A Special Interview with Dr. Brian Clement of the Hippocrates Health Institute

By Dr. Joseph Mercola

DM: Dr. Joseph Mercola

BC: Brian Clement

Introduction:

DM: Welcome, everyone. This is Dr. Mercola, and today we are joined by Dr. Brian Clement, who is the director of the Hippocrates Health Institute in South Florida. I had the pleasure and opportunity to visit them for a week earlier this year and had the chance to see how they’re able to implement their lifestyle changes.

Hippocrates has been around for a while, as we’ll find out. But they have an unusual approach to getting people better. Because it’s a residential program for the most part, people just don’t go there for one or two days. Typically, it’s a week and sometimes even longer. They have an opportunity to really learn things at a deep level, apply them, and make these changes, because these changes to do by yourself at home are a challenge.

It’s a residential facility. There’s an opportunity to live off-campus, too, to lower the cost. They have a wide range of residential options from very nice to, you know, sharing rooms to keep the cost lower.

So, I want to welcome and thank you for joining us today, Dr. Clement.

BC: Well, it’s good to be here with you.

DM: Why don’t you give us a history of the Hippocrates Institute, which was started by Anne Wigmore? And then if you could tell us when you joined and what were the motivating circumstances behind that.

BC: The whole story began in Boston, Massachusetts in 1952, when our founder went up to the hill and was told by a Harvard doctor she had three months to live. She was enduring stage IV colon cancer. Well, thank goodness for her history. In Europe, her grandmother was a village doctor. She saw her grandma, a natural doctor who used herbs and plants. She adopted that, healed herself, and reversed her cancer.

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Now, because she had a lot of strength as an Eastern European, she said, “Well, I can’t maintain this on my own. Let me tell people. Let me go out and explain that people do not have to suffer anymore.” She opened up the doors of Hippocrates in Boston in 1956.
In about 1969, I went from an obese man – 120 pounds overweight, smoking three packs of cigarettes a day – to a health-minded person reluctantly. Let me put it that way: a health-minded person who lost 120 pounds, naturally gravitated toward a plant-based diet, adopted a raw plant-based diet, and who was living on the West Coast in Oregon one summer.

I went to visit Hippocrates just for the mere fact that I wanted to see the mecca of natural health medicine in the world. I was invited to join the staff in the mid-'70s, and I had never looked back. They sent me to Europe. I spent three years there bringing back the message of plant-based raw food diets and ran the original living food center – which was started more than a hundred years ago in Denmark by Dr. Kristine Nolfi, who had reversed breast cancer with raw food – that was called Humlegaarden, meaning “hops garden” in Danish. I came back in 1980 and assumed the directorship.

Who came to Ann in the early days (I’ll quote about the history) were catastrophically old people who realized after they have exhausted the options of mainstream medicine that at least they had some chances of getting well. As those numbers mounted in the United States, they started to become internationally known. People started coming from every corner of the globe. It was pretty primarily ill and sick people in those first 20 years.

In 1975 or so when I joined the staff, it was just starting to be a small amount of people like you and I who were interested in health. Now probably about 40 to 50 percent, they come to usurp the power from disease and premature aging and about 50 percent that are still pretty ill. Two weeks ago, we had 22 countries represented in our population of 100 guests here.

DM: Terrific. As I said earlier, I had a chance to personally visit your institute for a week. It was a wonderful experience. We don’t agree with everything; two health professionals rarely do. But we have a lot more commonalities, and those are the things I’d like to focus on.

One of the things I was particularly impressed with is the focus on the raw foods, specifically sprouts. I was really catalyzed to appreciate the massive increase in nutrient density in the sprouts versus even healthy, locally grown, organic, and biodynamically grown vegetables. I mean, there’s such a powerful form of nutrition in there.

I sprouted previously, maybe 20 years ago, but only in mason jars, and really learned that you can grow them more effectively and efficiently in these planting trays. Now it has become a foundationally important part of my diet. I would say I’m eating six to eight ounces of sunflower seed sprouts a day and have been since I visited the clinic. I greatly appreciate that motivation and inspiration to do that. It really has become a foundational part of what I’m teaching people now because it’s such an easy way to get profoundly beneficial nutrients. I’ll let you talk about that in a moment.

The other point that I wanted to comment on was another recent adoption that I’ve had, which I’ve actually been doing before I got to your clinic, something called intermittent fasting that you don’t do by… I mean, you’re doing it, but you don’t call it that in your program. You’re teaching people essentially how to shift from – what almost everyone in the U.S. is on – burning glucose as their primary fuel as opposed to burning fat.

The other key thing is that you have a lower protein intake, because most people are eating way too much protein. And of course, you’re not eating sugars, refined foods, and processed foods.
You’ve got four powerful nutritional approaches: (1) intermittent fasting, (2) shifting people to fat adaptation, (3) live foods with the sprouts, and (4) lowering the protein content to really high-quality vegetable protein and just overall lowered content. So, that alone…

I think that those combinations just help a lot of people with cancer who visit your clinic because excessive protein, which is rampant in the United States, is one of the primary drivers for cancer and maybe even more important than excess sugar, at least from the literature that I’m reading. That could be a good [approach]. There’s lot of points there to review, so I’ll let you go on and expand on that.

BC: Okay, well, let’s talk about how each and every one of those four aspects are clinically researched here and why we’ve established concrete empirical evidence on how biochemically they work in the body. We’ve been helped by our colleagues in Europe because – you’re correct – high-protein diets are major culprits. Who was on a high-protein diet while enduring a Western lifestyle? All of us. I mean, in my life, before becoming health-minded, all I ate was meat, cheese, and fish. That’s all I ate. I never saw a vegetable. It was rare I ate a fruit if they weren’t quite as sweet as a candy bar, cake, or ice cream. Sadly, this is the staple, the way that people eat.

DM: Sorry to interrupt you. But there’s a movement here, which many people watching us are familiar with. It’s Paleo, and it provides a lot of powerful benefits. It’s in alignment with a lot of the principles that’s taught at Hippocrates: low sugar, low processed foods, low grains, and they actually avoid dairy, too, but they’re high in protein. I think it’s a massive step in the right direction for most people, especially those with the standard American diet who are getting the standard American diseases. But I think they don’t appreciate that higher protein can be a real challenge. So, if you could continue with your thoughts.

BC: What we have seen recently, after 60 years and working with hundreds and hundreds and hundreds of thousands of people, is that when we reduce the amount of protein, move it to plant-based protein, complete protein with all the nine essential amino acids, and minimize the breakdown effect or digestion effect that the body requires to take this very dense nutrition and split it to amino acids, there’s health imbalance.

But our colleagues actually in Europe have added another dimension. It’s called glycation. It’s called AGEs. Now, in Germany, they showed us that proteins, when bonding with sugars, actually created another structure. This structure is such an oddity, an enigma to the human biochemistry, that the immune system doesn’t know what to do with it. It runs rapid, actually creating death of cells, producing free radicals.

If you go back to 1954, here in the United States at the University of Nebraska, our American friend, Dr. Harman, told us that free radicals are what cause all disease in all ages. Meaning, if you smoke a cigarette, it doesn’t cause lung cancer; it causes free radicals to the lungs that produce cancer.

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We didn’t have this missing piece when the German’s brought it to us – glycation. You’re correct: high-protein diets in and of themselves are problematic and disease-causing – not only cancer but cardiovascular, diabetes, multiple sclerosis, and the whole list goes on.

But now when we have the other dimension of sugars... We’re not only talking, as you know, about plain sugar. We could talk about agave syrup. We can talk about high-fructose corn syrup. We could talk about mango juice.

**DM:** Right.

**BC:** Sugar to sugar. Dr. Stier from Harvard stirred us the wrong way back 20 years ago being funded by the sugar industry, trying to convince us that there were differences among glucose, sucrose, and dextrose. The body’s disease machine doesn’t differentiate that. When we bond high-protein diets, certainly high-animal protein diets (although this could happen in high-soybean diets much more difficultly) and sugars (not only white sugar and red beet but agave syrup and way too many soy proteins), you end up killing cells and creating free radicals and that glycation the AGE does.

With that said, this is not a theory to us. As clinicians doing medical testing not only on the guests when they’re here during their stay at the beginning of the three-week transformation program, but at the end for the rest of their life... As a courtesy, we get their blood tests. We now have files of people who came here with brain cancer 30 years ago and what happens every six months with them. And all of the diagnostic tools and the scans in those files now, the more enlightened the area of academic science is coming to us. We’re beginning to do what I call some of the first legitimate work ever done on lifestyle and diet versus disease.

**DM:** That’s just terrific. As I’ve said, you’ve got a lot of powerful approaches going on there. It’s not surprising that many people will come to visit you to see these radical transformations in their health. But the setting that you have is useful, too, because it gives people the opportunity to sort of focus on this a 100 percent. They’re not really distracted from their commitments and their responsibilities. Essentially, it’s like going back to school to learn how to live healthy.

**BC:** Like you, Dr. Mercola, I had a private practice. I gave mine up as you did, too. I felt impotent. I had a private practice in New York City really set out to help people. We come back the next month and see the same people. If I had one out of 25, it won’t be suggested, I was surprised. Wisely, when we get to put people into the institute, in a resort environment which is relaxing (not a hospital setting), we can educate them (as you know, you have up to 40 hours of potential education), and we can counsel them with a team of knowledgeable physicians, then you have a fighting chance.

I mean, it takes 21 days to change a habit in life. We even made a mistake for our first 30 years. We had a two-week program because it was much better economically for us. When I moved the institute from Boston, 30 years ago, to West Palm Beach, Florida, I added a third week against the will of the board members, attorneys, and the accountants. They said, “Are you crazy?” When I added that third week, within two weeks, I realized that we have been behind the eight ball for 30 years.

Because I felt like our commencement, you know. We have a formal graduation, as you know, every Friday to honor the guests. You were there. It is an honorable thing to have the courage to
stand up and say “No” to the corporate insanity that goes on out there. People don’t know that they’re being misled intentionally. They don’t know they’re putting literally synthetic opiates into their food. Who did I learn that from? I learned it from the former head of the FDA – not from a holistic doctor somewhere in California – David Kessler. Dr. Kessler told me that.

When you get to wake up to this, you start to realize that we’re not all addicts and out of control that we’re addicted to substances. When we can educate people to let them know these problems that are occurring, it’s easier to change than at a private practice.

DM: Okay, you mentioned David Kessler from the FDA just now. The FDA doesn’t view food as a medicine, but I’m wondering if you could comment on your experiences. Because I believe it can be, just as exercise is a medicine. But food is probably 400 percent more potent than exercise. Not that it’s either one or the other; you need both, of course. But if you’re only going to use one, I think it’s food. Can you give us your comments on that concept?

BC: Well, I have written, as you know, a series of books for the academic community called *Food Is Medicine: The Scientific Evidence*, reflecting what we’ve learned here for six decades. I did this specifically for the academics because they tend to be the most arrogant. They tend to be the most close-minded, the ones that literally think they know. When you think you know, you don’t learn.

The bottomline is when I would be out at a medical conference speaking and giving case studies of people who reversed catastrophic disease that is commonly understood in mainstream medicine to be zero success, they would challenge me. They’ll say, “Give me the data.” I felt confused at that point because I said to them, “We don’t have the billions to do the research. We don’t have a research team. We don’t have statisticians.”

But finally, a few years ago, I said, “Wait a minute, let me see if there’s enough evidence that I could scratch off out of mainstream universities to support what we’ve been doing here.” I was stunned. I could literally retire from the directorship and write books until the day I die on those so many volumes of evidential science and empirical evidence coming out of research. I stopped at 1,200 pages, three volumes. I could go on forever.

This is from Harvard, Oxford, Cambridge, Princeton, and Stanford. This is not from the junior college down your street. Now, why is there a big gap between the knowledge that you and I are giving to the public via the Internet and the research? Because there is no economic benefit for the pharmaceuticals and even the natural health industry to know that food is medicine.

The first evidence we had of this was in 1992, when the pharmaceuticals funded Johns Hopkins to look at a natural way to squelch cancer. It was a pretty easy thing to do. They said, “Well, what are areas in the world where people ate horrible diets like Russia, you know, but they eat also something else that prevents cancer?” In those areas where something else was eaten – they discovered the cabbage family, the cruciferous family – there was a lower incidence of cancer in spite of the fact they ate a lot of meat, they ate dairy food, and they weren’t health-minded people.

That was easy to go back and say, “Let’s look at the cabbage then.” They took it one step further. They said, “What part of the cabbage family is most effective?” It was broccoli. If you may remember in America, if you’re an American, that Daddy Bush, the first Bush, has been called…
Actually put his food in his mouth and said he didn’t like broccoli, and it became a national food scandal.

But then again not a professor, not a doctor, not a researcher but one of the grad students at Johns Hopkins said that if broccoli works, how about sprouting broccoli? When they sprouted broccoli, they found out that the phytochemical that was in it literally killed cancer dozens of times more effectively than broccoli itself. When we talk about, as you did earlier, sprouts being the core, one of the core foods of our [inaudible 28:29], it’s 10 to 30 times more nutritious than the best organic vegetable you grow in the best organic soil in your yard, washed and eaten.

Of course, we don’t have to be teaching your audiences, but when you cook something and process it, you’re going to kill the obvious benefits. But on the other hand, how many things have we yet to discover? I’ve been studying this for over 41 years prolifically seven days a week. Every year, I realize that I have more to learn. Let’s not process, kill, and cook things. We want these phytonutrients, which is how people reverse disease.

**DM:** Yes, indeed. As I said earlier, sprouting is just a magnificent way. I think it can be done by virtually anyone, even if you’re a college student in a dormitory. I mean, it really only takes a few square of feet. On a bookshelf, you can put it. It’s great, too, because unlike gardening outside, which I’m a strong proponent of, you get to harvest in seven days. You’re eating your food.

**BC:** In 12 months a year.

**DM:** Yeah.

**BC:** If Chicago had a snow storm, you can’t grow a garden.

**DM:** Yeah. Once the crop gets growing, you can continue the harvest throughout the season, just like tomatoes or cucumbers. You just harvest. But here, you’re harvesting every few days. It’s just a wonderful thing. And they really taste pretty good. At Hippocrates, you have a whole variety of different sprouts.

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I mean, literally dozens of different sprouts. I’ve had a lot of it when I was there, but I focused on the two that are the highest (30 times) that you recommend: the pea sprouts and the sunflower. I think the sunflower tastes better personally.

**BC:** Yes, I think so, too.

**DM:** That’s what I focus on. But ideally, it’s good to get these varieties. Especially if you’re concerned about cancer, the broccoli sprouts are just magnificent.

**BC:** I’ll never forget Ann Wigmore. She was the only person I ever knew, Dr. Mercola, who had no intellect. This woman was purely heart and instinct. That’s why she was correct almost always. I was frustrating her because I was young and insecure and was in a way challenging her, “How does this reverse disease?”
She got frustrated one day and took a little black sunflower seed, organic sunflower seed, and said, “Don’t you realize if we put this to the ground, in seven weeks, it will be 12 to 15 feet-tall with thousands of seeds on it? That sunflower plant is going to be facing the east in the morning and facing the west at night. Now, don’t you think the power of the sunflower is that you’re taking hundreds of thousands of these by eating them, as you are now, and that juicing them is going to be good for you?” It’s the light force in the food even more important than the nutrients and the proteins.

**DM:** So, there’s this massive effort to help people appreciate this and integrate that practice into their lifestyle once they leave the institute. But can you review some of the other strategies that are taught at the institute to help people get better?

**BC:** Well, when we were launched back 60 years ago, the science wasn’t there nor were the universities being funded to do phytochemical research. We saw it to really, say, when we’re out talking to the public globally, how do we explain raw food and plant-based food as being so important? I started to study physics. I started to study quantum physics.

I got enthralled with the sun (this goes back decades ago) and realized that the sun is only about two percent solid and the rest is vapor. Now, this is a good story to tell. In the middle of the sun as we’re sitting here, every second, protons are being born in the core of the sun, which is gas. They take literally 100,000 years to get to the surface of the sun. Then solar storms or solar flares occur. From that long, long distance away where the sun is, it takes eight and a half minutes to reach the leaf of a plant.

On that leaf of the plant, it captures the energy from the sun. Let’s state this: every drop of light on this planet comes from the energy of the sun. We would not be here, Earth would not be here, and nothing would be here, without those protons coming along eight and a half minutes and reaching the leaf of the plant. The first big word we all learned is called “photosynthesis.”

**DM:** Excuse me for a moment. Is it protons or photons?

**BC:** Protons are what they’re born. They interact protons in a hundred thousand years and they come down in what we call UV, UVA rays, and other things.

**DM:** But I thought those are…

**BC:** Protons are being the core.

**DM:** Okay.

**BC:** Now, which place on planet Earth where we obviously have the most nutrition? On the leaf of a plant. If we took the leaf of the plant, we took the energy out of it, is it going to have much nutrition? No. What has the highest protein in the world? Where does all the protein come from? The leaf of a plant. Where do all the vitamins come from? The leaf of a plant. What captures the most minerals providing you by the soil where plant the plant on? The leaf of a plant. What has the highest amount of essential fatty acids? The leaf of a plant.

As a matter of fact, if you look at a chia seed or a sprouted flaxseed compared to any of the other model in essential fats, other than wheat (now you know this personally), it has about the same
model. It’s perfect. It has three times omega-3 and one time omega-6. It’s the leaves of plants. The fish, how do they get the omega oil? They eat the leaf of a plant. The leaf of the plant there is called a sea vegetable.

I mean, it is so overwhelmingly obvious and simple that we should be consuming in great part, no matter what are the food choices you make… Whatever food choices you make, eat large amounts of green, fresh food.

The best one is that I can go to the poorest neighborhoods, which I do, in the world – Calcutta, Port-au-Prince, Haiti, and in the middle of the ghettos in Washington, D.C. – and I can tell people without money that they can live on a healthy diet, the healthiest of diets, by germinating little gardens in their kitchen window 12 months a year.

DM: Yeah.

BC: This is socially responsible, not only physically correct.

DM: Yes, indeed. Although I agree completely with the final recommendation, I believe there might be a little bit more complexity involved in the simple green leaf analogy. It’s something you teach at Hippocrates, too, with the fermented foods. There’s a powerful microbial action that…

Actually, the microbes produce of the necessary vitamins. It’s not necessarily in the leaf of the plant. There’s this microbial interaction with the plant and the soil, which is one of my new passions now. Without those microbes feeding the plant, it’s impossible for that leaf to do anything for the most part.

BC: That’s right.

DM: I mean, not impossible because you can grow plants…

BC: Photons come down in the secondary stage, they hit the earth. They transmute into different frequencies. Those frequencies are what create the physical body or the energetic body we really are. When you and I are talking and thinking and people are listening, that’s the energetic body. The physical body that you’re sitting watching us here now, that’s created by the microbial effect in the soil, which are still the protons but recycled or re-cached protons. It’s great stuff.

Right now we’re in the middle of a little helping project with a young man who has colitis. I’m working with mainstream doctors on the cutting edge. They’re correcting colitis now. In many cases, it’s taking healthy people matter from a healthy person and implanting that into the unhealthy person’s colon.

As you know, modern medicine has been anti-bacteria up until now. The good news is, because you read prolifically like I do, the cutting edge of medicine now is all probiotics. We’re going to get rid of all of these problems, as you’ve just pointed out, by eating more healthy premium probiotics. That’s part of the scenario as you pointed out.

DM: Yes, indeed. My girlfriend, Erin, accompanied me when I was at your institute. Her uncle, I believe, just recently a few months ago, had a really serious bowel infection, Clostridium
difficile. I had actually recommended a fecal transplant, but her family wasn’t too keen on the idea. They thought I was kind of foolish. Tragically, he died a few days later.

**BC:** Wow, that’s sad.

**DM:** It is sad. It’s an unnecessary death, completely unnecessary. But that’s not the best way. I knew that was the accepted way. That could have theoretically been done because he was actually in Atlanta, in Emory University. They were doing them, but they refused. If it happened to me, I would go with the fermented foods and put in those trillions upon trillions and trillions of bacteria rather than someone else’s bacteria and use that to kill the infection.

**BC:** You and I, being the healthier people, we probably could do that. But there are people like this young man who was on a healthy diet, but he had no developmental years (he’s only 15), and he’s going to need that extra help.

**DM:** Sure.

**BC:** But the best of us who know a lot about this are just learning about bacteria. I think probably 10 years from now, the conversation you and I are going to be having would be much more in-depth because finally the monies are going there now.

**DM:** Yes.

**BC:** Bacterial money in research is going there now.

**DM:** You talked about the cost of this approach. Last year, Dr. Oz had the cover story for *Time* magazine in which he referred to people who consume organic foods as a lead of snobs. Yeah, I’m sure you remember that article. I actually called him up and confronted him about that because I didn’t think that was a wise approach and that would alienate many of his followers.

Because of that article, I was motivated and challenged to identify a strategy that could actually have people eat incredibly healthy essentially on a food-stamp budget or about 30 to 40 dollars a week. The conclusion I reached is that unless you include sprouts as a major part of that program, you’re not going to do it. Sprouts are so inexpensive. Yes, there’s some time, effort, and energy involved, but not much. And literally, if you integrate sprouts…

**BC:** A family of four in a perfectly healthy diet where they get every nutrient they’re going to need, could literally today, in North America or Western Europe, grow enough food for 38 to 42 dollars, depending upon your geographic location per week.

**DM:** Yes.

**BC:** I mean, honest to God, you talk about inexpensive, I don’t think of anything less expensive than that. Now you and I, because maybe we are a little bit elite, we like to buy the organic food. We call it, the vegetables picked a year ago in California, you know, a condiment.

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Yes, it should be always organic. But the reality is it’s not going to give you what a sprout will. You know that.
DM: Right.

BC: This is why weekly here, 52 weeks a year, every decade, people who are obese overeaters, as I was, say to me by the third day, “Something must be wrong.” This is almost across the board: “I’m not hungry.”

If you take those sprouts and juice them, there is such a high-protein level in it, but not protein that’s going to make you sick. It’s already broken in, sprouting to amino acids. It regulates your blood sugar, so you’re not thinking that you’re hungry. What you don’t use with that protein, unlike fried meat, basically leaves the body. You urinate or perspire it out.

It is so simple that I’m just lucky enough in my life to be invited to India and to Egypt back in the ‘70s in Third World projects going into villages where people were starving. We were, at that point, buying, for 50 dollars and 50 cents, 100-pound bags surplus grain from the United States and Europe. We were producing, as you can today, for every one pound per one kilo of grain, 10 pounds for 10 kilos of food. It is almost biblical when you think about that.

And guess what? This is completely digestible food. Many of us can’t digest grains. But when we sprout them, you can all digest them. The difference between the little sunflower with the shell on it, which is hard to digest for some of us with bad digestion, to the green that you’re eating in ginseng is anyone could digest it. I could give it to infants and they could digest it.

DM: Yes, it’s a very powerful tool, especially in light of what seems to be a near-certain economic collapse. I’m not saying it’s next month, next year, maybe even in the next 10 years. But at some point, the piper needs to be paid because the reprehensible and irresponsible decisions that are being made at the highest levels of the U.S. federal government and actually most governments throughout the world creating this debt system that’s unsustainable will likely result in challenges in the food supply.

That’s why in addition to providing you with powerfully good nutrition, it can literally save your life, because these seeds are relatively inexpensive for the amount of food they produce, and they’re relatively easy store and lasts for a long time. They just magnify. I don’t know the specific amounts that they grow, but I would say probably at least 10 to 20 times the amount of seeds. You’re getting that much more food. You have to store 95 percent less food if you’re using seeds. I think it’s just a marvelous preparation strategy.

BC: Today I spent two hours (7 until 9 in the morning) on The Real Truth About Health, discussing Dr. Oppenlander’s (you know Dr. Oppenlander, a fellow mid-Westerner) book that exposes this: the inconvenient truth. What I love about his writing from 2011 is that he pretty much put in bullet points all the astronomically bad effects about Western diets and how they’re imploding the food chain, how it takes 5,000 gallons of water to produce one pound of meat and 20 to 30 gallons to produce one pound of protein from vegetables. I mean, we can’t sustain that one when 70 percent of the land in the United States is used for grazing animals.

We can feed the world out of the United States alone. The middle of this country is becoming a dust bowl again, because with all the ranches being eaten up and gobbled up by the sphere, we’re literally creating deserts again. These are not ideas from some fanatic or a zealot; these are data and statistic brought from the higher levels of modern environmental science. Today we only
have a little over seven billion people. What’s going to happen when we have 15 billion people? This goes on.

**DM:** There’s another side of that argument. High-performance agriculture’s been one of my passions lately. I was personally motivated by my visit to Hippocrates, but I had the interest before, too. The argument you present there, I’m not sure. I don’t buy that. The grazing land, even if it’s 70 percent, a large portion of that is unusable for agriculture. It’s just not.

We face another challenge environmentally: the CO2 levels are increasing. They’re up to 400 parts per million now. There are some projections that if it goes much higher, we may get into this irreversible challenge.

These cattle are actually a magnificent part of the equation. Traditional factory farming should absolutely not be used. I mean, there’s just no justification for that other than the increased corporate profits. But if you manage the herds wisely and have these mob grazing situations where they’re only focusing on one section of the land moving them over, it’s easy to do… Allan Savory is an example of someone who’s teaching this. But what that does is it actually reverses the desertification, the transformation from grassland to desert, which is happening.

I admit it’s a huge problem. But if you can get the grasses growing again… Because they fertilize the soil with their waste products, they trample everything, they get all this wide, you know, that’s not a monocrop culture, it could actually cause carbon to go back into the soil. I think they can be an important part of it. Because interestingly, the greenhouse effect, some people believe, is due to factories burning fossil fuels.

**BC:** Right.

**DM:** But that’s really only a small factor. The much larger factor is the use of our agricultural land. If we can fix this, stop growing these monocrops, and use things like biochar and holistic herd management that the Allan Savory Institute teaches, I think we can start reversing some of these things. But I think cattle can be actually part of the positive benefit and equation if used properly.

**BC:** Have you had Allan on to speak about this subject?

**DM:** I actually went to a conference he held, his first one in Boulder. I haven’t had him on the show yet but we’ve broadcasted his TED video, where he discusses that.

**BC:** Okay, great. There are great people out there. I mean, advocates that we have to go arm and arm with because this is not only about health, as you know it – this is about the health and the future of the planet that we live on. If we’re just worried about ourselves and not worried about the future generations, shame on us. We only live here, at best, 100 years. Even you and I, health-minded guys who are going internationally, we don’t live forever.

**DM:** No.

**BC:** What are we going to leave this planet? How are we going to leave this planet to the next generation? Just by taking foods the way we’re discussing today and eating it. I know it’s a big part of your diet. Practically every sensible person I know that has longevity, eventually
everyone comes to the idea that you and I are speaking about, the core idea of consuming fresh, raw food, especially something you can grow two minutes from where your bed is and kitchen is and eat it. I mean, this is really going to empower people and start a chain of events to change the degradation or the problems we’re having on Earth now.

**DM:** I couldn’t agree more. You know, it isn’t that difficult to do. I mean, it is a challenge. It’s interesting to witness the people going through your program. Most people there, at least it was my experience the time I visited, they’re not used to fasting, which is what you almost have to do because you’re used to eating breakfast. Essentially, you don’t…

One of the things I teach: breakfast is good for you, right, which is commonly taught, of course. I say, “Wrong.” It’s like one of the worst foods for you. Essentially, that’s what you do. You’ve skipped breakfast in the program you have. They have some juice but, you know, that’s not really a conventional breakfast.

**BC:** Exactly.

**DM:** Yeah, you basically are doing intermittent fasting even though it’s not being taught that way. It’s a tougher call for many people because they’re not… It takes weeks and sometimes months for people to make that transition to being fat-adapted, so they can actually burn the fat that’s on their body, because they’re just used to burning glycogen and nothing else. I mean, fat is there, you know. It’s just…

**BC:** As you and I know, the biggest problem is not the mind; it’s the blood sugar imbalance.

**DM:** Yes.

**BC:** You’re used to putting grains in your body. By the way, cooked grains, even organic cooked grains, have acrylamides on it. Acrylamides are full of cancer as sure as we’re sitting here. Every time there’s a study out, it reconfirms what the [inaudible 49:21] began a quarter of a century ago.

When you put that in your body, believe it or not, in 30 minutes, it becomes sugar – no different from eating white sugar. If your blood sugar is used to having this shot at 7, 8, or 9 in the morning and you don’t take it, it starts to swing. It doesn’t mean it’s bad not to eat. As you pointed out and wisely do yourself and as I’ve done for 40 years, I don’t eat breakfast. I drink a highly nourishing juice, take some whole food supplementation, and exercise my butt of in the morning.

**DM:** Yes. The other nice thing I absolutely wholeheartedly endorse is the juices that you provide and promote there. Because there’s this real confusion in health information and education that a lot of people recommend juicing, but they actually recommend integrating some fruit into that, which you totally avoid.

**BC:** That’s right.

**DM:** We’re absolutely in a 100 percent agreement on that.
BC: I agree with you on that one, Dr. Mercola. That was an interesting one. Back in the ‘80s when I became director, I wanted to know why people came here. I assumed it was Ann Wigmore or our co-founder, Viktoras Kulvinskas. It wasn’t. It was a woman who wrote a book called *How I Conquered Cancer Naturally*, called Eydie Mae Hunsberger. I fell in love with this woman. She was quite a normal lady not from my counter-culture generation, married to a bright inventor, and the sole interest around her was that she reversed stage IV cancer. That book was bringing 65 percent of who came to us.

She called me after I got to know her and said, “Look, my tumors are growing back, but not my cancer.” It took three years for her to figure out the link. She lived in the deserts of Southern California. All her neighbors liked her, as you would, and brought her boxes of dates. When the dates came, she was [inaudible 51:19] at that point and consumed 2,000 to 3,000 dates a day. The tumors would grow back. The dates ran out, the tumors would go away.

This challenged me because raw food eaters, 75 percent of them today, are sugar addicts trading white sugar to agave syrup, trading cakes for three mangoes or 20,000 watermelons. You’re still an addict. It’s like a heroin addicts saying, “I’m not an addict to methadone.” You’re an addict, that’s what you are. With that said, I have to look at my own life. I, reluctantly, as an addict of sugar, got rid of the fruits. Within three months, I felt radically different.

We’ve done empirical research on that. For 35 years, it’s been restricted here at Hippocrates in people with cancer. We brought them in two years later [inaudible 52:12]. And we were considered insane 35 years ago. There is not a major cancer institution with legitimate doctors running it today that tells people the same thing: do not take sugar. Do not take fruit. Do not take fruit juices. As you know, with the blood sugar concern, it perpetuates that.

The other thing is blending. Blending is not juicing. If you take raw food and blend it out, you killed about 90 percent of it in 90 seconds. You oxidize it. Then you drink it without the enzymes that are acting and it ferments.

DM: Wait. Run that again because there’s a lot of confusion on this topic. People have their Vitamix blenders, they put all things, and they think, “Well, I’m getting all the fibers. It’s got to be better.” Go over that again slowly.

BC: This is what the companies try to sell their blenders with. Now, I’m not against blending.

DM: Right.

BC: But you should look at blending as a recreational food, not a nutritious food. What we do know – this isn’t debatable – is that 80 percent of carbohydrates are digested in the mouth when you chew. When you chew, enzymes or digestive enzymes come out and they carbonate. The amylase breaks down [inaudible 53:22] from the cellulose the carbohydrate. With that said, all of the juicable things are carbohydrates. All fruits are carbohydrates. All vegetables are carbohydrates, etc. Now, we blend out the food.

I had a colleague who was at that point at the University of Miami. I hope nobody from there is listening now. I set up a blender, a 29-dollar blender. He had his Vitamix. We measured the nutritional levels in several ounces of food. We put that food in the blender. We knew what the numbers were. We blended it for 90 seconds. About 15 years ago, we found out that 90 percent
of the nutrients are killed in 90 seconds of blending with a high-speed blender. The other one was three percent lower. Now, you got a cheaper blender, not really significant with three percent higher nutrition. With that said, your body requires you chew on things.

**DM:** So, 90 percent of the nutrients were destroyed?

**BC:** Yes, they were gone. Ninety percent of the nutrients were gone.

**DM:** Which nutrients were you measuring?

**BC:** We were looking at vitamins A, E, C, you know, the basic five nutrients at the top.

**DM:** Because I was not recommending blending...

**BC:** As it goes through the process of going right into the bottom of your intestinal tract, it begins to ferment. Because it doesn’t have the interaction with the enzymes, you’re lacking the nutrients and you’re fermenting the food. That’s why you have the advocates of this who are either emaciated (if they’re high metabolizers like you and I, they’re either very skinny from eating blended foods) or if they’re slow metabolizers, they’re fat.

**DM:** Yeah, thank you for that explanation. I have not recommended blending to teach people to understand the distinction, but I didn’t use those pieces of information. I would certainly integrate them into my next presentation. Thank you for that.

Now, I’d like to discuss fruits again for a different reason, because I’m always trying to push the limit of what I understand and appreciate. Part of that is on a theoretical perspective for the points that you mentioned and for others, too. Large amounts of sugar, especially in someone who’s insulin- or leptin-resistant or both is not a good idea. But 20 percent of us or so are not insulin- or leptin-resistant. Certainly, you and I are not and, you know, a large number of other people. It’s the minority, but they’re still there.

Empirically, if you look at people who are vegans or even fruitarians, who are exercising a lot, they eat large amounts of fruit and appear to be relatively healthy and uncommonly overweight. I’m wondering how you reconcile that, because I’ve been having some challenges. And I actually, truthfully have actually been experimenting with using strategic small amounts of fruit typically used before I exercise, so I can lower the blood sugar. Because there are benefits in fruit. It’s crazy. It’s a useful fruit. What is your take on that? I’d be very interested.

**BC:** I was just perplexed, as you are, facing the idea that we shouldn’t be consuming large amounts of fruit, although I actually believe still today that it was the original food for man. I was hoping for somebody to explain this to me, in part because I really didn’t want to give up that little sugar. I said, “Well, gee, you know.” Nutritional scientists, they don’t want to discuss this because they really don’t have the answer. I said, “How about an agricultural scientist?” I got with a guy a long time ago, 30-something years ago, and said, “What is your specialty?” He said, “That would be fruit cultivation.”

[----- 1:00:00 -----]

I asked him some primary questions. I said, “What’s the difference between the fruit we’re eating today and fruit 100 years ago?” He smiled and said, “Nobody ever asked me this. Eighty-
five percent of the fruit we eat today didn’t exist 100 years ago.” He said to me, “What’s your favorite orange?” I said, “Well, it’s a honeybell.” He said, “It’s very sweet, isn’t it?” I said, “Yes.” He said, “It’s about 35 years old. They spliced together a grapefruit and a tangerine.” I said, “What?”

He said, “What’s your favorite apple?” I said, “That’s easy, red delicious.” He said, “Well, red delicious apples are 50 times higher in fructose than the original apple.” I said, “What were the original apples like?” He said, “Do you like crab apples?” I said, “No, they’re too sour.” He said, “The original apple was more sour than a crab apple.”

Here’s where we saw it: the average fruit today through hybridization and now genetic modification has a minimum of 30 times more sugar on an average.

The second problem we have, as you and I, our parents, maybe our great grandparents, and maybe your great, great grandparents if you’re young enough, was eating processed sugar. A hundred years ago, you and I didn’t come from the aristocracy. Our families were most likely farmers. They were not eating processed sugar.

We have experimented with four or five generations on that and literally disturbed the balance of our pancreas. Our pancreas doesn’t know how to deal with sugars anymore. Now we have massive sugars from what I considered to be the original food of man. What could be more perfect? You eat a fruit, you spit it out, and the seed grows another tree. But now it is quite an altered fruit. With this, your pancreas doesn’t work, well, now you have a problem.

Now let’s go to your second question. How do we have an athlete? Just recently, we looked at a fellow who was a marathon runner, a young guy, brand-new. He’s on a complete fruit diet. I’ve been writing books for the academics. I showed how fructose ages us prematurely. Now, that’s a whole different discussion. I won’t get into that.

The bottomline is: how does this young man do better at a better time with less pain and less suffering? Because if you get off the tip of a Western diet with processed grain flour, too much meat, too much dairy food, and you get on to anything better than that with life in it and enzymes, you’re going to feel better.

But is it sustainable? The answer is definitively no. We’ve done that. I’ve done it not only on myself, but tens of thousands of people over the years. When we can get people off the addictive pattern of sugar and we can get them onto plant-based foods without the high-sugar content with enough glucose in it to sustain fuel of the cell, they don’t age prematurely and it works.

We would rather have – even myself, I would rather have – a mango than a green lettuce because it tastes better. But a green lettuce supplies glucose for my cell without supplying additional amounts that become blood sugar that not only creates blood sugar swings but feeds every known disease to man and they cause free radicals. That’s the answer.

DM: Let me stop you there. What about the targeted specific use and timing of the fruits? That if you were to use it right before exercise, it’s sort of like the cheater’s way around, because then you’re going to burn the calories. The extras will burn. It doesn’t have the chance to do its damage due to the glycation and cause metabolic challenges.
**BC:** You got it right. Fruit only tells us that it can be eaten by healthy guys like you. If a guy says, “I’m out running five miles a day. I’m at the gym (as I am) three days a week lifting heavy weights,” he burns it off. But if you’re sitting in a chair lethargic with a clicker for your TV or computer in front of you, you’re not going to burn it off. It becomes problematic. Definitively, I say that the only people who can eat – not should – dried fruit and a lot of bananas are people who are major athletes.

Some of the advocates in this field are major athletes, notable athletes, good athletes, people whom I admire for their athletic ability -- they are telling people to eat major amounts of fruits. Just because they are personalizing it, doesn’t mean that that’s for the other 95 percent of the population. They’re not Dr. Mercola. They’re not these people. They are people who have a Western, bad lifestyle. This is where we have to be cautious. I’m not here to badmouth fruit, even though it’s been hybrid and has 30 to 40 times more fructose than organic ripe fruit.

Let’s talk about the ripeness of fruit. If you take on an unripe fruit, it creates acidity in the body. Ripe fruit is alkaline. You think the organic fruit is ripe? They cannot commercially process ripe fruit. If you’re eating it here in Florida, let’s say, ripe oranges, put them in a box and ship them somewhere else in the country or in the world, you’ll realize in seven to eight days, they’re going to be rotten. Here in the state of Florida, they actually start taking fruits four to six months early.

A lot of people think (as I did at one point) if a fruit turns color and get soft, it’s ripening. I always joke and say, “Someday we’re going to get soft and turn color, doesn’t mean we’re ripe in age.”

Ripe means you’re on the mother plant. You’re on the tree. You’re on the bush. You’re the little baby of the fruit. The veins come to that and feed all the nutrients from the root system and those bacteria we spoke about. All the life that’s in that soil through the protons that are coming through UV rays to the earth, that’s a ripened fruit. The wind blows, it falls to the ground, and you get it before the birds and the bugs.

**DM:** Okay, terrific. That is really helpful because although I’ve certainly known of the hybridization, I didn’t factor that as one of the primary explanations that justify using it in wise moderation. There are very few people who can use it. It seems to me that you’re in agreement that it could be used judiciously if you target it, especially in healthy people who don’t have insulin or leptin resistance and use it prior to exercise, that it may actually be beneficial.

**BC:** I’ll take it one step further. While we were at Boston, we had a lot of volunteers that were inquisitive doctors and researchers from Tufts, MIT, and Boston College. We used to sneak in. The academics are sometimes lazy. They leave at promptly 5 and we sneak into the labs, which we never could have afforded to [inaudible 1:06:44] trust of these volunteers.

We did some work on this. We found out once you’re healthy – our perspective of healthy as yours, Dr. Mercola, is when your immune system has been consistently stable for a long time. We’re not seeing fluctuations [inaudible 1:06:57-58] that we know we have a stable immune system. We tell people up to 15 percent of your diet can be ripe organic fruit, even if you’re not an athlete. But once we get beyond the 15 percent, 20 percent it starts to spill over and put sugar in the blood.
DM: Well, that’s a very helpful thought. I really appreciate your feedback on that. I’d like to go on to another topic where we have some disagreement – not to have a debate or anything.

BC: Right.

DM: I’m trying to understand your perspective, especially in light of the fact that there’s been some incredibly profoundly powerful strategies that have come out of Harvard and actually the University of Florida that discuss the use of a ketogenic diet, which is essentially a diet that’s going to cause your body to produce ketones and essentially really have very low levels of sugar. It’s been shown to have dramatic and profoundly powerful impacts on treating almost all cancers.

In fact, I have a conference call with Dr. Burzynski right after this to discuss that use in his clinic out in Texas. He’s known for the use of antineoplastons. It’s very controversial. It takes a lot of flag from the FDA and local medical boards. I’m wondering if you could comment on that.

Because my perspective and really I guess the… I agree with almost everything you’re saying. The only conflict, of course, is the animal protein and animal foods, and I like high-fat. It’s a disagreement. I’m not saying I’m right or you’re wrong; I’m just trying to understand it. Because you’ve got a perspective and you’ve even been doing this for nearly five decades, you’ve got some valuable insights.

BC: Let’s bring this to light for the listeners. Dr. Mercola and I are both consistently searching. What you’re going to see Dr. Mercola do is change over the years as he learns, as I learn, as research becomes evident, and as we practice – as I do here, where I learn a lot from the guests more than books today. We sometimes change our perspective.

At Hippocrates 60 years ago, we would have given you a lot of fruit. We know, and we have to learn. We’ve learned an awful lot about, you know, diet is very important, but the mind is more important. As you know, everyone that comes here gets psychotherapy. Yes, diet and the mind are important, but if you’re lethargic and not exercising at all, you’re going to be sick and probably emotionally sick more than even physically.

Look at the work of my good friend out of Harvard, Dr. Ratey. His latest work definitively gives empirical evidence about how exercise reverses attention deficit disorder. Depression, I can tell you first hand, 50 percent of light to moderate depression is gone if I just get to do aerobic exercise. There’s a lot to say.

Let’s get back to ketogenic diet. I think what has happened in the mainstream is that they are going by a standard diet that most of us were trained at school with.

[----- 1:10:00 -----]

They cannot perceive that proteins can be replaced with things like blue-green algae and by things like pollen. Rightfully, with lack of knowledge, they say, “Eat a little bit of meat.”

I’m not advocating against high-fat diets, by the way. Just like we’ve tailored for some people that fruit is okay – athletes even more – I’m going to say that high-fat diets are appropriate for some people. Certainly, I do agree with my colleague, Dr. Esselstyn, who says once you had a
bout of stroke and heart attack, please, not a high-fat diet, at least temporarily. Well, I would disagree with him it’s permanently.

But I would do the same thing. I’d say, “Wait a minute.” Even if it’s vegetable-based fat and essential fatty acids, let’s let the elasticity to things like arginine and nitric acid rebuild elasticity within the veins and then add a little bit of fat. I think what we need to understand is that these diets are mimicking what we do but still adding a little bit of meat.

I could show, if they were willing and ready to listen, how you can replace that meat protein with other forms of incredibly digestible, easy-to-digest, high protein. There’s not a necessity to have it. There’s not a necessity to have the ample fat, as you know. I’m not here to say that there’s only one way for everyone. I know that we are completely committed to what we do because it works. I’m not saying that other things don’t work.

The blood type diet. I happen to know Dr. D’Adamo who was persecuted. The man had to leave the United States of America because he was a good doctor trying to help people. And his son, thank God, became popular. These are good men. They’re not bad men. I disagree with them. But how many people have they helped when they can get people from a Western diet and stick them on a much, much better diet?

Macrobiotics, also macrobiotics. I helped to write one of Kushi’s books for him. Am I going to say macrobiotics is completely bad? Absolutely not. I think it was a stepping stone. I would not be here today with you if it wasn’t for Michio Kushi’s macrobiotic diet. It was a stepping stone for me.

I think ultimately what we’re going to do is there’s going to be so much evidence from institutes like this one and from the work that Dr. Burzynski is doing globally, that you won’t be able to hold back the watershed of evidence.

When we have people like former President Clinton becoming a vegan… If you would ask me the number one American who would never eat this way, I would have said President Clinton. After running five miles, he used to go to McDonald’s. That was a standing joke with the secret service. They’ve got [inaudible 1:12:50], you know, today. If you’re a senior citizen, you get that. Fifty-five million Americans get that. I think he has a three-page feature talking about his diet. Look at him now. He looks 20 years younger. He’s not going to have a heart attack and stroke now.

What I’m here to say is that after all of these decades of doing what we do, we are clear that this works. But we’re not saying to you that there are no other ways and other methods that would help you at some level. We’re saying that this maximizes the level of health people can get. We’ve done a clinical work to show why. It doesn’t mean there’s no other route to get here.

DM: Okay, great. Thank you for that response. Last question I have for you is that when I was living in Florida, one of my neighbors is Wayne Pickering. Some of you may recognize him as “the Mango Man,” but he’s also a real strong proponent of food combining.

BC: Yes.
DM: One of his primary principles really is that if you’re going to eat fruit, eat fruit by itself. Don’t ever combine it with other foods. I’m wondering if you can comment on your experience at Hippocrates in integrating this food combining approach.

BC: Yeah, this is something I adopted. I scrutinize everything that I adopted here. This one I haven’t gotten rid of. Because we’ve had so many times, hundreds of thousands of times, when people have gotten on the food combining and eliminated gastrointestinal problems even as much as diverticulosis, diverticulitis, weight problems (being overweight), nausea, and headaches. There is a lot to do with this.

Now, there are going to be advocates on the other side who say, “This has nothing to do with reality.” But here’s the way I explain it to the guests here to make it simple. I say to people, “There are different kinds of drivers. If you picture from your mouth to your anal opening, it’s a very narrow highway. If I make certain foods into people, I would say a protein, be it whatever protein it is, it’s like a big truck driver, a big lorry driver. He’s the best truck driver in the world. We’re going to put them on this very narrow digestive highway from his mouth to his anal opening that only one truck can go on. One car can go one at a time.”

We say, “Joe the truck driver, how long are you going to take to go through from A to Z in that digestive process?” He says, “Four hours.” Because what we know in scientific realms, biochemical realms, it takes about four hours for healthy people to digest protein. Unhealthy people cannot digest it, but healthy people about four hours.

Now we forget Joe an hour down the road. He’s somewhere around the exit.

Ms. Melon. Ms. Melon is the best Ferrari driver in the world, Ferrari being one of the fastest cars on Earth. We say to Ms. Melon, “How long are you going to take to get from point A to point Z on this digestive highway?” Ms. Melon says, “I’m going to take 30 minutes to get there.” Somewhere down that one-lane highway, Ms. Melon, the fruit, is going to get Joe, the protein, and they’re going to collide and then the body has a choice.

When food is not digested… And what does digestion mean? Water goes out the front, fiber goes out the back, and ultimately nutrient goes into the cell. When that cannot happen, the body only has one option: to ferment the food. When it ferments, it putrefies, it breaks it down, so that the food can come out of the body and it makes your body septic. This is why food combining is important. It’s not an old-school folklore idea; it’s chemistry. Your body is chemistry. You want to put the right chemistry at the right time in there.

DM: All right, well, thank you for your comments on that. I’m wondering if you’d like to provide any conclusions, recommendations, or highlight anything you mentioned previously.

BC: Yes, well, number one, I’m happy that you’re doing your work. We’re doing our work here. There’s an ever-increasing root of serious healthcare professionals that are bringing the truth out. A few years ago, I started a project called The Real Truth About Health, and I’m doing similar work. Working together with you is a privilege and a pleasure because you have a lot of audience. You’ve have people worldwide, and rightfully I respect it.

What I think we need to do is start to realize that we’re in control now. The masses are coming in this direction. We should no longer be the ones that feel like we have dislike of the big guys.
Pretty much the public is ready for what we’re handing out. It’s got to be truthful. It’s got to be clear. It’s got to be evidentially supported not through ideologies, philosophies, or the last article we’ve had in the latest greatest magazine, but what we do with people in our practice. Personal application is good, but not good enough. You do it on 100, 200, 300, 500 people, you see how it works. That’s what I think we’re surely missing.

I know that in the next generation… They call the kids the millenials today. They are aspiring to be this way. They don’t trust the mass media. They don’t believe in the constitutions that you and I were taught to believe in, and rightfully so because they have failed. They have collapsed. As you pointed out, it’s not only the economy of the world. Every single system that we have is broken. Let’s fix it together. And help me fix it. It’s not like Dr. Mercola and I yell at you all day long, but fix your own life and become a walking, talking, living example of what others can do.

DM: Terrific. Thank you so much. I appreciate your time, knowledge, wisdom, and the opportunity to review some of the wisdom you’ve acquired over the years. I appreciate that and the best of luck to you as you continue to help people at the Hippocrates Health Institute.

BC: You’re welcome.

[END]