Interview Series

TRANSCRIPT E-BOOK

STEVE PRUSSACK INTERVIEW WITH

DR. BRIAN CLEMENT (EPISODE 10)

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STEVE PRUSSACK

DR. BRIAN CLEMENT

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This episode features a fascinating interview with Dr. Brian Clement, director of Hippocrates Health Institute in West Palm Beach, Florida. In his role as a progressive educator, Brian has conducted countless seminars, lectures, and educational programs, traveling extensively to more than 25 countries around the globe. At home in the United States, he has taken the message of this widely successful program to the entire country. In recent years he has been commissioned by government supported organizations to establish, organize, and direct health programs in Denmark, Switzerland, Greece, and India.

Brian has also written numerous books in which he explores the various aspects of health, spirituality, and natural healing. His recent best-selling book, Living Foods for Optimum Health, has been acclaimed by Marilyn Diamond, co-author of the book Fit for Life as “an important and eminently readable book for the new era of self care,” and by Coretta Scott King as “a landmark guide to the essentials of healthy living.” In response to the growing public demand, he has produced an educational video series on the practical application of Hippocrates Health Institute’s Life Change Program, the three-week detoxification and cleansing process that is recognized worldwide as Hippocrates’ signature program. In addition, Brian created the Hippocrates Health Educator Program, a nine-week intensive instructional that certifies students to teach the Hippocrates Living Foods Lifestyle, with graduates in over 12 countries.

His progressive ideas on natural health approaches, coupled with his vast theoretical and practical scientific experience have earned him a reputation as a leading expert in the natural health field. Brian’s professional opinion is highly regarded and much sought after; he is a frequent guest on television, radio and in print, and acts as a resource expert for several publications. Brian has also been recognized for his significant contribution in the field of modern health care by Who’s Who Among Outstanding Americans.

Dr. Brian Clement has spent more than three decades studying nutrition and natural health care. He has received graduate degrees in both naturopathic medicine and nutritional science. Since 1980 he has directed the Institute’s growth
and development as well as facilitated the implementation of such progressive natural health treatments as: the Living Food Diet, Wheatgrass Therapy, Dark Field Microscopy, and the essentials of mind-body therapies. Over the years Brian has assumed the role of a health advocate, motivating a very eager public to take action to improve their lives.

Visit Hippocrates Health Institute at www.ippocratesinst.com
DR. BRIAN CLEMENT INTERVIEW
with STEVE PRUSSACK

Announcer: Welcome to Raw Vegan Radio, the radio show that will open your mind to holistic health, nutrition, and the connection between mind, body, and spirit.

And now, your host: Steve Prussack.

Steve Prussack: Hello, everyone, and welcome to another edition of Raw Vegan Radio. I’m your host, Steve Prussack. Today, I feature our special guest Brian Clement, of Hippocrates Health Institute in Florida. He’ll be joining us in just a couple of minutes, sharing his insights and knowledge. We’ll be hearing from Brian right after this special message from Au Lac Vegan Raw Restaurant, in Fountain Valley, California.

Steve Prussack: We’d like to welcome Brian Clement to Raw Vegan Radio. How’s it going, Brian?

Brian Clement: Very well. How about you?

Steve Prussack: Great. Thank you for joining us today.

Brian Clement: Thank you.

Steve Prussack: O.K. We want to start with your background and how you got involved in the whole health movement.

Brian Clement: Well, that’s a fairly standard story. I weighed about a hundred pounds more than I should. My recreation was smoking grass every day for ten years, and three packs of cigarettes to flush that down. My favorite foods were double- and triple-cheese pizza, steaks, hamburgers, french fries, and the only thing I’d ever eaten raw in my entire life was by mistake on a hamburger. So that’s where I started. [Laughter.]

Now, what happened to me, at a very young age, is I became so obese I recognized as I was walking upstairs, I had a hard time breathing, so I would...
have to stop every three or four stairs. And I knew that wasn’t quite right, even though I was anti-exercise. As a young fellow, I was actually a musician; so, beyond smoking grass and cigarettes on my own, I used to be in night clubs where I couldn’t see the guitar-players in front of the drums. And so we had a mantra, that musicians do not dance and they do not exercise. Exercise was for the jocks, and they had penny-loafers with pennies in them. So, this was an enigma to me: exercise. But I realized that, at least, I could be able to walk upstairs at twenty years old without panting.

Around that same time, fortunately, my girlfriend’s best friend’s boyfriend was about ten years older than us. And when you’re twenty and somebody’s thirty, they seem like a prophet. Now, it was either like Mahatma Ghandi or somebody of that stature. And he was a vegetarian. I grew up in the New York area, and I didn’t know what a vegetarian was. I knew it had to be weird, though. That I knew.

Steve Prussack: Tofu-eater.

Brian Clement: That was it. We didn’t even know what tofu was then. Now, you’re talking ancient history here, you know. This was forty years ago, about. So, what happened is, wisely, he realized I was just in love with animals: I always had dogs, and hugged them and kissed them. So, he came to me and said, “You know, you like animals so much. Why are you eating them?” Now, that sounds silly to some of the listeners today, but when that was posed to me, I hadn’t ever really thought I was eating animals. So I thought “That is something that’s strange, because, when I go to the grocery store, everything’s in cellophane packages, and it’s red, but, yeah, it must be an animal.” And, so, overnight, with my vigorous, 1960’s emotion, I said “Well, I’m going to stop eating animals.” And I achieved it with meat; so, with one fell swoop, I gave up my favorite food, and every form of meat and flesh product was out of my diet.

Now dairy was the other struggle. That took me three years of treacherous work, to get rid of the dairy food, because I think what you have to understand is that the hormones that are in dairy, especially the added hormones, create an additional addictive process that you don’t even get in meat. Both are very bad; but, as you see from the great work that the research scientist Colin Campbell did, shows us that dairy food literally is the number-one culprit. It creates more tumors
than any other form of food or even toxins in our environment.

Going back to it; that’s how it all began for me. In the mean time, I was in school, became a vegetarian, lost all this weight, eventually became a vegan by giving up all the dairy food and practically ate nothing alive at that point. It was just all cooked; as long as it wasn’t meat and wasn’t dairy food, I pretty much ate it. I recall many conversations; I would go to fast-food restaurants in the first months I did this, and I’d always have to have the manager come out, and tell them “O.K. I’m going to pay you fifteen cents, the same as I would if the hamburger was on the bun.” [Laughter.] They’d say “Now, you realize you’re not getting the hamburger.” I’d say “Sure, I do. But I’ll still take it.” So, that’s where it started.

Then what happened is, in education, I was being told diversely the opposite from what I was experiencing. I was being told when I go out there, I have to tell people that they must eat meat, they must eat dairy food, and if they don’t, they’re literally going to become sick and weakened. And I was experiencing the opposite. The disparity was phenomenal. In the mean time, I started to now realize, in my early twenties, that this had to do with health, too; it wasn’t just a moral stance. It was a health issue. And I started to feel healthy and, thank God, had my first mentor come into my life. It was a woman who, at that point, was well into her seventies, who talked about how, forty years before, she had recovered from cancer by changing her diet. Now, all I ever heard about cancer as I was growing up, being Irish and with these very large families - you know, the Catholics did a good job on my family - is that, when people had cancer, it was whispered and they were always, always in a casket. See here, I was a little boy, and I’d look up at my mom and dad and uncles, and they’d be saying [whispers] “cancer...cancer” and I’d look over, and there was a dead body.

So Lillian was really another shock to me. And she said “You have to come and be part of my organization.” Now, this was really a treat for me, because she opens the wide doors, and they’re two hundred people all having stories like Lillian. And I was easily fifty to sixty years younger than anyone else in the entire room, and it opened up an entire world to me. And she slowly but surely took me under her wing and said to me “You have to work in this field.” So, when I got out in my education, I said “What is it that I should do?” And she said “You have to teach people to live properly.” I said “Well, where do you do that?” She said “Well, it’s
hard to do, because nobody wants to listen.” And I said “Well, how do you make money.” And she said “Well, you don’t make money.” And I said “Well, that sounds right up my alley”, because in the sixties, “money” was a bad word. So, I said “Good; I’ll do it.” [Laughter.]

So off we went, and got my VW, and started to teach all over America. And, if I had ten or fifteen people show up, boy, was I excited. That was really a watershed when you had that many people show up. And, if they all stayed there and listened to you, that was really remarkable. And so I would go from coast to coast, and to provinces of Canada, and teach. And one summer, I was residing in Oregon, and naturally it was so hot - people don’t realize that southern Oregon is warmer than it is in the desert in California - it was a hundred degrees every day, and I naturally gravitated toward raw food and found myself, by July, August, being a-hundred-percent raw.

Steve Prussack:  How did you find raw food? And were you lecturing about raw food?

Brian Clement:  No. I was lecturing about vegan diets, and health in general, somewhat exercising - I started to do that, not as well as I should have in those days - and about the emotional aspect of health. I think I had read one of Ann’s books some years before and put it down, wasn’t interested in it. I mean that was a big step; I thought here, I had it all together. I gave up meat and dairy food. What the hell is this raw stuff? [Laughter.]

Steve Prussack:  So, you discovered Ann Wigmore at that time.

Brian Clement:  I had to, you know, just like any person, you have go through the experience yourself, and then you find what’s going to happen. So, I found myself, here, completely raw and fell in love with a woman from Oregon. And we were actually going to create a center on the Oregon coast, where six months a year, we were going to have it for not only families but nature-lovers. And we were going to put people on vegan diets and hike them through the mountains and do ocean activities. And we were ready to settle down. And this woman from Oregon had never lived anywhere but in Oregon, so she started to indicate that she may want to experience other parts of the country. So we got in our car, and I said
“O.K. I’ll give you one year, and then we’re going to come back here and do this.” And she said “Fine.”

And we drove all over the northeastern part of America, and she chose Maine. Maine’s very much like Oregon, and the people are very authentic there, too. And we settled in Maine. And, here, I was in a period where I was doing very long fasts. And I had just conducted and completed a forty-day fast. And I said to her, this was a revelation, maybe, “Well, we better go down to Boston, it’s two hours away, and see Ann Wigmore and see what she’s doing there at that Hippocrates place.” Walked in; within a matter of two hours, some of the staff has asked me if I would come on and join the staff. And Ann then invited me to do it. And my immediate reaction was “No, this damn place is freezing and I want to go back to Oregon.” [Laughter.]

And, that night - I can’t say I’m one of these lucky people that hear voices and hear God all the time, but I did hear God one time in my life, and that was that night. I sleep like a rock, and still sleep like a rock; and this loud voice said “You must do it.” And it sort of woke me up; and, the next day, I went in, reluctantly, didn’t know why I was saying “yes,” and said “I’ll do it”, and, in the back of my mind, said “I’ll do it for six months.” Gave up traveling all over North America, teaching, and found myself working in the staff, and we did everything. Back in those days, we joined the staff, we made twenty-five dollars a week. The entire staff lived in the Boston facility, and I lived up on the sixth floor, in a closet. It was actually a large closet, and there was enough room for one single bed. Not the bed - just the mattress, I should say.

So, my wife and I, after working fifteen hours and loving every minute of it, or even twenty hours some days, seven days a week, would open up the door and fall into the bed; and that was how we lived. It was such a, it was like going to an educational institute that really, I wish everyone could go to, because, in those days, in Boston, the only people who came to us were dead. They were really people who just “Oh, my God. I have nothing else I can do. I’m going to die in a week, and I’d better try this now.” There was no awareness, no consciousness, nobody ready to try any of this until the jig was up, pretty much. And there was maybe 3% hippies, and 97% dying people.
And I had the education, and I also had the experience with this; but it was really awesome. It was beyond comprehension, what was going on. And Ann’s instinctual, animal-like essence, you know, she had absolutely no intellect, and it was beautiful to watch. It was frustrating to watch and to be around, many times; she didn’t reason, she wasn’t rational, in many ways. But she was always very instinctual. And, as I matured and got older, and even years after that, decades after that, I learn every day to admire her more, because she was like an animal, and wild-instinctual. And every day, I would talk to her at five in the morning, and she would say “Well, we have to save every man, woman, and child on the Earth.” You know, “Today, we’ve got to call Ronald Reagan; he needs a colonic.” [Laughter.]

And I’d say “Really?” And at first, I didn’t think she was serious; and now I’m on the phone to the White House, trying to get Ronald’s wife. Or the Pope. “Did you see the pope, he looks emaciated. Let’s get the Pope on.” This was amazing.

Steve Prussack: She was incredible, yeah.

Brian Clement: She was an enormous character, that’s all I can say; and driven. And, without her, the entire raw- and living-food movement wouldn’t exist in this country. She was really the essence of it. Of course, Viktoras was helped and saved by her, and brought it to my generation, in a wonderful way, with his Survival in the 21st Century book, and works closely with me. And that’s how it was for me. I was educated there. I went back and attempted to get my PhD. When we moved the institute down to Florida, I was a few credits from that. Years later, I got my PhD in nutritional science, as a nutritional PhD scientist. I’m a naturopathic medical doctor, unlike a naturopath. And why I achieved that is that, in the state of Florida, there’s a very serious consideration to license us once again, and if and when they do, as they did back in the 1950’s and before, we can write prescriptions and we can do light surgeries in our offices and that type of thing.

So, educationally, that’s my background. But, experientially, it’s been working with remarkably strong people who are willing to take what was told to them and not believe it and to say “no matter how bad it looks, no matter how sick I appear to be and every doctor I’ve gone to has told me, I’m not that sick; I’m going to
recover.” And I’ve literally stewarded, and been with, and been honored to be involved with, thousands of people who have recovered. And those of us who have adopted this lifestyle, and I’ll explain a little bit about that, have successfully fought the aging process. The work that we’ve done shows that it brings a sense of awareness and consciousness to you. It doesn’t make you a better person; it makes you a person. There’s a difference, and most of us live a subhuman existence. When you start to fuel the body with the proper foods, you start to develop brain abilities that you can’t have until you start to eat the way that God intended you to.

So, we have now come to the place; let’s go back to the 1970’s and early 80’s. In 1980, I was asked to become director, after I had been in Europe for three years, bringing the living-food message there and learning. I was really, really, really happy that the original living-food center asked me to direct it for a year. And the original living-food center, where the word “living food” came from, was from Doctor Christine Nolte in Denmark. Some ninety years ago, she started the center, healed herself of cancer, and I was fortunate enough to direct that for a year. So, I had a totally different perspective and perception on things, rather than just an American approach to things.

Shortly after that, came back, became director, and started to bring Ann to Europe and introduce our work to Europe. And we would go over two or three times every year; and four times, we went on to India. I was invited by the Sadat government to go to Egypt, worked with Passai in India, and Third-World Projects, and literally brought raw food into villages with starving people. It was remarkable, where, for pennies - in those days, we were buying fifty-pound bags of surplus grain for two dollars, and producing five hundred pounds of food, digestible, usable, nutritious, high-protein foods.

Steve Prussack: Non-GMO.

Brian Clement: Non-GMO, for sure. It was an honor to do all this, and fun. And not one bit of this has ever been work for me. The day it’s work, I’ll stop, because that means I’m doing the wrong thing. I also had a vision: I realized that Hippocrates was known for helping people who were seriously sick; why not bring this to more people, to the masses? I also realized that there was bad blood
between people in the natural movement and people in the allopathic movement. And I’m one that doesn’t believe that there should be separation; there should be unification. And so, as director, I started to choose to bring legitimate and valid different forms of therapies and technology into the institute, and, over the years, added that in. Presently, we use electromagnetic therapy, hyperbaric therapy, IVs of whole-food supplementation, major psychology. I learned that the number one problem all of us have is not dietary problems but psychological problems; and self-loathing prevents us from eating properly, exercising, and all the other things we need to do. And even our connectedness with nature and God is limited by our own inabilities to respect our life and self.

So, when people come to Hippocrates now, some of the people I’ve brought on staff are medical doctors. We still work a lot with cancer; we work just as much with healthy people - I call them “serious health seekers.” We have radiological oncologists formally. An emergency-room doctor. We do biodentical hormonal therapy. Everyone gets a blood test when they arrive at Hippocrates, at the beginning and the end, and for the rest of their entire life, for free. They send, from all over the world, their blood tests; and one of the jobs that I do is write back to them. And it helps them stay on track; so it’s not “we have them come, we teach them, and then say goodbye” what we do is hold their hand. And then the data and information they send back; we receive thousands of cases where, here, they came to us very sick or healthy, and, now, look at how much healthier they are and their diseases are gone a year later, five years later, ten years later, twenty years later.

Columbia University just completed a study with us. N.I.H., the National Institutes of Health, have come to us; we’re at the very beginning of a research study with them. So we’re collecting that data to help future generations, too. And I see Hippocrates as the hospital of now and the future. This is how hospitals are going to have to operate. They have to be very human; they have to be very comprehensive. We can’t be having a pissing match and telling everyone that they’re wrong and we’re right. How about using the best of all technologies? How about putting the patient as our priority, and not profit as our priority? And so that’s what I, as a director, have been doing along with my wife.

Now, let’s go back. I brought Ann, in 1981, into Sweden, where we were invited,
Anne Wigmore and I were invited to do a weekend conference, launching a vegan restaurant in the heart of Stockholm. And there was a young lady who was directing - Scandinavia is one of Europe’s most renowned Brendal [sp] centers, and they were dealing not with cancer but with practically every other form of disease there. And, unlike in America, in certainly, those days, the government in Sweden was supporting what they did and sending people to their center. I looked at this lady and fell in love instantly. I used to be in bands, as you know, when I was younger; and I used to sing songs about “If you see somebody and love them...” That’s what happened to me: I fell in love, and every day, I love her more. We have a total of four children. And all of my children have been brought up a hundred percent like this; they all remain to be vegans. Three are out on their own; one, here, is in California, at university in San Francisco, and in Maine, and in Vermont. And I have a little one, an eight-year-old. And we see the difference in children when they live this way, too.

And so, my wife is the co-director of Hippocrates. She brought to the table the Swedish living-food movement. She started in Sweden, the very first living-food organization that existed there. And so, we have an international interest. At any given time you come to Hippocrates, you may not hear English; you may hear French, you may hear Swedish, you may hear Danish or German or Polish, Russian - because my view of this is that it has to be global, that there is no reason to agree with governments that we have to have borders and boundaries, that we’re no more special than anyone else. Everyone’s special. And what we have to do is embrace everyone, love everyone, support everyone, and to tell everyone it’s O.K. Whatever place you’re at, whatever position you are in at this point in your life, just do your best, and there’s no right and wrong. We all should have aspirations, we should go to the best, we should go to the top. But every one of us, including us leaders in this and those of us that are candid with you, struggle. It wasn’t easy for me, my wife, any of us. We’ve done this a very long time now. We stand in front of you, and we look very impressive. But believe me, we struggled at the beginning. And it was hard.

And you have a social abnormality out there today that’s called “normal,” and they look at you, the person who’s doing the good thing and the right thing and the honorable thing, as the oddball. And the oddball is really everyone else. But you don’t call them “oddballs,?? you give them love, and you remember that that was
you. You were the one eating hamburger; you were the one sitting in front of the television, not exercising; you were the one smoking grass or taking dope or drinking alcohol. And so how can we dishonor those people when that’s who we were?

Steve Prussack: We’d be hypocrites.

Brian Clement: Exactly. We just have to become more human. As we become more human, we have a greater capacity to respect, love, and honor everything and everyone, including yourself, when you struggle and make mistakes sometimes.

I can assure you, all of the listeners out there, if you stay on track and keep your focus on improving your life and not trying to improve anyone else’s life, it will all work out. And before you know it, you’ll see, everything will become very easy for you, and you’re going to realize “My gosh, isn’t it odd that I didn’t live this way my whole life?”

The living-food program that Hippocrates brought to this country literally is not just diet. As I mentioned, it’s psychology, it’s exercise, both building muscle, and one of the things in the living-food movement is everyone’s skinny. Why? They don’t exercise; they don’t lift weights. I was. I weighed a hundred and twenty pounds. I weigh a hundred and seventy-five pounds now. Why? There’s not an ounce of fat on me; it’s because I lift weights. And you have to lift weights; it’s some modern dilemma that we have to tell you to lift weights, because, four and five generations ago, you didn’t have to go to a gym; you were all lifting weights, so everyone had a strong body.

Unlike other people in the living-food movement, who have opinions and ideas and philosophies, we have science. We have fifty years of science and practical application. Hippocrates is the only organization on the planet Earth today, including medical organizations, that has consistently, for half a century, for fifty solid years, never stopped doing clinical research. Every day, seven days a week, three hundred sixty-five days, every decade, and now every half century, we do clinical research. And when people come to us, we follow them. We know what works; we know what doesn’t work. It’s not something that we just come up with.
today and say “Well, this has to be the way it is because that’s how I feel.” It’s because this we’ve applied on thousands of people, or to thousands of people, and we’ve seen that it works or it doesn’t work or it works moderately. When something works moderately, it’s not good enough for the program. When something works unanimously, that’s what we bring into the program.

The other thing you have to understand is that they talk about everyone’s body being different, but I can assure you that everyone’s fuel isn’t needing to be the same. We can have variations on what type of raw food, what type of living food. There may be slight nuances in that. But I can assure you that there is no question that everyone should be eating raw food. I don’t eat 100% raw food, because we would starve to death. Years ago, for eight years, I ate nothing but 100% raw food, but I started to realize, when I was out there in my family circumstance at times - one time, my mother made broccoli. It was her major breakthrough for me. And, of course, she made the big sin of steaming it. I gave her a half-an-hour lecture. And, then, about an hour after that, I finally realized that what I was doing, in taking my mother’s voice away and women’s voices away, because women have always been told that the one way they can fully and totally express themselves is through diet. And I didn’t realize, I wasn’t mature enough, at that point, to realize that, by me saying “I’m not going to eat that cooked broccoli, Mom”, I was really saying to her, in her mind, “I don’t love you. I’m cutting you off, in the way that you love me.”

And that made me start to change. And then I started to realize “Is it better, psychologically, to tell people ‘Look, when you’re ill and you’re fighting disease, you have to eat 100% raw food?’” There’s no question. You can’t eat fruit. This isn’t an option. These are things that, we know scientifically, do not work and can hurt you and literally kill you in many cases. But, after that, after two years, after all this decades of research, we realized that even the most severe illness, in two years, you turn the corner on. That’s when the immune system is stable, strong, enough that it can fight off and resist the disease. And, then, at that point, you may want to moderate. You may not go to ten- to twenty-percent cooked food; you may go to five percent, so, twice a week, you eat a little bit. Psychologically, we discovered, that’s a lot better. As it was for me, it is for everyone else. And that was a venture that we took. And that’s what we teach, and that’s what we believe, and that’s what we propagate to people: that we don’t think that everyone has to
make this a religion, and it has to be anal, and we have to march like ducks in a row and we think that that’s a healthy thing to do. We did science on it, and realized that, by weight, once you’re healthy, once your immune system’s fully functional or close to fully functional - nobody’s is fully functional - at that point, one can, by weight, literally eat up to twenty- to twenty-five-percent cooked food. After that, it’s really interesting: studies show that if you go from twenty-five to thirty percent, by weight of your entire diet, cooked food, you’ve dropped your immune system by seventeen-point-five percent. You go another ten, to ten percent, or thirty-five percent, and half your immune system is not working. And that’s where the leukocytosis comes in.

But, for the rest of you, why not eat just a little bit? Just make sure that the majority of what you eat is raw: the vast majority. In my case, what I notice is I eat maybe ten - in summers, especially, and when I travel, it’s almost always 100% raw food, 10% cooked food possibly. When I’m traveling and I’m in a town or a city that has organic, living restaurants, or it has a little bit of millet or something, I may have that. At home, I probably eat more cooked food, ‘cause I have a stove; so, there, it’s about 20% cooked food.

But I’m not telling you that this is what you should do: I’m telling you that, scientifically, we tell you “Never any more than 25%, and never any cooked food when you’re fighting and conquering the disease.” That we do know.

Steve Prussack: Couldn’t there be psychologically addictive qualities in the cooked food so that, once we start eating the cooked, our percentage of cooked might increase as we go along?

Brian Clement: It could. But that’s where we really always focus on the emotions first. And you’re exactly right. That’s why, I think, at the beginning - and I didn’t do this because I was intelligent, I did it because I was desperate - I didn’t touch cooked food. So, once you push off the dock and, now, you’re out in the water, you don’t touch the dock anymore. It’s just like an alcoholic: they always tell alcoholics “Never take a drink again”, ‘cause, once you take a drink, you’ll have a bottle every day. And it’s probably pretty much what you’re saying, and I would concur with it. So, even healthy people we encourage to remain, at least a year to two years, on 100% raw food, because it really does something to your whole
body, your psyche, the cell structure, the immune system, and, most important, the way you think about food. That’s really important. And, once you’ve launched off there, then going back is not like an alcoholic, where you drink a drink and take bottles.

As a matter of fact, you’re going to find, that, as time passes, what you want, what you prefer, what you like, what your taste bud likes, what you’re body likes, is raw food. But it takes time, because of the psychological aspect. I mean, honestly, looking back, and when I talk to other leaders in this field, most of us are going to talk, too, about five years to ten. When you get back and look, that’s five to ten years that it really took to feel very secure and stable on it. Those of us that were major food addicts, or addicts in general, probably were more like ten years; those people who were under control in their life a little bit more, are more like five or six years. But don’t think it’s going to happen in a day or a week or a month or a year; that never happens.

Steve Prussack: Was Ann Whitmore 100%?

Brian Clement: Most of the time. We would be somewhere at times, traveling - and we traveled all over the world together - somebody would say “Here, eat a little sweet potato”, and she would eat it. But, at home, it was 100% raw food. That’s how it was with her.

Steve Prussack: And did you follow her protocol with the wheatgrass Rejuvelac energy soup and all of that?

Brian Clement: Well, the other thing is that, being a scientist, I’m always interested in doing the best and always researching. So, there are two major shifts, dietarily. There are many, many, many shifts that we’ve made, but two major shifts. Back about twenty years ago, now, the three of us who were leaders, other than Ann, in the living-food movement - and, in America, there were only three of us then, I won’t name names - were in a room, and I said to one of them “Do you drink Rejuvelac anymore?” They looked down and said “No.” To the second one: “Do you drink it?” “No.” I said “I don’t either.”
But I said, I was an asshole. I was out yesterday, and you were out yesterday, telling people to drink Rejuvelac. Thank goodness there was a physicist in the room, from the University of Massachusetts at Amherst, and we commissioned him to do a study on Rejuvelac. And he did it as a friend, and it cost a little bit of money. He found that Rejuvelac, which is a water drink that has grain soaked in it, with our whole theory and philosophy was that it puts healthy bacillus, bacteria, in it, that's good for your intestines. He tested it; Hippocrates, half the time, was making it wrong. Now, if Hippocrates is making it wrong, to be nice to all of you listening, you’re at least ten percent worse than we are. So, what you were thinking was helping you, giving you good bacteria, was literally giving you unfriendly bacteria.

So, that went out of the picture. The only thing we kept, interesting enough, and that was two decades ago, was sauerkraut, because sauerkraut has so much sulfur content that it prevents the bacteria from entering deep into it. You can just skim the top of it, the first quarter of an inch, and, pretty much, it’s all gone, the bacteria. But sauerkraut shouldn’t be eaten by people with fungal or yeast problems; and honest to God, half the cases you shouldn’t eat it with the rest of your meal. You should eat this before a meal, half an hour to an hour before a meal. It really does help to bring good digestive ability into you.

The second thing was fruit. Fruit goes back in approximately the same period. And the woman who really made Hippocrates renowned was a woman called Eydie Mae Hunsberger, from San Diego County. And Eydie Mae wrote a wonderful book, a down-to-Earth book, called How I Conquered Cancer Naturally. And that book sold a million copies. When I became director, within two months, I did a questioning on who came to Hippocrates and why they came; and well over 60% of the people were coming because of Eydie’s book. And Eydie and I became friends over the years. I was a confidant for her. And she called me - this goes back twenty-five years ago or more - and said “My tumors are coming back, but not my cancer.” She was one of the rare birds, back in those days, that would embrace medical research. And she had a wonderful young man; he was older than I was at that point, but, now that I look back, he was young, he was in his forties, who was literally the man that was running the Linus Spalding Foundation, Doctor Arthur Robinson. Robinson tested her and said “Your cancer’s not developing; but the tumors are growing.” This happened three consecutive years; and what we did is
finally came to the conclusion that all of her neighbors were date farmers, who were giving her boxes of dates, and she would sit and scarf down pounds of dates every day, as I would have at one point, because we’re sugar addicts, of course, and the tumors would grow. Date season went: the tumors went down.

This enlightened us enough to have, it forced me, not that I wanted to, because I was a sugar addict then, to do some work, and quietly, because we were under constant attack from the Food and Drug Administration then. I took nine of our more affluent guests aside and said “Can you do weekly blood tests with me?” And, for two months, we took five of them off all forms of fruit, and four of them we let have the fruit. And we, immediately then, twenty-six, twenty-seven years ago, eradicated fruit from the diet for people who were fighting disease.

Now, interesting enough, back about two years ago, I was at a wonderful living-food conference in England. And, the last day, the third day, there was a panel, and the room was filled with people to ask questions. And the first three questions they posed to the panel were “Why are we more confused today than when we came? We said this; he said that; she said that. We’re more confused.” So, Viktoras and I and one other person on that stage made a determination that we were going to bring the leadership of living food together, and did that.

January fourteenth of this year, at Hippocrates, in Florida, people from eight different nations and all of the leaders from America that chose to come were there. And it was one of the most wonderful days I’ve ever spent in my life. It was sort of a ballet dance. Everyone walked in, and it was almost a gift from God. And we all came to very similar conclusions in our own way. And we made a mission statement, which you’ll find in our magazines, you’ll find on websites, Gabriel’s website, my website, malcomists from Hallelujah Acres, that we are going to limit fruit in the diet and even eliminate fruit from the diet. Another thing we came to, for the listeners, is, because we had something called “de-evolution” happen in the human body - a little pocket that was where B12 existed, and was always there for human history, is no longer there in most of our bodies. So, even if we take copious, large amounts of B12, most of us, meat-eaters or vegans or vegetarians, do not have B12. The Framingham study just showed approximately forty percent of the people they tested, of which less than a fraction of one percent were vegetarians or vegans, all had B12 deficiencies. Blood testing that I have been
doing since I came to this conclusion and understanding shows that meat-eaters have as much, if not more, B12 deficiency. So, again, we all determined, as the leadership group of living food, that everyone, everyone listening there today, must, and should, be taking bacterial-based B12 supplementation. And so that’s another very strong thing.

We all concurred that whole-food supplements are very important. And all I can say is that I, for decades, have done tests on tens of thousands of people’s blood. And healthy, healthy, healthy people are missing nutrition. And you may have a philosophy that you get everything from your food: well, it’s not true anymore. I sat with a friend of mine; let me give you a little bit of an insight on this. I had my entire medical team take an intercellular blood test. It’s the first and foremost blood test, the only blood test, you can trust that tells you what nutrition is in the cell. All other nutritional tests on the planet test the serum; so it’s what’s floating around in the blood, not what’s in the cells. And we found me - now, listeners, believe me, I don’t ever exaggerate or give you a drop of what’s not true?? I take a quart to a quart and a half of green drinks a day. I drink wheat grass pretty much every day. I’m eating ninety-percent or so raw and organic food. And I had a little bit of a deficiency in zinc and magnesium. And, if you had asked me, before I took that blood test, how could I have it? I exercise six and seven days a week. I’m a very happy guy and an adjusted guy, so with that, and with seeing hundreds of other blood tests that indicated these things, I could talk to other people, and they may say to you “I’m living well”, in my case, I am living well, I know I am, I know exactly what I’m doing. I said “Wait a minute. What is this?”

So I went to a friend of mine who has two PhDs in psychology and started to be inquisitive about realizing that a mineral deficiency is stress. He said “On the exterior, you’re a very calm guy.” He said “Nobody would ever think you’re stressed. But”, he said, “how many planes were you on last year? How many lectures do you do? How many weeks did you go before you took one day off and spent it quietly somewhere?” He said “All of that stuff, slowly but surely, erodes.”

So I said “Let’s figure out something for people today.” I said “What’s the difference between a woman or a man today and somebody seventy-five years ago, as far as stress?” He created a model. We came up with a number. Now, hold your horses as your listening. The average person today - not a person under high
stress, the average person today - has fifteen thousand times more stress, fifteen thousand times more stress, than somebody did less than a century ago. We’re in the information age; we’re given information we don’t even want; we’re being bombarded by marketers. You have radio waves coming to you. It’s unbelievable; it’s just overwhelming information, twenty-four hours a day. People have things plugged into their ears, they’re on telephones, they’re watching television in their car, they have movies and computers. There’s this overwhelming information.

A hundred years ago, and seventy-five years ago, people only knew what happened in their family and their neighborhood. They didn’t know what happened in the next neighborhood, and certainly in the next town. Today, we have round-the-clock, twenty-four-hour global news, and bad news. News isn’t good. It’s stress. And, so, all of us have to now consider taking whole-food supplementation, going to a legitimate nutritional scientist, to do legitimate blood profiles to see what’s going on.

Don’t think you’ve failed because you’re doing this. You should see the people who eat the Mingfeng diet, what I find with them. Those of us who live this way may have a few little tiny deficiencies. But, overwhelmingly, we don’t have deficiencies. But even we can have deficiencies.

Steve Prussack: That’s great to know.

Brian Clement: It’s an important thing to know.

Steve Prussack: And what kind of supplements are you referring to?

Brian Clement: Well, they all have to be whole-food. They would be such things as algae and flower pollens. Some of the companies now make literal whole-food supplements that have no preparation or cooking. We have a line called LifeGive, but it’s one of many good lines out there today.

And you’re going to see; I just submitted a paper to Scripps in San Diego recently,
on January twentieth, the largest symposium on supplementation that ever occurred in America occurred. Biochemists and I submitted a paper denouncing supplementation. And I’m in the last stages of editing a book that we’re going to put out, exposing the entire supplements industry. And we’re calling the new form of supplementation that does exist, but we hope to promote this and make it grow more, “naturally occurring nutrients and supplements”. They’re food-based, themselves. They are literally food, or taken from food, without anything extracted from it. And this is what we see after nineteen solid years of research we did on that: that the chemical supplements, which are over ninety percent of the market today, literally, in the blood stream, when we do microscopic testing, which we do on every single guest; you actually see them floating and nothing is, at all absorbed. One hundred percent is not absorbed into the blood stream. What happens is that the immune system then attacks it. And not only is it not going into the nutrition, but, now, you’re immune system is compromised, so, now, you’re more vulnerable to every disease known to man.

It’s interesting stuff. This is real science we’re talking about. This is not quasi-science or profiteering science or manufactured science by the manufacturers of the supplements. This is pure science. And we’re going to expose it, including fish oil, which is the biggest sham I’ve ever seen in history. It’s a carcinogen. They extract it from the fish in twenty minutes. It’s a carcinogen. As a matter of fact, in that chapter we’re putting into this book, we’re actually having a problem because we have several pages of documents supporting what we’re showing---mainstream science that says “If you take oil out of a fish or an animal, it becomes rancid; and rancid oil is a carcinogen.”

Steve Prussack: What would you say about cod-liver oil? One of our guests was talking about that?

Unbelievably bad. Unbelievable. Cod-liver oil - I’ll go back; I’ll give you a little history on it. If there are any elders out there, my age or older, much older than I: there were many byproducts or waste products in industries that, over the years, they’ve started to call “health foods”. One of the first ones, at the turn of the twentieth century, were such things as cod-liver oil and brewer’s yeast. The fish industry, as well as the breweries, didn’t know what to do with this. It was costing
lost of money to discard them. They put them in boxes and into bottles and said they were good for you. Then there was, after that, nutritional yeast, another byproduct; they threw in a little bit of molasses, made it tasty, so people like it. Rice bran, oat bran. Write down all the brans and other waste products. They didn’t know what to do with it. And it’s constant. It’s on and on. It’s fish oil, too. If you look up, and I challenge anyone to do this, and find how the fish industry has been doing in the last couple of decades, they haven’t made any improvement. People are telling you, out there, that they’re eating less red meat and chicken and eating more fish. It doesn’t show in the numbers: people are not eating more fish than they were a couple of decades ago.

With that said, they needed to find a new resource to make money. And they promoted it, and convinced most of these so-called alternative or holistic doctors that this was good. I was at a major medical conference last September in Chicago. They had five of what were the best-known medical doctors literally have books out. People, I won’t name any names, and they gave them a question that, I wish, somebody would give me on a panel one time: “What’s the most important nutritional finding for now and the future that can change humanity’s health?” Every one of these schmoes talked about fish oil. That’s like being given “God” and you now take “health” as the answer. It’s ridiculous.

But the book will be out soon, and you’ll read more about it. And, believe me, hopefully, it’ll knock the socks off of some other people. So, in closing with you, I think what we need to understand is that Hippocrates is an ever growing, changing organization of research and education, and a therapeutic center. It is a hospital. It’s a hospital of the future, far more effective than hospitals that most people go into. We do not discard any area of whole health if we think it’s legitimate. We will use diagnostic technology and allopathic medicine, because it’s great. We will use Asian medicine; we have an Asian doctor who’s been practicing for thirty-five years, here, in California. Basically, we bring his work. And we have psychologists that are gifted; they’re not good. Every guest gets to see a psychologist; it’s not an option. Every guest gets body work. Every guest gets one colonic. Every guest gets electromagnetic. When people come, we give you a comprehensive program that gives you the ability to change your inner self. And, when you do that, of course, diet is incidental. You’ll start to embrace this kind of thing because you respect and like yourself enough to do it.
Steve Prussack: We’ll include a link on Raw Vegan Radio to your website. But how do our listeners find your website on the net?

Brian Clement: Well, it would be hippocratesinstitute.org, hippocratesinstitute.com, hippocratesinst.org, or hippocratesinst.com. We’re a non-profit organization. You can also call Hippocrates on the eight-hundred line and talk to a program counselor if you’re interested in coming: it’s 1-800-842-2125. And I look forward to see some of you at some of the upcoming lectures.

Steve Prussack: Well, thank you, Brian. We’re really excited to have you on Raw Vegan Radio. This is phenomenal information to be sharing.

Brian Clement: Thanks so much.

Steve Prussack: Thank you.

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