
A Natural Diet and Health Program for Weight Control,
Disease Prevention, and Life Extension

THE HIPPOCRATES DIET and HEALTH PROGRAM



Ann Wigmore

WITH FOREWORD BY DENNIS WEAVER

The Hippocrates Diet and Health Program, Ann Wigmore, Penguin, 1983, 0895292238, 9780895292230, 191 pages. For over thirty years, Ann Wigmore, founder of the renowned Hippocrates Health institute, has taught that what we eat profoundly affects our health. As an internationally acclaimed wholistic health educator, she has repeatedly pointed out how our modern 'nutritionless' diet of convenience foods is a prime cause of illness and overweight. Developed over a twenty-year period at the Hippocrates Health institute, one of the nation's first and finest wholistic health centres, the Hippocrates Diet allows the body to correct its problems naturally and at its own pace. Through a diet of fresh fruits, vegetables, grains, nuts, and such super nutritious foods as sprouts and wheatgrass juice, all of which are prepared without cooking, the body is able to restore its internal balance. As the body regains its strength and vigor, its capacity to maintain its normal weight, fight disease, and heal itself is enhanced..

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Juice Fasting and Detoxification Use the Healing Power of Fresh Juice to Feel Young and Look Great, Steve Meyerowitz, Jan 1, 1999, Health & Fitness, 154 pages. This is one of the best-selling books on juice-fasting on the market. Discover why fasting is self-healing and how simple it is to do. Sections include fasting on raw fruit

Eat, Drink, and be Healthy The Harvard Medical School Guide to Healthy Eating, Walter Willett, 2001, Health & Fitness, 299 pages. Offers a new approach to a lifetime of healthy eating, discussing problems with the USDA's Food Pyramid, the difficulties with conventional nutritional wisdom, and key foods

Vegetables Rock! A Complete Guide for Teenage Vegetarians, Stephanie Pierson, Mar 2, 1999, , 240 pages. If you're confused about going veggie, here is the perfect resource for basic nutrition information, great tips, a helpful Q&A, and recipes for vegetarian meals even

Living on the earth celebrations, storm warnings, formulas, recipes, rumors, & country dances harvested by Alicia Bay Laurel, Alicia Bay Laurel, 1971, Crafts & Hobbies, 193 pages. Details the practical aspects of living naturally in the twentieth century.

Soul-Full Eating A Delicious Path to Higher Consciousness, Maureen Whitehouse, Jan 31, 2007, Health & Fitness, 422 pages. Eat Your Way to Enlightenment! Could there be an easier path? There are so many obvious ways that we can miss the opportunity to live a supremely fulfilling life. But most

Hippocrates LifeForce , Brian Clement, Feb 25, 2011, Health & Fitness, . .

The Big Book of Juices And Smoothies 365 Natural Blends for Health And Vitality Every Day, Natalie Savona, Mar 23, 2006, Cooking, 192 pages. An updated and cross-referenced edition contains a year's worth of juice and smoothie recipes that can be prepared inexpensively at home in a blender, in a volume that places

Rawsome! , Brigitte Mars, 2004, Cooking, 355 pages. A raw foods diet advocates exactly that: raw foods. No cooking, no grilling, no steaming, no application of heat of any kind. Why? Because eating food closest to its natural

The Nordic Diet Using Local and Organic Food to Promote a Healthy Lifestyle, Trina Hahnemann, 2011, Health & Fitness, 143 pages. Eat your way to health and happiness with a diet built on tradition..

The Sonoma Diet , Connie Guttersen, 2005, Health & Fitness, 319 pages. Offers an approach to weight loss and control that emphasizes whole grains, lean meats, olive oil, and fruits and vegetables, with tips on portion sizes, meal plans, flavorful

Be Your Own Doctor Let Living Food be Your Medicine, Ann Wigmore, 1982, , 190 pages. .

The Any Diet Diary Count Your Way to Success, M Evans and Company Inc, Karlin Gray, 1998, Health & Fitness, 120 pages. This one source allows readers to record not only the foods they eat but the quantity, calories, fat, carbohydrate, protein, cholesterol, and fiber counts as well. The three

Diet Simple , Katherine Tallmadge, 2001, Health & Fitness, 324 pages. Dieters can select from 201 customized tips which can add up to the number of pounds they want to lose. Also included are 52 recipes one can make on Sundays to lose weight all

Ann Wigmore, founder of the Hippocrates Health Institute, teaches that what we eat profoundly affects our health. She repeatedly points out how our modern nutritionless diet is a prime cause of illness and obesity, but she also offers a positive alternative. This volume presents a diet of fresh fruits, vegetables, grains and nuts, all of which is prepared without cooking, and which allows the body to regain its strength and vigour gently. It also discusses body cleansing and ageing issues, and there is a foreword by Hollywood icon Dennis Weaver.

I was introduced to this book by a disciple of Ann Wigmore, who was teaching a class in living foods. After a short time on the diet I was able to stop taking my hypo-thyroidism medication forever. The book is recommended as a great starter in uncooked foods, as it is inexpensive and gives the theory behind the recipes. Chapter titles: 1) AN APPLE A DAY OR HAVE IT YOUR WAY, 2) LET FOOD BE YOUR MEDICINE, 3) THE SECRET OF HEALTH, 4) KEEPING YOUR BODY CLEAN, 5) THE HIPPOCRATES DIET, 6) INDOOR GARDENING FOR BEGINNERS, 7) SUPER NUTRITION FROM SPROUTS, 8) WHEATGRASS MIRACLES, 9) APPLES AND ORANGES AREN'T THE SAME, 10) HIPPOCRATES DIET RECIPES, 11) THE HIPPOCRATES DIET AND WEIGHT LOSS.

This book spells out easily and completely the way to take charge and improve your health now. If you never start, you will not begin to reverse the years of food, chemical, and environment poisoning that your body has become accustomed to leading to the onset of the major diseases and ill health conditions that his generation is experiencing in proportions never before known.

In conjunction with other Wheatgrass and Ann Wigmore books, I feel better without medicine or pharmaceuticals of any kind in only a few short weeks. I lost 15 pounds the first two weeks without strenuous dieting. My craving for sweets has disappeared without any thought or struggle. Understanding these simple practices of biology is made easy through these books from the Hippocrates Institute.

What can be said about Ann Wigmore and this book, except for the incredible importance and wisdom they have brought. If you want to heal and abide by the healthiest and most natural diet in the world, this book is it. I say this after 20 years of diet, research, and lifestyle experimentation. I am a healthy surfer (but I also work full-time), and say to you all- let the sunshine into your being- drink wheatgrass and read this book. The other best health book in the world is "The Miracle of Fasting" by the other late and great Paul C. Bragg. He and Ann Wigmore were amazing, courageous, and self-disciplined people in the field of health. These books shall survive them, and do us all well, forevermore. I'm "stoked"! :)

I have read a lot of raw food books, and I believe this one to be the most intelligently written. Her style is a sort of layman's scientist, she doesn't approach the issue as intuitively as some might like, but this results in a book that appeals to the intellect and not to the part of us that are "anti-the man". She does occasionally stretch known scientific fact, but her speculations are educated. It is good for the person who wants to know WHY, not just how.

This is one of the few books out there which teaches you how to take charge of your health in a very simple approach. No matter if you need to loose weight, want to save money in the kitchen or have more serious health problems such as cancer or chronic fatigue; Ann Wigmore gives you a clear picture how to get started.

After 20 years of trying different approaches to become healthier, this is the most significant one I've taken. It really makes a difference. Do you ever feel tired or bloated after a meal? Try her recipes and you will feel light and energized afterwards. I can really recommend this book to everyone who wants to be healthier, happier and more loving.

My Natural Medicine practice specializes in the recognition and utilization of diet, nutritional supplements, acupuncture and detoxification. One of most patient's problems is understanding what to eat and when. This book COMPLETELY describes the types of food and why and how to eat them. Cancer, depression and autoimmune disease (to name only a few) like rheumatoid arthritis are the end result of chronic exposure to environmental toxins like solvents and pesticides AND chronic nutritional deficiencies from eating fast food and junk food. This is the most important book you can buy to teach you how simple it is to regain your health AND prevent chronic illness like cancer. This book forms the basis of how we should eat AND understand the life-saving principle of intestinal and liver detoxification. Read, learn, and live a healthy life!

Once I read Ann Wigmore's book on Wheatgrass it really sparked an interest in live food and health. Ann Wigmore is a true pioneer and has left such a gift to all of us if only we can open our mind to the concept of healthy nutrition. I wish her teachings were in every school and more people would gain the wisdom this wonderful woman made her life's work. If you are suffering from illness this is a great option..change your diet! It makes so much sense and to see people eating crap and then wondering why they are sick is so frustrating when the answers are in books like Ann Wigmore's. I have seen people go into remission from cancer from adopting this lifestyle..I pray the live food evolution will sweep the continent and more people can live a truly healthy life..I cant say enough about the changes it has made in my own life and the lives of others! I would also recommend a dvd called "Ann Wigmore's Living Foods Lifestyle" filmed at the Natural Health Institute in Puerto Rico..it is a hands on guide that shows you how to make meals, how to sprout, compost..so much interesting info and interviews with live foodists..I thoroughly enjoyed it and it was so much better watching a dvd and seeing things first hand. It is available through [...]

The story of Hippocrates Health Institute began in 1908, when Ann Wigmore was born in Lithuania. (To learn more about the factors of her youth that shaped her future, read her compelling biography, "Why Suffer?") At the age of 13, she sailed to the United States 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, a town about 10 miles south of Boston.

While Ann was raising her family, a Danish doctor by the name of Kristine Nolfi was diagnosed with breast cancer in 1940. She refused established medical protocol and successfully treated herself with an exclusively raw food diet. When she regained her health, she opened a health center called Humlegaarden where she treated many patients with cancer and other diseases.

A decade or so after Dr. Nolfi had reversed her cancer, 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 World War I. 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 first-hand inspired her to spend the next 35 years of her life studying and educating others about natural healing and optimum nutrition.

Her first foray into helping others was through the "Red Schoolhouse," which she founded at her farm in Stoneham in 1956. Dr. Paul Dudley White, a Harvard University-educated physician, member of the Harvard faculty, President Eisenhower's personal physician and a founder of the American Heart Association, was one of Ann's biggest supporters. He ran an "Underground Railroad" of sorts by sending patients who could not be cured using modern medicine to Ann's farm. A fellow Lithuanian by the name of Viktoras Kluvinskas also became aware of Ann's work through a Boston Globe article on the world-famous model Twiggy and the

cleansing detox program she went through at Red Schoolhouse. The top computer consultant in the U.S. at the time, Viktoras's services were coveted by institutions including Harvard, Smithsonian, MIT and The Apollo Project; he was also sick and dying from an autoimmune 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.

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. Viktoras spent hours at the Harvard Medical Library, seeking to create a bridge between what they had been experiencing in regards to health and healing and what was known in the medical and research community.

One of the people they helped was a friend of Boston Brahmin Margaret Drumheller. After seeing her friend's Multiple Sclerosis reversed with Ann's guidance, Margaret invited her to move her healing center from Stoneham to her brownstone in Boston's Back Bay neighborhood and, in 1961, Ann and Viktoras officially opened the doors to the Hippocrates Health Institute at 25 Exeter Street in Boston.

For the next 25 years, Hippocrates was literally the face of the alternative health care movement in the U.S. At their weekly Sunday Open Houses, hundreds of visitors came to learn more about health and healing. One such visitor was Brian Clement, a young raw vegan who had plans to eventually open a center in Oregon, but was living in Maine in the interim. Curious about Hippocrates, he made the trip in 1975 and never left.

Together, Brian and Ann traveled throughout Europe, hoping to seed the idea of raw foods as a cure-all for a disease-free lifestyle back where it had originated in the 1940s with Dr. Nolfi's work. In the late 1970s, Brian spent a year as Director of Humlegaarden and, upon his return to Boston, Ann and Viktoras asked him to take over the directorship of Hippocrates. He agreed, upon three conditions:

Today, Drs. Brian and Anna Maria Clement, Ph. D., L.N.C. 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, colonics 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, nature-trail walks and behavioral health practitioner services.

Ann Wigmore's use of wheatgrass as a key dietary component began a revolution in the world of nutrition. Hippocrates Health Institute has welcomed people from all walks of life to benefit from her teachings from people looking to improve their general health to those with terminal disease. To date, hundreds of thousands of men, women and children have visited the Institute and now share stories of recovery, healthy lifestyles, and a rejuvenated outlook on life.

Ann Wigmore developed the Living Foods Lifestyle® to overcome disease and improve the quality of life. She believed that there are two main causes of disease: deficiency and toxemia. Deficiency means that our bodies are undernourished because we cannot get the nutrients we need from undigestible cooked food. Toxemia is a term used to describe poisons that are stored in the body. These toxins are formed from eating unnatural, processed, and pesticide-tainted foods, as well as through destructive emotions and stress. Living Foods, which are easy to digest and rich in nutrients, combat this deficiency. The Living Foods Lifestyle® also addresses the problem of toxemia: when the body isn't using all its energy to digest food, it can turn to other tasks, such as releasing stored toxins and healing.

However, Living Foods are not simply raw foods. Because many people cannot digest raw foods,

Living Foods are prepared in a way that makes them easy for the body to assimilate and extract optimal nourishment. Living Foods include young greens; sprouted nuts, seeds, and grains; cultured preparations; and dehydrated foods. Fresh wheatgrass juice adds an unparalleled level of nutrition, vitality, and health.

The cornerstone of the Living Foods Lifestyle® is Energy Soup, a blended mixture of greens, sprouts, vegetables, Rejuvelac, and dulse. Energy soup is a complete meal, containing every nutrient in a balanced form that the body needs. When she developed the Hippocrates diet, Ann Wigmore advocated juicing fruits and vegetables as a way to obtain optimal nourishment. However, in her later years, she became a proponent of blending foods rather than juicing them. The only juices she used were watermelon and wheatgrass. She believed that juices can be too cleansing for most people's bodies. "Blending helps the body to clean itself and thus it restores health much quicker than just eating the foods as salads, yet it does not overtax the system with the rapid cleansing action of juices," she wrote. "Also, juices do not contain fiber. Separating the fiber and other elements from the juice results in a food that is not as balanced as Nature would have it."

Another key component of the Living Foods Lifestyle® is freshly juiced wheatgrass. Wheatgrass juice is an effective healer because it contains chlorophyll, all minerals known to man, and vitamins A, B-complex, C, E, and K. Wheatgrass is extremely rich in protein, and contains 17 amino acids, the building blocks of protein.

As a child, Dr. Ann learned about natural healing from her grandmother, who used plants, grasses, and herbs to heal soldiers injured in World War I. When, at age 50, she learned she had colon cancer, she turned to raw greens, blended seeds, and grains. Within a year, she was cancer-free. She began researching the healing properties of grasses, and soon settled on wheatgrass as her main focus. The Living Foods Lifestyle® uses wheatgrass as a nutritious elixir, as well as for colon cleansing.

Rejuvelac®; a drink made from cultured wheatberries or other grains, is one of the most important elements in the Living Foods Lifestyle®. Because it contains a high level of enzymes, it aids in digestion. Rejuvelac® replaces the missing enzymes that cooked foods have taken out. It contains friendly bacteria that is necessary for a healthy colon, which helps to remove toxins. It also is filled with vitamins B, C, and E, as well as enzymes.

Go to the source. I got this book from the bibliography of another book (The Raw Food Detox Diet by Natalia Rose). Wigmore manages to condense an amazing amount of information into this small, easy to read book. She includes the hows and whys of a raw food diet, including detailed instructions on how to sprout your own seeds and several recipes. If you have any interest in a raw food diet, this book is the place to start.

All animal meats and luncheon meats; all fish and sea-foods (crayfish, lobster, oysters, prawns), sushi; birds (chicken, turkey, ostrich); eggs; pasteurized milk and cheeses; hydrolyzed vegetable proteins; soya meat analogs; protein powders (vegan ones too — they don't resemble anything in nature).

Sourdough wholegrain breads (no yeast); low-baked sprouted grain breads; whole-grain crackers; oat flakes, muesli and natural sugar-free granola; popcorn and other puffed grains; slow-cooked whole grains (amaranth, barley, buckwheat, corn, kamut, millet, oats, quinoa, rice, rye, spelt, teff, wheat); pasta made from whole grains.

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