executive Chef Ken Blue!

Join us for a Vegan Thanksgiving Feast to Remember!



Celebrate Thanksgiving with a delicious organic vegan feast and support the Hippocrates Scholarship Fund! Enjoy raw vegan delights, connect with like-minded individuals, and discover the benefits of plant-based living. It's a day of gratitude, great food, and community—don't miss out! Limited tickets are available!

Announcing Brian Clement's Eye-Opening New Book - Quantum Human

This issue of Healing Our World celebrates the announcement of **Quantum Human**, a groundbreaking new book from the mind of Brian Clement, Ph.D., L.N. It explores the powerful connection between human consciousness and quantum physics, revealing how our minds can shape reality and wellbeing. The book reveals how to unlock untapped potential and influence optimal health and transformation by harnessing quantum bio-frequencies. Merging science with ancient wisdom, Quantum Human offers the ultimate guide to understanding the mind's deep connection to the universe.



Introducing the Longevity Protocol at Hippocrates Wellness



Unlock the secrets to ageless living. The new Longevity Protocol is our upcoming breakthrough that combines state-of-the-art therapies and lifestyle transformations designed to maximize longevity and extend your health span. Stay tuned as we prepare to redefine how you age—beautifully, powerfully, and naturally. Get ready to experience the future of longevity, soon to be unveiled.

Scan the barcode above to register your interest!

The Healing Truths Podcast

Tune in every Sunday from 9-9:30 am EST on: **FM100.3**
or listen to Anna Maria and Brian Clement's podcast catalog on:
hippocrateswellness.org/learning-centre/podcast

DOWNLOAD LEGENDS RADIO 100.3
FROM YOUR APP STORE.



Francophone Program

FRENCH GROUPS

Bienvenue aux clients de la Francophonie
Sejours traduits Franco-Quebécois en 2024/25.

CLAUDINE RICHARD

Ambassadrice depuis la France Naturopathe et
Hippocrates Health Educator

revitalisation@wanadoo.fr
(33) 6 74 93 04 96

CAROLE GAGNON

Éducatrice Santé, et coach diplômée
depuis 2010

caroledougoud@icloud.com

MONICA PELOQUIN

Agent Senior, Et Ambassadrice Hippocrates
depuis 30 années

monica.peloquin@gmail.com
(514) 962-2664
monica@instituthippocrate.com

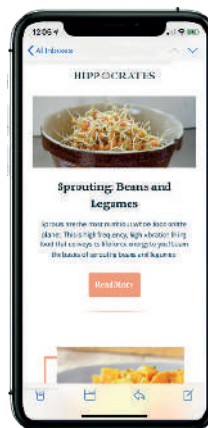
CONTACT

MARIE-CHRISTINE LHERMITTE

mclhermitte30@gmail.com

(33) 06 11 44 24 81

Feuillet Publicitaire Ci-Joint
instituthippocrates.com



Stay in the Know

WITH THE HIPPOCRATES WEEKLY E-NEWSLETTER

For event dates, locations, and
great information updates.

To sign up to our newsletter, head
to our website:
[hippocrateswellness.org/email-
newsletter](http://hippocrateswellness.org/email-newsletter)

QUANTUM HUMAN

BRIAN R. CLEMENT, PH.D., L.N.



COMING SOON

*YOU CAN BE IN CONTROL ... TO OPTIMIZE
your body's natural ability to self-regulate and repair*

**For over 30 years Hippocrates has used
H-Wave® as a natural Drug-Free solution for...**



**Call to set up your
Free H-Wave Treatment
VIDA 561-471-8876 x2122**

- Nerve Pain
- Muscle Issues
- Improved Circulation
- Stimulate Lymphatics

Message from
Brian Clement



Room rental

\$175.00 a week

**Hippocrates
Longest Standing
Energy Medicine**

FDA Clearance • Evidence Based • Since 1981

Available for Weekly Room Rental or Purchase

Body: A Network of Quantum Fields, not a Collection of Cells

By Antony Chatham

Doctor Masaru Emoto is well known for his crystal experiments. He exposed water in glasses to various words, pictures, or music, then froze it and examined the ice crystals' aesthetic properties with microscopic photography. He found that beautiful water crystals came out when he wrote words like "I love you," and ugly-looking crystals came out when he wrote words like "You fool." Only a quantum view can explain such a phenomenon.

The very idea of a quantum body suggests a blend of Quantum Physics, biology, and metaphysics. It proposes to look at the human body not just as a physical entity that is viewed as a biological machine run by biochemical processes but also as a dynamic, energetic system influenced by consciousness and the universe at large. This approach implies that our body is not just a collection of our cells but a network of interacting quantum fields. The mind-body connection is better explained by this view than by the traditional view because, according to the quantum view, the observed (in this case, the human body) is changed by the observation (consciousness) itself.

The human body is a field of energy:

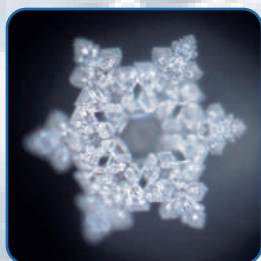
An average adult female body has 28 trillion cells, while an average adult male body has 36 trillion cells, according to a recent analysis of about 1500 studies in the field. These trillions of cells are made of atoms of elements like oxygen, carbon, hydrogen, nitrogen, calcium, phosphorus, and other trace elements. What are those atoms made of? Pulsating energy fields of protons, neutrons, and electrons. Even though we can see even smaller components of matter in our limited scope, it is helpful to look at the human body as a dynamic energy field.

The human body is not just made up of physical matter but also of energy and consciousness:

Deepak Chopra, a well-known advocate of alternative medicine and spirituality and the author of *Quantum Body: The New Science of Living a Longer, Healthier, More Vital Life*, explains how our bodies are not just made up of physical matter but also of energy and consciousness. According to Chopra, our bodies are connected to the universe and are influenced by its energy. Chopra suggests that our bodies are capable of healing themselves by activating our internal energy systems through deep meditation, breathing exercises, and other spiritual practices.



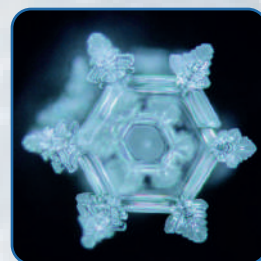
Love & Gratitude



Happiness



Hope



Honesty

The understanding of the human body as a quantum reality will open up more modalities of healing:

Brian Clement, in *Quantum Human*, introduces the concept of quantum nutrition and explains that magnets in the cell connect you with all other life, that phosphorous sheathings make up the majority of your DNA, and that you are vessels of electromagnetic energy that transmute the physical appearance that you are so familiar with. The quantum approach connects us to the universe at large! Based on the current trends, Brian Clement predicts, "In the not-so-distant future, there is no doubt that sound, light, and energy will be harnessed in medical technology at such a level, it will penetrate your electric body and eradicate the core culprit in the cause of physical disease." He also paints a holistic picture of health through a quantum approach: "Let us tune ourselves with proper nutrients, positive thoughts, rewarding relationships, healthy living and work environments, and fulfilling activities. When our cells are vibrating at the level that they are meant to, the negative schemers that are out to make us sick will be abolished."

The observer affects the observed, changing the perception of something changes that reality:

Werner Heisenberg is often credited with the observer effect in quantum theory. It basically says that observing a phenomenon or situation changes it. This is widely used in discussions about the "placebo effect" when a person's physical or mental health appears to improve after taking a placebo or 'dummy' treatment. It is often explained as a fake treatment or pill that looks and tastes like a drug or treatment being tested in a clinical trial but has no active properties and doesn't change anything in the body. However, the reality is that the patient's perception changes and affects one's body. This means that if we focus on positive thoughts and emotions, we can initiate a healing response in our bodies.

Creative Visualization and the Quantum Effect:

Here at Hippocrates Wellness, we take advantage of this phenomenon by using creative visualizations and helping our guests look at health challenges from new perspectives. When a person who is afflicted by a malignant tumor visualizes that the healing light (or water) is washing away the malignancy and the tumor, we believe the anatomy is moving into the healing modality. The Simonton method (Carl Simonton, oncologist) encourages patients to imagine their body fighting the cancer cells and winning the battle. The method focuses on how beliefs, attitudes, and psychological perspectives affect one's health and overall wellbeing. The Simonton method, which encourages the mind to heal the body, is practiced alongside conventional cancer treatment. In *Intentional Healing*, Jeanne Achterberg presents an exclusive program that teaches you how focused thoughts and intentions affect actual healing in our bodies.

The body is not deterministic:

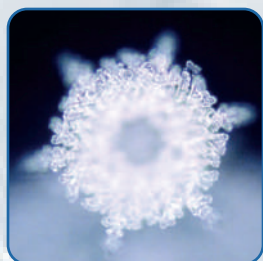
Positive thoughts and emotions can promote health and wellbeing; negative thoughts and emotions can lead to illness and disease. The traditional deterministic view of the body makes people believe that they are victims of illnesses; the quantum view of the body makes people feel that they are active participants in the healing process. In the latter view, it is not only medicine but also our consciousness, the entire environment, and the universe that can be a source of healing.

In conclusion, our bodies are made up of energy and consciousness that are interconnected with the universe. By tapping into the internal energy system and connecting to the universe, we can initiate a healing response and promote our wellbeing.

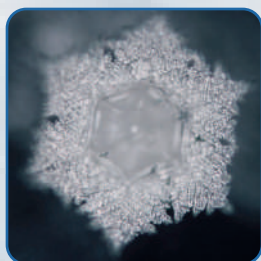


Antony, a Licensed Psychotherapist, and a Pastoral Counselor has worked with the Hippocrates Wellness since 1994. Aligning with the unique needs of the Hippocrates guests, Antony has developed some effective therapeutic techniques that draw inspiration from Eastern and Western holistic healing traditions. His unique approach integrates the knowledge and experience related to the fields of psychology, social work, philosophy, theology, and ministry. Antony's work is consistent with the Hippocrates Life Transformation Program because he helps our guests to "detox" (mentally, letting go of the past) using Regression Therapy, EMDR (Eye Movement Desensitization & Reprocessing), and NLP (Neuro-Linguistic Programming), and then to nourish their minds and spirits with confidence using Deep Relaxation Techniques, Creative Visualizations, Guided Imagery Meditations, Hypnosis, and Affirmations.

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



Friend



Universe



I can do it



I can't do it

Images:
© Office
Masaru
Emoto



HIPPOCRATES PARADISE PASSPORT

WELLNESS *your* WAY

Introducing the Paradise Passport - an exciting new offering that grants you access to our serene and rejuvenating environment for shorter visits. Whether you're seeking a quick escape or an introduction to a new lifestyle, the Paradise Passport allows you to structure your stay exactly as you wish, free from predefined schedules.

DAILY ACCESS TO HIPPOCRATES WELLNESS

PARADISE PASSPORT INCLUDES

- ✓ **2x Energy Medicine Service** at our Organic Therapy Center
- ✓ **Inspiring educational lectures** from world-class keynote speakers
- ✓ **Enzyme-rich plant based cuisine** & our signature green juice and wheatgrass shots

Starting from:
\$450 Per Day



**SCAN HERE TO
REGISTER NOW**

OR VISIT: hippocrateswellness.org

HIPPOCRATES
WELLNESS

PIONEERS *of* LONGEVITY
SINCE 1956

HIPPOCRATES
WELLNESS

ORIGINAL STORIES

PIONEERS *of* LONGEVITY
SINCE 1956

YOUR JOURNEY. YOUR EXPERIENCE. YOUR STORY.

At Hippocrates Wellness, we believe everyone has a unique story to tell.

For nearly 70 years, we've welcomed all who walk through our doors into the arms of a healing and supportive environment that addresses the mind, body, and spirit. As the proud global Pioneers of Longevity, we offer a sanctuary where people discover the pathway to life transformation to reclaim control over their wellbeing.

In this testimonial segment, we share some of our guests' journeys to wellness and how Hippocrates has empowered, inspired, and educated them to restore and optimize health and vitality to live a happier, longer life.

JASON TZ

OVERCOMING DIETARY CHALLENGES & HIGH BLOOD PRESSURE



When I was in second grade, I was diagnosed with salmonella food poisoning and hospitalized for a week. I clearly remember being held down to get an IV. My first health awakening occurred when I was 8 years old. I found out that I had high cholesterol. At the time, I learned to read the ingredients on packages of chips to make sure there were no trans fats. My cholesterol returned to normal. However, my “healthy eating” stopped there. When I was in high school, my dad was taking a medication that raised his liver enzymes.

I searched the internet and learned that milk thistle can lower liver enzymes (which it did). Heart disease and strokes run in my family, so I thought it was inevitable that I would get the same. As far as I can remember, I had eczema, skin rashes, and Irritable Bowel Syndrome

(IBS). Before getting married (14 years ago at age 25), I traveled to Eastern Europe. Upon my return, I had strep throat, bronchitis, and a sinus infection. I was taking steroids and antibiotics as it was too hard to swallow anything. Shortly after I completed the dose of antibiotics, I began to have severe and paralyzing stomach pains with terrible bowel movements.

I lost over 18 pounds in a month. It turns out that I was diagnosed with salmonella again, giardia, and shigella parasites all at the same time. Externally, I looked okay, but I constantly felt tired and lethargic. After treating the parasites (which didn’t completely work), I decided that I needed to take care of a health issue that I’d had since I was a teenager. The issue was high blood pressure.

I thought I was eating correctly, including lots of meat and protein in my diet, and I was exercising on a regular basis.

I was put on medication to lower my blood pressure. I quickly noticed that my blood pressure would go up and down like a roller coaster. I often had to sit down because I felt as if I would pass out. During this time, I had various tests on my heart and renal arteries (in my kidneys) to determine the source of my high blood pressure. On a return trip to my doctor, he informed me that there was no physical root they could see as to why the BP was so high. He checked my pulse and saw it was high and recommended a second medication to lower my heart rate. This was crazy, as I never had a fast pulse. I immediately told the doctor to take me off the blood pressure medicine if they didn’t know the reason why it was high—logically, I didn’t want to cover up the symptoms without knowing the source. He raised his voice and yelled at me. He told me that if I didn’t stay on the BP medicine, I would die before seeing my grandchildren.

I immediately left (never to return) and slowly tapered off the medication. I decided that if the Western medical system couldn't find the root of my problem, I would do it alone. It was at that moment that I had my second awakening regarding health. I started reading many books and e-books. I also spent hundreds of hours reading websites, watching videos, and so on.

Like most things on the internet, there is tons of misinformation that is not based on science. It was at this time that I first heard about Hippocrates through a friend.

I tried many different diets over the years to see the effects. This includes Paleo, the Blood Type Diet, Raw Veganism, Vegetarianism, and more. I randomly came across a book about health on Amazon and read the reviews. The first review stated that cutting out grains corrected their high blood pressure. I was tested for celiac (it was negative), but I decided to try it. Very quickly, my BP dropped to the normal zone and my skin rashes slowly started to go away. I had terrible eczema in a few places on my body.

Fast-forward 14 years. I have been learning nonstop this entire time about lifestyle medicine. I successfully addressed the emotional issues affecting my body and completed a full parasite cleanse and a round of colonics. I successfully passed many parasites, which began improving my sleep and wellbeing. As my consciousness and self-awareness improved, I began naturally moving closer to the information and lifestyle I was seeking.

Did you know that the average medical school in the United States teaches one to four hours of diet and nutrition over four years? Most doctors are not

interested in preventing disease, only reducing the current symptoms. When was the last time a doctor asked you what you had for breakfast or how you're dealing with stress? Several months ago, since following the Hippocrates Wellness Lifestyle, the changes in my life have been amazing, including losing 20 pounds, ridding my body of eczema, and having more energy. Prior to beginning the program, I didn't understand the science behind the diet or grasp the nuances and reasons for living this way. I can tell you firsthand that every positive, small change makes a huge difference in how a person feels. I have since cut out the only remaining animal product in my life: fish.

It has been my goal for 14 years to eventually coach and teach others how to take back control over their mental, physical, spiritual, and emotional wellbeing. In a short time, I will begin coaching people on how to slow down aging, feel better than ever, reverse diseases, and prevent future diseases, all based on the latest science from Hippocrates. This is my passion. The program seemed expensive at first, but I now understand how much effort, time, and love Hippocrates poured into it. I highly recommend it to anyone who truly wants to understand how Hippocrates has assisted countless people in drumming up the inner strength and awareness to conquer any and all diseases of the body and mind. If you choose to accept responsibility for everything in your life, there is no sea too large to cross and no mountain too high to climb.

DR. THEA AMELIA STEVENS

REMOVING PHYSICAL AND MENTAL OBSTACLES

Have you ever stopped to wonder about how amazing your body is at what it does? How intricate its daily functioning must be to create such a remarkably unique life in each individual? This is the story of how I dived into the intertwined pathways of just that. During my sophomore year of college, I studied speech pathology and audiology with a minor in psychology, which is something I had a vested interest in because both of my brothers grew up with a stutter. An amazing fact I learned during my time on this path was that a stutter is not due to a physiological issue but rather a mental and/or emotional trigger that affects a person's speech. It's fascinating, but the issue is very hard to treat from a speech therapist's perspective. While I was already spending some time on psychological matters as my minor in school, this discovery led to more questions that I soon would find myself in dire need of answering.

As the summer turned into fall, I came down with a sore throat, something I accredited to the change of weather and common back-to-school cold season. However, I couldn't seem to shake the symptoms despite many various attempts with both allopathic and alternative holistic methods. I knew I didn't want to get my tonsils removed as the doctors suggested. Since they are your first line of defense in immunity, I did everything I knew to hang in there. After about two months in an almost constant state of pain, low energy, and swollen tonsils, I reached the point where it hurt to swallow and even breathe at times.

I hit my limit and began to mentally prepare myself to have my tonsils removed. As a last form of desperation, my mother had me fly out to meet her friend, who she was confident would be able to turn my health around. I spent about a week straight receiving several treatments a day of a procedure called Cellular Resonance Technique (CRT). At first, we worked on elements of my health that were observable physical symptoms like swelling, pain, low energy, and immunity. But the more we worked, the more my system veered toward more conceptual elements like speaking my truth, owning my voice, and doing things for myself. I detoxed for an entire week as if I had the flu and then returned for more sessions to finish working on the remaining struggles surrounding my ailment.

These treatments were not like anything I had experienced before. At the base of this method is Kinesiology, which is used to muscle-test a person and see what physical reaction there is to mental and/or emotional stimuli. Other elements like breathing rhythm, eye direction, acupressure, and numerology also have been integrated into the technique. Originally

a chiropractor, the gentleman I was working with had discovered that using this technique rendered his normal adjustments unnecessary. The body literally would start realigning itself once stress, tension, and the effects of trauma were addressed.

Over the next year or so, I dedicated my time and energy to learning this technique. If it could turn my health and the direction of my life around, I wanted to continue down that path and help others do the same. This has been my mission ever since. I discovered that the mind has much more control over the body than we realize, especially the unconscious and subconscious portions. If we struggle to pay the bills each month, our bodies can't distinguish between that and running from a bear or a tiger. Stress is stress. Period. Given this knowledge, we can delve deeper still into the mind and its inventory-like behavior of the world around us. From the moment you are conceived until the present time frame, your entire system is set up to take note of your environment. Each sense is recorded, stored, and connected to other stimuli, and the mind learns patterns to prepare you for future encounters with each stimulus.

Essentially, any time your body goes through a pleasant or unpleasant experience, your system will take note of your surroundings and prepare you for future encounters when anything from those environments is detected again.

For pleasant experiences like grandma's cooking, soft blankets, or a fresh drink on a hot day, you have a positive reaction, and signals that you are safe and happy are sent through your brain and body.

However, in any stressful or traumatic situation, big or small, with even the perception that an event will be stressful, the scales will tip in the opposite direction and consume energy, preparing to fight whatever it may anticipate as a threat. Over time, this stimulus can build up to immense amounts, stored in your body as tense

muscles. For example, if you have ever wondered why a baby can sleep with its head in its lap and be fine, where you would have a serious kink in your neck, this is why! They don't have nearly as many programmed patterns to respond to. That being said, how does one reboot?

The answer is in the question. Similar to how a computer will freeze up and need to be restarted to function properly again, your brain does, too. CRT was able to reboot and help me retrain my brain to understand that not everything out there is as scary as my brain originally labeled it. With a fresh start and a new perspective, I now had the energy to develop new healthy connections and habits.

I went on to earn a doctorate in Naturopathic Medicine at the age of 23, followed by a massage license and much more training exploring the mind, body, and the link between the two. When most people hear about the once deep-rooted trauma of my past, they often are surprised by the happy-go-lucky person standing in front of them. I've chosen to work through the physical, mental, and emotional elements of health, to be uncomfortable at times in order to grow and to learn to appreciate the little things in life. I have built another family on a much sounder foundation. The connections I have forged with others and self-care time I've insisted on for myself are true blessings.

Being on campus at Hippocrates alone has held many benefits for my daily routine, as well as preventive and holistic care and education. Nutrition was essential, of course, and the sprouts, signature green juice and wheatgrass did a wonderful job of detoxing my system and bringing fresh nutrients into my body. I regularly visit the saunas and mineral pools and take part in the morning fitness classes on campus.

During my time at Hippocrates, I worked with quite a few of the therapists for bodywork as well as mental and emotional wellbeing. Some include Soma, Thai Deep Tissue, Lymphatic, and Holistic Massages. Some other useful treatments I received are Colonics, One Brain, Emotion Code, Emotional Freedom Technique (EFT), HeartMath, Reiki, and EMDR combined with meditation.

The workshops I attended, such as Transformational Breath and Family Constellation, were particularly impactful.

To be honest, there is very little on campus that I have not tried at least once. Every little bit of change has

made a step in the direction of health and happiness.

During my time at Hippocrates, I met a young man who came here from Canada with his mother to do the brand-new fitness program. After he completed his three weeks, he continued to stay on and volunteer. Upon befriending him, I knew that he was going to be a significant person in my life, but little did I know how much! Fast-forward to the current day, and you will find us happily married with two puppies and plans for little ones down the road. We have overcome many obstacles in our time together and look forward to seeing one another through the rest of what life has to hold for each of us. Thank you to everyone who has had an impact on my journey. I cherish each and every one of you.



GUY BALANCIA

BATTLING OBESITY AND HIGH BLOOD PRESSURE



I was 340 pounds when I first went to Hippocrates. I was at my wits' end. I didn't know where to get the help that I needed. I had tried every exercise program and every diet out there. I was looking for a place I could go to and stay for a couple of weeks. Basically, I was online looking for a fat camp. I was looking for a place to lose weight and get healthy, but everything I found on the computer was beautiful people running up mountains and running on beaches.

I needed something for my health. I had a herniated disc, swollen legs and I needed a place that dealt with my medical issues.

Then Hippocrates Wellness, by the grace of God, came up on my computer as a wellness center and health institute. I took the first step and made the call.

It suited everything that I needed. It had the doctors, nurses, therapies, and the medical side of it. The first time I was there, Hurricane Irma hit, and they took amazing care of all of us. We had to fly home earlier, but they called me back to continue the program. It was nice that they cared about me.

Hippocrates is a very, very special place with wonderful people, staff, and guests. My life transformed in many ways because of Hippocrates. I got my life back. I got healthy. I lost close to 50 pounds in a month. I'm now 270 pounds. I'm down 70 pounds, and I owe it all to Hippocrates. I have another 50 pounds to go. Everyone wants to know how I

lost the weight. And it's very simple. I went to Hippocrates, and I acquired a vegan lifestyle, which I have struggled with at home. It can be difficult for beginners, but I tell people to give it a week, and something good will happen. In Hippocrates' controlled environment, the (food) selection is beyond your wildest imagination. They have every kind of vegetation on that salad bar!

But, if there's something that you're struggling with eating, if you want it chopped, or if you want your vegetables done a certain way, they will do it for you. The kitchen staff are amazing. I've had only positive experiences at Hippocrates. It has been a blessing in my life. The beautiful thing about Hippocrates is that I can always go back, and I do! I highly recommend the 21-day Life Transformation Program if you really want to make a change.

If you want to get healthy and transform your life and have tried everything else, just try Hippocrates. If you're a person on blood pressure medicine or you're (possibly) coming off blood pressure medicine, If you're like I was, taking two blood pressure medications for eight years, in just three weeks, you may have to come off the medicine because your blood pressure is low.

My doctors are thrilled. They recommend Hippocrates to their patients, but some doctors don't because they push prescription drugs, and prescription drugs are a billion-dollar industry. Director, Brian Clement, has the answer for success if you want to be healthy, happy, and well. I really have had a great rapport with the staff and guests.

Amazing things happen at Hippocrates Wellness. It's not just about getting healthy, but if you're looking for a whole new life and meeting friends from around the world to take the time to sit and talk to, Hippocrates is that place. It's all about health, happiness, and community.

Brian astonishes me every time he speaks. He's an amazing speaker. He speaks from the heart and he keeps it real.

I just relate to him, and I don't know if it's a New York thing, but he's an amazing guy. I love the whole system. I love the regeneration pools, the state-of-the-art fitness facilities, the infrared sauna, the mineral pool, just everything. I tell people about Hippocrates and say, "You got to go." I have bought my kids juicers. My 19-year-old daughter is in the program and is juicing daily. I'm still working on myself. As far as my family goes, Hippocrates gave me my life back, and my kids got their father back. I just want to say "Thank you" to Brian, Anna Maria, and the staff. Hippocrates is amazing!

All Together Now

By Andy Roman

Isaac Newton was a stable, predictable man who lived in a stable, predictable world. Compared to him, quantum scientists are revealing a wild, unpredictable, mystical, magical universe. Things that seem to belong only in science fiction are actually turning out to be a deeper reality that all of us are unknowingly immersed in.

You thought it was weird enough when Einstein talked about space-time and how there can be curves in its continuum, but now hear this: Entanglement at the sub-atomic level (that means things that are connected have simultaneous changes even when not in the same place), the Observer Effect (also known as the Heisenberg Uncertainty Principle) which says there is no objective reality outside the effect of the observer. These ideas are hard to get our minds around because they don't seem to fit our everyday Newton-like experiences. But they are real nonetheless.

The quantum reality connects us in ways that are so mystical and magical. We can't get away from each other. People that we are especially connected with carry a bond that crosses beyond time and space. Some people even say beyond death. We know that we are connected with our family, whether we like it or not. And I know as a psychotherapist that a person's neuroses and complexes that we inherit and absorb from our family don't necessarily go away when we move away, cut ties, or someone dies. We carry these quantum connections within our genes, within our guts, and within our psyche.

When my daughter was 12 years old, she was diagnosed with scoliosis by the school nurse, and she was very upset and wanted me to do something about it. It just so happened that the weekend after she was diagnosed, I was scheduled to attend a seminar in North Carolina about emotional trauma stored in the spine. I had arranged a play date weekend for her so that I could go to the seminar. But when she heard it was about the spine, she asked me if she could come along.

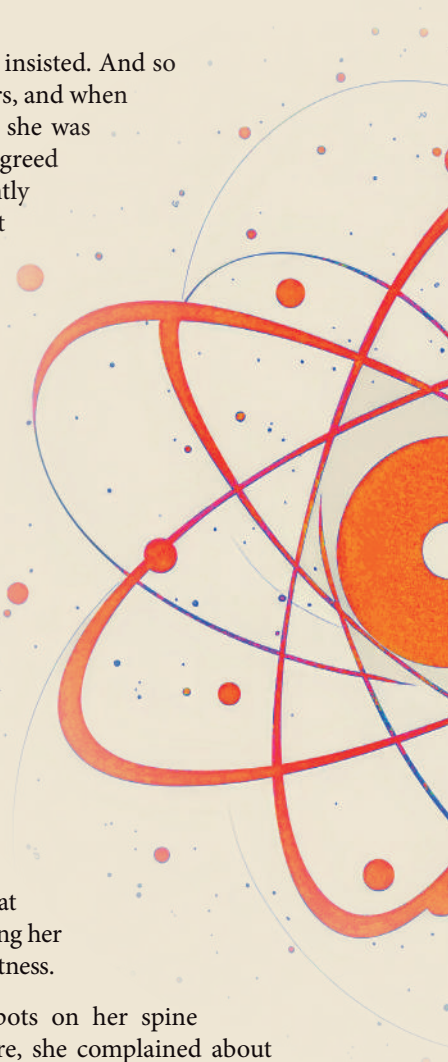
"Please, let me come. I don't want to have scoliosis. They'll fix me," she pleaded. And even though I said I had made

all sorts of arrangements, she insisted. And so I called the seminar facilitators, and when I told them how determined she was to be "fixed," they actually agreed to let her attend. So I reluctantly said yes, and we both went to the seminar in North Carolina.

The topic was Body Electronics™, a systematic method that involves sustained acupressure point holding while simultaneously doing deep emotional work. And, of course, my daughter, Kaia, really wanted to be helped.

When it was her turn, she lay face down on a massage table, and several of the seminar participants, plus the facilitators, put their hands (specifically fingertips) on her at specific acupressure points along her spine. I just stood there as a witness.

When they found tender spots on her spine right at the areas of curvature, she complained about the pain. And at one point, she actually even started crying. "Stop hurting me," she said. And the facilitator said, "Kaia, what is it in your life that hurts?" She said, "My mom and dad don't live together, and I stay with one of them for a whole year before I see the other one again. I go back and forth. I feel like I'm being pulled apart. When I'm with my mom, I miss my dad; when I'm with my dad, I miss my mom. It's not fair. Stop hurting me," she shouted again.



The people who were holding the acupressure points along her spine simultaneously reported that her points were getting hotter and hotter until they experienced their fingertips burning. And the facilitator said, "Stay with it. This is her working something out emotionally and biologically."

Kaia cried and cried and kept saying, "Stop hurting me," until her emotional tone changed into anger. She said things like, "Stop pulling me apart," until, after about ninety agonizing minutes, she eventually came to what sounds like a very sophisticated adult conclusion when she said, "I deserve to be supported wherever I am."

And once she came to this unifying statement, her points started cooling off. She stopped fighting, relaxed, and almost fell asleep on the table.

When she was done, laying there all exhausted and sweaty, a chiropractor in the group checked her spine and verified that she no longer had scoliosis. When she stood up, we measured her height; she had grown taller by over an inch.

And if that wasn't mind-blowing enough, someone came into the room and said, "Andy, you have a phone call."

Now, remember, these were the days before cell phones. And it turns out that Kaia's mom was calling me from New Mexico. And I said, "Is everything all right?" I thought surely there must be some kind of emergency for her to track me down and call me at expensive, long-distance rates at the time.

And she said, "I couldn't sleep last night. For some reason, I've been doing some soul-searching about what we're doing with Kaia. We're pulling her apart by having her spend time with us one year at a time each. We can't do this anymore. It's not right for her. And even if this means she chooses to stay with you for junior high or high school, I'll be okay with whatever we decide. But we can't keep doing this to her." And then she said, "Andy, are you still there?" My mouth hung wide open. And I

said, "Yes, sorry, of course. I agree with you." And then she said, "We're not fighting about this?" And I said, "No, we're not. And I'm really tired, but I will tell you why this is just so right, a decision that we're both coming to at this time. We've got to stop pulling her apart. This is really affecting her emotionally and even biologically."

"How do you mean biologically?" she asked. And I said, "Let's wait until we can talk more specifically." And when I explained the whole sequence of events to her a week or so later, she, too, was blown away by the synchronicity of it all.

Get it? Kaia's mother picked up on the deeper emotional events in Kaia's experience from afar as they happened in real-time. It blew my mind. I don't share this story lightly or with everyone because it's so woo-woo.

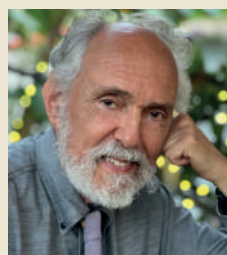
But this is what the quantum reality is all about. So, the lesson to be learned here is that we are all connected at a deep level.

Subsequently, in my years as a psychotherapist involved in deep emotional healing, I have seen this many times with my clients: when they do deep work that alters their mindset, their worldview, their position, and their boundaries, the significant people in their lives, no matter how far away they are, somehow also get the message. I've had family members who were estranged for years suddenly make contact and call seemingly out of the blue because of the deep work that my client had done.

This is actually wonderful and good news. The quantum reality is a corollary to what I call the Unity Principle. We're all one, and we're all connected. That's why the work one person does on themselves in the depths of their being affects all of us. And why the suffering that any single individual experiences affects all of us. We can no longer live as if we're not connected, as if that quantum reality isn't so.

Quantum reality gives us an opportunity to get real and get well on a larger scale than ever before. Quantum reality places the responsibility for healing squarely into our hands. Self-care truly is not selfish. So I say to you: take care of yourself and get well for the team!

Andy Roman, RN, MS, LMHC



Andy has served as a mind/body psychotherapist at Hippocrates Wellness since December of 1990, using and teaching radical feeling-centered, body-focused awareness tools to help Hippocrates' guests discover the essence of their problems and arrive at solutions. He facilitates the ongoing Healing Circle therapy and support group on campus and created S.H.I.F.T (State of the Heart Integrative Feeling Therapy), simultaneously centering on body awareness, here-and-now encounters, cognitive coherence, and emotional charge.

HIPPOCRATES LIFE TRANSFORMATION PROGRAM

The Life Transformation Program is an immersive program uniquely designed to address your current health challenges with our whole-body approach to wellness and replenish nutritional deficiencies causing rapid aging by optimizing your health and immunity.

Through a mind, body, and spirit approach, powerful detoxification and health transformation are achieved using the highest quality, organic, enzyme-rich, plant-based nutrition and advanced non-invasive therapies. Our premium, food-based supplements, signature alkaline elixirs, such as fresh-pressed organic wheatgrass and blue-green algae, and our protein-rich, blood-building green juices will flood the body with all of the essential nutrients it needs to thrive.

- ✓ Rebalance and reset your whole body on our private 55-acre tropical wellness retreat in West Palm Beach, Florida
- ✓ 70 years of unmatched history as the Pioneers of Health & Longevity
- ✓ Nourish & rejuvenate your health and wellbeing with our organic raw, enzyme-rich buffet
- ✓ Address your current health challenges with our whole-body approach to wellness backed by scientifically advanced testing and data analysis to monitor your progress and goals
- ✓ Make healthy choices a lifestyle practice as you discover and learn new, wholesome habits through the detoxification process and utilize our state-of-the-art on-campus facilities
- ✓ Educate & re-energize with daily fitness classes and educational lectures on our eco-friendly campus
- ✓ Replenish nutritional deficiencies that are causing rapid aging to optimize your health and immunity



READY TO TRANSFORM AND OPTIMIZE YOUR HEALTH?

Scan here to book your FREE consultation with one of our specialized wellness consultants and discover how to start your journey with our Life Transformation Program now.

OR Visit hippocrateswellness.org

**TAILOR THE LIFE
TRANSFORMATION PROGRAM
TO YOUR OWN SPECIFIC NEEDS
WITH ONE OF OUR HEALTH
AND WELLNESS PROTOCOLS**

LIFE TRANSFORMATION PROGRAM



ONE OF THESE PROTOCOLS



**HLTP+
IMMUNE
PROTOCOL**

Designed to enliven the immune system and further enhance overall wellbeing, the Immune Protocol supports your body's first line of defense.

Regardless of the specific health challenge, this protocol can help you to prevent or reverse a dangerous health trend by possessing an intelligent, muscular, and aggressive immune system.



**HLTP+
INFLAMMATION
PROTOCOL**

Discover relief and renewal with our Inflammation Protocol, expertly designed to enhance our signature Life Transformation Program.

Whether you seek relief from existing discomfort or wish to prevent any potential health challenges, our protocol will help to alleviate the symptoms associated with inflammation and chronic pain, guiding you towards optimal wellbeing.



**HLTP+
REGENERATION
PROTOCOL**

Looking to recharge your mind and body at the cellular level? Increase your vitality and optimize your nervous system with our Regeneration Protocol.

Through a wide array of energy treatments, experience an increase in energetic charges to support healing, memory, concentration, and relaxation.



**HLTP+
MINDFULNESS
PROTOCOL**

Define your harmonic balance of mind and body, and transform your health and wellbeing with our Mindfulness Protocol.

Utilizing a combination of treatments and therapies, alongside the support and guidance of our world-renowned psychotherapists, we will help you release the burden of stress, trauma, and anxiety.



**HLTP+
FITNESS
PROTOCOL**

2016 gave birth to a biotech company that understood the parallels of conventional diagnosis. It can detect 50 types of cancer, 45 of which lack recommended screening tests in the US. This technology possesses the extraordinary ability to help physicians and healthcare professionals well in advance to determine if there is any cancer present. Imagine what an essential tool this is for post-treatment (be it lifestyle or conventional).

Circumcision vs. Science

By Anna Maria Clement

As controversial as the subject of circumcision is, I feel we must bring fresh light to the subject, offering an opportunity for people to rethink future decisions.

Every human is born with a foreskin. In females, it protects the glans clitoris; in males, it protects the glans penis. The genitals of children, like every other part of their body, should be protected and cared for conservatively. Respecting God's creation and the documented health benefits, one should contemplate whether tradition should outrule nature.

The American Academy of Pediatrics and the American Medical Association agree that circumcision is medically unnecessary. Female genital mutilation has been outlawed in the U.S. It's estimated that hundreds of thousands of young girls' genitals are removed for philosophical or religious reasons each year. Ethically informed adults who decide to enforce circumcision surgery are usurping a decision the child may make as they mature. Just as eyelids protect the eyes, the foreskin protects the glans and keeps them moist, soft, and sensitive. It also maintains optimal warmth, pH balance, and cleanliness. It is our first line of immunological defenses, as glands in the foreskin produce antibacterial and antiviral proteins, such as lysozyme found in tears and mother's milk.

The foreskin is the most sensitive part of the penis, and studies have shown that its Langerhans cells, found within the skin and foreskin, have the capacity to destroy HIV and other microbes. Circumcised men can and do get HIV. The high circumcision rate in the U.S. has not prevented the spread of HIV. In fact, the U.S. has the highest HIV rate in the developed world. Behavior is more important than anatomical differences in preventing sexually transmitted diseases.

Circumcision is medically indicated only on the rare occasion of frostbite, gangrene, malignancy

or irreparable trauma. About 80% of the world's male population aren't circumcised. The rate in the U.S. has declined from 85% to 55%, and the U.S. is the only country that circumcises its male infants without a medical or religious reason. The foreskin is not a birth defect but is a protection against urine, feces, and irritation. Doctors began circumcising boys in the late 1800s, supposedly to prevent masturbation. Our guest, Laurie Evans, M.A., helped me so much with the data for this article. She says, "Once parents learn that the procedure causes their son pain and harm, they may opt against it."

Attorney David J. Llewellyn, who often addresses students and faculty at Philadelphia's Jefferson Medical College, spent considerable time explaining to us the perils he has experienced representing injured individuals from what he calls "American Insanity." As one of the foremost experts on circumcision globally, he has had a never-ending call for help, almost daily, since beginning his career in 1985. Attorney Llewellyn explained the history of circumcision in the U.S. and shocked us in the process. He stated, "In the 1950s, the foreskin was considered a disease of the newborn, so the Centers for Disease Control (CDC) has been promoting this and other falsities. When he addressed the CDC about this falsehood, they responded with a shallow representation, "It's been done for thousands of years."

The fact is, most pathologists and urologists are against it. The British Medical Association states, "Doctors are under no obligation to circumcise." The Canadian Pediatric Society tells physicians that this procedure should not be routinely performed on newborns.

Further information:

Circumcision American Health Fallacy (Book)

yourwholebaby.org (Online)

facebook.com/peacefulparenting (Online)

savingsons.org (Online)

doctorsopposingcircumcision.org (Online)

The National Men's Resource (Book)

intaction.org (Online)

Alliance for Transforming the Lives of Children (Book)

atl.org (Online)



HIPPOCRATES COMPREHENSIVE CANCER WELLNESS PROGRAM

REIGNITE YOUR HEALTH AND WELLNESS WITH REGENERATIVE LIFESTYLE MEDICINE, AND PSYCHONEUROIMMUNOLOGY



In Alliance With

THE AMERICAN HEALTH INSTITUTE, INC.
Los Angeles, California

BIOENERGY FIELDS FOUNDATION
Los Angeles, California

Professional Associate
Team Staff Presentations Including:

• **Prof. Dr. Med Thomas Rau, M.D.**
Medical Director, Sonnenberg Clinic,
Switzerland

• **Karen Simonton**
Executive Director, Simonton Cancer
Center, Malibu, California

• **Jim Poole**
CEO, Solace LifeSciences, and
Manufacturer of NuCalm Pro
Technology, Wilmington, Delaware

• **Michael Galitzer, M.D.**
Medical Director, The American
Health Institute, Inc. Los Angeles
California

CONTACT:

Call: (561) 623 - 1002

Email: pc-team@hippocratesinst.org

Visit: www.hippocratesinst.org

Hippocrates Wellness has been a renowned International leader, over the last 60 years, for its' highly successful "Life Transformation Program," which includes the most advanced Medicinal Cuisine protocol, incorporating some of the essential Natural Medicine properties that have been found in living plants, around the globe, for restoring optimal health and regenerating the immune system.

Participants in the 4-Week Cancer Program experience all aspects of the numerous holistic therapies, medical and psychotherapy consultations, classes, and educational lectures, on campus, throughout their 4-Week stay, at Hippocrates Wellness, as well as receiving a Physician Designed and Developed Health and Immune Regeneration Package developed by, Michael Galitzer, M.D., Medical Director, The American Health Institute, Inc.

We address Cancer as a Metabolic Disease, a prevalent contemporary viewpoint based on a century of research by leading-edge Cancer Researchers and Scientists.

The Hippocrates Wellness Medicinal Cuisine Protocol provides enhanced energy and oxygen, reduces inflammation and acidity, and restores alkaline balance, glucose regulation, and G.I. balance while boosting the immune system - all of which optimize metabolic health.

Janet Hranicky, M.D., Ph.D., Medical Director of the BioEnergy Fields Foundation, is also the Founder and President of The American Health Institute, Inc., in Los Angeles, and directs the Comprehensive Cancer Wellness Program at Hippocrates Wellness. Dr. Hranicky intensively trained and worked with O. Carl Simonton, M.D., Founder, and past Medical Director, of the Simonton Cancer Center, from 1979-2009.

Dr. Simonton was a Radiation Oncologist who pioneered the field of PsychoNeuroImmunity and Cancer, and authored the New York Times Bestselling Books: "Getting Well Again" and "The Healing Journey." His clinical research over 40 years found that stress was a major factor in the development of cancer and in altering the course of disease.

HELD EACH MONTH, THROUGHOUT THE YEAR

THE WORLD'S PREEMINENT HOLISTIC INTERDISCIPLINARY PROGRAM TO ACCELERATE YOUR HEALING POTENTIAL AND INTEGRATE WITH YOUR MEDICAL CARE



Dr. Hranicky, a recognized world authority on the Simonton Treatment Model, is exclusively at Hippocrates Wellness, for one week, of the monthly 4-Week Cancer Program, throughout the year. The Comprehensive Cancer Wellness Program incorporates this renowned work, representing the longest-running International Psychological Intervention Program for Cancer.

RESEARCH OVER THE LAST 30 YEARS IN THE FIELD OF PSYCHONEUROIMMUNOLOGY AND CANCER HAS CONSISTENTLY SHOWN:

- Accelerates healing potential
- Metabolic Balance and Regulation of the Autonomic Nervous System
- Increased joy and quality of life
- Less pain medication needed
- Less hospitalization days
- Less pain, depression, anxiety, and fear
- Confidence and hopefulness that recovery is possible
- Reigniting "One's" LifeForce, upregulates the Immune System, and other healing mechanisms in the body
- More long-term survivors
- Stronger shift in dynamic and vibrant energy, with an overall increase in vitality
- Fewer side effects and fatigue from medical treatment
- Harnessing of personal power to decide to 'Get Well' and design a compelling destiny
- Vastly improved clarity and a knowledgeable strategic plan of how to integrate holistic healthcare and traditional oncology, medical care, and follow-up

COURSE STRUCTURE:

Individual Consultations with Dr. Hranicky, Morning Group Treatment Sessions • Dr. Simonton's Lifetime Achievement, Award Winning, 2 Part Tape Series: "Getting Well."

• Dr. Hranicky's 8-Hour Film Series and 589 Page Manual: "The Power of Your Mind, in Getting Well."

• 4-Week access to NuCalm Pro Technology, with 30 Day supply, of Bi-Neural Frequency Transmitter Disks and Eye Mask: The only patented Technology in the world to interrupt stress physiology at the Mid Brain level.

• The Kahler" Key to Stress Profile, " Individualized Stress Management Technology, used by NASA, in the selection of Astronaut's, for over 20 years, as well as numerous Government Agencies, Divisions of the Military, Fortune 500 Companies, and in Corporate Healthcare. This is the only Stress Management Technology in the world that can predict an Individual's Unique Distress Patterns and provide a specific roadmap of how to reverse the pathways: Maximize resiliency, restore effective communication, and enrich healthier ways of consistently connecting in intimate relationships.

• Physician Designed Natural Regenerative Health Package to provide support to the Immune System, Lymph, Kidney, Liver, and Adrenal Glands, for the Detox process, and drainage of toxins

• Weekly Slow-Drip Vitamin C IVs (Benefits of Vitamin C IVs: Powerful Antioxidant that boosts the Immune System, helps the body absorb minerals, and decrease toxicity levels, and plays an important role in the maintenance of collagen, throughout the body.)

• 4 Hyperbaric Oxygen Treatment Sessions at Quest Medical (Hyperbaric Oxygen Increases the Oxygen Concentration in the Tissues, boosts White Blood Cell Counts, increases Blood Flow and Circulation, and decreases swelling and pain. Hyperbaric Oxygen following a Vitamin C IV has been shown to amplify the benefits and effectiveness of the Vitamin C IV.)

• A series of 5-afternoon rotations through a circuit of "State of the Art" BioEnergy Field Therapies to stimulate healing energy in the tissues for regeneration and reduce inflammation and pain. These technologies include The OndaMed, German Manufactured Medical Device, Quantron Resonance System, Tesla Frequency Machine, and BrainTap, Brainwave Tool Therapy. (Many of these technologies utilize Pulsed Electromagnetic Frequency.)

• Individual Emotional Release Session, utilizing a combination of cutting-edge modalities to support restoring bioenergetic balance and healing response.

• Group Treatment Session: Andy Roman, senior psychotherapist, and Dr. Hranicky "Removing emotional obstacles that could interfere with getting well again."

• Group Acupuncture Sessions With Dr. Chip Sexton, D.O.M., Acupuncturist at Hippocrates Wellness, to restore energy flow in the body, and help in alleviating sources of tension and pain.

Quantum Humans

Embarking fearlessly into the new era of consciousness and wellbeing By Brian Clement

Quantum Humans are the unequivocal result of the liberated homo sapiens who have grasped the understanding that the limitless abilities they possess are the compilations of decades of work pursuing the mechanisms that result in a life of health and happiness.

A decade ago, my friend and colleague, Dr. Valerie Hunt, sat in her Malibu home, beginning the process of putting her and my thoughts down on paper to create the book that was finally published a decade later. Under usual conditions, I have a two-to-three-year plan when writing on any subject; it often results in one of my three dozen books.

For good reason, a meandering trail presented itself, surfacing new science and experience that were added to the pages of this new offering. In retrospect, after five decades of working in the field of human progress and progressive wellness, some perpetual elements are essential in establishing a balanced life. A great expanse of insightful comprehension has been derived from the healing journeys of the hundreds of thousands I have been gifted to work with since the early 1970s.

Patterns emerge that are undeniable in person after person that shines a light on energy at the core of our persona. Other than Quantum Physicists and biologists, other conventional fields of endeavor shallowly and categorically fail to dive deep into the origins of the biological human. Just like our reptilian brain automatically regulates blood flow through the heart and brain, igniting respiration, our anatomical and physical attributes are born out of frequencies.


In thinking most simply, as the invisible sperm and egg ignite into an early you, the absence of concrete structure displays your very visible body. When reverse engineering, everything would take you from the person you see in the mirror to 10 years, 20 years, and 30 years back into when you were a newborn baby and then ultimately conception, but what is there before that? You are actually part of the elemental soup that makes up everything everywhere now, in the past, and in the future.

This reality is almost impossible for conventional intellectuals to comprehend since they believe something must exist before something develops. What we can now validate in the quantum realms is that you and all else you see gather little frequency dots that compile into energy that creates structure.

This is so valuable to understand because advanced health science can use the tools of energy medicine and energy healing, creating subtle but dynamic shifts in the biological, psychological, and even spiritual you. Here at Hippocrates, this is not conceptional. It is part of each and every program we have been offering for 7-decades. What is difficult for those of us who see the profound effect and outcomes is that this is not being taught and utilized by the vast majority of healthcare practitioners globally. Living in a time where consciousness surrounds us, we have all of the outlets to the cosmic quantum systems that will free us from the constraints of current protocols. Story after story, actually an endless trilogy of healing, is written so that you, the seeker, can open up and take in the wisdom required to live in the way that humans are meant to.

The struggle comes from perception; fear creates struggle, and difficulty is assumed normal when a person is in the dark. Just like in the middle of the night, whenever you turn on the light, a whole new world presents itself, yet you are still where you were a split second ago.

Forcefully create inner strength to open up your comprehension and help you grow and expand without limitations. Destiny is written in your imagination, and it is your willingness to float free into the unknown so that your connection to wholeness becomes a reality. Time and time again, I hear people say that they are working hard to become well.

A woman's profile is shown in a soft, painterly style, facing left. Her head is the source of a vibrant, fantastical garden. A variety of flowers in shades of orange, red, blue, and yellow bloom from her hair. A small, traditional-style house with a tiled roof is nestled within the foliage. The background is a light, misty blue, suggesting a dreamlike or ethereal atmosphere.

What I have learned is that it takes no work to achieve this powerful necessity. It just takes a whole lot of letting go. As an energetic spark of life, you can reconnect to all other life by freeing yourself of the blistering and untannable weights that you have falsely manifested through the mind of discontent. Once you become familiar with your own humanity and its exceptional ability to gift you with perpetual wisdom, there is no need to fight for what you already possess.

Our vision for humanity is one of peace, harmony, and perpetual life. Although it is a far cry from where we stand today, it has been written over millennia by every great visionary who has received our attention; they are not wrong for thinking in utopic ways but more so have reached a pinnacle place of seeing our burgeoning and limitless capacity to be an essential part of the evolution of the universe.

There is so much to look forward to when you relinquish a false self you have struggled to maintain. Feel deeply that you are the master of your own reality and make it happen despite your own fears. There is no turning back once you resonate at the level you and all others should be resonating. Transformational events will become the daily norm, and your ever-increasing confidence will bring you the tools and ability to manufacture and manifest your highest aspiration.

Needless to say, my ulterior motive is to have fellow humans working together for the greater good rather than questioning one another and believing that our lives are somehow more important and significant than others. Relevant to the emerging era of consciousness is your participation in it so that the world that each and every one of us deserves to live in becomes a reality.



LifeGive

CLEAN.
RAW.
VEGAN.



LifeGive is defined by an innovative approach to help maintain a healthy immune system, focusing on creating the most effective plant-derived formulas to support your body.



WE PLANT A TREE WITH EVERY PURCHASE

THE VERY BEST FOR YOUR BODY & MIND

DIGESTION & WEIGHT LOSS

DIGESTIVE ENZYMES

A powerful aid for optimal digestion, decreasing symptoms of gastric discomfort and strengthening the body's ability to absorb nutrients.

SYSTEMIC ENZYMES

Provides powerful aid for optimal digestion, decreasing symptoms of gastric discomfort and strengthening the body's ability to absorb nutrients.

INSTINCT PROBIOTIC

Delivers 90 billion CFU for a healthy balanced digestive system. It provides powerful aid for gastrointestinal distress and encourages strong immune health by strengthening the body's resistance to stressors.

MELTAWAY ADVANCED

Promotes weight loss, by helping to reduce sugar cravings and suppressing appetite. Supports healthy weight management and promotes normal cholesterol, insulin and blood sugar levels.



NUTRITION & IMMUNITY

SUPERGREENS

Supplies enhanced nutrition and assists with the process of detoxification while providing powerful antioxidants.

CURCUMIN ENHANCED

Delivers powerful antioxidant properties and supports a healthy intestinal microbiome for superior digestive health.

PHYTO VITAMIN C

A highly bioavailable formation that aids in creating and maintaining bones and connective tissue. It supports the body's natural metabolic functions and serves as a vigorous antioxidant to protect immune function.

SUN VITAMIN D-3

Food grown and highly absorbable. Vitamin D-3 is essential to build and sustain strong bones and teeth, assists with calcium and phosphorus absorption and promotes the body's natural immune system activities.

CHLORELLA

Builds and maintains muscles and bones, normalizes blood glucose levels and provides vitamins, minerals, proteins and antioxidants.



HEART & HORMONES

HORMONE POWER

A herbal blend that assists in normalizing hormones to alleviate premenstrual, menstrual and menopausal symptoms, improves sleep, and neutralizes free radicals.

COENZYME Q10

Coenzyme Q10 is a powerful support for cardiovascular health and a potent antioxidant that helps fight cell-damaging free radicals.



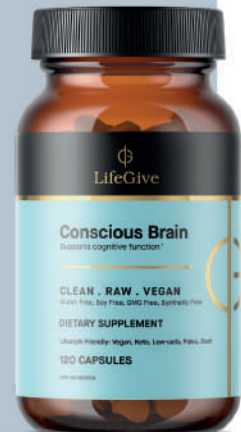
BRAIN & NERVES

CONSCIOUS BRAIN

Promotes superior brain health, protects against cognitive impairment and neurodegeneration, and provides essential support to the body's immune system.

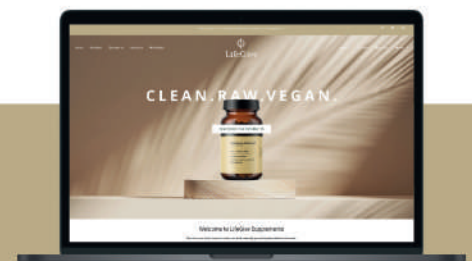
B12 METHYL

B12 Methyl is essential for cell formation and growth, builds strong bones, and supports the brain, nervous and immune systems.



Our supplements are made from natural substances that have a relatively low potency level which helps the body absorb the nutrients. Our vitamins produce effective nutrient activity to positively affect your immune function and your overall health.

SCAN HERE TO CHECK
OUT THE FULL RANGE
ON OUR WEBSITE



OR VISIT www.lifegive.com

HIPPOCRATES ALZHEIMER'S PROGRAM

PIONEERS  LONGEVITY

SINCE 1956

A One-of-a-Kind, Life-Changing Experience: A Revolutionary Program at Hippocrates to Reverse Alzheimer's and Unlock Brain Potential

Imagine a serene retreat nestled in the heart of nature, where the air is crisp, the food is vibrant, and the focus is laser-sharp on one thing—reversing Alzheimer's and enhancing brain function in ways you never thought possible. This is not just another wellness retreat. This is the program. The only comprehensive, science-backed, residential experience designed to challenge conventional aging and offer a path to reversing cognitive decline through a groundbreaking fusion of nutrition, lifestyle interventions, and cutting-edge technology.

Located at the renowned Hippocrates Wellness Institute in West Palm Beach, Florida, this program is being run in conjunction with Dr. Josh Helman from GreenBrainsMD, one of the foremost pioneers in the fight against Alzheimer's disease. Dr. Helman, a Harvard-trained physician with two degrees in Biochemistry and over six years of experience reversing Alzheimer's, brings the latest scientific advances to a setting designed to heal. At Hippocrates, Dr. Helman's approach is combined with the institute's legacy of health transformation to create a truly unparalleled experience in brain optimization.

Welcome to the Future of Brain Health

For years, Alzheimer's disease has been regarded as an inevitable consequence of aging, a final chapter we could do little to change. But today, research is shifting that narrative, and Dr. Josh Helman is at the forefront of that change. He has spent the last six years reversing Alzheimer's, using a combination of cutting-edge technologies, advanced nutrition, and lifestyle modifications, with exceptional success.

At this exclusive raw vegan retreat at Hippocrates, you will experience the pinnacle of those breakthroughs. This one-week program, which can be extended into a three-week intensive, has been meticulously designed to activate the brain's natural healing capabilities. It's a unique blend of dietary transformation, energy medicine, cognitive exercises, and advanced therapeutic tools. This is the first and only residential program of its kind, aimed at not only slowing cognitive decline but actually reversing Alzheimer's while optimizing brain function.

The Science-Backed Power of Plant-Based Nutrition

The program begins where true health transformation often starts—with food. The organic, raw vegan diet at Hippocrates is famous for its ability to heal, and it plays a pivotal role in Dr. Josh's strategy for reversing Alzheimer's. This diet is carefully designed to deliver potent brain-healing nutrients. Rich in antioxidants, omega-3 fatty acids, polyphenols, and

phytonutrients, it provides the essential components the brain needs to reduce inflammation, improve neuroplasticity, and repair damaged cells.

Participants are fully immersed in the culinary experience with interactive cooking classes and plant-based nutrition workshops. Learn how to prepare nutrient-dense meals that promote not only physical health but also cognitive longevity. Hippocrates' experienced raw vegan chefs, headed by Executive Chef Ken Blue, alongside Dr. Helman's expertise in biochemistry, create a unique dining experience that fuses flavor with healing.

From the first bite, you'll indulge in vibrant, fresh, organic produce bursting with the vitamins and minerals that your brain needs to thrive. This isn't just a diet—it's a key to unlocking your brain's full potential, providing the energy and nutrients needed for cognitive repair and rejuvenation.

Cutting-Edge Energy Medicine: Revitalize Your Brain

What truly sets this program apart is its integration of energy medicine, an often overlooked but highly effective tool in brain optimization. At Hippocrates, you'll experience therapies like the Tesla Energy Machine, designed to stimulate cellular repair and enhance neurological function by restoring the brain's natural frequencies.

NuCalm and BrainTap, two revolutionary neuro-technologies, are also central to this program. NuCalm helps reset the body's stress response, allowing you to enter deep states of relaxation, which is essential for cognitive recovery. Meanwhile, BrainTap uses binaural beats and guided visualization to stimulate brainwave activity and promote neuroplasticity. These technologies, used under Dr. Josh's guidance, are at the cutting edge of Alzheimer's treatment—working to rewire your brain for optimal function and memory enhancement.

These are therapies you won't find in any other Alzheimer's program. Dr. Josh Helman has been successfully using them for years, and now they are seamlessly integrated into the daily routine at Hippocrates.



Optimized Sleep: The Foundation of Brain Health

We understand that sleep is the bedrock of cognitive health. Without deep, restorative sleep, even the best interventions can fall short. That's why our program includes comprehensive sleep assessments using advanced devices like the ResMed S+. This contactless sleep monitor tracks your sleep cycles, providing detailed information about your REM, light, and deep sleep stages.

But it doesn't end there. With Dr. Josh's expertise, participants receive personalized sleep coaching designed to enhance their sleep hygiene and restore natural sleep rhythms. Throughout the program, sound baths and evening meditations further support a restful state, allowing your brain to repair and reset during sleep.

Daily Exercise and Cognitive Fitness

Physical activity is critical for brain health, and the program emphasizes this through daily yoga, nature walks, and structured exercises tailored to improve blood flow, balance, and cognitive clarity. These physical activities, combined with breathwork and energy healing, support neurogenesis—the creation of new brain cells—essential for reversing cognitive decline.

You'll also engage in daily brain games and cognitive exercises to sharpen mental clarity and challenge your brain in new ways. Dr. Helman and his team have carefully selected these exercises to promote neuroplasticity and memory retention.

The mental stimulation is not confined to games; the program offers lifelong learning workshops, where participants explore strategies to keep the brain engaged long after they leave Hippocrates. Group discussions allow guests to share their progress, collaborate, and build a supportive community focused on achieving lasting cognitive health.

Cognitive Testing: Measure Your Progress

The program includes brain testing at key intervals to track your cognitive transformation. Upon arrival, you will undergo a series of cognitive assessments that evaluate your memory, focus, and processing speed. These tests are repeated midway and at the end of the program, allowing both you and the team to track your progress in real-time.

These tests aren't just for show—they offer tangible, measurable evidence that Dr. Josh's Alzheimer's-reversing protocols are working. By the end of the program, participants leave with not only improved cognitive abilities but also the data to back it up. This process provides clarity on how far you've come and what steps are necessary for continued improvement.

Stress Reduction: Reversing the Effects of Modern Life

Chronic stress is one of the most dangerous enemies of cognitive health. That's why stress reduction is integrated into every aspect of this program. From mindfulness meditation sessions to guided breathing exercises, participants are introduced to techniques that calm the mind and body, reduce cortisol levels, and improve overall brain function.

At Hippocrates, stress relief doesn't just come from within. The natural beauty of the surroundings, combined with daily sound bath therapy, helps to calm the nervous system, allowing participants to enter a deeply restorative state. By the time you leave, you will not only feel more relaxed, but your brain will have begun the repair processes necessary to fight Alzheimer's.

Social Connection and Community

Another vital component to reversing Alzheimer's is social interaction. Research shows that loneliness and isolation have devastating effects on brain health. At Hippocrates, group therapy sessions and community-building exercises are designed to foster emotional connections that encourage healing and growth. Participants bond over shared experiences, and these interactions become a key tool in reversing cognitive decline.

The Extended Program: A Three-Week Deep Dive

While the one-week program is intense and immersive, we offer a three-week extended program for those looking to dive even deeper into the protocols. During the extended stay, participants receive more personalized coaching from Dr. Josh himself, additional cognitive testing, and more in-depth sessions with energy medicine tools like NuCalm, Braintap, and the Tesla Energy Machine.

This three-week immersion solidifies the lifestyle changes necessary for long-term cognitive health, ensuring that participants leave not only with improved brain function but also the tools to sustain these changes long after the program ends.

A Program Like No Other

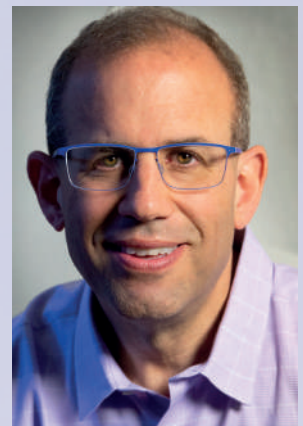
This isn't just a retreat—it's a revolution in how we think about brain health. There is no other residential program like this, designed specifically to reverse Alzheimer's and enhance cognitive function. The combination of a raw vegan diet, energy medicine, cognitive training, and holistic wellness practices makes this the only program of its kind.

Run in collaboration with Dr. Josh Helman, a Harvard-trained physician, and lifestyle-medicine expert who has been reversing Alzheimer's for over six years, this program offers real results—results that you can see and feel. At Hippocrates, the future of brain health isn't just a dream—it's happening now.

Take control of your cognitive destiny. Join us for one week—or three—and discover the revolutionary approach that is changing lives and unlocking brain potential like never before.

Dr. Joshua Helman, MIT/Harvard, MD. Chief Medical Officer at Hippocrates Wellness

As a graduate of MIT and Harvard, with a master's from the University of Cambridge, UK) and two decades on the front lines as a progressive and lifestyle medicine doctor, his unparalleled reservoir of experience and knowledge brings profound insights into preventing and reversing memory loss, dementia, and Alzheimer's disease.



SCAN THE QR CODE
TO REGISTER YOUR
INTEREST TODAY



The New Science of Wellness...

Cancer Rates Are Rising in Young People. Here's What You Need to Know

Today, a woman in her 30s faces higher odds of a cancer diagnosis than her grandmother did at her age two generations ago. Cancer incidence and mortality are rising in millennials and even younger populations, according to American Cancer Society (ACS) data, while rates among older Americans are declining. In July, a study found that both members of Generation X and Millennials face a higher risk than older generations of 17 types of cancer. In January, the annual ACS cancer statistics report showed that people in the under-50 group were the only ones in the U.S. to experience an overall increase in cancer incidence from 1995 through 2020. Take colorectal cancer: incidence rates have increased by 1 percent to 2 percent per year since the mid-1990s in those younger than 55 years of age and decreased among those 65 and older. Meanwhile, in people younger than 50, colorectal cancer has jumped four spots to become the leading cause of cancer death for men and the second-leading cause for women.

Walking Backward Helps You Move Ahead with Joint Health

Experts explain how moving in reverse can take pressure off your knees and improve flexibility. Physical therapist Kristyn Holc of Atlantic Sports Health Physical Therapy in New Jersey says doctors have been recommending retro-walking (walking backward) for decades; she adds that it is especially helpful for older adults who are more likely to experience joint pain. According to the U.S. Centers for Disease Control and Prevention, one in four adults aged 45 to 64 has been diagnosed with arthritis. And a number of experts say walking backward can help take you forward when it comes to strengthening the lower body—no matter your age. Retro-walking (or retro-ambulation, as some scientists call it) moves the joints in reverse; this engages different muscle groups than usual and relieves some pressure on the knees. Walking forward uses muscles on the front of the thigh—the quadriceps, or “quads”—but Holc says these muscles are even more strongly activated when moving in reverse.

These Exercises Can Help Protect Older Adults from Dangerous Falls

Tai Chi, yoga, water exercises, and other low-impact workouts may help prevent severe falls among older adults. Falls are the leading cause of injury and death from injury among older people in the U.S., where more than a quarter of adults aged 65 and older report taking a tumble at least once in a given year. A new study in JAMA Network Open estimates that at least 13 percent of people in this age group have endured a traumatic brain injury in roughly the last two decades, and falling is a leading cause. Even relatively healthy older adults, who aren't already affected by underlying conditions such as cardiovascular disease or cognitive decline, aren't spared from this somber statistic, says the study's lead author Erica Kornblith, a clinical neuropsychologist at the University of California, San Francisco. Head injuries are generally more common among older adults because, for them, “injuries are likely to happen due to a fall in the course of everyday activities,” she says.

Brain-to-Speech Tech Good Enough for Everyday Use Debuts in a Man with ALS

A highly robust brain-computer interface boasts low error rates and a durability that allows a user to talk all day long. By July 2023, Casey Harrell, then age 45, had lost the ability to speak to his then-four-year-old daughter. The neurodegenerative disorder amyotrophic lateral sclerosis (ALS) had gradually paralyzed him in the five years since his symptoms began. As the effects spread to the lips, tongue, and jaw, his speech devolved into indistinct sounds that his daughter could not understand. But a month after a surgery in which Harrell had four 3-by-3 millimeter arrays of electrodes implanted in his brain that July, he was suddenly able to tell his little girl whatever he wanted. The electrodes picked up the chatter of neurons responsible for articulating word sounds or phonemes, while other parts of a novel brain-computer interface (BCI) translated that chatter into clear synthetic speech. “It marks a landmark in the field of speech BCIs,” says Christian Herff, a computational neuroscientist at Maastricht University in the Netherlands. “It has achieved a level of quality that is now of actual use for patients.”

How Old Can Humans Get?

An expert on aging thinks humans could live to be 1,000 years old—with a few tweaks to our genetic “software.” How long can human beings live? Although life expectancy has increased significantly over the past century, thanks largely to improved sanitation and medicine, research into hunter-gatherer populations suggests that individuals who escaped disease and violent deaths could live to about their seventh or eighth decade. This means our typical human life span may be static: around 70 years, with an extra decade or so for advanced medical care and cautious behavior. Some geneticists believe a hard limit of around 115 years is essentially programmed into our genome by evolution. Other scientists in the fast-moving field of aging research, or geroscience, think we can live much longer. João Pedro de Magalhães, a professor of molecular biogerontology at the Institute of Inflammation and Aging at the University of Birmingham in England, thinks humans could live for 1,000 years. He has scrutinized the genomes of very long-lived animals such as the bowhead whale (which can reach 200 years) and the naked mole rat. His surprising conclusion: if we eliminated aging at the cellular level, humans could live for a millennium—and potentially as long as 20,000 years.

Mystery Droplets Inside Cells May Play Vital Roles in Life

The novel physics of biomolecular condensates could explain how these droplets help cells do their jobs. All living organisms are made of cells, which are the smallest unit of life. Plants and animals have up to trillions of cells that work together to produce ever more intricate organization and function. Within cells are organelles, or little organs, that do specific jobs. Plant and animal cells have mitochondria, for example, which generate energy, and a nucleus that contains most of the genetic information and acts as a control center. These well-known organelles are enclosed within membranes that maintain their shape and separate them from the cytoplasm, the fluid that fills the cells. But this textbook account of cells, with its neat division of labor into tidy membrane-bound packages, is incomplete. Not all organelles have membranes, and over the past decade biologists have come to realize that membraneless organelles—such as tiny droplets of concentrated protein or other biomolecules—may be more plentiful and carry out more diverse tasks in cell function than was previously realized. Scientists call these droplets biomolecular condensates, an analogy to the droplets of water that condense on a cold glass of water on a humid day.

Growth Hormone Injections May Have

‘Seeded’ Alzheimer’s in Some People, Study Suggests

Injections of no-longer-used growth hormone derived from cadavers may have “seeded” Alzheimer’s in some people, a small study suggests. Researchers say they have uncovered more evidence to support a controversial hypothesis that sticky proteins that are a signature of Alzheimer’s disease can be transmitted from person to person through certain surgical procedures. The authors and other scientists stress that the research is based on a small number of people and is related to medical practices that are no longer used. The study does not suggest that forms of dementia, such as Alzheimer’s disease, can be contagious. Still, “we’d like to take precautions going forward to reduce even those rare cases occurring,” says neurologist John Collinge at University College London, who led the research, which was published in *Nature Medicine* on 29 January. The latest study finds that, decades later, some of these people developed signs of early-onset dementia. The dementia symptoms, such as memory and language problems, were diagnosed clinically and, in some patients, appeared alongside plaques of the sticky protein amyloid- β in the brain, a hallmark of Alzheimer’s disease. The authors suggest that this protein, which was present in the hormone preparations, was ‘seeded’ in the brains and caused the damage.

...insights from the Experts



HIPPOCRATES
**DOCTOR
DAYS**
ON CAMPUS EVENT



DOCTOR DAYS IS OPEN TO ALL HEALTH & WELLNESS PRACTITIONERS WITH ACTIVE PRACTICES, AND WE ARE PLEASED TO BE LEARNING FROM EACH OTHER TO BLEND THE FUTURE OF MEDICINE IN A FULL COMPLIMENTARY EXPERIENCE.

**UPCOMING
EVENT**

**APRIL 30TH
-
MAY 2ND
2025**

The Goal of this Immersive experience is to change the future of medicine and create awareness of the human potential to achieve its highest ability, through awareness and understanding, by inspiring those with active practices to explore and experience everything Hippocrates Wellness offers in a Immersive event called "Hippocrates Doctor Days".

This event is a by invitation, VIP experience into the inner workings of Hippocrates and its mission!

- Enjoy our daily organic plant-based cuisine, green drinks, and wheatgrass juice
- Experience daily health lectures from Hippocrates, leading health experts
- Learn how to bring the living foods lifestyle to your patients
- Use of Hippocrates' extraordinary facilities and full use of Hippocrates' 55-acre tranquil tropical grounds
- Social events & networking with other caring doctors and health professionals
- You will leave feeling revitalized, refreshed & ready to share your knowledge



FOR MORE INFORMATION:

Visit: www.hippocratesinst.org/programs/resort-programs/doctor-days

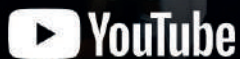
Email: doctordays@hippocratesinst.org

AN ANDRÉS JIMÉNEZ FILM

WELLNESS

A JOURNEY OF TRANSFORMATION

SCAN HERE
TO WATCH
FOR FREE ON



This documentary showcases the remarkable stories of individuals who have chosen to explore alternative paths to wellness at Hippocrates Wellness. Through the lens of Andrés Jiménez, the film captures their struggles, triumphs, and the incredible advances they make in their pursuit of better health.

FREE Report H₂O Scams Exposed!



\$15⁰⁰ value

Shocking truths revealed about:

- well
- bottled
- filtered
- mineral
- spring
- purified
- alkalized
- clustered
- oxygenated
- reverse osmosis
- steam distilled
- and more...

Which one is best for you?

Waterwisdom Report & Catalog

☒ **YES!** Please rush my FREE Waterwisdom Report & Catalog about H₂O scams and how to have the very purest drinking water. HIP

Name

Address

City

State/Country Zip/Postcode

FREE
Report • waterwise.com/hip
800-874-9028 Ext 747

Waterwise • PO Box 494000 • Leesburg FL 34749-4000

Biological Photons:

The New Frontier of
Quantum Healing



By Dr. Joshua Helman, MD

Harnessing the Living Quantum Energy of the Sun

In the world of wellness, “quantum energy” has become a bit of a buzzword—right up there with phrases like “stem cells” and “superfoods.” You hear it tossed around in yoga studios, holistic healing circles, and even some doctor’s offices. Yet, like so many trendy terms, the deeper meaning often gets lost. What does quantum energy really mean, especially in the context of health and healing? More intriguingly, what is its connection to something as basic—and as vital—as sunlight?

Let’s dive into the hidden world of biological photons, natural frequencies, and the incredible quantum energy from the sun that may hold the key to a new era of healing.

What Is Quantum Energy, Really?

To understand how quantum energy affects our health, we first need to break down what it actually is. The term “quantum” comes from the world of physics, where it refers to the smallest possible unit of energy. If that sounds vague, imagine that quantum energy is like a particle of information traveling through the air—unseen but responsible for making things happen.

We live in a 3D physical world where everything is made of matter—your phone, your body, the chair you’re sitting on. But quantum energy operates in the realm of the unseen, powering these physical objects from behind the scenes. It’s a world of frequencies, wavelengths, and vibrations.

And if this sounds a little like science fiction, it’s not—quantum energy is very real. It’s the unseen power that animates the universe, and as you’ll see, it plays a huge role in our health.

Your Body: A Symphony of Frequencies

Here’s where things get interesting. Your body is not just a collection of cells and organs—it’s also an energetic being constantly interacting with the quantum world. Every organ, every cell, and even your DNA vibrates at a specific frequency. You are, quite literally, a symphony of frequencies.

But not all frequencies are good for you. Some heal and replenish your energy, while others can deplete it. The key is knowing the difference between natural and artificial frequencies.

"Sunlight is a critical factor in human biology, with well-established roles in various physiological processes."

Natural Frequencies vs. Simulated Frequencies

Natural frequencies come from the Earth, the Sun, and even the cosmos. These include the Schumann Resonance, the natural frequency of the Earth’s electromagnetic field, which some studies suggest may synchronize with human brainwave patterns and affect health. Sunlight, of course, is the most obvious natural frequency that impacts our biology. Its photons initiate essential processes like the production of vitamin D, which is crucial for bone health, immune function, and overall vitality.

Simulated frequencies, however, come from manufactured sources like Wi-Fi, cell phones, and microwaves. The body often doesn’t respond to these frequencies the same way it does to natural ones, and prolonged exposure may interfere with the body’s natural energetic balance.

Frequencies and Human Health: The Science

The concept that human cells and organs might “vibrate” at certain frequencies is rooted in the idea that everything in the universe, including living tissue, is made up of atoms and molecules, which are in constant motion. However, this movement occurs on a microscopic scale and does not imply that manipulating external frequencies can heal the body.

There is some scientific interest in how certain types of electromagnetic frequencies might affect health. For example, ultraviolet light, infrared light, and even low-level lasers are being studied for their potential therapeutic benefits in controlled medical settings, such as in treating skin conditions or aiding wound healing. However, these applications are highly specific and based on known biological mechanisms rather than generalized claims about “healing frequencies.”

Microwaves and Health Risks

One area of concern that has drawn significant attention in recent years is the biological activity of microwaves. Microwaves, which are part of the non-ionizing spectrum of electromagnetic radiation, are widely used in communication technology (such as cell phones) and household devices like microwave ovens. While microwaves are less energetic than ionizing radiation (such as X-rays), they are still biologically active and can cause tissue heating at high exposure levels.

Some studies have raised concerns about long-term, high-level exposure to microwaves, particularly in the context of prolonged cell phone use. There is ongoing research into whether such exposure may increase the risk of developing certain cancers, particularly brain tumors. While current data are inconclusive, organizations like the International Agency for Research on Cancer (IARC) have classified radiofrequency electromagnetic fields, including microwaves, as “possibly carcinogenic to humans” (Group 2B). This highlights the need for further study into potential long-term health impacts.

Dr. Josh Helman, a leading voice in integrative medicine, and Gary Kiss, a pioneer in exploring the intersection between frequencies and health, have both raised important questions about the safety of constant exposure to artificial electromagnetic fields. Their work has brought attention to the potential biological effects of microwaves, even at non-ionizing levels, and they continue to advocate for more research and awareness in this area.

The Role of Sunlight in Human Health

Sunlight is a critical factor in human biology, with well-established roles in various physiological processes. The most familiar interaction is the synthesis of vitamin D in the skin, which is triggered by UVB rays from the sun. Vitamin D is essential for bone health, immune function, and other critical processes.

Recent research also points to the potential importance of natural light exposure in regulating circadian rhythms, which control the sleep-wake cycle. This regulation happens via the suprachiasmatic nucleus (SCN) in the brain, which is influenced by light entering the eyes and helps to synchronize the body's internal clock with the day-night cycle. Adequate exposure to sunlight, particularly in the morning, can improve sleep quality, mood, and overall wellbeing.

Biophotons: Light Emitted by Living Cells

According to Dr. Joshua Helman, MD—a Harvard and MIT-trained Biochemist and Lifestyle Medicine Physician, one fascinating area of scientific study involves biophotons, weak emissions of light from living cells. These tiny particles of light, which are detectable using sensitive instruments, are thought to be byproducts of metabolic processes, particularly related to oxidative stress and free radical activity.

Although the role of biophotons in cell communication or health is still under investigation, they provide an interesting insight into how biological systems interact with light and energy.

Enter Eluumis Bio Photon Technology, a groundbreaking innovation in the world of quantum energy and healing. For years, scientists and researchers have been trying to capture and harness the light energy in a way that's compatible with the human body. The Eluumis team, led by visionary Gary Kiss, has done just that.

Conclusion: Light, Energy, and Health—What Science Supports

The human body is intricately connected to its environment, and light plays a pivotal role in several essential biological functions, from vitamin D synthesis to the regulation of circadian rhythms.

The interaction between light, energy, and biology is real. Start with moderate sunlight exposure for vitamin D and to maintain a healthy circadian rhythm. Then consider adding Bio Photons to your life.

Eluumis Bio Photon devices are limited in production and handmade to each individual's quantum frequency.

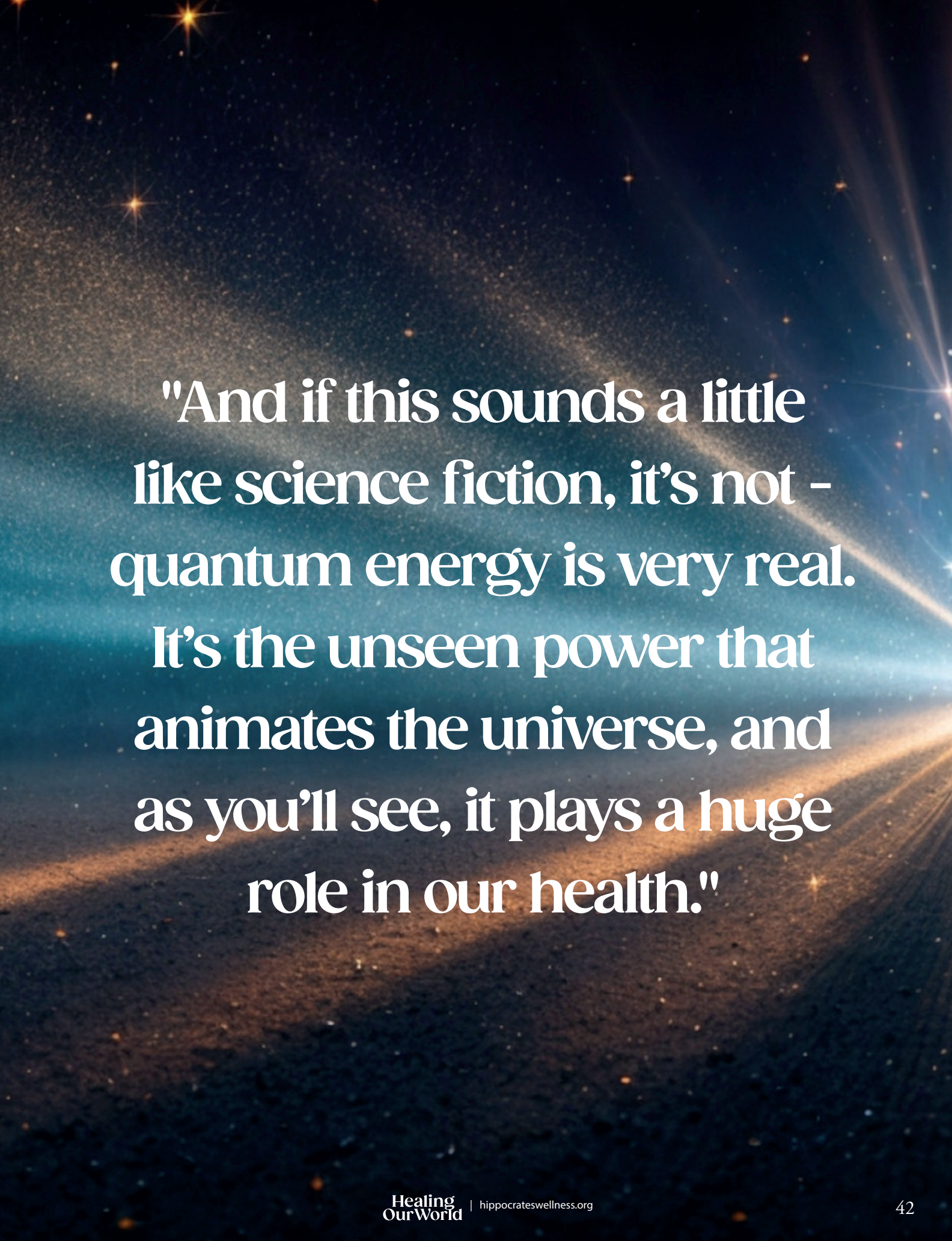
www.eluumis.com

To discover more about Hippocrates Wellness' range of energy medicine products and modalities visit:

www.hippocrateswellness.org

SCAN THE
QR CODE TO
LEARN MORE



A cosmic background featuring a deep blue and black space filled with numerous stars of varying brightness. A prominent, bright nebula or galaxy core is visible on the right side, emitting a strong, warm orange and yellow glow that illuminates the surrounding space. The overall effect is one of vastness and celestial energy.

"And if this sounds a little like science fiction, it's not – quantum energy is very real. It's the unseen power that animates the universe, and as you'll see, it plays a huge role in our health."



COMRA®

A fast-acting, cost-effective, and safe treatment for chronic pain, treating the cause, not just the symptoms. It increases the efficiency and capacity of the body to heal itself by stimulating cell regeneration and repairing damaged tissue.

A non-toxic, regenerative therapy that:

- Relieves acute and chronic pain
- Optimizes health & wellbeing
- Regulates sleep and digestion
- Accelerates recovery of internal organ function and injuries
- Normalizes activity of the neuro-immuno-endocrine system
- Gradually reverses degenerative changes

For a free consultation on Hippocrates Energy Devices,
call Augusta, Energy Medicine Director
561.471.8876 x 2210 | 929.923.2941 (Mobile)

Energize & Recharge your body with **QRS THERAPY**

QRS is a rejuvenating treatment that activates the entire body's cells to enhance the absorption of vital nutrients and oxygen, and eliminate toxins. Daily use can purify the body in a way equivalent to vigorous exercise, helping it heal itself.

QRS is a Pulsed Electromagnetic Field (PEMF) technology approved by the FDA for treating incontinence, depression, anxiety, and brain cancer.

QRS can help to:

- Increase the energy of all 75 trillion cells in the body, which declines with age
- Enhance blood circulation, oxygenation, and the metabolism (energy) of the cells
- Reduce pain and inflammation, and oxidative stress
- Reduce electro-smog and mitigate adverse health effects of EMF exposure



For a free consultation on Hippocrates Energy Devices,
call Augusta, Energy Medicine Director
561.471.8876 x 2210 | 929.923.2941 (Mobile)



JUMP START YOUR BRAIN FITNESS JOURNEY

Escape the chaos of everyday life and immerse yourself in a tranquil oasis of sound and light. Let BrainTap guide you on a rejuvenating wellness journey to a clearer mind and a better you.

Revitalize Mind and Body

Unwind and recharge with BrainTap's unique mix of guided meditation, visualization, and brainwave technology. Give yourself the gift of a present mind and relaxed body.

Experience Restful Sleep

Transform your sleep experience with BrainTap's scientifically-proven audio technology that induces deep relaxation and promotes restful, rejuvenating sleep that leaves you refreshed and energized.

Meditate Effectively

Unlock the transformative power of meditation with BrainTap's proprietary audio system. Live in the moment, reduce negativity, and cultivate patience and tolerance. Achieve inner peace, heightened intuition, and self-awareness for a life-changing experience.

Go Beyond Limits

Push past your mental limits and achieve new levels of success. BrainTap's innovative technology brings a heightened sense of clarity to problem solving and tackling challenges.

Engage With Confidence

Imagine walking into a meeting or group setting with the confidence and finesse of a seasoned pro. With BrainTap, you can do just that. Our powerful system helps you overcome anxiety and self-doubt, allowing you to speak and present with ease and poise.

Enhance Your Focus

When you're focused, there's no limit to what you can achieve. BrainTap's technology helps you tune out distractions, unlocking new levels of inspiration and creativity. With enhanced focus, you gain new perspectives and your performance accelerates.

Unleash Your Imagination

Eliminate mental blocks and negative thinking so you can unlock your full creative potential. With BrainTap's breakthrough technology, there's simply no limit to what you can accomplish.

Enjoy Energetic Interactions

Harness your body's natural recovery power with BrainTap's cutting-edge audio sessions. Feel rejuvenated, present, and energized, ready to tackle whatever challenge comes your way.

Cultivate Relationships

Enhance your brain fitness, tap your intuition, and learn to communicate more effectively with family, friends, and colleagues. Experience stronger bonds and build healthy, lasting relationships.

AS SEEN IN

Forbes Entrepreneur MEN'S JOURNAL BUSINESS INSIDER



SCAN HERE TO
VISIT THE WEBSITE

For a free consultation on Hippocrates Energy Devices,
call Augusta, Energy Medicine Director

561.471.8876 x 2210 | 929.923.2941 (Mobile)



Indoor Air Pollution And Your Health

By Dr. Roy M. Speiser

Dr. Roy Speiser is vice president and co-founder of Clean Water Revival Inc. He has a masters and doctorate in biochemistry, and he completed a Level 5 Water Quality Specialist Certification from the Water Quality Association in 1994. Speiser has over 35 years' experience in clinical practice and research developing advanced water filtration equipment.





For a complimentary
consultation:

Call:

800-444-3563, Ext.1

Email:

drspeiser@cwrenviro.com

Visit:

www.cwrenviro.com

If you are looking to get your health back on track, part of the solution is living in a healthy indoor environment. Inside our homes and businesses, the life-giving indoor air we breathe has become increasingly contaminated with new strains of viruses, airborne chemicals, and toxic mold.

It is alarming to think about, but the air we breathe becomes more of a health issue every day. Scientific evidence links indoor air pollution to conditions you may expect, such as allergies, chemical sensitivities, fatigue, asthma, and other respiratory conditions. But indoor pollution

is also linked to other health disorders.

According to a World Health Organization (WHO) scientific publication, indoor air pollution contributes to lung cancer, stroke, dementia, heart and pulmonary disease. Close to half of respiratory illnesses in children under age five are caused by particulate matter inhaled from household air pollution.

"Long-term exposure eventually leads to chronic diseases."

The WHO also estimates that worldwide, millions of people die prematurely each year from illnesses attributed to air pollution. Most of us spend more than 70 percent of our time indoors, and levels of some contaminants are higher indoors than outdoors. Several of the more important indoor contaminants are passive tobacco smoke, chemical odors from cleaning agents, furniture, flooring and formaldehyde from construction material, mold, and its allergens.

These toxic substances in your indoor environment pose a significant threat to your health. If you are living or working in a polluted environment your immune system never gets a chance to recover, and its performance decreases. Long-term exposure eventually leads to chronic diseases.

We cannot realistically live in a "clean room environment," but we can protect our health by using nontoxic cleaners, eliminating mold sources, and other measures, including filtering the air. Air purification systems are used in hospitals to prevent contagious diseases from spreading. In the home, advanced filtration units can be used effectively to collect particulates, microbes, and airborne chemicals to reduce their levels in your breathing space.

There are hundreds of brands of air filters on the market, but the most effective units have a sealed HEPA filter, carbon, and absorbent media, plus a powerful motor to clean the room several times per hour. There are newer air purification units that exceed the HEPA standard and can capture "ultrafine" particles that can lodge deep in the lungs. In addition, they are capable of killing germs and mold inside the unit.

Selecting the best type of air purification system for your home requires evaluation of the indoor air quality, identifying types of contaminants present, and the size of the area to be cleaned. If a family member has hyper allergies, immune deficiency, or Multiple Chemical Sensitivity, the contaminant levels have to be reduced to significantly lower levels. This requires designing the most effective filtration equipment solution based upon the application and health requirements of the family. My recommendation is to seek out a professional who has experience in indoor air quality solutions.

To find out more information on air filtration systems, visit our website at:
cwrenviro.com
or call 800-444-3563.

ExtendingME

Genetic Insights for a Lifetime of Health and Longevity

A PARTNERSHIP THAT HERALDS A NEW DAWN IN GENETIC INSIGHTS

As the original Pioneers of Health and Longevity for 70 years, Hippocrates Wellness only partners with the world's best! That is why we are proud to announce our innovative partnership with ExtendingME, America's leading genetic testing center. This ground-breaking collaboration aims to revolutionize personalized wellness by offering unparalleled genetic insights and wellbeing support, setting a new standard in genetic testing.

Extending beyond our West Palm Beach campus, this transformative partnership reaches a global audience with accessible kits and remedies designed to support comprehensive health and longevity. Our mission is to reduce or eliminate biological and psychological concerns, prolonging and enhancing life spans worldwide.

By combining ExtendingME's cutting-edge genetic testing capabilities with Hippocrates' 7-decade legacy of trailblazing health and longevity, this partnership promises unprecedented benefits for those seeking to reclaim optimal wellbeing.

Embrace a healthier future with ExtendingME and Hippocrates Wellness—where science meets progressive wellness for a better tomorrow.

FOLLOW US
FOR MORE
INFORMATION

OR VISIT: hippocrateswellness.org



EXCLUSIVE OFFERINGS:

THE COMPREHENSIVE LONGEVITY PLAYBOOK

- **Disease Risk Assessment** (50 plus Disease Aspects) (Alzheimer's, Parkinson's, Cardiac Risk, Stroke, etc.)
- **Foundational Longevity Panel** – 11 different aspects (Inflammation, Neuro, Brain Fog, Nutrients, etc.)
- **Epigenetics Test** – Biological Age Testing (Eye Age, Hearing Age, Memory, Inflammation Score)
- **Comprehensive Blood Test** (At home or office) (Baseline testing for hormones, thyroid, liver, stress, kidney)
- **Quarterly Updates** – Diet, Anxiety, Sleep, etc.

Great for individuals wanting to look super deep into their health and have concerns on family history. Best for patients under 70.

PATIENT PRICE: \$2500.00

Two-Week Turnaround, Consult with a HW provider.

LIFETIME GENETICS AND EPIGENETICS

- **Foundational Longevity Panel** – 11 different aspects (Inflammation, Neuro, Brain Fog, Nutrients, etc.)
- **Epigenetics Test** – Biological Age Testing (Eye Age, Hearing Age, Memory, Inflammation Score)
- **Comprehensive Blood Test** (At home or office) (Baseline testing for hormones, thyroid, liver, stress, kidney)
- **Quarterly Updates** – Diet, Anxiety, Sleep, etc.

Great for patients less concerned about family history and ready to begin the journey of Longevity. These comprehensive tests and regular updates provide personalized insights and ongoing guidance to optimize your health, wellbeing, and longevity.

PATIENT PRICE: \$1299.00

Consult with a HW provider for more information

HIPPOCRATES NURO-SIZE PROGRAM

PIONEERS *of* LONGEVITY

SINCE 1956



STRENGTHEN YOUR BODY, ELEVATE YOUR MIND

A COMPREHENSIVE QUANTUM FITNESS PROGRAM THAT ENHANCES COGNITIVE AND PHYSICAL PERFORMANCE FOR A LONGER, HEALTHIER LIFE.



BALANCE



RECOVERY



STRENGTH



FLOW

Nuro-Size is an innovative exercise program that seamlessly integrates physical activity with cognitive challenges. It is designed to enhance and synchronize brain and body fitness through four core health goals: Balance, Recovery, Strength, and Flow.

By combining aerobic exercises, strength training, and flexibility routines with tasks that stimulate memory, attention, and problem-solving skills, Nuro-Size promotes the formation and reinforcement of neural pathways. This dual approach leverages the principles of neuroplasticity, the brain's remarkable ability to adapt and reorganize itself in response to new experiences and learning. The program aims to build physical strength, sharpen mental focus, improve balance through coordinated movements, and create a state of flow where the mind and body work harmoniously.

Regular participation in Nuro-Size not only boosts physical health, improving cardiovascular endurance, muscle strength, and flexibility, but also enhances cognitive resilience, potentially delaying the onset of age-related cognitive decline. Designed to be inclusive, Nuro-Size offers adaptable workouts suitable for any age or fitness level, ensuring everyone can benefit from this comprehensive brain-body exercise regimen.

SUBSCRIPTION MODEL
\$9.99 PER MONTH

WHY OUR PROGRAM?



**NEW CONTENT
ADDED MONTHLY**

Fresh videos added monthly to keep your routines exciting and to continuously challenge your mind and body.



**LITTLE TO NO
EQUIPMENT NEEDED**

Little to no equipment is needed, and some may be replaced with household items, making it easy to perform exercises anywhere, anytime.



**SUITABLE FOR ALL
AGES & FITNESS LEVELS**

Exercises can be easily modified to match individual capabilities and goals. No matter your age, let's Nuro-Size!



**SCAN HERE TO
SUBSCRIBE NOW**

OR VISIT: hippocrateswellness.org

HIPPOCRATES
WELLNESS

PIONEERS *of* LONGEVITY
SINCE 1956

By Anna Maria Clement


Healing Our World | hippocrateswellness.org



HIPPOCRATES
WELLNESS

PIONEERS *of* LONGEVITY
SINCE 1956

VEGAN THANKSGIVING DINNER



WE HAVE A SEAT WAITING FOR YOU AT OUR TABLE

Join Anna Maria, Brian, and the Hippocrates family for a 100% vegan Thanksgiving experience with proceeds going to our scholarship fund.

We may have limited tickets available on Thanksgiving Day. These tickets have an increased price of \$65 for adults and \$40 for children. Kids under 5 years are free. To ensure a seat, please purchase tickets in advance.

THURSDAY NOVEMBER 28TH

11:30 - 12:30 PM - CHECK-IN & TOUR

12:00 - 1:00 PM - FIRST COURSE

1:00 - 2:00 PM - THANKSGIVING CIRCLE

2:00 - 4:00 PM - RAWesome BUFFET



SCAN HERE



UNLOCK THE SECRETS TO VIBRANT HEALTH

Introducing our revolutionary online courses from Hippocrates Wellness!
Dive into a world of holistic nutrition and wellness with our expertly crafted
subscription-based lifestyle courses that are accessible to everyone.
Sign up to be a part of our launch and discover how to take control of your life!

HIPPOCRATES
WELLNESS

PIONEERS *of* LONGEVITY
SINCE 1856

SIGN UP NOW
TO BE PART OF
THE LAUNCH



THE AUTOSPROUT FARM



"Science has revealed that the most nutritious and medicinal foods on Earth come from these germinated seeds, nuts, grains, and beans."

Sprouted Food

BY BRIAN CLEMENT

All life begins from a seed, including yours. The brilliance of nature, contained in a tiny package, releases the next generation to perpetuate the cycle of life. Science has revealed that the most nutritious and medicinal foods on Earth come from these germinated seeds, nuts, grains, and beans. For seven decades, Hippocrates Wellness has led the worldwide movement into living foods. We have clinically observed hundreds of thousands of people, who consume these powerful plants, successfully reverse a plethora of disorders and premature aging. We invite you to partake in this banquet of delectable health-building fare. Our goal is to make it easy, affordable, and accessible for you to consume the healthiest food on earth.



*"You will find it easy to germinate a variety of seeds
and make fresh, crispy sprouts ..."*

The AutoSprout Farm

GROW YOUR FRESHEST FOOD AT HOME

The AutoSprout Farm system was developed to minimize the effort and attention required for growing powerfully nutritious, baby crops of vegetables. You will find it easy to germinate a variety of seeds and make fresh, crispy sprouts and baby greens a source of fun and satisfaction, knowing these are some of the cleanest and most nourishing foods you may ever consume.

\$315

Mail order Phone number and for
wholesale opportunities:
(877-582-5850)

Exclusive Distributor for North America

Wellness Trends 24 to Watch

By Lynne Jackaman

As the season changes and invites us to turn inward, it's the perfect time to focus on our health and wellbeing. Fall provides the ideal opportunity to reset and rejuvenate, and Hippocrates Wellness is at the forefront of this transformation. With progressive approaches to self-healing and wellness, our programs and protocols are expertly designed to support your body, mind, and spirit as the year winds down. Let's explore the top wellness trends this fall and how Hippocrates Wellness can help you embrace them for lasting vitality.

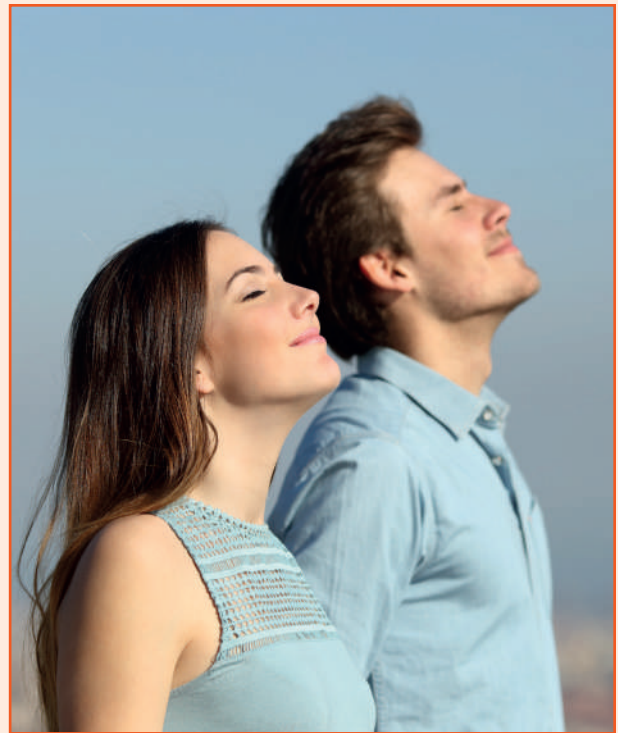


#01

FITNESS & RECOVERY

- Elevating Physical Vitality

Fall is the ideal time to balance staying active and embracing recovery. Cold plunge therapy, often paired with detoxifying sauna sessions, is gaining popularity for its ability to reduce inflammation and promote muscle recovery. At Hippocrates, we integrate cutting-edge fitness programs with advanced therapies to promote healing and reduce inflammation. From daily Tai Chi, yoga, and Qigong classes to chemical-free regeneration pools, infrared saunas, and cutting-edge facilities, we offer a progressive approach to fitness and recovery. Our personalized training sessions and recovery treatments optimize your physical health, helping you stay energized and resilient as the season changes.



#02

EMOTIONAL HEALING & REPROGRAMMING

- Build Emotional Resilience

As we continue navigating life's uncertainties, mental health remains a priority. Emotional wellbeing is just as important as physical health; addressing emotional blockages and reshaping thought patterns can promote emotional balance and resilience. At Hippocrates Wellness, we emphasize emotional healing as a cornerstone of overall wellness. Our advanced therapies, such as Emotion Code and EMDR (Eye Movement Desensitization and Reprocessing), help you process past trauma, reduce stress, and build emotional resilience. You can achieve greater emotional intelligence and inner peace through reflection, psychotherapy, and mindfulness practices, transforming your mental and emotional health for the better.



03

PERSONALIZED WELLNESS

-Tailored Health Solutions

This season, personalized wellness is taking center stage. Whether biohacking your fitness routine or customizing your energy treatments, the growing trend of tailoring health solutions to individual goals is more prominent than ever. At Hippocrates, we address your unique health needs through customized nutritional plans, cutting-edge energy medicine, and personalized detox protocols. We ensure that every step of your wellness journey targets your specific goals and challenges.



#04

ADOPTING AN ANTI-INFLAMMATORY LIFESTYLE - Reducing Inflammation Naturally

With inflammation linked to many chronic health conditions worldwide, anti-inflammatory diets and therapies are a growing wellness focus this season. At Hippocrates Wellness, our nutrient-rich, organic, plant-based cuisine is designed to combat inflammation at its core. Combined with rejuvenating Red light Therapy, acupuncture, and personalized detox treatments, the Hippocrates Lifestyle provides a comprehensive approach to help alleviate pain and support the body's natural healing processes.

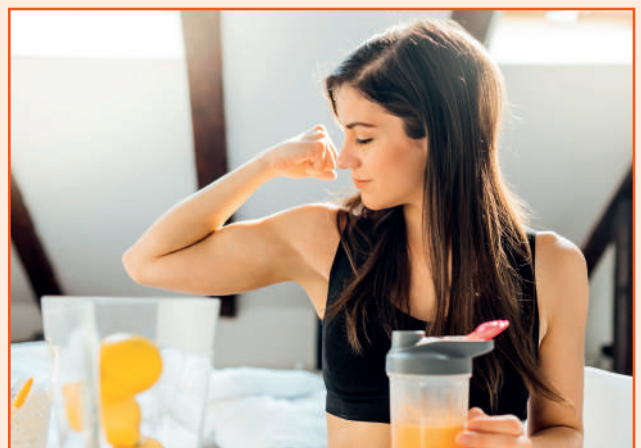


#05

MINDFULNESS PRACTICES

- Cultivate Inner Calm

This fall, mindfulness remains in the spotlight, offering a powerful way to manage stress and cultivate emotional wellbeing. At Hippocrates Wellness, our tranquil 55-acre campus offers the perfect setting for immersive mindfulness practices. Guests can experience daily meditation, guided Mandala breathwork, and therapeutic sessions that help release emotional blockages and enhance clarity. Whether you join our group classes or indulge in personalized one-on-one therapy, you'll discover deeper mental clarity and emotional balance this season.



#06

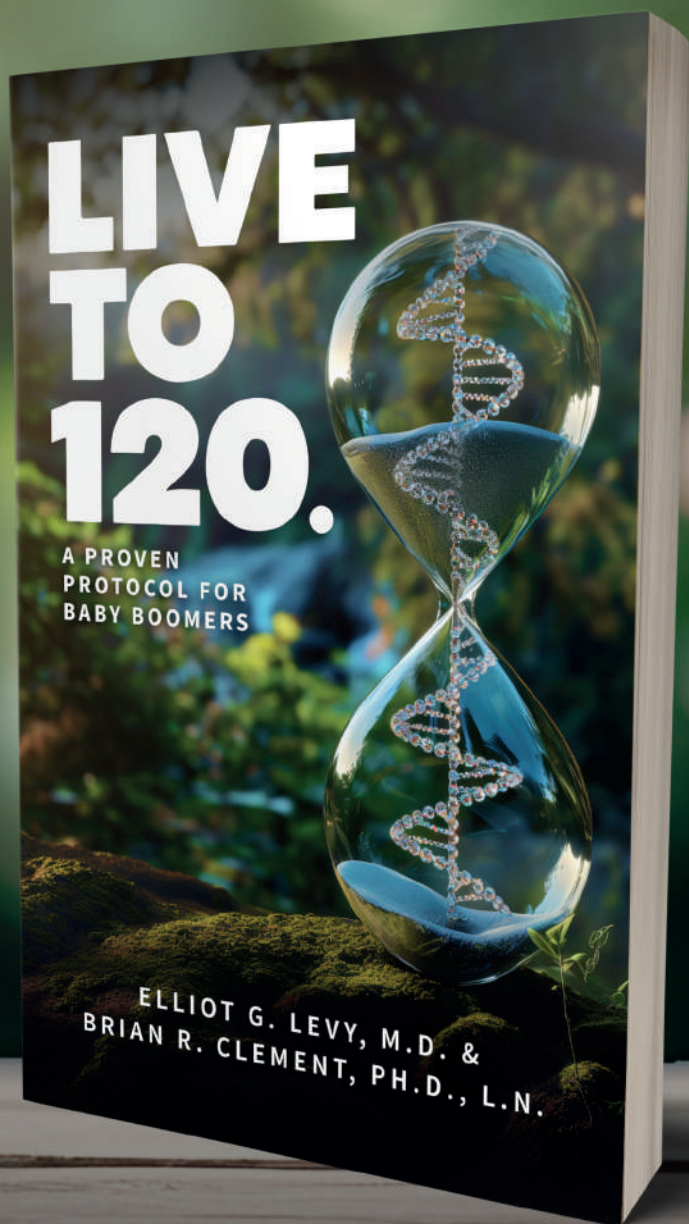
IMMUNE-BOOSTING THERAPIES

- Strengthen Your Defense System

As the colder months approach, maintaining a strong immune system becomes even more essential. Fall wellness trends point towards targeted immune support. Hippocrates Wellness prioritizes immune-boosting therapies to help you stay strong and healthy. Our Life Transformation Program (LTP) incorporates nutrient-rich, plant-based meals, vitamin-packed, alkalizing green elixirs, and non-invasive therapies like hyperbaric oxygen therapy and lymphatic drainage to supercharge your immune system. By focusing on prevention and cellular regeneration, we ensure your body is equipped to thrive throughout fall and beyond.

LIVE TO 120

BY ELLIOT G. LEVY, M.D. &
BRIAN R. CLEMENT PH.D., L.N.



"LIVE TO 120" IS YOUR ULTIMATE GUIDE TO A VIBRANT, FULFILLING AND LONG LIFE.

Discover practical tips to defy aging, stay healthy, and retain youthful vitality as Dr. Brian Clement and Dr. Elliot Levy share scientific research, wisdom, and valuable insights to help you embrace the secrets to optimal health and longevity. Your journey to 120 starts here!

"Live to 120 is a fascinating exploration of ways to extend our lives—and to feel great along the way. When we break away from less-than-healthy foods and lifestyles, it is amazing how young we can feel!"

- Neal Barnard, M.D., President, Physicians Committee for Responsible Medicine

"I am not a Baby Boomer, but both of my parents are. The information presented in this book is applicable to me and my entire family. The time to start is now, not waiting. Kudos to the authors for informing us of what we can do right now."

- Emily B. Gutter, Ed.D., Director, EBL Coaching

"Relevant information and easy to read. Loved the section on what to eat when going out to a restaurant. That has always been a challenge to my friend and me. Everyone can learn from this book."

- Jessie Jones, PhD

OUT NOW

SCAN HERE TO BUY ON
amazon



HIPPOCRATES
WELLNESS

PIONEERS *of* LONGEVITY
SINCE 1956

SHIP FAST AND FRESH TO YOUR DOOR
OR PICK UP STRAIGHT FROM OUR GREENHOUSE

ASK
ABOUT OUR
HUB
PICKUP



FRESHLY HARVESTED • BROCCOLI SPROUTS • SUNFLOWER SPROUTS
READY-TO-EAT SALADS • FRESH JUICE • WHEATGRASS



UL Sprouts is committed to supporting Hippocrates Wellness with locally grown organic sprouts and microgreens. We are conveniently situated under 10 miles drive from Hippocrates Wellness.

UNIVERSAL LIVING SPROUTS, INC

PHONE: 561-795-2554

EMAIL: GETHEALTHY@ULSPROUTS.COM

VISIT: WWW.ULSPROUTS.COM

OR SCAN THE QR CODE



Healing Our World



YOUR ULTIMATE GUIDE TO WELLNESS

Healing Our World is a platform for experts from across the globe to express and share ideas and information freely from the cutting-edge of the wellness sphere, opening the hearts and minds of readers worldwide to mental, physical, and spiritual enlightenment.

FOR SUBSCRIPTION OPTIONS AND MORE INFORMATION

hippocrateswellness.org/learning-centre/healing-our-world-magazine/

HIPPOCRATES
WELLNESS



HIPPOCRATES VITALITY PASSPORT

YOUR VITAL PATHWAY TO HEALTH & LONGEVITY

Discover the 7-day vital path to optimal wellbeing with the original Pioneers of Longevity. Our 55-acre tropical retreat in West Palm Beach, Florida, offers the ultimate sanctuary for rejuvenation and renewal.

During your all-inclusive Vitality Passport experience, you can prioritize your overall health and wellbeing with our detoxifying saunas, chlorine-free regeneration pools, luxurious Eco Accommodations, and state-of-the-art facilities. The Vitality Passport invites you to be the designer of your wellness journey by choosing the services and therapies that best align with your goals.

You will have exclusive access to scientifically supported and highly personalized programs, one-to-one consultations, comprehensive testing, health data analysis, advanced doctors and certified therapists, revolutionary personalized protocols and lectures, organic enzyme-rich plant food, and cutting-edge technology.

Whatever your health goals, our world-leading team of wellness experts offers decades of experience in nutrition, integrative health, and progressive and Western medicine. Embrace vital balance and wellbeing with the ultimate 1-week Vitality Passport, free from the everyday stress and distractions specially designed to nourish your mind, body, and spirit.

- ☑ 70 years of unmatched history as the Pioneers of Health & Longevity
 - ☑ Eco-friendly luxurious & spacious Royal Palm Villas
 - ☑ Recharge & revitalize on our private 55-acre tropical wellness retreat in West Palm Beach, Florida
 - ☑ Scientifically advanced testing and data analysis to monitor your progress and targets
 - ☑ Combat fatigue and brain fog
 - ☑ Reduce anxiety, stress, and depression
 - ☑ Educate & re-energize with daily fitness classes and inspirational lectures
 - ☑ Regenerate your whole body with innovative programs and personalized protocols
 - ☑ Lose weight & detoxify with our vital daily organic green juice & wheatgrass
 - ☑ Nourish & replenish with our vital organic raw, enzyme-rich buffets
-

FROM \$7,930

Passport also includes a \$1,500 resort credit to use on services outside of the scheduled treatments provided.

HIPPOCRATES
WELLNESS

PIONEERS *of* LONGEVITY
SINCE 1956

SCAN HERE TO
REGISTER NOW
OR VISIT: hippocrateswellness.org



Recipes

A healthy, plant-based diet is one of the most effective ways to increase and sustain your body's natural energies.



Recipes curated
by Chef Ken
Blue & our
Culinary Team

Better Than Tuna

Ingredients:

3 cups of soaked & rinsed hulled (no shell) sunflower seeds (soaked for 4 to 8 hours)
½ cup of water
¼ cup of lemon juice
1 ½ tablespoons of Bragg's Liquid Aminos (or to taste)
You can substitute with kelp, dulse, or green salt if desired.

Method:

1. Process in a food processor with an "S" blade until thick and creamy.
2. Put mixture into a large bowl.
3. Then mix in 1 cup of diced celery and ½ cup of diced white onion (or to taste)
4. At Hippocrates, we serve this on romaine lettuce leaves, with our Hippocrates pickles on the side (Recipe in Energy Medicine Issue: Volume 44 - Issue 2 on Hippocrates website)

Chef's Note:

Will last about 3 days in the refrigerator. May turn a little darker, and the water may separate. Just stir and serve. Also, leftovers can be made into dehydrated crackers.



Pad Thai

Sauce Ingredients:

- 1 ounce of lemon juice
- 1 clove of garlic
- 1 slice of ginger root ($\frac{1}{8}$ - $\frac{1}{4}$ inch thick)
- 1 slice of red beetroot ($\frac{1}{4}$ inch thick)
- 1 $\frac{1}{2}$ cups of red bell pepper, cut into 1-inch squares
- 2 or 3 scallion bottoms
- $\frac{1}{8}$ teaspoon of green salt
- $\frac{1}{4}$ teaspoon of kelp powder

Other Ingredients:

- 2 cups of spiralized purple top turnips
- 1 $\frac{1}{2}$ cups of bean sprouts
- 2 or 3 scallions, sliced thin (reserve bottoms for the sauce)
- 1 tablespoon of roughly chopped dehydrated almonds
- 1 tablespoon of Braggs Liquid Aminos (or to taste)

Method:

1. Blend sauce ingredients in a high-speed blender.
2. Then slowly add 8 ounces of raw almond butter, blend until creamy, and set aside.
3. Mix spiralized purple top turnips, bean sprouts, and roughly chopped dehydrated almonds.
4. Add 5 ounces of sauce (more if desired) and Braggs Liquid Aminos to taste and enjoy!

Chef's Note:

To avoid breaking up the bean sprouts, mix the sauce on the turnip noodles and scallions first, then gently fold in the bean sprouts and almonds. Also, leftover sauce is great as a salad dressing.



Recipes

A healthy, plant-based diet is one of the most effective ways to increase and sustain your body's natural energies.



Recipes curated
by Chef Ken
Blue & our
Culinary Team

Romaine Lemon Dulse

Dressing Ingredients:

¼ cup of lemon juice
⅛ heaping cup of Frontier pizza seasoning
1 clove of garlic
1 ½ fluid ounces of sesame oil
5 fluid ounces of olive oil
½ cup of whole leaf dulse

Method:

1. Blend ingredients in a high-speed blender.
2. Mix 1-2 ounces or desired amount onto romaine, thinly sliced red onion, and shredded carrot.

Other Ingredients:

4 cups of cut romaine
1 tablespoon of thinly sliced red onion
2 tablespoons of shredded carrot

Chef's Note:

A simple but popular recipe served every Sunday evening at Hippocrates.



Southwest “Penne”

Sauce Ingredients:

- 1 cup of soaked and rinsed pine nuts
- ½ cup of soaked and rinsed macadamia nuts (soaked overnight or about 8 hours)
- 1 ½ cloves of garlic
- ¼ cup of lemon juice (2 fluid ounces)
- 1 ½ heaping tablespoons of chickpea miso
- 1 teaspoon of onion powder
- 2 teaspoons of smoked paprika
- ½ teaspoon of chipotle powder
- 3 ½ ounces of water to blend

Other Ingredients:

- 1 large yellow squash or about 3 cups of cut yellow squash to the size of “penne” noodles using a mandolin or a knife
- 4-5 ounces of freshly shucked peas or thawed frozen peas

Method:

1. Blend ingredients in a high-speed blender until creamy.
2. Mix 5-6 ounces of sauce (or desired amount) over yellow squash “penne” and freshly shucked green peas.

Chef's Note:

Leftover sauce can be used as a salad dressing. Or, to make a tasty snack, mix it with kale or spinach and dehydrate until crunchy, which is usually 1-2 days.



HIPPOCRATES

WELLNESS

UPCOMING EVENTS

WALKING TOURS

BOOK LAUNCHES

SEMINARS

LECTURES

MONTHLY OPEN HOUSE

DOCTOR DAYS

AND MUCH MORE

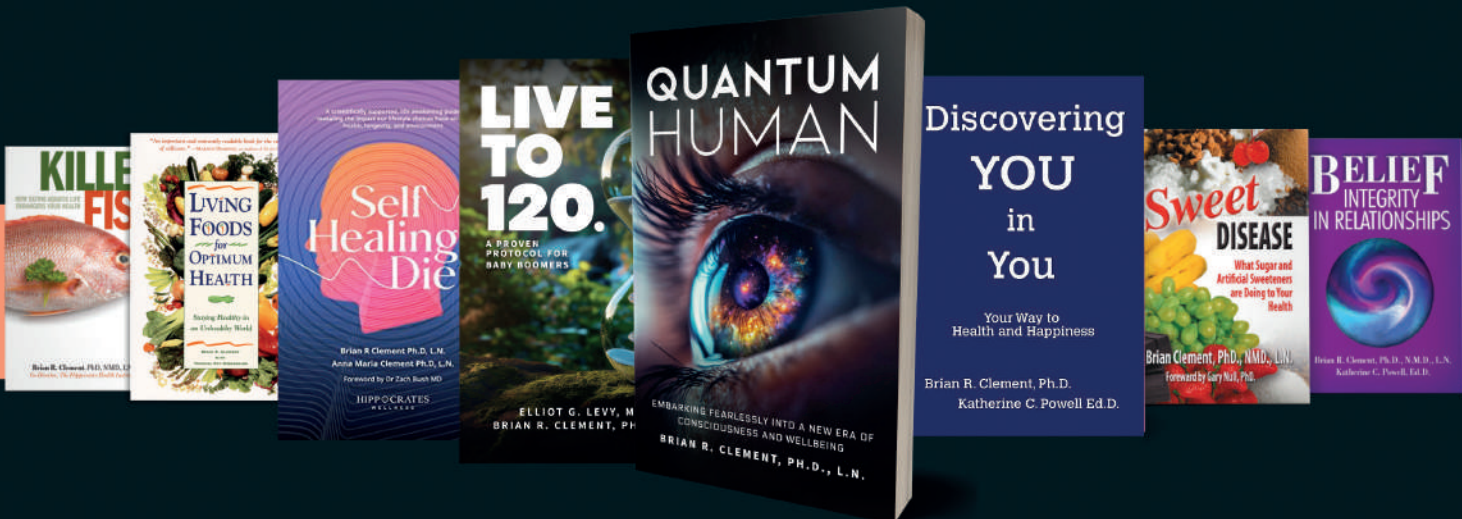


Hippocrates Wellness hosts a wide variety of immersive events all year round, both on our beautiful campus in West Palm Beach, and across the world. Our aim is to help people attain health and create longevity, giving humanity a roadmap for redirecting, enriching, and extending their lives.

SCAN HERE TO BROWSE
ALL UPCOMING EVENTS
ON OUR WEBSITE

HIPPOCRATES WELLNESS

ENLIGHTENED LITERATURE



Killer Fish
Brian R. Clement
PhD, NMD, LN

**Living Foods
for Optimum Health**
Brian R. Clement
PhD, NMD, LN

**Self-Healing
Diet**
Brian R. Clement
PhD, NMD, LN
Anne Maria Clement
PhD, NMD, LN

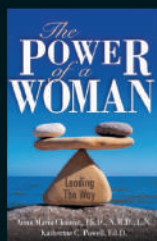
Live to 120
Elliot G. Levy M.D.
Brian R. Clement
PhD, NMD, LN

**QUANTUM
HUMAN**
Brian R. Clement
PhD, NMD, LN

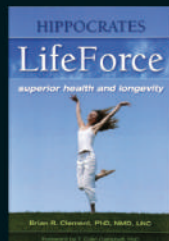
**Discovering You
in You**
Brian R. Clement
PhD, NMD, LN
Katherine C. Powell
Ed.D.

**Sweet
Disease**
Brian R. Clement
PhD, NMD, LN

**Belief: Integrity in
Relationships**
Brian R. Clement PhD, NMD, LN
Katherine Powell, Ed.D.



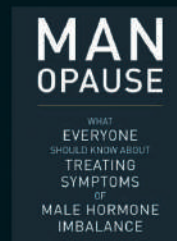
The Power of a Woman
Anne Maria Clement
PhD, NMD, LN
Katherine C. Powell
Ed.D.



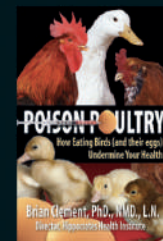
LifeForce
Brian R. Clement
PhD, NMD, LN



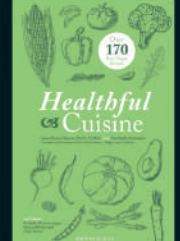
Killer Clothes
Brian R. Clement
PhD, NMD, LN
Anne Maria Clement
PhD, NMD, LN



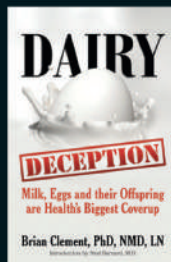
Manopause
Brian R. Clement
PhD, NMD, LN



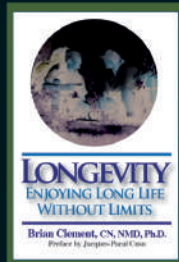
Poison Poultry
Brian R. Clement
PhD, NMD, LN



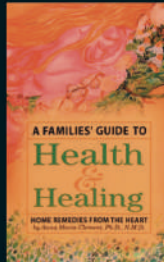
Healthful Cuisine
Anne Maria Clement
PhD, NMD, LN
Kelly Serbonich



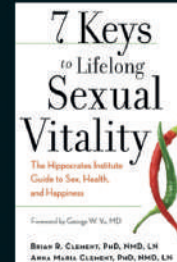
**Dairy
Deception**
Brian R. Clement
PhD, NMD, LN



**Longevity: Enjoying
Long Life without Limits**
Brian R. Clement
PhD, NMD, LN



**Health
& Healing**
Brian R. Clement
PhD, NMD, LN



**7 Keys to Lifelong
Sexual Vitality**
Brian R. Clement
PhD, NMD, LN
Anne Maria Clement
PhD, NMD, LN



The 'Food is Medicine' Series

Brian R. Clement
PhD, NMD, LN

Powered by
HIPPOCRATES
WELLNESS.

PIONEERS *of* LONGEVITY
SINCE 1956

Hippocrates Wellness | 1466 Hippocrates Way
West Palm Beach Florida