

# THE HEATHER MILLS STORY

by Heather Mills

It was a sunny day in August and there was not a cloud in the clear blue expanse of summer sky. If ever there was a day to dust away the cobwebs and to begin again it was this glorious summer day. Change, however, doesn't always come in ways you expect and to say it took me by surprise is somewhat of an understatement.

I awoke the morning of August 8, 1993, without the slightest idea that this would be the day my life would alter its course so fundamentally. I know it may seem silly to some, that I expected some kind of warning, but this morning my mind was filled with the usual everyday issues that can occupy our consciousness, trivial little things that need sorting and can occupy our time. Issues with the boyfriend, problems at work, blah blah blah blah boom and my life would never be the same.

You never know what's around the corner in your life and in my case this metaphor was just a little bit too real. Put it this way—I certainly wasn't expecting a speeding police motorcycle attending a false alarm to send me flying into the air and into a deep and lasting daytime darkness. This darkness was as significant to me personally, and my life, as an eclipse of the Sun for the ancient world.

It's been a long time now since my accident. I'm able to look back on this event in this way, as a twist of fate that was a horribly painful beginning to what was to become a fascinating journey of self discovery on a rollercoaster ride of experience. I really don't mean for a second to trivialize my accident—the shock, the trauma and pain, or indeed the selfless love and support I received from so many people to help get me back on my feet again is acknowledged. I will never ever forget it! But these details of my accident are not the purpose of this introduction. I only revisit this fateful day now by means of an introduction to how I was introduced to the healing power of a natural, plant-based diet which went on

to transform my life, greatly increase my energy level and become the foundational stone of my recovery to a healthier, more conscious me.

## My Leap of Faith

When you've rubbed shoulders with death and managed by the skin of your teeth to get out of there alive, I certainly will not be the first person to tell you that everything changes in your life from that moment on. In my case, I began to appreciate life more earnestly, and the desire to make the most of every moment of every day overshadowed any trivialities. What's most important entered the foreground—my friends and loved ones together with a galvanized, earnest desire to really make a difference with the time I had left on our beautiful planet. Living in the moment and making the most of every second of every day was to become an indelible mantra in my mind.

First of all, I had my recovery to deal with; however, the impact with the police motorcycle had thrown my body in one direction, and my left leg in another! I had also suffered severe injuries to my head, pelvis, ribs and lungs. I was very lucky to be alive; there was a doctor near to the scene, whose swift first aid stopped me from bleeding to death and I have him to thank for saving my life. Unfortunately, my leg could not be saved. It had been severed below the knee and I was just going to have to learn to live without it.

In the hospital during my recovery there was a serious problem. A nasty and very persistent infection in my residual limb stubbornly refused to heal despite the strongest antibiotics. A multitude

of pills of varied colors, shapes and sizes with the most unpronounceable of names were tried but to no avail. In the end, no biological weapon in the pharmacist's armory could touch my infection. Eventually, the bone became infected, resulting in the amputation of a further two inches from my limb.

At this point a good friend of mine recommended Hippocrates Health Institute in Florida, which had helped to put her breast cancer in remission. She spoke of her time there with such passion and genuine belief that it sparked my own very real leap of faith, and to the open mouthed surprise of many of those close to me, I checked myself out of the hospital in London and flew to Florida in the USA to begin my alternative therapy.

## The Healing

I suppose many people would think that putting yourself in the hands of alternative therapists in Florida in such serious circumstances was a brave or perhaps even foolhardy decision to make. As I saw it, I really didn't have much choice; this infection seemed untreatable.

It became apparent that the further amputation had not corrected the problem. I simply had to believe with all the power of my heart and mind that I had made the right decision. I had started out on a journey of belief in the healing power of our natural world. A faith, by the way, that gets stronger and stronger with every passing day.

At the institute, meat and dairy was immediately taken off the menu and was replaced with a whole food, vegan, raw food diet and natural therapies. In place of the pills at my London hospital



were enzyme rich wheatgrass shots and garlic poultices that were applied to my wound, and in just a matter of a few weeks my radical change in diet and associated plant-based remedies had cleared up my infection entirely. The healing process actually advanced so quickly in fact, that I was able to have a prosthetic leg fitted whilst at the institute. This had been absolutely unthinkable whilst the infection was still present in my hospital bed just a short while before. I was finally able to get on with, getting on with the rest of my life.

To personally witness such a miraculous recovery of my physical body by embracing the natural and the organic was an incredibly life affirming experience and one that has gone on to shape the rest of my life. When I left Hippocrates Health Institute all those years ago, I remember nature seemed incredibly vibrant and vivid, the colors more intense

than I had ever remembered. It was like I was truly seeing the natural world again with brand new eyes. I wanted to shout from the rooftops about my miraculous recovery and tell the world about the wonders of a plant-based diet.

I started growing wheatgrass in window boxes at my London flat and I was filled with the wonder of the healing properties of the natural world. It struck me then that we human beings fancy ourselves as being very clever, when in all reality everything had been provided for us already by nature. All we really needed to do was to live in harmony with her natural laws and we could then live a balanced, happy, healthy and fulfilled life.

Things have got themselves so tangled in the present day and the problems facing humanity are so large that there is at least one advantage to this. Now that the problems are being clearly

identified, it is becoming easier to find the solutions.

My time spent at Hippocrates had given me a deeper understanding of the importance of good nutrition and personal wellbeing; this has had a lasting effect on the way I live my life.

I came to the understanding that individually we are responsible for the way in which we live and for the care of our human frame by good nutrition, proper exercise and a balanced lifestyle. It is this, together with a strong focused mind, that enables us to draw from our vast inner resources and strength to make the most of our time on this planet.

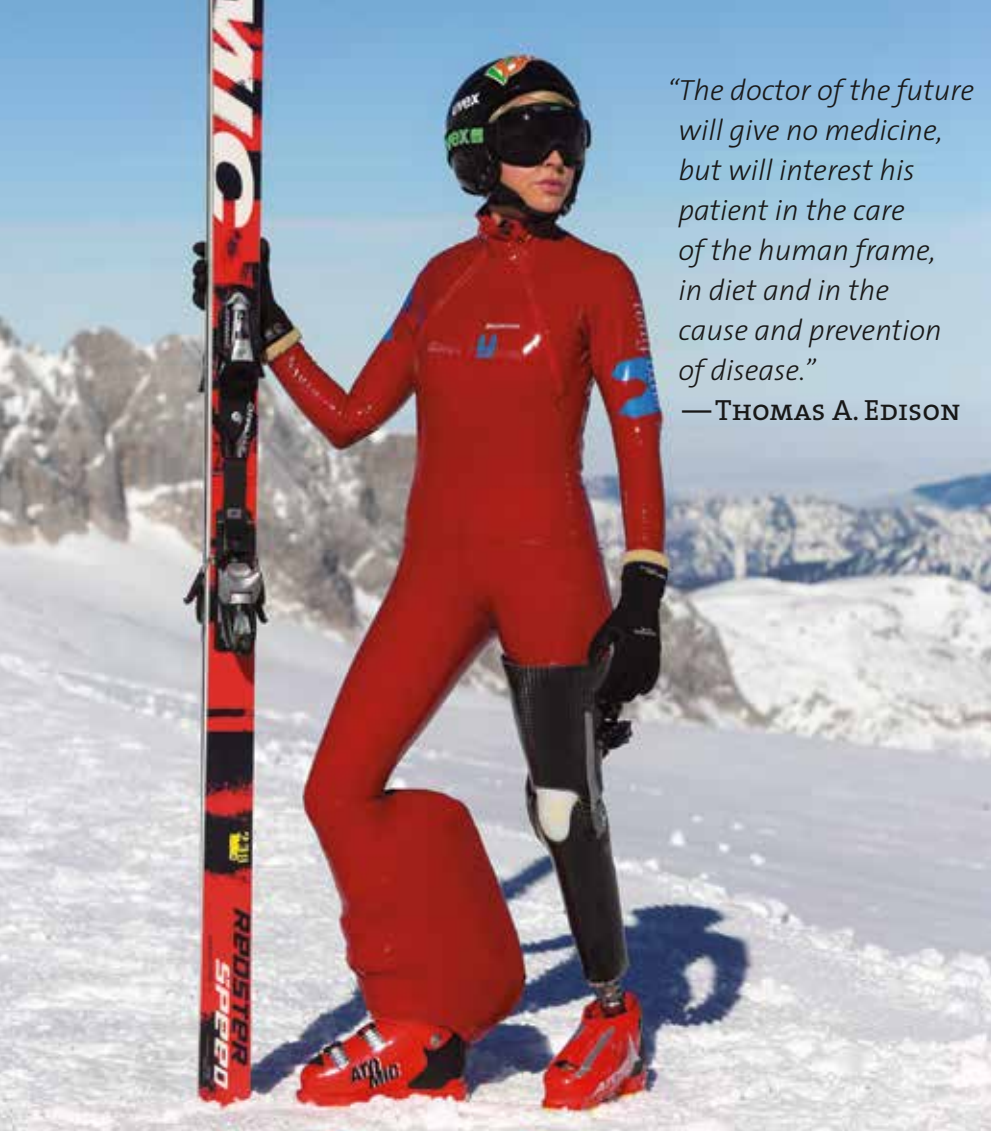
The changes in my life came by way of a massive physical and psychological shock and were implemented for the purpose of healing and motivating my recovery. A change in our diet and lifestyle of course can be started at any time, and is of interest to anybody wishing to maximize their health and vitality, leading to a more fulfilling life.

This was how I discovered the benefits of cutting meat and dairy from my diet and then taking the correct care of my body's nutritional requirements to help heal my mind, body and soul. We all have the opportunity to make positive changes in our lives at any moment we choose. All that is needed is the awareness of the need to change and the power contained within your free decision.

It was this enlightened approach to food nutrition and balanced organic living that not only healed my infection, but also then enabled me to reach above and beyond what I would have been able to achieve in my life without it. This new diet and way of living literally transformed me.

I began to put together leaflets for people about plant-based remedies, as my positive attitude toward my recovery became the subject of UK media interest. I appeared on GMTV in 1993 singing the praises of a plant-based diet and wheatgrass shots and was pictured in the newspapers skiing, roller-skating and mountain climbing. ➡





*“The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease.”*

—THOMAS A. EDISON

My new diet was a springboard to my recovery and after very nearly dying, I never felt so alive.

#### Getting You and Our Planet Healthy

I think that it is fair to say that often we have to feel really bad and unhealthy before we make the effort to change. This really shouldn't be the way, but it does seem to be the case that it is often the obstacles in our way that help us to summon up the strength and motivation to jump over them. When things are running smoothly it can be easy to forget to take care of ourselves properly and we then only take action out of a sense of urgency, when becoming ill.

It is in our interest to stay in tip-top condition all of the time and lead our lives filled with zest and vitality. It will then become far less likely that we ever get ill, and in the wise words of Thomas

Edison, we will become that much closer to reality.

What holds true for the health of each individual is now being mirrored in our relationship to our planet as a whole, which has imminently reached a frighteningly serious point of urgency. The greater percentage of human activity is out of balance with our natural world, due to the one-sided nature of unsustainable human activity. This is a recipe for ill health for the planet and all its inhabitants, including us.

If ever any of us needed the extra incentive and motivation to make important changes in the way we live our lives, this time has arrived. Individually, we are responsible for the way in which we live our lives and collectively we are able to make a vast difference by returning to a balanced sustainable lifestyle that starts with greater awareness of the foods we eat.

Now that we are all becoming educated about the damage human activity has inflicted on our beautiful planet, there is no more important task for us to achieve than to learn how we are able to live in harmony here and lighten our footprint by making important changes in the way we live.

Thoughtlessness has to become a thing of the past and needs to be replaced by a greater sense of awareness. The fuel we now choose to energize further human activity will have a profound effect on the future of Earth. Renewable and sustainable energies to replace our reliance on fossil fuels, together with a natural diet that fosters the correct care of our bodies' energy and nutritional requirements by consuming a varied diet of plant based foods, will have far less impact on our environment and resources.

#### You Are What You Eat

Modern living has removed us from the close connection we had with our natural world and the lessons that it teaches. These days, our children are more likely to be influenced by television, advertising and popular culture rather than from a Huckleberry Finn sense of connection. This, of course, has been true now for many generations and has been incredibly influential in regard to human activity.

Living closely connected to the natural world teaches us many simple truths about the way in which we should live. Balance is one of the fundamental laws of nature that is clearly visible all around us. Where there is balance there is peace and harmony; where the law of balance is not observed problems always occur. In truth, I think there is no more important lesson for us to learn and it is not only for the physics classroom but relevant to all our lives. Personal equilibrium is vital to our wellbeing and the wellbeing of our environment.

Think about it. If we drink too much alcohol we get sick, eat more food than we burn off in energy, we get fat.

Without the correct balance between work and relaxation we get stressed. Too much sleep and we are sluggish, too little and we are still tired. If you are breathing in more than you breathe out for a while, trust me you are having a panic attack. As night turns to day, we breathe in and we breathe out, we give and then we take, just as the waves flow onto our shores and then retreat once more. Human beings, like it or not, are a part of nature and fundamentally connected to the natural laws of this planet.

We are the only beings on earth that do not naturally observe this law of balance, and the fact that it has been completely disregarded by us is visible in the catastrophic environmental problems we are facing. This results of course in human diseases and illness such as obesity, heart disease, cancer, strokes and diabetes.

Over the past sixty years, our diet has changed considerably as industrial methods of food production, such as factory farming, which enabled the widespread availability of cheap meat. This created a situation where fruit, vegetables, grains, seeds, etc. became an afterthought rather than the most nutritionally important part of a healthy diet. Cheap meat always means terrible animal cruelty and since becoming a prominent feature of our diet, human health has suffered massively as a consequence of this imbalance.

“[Affluent populations] habitually consume a diet that was unknown to the human species a mere ten generations ago. Compared with the diet that fueled human evolution, the so called “affluent” diet of today has twice the amount of fat, a much higher ratio of saturated to unsaturated fatty acids, a third of the former daily fiber intake, much more sugar and sodium, fewer complex carbohydrates, and a reduced intake of micro nutrients. Worldwide, the adoption of this diet has been accompanied by a major increase in coronary heart disease, stroke, obesity, various cancers, diabetes and other

chronic diseases.”

‘Conquering Suffering, Enriching Humanity, The World Health Report’ —WHO, Geneva 1997.

Show me a fat lion, tiger, zebra, bird, badger, or otter in the wild and I will eat my words, as they all naturally observe this fundamental law of nature, as do all other wild creatures. We however lost touch with our natural sense of self and our natural sense of balance when we became industrialized. Having lost sight of what nature teaches, we have gone on to devastate our environment, tipping the scales of balance with one-sided unsustainable activity. We have finally become aware that if we do not do something drastic to change the way in which we live our lives, it is likely that our planet will never recover, at least whilst we reside on it.

The sickness and disease of our planet is showing itself in many ways, including, of course, global warming. This is by no means the only environmental catastrophe that we need to address now as a matter of urgency. Deforestation, loss of biodiversity, the destruction of our oceans, collapse of fish stocks, pollution, desertification and the dwindling of our vitally important resources, such as fresh water, are all reaching catastrophic levels.

There is a common denominator to all these problems!

Question: So what is the connecting link to all of the major environmental catastrophes that the world now faces?

Answer: Industrial farming and agriculture of meat, fish and dairy.

There is no industry in the world that shows a deeper sense of disrespect to our environment, to nature and to the animal kingdom than the meat, fish and dairy industries. This disrespect we show to our environment and the disrespect we show to the animal kingdom is closely connected. Viewing life only as a commodity whilst losing our nurturing sense of self continues to cause unimaginable destruction to our natural environment and the animal kingdom.

Recent studies made by the United

Nations Food and Agriculture Organization have highlighted the meat and dairy industries' paramount contribution to global warming, contributing more to the problem than all of the cars, planes, and indeed all the transport networks combined. This led the head of the UNFAO to state that the number one response we can have in order to lower our carbon footprint is to live as close as possible to a vegan diet.

#### ‘Mad’ (Meat and Dairy) Facts

- » A meat diet is at the heart of the decimation of rainforests, essential wildlife habitats and hundreds of animal and plant species.
- » Meat and dairy industries' contribution to global warming is estimated at 18–30%, higher than the contribution to global warming of all transport networks combined (13.5%).
- » 55 billion animals are killed for meat each year, and that is a lot of toxic animal waste. Methane is 23 times more damaging than Co2 released into the atmosphere whilst valuable resources unnecessarily consumed. Livestock consume much of the world's dwindling fresh water.
- » A pig factory farm was responsible for the largest catastrophic spill in US history when 120,000,000 tons of effluence from its manure lagoons was leaked into the rivers and the sea, killing millions of fish. This was twice as big as the Exxon Valdez oil spill.
- » The mammoth worldwide appetite for the hamburger is **chomping** through the Amazon rainforest at an alarming rate. 80% of the degraded Amazon rainforest is used as pastureland for cattle.
- » Loss of biodiversity is not only a Central and South American problem; it is happening all across the globe. The UK now has less than five percent of primary forest when it used to be 80 percent forested. British biodiversity is in crisis. ➡



- » Damaging ecosystems could lead to the breakdown of the life giving services our forests provide, putting human survival at risk.
- » Feeding farmed animals takes up 70% of all agricultural land. In the developing world animal feed is grown to feed our farmed animals instead of feeding their own hungry population. Pesticides, hormones, drugs and chemicals used for livestock are the main cause of water pollution. The widespread use of antibiotics in factory farms has helped to create Superbugs such as Ecoli, MRSA and Swine Flu, amongst others.
- » Hooves and over-grazing are the main cause of desertification (spreading deserts).
- » Agriculture is being intensified and animals are now 80 percent factory farmed.
- » The world's oceans have been devastated by overfishing and fish stocks have been predicted to totally collapse by 2047.

Our eyes and ears can no longer continue to remain closed to the suffering of our environment and indeed the animal kingdom. We are putting human existence in grave danger. We are what we eat! By greater awareness of the foods we put into our bodies, and by taking the correct care of our actual nutritional requirements, we are able to become healthier, live more vitally, and feel good about ourselves as we help to heal our planet.

#### I'm In Love with Food

I am in love with food; I always have been. Eating is such a huge pleasure in my life. In order to heal my infection all those years ago I embraced a living raw food diet which is rich in vitamins, minerals and proteins. To begin with, I found it difficult to make the change to a plant based diet as a permanent one. In truth, I missed all my old recipes. When you have been cooking a certain way for a very long time it can be difficult to completely change the way

you do things overnight, however good your intentions.

In my recipe book *Lovebites*, I decided to help those who had not been struck by illness and lacked the willpower to change. I created a faux meat Vegan food company, and it worked. People started replacing meat and dairy and eventually gave it up and focused solely on plant foods. **VBites** is now sold in 24 countries and includes faux cheeses and over 70 other products to make the transitional period easy to adopt a fully plant-based diet. It has been proven to work and is the fastest growing movement in food in 2015. Finally, 27 years later people are realizing the only way to save our bodies, the animals and the environment is on a clean diet.

In concentrated form, are many of the lessons, tips and tricks that I have learned over the years to keep my diet vibrant, healthy and exciting. I have collected a wonderfully wholesome menu of recipes from all over the world in order to collate the nation's favorite foods.

In many of these recipes I have substituted 'meat' with meatless meats, which have been specially formulated using healthier substitutes. These are optional in each recipe, depending on how much you crave your meat. Meatless meats retain the texture, flavor and constitution of meat, which means it is really easy for carnivores to continue eating the meals they love without giving up on great tasting, satisfying food.


This recipe book is filled with really easy to prepare family favorite recipes that I am certain will tantalize your taste buds, proving the point that it has never been easier or more fulfilling to change to an environmentally friendly plant-based diet that contains absolutely no animal products.

If you are one of the many carnivores that are now becoming more conscious about the food you eat, and have decided to make a commitment to cut down or cut out meat and dairy from your diet, then these recipes will make it really easy for you to get you and your family healthy whilst doing your bit to help heal our world. To this end, my kitchen

has been a hive of activity this year, and I do hope you enjoy the fruits of my labor. My family, friends and I certainly have!

For the Vegans and Veggies I hope this recipe book can become an inspirational and delicious point of reference! Everybody can enjoy the great variety of dishes it offers in order to create exciting, friendly menus filled with the most important ingredient of all, **LOVE!**

Since removing meat and dairy from my diet I can honestly say that I feel more vitally alive, my energy levels soared, my eyes brightened, my skin, hair and nails all improved in condition. The best thing of all is that I feel safe and secure in the knowledge that I do not contribute to animal cruelty or to the environmental consequences of the meat and dairy industries. The wise old saying "we are what we eat" has never been more relevant.

I am now 47 years old with the same body (minus one leg and a ton of sports injuries) as I had at 22 years old. I am still breaking world records and winning medals. Aside from my dogged determination and genes, the rest is my Vegan lifestyle. No more excuses, change your life, you only have one... 

*Lots of Love, Heather*

To read more about Heather go to:

[www.vbitesfoods.com](http://www.vbitesfoods.com)

[www.heathermills.org](http://www.heathermills.org)

#### Editor's Note:

Heather has just successfully completed her 5 World record attempts, the final and most difficult one being speed skiing.

**As of last week Heather is the fastest disabled woman on skis in the WORLD! 166.84 km/h**

YouTube search: "Heather Mills - The fastest disabled woman on EARTH"



**Heather Mills** is a British activist, philanthropist and former model. Mills works with several charities including Easter Seals and Viva.

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