



# DIABETES

How Lifestyle and Diet Choices can  
Eradicate and Prevent this Disease

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HIPPOCRATES

E-BOOK SERIES

**One century ago, there was no indication in medical literature of the disease we today call type 2 diabetes. Although conventional physicians and their pharmaceutical allies call it a chronic disorder, it is really a lifestyle catastrophe. For more than six decades, we have been observing how people reverse this malady by implementing organic, plant-based foods, food-based supplements, and movement and exercise.**

Type 2 diabetes is one the fastest growing diseases in the history of man. Not long ago, it was called adult onset diabetes and physicians hypothesized that if you contracted a blood-sugar problem before 27 years of age, it was type 1, and after 27, diagnosed as type 2.

Today, we know that this simple view is incorrect for two specific reasons. First, two-thirds of people developing this disorder are young women and men below 20 years of age. Next, type 1 seemingly can develop at any age. Before we go further, I want to emphasize that most of what we are focusing on is the type 2 variety. Type 1 is always helped with lifestyle adjustments, but not as readily reversed.

Apparently, the enormous shift from a clean, healthy diet in years passed, to a polluted, non-nutritive fare, has been the impetus creating this monstrous disease. Although sugar is the central culprit, it is not the first reason that people develop blood-sugar concerns. Animal fats, which are saturated, literally surround and smother the cell, not permitting the needed glucose to enter and be used as fuel. Therefore, the sugar remains in the blood stream and is given the appropriate name. You may have noticed that the majority of people enduring this condition are overweight.

Removing all animal-based foods, red meat, poultry, fish, pork, dairy (sugary lactose), including milk, cheese, butter, yogurt, ice cream,

and kefir the first step in preventing and reversing diabetes. Next, all sugars, including those derived from whole fruit and the high-fructose vegetables like carrots, beets, etc., should be removed from the diet. Adding high-protein, plant-based foods to your daily menu will now bring the medicinal benefits required to stabilize blood sugar. Think of these amino acids as being magnets that pull together the glucose and do not allow it to sporadically gyrate the body systems. Sprouts, fresh water, and saltwater algae, and nuts and seeds are at the top of the list in the conquest of remedying this problem.

Our medical team has observed through glucometer sugar testing that within 24 hours after adopting the Hippocrates Diet, regulation of glucose begins. It is common that within days, doctors are suggesting reduction of insulin, and within weeks, many have been able to abandon the need for their medicines. Work with an open-minded physician who aspires to help you heal rather than to foster chronic use of drugs.

There is no one unable to successfully correct poor lifestyle. Those who are serious about removing this obstacle to good health, when using the correct tools, can do so. Neuropathies, vision concerns, and even amputation are synonymous with those who are haphazard and continue on their march to destruction. Be affirmative and you will be one of the endless thousands who heal this so-called “disease.”





## Dimensions of a Disease:

### How to Get Out of the Danger Category for COVID-19

During the winter of 2019, a disease from the family of coronaviruses, also known as coronavirus disease 2019 (COVID-19), caused a disease outbreak that originated in China. This disease rapidly spread throughout the world, leading the World Health Organization (WHO) to declare this outbreak a pandemic, causing a global plague with symptoms ranging from mild to severe. People who are elderly, particularly over the age of 65, or who have existing chronic medical conditions, such as heart disease, lung disease, diabetes, severe obesity, chronic kidney or liver disease, or those who have compromised immune systems may be at higher risk of this serious illness. This is similar to what is seen with other respiratory illnesses, such as influenza.

According to the WHO, the common signs and symptoms of COVID-19 can vary from person to person and may appear in as little as two days after exposure.<sup>1</sup>

#### A few common symptoms of the disease include:

- Fever
- Cough
- Shortness of breath or difficulty breathing

#### Other symptoms can include:

- Tiredness
- Aches
- Chills
- Sore throat
- Loss of smell
- Loss of taste
- Headache
- Diarrhea
- Severe vomiting

The symptoms of COVID-19 are similar to other respiratory illnesses and many people experience shortness of breath and even pneumonia, which can cause severe medical complications, sometimes resulting in death for those with severe medical complications.

#### According to the Mayo Clinic, severe complications that can develop from symptoms of COVID-19 include:

- Pneumonia in both lungs
- Organ failure in several organs
- Respiratory failure
- Heart problems, such as rhythm problems and a disease of the heart muscle that makes it hard for your heart to pump blood to the body (cardiomyopathy)
- Acute kidney injury
- Additional viral and bacterial infections<sup>2</sup>

While anyone can be at risk for contracting COVID-19, especially those who are older than 65 and those who have compromised immune systems, some doctors are saying that some of their sickest patients are less than 60 years old who are also considered obese. The Centers for Disease Control and Prevention define obesity as people with a body mass index, or BMI, over 40.

#### The BMI measures your weight in relation to your height and is categorized by these categories:

- Normal weight: BMI of 18.5 to 24.9
- Overweight: BMI of 25 to 29.9
- Obesity: BMI of 30 or higher

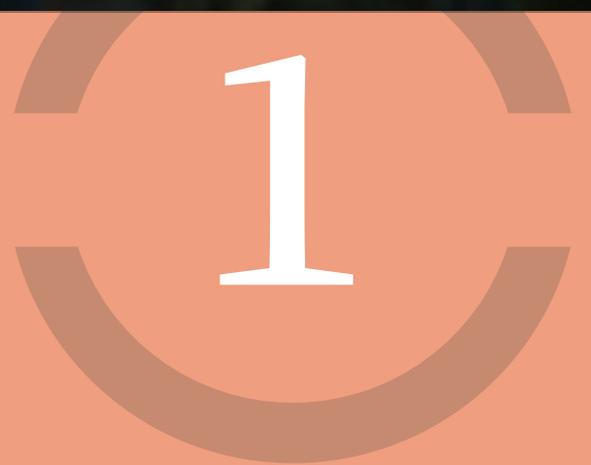
Currently, there is no treatment that has been specifically approved for COVID-19 and there is no cure for an infection. Treatment focuses on managing symptoms as the virus runs its course and trying to help keep the person infected as comfortable as possible.

The best way to prevent the spread and infection of this disease is to avoid or limit contact with people who are showing symptoms of COVID-19 or any respiratory infection. Also, practicing good hygiene and physical distancing are safe and practical measures to help prevent bacteria and viruses from spreading.<sup>3</sup>



# Chapter One

| Consuming Health





Your first step in disengaging with diabetes is to consume knowledge. Since 1956, we have worked with tens of thousands of people with this problematic concern and we have seen how unfortunate it was that so many suffered so much. Our society of over-consumption has spawned a full-spectrum of disease that our ancestors did not experience. It is not only how much we eat, it is those “foods” we choose and the time that we consume them. As an example, historically, few, if any, ate after sunset. At that time, our bodies are healing and detoxifying, not designed to break down cuisine. These late night eating habits could negatively impact not only your waistline, but also your heart, increasing your risk of diabetes and heart disease.

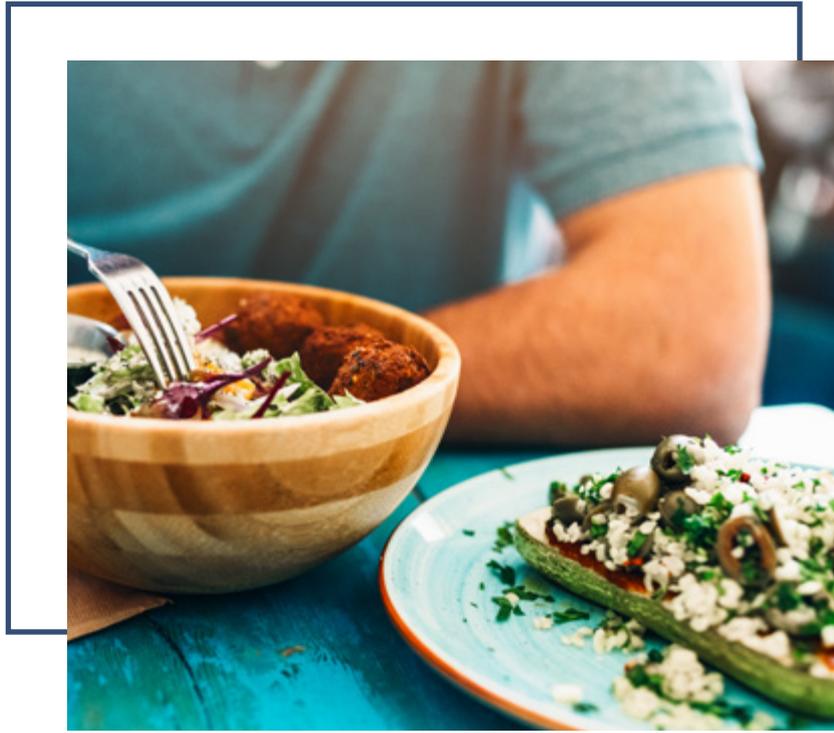
According to a study done by the Perelman School of Medicine at the University of Pennsylvania, late-night meals have negative health effects by raising insulin, fasting glucose, cholesterol and triglyceride levels. <sup>4</sup> “We know from our sleep studies that when you’re sleep deprived, it negatively affects weight and metabolism in part due to late-night eating, [this came from the initial findings. When thoroughly analyzing the data specifically looking at sleep control,] giving a more comprehensive picture of the benefits of eating earlier in the day,” said Namni Goel, PhD, professor and lead author of the study.

Amounts of food are equally important and study after study show that people who eat the highest, nutritive foods in the smallest amount have

the least incidence of disease and live the longest. Rather than focusing on calories alone, research shows that high-quality foods play a factor in what we should eat and what we should avoid in order to maintain a healthy weight.

Researchers in the Department of Nutrition at Harvard School of Public Health conducted a study with more than 120,000 healthy women and men, spanning 20 years. They determined that weight change was strongly associated with the intake of potato chips, potatoes, sugar-sweetened beverages, and both processed and unprocessed red meats. The consumption of these processed foods can increase weight gain. Foods shown to be associated with weight loss included vegetables, whole grains, fruits and nuts. <sup>5</sup>

Time and again, the food industry has deceived the public, and literally convinced us that dangerous fare is healthy. A century ago, the powers that be, actually manipulated the food chart and dethroned the grains, beans, nuts, seeds, vegetables, and fruits, which were the core of most people’s diets, elevating meat and dairy to the status of essential at the pinnacle of that list. As economic success reached down into the middle class, it was perceived that animal food consumption was a status of that success.



Charts and graphs have shown that once these non-foods were consumed, diabetes and other disorders arose. Modern medicine, somehow, disregards lifestyle in the process of diagnosis and treatment. For this very reason, we have diabetic associations in all developed countries that are appropriating millions for unnecessary research as to where this disease comes from. There has to be a restart to this futile effort since it ends up harming and not helping. Taking responsibility for one's life is not easy in a world where we turn our lives over to professionals who claim they have remedies. Consume foods that nourish, build and heal you. Eliminate non-foods that poison your system, bloat your belly, and manifest sickness.

Consumption is multi-faceted and dependent upon wisdom and experience and can be either a good friend, or a formidable enemy. Alleviate perceived mysteries with proven and effective food. Reducing weight is also a prerequisite in the conquest of diabetes. When combining cuisine with comfortable, yet invigorating fitness, it is a duo with a destiny to erase blood sugar.

There are few disorders that progressive medicine can speak on with such an authority. In type 2 diabetes, there are only two major culprits that are causative, eating the wrong "food" and living lethargically. Once you reveal to yourself you're addictive and habitual habits, it becomes apparent as to why it is so difficult to replace junk with superior fare. All too often we take what appears to be the easy way out, further plunging ourselves into a sea of sickness. Learn to swim and more so, continue on until you reach a pleasurable place of health, happiness, and healing.

A photograph of a person with their arms raised in triumph, set against a bright, hazy sky. The person is wearing an orange tank top and dark leggings. The image is partially obscured by a large white text overlay.

# Chapter Two

| Defeating Diabetes

Think of this problem as a bunch of renegade criminals running all over your body with hopes to rob your health. Find a way to capture each and every one of them and put them in jail so they no longer can wreak havoc on every single organ in your anatomy. As far back as the early 20th century, French physician and chemist, Louise Camille Maillard, spoke about the hazards brought about by combining sugar, salt, and fats. Each of these chemistries had the potential to erode and destroy healthy cell function. Maillard discovered a chemical reaction between an amino acid and a reducing sugar, usually requiring the addition of heat, called glycation. This reaction, also known as the Maillard reaction, can generate acrylamide, a human carcinogen. <sup>6</sup> His landmark work was greatly ignored and humanity missed a privileged opportunity to prevent the death of hundreds of millions.

It was not until the mid-20th century, shortly after World War II, that we began to see the beginnings of what is today called THE FAST FOOD FIASCO. Before this time, the majority dined at the table on homemade food, quite often harvested from their own backyard garden. One did not have to purchase organic food since that generally was all that was available. Amounts were also small and consumed far less frequently. Comparing a coffee cup from the early 20th century to the gigantic containers that people gulp daily displays the enormous disparity between the amounts. Have you ever observed the size of a coca cola bottle from three generations ago compared to the truck size today, requiring two people to carry it? What was often considered a family size is now what the average person takes in on their own.

Your pancreas is a wondrous organ that has an essential job to perform by helping to break down complex carbohydrates into simple sugars that fuel our energy and vitality. Our nomadic ancestors consumed foods on and off as they navigated the landscape and geography of the world. There may have been days before finding the desirable plants that were the core of their sustenance, living most time without food. Today advanced research shows the profound benefit one gains from intermittent fasting. This, of course, is due to the evolutionary development of our digestion and elimination canal via history.

One of the hottest fields of study today is fasting, which means you voluntarily abstain from food for varying periods of time. Although this way of avoiding food has been a part of life for ancient civilizations, it is becoming increasingly popular today as a viable tool. Valter Longo, PhD., Director of the USC Longevity Institute, has been at the forefront of the modern fasting movement for more than 20 years. In a landmark study conducted in 2008, Longo discovered that fasting for two days protected healthy cells against the toxicity of chemotherapy, while the cancer cells stayed sensitive. <sup>7</sup>

There is ample evidence that rhythmically choosing times to appropriately eat has a significant benefit for diabetics. My work has revealed that chromium, an important mineral, most often is part of blood-sugar problems. Chromium is an essential mineral that helps regulate insulin and its effects on carbohydrate, protein, and lipid metabolism. When lacking this vital element, it is far more likely for you to manifest type 2 diabetes. <sup>8</sup>

Little truth has appeared surrounding the claim that families pass down diabetes. Observing this in thousands of families led to the understanding that it is the diet and lifestyle habits making this malady common to the tribe. In my own nuclear family with my mother, father, and two brothers, three out of five of us, who chose to eat the western way, each contracted this “disease.” As a matter of fact, I lost my mother to this concern, which compromised her heart and eventually took her. Needless to say, an animal-based diet, washed down with soda and followed by treats and cakes was the perfect repertoire in creating this illness.

Beyond the blood sugar eroding your internal tissue, it also wreaks havoc on your emotional state. In 1970, when I began my work in nutritional science, people with hypoglycemia (low blood sugar) were told that it was all in their mind and they needed to see a psychologist. It was not until years later that research validated it as a biological disorder. Until now, they still do not connect it with diet.





How this blood sugar manufactures neuropathy (painful nerve eroding disorder) is quite simple. Sugar, literally eats healthy cells and at the same time acts like a phantom amphetamine while synthetically stimulating plasma reaction and unnatural blood flow. As the sheathing of the nerve is engulfed in this vampire culture, the nerve itself is exposed and acts like a wire being sparked with metal. In chronic cases, the pain is so acute that it feels as if your limbs are on fire. Equally concerning is the loss of eyesight. There are so many blind diabetics. Just like rock candy, coagulated sugar blocks the blood flow to capillaries in the eye where the tissue degenerates and vision is slowly lost. Needless to say, the same way diabetes effects eyesight and limbs, it also chips away at the heart, demolishes the libido, and erodes the neurons in the brain, being one of the central causes of dementia and Alzheimer's.

In research conducted by the Mayo clinic, being overweight and having type 2 diabetes can increase the risk of developing Alzheimer's disease, also known as type 3 diabetes. Type 3 occurs when neurons in the brain become unable to respond to insulin, which is essential for basic tasks that include learning and memory.<sup>9</sup>

There are other diseases that have frightening reputations, yet there is not one that is such a nemesis over a long period of time, slowly disassembling your health and happiness. Billions of dollars a year are spent on medicines, hospitalizations, and surgeries for an illness that is completely created by poor choice.

The numerous times that I have counseled those suffering with this concern to no avail is disheartening. Science today highlights how sugar is more addictive than illicit drugs like heroin and cocaine. Additionally, one has to be a detective to determine which foods contain this unhealthy substance. Just yesterday, I was at a health store, perusing a row of lozenges and many of the notable brands that I picked up to read contained high-fructose corn syrup, white sugar, or the tricky xylitol, which is another name for sugar. In such a place, you should not have to scrutinize the very products that you are purchasing to gain health.

Manufacturers know that you will continuously purchase their products if they get you hooked on the stimulating sugar that pervades our

food chain. Many of you reading this are thinking that if you don't eat processed foods you ought not to be worried. Smoothies, as an example, made with the best, organic fruits, contain an excessively high amount of sugar, provoking diabetes just as well as the white crystals sitting on Grandma's table. Be aware of what you are choosing to chew, drink, and swallow. Even those of us who do not have blood sugar concerns should be congruent to the fact that we are all candidates if given the wrong foods.

In the past, doctors and scientists used the rhetoric "calories in, calories out," referring to how the fare you consume can be burned up by body exertions, limiting weight gain. This may have worked in the primal period when we were always on the go, eating significantly smaller amounts of raw, organic plants. Most people on a health-food diet today are consuming excess calories from the plethora of processed foods, no less than those who are on western junk food diets. Where does all of this non-nutritive substance go? First, it goes into building the body burden of fat, and second into manifesting sugar in the blood. When rampant food intake is part of the norm, it produces diabetes without fail.

In the United States alone, we are on our way to one third of us having type 2 diabetes. Data shows that in the first 50 years of the 21st century, people in the developed world will increase the percentage of diabetes by over 150%. Currently, 1 in 10 Americans has type 2 diabetes and its prevalence could double or triple over the next 40 years, said Ann Albright, director of the Division of Diabetes Translation at the CDC.<sup>10</sup> If this disastrous trend is not stopped by the end of this century, all of us will be diabetic.

Necessary tools start with a healthy, informed attitude. Being willing to slay your dragon is essential before adopting a healthy diet and lifestyle. Can you imagine a disease that leads to early mortality, pain and suffering, and tens of billions of dollars yearly causing such disaster? You are the remedy. There is no quick or easy way to prevent a problem that you are unwilling to address. In every case where I worked with an individual who was serious about demolishing this disease, they were able to achieve it.



# Chapter Three

| Essential Nutrients for  
Arresting Blood Sugar





**As bad as animal fat is, essential fatty acids are your friend in preventing and reversing diabetes. The most powerful fuel for all of your cells are the omegas: three, six, and nine. These plant-derived lipids actually help you reduce weight, be satiated, reduce “hunger”, and act as virtual jet fuel for brain and body function. You will find these essential fats in all sprouted nuts, seeds, grains and beans, fresh water and saltwater algae, and plant-based supplements. This should be part of your repertoire addressing diabetes. Since your body does not manufacture these important nutrients, they should be consumed on an ongoing basis. The saturated fat that is generally derived from animals and their secretions, along with hydrogenated oils, merely gunk up the body, contributing to unwanted weight and reduced metabolism.**

Supplemental proteins like pollen, plant-based protein powders, and algae, as well as complete amino acid foods like hemp, chia, flax, etc., will bring blood-sugar eradicating benefits to the blood stream. Here at Hippocrates, this is one of the most important avenues to helping reverse this disorder.

As mentioned earlier, a chromium supplement assists the pancreas, which balances and regulates sugar. For this reason, when having this malady, supplement your diet with chromium, ideally in an ionic liquid form. This expedites the healing of the organ that is crucial in this process.

Diaxinol, an herbal supplement, has been historically effective in helping people fight type 2 diabetes. It works on both the

pancreas and the plasma blood sugar. Diaxinol contains a potent combination of Alpha-lipoic acid (ALA), Biotin, and Cinnulin, which helps to balance blood sugar, produces and utilizes insulin more efficiently, and helps regulate cholesterol.

Foods that have consistently proven to be helpful are sprouted sunflower seeds, soaked almonds, and soaked and sprouted sesame and pumpkin seeds.

Fenugreek in an herbal, liquid form, has been scientifically validated as an extraordinary medicinal plant in the fight against type 2. This can also be germinated and utilized as a food and juice, which speeds up its enormous benefits.

Cinnamon supplements and/or utilized in food, shows promise on stabilizing blood sugar in the quest to diminish its negative effect.

Stevia, when the leaf is removed and placed in a liquid form, closely mimics the taste of sugar, with no ill effect. There are numerous studies that show this South American plant actually helps to regulate blood sugar. In a study conducted in 2010 and featured in the medical journal *Appetite*, the effects of sugar, stevia, and artificial sweeteners were reviewed in a group of experimental subjects. Stevia had, by far, the fewest health complications and study participants had lower blood sugar and insulin levels overall. <sup>11</sup>



## Foods to Avoid

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It's important in the prevention and treatment for type 2 diabetes to avoid all forms of sugar, including fruit and their juices, white sugar, brown sugar, honey, maple syrup, date sugar, coconut sugar, monk fruit, zylitol, etc. Aspartame, saccharin, often known as Splenda & Sweet & Low, and all synthetic sugar substitutes are detrimental to low and high blood sugar conditions.

Any food made from an animal, beyond the multitudes of meats, dairy and eggs, also reside in this category. Current research shows that these non-foods spike insulin even more so than carbohydrates. Meat intake is associated with an increase in body weight and inflammation, which link its consumption to diabetes risk.<sup>12</sup>

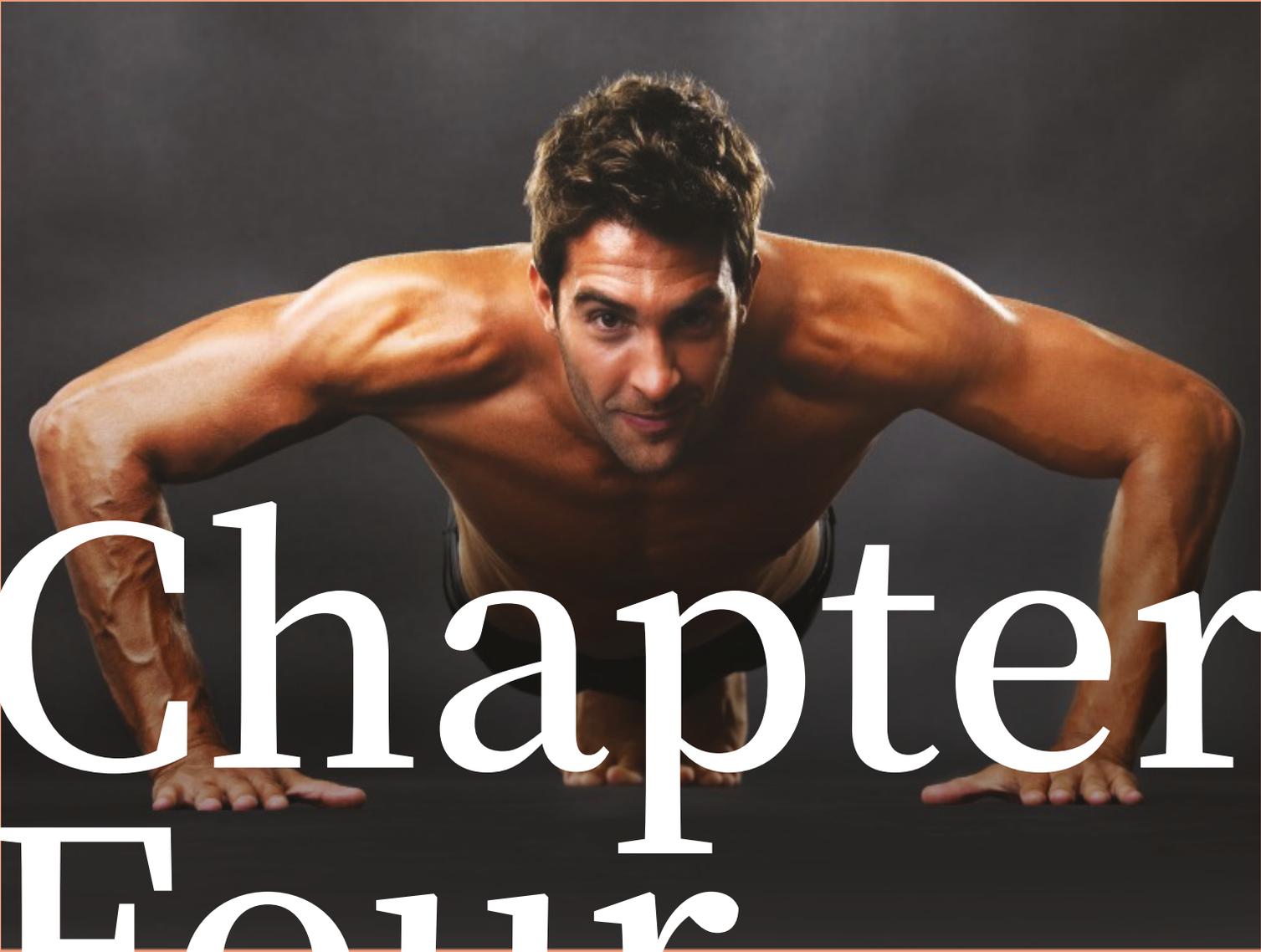
Coconut and palm oils in excess are also to be avoided. Although plant-derived, they are high in saturated fats. Coffee, tea, and chocolate are stimulants, and with their high acidity, they can activate pancreatic enzymes and weaken the organ's ability to regulate sugar, and should also be avoided.

MSG, Glutamate and other chemical food additives, including pesticides, herbicides, fungicides, and their cousins, food coloring additives and preservatives, should not be part of your diet.

Gluten grains and the many recipes that they are used in cause insulin to spike. Gluten is the protein found in many types of grain, including wheat, rye, spelt, barley, semolina, farro, durum, bulgar and kamut, that gives breads the stretchy, elastic consistency. Additionally, research reveals that when infants below four months old consume glutinous grain, they have four times a greater chance of conducting type 2 diabetes. In a study from Sweden and Denmark conducted in 2015, they discovered that gluten consumption leads to leptin resistance, which contributes to obesity and type 2 diabetes.<sup>13</sup>

Alcohol of any type should be avoided. It's like drinking liquid sugar and is often the fundamental cause of diabetes. Most people have absolutely no idea how much sugar lurks inside those alcoholic drinks, and even self-professed 'healthy' eaters make a serious mistake by drinking alcohol in any form.

Cigarettes, vaping, cigars, pipes, and marijuana all carry unwanted chemicals into the lungs, which negatively affects insulin levels, triggering an unnatural desire to consume unneeded food. All forms of tobacco contain nicotine, an addictive drug that acts as both a central nervous system stimulant and depressant. These detrimental substances should be avoided.

A photograph of a muscular man in a starting crouch, looking directly at the camera. The image is set against a dark background and is framed by a light orange border.

# Chapter Four

The Hippocrates  
Diabetic-Free Lifestyle

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**Throughout the years of working with thousands of guests who have struggled with the ill-effects of diabetes, we have created a living-foods lifestyle that focuses on the physical, mental, and spiritual aspects of health and healing. The Hippocrates Life Transformation Program (LTP) is a three-week program that targets learning the Hippocrates Lifestyle so that guests are able to continue the program at home so they can progress healing and making the positive changes necessary to ensure health and longevity.**

When guests are first inquiring about joining the program, they are advised to start eliminating addictions to caffeine, sugar, nicotine, alcohol, and/or drugs. Even many health-conscious people stumble with these addictions, but elimination of these poisons is absolutely necessary. These harmful pollutants destroy nutrients and raise the impurity level of the blood.

While you begin the process of banishing these harmful substances from your life, it's important to start introducing living foods, gradually increasing the amount so that you are eating more living foods than cooked. Eliminating animal and dairy products as well as junk and processed foods is also essential. After abiding by these guidelines and suggestions of the Hippocrates technique, you will come to see that the diet isn't a trial by sacrifice, but rather a challenge of change.

For people who are trying to reverse serious health problems, adopting this lifestyle 100% is required. The Hippocrates Diet of living, organic fruits, vegetables, grains, sprouts, beans, nuts, and seeds will help in the reversal of disease and encourage positive health and longevity by strengthening the immune system.

During the first week of the program, detoxification begins and people often say that they don't understand why they feel lousy. When first beginning a living-foods diet, wastes are discharged from the cells, organs, arteries, and veins into the bloodstream for removal from the body, causing uncomfortable reactions like:

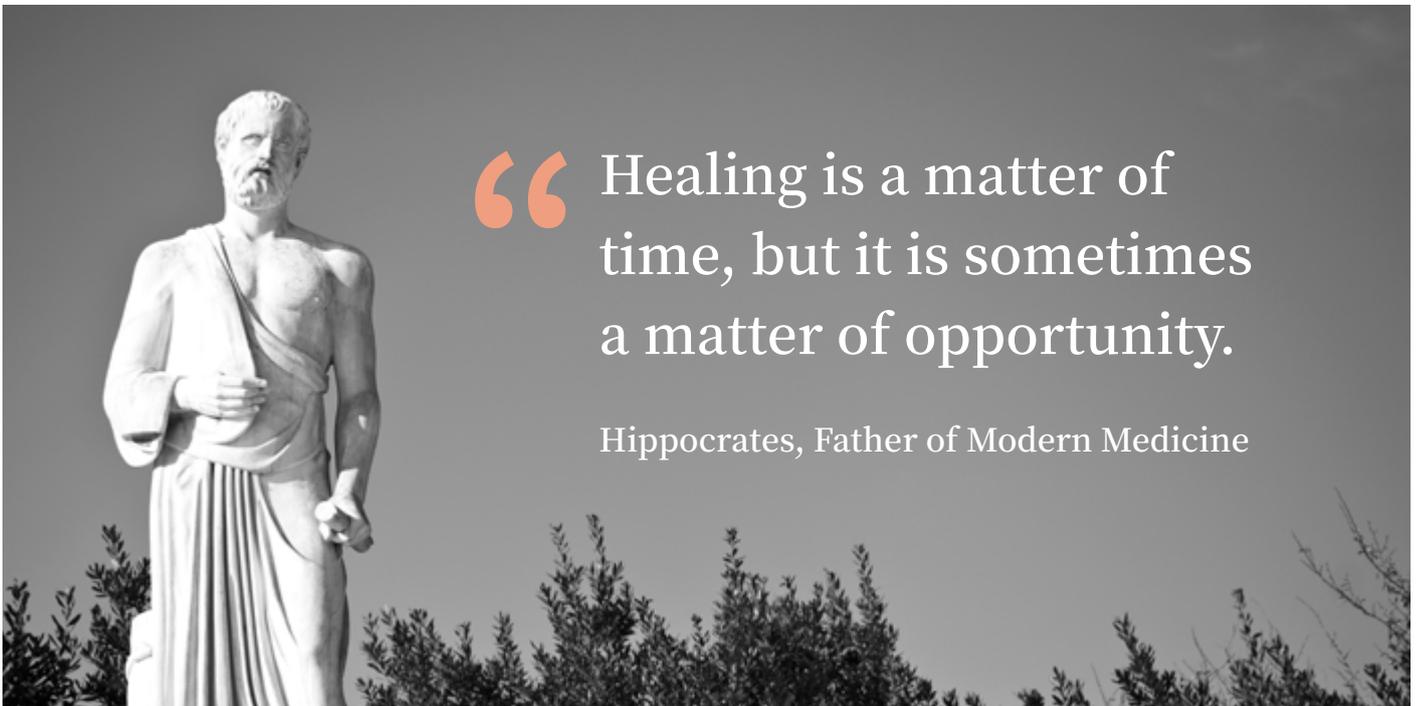
- Increased flatulence
- Aches and pains
- Skin eruptions
- Fever
- Increased thirst
- Weakness
- Cravings
- Diarrhea
- Runny nose
- Headaches

These symptoms vary according to the toxins being discarded and the condition of the organs at the time you pursue improving your health. The length of this detoxification process depends upon how many years you have abused your body with a poor diet.

In addition to changing your diet, we also recommend the following: proper food combining, fasting, colon cleansing, exercise, dry skin brushing, aromatherapy, taking infrared or Scandinavian saunas, steam baths, massage and electrical therapies, and whole food supplements.

One goal of the Hippocrates diet is to allow quick absorption of nutrients and quick elimination of waste. By following proper food combining techniques, digestion is easier and nutrients are readily absorbed. Guests on the LTP will attend lectures on basic food combining and there are also charts available online to assist you. The general concept of food combining is to eat foods with similar digestion times together. For example, wheatgrass is a major component of the Hippocrates diet and should be taken on an empty stomach or between meals to allow proper absorption and digestion. Melons should also be eaten alone because they digest very quickly. Eating proteins with sprouts and leafy greens; starches with sprouts and vegetables; and fruit from only one category (acid, sub acid, sweet) is recommended.

Fasting is another major component of the Hippocrates Lifestyle. Fasting one day a week unlocks physical energy and allows it to penetrate and strengthen the emotional, mental and spiritual areas. We recommend fasting from solid foods one day a week while nourishing the body with vegetable and sprout juices. Juice fasting causes less trauma and discomfort compared to water fasting. People with eating disorders, severe blood sugar concerns, and excessively thin bodies should only fast under the supervision of a well experienced health professional.



“ Healing is a matter of time, but it is sometimes a matter of opportunity.

Hippocrates, Father of Modern Medicine

Colon cleansing is also an essential element of the program because you need a clean and healthy colon to assimilate nutrients, enhance immunity, and dispose of waste. Here are three simple steps to help you achieve a healthy colon:

- Respond to nature’s call to eliminate
- Place a footstool or box under both feet when seated on the toilet
- Exercise

Exercise is not only associated with weight control, body contouring, flexibility, and muscular strength but it also reduces stress, anxiety, lethargy, and depression. An effective exercise program should include aerobic training, stretching, and resistance work. You can accomplish a great deal in 30 minutes if the workout is at a sufficient level of intensity and if periods of rest are minimal.

Enemas and implants are also especially helpful during the first few weeks of your dietary change, as well as colon hydrotherapy.

Your skin is constantly breathing and eliminating toxins. If skin pores are blocked and can’t function fully, the kidneys, liver, and lymphatic system will have to compensate and will be over-loaded with toxins. Dry skin brushing everyday, just before showering, helps stimulate the lymphatic and circulatory flow. Using a long-handled, natural hard bristle brush for the body, and a soft one for the face and sensitive areas, stroke in circular motions toward the heart. Dry skin brushing not only helps clean out an average of two pounds/1 kilo of waste each day, it also rejuvenates the cells.

Aromatherapy is a natural treatment that strives for physical, mental, and spiritual health through the use of essential oils. Different oils affect different hormones and are able to penetrate through the skin by placing them in misting units or rubbing directly onto the skin. Natural, organic aromatic essences are extremely safe when used properly, leaving no toxic residues behind.

The use of saunas, steam baths, and whirlpools are popular therapeutic and relaxing modalities of any healthy lifestyle. The dry heat of a sauna can reduce the fat in organs such as the liver and gallbladder while also flushing toxins via sweating. Steam baths assist organs such as the kidneys, bladder, and lungs and are also therapeutic. Whirlpools stimulate the nervous and lymphatic systems and are also very beneficial.

Massage is a therapy that reduces emotional and mental stress and also benefits the body’s muscular, lymphatic, nerve, and skeletal systems. Through massage, our immune cells stimulate the nervous system to produce endorphin, lowering blood pressure and regulating a rapid heartbeat.

Electrical frequency and laser therapy are used internationally to safely treat a variety of ailments and to maintain a healthy body. These painless treatments help to reduce edema, absorb hematoma, and increase blood flow.

Our foods and soil are depleted of many essential vitamins and nutrients. Through research and experience at Hippocrates Health Institute, we discovered that bioactive supplements can contribute up to 30 percent of guests’ physical health gain, creating better physical endurance and mental acuity. Supplementing the diet with sea vegetables, freshwater algae, digestive enzymes, vitamin b12, vitamin d, etc. are just a few of the nutrients we recommend to our guests.

The success of the living-foods lifestyle has been confirmed over the last seven decades and testimonials of its ability to restore health and energy from disorders like diabetes continue to pour into the Institute continuously.

By following these guidelines, whether you are currently experiencing the symptoms of diabetes, or trying to pursue health and longevity, you will soon raise the energy level of every cell within you and increase your ability to live life to its fullest, most glorious potential.

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This eBook is a gathering of facts, science, and practical advice that the Clements have handpicked over their combined hundred years in the field of natural health care.

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