

BREAST CANCER: RISK FACTORS AND NATURAL REMEDIES

VIBRANT HEALTH

BALANCED LIVING

natural SOLUTIONS

3 triumphs:
SUCCESS STORIES
OF BEATING CANCER
WITH FOOD

+ *This Fall:*
**BEAT THE
COLD & FLU**

Chili!

*Healthy Recipes
for a Fall Favorite*

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**SEAFOOD
SAFETY TIPS**

**BETWEEN
US GALS:**

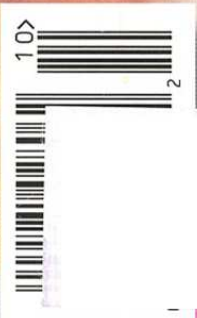
Going Gluten-Free

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Holly
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Lucille ND, RN



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A meditative figure is depicted in a lotus position, centered in the upper half of the image. The figure is surrounded by a vibrant, multi-colored aura of light, transitioning from purple at the top to yellow and orange at the bottom. Several glowing, geometric symbols, resembling chakras, are positioned along the figure's spine and head. The background is a lush, green, textured landscape with a large, dark, circular shape on the right side, possibly representing a moon or a shadow. The overall composition is symmetrical and evokes a sense of spiritual energy and health.

YOU JUST HAVE TO
SUPPORT THE **BODY**



Reversing Cancer at the
Hippocrates Health Institute

BY ADAM SWENSON

In the early 1950s, Ann Wigmore, a Lithuanian immigrant, and founder of Hippocrates Health Institute, healed herself from stage IV colon cancer with nothing but weeds and wheatgrass. She thought she might be onto something. Sixty years later, it seems she was right.

THE HHI PHILOSOPHY

Though the Hippocrates Health Institute (HHI) of West Palm Beach, Florida, focuses on the spiritual and mental components of healing, their most distinctive difference comes in their unwavering belief in a raw, vegan diet as the primary tool in healing. Per their website, “The Hippocrates Health Institute is founded on the belief that a vegan, living, enzyme-rich diet—complemented by exercise, positive thinking, and noninvasive therapies—is integral to optimum health. HHI believes that good health is everyone’s birthright, and that a life free of disease and pain is our human legacy.”

Most people who encounter HHI do so through their three-week Life Transformation Program. This consists of a strong focus on education with daily lectures on health and healing; a new raw, vegan diet that, for most people, would constitute a truly radical change; detoxification; exercise; saunas, whirlpools, hot tubs, and energy treatments; emotional counseling; stress evaluation and stress management classes; and deep connections with fellow guests and educators.

THE MECHANISM FOR REVERSING CANCER

HHI director Brian Clement, PhD, LNC, is quick to say that Hippocrates doesn’t heal anyone—they simply provide the

body with the support it needs to heal itself. “When you think you heal people, it’s a little bit narcissistic. We don’t think we heal people here. As a matter of fact, we know we don’t. What we do is we support people. They heal themselves. We call this the new era of authentic medicine. We basically tell people that they’re self-healers, that we teach them and give them the tools to heal themselves, and we’re there to support them like any good family member.”

As to the mechanism, Clement says, “the science is overwhelming on it that in this food you have phytochemicals. It’s not magic, it’s phytochemicals that fight breast cancer. Isoflavones is the exact name of it. It targets and destroys the breast cancer. The studies are overwhelming and empirical on this.”

In addition to radically revamping the diet, there is a focus on exercise and what Clement calls “future medicine.” By his estimation, only five percent of Americans get adequate exercise. “When we teach them they’ve got to exercise, we can’t just go in like gangbusters and say, ‘You’ve got to do this.’ We have to slowly get them involved. When we say that you have to start to do some state-of-the-art therapies—electromagnetic, cold laser, and H-waves—we have to say that, ‘This is from medicine. It’s just from future medicine, this is what it’s like.’ We spoon-feed and respectfully, not talking down to them, recognize that they—like me 40 years ago—are coming into a new world. It’s a brave new world they’re coming into, and they’ve got to be brave.”

Jennifer Phyle’s story is a case in point. A fit mother of three and marathon runner in her late 30s, Jennifer had already had breast cancer and a double mastectomy. After she was pronounced cancer-free, it came back as a stage IV cancer. Her doctors recommended an extremely high dose of chemo because she was so healthy and strong. They were going to bring her to the brink of death to kill all the cancer cells. Jennifer gave up on the chemo and came to HHI where they eliminated all sugar, processed foods, meat, and dairy, replacing them with a plant-based diet

of organically-grown, enzyme-rich raw foods. Over a year later, Jennifer is cancer-free and vibrant.

(For further survivor stories, check out our “Get Inspired” column in this issue. You can get additional content at naturalsolutionsmag.com—just type “breast cancer survivors” in the search bar.)

DIET, DIET, DIET

If a good diet is key to reversing cancer, the flip side is also true: A bad diet leads to increased cancer risk. “There are some communities within America, like the African-American community, where it’s now one out of five will have breast cancer,” Clement says. “That’s 20 percent. If you look at the diets of the people who have one out of five versus one out of eight or one out of seven, they’re increasingly worse. Diet is an essential factor . . . And the statistics are surprising. Today more than 50 percent of us alive will have some form of cancer. Our children, the second killer is cancer. Where does it end?”

A common question for vegans and raw foodists is where the protein comes from in their diet. Clement insists that there is ample protein, and that it comes from sprouts, vegetables, algae, and pollens. A cup of sprouts contains about 2.5 grams of protein. Similarly, spinach contains two to three grams of protein

THREE FACTORS

“If you’d ask me the three governing factors that cause breast cancer, it [starts with] emotional states and women take their breast as a punching bag,” Clement says. “When they feel emotional about themselves it goes to their breast, like men do with our prostate. The second is the intense amount of estrogens we have from pesticides, fungicides, herbicides, food that is filled with plastics, and heavy metals. All of these put higher estrogen levels in so the cells mutate. Number three is environmental factors and the cleaning products used in our homes and offices.”

per cup—meaning you'll be eating *a lot* of vegetables to satisfy your protein requirements.

Clement says they are trying to make the Hippocrates diet (“the most important emerging diet in the world today”) acceptable to the mainstream. He acknowledges that the transition will take a lot of work but says, “Have you ever succeeded in anything that didn’t take effort? I don’t think there’s anything more important than your life to focus in on. This was the hardest thing I ever did, because I never ate a healthy food in my life. I know it was a struggle for me, but at the end of the day I look back and thank God I endured that.”


RELATIONSHIP WITH TRADITIONAL MEDICINE

In even a brief conversation with Clement, he’ll make some pretty “medical sounding” claims, though he insists that HHI’s relationship with medicine strives to be a both/and rather than an either/or. “If [a patient] changes their attitude and lifestyle and takes non-invasive treatments, they have a much higher percentage chance—not 100 percent, but much higher—of recovering,” Clement says. “One of my colleagues is bringing in medical doctors and I’m going to do one-on-ones with them. We’re going to speak to them, show them the institute, nurture them, and make them understand that we’re on their side, that we want to help to facilitate the recovery for their patient.”

That said, it is good to know where the lines are: “There are two kinds of women with breast cancer. There are those that feel they need to do the medical intervention and then others—and many more today—that had a mother that died of breast cancer and went through conventional ... or a sister, or a friend, and so they choose not to. They choose to make this their first stop along the way ...

“Eydie Mae [Hunsberger] had stage IV breast cancer, which even today medicine admits they have zero success rate with. They’ve never healed a person, in their opinion, globally, ever, with stage IV. She healed it by diet and all the other technologies we use here, and 65 percent coming to Hippocrates in most days came from her book, *How I Conquered Cancer Naturally* ... [Now] we have an ever-growing group of courageous women who come here because they think this is the rational first step.”

CANCER AND GENETICS

HHI is now involved in a research project with the University of California to show that cancer is not (as had been previously thought) a genetic disease, but rather a metabolic one. “If it were a genetic disease, why would we have tens of thousands of people who have reversed every form of cancer known to man?” Clement says. “Genetics means like I look like my father, that’s genetics. If my family eats bacon and I live in a polluted area, maybe that’s why everyone in the family got cancer.” 



WHAT IS THE RAW VEGAN DIET?

While HHI staff consider all their therapies important, without question the cornerstone of the whole affair is the raw, vegan diet guests embark on as soon as they arrive. Nothing is more a signature part of the program than the emphasis on juicing wheatgrass. From their website: “Wheatgrass is considered by many people to be the most healing of all grasses. It contains more than 90 elements from the soil, and it is one of nature’s richest sources of vitamins A and C. When it is grown in fertile organic soil, it contains all of the known mineral elements and is rich in calcium, magnesium, phosphorus, iron, potassium, sulfur, sodium, cobalt, and zinc. Wheatgrass is also abundant in vitamin B₁₇, a substance that can destroy cancer cells selectively.

“Scientists at the University of Texas concluded that wheatgrass juice is exceptional in its chlorophyll content. Known as ‘nature’s greatest healer,’ chlorophyll produces an environment that suppresses bacterial growth in the body and counteracts ingested toxins. It also helps to purify the liver, build the blood’s oxygen-carrying potential, and regulate digestion.”

Is this a big departure from the way most people eat? Without question. But the ladies who walked in with breast cancer and left without it will tell you it’s very much worthwhile.



get inspired

Survivors

How three women beat breast cancer with food

BY ADAM SWENSON

Mothers and grandmothers, marathon runners, professionals and medical professionals—these three women are representative of many of the women facing breast cancer in America today. Most choose to go through alternating rounds of chemotherapy and radiation, losing their hair and their vigor. These three opted for a holistic, nutrition-based intervention at Hippocrates Health Institute (HHI) in Florida and all survived breast cancer. Here are their inspiring stories.

Vinette Koprowski

[When I heard I had cancer] I was extremely frightened and thought I was going to die. I was also afraid of going through chemotherapy and multiple surgeries. I was lucky because my mom and my friends gave me tons of support. However, a few family members did question [my treatment] and thought I was insane. I just let them say what they felt and told them that I was sure this was the best thing for me. Two conventional oncologists told me I would certainly die if I went the holistic route, and they seemed to be certain.

Thanks to HHI, I now know how to eat. I know what foods are healing and what foods to avoid. I now grow sprouts and eat fresh veggies and am conscious of what I put in my mouth. I am also more conscious of exercise. One thing Hippocrates stresses is the body/mind connection and that a positive, healthy mind is essential.

[On Hippocrates] You have nothing to lose and everything to gain. I work in a hospital as a nursing assistant and there are many, many irreversible side effects from chemotherapy that can ruin the quality of your life even when the cancer is gone.

Mary Winchell

When I was first diagnosed with stage IV breast cancer, I had mixed feelings. Part of me was not surprised, due to the fact that I felt horrible. Another part was shocked because I always tried to eat right (staying away from fried foods, corn syrup, hydrogenated oils, and so on) and maintain an exercise regimen.

As an adult I was interested in losing weight and began exercising, weightlifting, and dieting. When I became pregnant, my appetite was voracious. I looked into a book about herbs and started taking alfalfa, dandelion, and kelp as well as drinking red raspberry tea every day along with my doctor-recommended vitamins. That started my interest and belief in natural medicine.

[After Hippocrates] my attitude, diet, and exercise habits have all changed. By following the Hippocrates living foods program, I detoxed my body, cut out sugar, and replaced it with sprouts, wheatgrass, and other living foods. My diet now consists of wheatgrass juice twice a day; green juice made of sprouts, spinach, celery, and cucumber; and small sprouted grains, green leafy veggies, zucchini, yellow squash, cabbage, and cauliflower. I sprout and dehydrate some of my food and I make almond milk. I weight lift, walk, run, and do zumba.


My advice to all people is that preventative measures work best!

Jennifer Phyle

To hear the doctors tell me that I had cancer was devastating and overwhelming. I was terrified of dying before my children had a chance to grow up, but I knew I had to change my mindset. It took a while to wrap my head around the diagnosis, but I knew I had to turn it around and be strong, be a fighter.

[I decided on a nontraditional protocol because] I read a book called *The China Study* that I found fascinating. It changed my direction, my life, and my focus. It gave me a new outlook after all the more traditional prescribed treatments failed me.

I was curious about juicing and all the nutritional aspects of it so I went to a juicing class at my local Whole Foods. The woman teaching the class shared her story and how she is now cancer-free thanks to nontraditional treatments and the HHI lifestyle. I went home and was ecstatic about what I learned.

[My advice is] Give up all sugar (alcohol, processed foods/drinks, and even fruit). Doctors won't tell you this but sugar (any kind) feeds all cancers! Then educate yourself. Knowledge is power. So many people put their lives in the hands of their doctors and want a pill or a surgery to make everything better. We need to do the hard work and take control of our own bodies and our health. 

Raw Recipes to Remember



Summer may be long gone, but you still need good raw sides for your table. But what do you choose? Most dressings require some sort of oil that is not considered raw. Olive oils that are raw need to be made with ripe olives, which are then stone crushed and cold pressed—many olive oils don't meet that requirement. Reading labels is crucial when attempting to eat all raw. Even a basic hummus recipe requires reading the label, as some cook the garlic cloves at 425 degrees!

Be careful about the use of salt in pre-packaged sides ... if it isn't sea salt, run the other way. Table salt is refined by heating it to 1,200 degrees, which also removes some of the minerals that we are looking for.

The best bet to avoid these raw food sins is to make your own dressings, hummus, and other delicious sides. To make the process a bit easier, here are three delicious recipes for you to try. **ns**

Hippocrates House Dressing

- ¾ cup + 1 tablespoon lemon juice
- ⅛ cup Braggs apple cider vinegar
- 1 tablespoon water
- 3 cloves garlic
- 2 teaspoons ground yellow mustard seeds
- ⅛ teaspoon cayenne

Blend ingredients together at high speed. Afterward, blend slowly and add ¾ cup of a combination of olive, flax, and hemp oil. *Source: Hippocrates Health Institute, hippocratesinst.org*

Hippocrates Raw Hummus

- 4 cups sprouted chickpeas
- 1 cup olive oil
- 3 cloves garlic
- 6 ounces lemon juice
- 1 tablespoon Braggs apple cider vinegar (or to taste)
- 1 tablespoon kelp powder
- 1 teaspoon Frontier Pizza seasoning
- 1 pinch cayenne
- 2 teaspoons ground cumin seed

Combine all ingredients in a blender. Season to taste. *Source: Hippocrates Health Institute, hippocratesinst.org*

Raw Vegan Wedge Salad

- 1 head of iceberg lettuce
- 1 small tomato, diced
- ¼ purple onion, sliced
- ¼ cup raw walnuts, chopped
- Black pepper

DRESSING:

- ½ cup raw cashews
- 1 garlic clove
- 2 tablespoons fresh lemon juice
- ¼ teaspoon salt (or sea salt)
- 4 - 6 tablespoons filtered water

Cut the lettuce into four wedges and place them on four individual dishes. Sprinkle diced tomatoes, onion slices, and walnuts on top of the lettuce and around it. In a blender, blend the ingredients for the dressing. Drizzle the dressing over the lettuce and sprinkle some black pepper. Infuse love and serve! *Source: Chikako Siebers, innerharmonynutrition.com*