Live Healthier
And Longer The
Nutritarian Way

How To Be Hot
With Cool Food

Death Is Inevitable
Dying Is An Option

About Almonds
Raw Or Rocket Fuel?
Take Your Pick

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COLUMNS

BOOK REVIEWS .......................................................... 4
Crystal Healing for the Heart  By NICHOLAS PEARSON
Sacred Retreat  By PIA ORLEAN

FEATURES

About Almonds
Raw Or Rocket Fuel? Take Your Pick ........................................ 5
By JANE GOLDBERG, PhD

Live Healthier And Longer The Nutritarian Way ....................... 6
By DR. JOEL FUHRMAN

How To Be Hot With Cool Food ........................................... 7
By DEBRA SECUNDA

Death Is Inevitable. Dying Is An Option .................................. 8
By GARY NULL

Gut Power ........................................................................... 9
By BRIAN CLEMENT, PhD

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Always consult a trained Health Professional on serious matters.
Crystal Healing for the Heart
Gemstone Therapy for Physical, Emotional and Spiritual Well-Being
By Nicholas Pearson
DESTINY BOOKS

Nicholas Pearson reveals how the heart, as the literal and metaphorical center of one’s being, has the power to lead us to greater balance, healing, and happiness. He explores the anatomy of the physical heart and its spiritual symbolism and shows how its four chambers are related to the four elements. Offering hands-on exercises and meditations with more than 60 gemstones and minerals, each a specific heart-healing stone, the author explains how to build a better relationship with the heart as your spiritual center as well as how to fortify your heart with emotional strength, reclaim your will, and cultivate forgiveness. He shows how your heart is the coordinator of your energy field and is itself a sensory organ and information processor, working to enact healing on many levels. He also looks at the heart chakra and how the higher heart chakra is evolving.

Sacred Retreat
Using Natural Cycles to Recharge Your Life
By Pia Orleane, PhD
Forward by Barbara Hand Clow
BEAR & COMPANY

Drawing on the wisdom of ancient cultures, the natural cycles of life, and her own groundbreaking research, Pia Orleane, Ph.D., offers a template for how we can restore balance to our emotions and health, ease tensions between the sexes, and heal our fractured culture by honoring divine feminine consciousness and re-embracing natural cycles, including our innate need for rest and retreat. She explains the biology of how our bodies operate by hormones released in cycles and shows how balanced hormones help eliminate anger, depression, insomnia, anxiety, and fatigue. Exploring ancient traditions and rituals surrounding blood and sacred retreat, she explains how the seclusion of women during menstruation and of men during vision quests offered a cleansing process for body and mind, alone time to clear suppressed emotions, awaken our innate creativity and sensitivity, re-attune us with the deeper rhythms of the body and nature, and restore harmony between the genders and balance between the divine feminine and masculine.
ABOUT ALMONDS

Raw or Rocket Fuel? Take Your Pick.

By Jane Goldberg, Ph.D

ARE ALMONDS SAFE TO EAT? The question is relevant for the now almost ubiquitous presence of almond milk, almond butter, and almond flour (that is found in most pastries that are touted as being healthy). Unfortunately, it seems that the answer is mostly no.

U.S. grown almonds comprise 80% of the world’s supply. Of these, most come from California. In 2001 and 2004, 33 people fell ill from salmonella outbreaks from almonds (none died). As a response, in 2007, the state of California’s Almond Board, in conjunction with the U.S. Department of Agriculture, proposed an industry-wide “mandatory sterilization” rule for almonds, even those grown organically. The Almond Board declared various methods of pasteurization to be adequate: oil roasting, dry roasting, blanching, steam processing, irradiation, and, rather mystifyingly, the use of propylene oxide (PPO).

There are problems with each of these processes: the first three cook the almonds, causing a reduction of nutrient content. Steaming them, at first blush, sounds like the most innocuous. But, it’s not. In this process, the almonds are exposed to steam for eight seconds at 210-215 degrees Fahrenheit. For the next 44 seconds, they are moved through a high-heat dehydration tunnel, removing the moisture resulting from the steam. The temperature of the circulating air is 391-395 degrees F. The almonds themselves reach the temperature of 220 degrees F. The temperature of steam for eight seconds at 210-215 °F. The almonds themselves reach the temperature of 220 °F. A stream of dry steam passes through the almond. The steam is removed, and the moisture is removed. The moisture is removed from the steam. The almonds are then dried in the oven.

In spite of these adverse results of steaming almonds, the last permissible method of processing almonds is even worse than pasteurization. PPO is a surface treatment, approved for use on foods since 1958. It is widely used for a variety of foods such as other nuts, cocoa powder and spices. PPO is classified by the Environmental Protection Agency as a class B2 carcinogen and is an extremely volatile liquid, previously utilized as a racing fuel, but now banned by motorcycle and car racing associations as being too dangerous. It is still used in the making of polyurethane plastics as well as fuel-air bombs. Given the choice of treating their almonds with steam or PPO, non-organic farmers are invariably choosing PPO, as cost has become a significant factor. Steam treatments costs are $2.5 million a year whereas PPO costs are only $500,000. Close to 70 percent of almonds grown in the US are treated with PPO.

Most health food stores claim to sell raw almonds. They can make that claim because there is no labeling requirement. You can’t know if the “raw” almonds have been steamed, or treated with a known carcinogen. If the almonds are U.S. grown, in all likelihood, one or the other of those methods will have been used. Both Whole Foods 365 brand and Trader Joe’s almonds are steam-treated. Blue Diamond sliced and slivered almonds are steam-pasteurized, and its whole-nut “natural” line is treated with PPO. Superior Nut non-organic almonds are fumigated with PPO, but their organic sold in bulk at the company’s website is not fumigated.

Almond milk has recently become popular as a beverage. It has become almost ubiquitous as the base for smoothies. There are many reasons, additional to all the reasons already stated, why commercially sold almond milk is an unhealthy drink. It contains fillers, and often the filler used is soy lecithin. Soy contains equal and genistein; these are isoflavones that affect the production of thyroid hormones. As well, most soy used in the U.S. today is a GMO version of the crop. Another commonly used thickener is carrageenan. Because carrageenan is obtained from red algae, it is tempting to think of it as a healthy natural product. However, it has side effects that include digestive distress, diarrhea and fatigue. Almond milk is not natural-ly sweet, and is made sweet by adding the best of the choices, cane juice, but more often high fructose corn syrup, or even worse, toxic sugar substitutes like sucralose, aspartame or ace-sulfame. Finally, it is also likely that the almonds used to make most commercially sold almond milks are PPO fumigated. Health food stores can avoid the steam/PPO quagmire by selling Spanish or Italian imported almonds. To date, it is not required that imported almonds be irradiated.

I found one California nut farmer who, indeed, has a roadside stand, and is able to ship out almonds (and other nuts) that are truly raw and organic–Bremmer Farms. According to federal regulations, these farmers are limited to shipping 100 lbs. a day to any individual–quite enough for most anyone’s needs.

By Jane Goldberg, Ph.D (drjanegoldberg.com) is a certified psychoanalyst and author of eight books on emotional & holistic health. She owns La Casa Spa & Wellness Center in NYC, and La Casa de Vida, a destination holistic health center in the rain forest in Puerto Rico. She invites everyone to subscribe to her blog, MusingsFrom20thStreet. Contact Jane at: lacasa@lacasaspa.com. Jane will be lecturing at the NY Vegetarian Health & Wellness Expo on September 9 at 12pm.
LIVE HEALTHIER AND LONGER THE NUTRITARIAN VEGETARIAN WAY

By Dr. Joel Fuhrman

G-BOMBS

G-BOMBS are foods with powerful anti-cancer properties that you should eat everyday. G-BOMBS stands for: Greens, Beans, Onions, Mushrooms, Berries, and Seeds. Studies have shown that if someone eats a higher concentration of dark greens in their diet, their cancer rates drop tremendously, more than 50%. Studies also show that people who eat a higher amount of onions, compared to people who eat a normal amount, their cancer rates drop 50-80%. People who eat more mushrooms than an average person, their cancer rates drop 50-80%. People who eat more beans, their cancer rates drop 50-80%. People who eat more seeds, their cancer rates drop. It’s very simple: every food we are talking about in the G-BOMBS list, when people eat just more of those foods in particular, they have longer lives, they have lower cholesterol, lower rates of diabetes, and lower rates of cancer. And that’s just for each of these foods tested individually. Now what if a person ate higher rates of all these foods simultaneously? And, what if you did this at an age that was young enough to get the maximum benefits, before you have cancer in your body? The point is, these foods give people tremendous power to protect their own health and live a long life. We now have the evidence that can dramatically impact our life span, our quality of life, and really win the war on cancer in America.

America is eating too much animal protein, leading to increased risk of cancer, heart disease, and particularly leading to risk of hormonally sensitive cancers, like colon cancer and breast cancer.

THE STANDARD AMERICAN DIET

The Standard American Diet is quite possibly the most dangerous way anyone could eat. It’s 60% of calories from processed food, which spikes up insulin—which is a fat storage hormone and promotes cancer—and then it’s 30% of calories from animal products, which raise IGF-1, which promotes cancer, as well. Even worse, processed foods and animal products both don’t contain antioxidants and phytochemicals. So the amount of vegetation and plant food is dangerously low, combined with the particular mix of the highly processed carbohydrates with the amount of animal products. The American diet is fat promoting and cancer promoting.

My patients, by eating properly, see remarkable results, and it happens very quickly. People can sometimes lose a pound a day the first week, and 10 to 15 pounds the first month. Their blood pressure and cholesterol and blood sugar comes down within a few days. If people are taking one or two medications for blood pressure or diabetes, for example, quite often after one week we are taking one medication away and by the first month we’re cutting the second medication. So whether it’s headaches, asthma, pain, high blood pressure, high glucose levels or high cholesterol, we see people feeling better, thinking more clearly, being more physically active.

DIABETES AND PROPER NUTRITION

Here are the facts: if you are overweight, you are heading toward Type 2 diabetes. And 80% of our population is overweight. That’s why people need this information. Diabetics should be told that, number one, your diabetes can be reversed. Number two, diabetes doesn’t have to cut short your life. And number three, the drugs are not going to make you live longer; they might even accelerate your death. People with Type 1 diabetes should have this information; even though they will still need some insulin, this program can save their life. And people determined to have prediabetes need this information. But instead of information about food, people are given more and more drugs, and they aren’t being told that the drugs will hurt them.

Our healthcare system has evolved into an industry where doctors mostly provide drugs, instead of being teachers of healthy living. The medical profession is not predominantly focused on preventing disease. There are a profession that’s diagnosing and treating disease, and the reality is, the treatments hardly work and the small benefits place people at significant risk, while the underlying disease process continues to advance.

We should be teaching our children ‘reading, writing, arithmetic and nutrition.’ Because we graduate from high school, colleges, professional schools, medical schools, PhD’s, and people know nothing about nutrition. It’s the most important thing that people should be informed about because it affects their ability not just to live longer, but also to be happy in life, to have normal brain function. We know that processed foods and animal products and commercially baked goods are linked to depression. They are linked to aggressive behavior. They are linked to lower intelligence, to lower concentration in schools, to people’s inability to be productive in life. In other words, the American diet is detrimental not just to longevity but also to our performance and our happiness. Nutrition should be taught in schools. It is critical to the success of our young population.

Joel Fuhrman, MD, is a board-certified family physician, a New York Times best-selling author, and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. Dr. Fuhrman’s #1 New York Times best-selling book, Eat to Live, originally published in 2003 (Little Brown), has sold over 1,000,000 copies and has been published in multiple foreign language editions. Dr. Fuhrman will be appearing at the NY Vegetarian Vision Health & Wellness Expo in New York City (Penn Plaza Pavillon, 33rd St. & 7th Ave.) on Sunday, September 10 at 12pm.
How to Be HOT with COOL FOOD

By Debra Secunda

To be truly green and cool, try some Raw Living Food recipes!

Here's the low-down: Some foods heated over 120 degrees suffer a loss of Enzymes, nutrients and vitamins as they boil away. Others such as carrots, broccoli, cauliflower and cabbage need a few minutes of steamed heat to break down their cell walls.

So what's the new take on this “Raw Living-Food Diet” which has been all the buzz on “Dr. Oz”, “The View,” “The Chew,” “Today”, tomorrow and everywhere else for over a decade.

My low-glycemic “Green Blender Meals” (see www.rawfooddvds.com) are a mandatory mainstay in my home. However, a big simple salad garnished with yummy extras such as sprouts is always a welcome addition to please a hungry crowd during year-round entertaining.

Please, remember to Chew completely for proper digestion and enjoyment.

Asian Napa Cabbage Salad

I recently hosted a Raw Food pool party and we threw this together as one of the dishes. A big hit - Full of satisfying flavor and crunch:

- 1 large head Napa cabbage, chopped and set aside
- 1/4 Cup Mung Bean Sprouts
- 2/3 Cup Green Onions (scallions), chopped
- 1/4 Cup Cilantro, minced
- 1 Cup slivered Almonds

Ginger Dressing

- 1/2 Cup white Miso
- 6 T Apple cider or rice wine vinegar
- 2 T Nama Shoyu Soy sauce
- 1/4 Cup Sesame oil
- 1/4 Cup raw grated Ginger
- 1/4 -1/2 Cup Sesame seeds
- A few drops liquid Stevia or raw unprocessed Honey
- A handful SuperFood Sprouts (Lentil, Pea, Mung Bean, Broccoli, etc.)
- 1-2 tsp. hemp or chia seeds
- 1 stalk Celery
- 1 cup organic Tomato sauce from a jar (Cooking tomatoes increases their anti-carcinogenic super agent, lycopene)
- 1/2 Cucumber
- 1/4 Cup Green Onion or garlic
- 1/2 Avocado
- Handful SuperFood Sprouts (Lentil, Pea, Mung Bean, Broccoli, etc.)
- 2 T Dulse, Kelp, or other sea vegetable
- 4-5 Cups Greens: Spinach or other dark leafy Greens (Kale, sunflower
- baby greens, beet greens, bok choy greens, watercress, radish tops, swiss
- chard, arugula - whatever you have on hand. (You may find collard or
dandelion a bit bitter, so add extra carrot)
- Adequate filtered Water to blend

Season with Celtic or Himalayan Salt and cayenne to taste

Blend all as a base with water, except the delicate Greens. Then add them down the side of the blender a bit at a time, but do not over-blend.

Bangout Breakfast Meal

The best Low-glycemic, non-dairy, gluten-free, trans-fat free kid-friendly yummy Smoothie ever!

Without a doubt, we need to start our day the right way. I am always inspired to show everyone how to consume a daily blender-blast of Raw Natural SuperFood ingredients.

- 1 Pint Blueberries (If not organic, soak in a “produce wash” for a week or more.)
- Steam the potatoes until tender and allow to cool
- 3-4 organic red potatoes
- 2-3 large yams or sweet potatoes
- 1 stalk Celery
- 1 peeled Lemon (include some of the pith, replete with extra bioflavonoids)
- Adequate filtered Water to blend
- Himalayan salt and Cayenne pepper to taste
- 1/2 Avocado
- 1/4 Cup Green Onion or garlic
- 1/2 Cup white Miso
- 6 T Apple cider or rice wine vinegar
- 2 T Nama Shoyu Soy sauce
- 1/4 Cup Sesame oil
- 1/4 Cup raw grated Ginger
- 1/4 -1/2 Cup Sesame seeds
- A few drops liquid Stevia or raw unprocessed Honey
- A handful SuperFood Sprouts (Lentil, Pea, Mung Bean, Broccoli, etc.)
- 1-2 tsp. hemp or chia seeds
- 1/2 Cucumber
- 3/4 C Vegan mayonnaise
- 4-5 Cups Greens: Spinach or other dark leafy Greens (Kale, sunflower
- baby greens, beet greens, bok choy greens, watercress, radish tops, swiss
- chard, arugula - whatever you have on hand. (You may find collard or
dandelion a bit bitter, so add extra carrot)

Serve Cabbage in a big bowl. Drizzle with Ginger Dressing for an anti-cancer, fiber-filled, cool Healthy Meal!

Sweet Potato Salad

Everyone loves this one. It’s hearty and nutritious but not heavy. Potatoes are a wonderful source of vitamin C and don’t deserve the bad rap of the French Fry!

- 2-3 large yams or sweet potatoes
- 4-5 Cups Greens: Spinach or other dark leafy Greens (Kale, sunflower
- baby greens, beet greens, bok choy greens, watercress, radish tops, swiss
- chard, arugula - whatever you have on hand. (You may find collard or
dandelion a bit bitter, so add extra carrot)

Add a small amount of organic Tomato juice to taste from the health food store.

Serves 6

Debra Secunda is a broadcast journalist, eco-chef, health educator and speaker on the value of a plant-based diet who presents “Demo & Tasting” classes and workshops at expos nationwide. See excerpts and recipes from her DVD “Green Recipes for Health & Weight Loss” at www.rawfooddvds.com. Debra will be speaking at the NY Vegetarian Vision Expo at the Penn Plaza Pavilion on 33rd St. & 7th Ave. on September 9 at 5pm and September 10 at 5pm.
DEATH IS INEVITABLE.
DYING IS AN OPTION.

By Gary Null

How rapidly are you racing towards death? Do you have high blood pressure or are you susceptible to diabetes? Are you overweight or feel chronically fatigued? Are you genetically receptive towards certain life-threatening conditions? Or are you heavily exposed to computers, mobile phones, other sources of EMF radiation and environmental toxic chemicals?

Today, one third of the average American diet is based upon animal proteins, high fats, starches and unhealthy processed sugars. If it is your habit to eat as the average American and follow the dietary advice of conventional medical doctors and health counselors, by the age of 45-50, you could possibly fall severely ill unexpectedly or die at any moment. As we age, insomnia, fatigue, and the loss of muscle mass and memory, and a weakened immune system begins to increase exponentially. Our immune system weakens thereby creating an environment within our bodies ideal for the onset of inflammatory and autoimmune ailments.

As we age, the quality of our health is not necessarily destined or predetermined to erode into conditions that can be prevented. Scientific research has shown repeatedly that little or no meat, and more vegetables, fruits, nuts, whole grains and legumes, which make up the basis for a plant-based diet, prolong longevity and ward off diseases. We can age naturally without succumbing to the most crippling illnesses that make living unbearable for many. It is therefore completely within the realm of probability that 15 or more quality years can be added to our lives if we acquire the knowledge and muster the courage to alter our lifestyles and eating habits to foster health.

Nevertheless, simply adopting a plant-based diet and expecting to attain immortality is insufficient. Surely, our bodies require the healthiest of nutrients and biochemicals to sustain health. But this is strictly at the biological level. Lifestyle changes are equally critical for entering the path of longevity and anti-aging. And now in our post modern age, the health of our minds and hearts are as equally crucial as what we put into our mouths.

Today, we live in a culture that has become nothing less than a toxic atmosphere, especially if you live in a highly populated urban area. Our water resources have become increasingly contaminated. And the produce we buy at our local grocery stores is increasingly spiked with chemical fertilizers and pesticides. Pathogens abound and new, more virulent strains of otherwise minor infectious organisms are being identified due to humans’ direct interference with the planet’s ecology. Consequently Americans are swimming in a toxic stew day and night. And our greatest, and perhaps only reliable defense is ourselves. No longer can we place faith in our medical institutions and health officials. Rather we must make a concerted effort to educate ourselves about what we eat, what we do, and how we feel. And this is nothing less than saying “yes” for a complete makeover of our lives.

More often than not, a complete overhaul and reinvention of ourselves, rather works. In many cases, a dramatic effort can be made, but in the large majority of cases it is unfeasible. In no time people fall back into their old habits, and once feeling disappointed in their efforts, they return to their unhealthy eating habits. Rather we can achieve greater success by taking smaller steps. This is what in the East is called “mastery through accomplishment.” With every small undertaking we succeed at, we then acquire greater strength, inspiration and determination to tackle the next feat before us. Accomplishing small acts builds the necessary self-confidence for an even larger endeavor.

During my forty plus years of counseling many thousands of individuals on matters of physical health to prevent and reverse diseases and to reach psychological well-being, I have observed that changing eating habits, adopting a plant based diet, provides the energy, both physical and mental, to achieve greater success in life. This became a basis for my earlier documentary film, “The Food-Mood Connection,” in order to present the scientific evidence that would educate people about certain foods and plants to treat adverse mental conditions and elicit psychological well-being. When our minds are clear and alert, when our feelings are free from stress and anxiety, and bodies are alive and rejuvenated, we can accomplish great things. And let us never forget that a weak mind unable to concentrate and a sliding memory are signs of an aging brain.

For example, beets improve blood circulation which is crucial for proper brain function. The flavinoids from green tea, berries, citrus dark chocolate likely wise enhances circulation, lowers blood pressure, while also improving oxygen absorption. Foods high in lutein, such as oats and brown rice, increase our body’s ability to produce acetylcholine, a neurotransmitter directly involved in preserving memory. Besides being high in zinc, which improves memory skills, pumpkin seeds provide sufficient levels of niacin for GABA production, which will lower stress and anxiety.

We don’t need to rely upon meat, eggs and dairy to sustain health. In fact, according to research at Harvard and Brigham and Women’s Hospital, not only do the high fats in meat contribute to cardiovascular disease, strokes and death, but it affects normal brain function, including our memory. With a plant-based diet, preferably vegan, we can restore our mental well-being, fine tune our thoughts, to make further changes in our lifestyles to improve our lives, the lives of our loved ones and communities and even our planet. We can make changes in how and what we purchase. Buy local. Start doing daily exercise regimes that we only dreamed of accomplishing because of GABA production, which will lower stress and anxiety.

Gary Null is a best-selling author, radio show host and award-winning documentarian. He will be speaking at the NY Vegetarian Vision Expo in New York City (Penn Plaza Pavilion, 33rd St. & 7th Ave.) on September 9 at 4pm.
GUT POWER

By Brian Clement, PhD

People call it the stomach, the digestive track, the intestines, but it should be best known as the epicenter of life. During the last decade, there has finally been a swift shift in the mentality of mainstream research and medicine on the significance and essentiality of the bodies' bacterial buddies. In the mid-20th century, the health food and supplement industry began propagating information about good bacteria which came in the form of one strain called acidophilus. An advanced thinking physician in southern California gravitated toward the concept that this friendly bacteria was instrumental in stabilizing immune function and overall health. Conducting research on cadaver intestines, he discovered several strains that were universal and produced doctordophilus, the initial attempt in replicating the culture that resides in all of our bodies. Commonly accepted in the 80s and 90s as the standard, others either properly or poorly produced supplements born out of this 70s science. Now in the 21st century, possessing a comprehensive understanding about pre and probiotics and their soil based origin, technology has greatly advanced so that the absorption of these vital microbial nutrients can be fully accessed into human cells. Most impressive is the astro-biotic design that is contained our life give instinct. For those suffering from gastric havoc, there is an 80 billion strain, for most a 50 billion design that is contained our life give instinct. For those suffering from gastric havoc, there is an 80 billion strain, for most a 50 billion strain, and for women enduring vaginal disruption, there is a female strain, and for women enduring vaginal disruption, there is a female strain, and for women enduring vaginal disruption, there is a female strain, and for women enduring vaginal disruption, there is a female strain, and for women enduring vaginal disruption, there is a female strain, and for women enduring vaginal disruption, there is a female strain.

Immunity - actually 70% of it is born out of the healthy flora that these bacteria manifest in your intestinal track. If inadequate amounts exist or disharmonious levels of certain strains reside, the immune system (the bodies first and foremost defense) will be weakened. All disease is able to take over and settle in different regions of your body. Commonly accepted in the 80s and 90s as the standard, others either properly or poorly produced supplements born out of this 70s science. Now in the 21st century, possessing a comprehensive understanding about pre and probiotics and their soil based origin, technology has greatly advanced so that the absorption of these vital microbial nutrients can be fully accessed into human cells. Most impressive is the astro-biotic design that is contained our life give instinct. For those suffering from gastric havoc, there is an 80 billion strain, for most a 50 billion design that is contained our life give instinct. For those suffering from gastric havoc, there is an 80 billion strain, for most a 50 billion design that is contained our life give instinct. For those suffering from gastric havoc, there is an 80 billion strain, for most a 50 billion design that is contained our life give instinct. For those suffering from gastric havoc, there is an 80 billion strain, for most a 50 billion design that is contained our life give instinct.

“Do you know that our intestines are built like a vegetarian animal’s intestines and not a carnivorous one? Our small intestines are very long, which is why meat putrefies there.”

— Mark Becker

Bacteria’s biggest nemesis is the use of pharmaceutical and recreational drugs including antibiotics, nuclear medicine, alcohol etc. Adding to that notorious group are the heavy metals and chemicals that we derive from poor food, clothing and environmental choices. We perceive that the biggest culprit in the surge in catastrophic disease with our youth is the historic levels of bacterial imbalance in their poor, young bodies. Allopathic physicians are not trained in medical school to accompany the gut destroying meds that they prescribe with healing probiotic supplements. This should be mandated immediately to reduce pain and suffering. Diverticulosis, diverticulitis and crohns disease are rising in great part due to this flora folly. There is solid science highlighting that all the bodies’ anatomical systems are impaired and weakened when healthy levels of these supportive microbes are missing. Without fail, we would systematically derive exceptional insight into one's overall health by testing for and monitoring the bodies bioterrain. Without exception, when there is disharmony in this essential system, it reflects in disease. Foremost in the mind of our team is to once again stabilize this army of good so that it can feed the front lines of defense. Today’s advance nutritional technologies permit us to do so in a rapid and thorough way.

Psychiatric nutrition now equates low level intestinal fauna with depression and other brain based disorders. European studies have even focused on increased dementia when one lacks these perky microbial friends. Time and again we have been told by long term sufferers of flatulence that the simple consumption of healthy probiotics have eradicated lifelong concerns. Digestion and elimination can immediately reduce pain and suffering. Diverticulosis, diverticulitis and crohns disease are rising in great part due to this flora folly. There is solid science highlighting that all the bodies’ anatomical systems are impaired and weakened when healthy levels of these supportive microbes are missing. Without fail, we would strongly advise that each of you consume a high quality pre/probiotic like life give instinct daily.

Brian Clement is the director of the Hippocrates Institute in West Palm Beach Florida. He will be lecturing at the Vegetarian Vision Health & Wellness Expo in New York City at the Penn Plaza Pavilion on September 9-10.
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