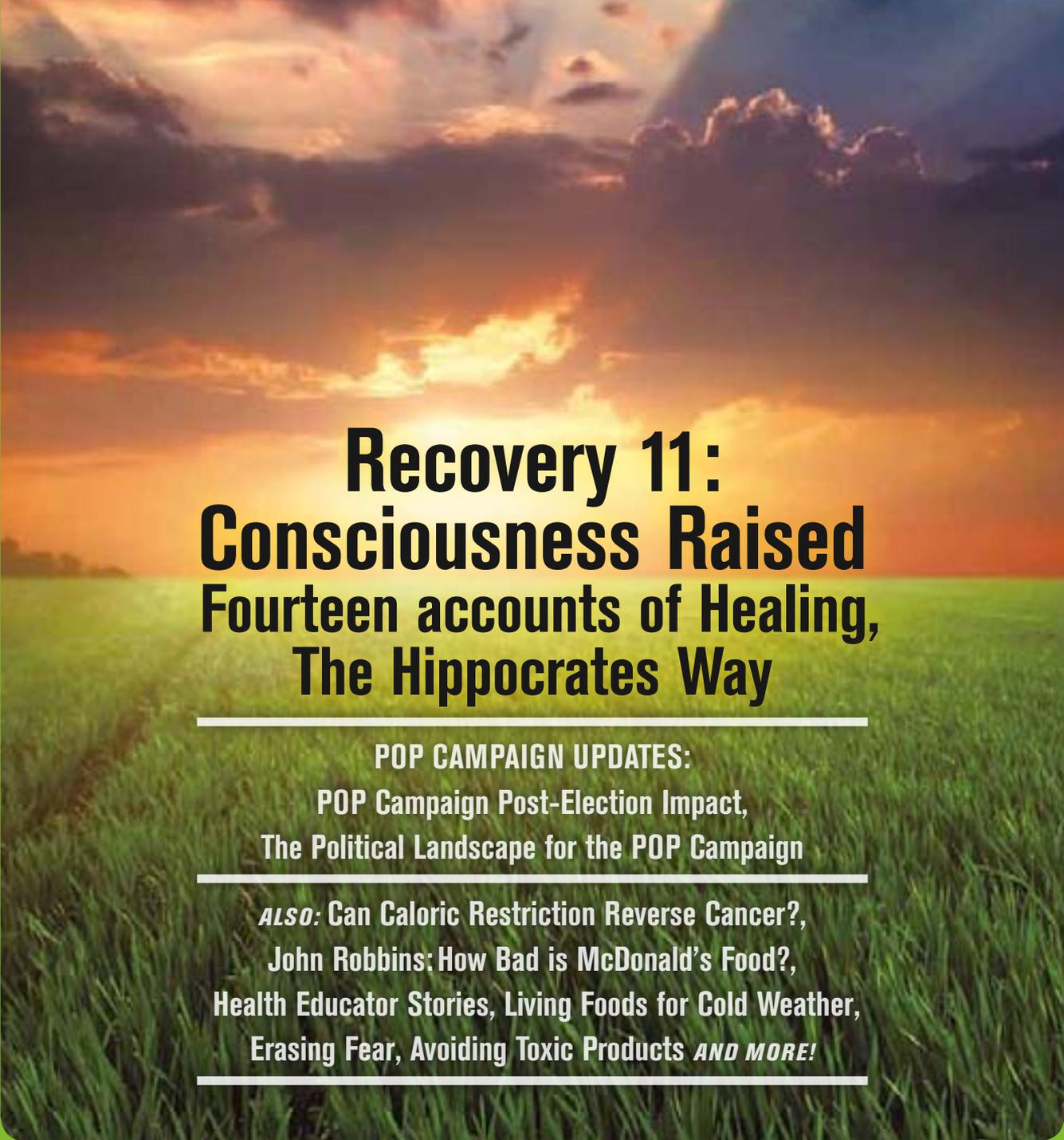


HEALING OUR WORLD



Recovery 11: Consciousness Raised Fourteen accounts of Healing, The Hippocrates Way

POP CAMPAIGN UPDATES:

**POP Campaign Post-Election Impact,
The Political Landscape for the POP Campaign**

***ALSO: Can Caloric Restriction Reverse Cancer?,
John Robbins: How Bad is McDonald's Food?,
Health Educator Stories, Living Foods for Cold Weather,
Erasing Fear, Avoiding Toxic Products AND MORE!***

BECOMING A CATALYST OF CHANGE

by Roxane Vezina,
Hippocrates Health Educator

Following my first visit to Hippocrates Health Institute (HHI) in 1998 and my Hippocrates Health Educator certification ten years later, I began to teach and share the institute's teachings here in Quebec, Canada. This may have been an unusual career change for an engineer and business executive, but I feel that I'm fulfilling my true destiny. I certainly never thought that my career path would bring me in front of an audience to prepare green soups or vegan sushi! Or to bring groups to Hippocrates.

Last week, I received a phone call from one of the participants of a one-week Living Lifestyle Retreat I organized and held last spring. She phoned to thank me because the cleansing of her body and her cells that she experienced allowed her to become pregnant at age 40, even though she had been told she could never have a baby! Her story is a testament to what hope and proper nutrition can do. Real life situations like these have a tremendous impact on my beliefs. Recoveries like this one fill me with joy and gratitude.

When I first came to HHI in 1998, I had suffered from migraines and headaches almost every day since I was 12 years old. I used to believe it was normal since I had been treated from my teenage years up to 34 with unsuccessful medications and treatments and had experienced side effects such as kidney infections and major allergic reactions. Twelve years later, I rarely have a headache, or even a cold. Things have definitely changed for the better! Every day, I am the CEO of my cells and the

community of good bacteria that make up the house of my soul. And every day, billions of these cells are replenished to keep this "house" in good condition. Our cells really are intelligent, and they know what to do and how to heal when we provide the appropriate environment from a physical, spiritual and emotional standpoint.

During my first visit to Hippocrates, I noticed how other guests had illnesses that seemed to be related to emotional turmoil or trauma, often from their childhood. This made me begin to rethink my whole life journey. I became aware of the powerful healing impact of expressing oneself. I realized that the scars or wounds of suppressed emotions in the organs can be erased and healed. I want to thank Andy Bemay-Roman for opening my eyes to this incredible treasure: the power of spoken words in front of other human beings who listen with compassion. As a child, I was taught to remain silent about my family world and my emotions. It felt awkward at first to witness other adults expressing their truth, and then have their eyes shine and skin glow, as if an incredible shift was happening



"I wish to act as an enzyme for those around me...and become a catalyst of change!"

right after they had shared their life story. I developed a strong conviction of the connection between emotions and health. I became very interested in the work of Dr. Bruce Lipton and Dr. Candace Pert.

It is my wish to maintain contact with other Hippocrates Health Educators and to build an international network so we can pool our resources of experiences, learning and know-how, effecting the maximum benefit and positive change around the world. 

See Roxane's French Hippocrates schedule on page 63 or contact her at (418) 670-4234 or roxanevezina@hotmail.com