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HIPPOCRATIC HOPE

THE HIPPOCRATES HEALTH INSTITUTE SEEKS TO TRANSFORM THE BODY FROM THE INSIDE OUT.

BY MARY GIBBLE

The Greek physician Hippocrates urged ancient man to “let food be thy medicine and medicine be thy food.” More than 2,000 years later, the Hippocrates Health Institute is taking those words to heart.

Located in West Palm Beach, the institute is a non-profit complementary health center spanning 50 acres. Tuxedo cats bask in sunbeams. The aroma of freshly cut wheatgrass wafts through the air. Eclectic art and loving reminders to “let there be peace on Earth” dot hidden pathways.

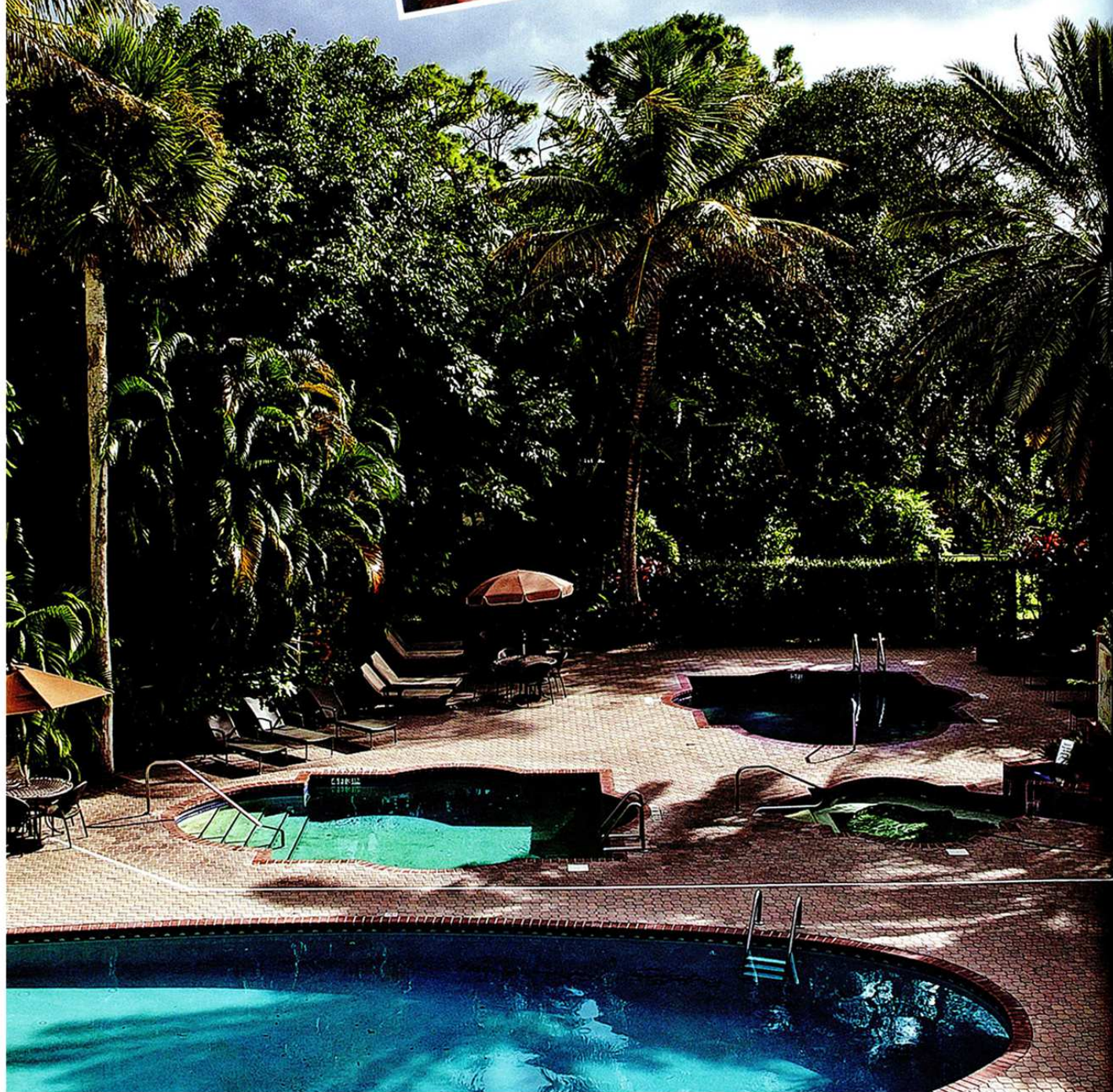
It sits less than one mile from the chaos of Okeechobee Boulevard. Though the institute has grown in South Florida, its seeds were planted in Massachusetts. In 1956, Ann Wigmore, a Lithuanian immigrant and raw food ac-

tivist, opened the Red Schoolhouse, which offered natural healing services and cleansing detox programs out of her farm in Stoneham. She teamed up with Viktoras Kluvinskas, a fellow Lithuanian who sought Wigmore’s services to treat an autoimmune disorder. In 1961, they moved the operation nine miles south to Boston, where it officially opened as the Hippocrates Health Institute.

More than a decade later, Brian Clement, a proponent of raw veganism, made the trek from his home in Maine to the Hippocrates Health Institute. Clement worked closely with Wigmore to fine-tune the institute’s mission and, in 1980, he became its director. Seven years later, he and his wife and co-director, Anna, moved Hippocrates to West Palm Beach.



Dr. Brian Clement (right) has traveled extensively sharing the institute's principles and has penned a book, *Living Foods for Optimum Health*. Those who wish to extend their learning beyond the three-week program can take part in the nine-week Health Educator Program.





Under the leadership of the Clements, the institute has gained national attention for its signature Life Transformation Program. This three-week program, which runs year-round Sunday through Saturday, aims to transform the mind, body and spirit through a raw food diet, lectures, classes, psychotherapy, detoxifying treatments such as colonics, exercise and meditation.

“The end goal of the program is to achieve a healthier lifestyle because most people, unfortunately, aren’t taught this,” says Tom Fisher, a registered nurse at Hippocrates.

Fisher first came to the institute 12 years ago as a guest. At the time, he was recovering from stage 4 lymphoma, for which he received chemotherapy. The treatments left him feeling weak; he suffered from low energy as well as thinking and memory problems associated with “chemo brain.” Following extensive research, Fisher attended a lecture by Clement and decided to give the Hippocrates Health Institute a go.

Fisher now works with guests in the Life Transformation Program. Before committing to the program, guests discuss their specific goals with one of the institute’s consultants. “People come here from all over the world and for an array of different concerns,” Fisher says. “Some will come to relax or maybe lose a couple of pounds [while others come] with very ad-

vanced cancers, diabetes, heart disease—you name it.”

Participants can either stay onsite (Hippocrates offers accommodations ranging from luxury villas to cozy cottages) or commute daily. Upon arrival, they undergo a series of blood work and similar tests and are given a health program based on their individual needs.

Dr. Steven Lemberg, one of the medical consultants on staff, explained during a recent lecture at Hippocrates that he aims to bridge the gap between conventional medicine and natural healing. “Guests come to Hippocrates and not only do they get a lot of hope, but they get a lot of healing,” he said.

Certain components of the program are steadfast, starting with the food. The cornerstone of the institute’s philosophy is a raw, vegan diet that promotes detoxification and has anti-inflammatory properties. Breakfast is optional but might include a raw cereal like buckwheat groats, affectionately called Buck Wheaties. Lunch and dinner is a buffet of sprouts (all grown onsite), veggies and a side dish that reflects some variety, like vegan Pad Thai or raw tacos.

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The institute's own green juice is ubiquitous. Composed of sprouts of celery, cucumber, sunflower and pea, the green juice is a complete protein packed with amino acids and phytonutrients. Wheatgrass juice is also pervasive. It contains nine essential amino acids, B vitamins, chlorophyll and phytonutrients. Guests drink two ounces in the morning and two ounces at night in the hopes of increasing red blood cell counts and cleansing the body of toxins, among other benefits.

On Wednesdays, some guests choose to fast—meaning they abstain from solid foods, opting instead for only the wheatgrass and green juices—and participate in a day of silence. While the fasting detoxifies the body, the silence detoxifies the mind. Fisher describes the silence as an escape from today's fast-paced lifestyle. "It helps to de-stress and [allows guests to] self-reflect and have time to themselves," he says.

In addition to the raw diet, the Life Transformation Program employs detoxification therapies, including infrared saunas, ozonated pools and hot tubs, weekly Swedish massages and bio-energy treatments, as well as exercise classes and yoga. Hippocrates also houses a public spa, and guests may choose to add certain treatments, such as reflexology and Chi Nei Tsang massages, to their schedules.

Chi Nei Tsang is a therapeutic organ massage that works with the five major systems of the body to release physical and emotional blocks. Dr. Keith Cini, a certified acupuncture physician and Chi Nei Tsang practitioner, explains that certain organs are tied to specific emotions: the liver with anger and frustration; the heart with joy, love and passion; the spleen with worry and anxiety; the lungs with grief and sadness; and the kidneys with fear and shock. "The body doesn't lie," Cini says. By stimulating these organs, Cini introduces a fresh supply of oxygen and releases subconscious emotions.



The Hippocrates Health Institute promotes a raw, vegan diet rich in antioxidants, vitamins and minerals. In addition to fresh sprout and vegetable juices, guests enjoy a variety of vegan "comfort foods," including pizza, walnut tacos and avocado sushi rolls, as well as fermented foods like sauerkraut.





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Emotional releases and psychotherapy are other key components of the Life Transformation Program, as they help the mind and spirit adjust with the body changes. Hippocrates has two psychotherapists on staff, and guests see one at least once during their stays. “Psychology is a huge part of the healing process,” Fisher says. In addition, Hippocrates encourages guests to meditate as often as possible and offers daily lectures on subjects such as meditation, sprouting and growing wheatgrass, raw food preparation, skin care and holistic principles of health and healing, among others.

With all this work being done on the inside, it’s only natural guests would want to improve the outside. The Hippocrates Re New Organic Salon and Image Center opened in late 2011 and is

available to the public. “The services at the salon complement the work being done in the Transformation Program,” says salon director Marty Landau. The salon only uses certified organic, all-natural and vegan products, including its own line of shampoo. Guests can stop by for a quick trim, hair color or scalp treatment, which is composed of exfoliates, essential oils, clay and (of course) wheatgrass.

At the end of the Life Transformation Program, participants undergo a series of tests to evaluate their progress and attend a graduation ceremony. Graduates are armed with the necessary knowledge to lead a healthier life, which, as Tom Fisher notes, makes it all worth it: “It’s about living life at the fullest and allowing the body to heal in a natural way.” ♦

