HIPPOCRATES LIFESTYLE ONLINE PROGRAM

LEARN & TEACH



Organic, Living Food, Plant-Based Nutrition & the Hippocrates Lifestyle Medicine Protocol Certificate

2017 CURRICULUM





Anna M. Clement, Ph.D.

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Donna Gates, M.Ed.

Jeffrey M. Smith

Rabbi G. Cousens, M.D.

Dr Gerard Pollack

THE HIPPOCRATES LIFESTYLE TAKES PLANT-BASED NUTRITION TO THE NEXT LEVEL



80+ AUTHENTIC SCIENCE-BASED HEALTH LEADERS

The Hippocrates Lifestyle Online Program has over 80 contributors providing you with and a powerful education in Organic, Living Food, Plant-Based Nutrition and the Hippocrates Lifestyle Medicine Protocol.



Brian Clement, Ph.D., L.N.

Co-Director of Hippocrates Health Institute and author of numerous books, Brian travels the world giving lectures on the benefits of a living foods lifestyle.



Anna-Maria Clement, Ph.D., L.N.

Co-Director of Hippocrates Health Institute, Anna has brought a European approach to healing to the Institute. She travels the world with Brian lecturing on natural health methods in family and pediatrics.



Jeffrey Smith

Jeffrey Smith's documentary Genetic Roulette links genetically engineered food to health problems such as infertility and digestive disorders. His book, Seeds of Deception, is the world's bestseller on GMOs.



Dr. Gerald Pollack, Ph.D.

Author of *The Fourth Phase of Water*, which won the World Summit Excellence Award, Dr. Pollack is also professor of bioengineering at the University of Washington.



Rabbi Gabriel Cousens M.D., M.D.(H.), N.D.(h.c.), D.D.

A leading live-food vegan, medical doctor, holistic physician, yogi and author, Gabriel is also an Ayurvedic practitioner and Chinese herbalist.

Donna Gates, M.Ed., ABAAHP

International best-selling author of *The Body Ecology Diet*, Donna re-introduced fermented foods and coined the phrase "inner ecosystem" to describe the network of microbes--from digestion to immunity.



Hans Diehl, Dr.H.Sc., M.P.H.

As a National Institutes of Health-supported research fellow in cardiovascular epidemiology, Hans evaluated the impact of the Pritikin Longevity Center. He is also a world-class speaker and author.



Jennifer Helene Popken, M.S.

As a high level executive coach Jennifer works with executives and entrepreneurs. She is also the US representative of Patanjali Yoga, a TV Presenter and the Director of Hippocrates Online Programs.

CURRICULUM OVERVIEW

Our curriculum has been designed to empower you to be successful at achieving extraordinary health and develop a career to teach others Organic, Living Food, Plant-Based Nutrition and the Hippocrates Lifestyle Medicine Protocol. The Hippocrates Lifestyle Online Program, comprised of 16 courses, will teach you the science and show you how to practically implement an organic, vegan, raw and living foods, plant-based lifestyle with cutting-edge research and science and proven Lifestyle Medicine Protocol.



^{*} Content time may increase or decrease with ongoing updates to the online program.

HIPPOCRATES LIFESTYLE ONLINE PROGRAM CURRICULUM OVERVIEW



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HIPPOCRATES LIFESTYLE ONLINE PROGRAM CURRICULUM OVERVIEW



LEAD THE FUTURE OF NUTRITION WITH A LIVING FOOD, PLANT-BASED CERTIFICATE

You now have the opportunity to receive the distilled protocol that has been clinically refined over the past 60 years. Plant-based diets are growing exponentially, to the degree at which a movement is emerging. The renowned Hippocrates Health Institute has been teaching the most cutting-edge *living foods*, plant-based diet for over 60-years.



You will become certified in raw, living food, and plant-based nutrition. Increase your earning potential by teaching the future of nutrition through:

- Teach in your local community (colleges, schools, hospitals)
 - One-on-one consults
- Consult for restaurants

- Lead individuals and groups who you enroll in the online program
- Lead workshops
- Upgrade your resume with a living-foods, plant-based and lifestyle medicine certification.

Dramatically improve your health by living the Hippocrates Lifestyle, look, feel and become an example of extraordinary health.

Experience of the power of the living foods' diet impact on physical, mental and emotional healing.

Collaborate with Hippocrates.



Dr. Will Tuttle, Ph.D.

Author of *The World Peace Diet*, Dr. Tuttle spreads the message of how a vegan lifestyle promotes peace, loving kindness, health and creates sustainable living.



Dr. Richard Oppenlander

A sustainability consultant, researcher and author, Dr. Oppenlander lectures on food choice and how it relates to sustainability and explains how what we choose to eat is destroying our planet.



Ellen Tart-Jensen, Ph.D., D.Sc.

An internationally recognized authority on iridology Ellen is renowned for her work in Comprehensive IridologyTM. Ellen has studied and worked in the field of Iridology and natural healing for nearly 30 years.

Dr. Janet Hranicky, Ph.D.

The Founder and President of *The American Health Institute*, Inc., Dr. Hranicky is a leading pioneer in the field of pscyhoneuroimmunology and cancer.



Dr. David Williams, Ph.D.

Professor at the Linus Pauling Institute, Dr. Williams major current research efforts are on diet and cancer, phytochemicals, and specifically the maternal diet on cancer risk.



Dr. John J. Ratey, M.D.

A psychiatrist and an expert on neuropsychiatry, John is one of the world's foremost authorities on the brain-fitness connection and author of the bestselling book on exercise: Spark.



Carla Hannaford, Ph.D.

As a neurophysiologist and educator who has taught for more than forty years, Carla has shown the importance of movement in her lectures and incredible book: Smart Moves.



Michel Odent, M.D.

As one of the last real general surgeons, Michel is a French obstetrician and childbirth specialist. He is the author of 14 books in 22 languages, after including *Childbirth and the future of Homo sapiens*.



Dr. George W. Yu, M.D.

Faculty appointment George Washington University Medical Center, Department of Urology-1981 to present date. Clinical Professor of Urology, Dr. Yu has enormous experience and research that links health and nutrition.

Ken Blue

As Hippocrates executive chef, Ken prepares cuisine for guests and leads raw and living food classes at the Institute. He is a world class raw, and living food chef.



Matt Thornton

A HADO instructor, founding director of the Emoto Peace Project UK and Ireland, and founding director of the New Water Generation, Matt coaches on waters role in our body, in nature, the cosmos, and the effect on consciousness.



Dr. Tina Discepola, M.D.

As the Hippocrates Medical Director Dr. Tina practices Functional Medicine which looks at the core causes of disease and treats it in the most non-medicinal way possible.

WHAT OUR GRADUATES ARE SAYING

"The Hippocrates Lifestyle Online Program has significant value. I, like many people, thought I was eating in a relatively healthy way and vastly superior to many, going organic (mostly) 2 decades ago and shunning GMOs the entire time (mostly). I was vegetarian for a number of years, after studying Seventh Day Adventism, and while I more recently ate meat, it was perhaps 1-3 times a week. I had already ditched bad chemicals going with eco plant-based household cleaners, we already purified our water, I already did yoga, journaling, purified our air and planted as many plants as I could squeeze onto our lot to boost air quality. But if I bought sprouts 2x annually, that was a good year.

Sure I liked them, but they're over \$3.00 an ounce and I had given no thought to how much more nutrition they contained vs the adult plant. Supply was always limited as was variety. I was unaware of the variety available, what I could sprout and I never had attempted growing them prior. The whole Sprout thing was not what I was expecting. Cooked food vs raw - Who knew? Sure, it makes sense that we cook the life out of something, but nobody speaks of enzyme loss and only with super high heat was I aware of vitamin loss.

EYE OPENING in 2 words, this course. In other words, it was its own value just giving me (and my family) what I needed. The value is intrinsic, inherent in the teaching and, by following the path of it, what it does to transform your life, your health, your outlook, etc." - Suzanne O'Brien



Suzanne O'Brien – Plant-Based Lifestyle Consultant Pure Temple Tel. 214-334-8517

"It has given me a level of understanding of how things work with the human species that I have long wondered about and thought that many of our beliefs were incorrect. The information provided was like a light being turned on in which I often said to myself... now that makes sense.

There is so much information presented that I often have to listen to the videos more than one time... which makes me wonder how many folks are like me and if they do the live classes at the campus, exactly how much they can retain. It has exponentially escalated my understanding of what actually is nutrition, the fact that your beliefs become your reality, and commitment to what you know to be true." - Mark Panzer

Mark Panzer Accountant



"Having always had a keen interest in health, nutrition and overall wellness, I became a Health Coach through a program I completed with the Institute of Integrative Nutrition. Friends and family were aware of my interests and I was always asked health related questions. The program provided me with knowledge of living foods and why they are necessary to sustain a healthy vegan lifestyle along with regular exercise and a spiritual connection.

Through the Hippocrates online program I now have a much better understanding of oxygen and water and the roles they play in overall health, along with the different therapies that are available.

I truly value the food combining module and talks on digestive enzymes. I am still not completely confident with the combinations of different foods, but I now know why I frequently had stomach discomfort after consuming a meal that I thought was a good combination." - Veronica Romaine



Veronica Romaine

"The Hippocrates Lifestyle Online Program is invaluable. I went into this course wanting to learn a little more about sprouts and juicing with implementing more raw foods to my diet and walked away with so so much more. This program dove so deep in detail to many aspects of overall health and wellness as well as helping our environment.

As the program continued to dive further into all of its information I was stunned on how much more I really needed to learn that just some simple sprouting techniques. This program has really opened my eyes to all of those areas of myself for improvement and growth. I think this has been such a wonderful way to help educate those who are at all different levels of the healthy lifestyle they are living. This program is incredible with the amount of information that is given. I am happy to say that this program also gave me that time for myself, to allow me to do what I want my students to do for themselves.

I really and truly believe that the benefits are endless with the Hippocrates Lifestyle. I teach yoga, love to be in nature and I drink green juice daily and had sprouting experience already. I went into this with an open mind and an open heart really wanting to learn as much as I can for myself first. The benefits of going through this program are so vast. I have already had a background in self healing, meditation and diet, but this really was like putting all the puzzle pieces together." - Heidi Schetter

Heidi Schetter



"This program has provided me with an abundance of information. I will never be the same because it opened my mind to so many aspects of health I didn't know. I began challenging every aspect of food, water. and spirituality. The work in these areas was so easy because it is so interesting to me. This program was so in depth and beyond bringing out so many talking points. I have practiced and shared all the information the course has provided to family and friends.

This program has helped me to grow and find my Dream Life to grow all my own food and to be the example and to plant seeds in my family and friends around me. I am so grateful for your program.

I now grow all my own sprouts. I am starting a greenhouse. I have also just started growing my own spirulina. I drink my lemon water, my wheatgrass, and green drink every day. I love my sprout salad and the Hippocrates recipes. I am so much happier on this diet. I feel so great when I stick to my diet. Strong, healthy and alive. I also work out almost every day and use my infrared sauna which I love. I feel empowered enough to help all those I come in contact with. I have learned how to be patient and love people for where they are in life." - Terry Logue



"The online program touched on so many levels spiritually, physically and mentally. I have taken away so much to use in my daily life in order to grow and be successful in health, and achieving the positive relationships I deserve. It has provided me the strength to know there are many options when it comes to health and happiness and the first thing is to look within. After taking on the challenge of a true commitment to health and finding what really matters to me, I now know how to find my inner strength and do what my heart tells me. The online program gives you the research, info and where the source is coming from. I like the book recommendations and testimonials, which are so touching and show amazing results. Very inspiring!

The online program is so valuable to me because I can refer back to each module and work on the areas that I need help in. Also, the information that has been given to us allows me to feel confident while sharing with others because I can talk intelligently about the subject and give facts about the health industry and where we are headed.

Anyone who wants be a health coach should take this program as well. I have taken the IIN health coaching program and I embrace the Hippocrates lifestyle and beliefs." - John Sagona

John Sagona



Dr. Robert J. Marshall, Ph.D, CCN, DACBN

Bob Marshall was one of the most effective clinical nutritionists in the U.S., and CEO of Premier Research Labs. His radio talk show "HealthLine Live", aired continuously from 1986 to 2017.



Tom Fisher, R.N., B.A.

A Nurse Supervisor at Hippocrates Health Institute and 16 year stage IV cancer survivor, Tom teaches at the Institute and lectures throughout the United States.





Edward H. Gilbert, M.D.

Edward H. Gilbert, M.D. was a board certified radiation oncologist. He completed his residency at Stanford University Medical Center in 1975 and lectured regularly at the Institute.



Brian Hetrich, C.N.C., M.S.

Brian is a Certified Nutritional Counselor (CNC), Master Organic Gardener and author. Brian has perfected the science of sprouting probably more so than anyone else in the world.



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

Antony Chatham is a Florida licensed Psychotherapist and a member of the National Board for Certified Clinical Hypnotherapists, who has worked with Hippocrates Health Institute since 1994.



Andy Bernay-Roman BA, MS, LMHC, NCC, CCHT, RN, LMT

Andy has been working as a mind/body psychotherapist at Hippocrates Health Institute for over twenty-six years. He has a wealth of experience in helping to discover the essence of solutions.



Dr. David Minkoff. M.D.

Dr. Minkoff spends most of his time working with clients and researching and writing. In the online program Dr. Minkoff shares his work on Oxygen's role on Health.



Dr. Tim Guilford. M.D.

Dr. Tim Guilford is an expert on Glutathione. Through research he observed that toxins play a role in inflammation. This led him to develop ReadiSorb Glutathione.



Bernadette Bohan

Jack Dell'Accio

approach to sleep.

After being diagnosed with cancer the second time Bernadette found the Hippocrates Health Institute and adopted the lifestyle of a nutrient-dense, plant-based diet.



Co-Founder of the Hippocrates Health

Viktoras Kulvinskas

Institute, Viktoras has been a practitioner in the holistic field for over 35 years. He is the author of five books, including: Survival into the 21st Century.



Dr. Thomas E. Levy, M.D., J.D.

Author of ten books, Dr. Levy has researched how intravenous vitamin C neutralizes all toxins and resolves infections, as well as the dangers of calcium supplementation.

Sleep is vitally important for health. As

the CEO and founder of Essentia, Jack's

goal is to create a cleaner and healthier

LEAD THE FUTURE WITH A PROVEN LIFESTYLE MEDICINE PROTOCOL



"I have been interested in health since I was a teenager, about 25 years now. No one I know is a health nut like me, not even in the slightest way. Having interest in nutrition and health has been a difficult road because of all the different ideas and information out there. I discovered the raw food diet years ago and now that I have finished the online program at Hippocrates I feel complete.

After all my studies over the years, the Hippocrates living foods lifestyle makes perfect sense to me. I feel very satisfied and complete now. Living a life where I incorporate living foods, sleep, meditation, massage, and all the other beautiful elements of the Hippocrates program I can say I value myself to the fullest. Now as I have a health discussion with a loved one I feel as if I have the best knowledge about health, even better than most doctors with 12 year degrees. I feel powerful as I speak to others about living a lifestyle that could change their lives along with the planet's life. With the knowledge I have received through the Hippocrates online program, I feel confident about everything when people ask me questions about health. The passion in me has risen and I am dying to do more, to live more, and to love more.

The benefits will be endless as time goes by, but for now I have to say my energy and digestion are reaping the benefits. My digestion is pretty much nonexistent now, whereas before I had troubles on a daily basis with my stomach. Consistently constipated, gas, and bloating. I have always had a lot of energy, but now I feel like a kid where I want to just run and play all day. I have learned to love me for me through the spiritual process of this program. Meditation has done wonders for me. I feel as if everything has been lifted off of me and I feel alive. I can't wait to see where I will be in a few years spiritually.

I have been lucky throughout my life where my skin has been good. Since going on this living foods diet my skin shines. I juice every day twice a day no matter what, along with my wheatgrass shots. I am not 100% raw yet, but in the next month I will be and I know I will feel even more amazing. I remember when Brian Hetrich said "once you go 100% living foods you will feel like a whole different person". I will never forget Brian saying this." - Krina McNall

Krina McNall

"I have discovered a lot of information that I did not know before. I have managed to find a lot of answers to my questions and more important is that I have entered remission to my Hashimoto Thyroiditis after adopting and embracing 100% the HHI lifestyle.

I wake up in the morning, happy and energised. My vision is clearer, my joint pain is gone, my back does not hurt anymore. I can focus on my work and do not get stressed to quick as I used to before. I have a general feeling of peace and wellbeing. Looking at the sprouts growing has also a highly balancing effect. I feel reborn." - **Corina Corda**

Corina Corda



" I am calm and feeling confident and making my right/healthy decisions. I started sprouting again (broccoli and wheatgrass), drinking my green juice in the morning (making one for my husband too), integrating raw foods more and more. It is like I felt 10 years ago when I was on the raw food diet for the first time. I am loaded with lots of energy. I am proud that I made the decision to be on the program. What impresses me the most is, that HHI is working with love, not with fear." - Isabel Elmenhorst



Isabel Elmenhorst

"This online program has made my life, my family's and many more others whom I shall be encouraging and spreading this knowledge to. This is like an oasis that I came upon as it's a treasure house of knowledge, a step up to an Organic, Compassionate, Disciplined, Ancient and Proven Lifestyle.

This program has opened my eyes and widened my horizons as far as living a sensible lifestyle. It has set goals, and has made my life even more definite. What's more thrilling is, my family loves the program too. When I would speak with them after every module got completed, they felt I spoke on very scientific lines, so all of this has made complete sense to them too. Additionally, this program has added great value to my wish of starting an environment-friendly center for health and wellness.

This program has been a complete package in terms of 'value for money' and 'learning from the learned.'

The benefits are aplenty in living the Hippocrates Lifestyle. It not only has rejuvenated my system, it has refreshed and educated my mind. It's therapeutic in every way - eating living raw vegan food, aligning my mind, body and spirit, exercising regularly and meditating.

Following this lifestyle, I believe and see a change in the way I deal with challenges and difficult situations with no stress and more ease. I have gained immense knowledge on how to take utmost care of my family, pets, and friends in a different level altogether. Now I know exactly what plant based simple treatments I can offer for different symptoms.

All of this I have learnt in this one year of this program. It's a whole new world and a clean one at that. And the best benefit I know for certain is that this program has been THE RIGHT CHANNEL. This is the most dependable and complete course for anyone: not only for the sick, but also for the healthy. In short, it is for anyone who wishes to go back to their roots, to live a long and balanced life!" - Deepa Lazarus

Deepa Lazarus

"The precious data shared by Brian Clement, the numerous experts and the HHI team during the HHI Lifestyle program has enlightened me to a level of empowerment. Now that I have the knowledge of the science, I mean, now that I know the science has demonstrated the concept and now that I know where to look for practical matters, I cannot pretend to be responsible or caring for future generations after if I sit and do nothing! There is no excuse now for not taking action, hence, it would be an insult to intelligence....

The HHI lifestyle program is the very best tool box I have ever gifted myself with. HHI program has also been an eye opener about the urgency for me to change." - Genevieve Bergeron

Genevieve Bergeron

WHAT OTHERS HAVE DONE WITH THEIR HIPPOCRATES LIFESTYLE EDUCATION:





ris <u>Carr</u>

CRAZY. SEXY. HEALTHY.







SIMPLY







INTERNATIONAL COMMUNITY

The Hippocrates Health Institute has been promoting a living food lifestyle for over six decades and has helped hundreds of thousands of people who have been to the Institute from over 160 countries. In 2016 the Institute decided to launch the Hippocrates Lifestyle Online Program to share their Lifestyle Medicine Protocol with the world. We now have students in 21 countries taking the online program.



WE REQUIRE ONLINE PROGRAM GRADUATES TO INFLUENCE CHANGE IN EVERY COUNTRY JOIN THE GROWING COMMUNITY:





Tom Corbett

Founder of ZanaJuices, Tom has created a superior probiotic from organic vegetables grown from heirloom seeds, and living bacteria.



John A. McDougall, M.D.

A physician and nutrition expert, Dr. McDougall has been studying, writing and speaking about the effects of nutrition on disease for over 30 years.



Renate Wallner

Renate is an Executive Chef at Hippocrates Health Institute and also designs raw menus for SeaDream cruises. Her desserts are not to be missed!



Sandy Queiroz

Sandy is a Raw & Living Food Chef and teacher at Hippocrates Health Institute. She regularly lectures to guests and Hippocrates Doctor Day events.



Dr. med. Hegall Vollert

Dr. Vollert is a pioneer in the Future of Therapy. He developed products fuzing quartz with vibrationally activated minerals, and he is also an expert in running for health.



Michael Galitzer, M.D.

A nationally recognized expert in energy medicine, integrative medicine and bioidentical hormone replacement therapy, Dr. Galitzer is a leading figure and innovator in the field of anti-aging medicine.

Dr. Dorrance "Chip" Sexton DOM., L.Ac.,

owner & acupuncture physician at Chip

Sexton DOM, LAc brings over a decade of



Gregory Culver

Gregory brought NuCalm technology to Hippocrates Health Institute. NuCalm is the only patented system for balancing and maintaining the health of your autonomic nervous system.



Dr. Raleigh Duncan, D.C.

All Clearlight Sauna [®] models are not just made with high quality and craftsmanship, but with the knowledge and experience brought by Dr. Raleigh Duncan.





Steven works with different institutions, such as Florida Institute of Technology's Marine Research Facility to grow Spirulina. His goal is to bring to the consumer Spirulina in its most pure and unadulterated form.



Michael Saiber, President E3 Live

The discoverer and founder of E3Live, Michael at over 70 years of age, he attributes his youthful appearance and boundless energy to this commitment to eating living foods.



Dr. Roy Speiser

As a scientist and consumer advocate, Dr. Speiser has dedicated his career to addressing, and solving, the catastrophic health impact of water and air toxicity.

experience as a healthcare professional.

Dr. Chip Sexton, DOM.



Jokūbas Žiburkus, Ph.D.

Jokubas Ziburkus is a Lithuanian-American Neuroscientist. He is the President of a vertically integrated phytocannabinoidbased product development and distribution company, Satimed.



Eniko Fekete

Eniko is a skin specialist, and a neuromuscular and Swedish massage therapist at Hippocrates Health Institute, where she lectures weekly and works with guests.



Bodhi da Silva

Involved in healing since his early childhood, Bodhi is a master of emotional intelligence. He teaches Thai massage, Chi Kong and body consciousness.



Dr. Matthew Steinberg, DDS

Dr. Steinberg specializes in Integrative Dental Medicine and lectures on how our dental health is key in our overall whole body health. He is nationally recognized as a leading healthcare practitioner in Dental Health.



Elise Goldstein

Elise works with the BECOME skin, hair and body product line for the Institute. The BECOME products are full of vitamins, antioxidants, minerals, omega fatty acids, phytonutrients, antiinflammatories, active enzymes and more.



Vincent Parmentola, R.M.T., C.S.P.

Vincent is 86 years of age and is in vibrant health. He works at Hippocrates Health Institute as a Soma Body Therapist and teaching meditation classes.



Pamela Knapp, R.N.

With over 35 years of nursing experience, Pam is the IV/Oxygen Medical Supervisor here at Hippocrates Health Institute.



Michelle Corbel

Michelle manages the organic apparel department at the Institute. She also educates guests on the dangers of synthetic clothing, and the benefits of wearing organic clothing.



Amanda Marcy

Amanda works at Hippocrates Health Institute as a colon hydrotherapist. She lectures on the benefits is colon hydrotherapy as being both an emotional and physical cleanse.



Marty Landau

With over 40 years in the beauty industry Marty specializes in organic products and services to maintain shiny, healthy hair and skin. She is the Manager of the Organic Salon at Hippocrates Health Institute.

Joseph and Tawna of Gratitude **Garden Farm**

In 2008 Joseph was diagnosed with stage IV colon cancer, and tried treatment a different way, through the Hippocrates Health Institute. Joseph recovered, and now together with his wife Tawna, they run an organic farm.

Dan Fryda

Dan Fryda, President of Spa Technologies International, has been a leader in the skin care industry promoting the benefits of seaweed treatments for health and beauty for 25 years.

