

MANHATTAN Family

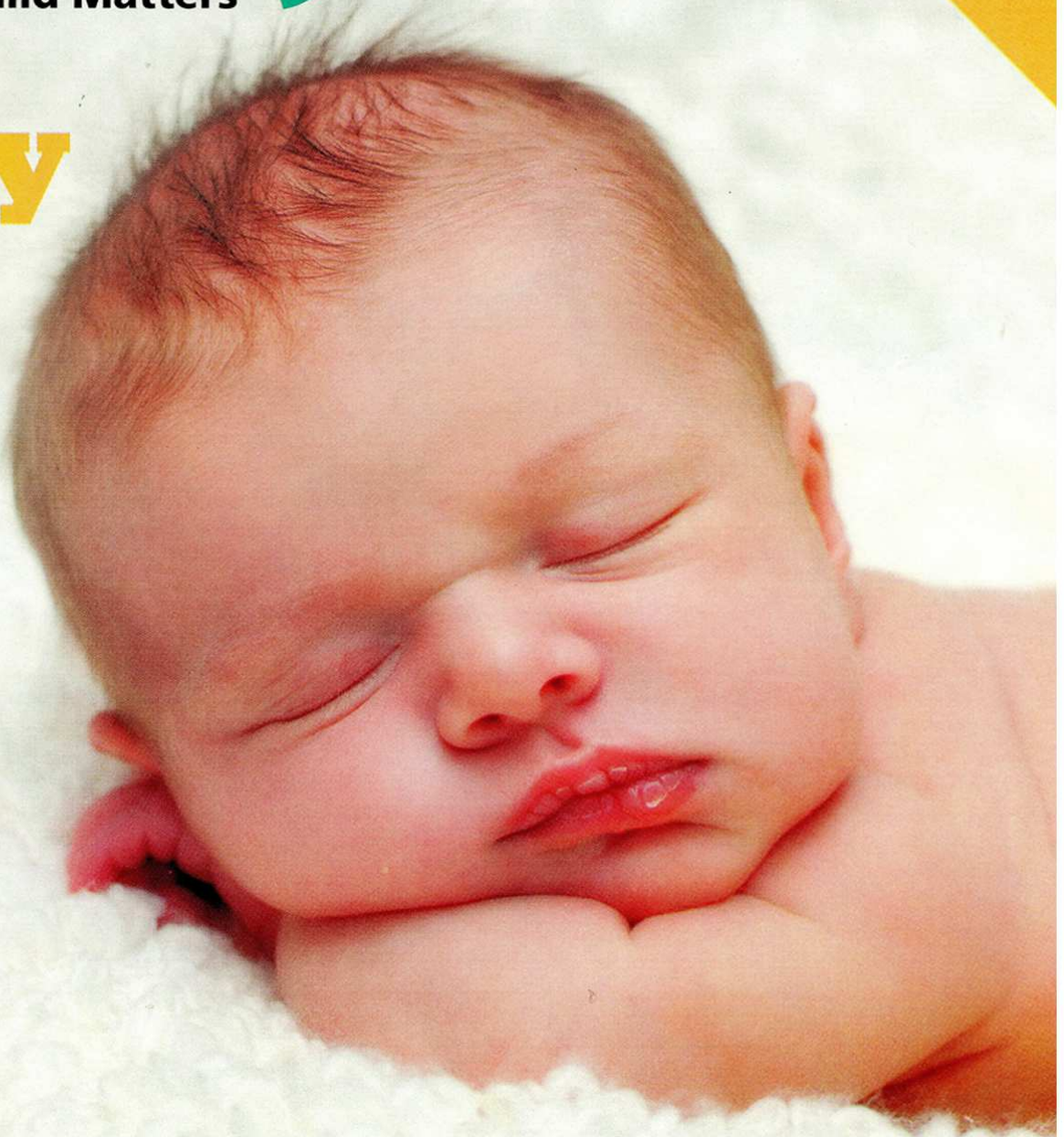
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My healthy break

Wow, I am back from Hippocrates Health Institute and I feel great. I actually did it! Can you believe it?

The first thing that has come to mind each and every time someone asks me about the retreat is that the program is truly a blueprint for mothers. I am an official Hippocrates graduate, which essentially means that I have received a certificate saying that I finished week number one, and am equipped to be back in New York City and make use of all the incredible tools I now possess and lessons I have learned.

I want to share with all of you the awesome history behind the Hippocrates Health Institute.

A visit to the Hippocrates provides a truly life-changing experience — as with education comes empowerment. The Life Transformation Program provides the fundamental training and a definitive blueprint for transitioning to a healthier lifestyle. Resting amongst 50 acres of tropical woodlands in Southern Florida, Hippocrates offers a serene setting in which to heal, nurture, and develop into one's fullest potential.

From luxury villas to cozy cottages to quaint homes, the campus can house 100-plus guests. I stayed in one of the beautiful villas that overlooked the water (so peaceful). Guests may also stay off-campus, although this is not recommended for first-time visitors.

According to the Institute's website, the story of Hippocrates began in 1908, when Ann Wigmore was born in Lithuania. At the age of 13, she sailed to the U.S. to reunite with her parents, who were already living in Massachusetts. She eventually married, had a daughter, and lived a simple, humble life in Stoughton, Mass., about 10 miles south of Boston.

Years later, Ann, in poor health and suffering from colon cancer, began to incorporate the lessons she recalled learning as a child in Lithuania from her grandmother, the village doctor, who treated wounded soldiers with herbs during WWI. Using weeds and wheatgrass, she also healed her



body and reversed the cancer. Witnessing the powerful healing properties of wheatgrass juice and other vitamin and enzyme-rich foods firsthand inspired her to spend the next 35 years of her life studying and educating others about natural healing and optimum nutrition. Initially, the diet at the Institute was vegetarian, which transitioned into vegan. But after noticing the positive changes that occurred from eating only living foods, the permanent diet of raw, life-giving foods was incorporated.

Her first foray into helping others was through the "Red Schoolhouse," which she founded at her farm in Stoneham in 1956. A fellow Lithuanian by the name of Viktoras Klaviniskas became aware of Ann's work. He was also sick and dying from an auto-immune collapse when he came to the Red Schoolhouse to recover. After three weeks, he experienced a personal revelation, and so when Ann offered him the opportunity to stay, he gave up his high-profile career and joined her to become the science and the brains behind the operation which, together, they renamed and co-founded as Hippocrates Health Institute.

Today, Drs. Brian and Anna Maria Clement carry on Ann Wigmore's mission to help people radically change their health by trading nutrient-deficient "dead" foods for a diet rich in antioxidants, vitamins, minerals, and plant-based proteins. In addition to expanding and fine-tuning the Institute's curriculum over the years to include seminars on such topics as meditation, colon-

ics and homeopathy, they have also expanded its offerings by adding a chef's kitchen for raw cooking lessons, cutting-edge spa and therapy treatments, exercise equipment and classes, ozonated pools (my favorites), nature-trail walks, and behavioral health practitioner services.

I have never been happier to live right upstairs from Whole Foods and Organic Avenue. I have been able to have my daily shot of wheatgrass, my green juices, coconut water, etc. I am officially off caffeine and sugar. The detox was hard the first two days with bad headaches, however, it was well worth it. I have never felt so healthy and full of energy.

My boys told me that I look young, and while I'm not sure about that, I definitely feel that for the first time in an extremely long time, I feel absolutely great and healthy in my mind, body, and attitude. I feel more open, for sure. I really cannot be near toxic people and need to focus on the good and positive people in my life. I feel amazing after going on this trip.

One of the best parts was coming home to my boys. I was greeted with the biggest hug and lots of DeLyssicious kisses. The hug lasted for almost five minutes and I have never felt such gratitude in my life. The institute has a wonderful children's program and I am definitely going to go back with my older son next winter.

Once adult guests realize the health benefits of the Hippocrates life-style for themselves, they become curious about whether it is possible to raise children healthfully using the Hippocrates' principles. The answer is emphatically "yes!" I know I will personally be incorporating a lot of what I learned into my children's lives. I even have my husband drinking green juice (never thought I would see that!)

While the break was great, there is nothing like being back to the hustle and bustle of New York City.

Visit www.hippocratesinst.org for more information on the wonderful retreat for moms and dads.