A Special Interview with Dr. Brian Clement

By Dr. Mercola

Dr. Mercola: Welcome everyone, this is Dr. Mercola and I’m here today with Dr. Brian Clement who is the director, medical director, of the Hippocrates Health Clinic, which has actually been around as the world’s oldest complimentary health center. Dr. Clement has been there quite a while; he actually started with the organization in 1975, and has been a director since 1980. So, well over 30 years, or just about 30 years, exactly. So that’s a long time, and he’s really been in this in a full-time endeavor and he has a lot of wisdom that he has acquired over the years. Tens of thousands and hundreds of thousands of people have come through his clinic, and their institution there can really help us understand a whole other element that we can avail to ourselves to really take control of our health and really maximize our health opportunities. So, welcome Dr. Clement.

Dr. Clement: Hi! How are you today?

Dr. Mercola: I’m doing outstanding, thank you. I’m really glad that we could get you on a call today and access some of your tremendous wisdom that you have acquired over the years.

Where is The Hippocrates Health Institute?

Dr. Mercola: So, now where is Hippocrates, for those of our viewers who don’t know where it’s at?

Dr. Clement: Well, for the very first 30 years, we were in Boston, Massachusetts. And of course, Boston, we began in 1956. And 25 years ago this year (at the end of this year), we moved from Boston to West Palm Beach to give a more conducive environment for our international guest population that comes here.

Dr. Mercola: Great. Well certainly, I’ve been recently switched by winter breaks from Chicago to South Florida. I think it’s a remarkable healing environment. South Florida is such an amazing place to stay healthy. When I was seeing patients, I would frequently see individuals from the tropical environments, either Central America, Mexico, or Middle East who were living in the Chicago area, and clearly after seeking to implement so many different strategies to improve their health, I mean, my final recommendation is, you got to leave Chicago. You cannot be healthy in Chicago. You have to leave because they just needed more sunshine, and all the cold… And it was very clear, when they would go and visit their home, like Costa Rica or something, their diseases would disappear. So, your environment is a very significant influence on your health, obviously. It’s pretty…all of us would appreciate.

Hippocrates’ Strategies to Help People Improve Their Health
Dr. Mercola: So you’re down to South Florida and have been for a while. Can you also describe what Hippocrates focuses on and what some of the strategies one might consider or one might avail themselves to if they go down for a visit to Hippocrates?

Dr. Clement: Well, I’ll give a large vista. We were founded by Ann Wigmore who was told in 1952 by the Harvard physicians that she had six months to live. She had stage four colon cancer. Because her grandmom was the village doctor back in Lithuania, she wasn’t ready to die so she started to employ some of the methodologies, some of the tools that grandmom would have used. Now, remember, physicians a hundred years ago only used herbs, only used love, only used food. And so she did so, and healed her stage four colon cancer. Because she was an Eastern European and has a lot of “hootspas,” as we say, she decided she couldn’t let other people suffer and die, so opened our doors in 1956.

In the early days of Hippocrates, it was practically 100 percent of the people had fatal catastrophic disease that came to us. Numbers of these people, and as the years mounted, more and more—thousands—brought about their own recoveries. As time passed, people started to become better educated, more experienced, and saw their parents suffer and die, and saw other things. So an ever-growing group of people come here for prevention, as well as to heal a disease or to prevent a disease.

In the last 15 years, we have people who come for active aging. I hate to say the word “anti-aging.” That’s an oxymoron, we’re all going to age, but we want to age actively. So that, it’s the world’s population here because you’re going to save their live here or you’re going to prolong their life. What we do is we’re very comprehensive. Our medical staff, when people come we do diagnostic and research in three realms. Not only do we use standard medical blood profiles as landmarks, but we also use microscopic research, blood research, and as well Ondamed, which you’re probably familiar with, Dr. Mercola, which is really the state-of-the-art in biofrequency technology and diagnosis.

Then when they’re here for the last 30 years, we’ve been employing the state-of-the-art electromagnetic therapies and cold laser therapies. As technology doubles every six months, what we do is constantly stay out that on that cutting edge and bring those technologies here. Everyone gets psychotherapy, but the core of what we’re best known for:

- We’re the people that brought wheatgrass back to the world
- We’re the people in North America that brought raw food to the forefront

And so, the diet is raw, the diet is vegan, the diet is rich with phytochemical-rich grasses and chlorophyll. My interest has always been scientifically validating and researching what we do, so that the day I turn the keys over to the next generation, I want to leave behind the validation to legitimate research. So we’re currently into research subjects and studies right now, one with the University of California on low-caloric intake, and how this year we set out to show geneticists that they’re wrong—you can change
genetic disposition, you can change genetic trends in people, as we’ve seen here over 55 years.

The second thing we’re doing is showing how dramatic a reduction in an average person’s cholesterol during their three weeks stay, approximate three weeks stay here, for most of them. We get a 50 point cholesterol drop in that time for an average. Some have hundreds, some have 20. But it’s an average of 50 points.

And so, we have ongoing research. It’s more like a resort—we do not want this to be a hospital, or a clinic, or a setting. I have a staff of a 140, and the most we ever take is a little under a hundred. A lot of individual care, a lot of personal care. We have every kind of accommodation here, so that the way we base how much you pay the institute is not on what you get—everyone gets the same program. I have an equalitarian approach to this. But you can share a room and pay far less, than take a luxury villa that we have. And it works out well for us, because the people who want, you know, the more comfortable, larger accommodations, facilitate the payment for those people who are on the lower end. We’ve been very successful at what we do, and I think in great part, because the kind of people we attract are committed people who really are ready to listen to our message.

Dr. Mercola: Well, obviously you wouldn’t be around for so long if you weren’t providing or setting a value. When I was practicing, it was interesting to me that the people of any ethnic group that came into my office, the one I was most happy to see, was people from Eastern Europe, because they almost universally, almost universally, if they were born there, or their first generation was from there, knew and understood natural health. We could skip that whole conversation about trying to convince them of the craziness that Americans do. So I didn’t realize…

Dr. Clement: You and I can learn things from these people.

Dr. Mercola: Oh, we can. Life’s a journey, it’s always about learning. If you’re not a student, or something, you got to reevaluate your position. But I didn’t realize Ann Wigmore was from Lithuania, it makes perfect sense now. I did not know that, but it’s interesting to have that confirmed.

Also, I just want to state at the beginning of the interview, that I’m not a big fan of being a vegan. But I don’t want this discussion to be about that because I think, you know, we’ve shared probably at least 75 percent, or probably closer to 90 percent, of the things that you’re doing or recommending. I know, I believe, I understand, I absolutely with no doubt in my mind, I really have a massive improvement in people’s health. And really, the vegan issue is really a fine point that, you know, is just time for another discussion. So I got that out of the way.

Dr. Clement’s Views on Detoxification

Dr. Mercola: What I’d like to focus on this conversation (because it goes so many different ways) and what I’ve heard that you have great experience in is detoxification. I know that’s a big element of what you do, and I’d like to really understand your view on
it, and what your recommendations are. But typically, when someone is interested in Hippocrates, what would be the process they’d go through, and is there like a few days’ stay, a week, a month? How does that work?

**Dr. Clement:** Well, the full program that we rightfully named the “Life Change Program” is 21 days. When I assumed the directorship 31 years ago, we had a two-week program. But 25 years ago, when we moved the Institute from Boston here to West Palm Beach, I added a third week against the will of our attorneys and our accountants, and I realize within two weeks, for all those years we had only 14 days, we were not doing the right thing. And I thought, gee, we were pioneering, and then recognize that every rehabilitation center knew you had to maintain people for at least 21 days. You probably know this, that there’s some mechanism that happens in our minds—that change requires that 20, 21 days. I don’t know, there’s almost magic behind there.

**Dr. Mercola:** There’s certainly strong biological or physiological support for that, after 21 days. There’s no question.

**Dr. Clement:** Exactly. A neuron functions. But, you know, people can’t come for less time. It’s almost always our alumnus. Our alumni return here, 80 percent of them, for vacation, after they have healed cancer, or after they have healed diabetes or multiple sclerosis. So they do come. Now, the main thrust of what we offer is not all of the nice things I spoke about. It’s education. My objective as a director is to get people not to need me, the Institute, or you. We want people to be educated, to be totally responsible for their life and lifestyle. And in doing so, one of the primary biological factors is we have to eliminate waste from their body.

Now I think, too seldom people speak in serious terms about detoxification. So at the starting point, I’d like to say to you that all of us live in an invisible cesspool, and we do not know it. The air we breathe, the water we drink, the food we eat, the clothing we wear. One month ago, our latest book came out, *Killer Clothes*, telling you about how we have direct scientific evidence that clothing causes cancer and a wide array of other diseases. The petrochemicals. So all of these is taken into account here and educated. Not only are we cleansing the body through large amounts of raw food, organic food consumption, but also infrared technologies, also Vibrason units, also electromagnetic, also lymphatic massage, also deep tissue technology, also psychotherapy. All of these have a {17:13}. Also colonic therapy, also implantation of wheatgrass anally. So, down the whole list. Every possible thing that we’ve seen legitimate over the 55 years that Hippocrates have done its work, we’ve adapted and utilized and embraced.

Now, why are these toxins so vile? Well, I’m going to say is as clear as I possibly can, that the vast majority of cancers you see today are because of heavy metal toxins and chemicals in the environment. And these heavy metals that come from all the different avenues I just expressed, literally, when they get into the body, they fester. And they fester in a way they mutate healthy cells. So the red blood cell consumes it, thinking it’s a nutrient, when really, it’s a chemical, (and we now have the science on this over the last decade) and when the body cells absorb it, the cells start to become like a drunk, act abnormal, and eventually spin in the opposite direction, then before you know it,
you’re in an oncologist’s office, and she or he is saying to you, you have a tumor mass. You have a cancer.

So, this is one reason. I believe it has a lot to do with multiple sclerosis, Parkinson’s disease, Alzheimer’s disease, ALS. All of these learning disorders, no question. We know that with just 17 little particles of lead, in the body—that you can reduce, for every 17 little micrograms of lead in your body, your IQ by 10 points. Now, think of that. How many of us would have been much brighter if we didn’t grow up in a time where they used lead paint or lead in the automobile fumes? So, we are detoxifying disease-causing elements from the body.

Also, the obvious: the animal fats that people over consume, the toxins due to the fact we don’t do aerobic exercise and lift weights the way everyone did—we didn’t need gyms in those days. Everyone was a farmer, so everyone did aerobic, everyone. We’re the first generations, the last four or five that do not do aerobic and weight-lifting exercises. We encourage that.

We also understand that in the fats and in the poisons, you have the body producing an awful lot of abnormality in biochemistry that it didn’t do until we had adapted this very sick Western eating habit.

Uric acid: how many of us see gout in medicine today? My lord! I used to see gout rarely, now I’m talking to somebody with gout twice a week. All this is uric acid that people consume from animal food consumption and even bakery goods. You can be eating a ‘‘healthy’’ diet, be a vegetarian, and end up with uric acid from bakery goods. I guess the most notable suspects are obviously the animal fats in this one, and the animal foods.

**Dr. Mercola:** Fructose, too.

**Dr. Clement:** Fructose. Fructose is so scary. That’s a subject you have to get Michael Pollan on, he’ll knock everyone’s socks off on that one. We do a lot on every area we possibly can, but I think probably the most important thing we do—and I had to learn this the hard way, I came from a biological and nutritional background—I didn’t realize that psychology had so much to do with everything.

So when I began my work, you know, back 40 years ago, I would be disappointed when I had people on very clean diets, and they’d exercise, and they didn’t get well. And then I started to recognize, “Wait a minute, how about, every time I talk to this person, they’re talking about they were abused as a child, or their father was a drunk?” And so, wisely, without knowing what I was doing back in Boston, in 1978, I hired our first psychotherapist. And that is something that everyone receives here, because until a person changes her mind or his mind, they’re not going to change their lifestyle, and they’re not going to leave here and want to be independent and want to be self-motivated.

**State-of-the-Art Technology at Hippocrates**
Dr. Mercola: That’s terrific. I hadn’t realized that you would adopt and incorporate so many healing tools, like the Ondamed and the Vibrason. Actually, what is the Vibrason?

Dr. Clement: Vibrason was a manufacturer. We’re going to be doing our Malibu or our California program in August, and the gentleman who invented that will be part of that program. What this is, it’s a very interesting tool. You get into a machine that sort of looks like a rocketship, your head standing out. And of course, they put nice music on, so you feel comfortable. And the entire unit vibrates at very high speed. It’s thousands of rhythms or vibrations a minute, so your entire body and the cell structure of your body now has electromagnetic frequency being imposed on it. So what you see—and we’ve done this with the dark field microscopic analysis about a hundred times—once you get people on that, and they leave it after a few minutes, you see cells that were coagulating, in rouleaux, as we call it, that were now independently flowing and glowing the way that cells are supposed to. You start to see more of a nutrient absorption.

I did a study back in 1998, where I took 183 different people and I actually put them on Vibrason, 183 people not on Vibrason, and we compared, and the people who were literally on Vibrason five days a week, for no more than 15 minutes a day, what we found is that they had a 23 percent higher absorption of certain key nutrients, like amino acids, in their body, and certain minerals. So it helps by getting the charge of the cell to wake the cell up, like you and I when we’re awake, we’re more active, we’re more functional, we’re more capable. The cell is the same as we are; we’re reflective of the cell.

We also use something called BioFour, that we went all the way to Europe—we’re all being a couple of days on an eight-country tour again. We brought back BioFour. It’s a state-of-the-art that comes from mainstream medicine, that they use in more legitimate nations in the world to activate biofrequency of all the cellular and organ systems of the body.

You and I ought to stop a minute for the listeners and explain that your body is made up of a hundred trillion cells. And when I look at your skin—it’s the largest organ—there’s maybe a trillion and a half, depending it upon your average height, like you and I, or if you’re 6’8 and 300 pounds, it may be two and a half trillion cells, three trillion cells. Every pit of your bones, all are cells, and every one of those cells have one important factor: they are working on electromagnetic frequency. The structure, the actual physical structure, the flesh of the cell is built of proteins as a fibrin, and then the vitamin is a covering, like a tent covering, and then you need essential fats as a fuel, glucose as a fuel, you need oxygen as a fuel. When you have all of these in a healthy cell, you’ll never get a cancer, you’ll never get a diabetic, you’ll never have viruses. But because of everything we’ve mentioned earlier, and stress being at very top of the list, where we stop breathing, we’re contracting, we’re not eating well, we’re not sleeping well, what’s happening is these cells become abnormal.

Now everything I can possibly do during the people’s stay here to slap those cells in the side of the head with nutrition, with psychology, with electromagnetic frequency, with
cold laser, the latest addition we had. I had it years ago—I threw it out, it didn’t work. I brought it back in, state-of-the-art now. And we see, actually, physically see in a short period of time, in a matter of days, a complete reversal and renewal of the cellular system of the body, allowing the organs, the skeletal structure to start to work in the way that it’s meant to work.

**Dr. Mercola:** Excellent. That’s really phenomenal. I guess I’m not surprised, but it’s delightful to see that you’ve adopted and are continually integrating the newest adaptations of technology. One of the newer ones that I’ve ever been familiar with, I wonder if you’ve looked at or explored, is grounding or earthing. Where you get this flow of electrons into your system, and it tends to address the rouleaux formation that you’ve mentioned, because these electrons decrease the potential of red blood cells and cause them to disassociate from each other.

**Dr. Clement:** What’s really interesting is, you know, now we need technologies because we’re sitting in a desk—like you and I right now—or sitting in front of the television watching a video. Everyone walked with bare feet, everyone grounded; we didn’t need a 200-dollar device in those days. So my first advice, if you live in warm enough climates or even when you’re home at night, take your shoes off. My second advice is, don’t put anything but natural flooring and certainly natural carpeting, walls, etcetera in your house.

Now we get to the technology, and since we’re sitting behind desks, and since we’re all stressed, why not get these technologies? One of the problems I’ve seen in years I’ve done this work is that there’s a lot of charlatanism that goes on with this. So before you go and buy the technology, the first and most intelligent question is ask a Dr. Mercola: have you studied this? Ask Hippocrates Health Institute, have you studied this? And if we have, and we’ve looked at the science and we give it an OK, then it’s probably pretty much okay for you to take.

If you’re more scientifically inclined, you don’t need us. Basically ask, “Can you give me the science on it? Can you show me the research that either made you, impelled you, to make this product or by the way that you did to develop this product?” If you can get these and use them, why not do this? Now, it’s not going to do nearly as much as an electromagnetic device that you can impose on particular and anatomical places, but it’s certainly going to do an awful lot systemically, throughout the system.

**Dr. Mercola:** Excellent. Well, thank you for those comments.

**The Hippocrates Detoxification Program**

**Dr. Mercola:** So I’m wondering if you could run us through the process of what your typical detoxification protocol is, because there’s a lot of controversy on this, and I suspect that you would probably agree that there’s just not one way to do it. There’s just many ways to get to the same end result. But you know, over the 34 years—well, almost 50 now—that Hippocrates has been in place, you’ve probably evaluated many different protocols. And it’s clearly obvious you’re committed to changing, because there
are some clinics that I can think of, some cancer clinics that the founder developed one thing, and they don’t change, they just continue using the same process. And you know, I think that’s kind of sad, because it did work at one time, but if the founder was still alive, he’d probably be adapting and modifying it on a regular basis—which is good to see that they have found someone like you to change it, because I think Ann Wigmore would have done the same thing, but she’s not there. But they found someone who could, you know, replace her to do that, so that’s great.

Dr. Clement: The first thing I’ll say to you, that I agree, that there’s a lot of things that are dangerous. Let’s forget that there are different opinions. Water fasting is dangerous. How I learned that is quite simple. I was a big advocate of water fasting. I actually had conducted a 40-day water fast myself, placed thousands of people on water fast back in the 70’s. I was invited to direct the original Raw and Living Food Center, and it wasn’t here in the United States, it was in Denmark, in a little town called \{28:47\}, and it was founded 92 years ago now by this wonderful medical doctor, Dr. Kristine Nolfi, who at the time was told she had cancer. She read a book about raw food consumption, got a rowboat, and stayed from the end of April to the beginning of October in a little island between Sweden and Denmark and came back well. Because her colleagues were not that enthusiastic about her approach to this, she literally left medicine and opened this center.

When I was there, what was really unique for me in my young experience at that point (1976) is that everyone I had worked with pretty much in the United States in those days were really, really sick before they would come to Hippocrates. It wasn’t the same awareness as you understand as there is today, where people are doing this for prevention. You have to be told by some doctor “You’re going to die in 24 hours.” “Okay, okay, I’ll come to Hippocrates,” they’d say.

So now I’m putting people on water fast who are healthy, because in Scandinavia, centers like Hippocrates are where people come for holidays. As a matter of fact, we get Scandinavians here all the time, who love our pools, love our oxygen pools, our saunas, our steams, our fun, our music we have here \{30:00\}, and all the other things. So they come here for holidays. So I’m putting people on water fast that are not already lying down with their tongue hanging out, and guess what? Some of them started lying down with their tongue hanging out. And I said, “Wait a minute. Maybe this idea that water fasting is the best and purest is not what I think it is.” And I checked the statistics that still stands today, that here in the United States, in many Western European countries, we have far more malnourishments than do many third world countries, where part of the population is starving. Why? Because the rest of the population is eating whole food diets. They’re exercising. So most people on health food diets here in the West are eating junk food diets. One of the many courses we give we take people to an excellent health store. We show them 85 percent of what’s in here is not edible, not healthy, starting with the supplements section in most cases.

Now, with that said, if you are already starving and malnourished—and by the way, when you’re malnourished it’s the beginning of diseases. A hundred years ago, they
never questioned that beri-beri or many other diseases came from malnourishment. Today, somehow we forgot that in mainstream medicine. And how about if you starve yourself further, is it good?

So if we are going to fast people, we don’t fast everyone. A person who’s emaciated, a person who has advanced HIV or diabetic conditions—you don’t put people on fast who have that. But if they are strong enough to fast, you put them on green juices, something that has a good strong protein in it. That’s going to balance their blood sugar and stabilize them, so they’re not like a yo-yo, up and down, thinking they’re starving and thinking they need food. The most we fast people here is one day a week, and not everyone.

The Benefits of Getting Infrared Saunas

Dr. Clement: Number two, saunas: Wonderful. I, by the way, take a sauna 365 days a year. I travel 200 days a year, and one of my only stipulations are, I don’t come anymore unless you can provide a hotel with a sauna in it. I’m that committed to the importance of that.

Dr. Mercola: I didn’t realize most hotels have saunas.

Dr. Clement: They don’t. You know, it’s my poor assistant here who always calls me “the sauna nut”. (laughs) So when I’m in the city, she says “You have to go six miles because, you know, but you can find them if you look.”

Dr. Mercola: Okay, so it’s not necessarily in the hotel? It might be a peripheral place near the hotel?

Dr. Clement: Absolutely, and they’re hardly ever infrared saunas, they’re usually the standard Finnish saunas. So we don’t put everyone in the sauna here. How about if you have a weakened person or a person with a cardiovascular concern? But the vast majority of people we can put in the sauna, and, boy, can you expedite the detoxification process.

One of my good colleagues, Dr. Coyne, who should have gotten the Nobel Prize as the great American physician, the only physician I know that has five specialties in medicine. If a guy has two, he’s a genius; this guy had five. He helped to invent MRI with the Siemen companies. Virtually single-handedly created virtual colonoscopies. And he’s a humble, beautiful, wonderful guy. Years ago, the FDA picked him as the leader of a token study they did on hyperthermia. Now you know, Dr. Mercola, what that is.

Hyperthermia is commonly used in civilized nations in Northern Europe if you have cancer or viral disease, where they inject you with an anti-convulsion medicine, and heat your body up five or six degrees. And we know that half a degree starts killing cancer cells, and virus cells, and bacteria. So, enough Americans were squawking to the Food and Drug Administration so they did a token study and put this glorious man in charge of it and six other physicians around the country. He came to me after the five-
year study and he said “Brian, tell people they don’t need a doctor to give them a medicine, and they go up six degrees a week. Get them into an infrared sauna for 15 to 20 minutes, six days a week, and it’s far more benefit.” And going back, why again? We’re not only getting rid of the heavy metals, and the chemicals, and the fats, and everything else, it’s actually melting some of those in your body (virtually rather than literally) you’re also killing viruses and killing bacteria, the microbes and killing {34:14}, the Lyme’s disease, and even killing cancer cells. And this is not only we saying it; it’s also mainstream medicine in other places, where money is not as important as people.

**Dr. Mercola:** Well, it’s not the motivating priority, if you put it that way, that’s for sure, which is unfortunately the pervasive modus operandi for most traditional medicine. And in a way, that is not necessarily even understood by the physicians who are practicing, because it’s coming from levels two or three…

**Dr. Clement:** It’s not the physician.

**Dr. Mercola:** It’s not the physician, yeah, it’s not the physician. It’s the corporate influence. But the devils in the details, and I really would like to focus on this detox, so infrared sauna is clearly one of them, it seems to be a really important strategy for many knowledgeable detoxification experts. So I’m wondering, I have a few questions on that, if you could differentiate. I mean, there’s clearly value for increasing the core body temperature. I’m wondering how you would compare the benefits of infrared sauna relative to someone who’s doing an intensive cardiovascular exercise, which would also increase the core body temperature, and you know, the differences between that (we’ll go into some more details on infrared sauna, but let’s address that first).

**Dr. Clement:** Well, the German studies that were published about five years ago were really enlightening to me. If you take oxygen, you know, an oxygen condenser (as we have here in our gym) and put it next to a good aerobic piece of equipment—now, I’m not a fan of treadmills, although we have one. People require them, so we have them. I like elliptical machines. If you look at the new Precor, where you’re floating in the air, this is a no stress, or a low, low, low stress aerobic exercise. When we get people to inhale oxygen when they’re heating their body temperature, their core temperature up, with it it’s about the same detoxification less by 15 percent, 17.2 percent, to be exact, as you would get in an infrared sauna. It’s approximately the same as you’d get in the Finnish sauna. Now, you and I ought to describe the differences.

**Dr. Mercola:** Sure.

**Dr. Clement:** Old type of saunas heat you from the outside in, like an oven would heat you. The infrared sauna heats you from the inside out. Now, one thing I learned (I was naïve to this), is when I went to rip out my old sauna in my sauna room, a knowledgeable person said, “Why do that? Leave the old sauna in and the new sauna, then you’ll probably spike the temperature by another one-half of a degree to three-quarters of one degree. And so, both are better, but you don’t have to have both. At least the infrared.
Plus, infrared free-standing saunas today are affordable. There’s hardly anyone listening today that shouldn’t consider (if you have the room) putting one of those in for your family or yourself. So, there’s a comparison that we can make. I’m a major fan—you may be a runner, I don’t know…

**Dr. Mercola:** I used to be. I used to be for over 40 years, but I’ve realized, as I’ve grown in my health journey that cardio is not necessarily the best way to exercise. There are probably better ways, like high-intensity anaerobic and strength training, and such.

**Dr. Clement:** I mean, let me tell you, I have the poor people come in here. They did everything right. I mean, you know, they’re like saints. They ate the right food, but they ran even with 500 dollar shoes, and they’re here with cracked bones and arthritic conditions, and so that’s why I don’t like that so much. But let’s not labor over that.

**Using Steam Baths, Jacuzzis, and Whirlpools**

**Dr. Clement:** Another thing is, let’s talk about other methods that are well-known. How about whirlpools? Well, a little book I wrote 25 years ago, *The Hippocrates Health Program*, I described the differences between whirlpools/Jacuzzis (the same thing), steam baths, and saunas. I just described the sauna.

A steam bath, by the way, takes care of water-based organs. So we have lung problems, kidney problems, bladder problems, and especially if you can put essential oils in that. Boy, does it help water-based organs. So, any discomforts or disorders that you have in those organs, that’s the best way to go.

The last one, whirlpools and Jacuzzis, are great for lymphatic problems (the lymphatic system, and pushing it and pumping it) and neurological problems. Now, whichever one you dislike is what you need. I hate Jacuzzis. You get me in a Jacuzzi and I want to pop out in two minutes. Why? I’m like this all the time (waves hands). I have a lot of energy, I want to move—it’s too relaxing for me, I think. And so, that’s really where I should spend more time.

And of course, the problem with most Jacuzzis is they’re filled with deadly chlorines and God knows what else. As you know, recent years, every water system on the planet they tested, they find shocking amounts of pharmaceutical drugs that don’t break down for hundred thousands of years. So, in your tap water, you’re getting that, plus the chlorine they put in. So I’m a big fan of these levels. Now let’s talk about body work.

**Safe Hydrotherapy Tips**

**Dr. Mercola:** So how do you address it? How do you get a healthy Jacuzzi? What’s your strategy for that? Because hydrotherapy is helpful, but you need to pay attention to details.

**Dr. Clement:** Exactly. Now, hydrotherapy, if you can buy one, you can put a bathtub in your house, that’s a Jacuzzi, or a whirlpool tub. And by the way, you can filter the water that’s going into the tub, and you can put essential oils in, and that’s the best way. If you
cannot afford it, you can possibly get together in co-ops. You know, there’s communities now that have 10 health-minded families within a three-block radius. Well, get together and buy a whirlpool. I’ve seen communities do this, where they put in in one neighborhood, one week—or not one week—two months, and another neighborhood the next month. This is a community activity. But these are not expensive. You can buy these for, you know, 25 to 35 dollars a month, on a payment plan. So these are almost essential things we need to live in a cesspool world we reside in today. People take this as a luxury—this isn’t a luxury, this is almost a necessity at this point. This is why I don’t miss saunas.

**Dr. Mercola:** Are there any strategies for hydrotherapy in a commercial setting? Obviously, if it’s your home, you can filter the water and dispose of it. But in a commercial setting, it’s a bit different. So what type of processes to distillate water?

**Dr Clement:** Here in Hippocrates, on all of our eight pools, we have Ozone. Now, in many nations all over the world, because socialized medicine makes it so that it’s good to keep people healthy, they allow and encourage Ozone filtration. Now, Ozone filters the water far more than bromine and chlorine does, far, far more. As a matter of fact, when I saw the initial data on this, years ago, I was shocked. I thought somebody was fabricating numbers on me, that it’s, you know, four or five times more disinfecting to the water. You can’t have a microbe in it. You can drop infection intentionally into a pool with this in it, and within a split second, it’s gone. And so, every one of our pools have that. And it has a therapeutic value, too. You’re going to absorb a little bit of oxygen—not a lot, but a little bit, within the membrane in the skin. That’s number one, and all of your pools can have that for about a thousand dollars now. So if you have your home pool, you can do that.

How about if you have a public pool? How about if you live in a complex? You know how many of our guests—it must be 50, by this point—that went back because they have the money and pulled the checkbook out and said, “By the way, I’m donating to this complex an Ozone generator, and we’re going to save whatever several hundred dollars a year on putting chemicals in, and our health. I’m donating it to you.” Other people who don’t have quite the resources went back and got five or 10 people living in that community and pooled together money, a hundred dollars each, and they ended up swimming in healthy. You not going to have everyone agree with it, there’s always going to be somebody out there squawking about it. But on the other hand, most people who have a little common sense would agree with this.

The other thing we have to do in a public pool—Even though we’re a very private organization and institute on a tropical setting or resort setting, in the public, they call us our public pool, we have to put a system in they call the pilot system. Now the pilot system works with salt and electrodes. And so the electric and the salt come together and they make a form of chlorine, that, interesting enough (and I’ll say it very low, so nobody out there hears it), the Ozone kills. So by law, I have to put something that it perceives as creating chlorine, and it’s us, but the Ozone literally wipes that out. So I have a dual disinfecting agent here. At home you don’t need to do that. So in your public pool, that
unit may be cost 1,500 dollars, the Ozone may be cost 1,000 dollars. For 2,500 dollars and for savings of hundreds and thousands of dollars over the years, that’s how you do it.

Dr. Mercola: Terrific. How do you address the algae problems that don’t seem to be sensitive to the Ozone?

Dr. Clement: Well, what you do is, you put peroxides in. If you saw how inexpensive peroxides were to buy, 50 gallon drums and stick it in the garage or in the community shed, you’d be surprised. Put a gallon in there. If you live in a place humid like Florida or Chicago in the middle of summer, you’re going to have to put it in Monday and Saturday. If you live in an arid climate, Arizona and Israel, you can put it in once a week. More humidity, more of these algae problems.

Dr. Mercola: Wow. And is this peroxide like three percent, 10 percent, 20 percent…?

Dr. Clement: Oh, no. This is commercial peroxide, so it’s much more than that. I don’t actually know the number, but it’s more than 10 percent.

Dr. Mercola: Okay. I wasn’t aware that the peroxide would do that. That’s interesting, because from a biochemical perspective, it’s still an oxidation process. You would think that if the Ozone didn’t, then why would peroxide. But I guess it has a much different mechanism.

Dr. Clement: It’s different, you know. What it’s doing, it’s shocking.

Dr. Mercola: Yes, yes, it’s a shock. That’s what it is. So you just go to this high level and you can shock with the peroxide where you can’t with the Ozone. That’s fascinating. Well, thank you for that. It’s been a challenging issue for me for a long time, I didn’t realize that an answer was found, so thank you for elaborating on that. I really appreciate it.

Dr. Clement: You’re welcome.

How to Use an Infrared Sauna

Dr. Mercola: So let’s get back to the sauna. You’ve established that the infrared sauna is probably a bit better than exercise. But exercise would still do pretty similar things, one of the reasons why I hadn’t pushed it for myself personally is because I was doing it, but now that I’ve shifted away from running, it’s probably wise to get back to it. But what are the specific details? I mean, obviously you’re committed to doing it every day, and have been for the most part. What temperature setting do you use? How long do you go into it? What type of parameters do you use to adjust for it? and how do you know when you’ve gotten a good treatment?

Dr. Clement: Good question. Number one, if you’ve never taken a sauna before, the last thing you do is spend more than a few minutes in there. Three minutes, four minutes, out you go. The next time you go in, try to add 30 seconds. So slowly work
your way up. The ideal time to go into a sauna is 15 to 30 minutes. Obviously, at the lower end if you’re a newbie, at the higher end if you’re more seasoned with this. If you’re in an infrared sauna, 160 to 180 is good for the vast majority of people. Very few people, if any, need below 160. You may have somebody who’s a 100 years old and a little feeble, but strong, you may want lower. But that’s the exception, and not the rule.

In a normal sauna, because you need some permeability, you need to get that into you, the heat, you need to go a little higher; you have to be about 180 to 190 for that. And you have to stay at a shorter time, because it’s a little bit more intense. If you’ve noticed, you get into those and you’re blasted sometimes. So in there you would stay between 10 to 20 minutes; again, newbies, 10, seasoned, 20 minutes. What’s interesting is you’ll actually detoxify more, if you have a choice, with the infrared sauna. And infrared saunas, if you went out to buy one, are far less expensive, by the way, than the normal saunas today. But, don’t forget what we said: Mixing both together gives you the optimum benefit. Heating from the outside and inside spikes it up between a half to three-quarters of a degree higher.

**Sauna versus Exercise**

**Dr. Clement:** You said something, and let me not get the people confused. You and I, we’re not talking about taking a sauna versus exercise. I’m a major, major advocate of exercise. I lift weights three days a week, I do aerobics, five to six days a week, as my good colleague and fellow researcher (we’ve done work together) Dr. Kenneth Cooper. He’s shown us that everyone to maintain—forget “get healthy”—you need 35 minutes of aerobics, five days a week. That’s minimum, and that’s not the best, because you know, an hour is better. And you need to lift weight. Every osteoporosis case in the world is weight-lifting deficiency. How do I know that? After working with 11,000 people, nobody gets well eating exactly what I tell them and taking the supplements I tell them. They do the two things I tell them: Take those and lift weight, they all get well.

A classic case, we had a woman here, beautiful lady, 95 years old. Phyllis from Boston. She was a child protégée, a concert pianist. When we had this sophisticated bone density test that you don’t have to scan the body anymore—You’re probably familiar, you put the hand in. It’s more accurate than a whole scan. This poor woman had 50 percent bone density. We were afraid she’d sneeze and fall apart. So they had here come into my office, and she’s much smarter than all of us, so she said, “What do you have me here for?” So she knew the jig was up. I said, “Well, your bone density is in severe problem at this point. You have to go in and you have to take weight lifting classes with our exercise physiologist.” Saying this to this wonderful lady, 95 years old lady, I might as well have cursed at her and told her she had to drink whiskey or something. So she stumbled out of the office, came back an hour later indignantly and said, “Because you said I’m doing it and because I’m spending money to be here, I’ll do it.”

Well, what was wonderful about this, as she stayed with us a total of six more weeks—that was a long stay, an exception—and we did the bone density test again, this 95-year old lady increased her bone density through light and progressive weight lifting by 21
percent. So that was the best, although I knew this, it was real, boy, did that teach me something I couldn’t have bought any other way.

**Getting Rid of Toxins through Saunas**

**Dr. Mercola:** That’s terrific. So with this infrared sauna, what types of toxins are released? Obviously, they’re volatilized through the skin (excreted through the skin). Is it heavy metals, is it volatile solvents? What’s coming out?

**Dr. Clement:** Every single one. The most notable, of course, would be the mercury and the leads that are still pervasive. The ketamines that are out there, you know. If you look at… Even calciums. One thing people do not realize, we’re insisting people to take calcium. I do Spectracell testing here. As a nutritional scientist, it’s the only test I’ve ever used in 40 years, because every other test is pretty much a fraud, as far as I’m concerned. This one literally takes blood, as you know, cuts the leukocytes (the white blood cell) open, and sees what you’ve absorbed. I don’t care what you’ve taken; I care what has been absorbed. And I don’t find people with calcium deficiencies.

I remember, people don’t come to Hippocrates who’ve all eaten good diets and exercised. More than half of our people, because they’re sick, literally ate horrible diets. And I’m finding even people on horrible diets who hardly have calcium deficiencies. Now, they do have magnesium deficiencies, silica deficiencies, strontium deficiencies—that’s what we need to talk about. So with that said, if you take calcium supplementation from the conventional source, and my book *Supplements Exposed* address this well. My book *Supplements Exposed* is my decades of research into showing you how fraudulent most supplements are. How they’re made out of petrochemicals, and coal tar, and turpentine—Vitamin E is an example. What happens is that if you look at calcium, the two most common, 88 percent are made either out of oyster shells that are totally indigestible or chalk which is a known carcinogen. Now, this is insanity, and how we allow this is corrupt, but we don’t get into that today.

What I can say to you, all that calcium that you consume, the milk that you’re taking, that your body cannot consume, et cetera, lodges inside of the muscle. A lot of these muscular diseases we have today, and painful diseases, like fibromyalgia, I’m absolutely positive, because of what we’ve seen through detoxification, that you can detoxify even those indigestible, unneeded, unwanted calciums.

So the notable chemicals—my God! Nobody knows, every year we introduce 2,000 new chemicals into the environment. But what happens when you put one or two or five or ten chemicals together? Do not they spawn additional chemistries? And the answer is yes. What happens when we go back to the water systems and we look at the pharmaceutical drugs—that the first pharmaceutical drug that was ever taken in your geographic area is still in that water? And it’s mixed with every single pharmaceutical drug anyone’s ever had. What does the steroid and the antibiotic become? What does an antidepressant and a chemotherapy medicine become? And this is the kind of thing that comes out of the body.
A lot of times when people detoxify, you feel like you’re having surgery conducted without anesthet. I mean, I was a heavyset—forget heavyset, I was obese. When I began all of these, I was a fat guy, smoking three packs of cigarettes a day. And I can tell you, when I started to detoxify, nobody told me I was detoxifying. I thought I was dying. I literally had heart palpitation. The odor that expelled from my body was so foul I had to open up the windows when I was in the bathroom. The perspiration (I was a youngster, I was in my early 20’s) that poured off my body was profuse. Can you imagine the amount of waste that I had collected in 20 years in my life? What happens if you’re 40 or 50, or now you have cancer, and you’re 60? Sixty is like I am, and people walk in here, and they don’t know what you and I are talking about, and they haven’t exercised.

Well, I believe there’s no question that the vast majority of catastrophic disease today comes from toxins. Poor diet and toxins. And how I can say this definitively and debate this anywhere on any world stage and win the debate is because a major core of why we’ve had people reverse catastrophic disease by the tens of thousands—this is not an enigma here, this is something that’s common here—is because we’ve helped to detoxify the body and rebuild their body with proper nourishment, proper thought, movement, and expedite that process with a lot of very interesting technologies. The technologies aren’t what we should give focus on. It’s the lifestyle.

Cleanliness and Safety Concerns when Using Saunas

Dr. Mercola: So again, paying attention to the details of the sauna, I just want to have some more questions. You’ve made it really clear that these chemicals and heavy metals are excreted, and volatilized and escape the body. So they have to go somewhere, they’re most likely being deposited in the sauna. So I guess if you’re using your own personal one, is there a concern, certainly if you’re sharing you should, do you have any recommendations to clean the inside of the sauna, so you don’t essentially reabsorb that crap back into your body?

Dr. Clement: That’s a good question. Number one, we should bring towels in with us. And we should only use green products. You know, the first green product I heard about was, 1967, one of my older friends dragged me to a Shaklee meeting. And interestingly enough, I view Shaklee ever since. Green product. And so, you clean the inside of the sauna with their green disinfectants, and other companies. There are many you can get at your local health stores and online today. You also carry towels in, you use towels, so that your perspiration is not going to be remaining behind but will be immediately placed inside of your washing machine, and of course that flushes out. You also make sure that you’re cleaning the walls, periodically sanitizing the walls with a non-toxic, certainly not chlorine, but a non-toxic substance.

Whirlpool tubs. Now, that’s even more important to talk about. I know whirlpool tubs at home, you really should consider dumping them—if you have a family of four or five—on a weekly basis. Dump them out, flush them away, clean them of course, and then put new water into it, and make sure that water’s filtered. Today, you can get good enough filters to take out the majority of deadly chemicals.
Integrating Other Detoxification Techniques with the Infrared Sauna

**Dr. Mercola:** Terrific, well thank you. Now, how about integrating some other modalities into infrared sauna? I’d interviewed Dr. George Yu—you might be familiar with him, he’s a surgical oncologist out of Washington D.C.—There’s a lot of detoxification. One of the strategies he was using was, I think some were based on scientology, where they integrate the niacin, \{55:19\} of niacin, working up the way to 5,000 milligram, which of course needs to be done slowly and carefully. But then also incorporating that with aggressive exercise. I forgot the timing, I think the exercise was first, you know, they’d really get the heart rate up there pumping, and then go into the sauna. So, it’s that synergy that they saw a dramatic increase in the amount of excretion of these chemicals. I’m wondering what your experience with that is.

**Dr. Clement:** Well, number one, Dr. Yu’s a close colleague of mine. He just \{55:45\} on an upcoming book on sex, health, and happiness. And we’re in the middle of a research subject, project, with the University of California that I mentioned earlier, on low-caloric. I love Dr. Yu, and as a matter of fact, what he did is he recently introduced me to the young man that was really a patriotic American. That went up to New York and the first attenders after 9/11. Many of these people were sick, and he offered, for no charge, for free, this beautiful young guy, them to get into saunas. One thousand people, practically every single one of them, now no longer had the symptoms. Where the poor people that didn’t know about that or haven’t accepted that offering basically are still suffering with the toxins from the burning building that was going on there and God knows the fabrics, and everything else involved.

So, niacin is good. My concern is always that we find a biological or whole food form of niacin. My problem with niacin in the petrochemical form and almost all niacins are petrochemically-made. They’re a complex compound of formulization that we mimic nature, but they don’t have the symbiosis or the ionic effect that whole food supplements would have. When you have that, if you have a person with a severe cardiovascular or neurological concern, it can actually \{57:07\} those people to a point where it could be dangerous. So with the whole food niacin, you may not get the 5,000, or 10,000, or 15,000 milligrams like they are, and that does have a good effect, by the way, because it circulates and moves things through and opens up the capillaries. As you know, the whole effect of it is opening up capillaries and releasing more waste. You can do a much better job with a lower amount and a whole food supplementation.

Another thing we do here is we encourage massage when you’re in the sauna. Well, if a massage is good when you’re outside of the sauna for detoxifying, it’s two times as good when you’re in there and heating up the body. Just like you and I know, if somebody wants to ask me a question and get a good answer “yes”, they better do it when I’m sitting out and getting some sun, cause I’ll say yes to anything, then. When I’m cold and contracting, my answer is “no” all the time. And so, the body’s the same. When you relax, you’re going to loosen up and let things come out.

The other thing we’ve learned is, minerals. The most important minerals are the electrolytes. Now, one of the problems we have is that even in biology today, they’re
teaching the young students the wrong information. They’re saying sodium’s an electrolyte—it really is not a traditional electrolyte. Sodium is working with the lymphatic fluid that literally is this antiseptic effect of the lymph glands. But the three electrolytes that you need to take when you’re taking saunas, and certainly the type that Dr. Yu is employing, where they’re going into for long periods of time, coming out short period, going in long. Your electrolytes are going to pour out of your skin. So you need calcium, magnesium, and potassium. And even healthy people, if you don’t have those when you’re taking a sauna, and these should be whole food ionic forms of these. There’s great ionic companies out there, just get on the Internet and look at them, you may even offer some.

Basically, these are mandatory if you’re going to take saunas. I mean, these are things I take just on a daily basis anyway, along with my other whole food supplementation. That’s important. So, massage in there, proper supplementation, and by the way, we have not only the well-known Chi machines that detoxify poison from the feet, and many people listening don’t know why, but the feet have the largest pores on it. The largest pores mean the most waste from your body can be released from your feet. That’s why you smell people with stinky feet when they’re toxic. Well, if you get them into those ionic baths and the magnetism is pulling out waste—it’s great, but we added an extra advanced feature on it. We put little rattlers on it, and these rattlers, when you put your feet into these baths, stimulate the electromagnetic frequency of the meridian system of the body, and you get about three to five times more toxins out of the system than you do just putting it in the ionic bath. And they’re actually called rattlers. I tell my people, change the name. Who would want to put their feet in with rattlers? But it does work. And when people are really strong, we put these into the sauna with them, we encourage them to take it.

Now, remember, this detoxification subject can go completely crazy too. People can say to themselves, “I’ve got to detox for the rest of your life.” No, you’ve got to live well for the rest of your life. Other than doing saunas on a daily basis, I don’t take enemas. I don’t take colonics anymore. Why would I need to? I eat properly, I exercise, I’m in love with my wife. I have a happy existence. I have four children, you know. I love the job I have. So I’m not needing those. But initially we need these. Don’t become a fanatic or a zealot with detoxification. But it’s certainly important, and always do it under the care of a sensible person. As we recently saw in the horrible story with this so-called spiritual leader, demanded that people stay into a sweat lodge, and two of the people died. This is zealotism, and you cannot be a zealot. You got to come about, come into this knowing a little bit of medical and physiological history of the person. And understand if the person is emotionally prepared to detox. I’ll tell you, the first time I got into the sauna, I wasn’t a happy camper. Somebody had to practically hold my feet to keep me in there.

Dr. Mercola: I have a few follow-up questions. So one, it sounds like, although many people seem to benefit from these enemas or coffee enemas, at least initially, it may not necessarily be long-termed, your impression is that the sauna is a good long-term strategy if you’re healthy. And secondly, I wonder if you could expound on the rattlers,
because I don’t understand what it is. Is it a device you put in the bath to soak their feet in?

Dr. Clement: Yes. You know the baths, they’re called chi machines, or whatever they are. They just look like foot baths and they have generally magnets, electromagnets, on the bottom that pull. But on top of what you have in there, you put another device in that literally shakes. It creates electron vibrations.

Dr. Mercola: Is it shaking the machine or the water?

Dr. Clement: Not the entire machine, the water on your feet. Your feet rest upon that, yes.

Dr. Mercola: Okay, great. And then, it would seem to me one of the reasons why the niacin works is because it’s a vaso-dilator, it expands and opens up the capillaries, as your reference. But another important natural vaso-dilator that doesn’t cost anything, except for the equipment to set it up with, would be grounding. So I’m wondering if you’ve explored this grounding, it seems to me anyone in the sauna should be grounded.

Dr. Clement: Absolutely. Well let me tell you, what we just spoke about, with the rattlers, that grounds you. At a very high \(01:02:33\) Maybe you don’t need to get the rattlers—they’re fairly expensive, by the way. So why use it. So, yes, you can put a grounding device in there and you’re going to get more of a benefit. But make sure you put a towel over the majority of that device.

Dr. Mercola: Okay, great. That sounds like a very powerful strategy that really should be seriously considered by anyone who’s really committed to optimizing their health on a long-term. Because, as you mentioned earlier, it’s just really virtually impossible to avoid exposure to these toxins because they are pervasive. Even if you’re committed to living a healthy lifestyle, you almost have to be a hermit not to have some type of rare exposure to them.

Dr. Clement: You have to be a nudist living somewhere in the Himalayas.

Dr. Mercola: Yeah, something like that, the equivalent.

Dr. Clement: Yesterday, I had a meeting by phone with an Eastern Canadian. And this gentleman helped to put together 70 little businesses called detox centers. Now, listen to this, this is interesting, I just learned this yesterday. Throughout Eastern Canada, mostly in the Toronto area, they have these centers where businesspeople come in during the day for 30 minutes. They put them in infrared saunas, they put them on grounding devices, they give them showers, et cetera. And he has figured this whole thing out: if you keep people in an infrared sauna for less than 15 minutes, they don’t profusely perspire at lower temperatures. But then they encourage the people to do it several times a week, he said this is a smashing success. So people are ready for what we’re talking about. And I said, all of your people are obviously not committed health people, and he said, no. He said they’re stressed out businesspeople that just feel the
benefit of it. So we’re ready, the world’s ready for what we’re now talking about. But then again, there are too few professionals, and too few doctors that understand the benefits of this and the hazards that may come if you do it the wrong way.

Dr. Mercola: Sure. Just one last question on the sauna, because I think it’s really important to understand the guidelines on how to implement it and many people will after listening to this, of course. To fine tune it, you’ve got an infrared sauna, and the range that you gave was 160 to 180 degrees; are there any biological parameters that you could be sensitive to, the way you’re feeling, or is it really just a biological physiology where if you keep your body close to 180 for 30 minutes, you’re going to detox? But I guess maybe the only concern is to listen to the negative side effects—that you don’t suffer from heart failure or something.

Dr. Clement: In an infrared sauna at 160, to have heart failure would almost be impossible. In a normal sauna, a Finnish sauna, sure. If you have a cardiovascular concern, a ventricle problem, you may have that. It’s rare, very rare, but you may have it. But that’s why I said professionals should be involved with this. Again, the allopathic group of people is too interested in telling you not to do anything because they’re worried about liability. They tell you to go home and sit there and do nothing, if it was up to them. And it’s all libelous, they think. The fact is there’s an in-between. There’s a compromise in the moderation with this. The other thing is, you said, you have it at 180, your body gets up to 180—that doesn’t happen. Your body doesn’t get up to 180.

Dr. Mercola: Well, I understand that. Otherwise, you’d be dead. (both laugh)

Dr. Clement: You won’t worry about your health at that point.

Dr. Mercola: But actually, that’s a good side point. Say you’re in there 180 degrees for 30 minutes. I’m sure you’ve measured it. What does that change your increase in core temperature to?

Dr. Clement: What you usually do is go up about one degree.

Dr. Mercola: That’s it?

Dr. Clement: That’s it. You go about one degree.

Dr. Mercola: Wow.

Dr. Clement: You know the body has a wonderful cooling system. Fluid that keeps going in there, leukocytes make sure that that’s all fine. Now very, very seldom I see a person every 20 years with anything like this: Their thermostat is broken because of endocrine system problems, and they’d be that one rare bird out of five million people that you have to watch for that. But the rest of us are fine.

Dr. Mercola: Okay, great. Are there any other… Sounds like this infrared sauna would be probably the single best detox, aside of living healthy, so you don’t accumulate these
toxins to begin with. Are there any other useful strategies that you found over the years to integrate with that?

Dr. Clement: You probably have talked about or discussed, besides the grounding pad, there’s full-body pads. We have a unit that comes out of Germany with, you know, {01:06:53} loads of research called the MRS. This is another device we use here in our therapeutic technology department. The MRS is an amazing, amazing unit. The young man, Wolfgang, who put this together, is very bold and very bright, and he went right into the FDA here and said “Look, I want you to approve this device.” He went to the German authorities, said “I want you to put this in your big hospitals, I want you to challenge me that this isn’t going to work.” So in France, and Germany and here in the United States now, we've done our due diligence on this. And if you get on this electromagnetic pad, sure, it gently heats the body, but it’s not a heating mechanism, it’s a vibrational electromagnetic frequency—again, getting those cells to start to move. When the cells start to move, you end up with a situation where they eliminate waste. And they also, by the way, take in nutrients at a much better level, and eliminate fats, and do not tend to coagulate or mutate in the way they would when you have all those waste products inside of the cell.

As my father taught me as a young man, and I didn't quite understand it then, he said, “Birds of the same feather, flock together.” So, weakened cells attract weakened cells. Strong vibration cells, electromagnetically-strong cells are not going to attract negative cells and become a problem. At best, it will become a cyst. At worse, it will become a cancer.

Dr. Clement’s Views on Magnetic Beds

Dr. Mercola: Terrific. I thought you were going down a different line with magnets, but it sure brings a question in mind. Because it would seem there are some people who would recommend magnetic beds for detoxification, and in that area, there are two important principles that I’m familiar with. The one is the unipolar versus the bipolar beds. So I’m wondering what is your experience with that, and if you’re using those at all in your clinic.

Dr. Clement: Well we use them here, and when we build a lot of our buildings, we take that into account. We have engineers who understand that. I don’t quite understand it, I understand the science of it and the benefit, but when we build our buildings, we actually dropped magnets into the cement, when we’re putting foundations in. We have magnetic beds here, we have biofrequency beds here, beside the MRS that I’m speaking about. We had the Vibrason unit that I spoke about earlier. That’s really not a traditional one.

And another unit we have that’s not a traditional electromagnetic, but brilliant, it’s amazing, we’ve had it for 15 years, it’s called an H-wave unit. It literally pumps the lymphatic system. A countless number of people got rid of neuropathy with this, reversed the need to have an amputation. It’s just amazing, and by the way, this was approved by the FDA inside of our veteran hospitals. It was a stunning statistic, you
know. Eighty-some percent of the people that were on their way to get their arm, or their finger, or their leg taken off, when they used one of the machines, do not.

So it’s all about glowing and flowing, as we say. That’s the term my wife and I use, who’s our medical director (my wife).

**Dr. Mercola:** Ah, great.

**Dr. Clement:** If you can get the cell to glow and flow naturally—we put Mozart on, the healthy cell actually dances to Mozart \{01:10:00\}, moves in a clockwise manner. Magnets help that. Now, the thing I’ve seen with magnet beds is that the ones that are well-made from companies like the Nikken company, that you know, they’ve put millions into research—they’re Japanese, they’re anal, they do their due diligence on this stuff, I trust that. There may be other ones—I’m understood on that subject, though. Beds like that are good for 85 percent of us, but if you have a hypersensitivity or hyponeural situation, the last thing you want to do with a nervous system moving like this, is to get into a magnetic bed at night. That kind of person literally wouldn’t do well for it, and we had to learn that the hard way, 25, 30 years ago, when we would say “Oh yes, magnetic beds are good for everyone,” and then you know, a small percentage of them would come back and I started to notice after the fifth one, because I’m a little slow, “Hey wait a minute, they all have that same kind of an energetic about them,” you know. They’re people who have had 10 jobs in their life, and had four marriages, and they can’t sort-of stay settled. Well the same thing—their nervous system not settled. So that’s not a good thing for them. But in general, good. I wouldn’t say that a magnetic bed is a significant detoxifier; it’s more of a comer of the body, and a circulator of the body.

**Dr. Mercola:** Well, thank you for clearing that up.

**The Dangers of Electromagnetic Pollution**

**Dr. Mercola:** Now, since you see such a wide spectrum of the population, especially the sick population, I’m wondering what percentage you’ve seen that are electromagnetically-sensitive.

**Dr. Clement:** Well, this is interesting.

**Dr. Mercola:** Yeah, because it seems to be an emerging population that’s becoming even more progressive because of the pervasiveness of cellphones and the increase in electromagnetic pollution.

**Dr. Clement:** Because in other nations of the world, throughout Europe and Asia, they do legitimate research like the Carl Lundström Center, in Stockholm Sweden (where I’ll be next week speaking). They reported some eight years ago, that when they look at cellphone use with young people below 16—casual use, not with kids’ use—of one hour a week, they doubled their incidents between 20 and 28 years old, when they reach that age, of blastoma—brain cancers. A Russian study, actually was even more frightening that that, French studies, et cetera. So what we see is electromagnetics are hurting us. The United Nations World Health Organization finally had to succumb to it. They did a
soft-pedaling, as I say, where they said, “It may, we’re not sure, the information’s not in”. Well any thinking person who gets into the internet today or travels—as I get the opportunity to do—knows that the data’s in, the information’s in. Cellphone use will create the problem.

But it’s not only cellphones. I resisted here at Hippocrates wireless until I put very sophisticated {01:12:50} units in here. Unfortunately, these are very expensive, because it’s a unique technology. I’m aspiring for the day that somebody with very little money can put one of these into their home or into their offices. So here, we ground all the electromagnetic wireless with units we have spread—two units, not spread throughout the property—but two units that not only take care of our 50 acres here, but take care of a quarter of a mile parameter around our 50 acres.

So that’s one thing, but these wireless technologies are problematic. As an example, when I look at Marin County, California. When I go out there—just above San Francisco, across the Golden Gate Bridge—no doubt to me, the most health-minded group of people in America. I could sit down at the front row and any of those people probably can do the lecture for me. They all eat right, they all exercise. The highest incidence of breast cancer and prostate cancer in the United States is in Marin County, California.

Now, why? That puzzled me 20 years ago, when I discovered this. Well, Haden—who is in the Congress, if you remember—Tom Haden, he and another colleague, before the crash out there, were trying to legislate that we couldn’t put cellphone towers and telephone towers, and all these different type of devices for television stations in a populous area, because all of San Francisco, the majority of San Francisco’s wireless towers happen to be in Marin County. Affluent, health-minded, exercising people, because they have those towers, get this.

With that said, interesting you’re asking this question, we have about four people a year come in here that we call “universal conductors”. That’s the medical term for it. Dr. Ray, down in Texas, gave it that term. These people are so hypersensitive that they have literally taken the sheathing off their nerves. It’s like having a wire that doesn’t have a covering on it, and you touch it with a pin. Every time they feel the frequency that you and I do not feel, it hits directly to the nerve and creates this biological reaction, this biofrequency.

Again, most physicians, when they see these people think they’re psychiatric, think they need institutionalization, when in fact, this is an ever-growing group of people, these universal conductors. And it is such a horrible thing, because there’s not a medicine we can point to, there’s not a given diagnostic technology or Ondamed here can pick this up. And, by the way, you have to be pretty savvy. I couldn’t do it, our technicians can’t do it. I don’t know how to check that. But after years of work with Ondamed, yes you can pick that up. But how many doctors out there or institutions have Ondamed machines?
This is scary, and it’s getting worse. All I can tell you is that until we can grow into a maturity where compassion and our humanity is more important than our technology and our economic advancement, we’re going to have these problems. We don’t just casually, all at once are being surprised by this. This is something that we should have thought about. You know when they created electric, they knew we’d have a problem. It’s not like we’re just discovering it out. Why wouldn’t a cellphone give you a problem?

**Dr. Mercola:** Have you found if grounding in these universal reactors makes a difference? Once they’re grounded and they’re exposed to the frequencies, do they notice an objective, decrease, or do they even not notice it at all? Because they’re the canaries that would really tell us if it works, pathologically.

**Dr. Clement:** It depends upon the case. Again, the kind of grounding that we’re doing here is highly-sophisticated grounding. And I would probably be a {01:16:41} to tell you that 50 percent feel the difference from it, and the other half don’t. And I’m not sure if it’s placebo or not, I can’t really tell you, I haven’t had a handle on that yet. But what I have seen, is when we saturate the body with ionic minerals, that’s where we get the results.

**Dr. Mercola:** Interesting.

**Dr. Clement:** That the minerals somehow ground and pick up the biofrequency and almost channel it, rather than have it attack their anatomy. It’s going up and down the chain of mineralization, especially magnesium. And magnesium oils work better than ingested magnesium.

**Dr. Mercola:** Sure, that would make sense. That’s the new hot topic for magnesium, no question.

**Get in Touch with the Hippocrates Health Institute**

**Dr. Mercola:** So you’ve got loads of phenomenal approaches. Many decades were you really able to fine tune and refine and upgrade and modify what you’re providing people. Tens of thousands of people have visited you, and if someone who is interested in availing themselves of the resources and the tools you have down at Hippocrates, how would they do that?

**Dr. Clement:** Well, probably the people watching us today are internet-savvy. So come to our website. It’s Hippocrates—H - I - P - P - O - C - R - A - T - E - S – Institute (You can say Institute or INST, the abbreviation), HippocratesINST.org. We’re a non-profit organization.

Or you can give us a call, if you’re old-school (that I tend to be more). Basically, you pick up the phone anywhere in the world and you can call our program counselors—we don’t have a Sales department here, we have counselors that explain to you what we’re doing—and that number is 561-471-8876. We’re here seven days a week, East Coast time, until the evening.
**Dr. Mercola:** Terrific. Well, thank you very much, and I’m sure people will avail themselves of that resource, and thank you for the information you shared.

**Dr. Clement:** So nice spending time with you, keep up your good work, Doctor.