

Hippocrates Health Centre of Australia

Historical Testimonials Volume 5



I just attended Hippocrates for the second time, and I feel enormously better! My daughter, age 10, loved it too! And I lost 4½ kg in 12 days. I've taken lots of brochures, and can't wait to return!

Tonia Dolinska, Age 35, Byron Bay, NSW

I came to Hippocrates all the way from Adelaide with the following specific goals: For my husband's body to be well on the way to being detoxified so that his own God-given healing power may overcome his cancer, and so that he may not need the next scheduled chemotherapy.. To start on this new way of absolutely healthy eating. For myself, to learn to prepare raw foods, grow wheatgrass and grow sprouts. To find out what kitchen equipment to buy. To detoxify my body and be on the way to healthier, more enjoyable living with more energy and initiative. To lose a few kg. To firm up my body and start an exercise program, which I need to lower my cholesterol level of 8.4. To overcome my menopausal symptoms, so I won't need hormone replacement drugs. I also have a host of naturopathic pills at home, which I hope to not need any more. To have a great holiday and lots of rest. To go home and tell all my friends about Hippocrates.

During just one week we've accomplished all of the above, but we wish we could be here much longer. We'll be back soon! I feel more vital and energised. I've lost weight. I feel rested, strengthened, cleansed and renewed. We're confident about continuing the program at home, and feel very hopeful for our future. We've taken lots of brochures, to tell our friends. The staff are most informative, helpful and caring. The rooms and amenities are wonderful. With all of our everlasting thanks....

Mary and Bill Smith, Antique Dealers, Teringie, SA

I lost 3 kg in 5 days AND stopped smoking! I'm very, very pleased.
Lesley Hales, Age 47, Company Director, Hollywell, Q

In just 12 days at Hippocrates: Joint flexibility greatly improved. Incipient arthritis symptoms about 80% gone. 10 kg weight loss. Skin has improved. Dandruff has disappeared. Daily meditation is wonderful.

Leonie Rutherford, Professor, Age 33, Armidale, NSW

In just 6 days: I've lost 3½ kg. I've cleaned out my entire system. My circulation and lymphatic system have much improved. I have moved two major sources of pain in my head and chest. I now have access to my inner energy supply. I feel clean, alive and very enthusiastic about life. I have learnt so much about how to improve the quality of my life, and my family's life, and now have an achievable program to take home.

Cathy Henkel, Clunes, NSW

I have had Candida for two years. It has now improved significantly, and will obviously go when I continue the program at home. Breast lumps appear to be gone. I've lost weight. I feel fantastic, and know that I will continue to do so. I know that I can stick close to the program at home.

Lesley Harris, Woodford Island, NSW

I'm breathing deeper and sleeping better. My body has strengthened. Digestion is easy, with no cramps or stomach pains. I'm relaxed, radiant and thinking clearer. Rash on my upper arms is decreasing.

Nina Hogel, Bellingen, NSW

I've had NO migraines! PMT symptoms (fatigue, sore breasts) are gone. And I've lost weight.

Sally Bamford, Mosman, NSW

I've stopped smoking! Sinuses are clearer, and I can breathe much better. Hair feels healthy. Skin is healthy. I'm more in tune with my body.

Bill Senescall, Tingalpa, NSW

I've lost weight. I feel lighter. Energy comes more easily. Fingers and ankles are no longer puffy. I feel more in tune with my body's needs. I've had a wonderful and uplifting break away from my everyday life, with inspiring people and beautiful surrounds. I'll tell my clients!

Barbara Younger, Caboolture, Q

I've lost weight. Skin is smoother. Eyes are clearer. I'm more relaxed. I'll be back!

Lisa Hartland, Burleigh Heads, Q

I feel privileged to have been amongst you all! I'm inspired and informed by your dedication to the process. I honor and appreciate the creativity, gifts and dynamic energy each of you - as special and unique individuals - brings to the flowing scenario at Hippocrates. What an awesome mob! With love, peace, hugs.....
Jenny Chester, Trevallyn, Tas

Total relaxation of previously tense back and neck muscles. Kidneys are much better, which is miraculous! Nerves are much better, and adrenals greatly improved. The sense of camaraderie caused by discussing alimentary canal experiences has been wonderful. Caring and sharing at the basic human level has been hugely comforting.
Susanna Gaertner, Manly, NSW

I've lost weight. I feel happier and more bubbly. My skin is starting to glow. Visualisation and meditation have improved.
Beth Deane, Byron Bay

Healthier skin. Weight loss. More energy. I'll tell my clients!
Therasia Jennings, Tugun, Q

It's been two months since I attended HHC. I'm keeping to raw foods 60-70%, and feel absolutely terrific. Loads of energy and a deep inner contentment. I've kept all of the weight off, and my friends are most impressed. They reckon I look years younger! I have watermelon and rockmelon for breakfast every day, after my walk and exercise, with lots of fruit and soaked nuts during the day, and a big salad for dinner. Since I attended HHC I've had NO salt, tea, coffee, or meat, and hardly any dairy. I miss all of you. I really enjoyed my time at HHC, and learnt so much that I have shared with so many.
Sheila Pratt, Goonellabah, NSW

I feel more energetic and relaxed. Before I couldn't walk far due to lung exhaustion, but now I can walk 1 km or more. I've learnt to make more space for myself, and to take time out when necessary. And I've lost weight.

Anne Hills, Biloela, Q

Thank you so much! I've lost 10 kg. Swollen feet and legs are now nearly normal. Blood pressure has dropped. I have much more energy. Nervous system is much better. My whole body feels so much better and happier!

Valerie Mannis, Charlestown, NSW

Attending Hippocrates was the best thing I ever did for myself! I'm sincerely hoping that my husband will attend with me next time. I've lost 4 kg, and psoriasis is much better. I've learned so much, and know that my health will continue to improve.

Rachel Arnold, Kangaroo Point, Q

I've lost weight. I feel cleansed generally. I'm sleeping better. I have less pain in sacroiliac joint. And there's a big improvement in weight bearing on my previously broken leg.

Trevor Hawkins, Boreen Point, Q

Hippocrates has been an empowering experience for my health and wellbeing. I've been shown so skillfully how to tap into the potential to heal my long term gut - depression - anxiety problems. The large variety of healthful foods at Hippocrates give an opportunity to move on to a healthier lifestyle track and develop a more optimistic mindset. To be surrounded by an awesome natural environment and to be inspired by an outstanding, informed, creative and caring faculty is a dynamic and transforming experience in itself.

Jenny Chester, Trevallyn, Tas

I've lost 5 kg. I have more energy and enthusiasm. My skin is clearer and smoother. I have brighter eyes. In general, I'm much more optimistic about life and its many possibilities.

Cathy O'Malley, Ingleside, NSW

I've lost weight. My eyes are clearer. Skin is softer. Hair is soft and shiny. I'm a lot clearer in mind, body, soul, spirit.
Linda Sugar, Southport, Q

My eyes are less sensitive to the sun! Teeth are whiter. Nails have grown quickly, and are much stronger. Hair is soft and manageable. Skin is smooth. I've lost weight, have less body fat, and my cheekbones are showing again! Posture is better. I feel fitter, more flexible, lighter, relaxed, more confident.
Rita Sugar, Broadbeach, Q

In less than 2 weeks my health has improved vastly! I have completely cleansed inside. I can feel the difference, and also see the difference on the outside. I've lost weight AND stopped smoking FOREVER. My lungs and chest were closed, and now they're open. I now have a knowledge and discipline to take home with me and continue in my everyday life. And I've influenced my husband, Wane, to also attend! Thanks to all the faculty! See you next year!
Kerrie Jarvis, Neutral Bay, NSW

I now feel - without caffeine - as well as I usually feel with caffeine! Thank you!
Helen Tardent, Bangor, NSW

I've lost weight. Bronchial problems are gone. Heartburn and acidity are gone. I feel pure. I must admit that on day one I was ready to leave. I'm so glad I remained! The experience has been great, and good discipline for me.
Claudette Gourlay, Runaway Bay, Q

Shoulder and leg pains have gone. I've lost heaps of weight. Furry tongue is gone. I'm more focused. I'm telling everyone about Hippocrates!
Rene Michell, Coromandel, NZ

I'm age 36. I've taken drugs for asthma every day since I was eight months old. I'm thrilled to report that I stopped taking Ventolin on my third day at Hippocrates, and I haven't taken any since. And I've lost weight and feel and look great!"
Kate Cornwell, Wilston, Q

I've lost 7 kg in 5 days: from 113 to 106. I'm very, very happy.
Wanda Laviano, Long Island, New York

In just 5 days! My breathing has improved immensely. I've lost 3 kg. My eyes have changed color! I'm free of stress and tension. I now have more control over my eating habits. I thank all of the faculty for their sympathy, compassion and love. I'm leaving with an inner peace I didn't have when I arrived. Peace and love is contagious! God bless you all.
Ailsa Graham, Parkwood, Q

I've lost weight. I'm more energetic. I look and feel younger. I'm breathing better. My eyes are brighter. The flesh under my nails looks much healthier - it's now a bright pink! I would like to thank everyone for the love, support and attention you've shown me during my two weeks here. I shall think of you all with beautiful thoughts. With love....
Terrie Paech, Runaway Bay, Q

I've lost 4+ kg in 5 days! I feel lighter and less stressed. Mood swings have lessened considerably. I feel fitter and more alive, and enthusiastic about incorporating the Hippocrates Program into my life. Rowland is likewise less stressed, and his skin has smoothed and his digestion is much better.
Glenda White and Roland Rangeley, Earlwood, NSW

In just 5 days: I feel better, my skin is clearer, I have more energy, I'm breathing better, I'm more optimistic about life. I'll tell all my friends!
Diage Sutherland, Currumbin, Q

I've lost weight, and feel and look much better. I'll be back often!
Denise Burey, Cleveland, Q

I've stopped smoking. I've lost a lot of weight. My skin is smoother and clearer. I'm freer in mind and spirit. I've gained enormous knowledge about food, our bodies, our minds, spirit and soul, health and healing. Thank you!
Jill Swan, Alberton, Q

I've lost weight. I've stopped smoking. I'm breathing and moving much better. I feel much better in myself.
Peter Pulford, Theodore, ACT

I must admit that I thought about attending Hippocrates for five years! For years I've had chronic food cravings, and was fearful about being able to cope with them at Hippocrates. The good news is that I handled the cravings with amazing ease. I now feel more energetic. I've lost weight. I have much less arthritis pain and more mobility in shoulders, knees, neck, back. I feel less stressed, and less depressed. Thank you!

Claudia Frizzo, Heritage Park, Q

Hippocrates has been an answer to a prayer! I've lost 8½ kg in 19 days. When I arrived, I was taking 4-6 Pamnadeine forte per day. I've taken NONE since I arrived. When I do have pains now, they're gone quickly, instead of lasting for hours. Joints are amazingly improved. Shaking helps pain immensely. When I arrived, I could only lift my arms to my chest. Now I can place them behind my head. In the beginning, I could do very few of the daily gentle stretching exercises. Now I can do almost all of them. Before, I awoke feeling awful no matter how long I'd slept. Now I wake at 600 AM feeling great. I have more energy, and I've regained my eyesight. I can't wait to get home and do all of the things I haven't been able to do, plus lots more. My appetite has decreased. I'm easily satisfied. I occasionally feel hungry, but am easily satisfied with rejuvelac. I've lost 3" in bust and hips, and 4" in waist. In all, I feel much better.

Linsa Eckersley, Highton, Vic

I'm breathing easier. Eyes are clearer. Tongue is not as coated. I've lost weight. Lower back is freer. Skin is smoother. Aches and pains in joints are gone. I have more energy. I'm sleeping better. I now find it easy to talk with people. Itchy scalp is gone. Headaches are gone. Burning urine sensation is gone. Thank you all! I'll be back tune up every year!

Sue Hickey, Armidale, NSW

My wife, Kerrie, attended Hippocrates recently. I could see tremendous improvements in her health, so I was motivated to do the program. I'm so glad I did! I've lost weight. I'm more alert, and thinking better. Skin and hair are clean and shiny. Blood circulation has improved dramatically. I'm more agile. Muscles are toned. I feel more positive in general. And I'm walking the longest distances - with no strain at all - I've walked since I was a boy.

Wane Jarvis, Neutral Bay, NSW

I'm age 13, and I loved Hippocrates. I've lost 6 kg. skin is clearer. Hair feels silky. Eyes are bright and shiny. Teeth are whiter. Gums stopped bleeding. Thank you.

Emma Wyeth, Isle of Capri, Q

I haven't eaten flesh for 20 years, but have still been eating dairy and cooked foods. I've been a masseur for many years but, in the last year, increasing stiffness in my joints has forced me to stop doing massage. Also, mucus built up, which affected my breathing. That triggered a chain reaction of problems which resulted in weight gain. ALL OF THESE PROBLEMS DISAPPEARED IN THE FIRST WEEK AT HIPPOCRATES! The second week hastened the deeper cleansing of my body, helped me to get rid of occasional pain in the abdomen (1 or 2 diverticula), cleared my sight and considerably improved my memory. I won't have cooked food ever again!

Lidia Skinner, Bayview Heights, Q

I feel lighter. Circulation has improved. Bloat is gone. Skin feels vibrant. Posture has improved. Organs don't feel swollen any more. Breathing is deeper. Aches and pains are gone. I've lost weight. I feel fresher, with more energy. I would like to say "thank you" to all of the faculty for the knowledge they shared, and their caring and support. I'm sure that I'm more fulfilled for having shared this experience with such lovely people. I will certainly tell my friends! All the best in the future to everyone....

Joanne Smith, Brookfield, Q

In just 6 days, I've moved through some emotional blocks that I was suppressing with an illegal drug. I feel more in touch with my true essence. I have a long way to go, but I'm in touch with my healing instead of putting it off. I feel much better! A great start! My health has improved, and I've been inspired.

Mirra-Winni, Coffs Harbour, NSW

I've lost more than 5 kg. My skin is clearer and glowing. Overall, I feel great!

Carol Bowman, Gilgandra, NSW

Digestion has improved. I've lost weight. I have more energy, and I need less sleep.

Tanya Pavasovic, Abbotsbury, NSW

I've lost weight. I feel more energetic, and I can walk longer distances without tiring. My wife has had a severe motor neuron condition for many years, and her speech and walking have improved.

Con Keramidas, Bulleen, Vic

I've just attended Hippocrates for the second time. I now have more energy. I need less sleep. I've lost weight, and feel lighter. Headaches are gone! Skin is smoother. See you again!

Tina Freeman, Toowoomba, Q

Thank you for helping me change my life! I've lost weight. Skin is clearer. My mind is stronger and filled with new ideas. I feel wonderful!

Christine Grossman, Torquay, Vic

I have more energy. I've lost weight. My injured right shoulder's mobility has much improved. I'm sleeping better. I'm telling all of my patients about Hippocrates!

Marysia de Klerk, Brighton, Q

Paul has lost 6 kg in 5 days, and I've lost 3 kg. We both feel great! Skin smoother. Sense of smell improved. Thank you!

Pam and Paul Eggers, Southport, Q

In just 5 days: a wonderful detox, less stress, weight loss, cold sore on my lip is gone, I feel great. Asthma is much improved. I've found parts of my lungs I've never used! I certainly will tell my family and friends about the wonderful Hippocrates Health Centre. I look and feel vibrant, and I'll be back! Thanks to all...
Marian Murray, Woolloowin, Q

We've lost 3-4 kg in 5 days, have destressed, and have enjoyed the rest. My body feels relaxed un without strain. My digestive tract feels much better. My skin is glowing. It's wonderful!
Heather Bowen and Roger Hunt, Toowoomba, Q

My mother and I are Orthodox Jews, and we were very pleased and impressed to find that the Hippocrates Diet is 100% kosher! I'm now aware of my body, and have learned to heal myself. I've realised that the body is a delicate instrument - a sensitive vessel. It should not be abused and allowed to unwind. We'll return with family and friends!
Sharonne Bertram, Killara, NSW

I've lost 4 kg. My skin feels softer and looks clearer. I have less body odor and much more energy. My mind is clearer. I have greater confidence in my own ability to care for my body naturally. Thanks to everyone for making me feel so welcome! I'll be back!
Linda Graham, Samsonvale, Q

I've just attended Hippocrates for the second time, and I feel terrific! I've lost 3½ kg, my skin is great, I'm less bloated, and sinuses have cleared. I'm going to tell all my friends! Thank you so much for being here for us!
Ina Nelson, Southport, Q

I had a severe flu - thick mucous, coughing, blowing nose. It's now gone. I feel lighter and brighter.
Jill Austin, Brunswick Heads, NSW

I'm slim, and juice dieting was difficult. I've had severe arthritis since I was child. I'm now 28, and felt 78. On the 4th day here, though, I began to feel much relief from the pain and tightness. Thank you!

Daniel Jurin, Palm Beach, Q

Stomach cramps are gone. I feel much better and happier.
Ilona Parry, Surfers Paradise

Concentration and alertness have improved. I'm sleeping well, and have more energy.
Les Paton, Miranda, NSW

Skin much smoother. Reduced weight. I have a general feeling of wellbeing.
Carol Paton, Miranda, NSW

I've reduced 8 kg. Swollen painful joints much improved. I'm able to exercise again.
Sheila Preen, Melbourne

I'm coming out of my shell again. It's been a full on time of colonics, massage, Access, juicing, good food, skin brushing and implants. I've got some great tools now to take home and integrate into my life.

Narelle Webster, Hanwood, NSW

I've had diabetes, but now blood sugar level is almost normal. I've lost a lot of weight, and blood pressure is normal again. Viv's knee and hip joints have lost most of their ache.
Edith and Viv Broadbent, Williamstown, SA

Excellent elimination. I lost 5 1/2 kg in 5 days. Clearer eyes, smoother skin. Edema is gone.
Christiane Campbell, Burleigh Heads, Q

My mind is focussed. I feel lighter. It's easier to walk without catching my breath.
Jessica Danson, Brisbane

A hard mass under my rib cage has disappeared. Neck and hand pain (following surgery) is gone. I now have a positive attitude.
Colleen Dillon, Toowoomba

Skin is clearer. I'm breathing deeper, and am happier within myself. I can't wait to return.
Heike Kolberg, Arundel, Q

I've stopped all pain pills from the first day! I'm much better, and have lost much weight.
Pat King, Buderim, Q

Fluid loss. More flexible. Calmer. Clearer eyes and skin. Stronger nails and hair. Weight loss. My bowel works again! I've dumped a lot of rubbish. I'll be back!
Cathy Lyall, Tweed Heads

I feel lighter, clearer, I have more vitality. Breathing has improved. I feel motivated!
Sandra Morgan, Ocean Shores, NSW

Swollen ankles disappeared. More energy - I've gone from barely being able to climb stairs to walking 3k/day. Head no longer fuzzy. Lost 7 1/2 kg.
Val Shakeshaft, Armidale, NSW

Calmer, more relaxed, less weight.
Stephen Solomons, Lennox Head, NSW

I arrived stressed, very fatigued and quite overweight. On 12 days I've lost 5 1/2 kg and I've detoxed a lot. I'm much more energetic, vital and clearheaded and have learned to cope with stress.
Naz Ressas, Leichhardt, NSW

Many thanks! More joint flexibility, less weight, better mental outlook, and an enormous amount of new knowledge.
Karen Simpson, Tallai, Q

My fourth time at HHC! Rejuvenation of mind, body and spirit. What a great faculty! I feel rested and lighter in body and mind. May HHC continue to flourish!
Litsa Toouli, Brighton, Vic

I'm off blood pressure drug completely. Took off 10 kg in 19 days. And I've been walking 16 km/day in 2 hrs 25 min!
John Walker, Helena Valley, WA

I'm more calm. Concentration is better, skin softer.
Erika Williams, Highland Park, Q

Dear Ronald

This is just a quick update.

I have mostly continued with a Hippocrates regime since returning home. I compromise with fish. I have lost another 7 kg (total of 15) and constantly monitor my biological age as per the test we did at Hippocrates. I have dropped another 7-10 years and I have calculated that I will be down to my mid 20's within the next 6 weeks. My mile rate is now down to 11.5 minutes and my average pulse rate for the minute after the mile is now down to 90-95. A small improvement in all factors (weight, speed, pulse) will drop me to a mid 20's "age". My blood pressure continues to drop and now mostly sits around 110/70. All these improvements are not bad for a guy who is about to turn 51 (and was that age only a short time ago).

I find that the "biological age" test to be a good self-monitoring system. I have modelled the system on Excel and this enables me to quickly do the calculations. I have purchased a heart monitor and a stop watch so that I can give myself regular check-ups.

I also now grow my own wheat grass - in 100 worm castings and drink about 500 ml per day.

Thank you and Elaine and the other staff members for representing a turning point. I intend to revisit Hippocrates on a regular basis, especially if I find myself drifting off-course.

Kind regards

John Walker

I've lost weight. I'm more flexible. Posture is better. Back pain is lessened. I've reconnected to nature. Increased sense of wellbeing. I'm positive that I can take control of my health through the many valuable tools, and the knowledge I've gained here. Thank you!

Pam Kears, Edgecliff, NSW

I'm feeling light and energised, but flowing. I'm totally freed from smoking. Skin feels alive and softer. I can see more clearly. I feel so relaxed and happy. My appetite is stronger, but not excessive. Taste buds are awakened. Senses are tingling. I feel cleansed inside and out. I feel a deep sense of fulfillment and joy to know I have found this great knowledge for total health. It's simple, in tune with nature, and I can do it myself at home. My tongue is almost pink again and my mind has found home!

Liz Green, Paradise Point, Q

I feel more vibrant and vital. I lost 4 kg in 5 days, and have created good habits. Skin is clearer, feel lighter.

Narelle Chenery, Worongary, Q

I'm mentally and physically relaxed, and able to focus on my health. My breasts were hard, but they softened in just 4 days! Skin is much softer. I've lost 5 kg. Eyes are bluer. I don't need fluid retention tablets any more! Calcification on big toe is almost gone.

Jan Hughes, Helensvale, Q

Deep emotional healing. Weight loss. Postural improvement.

~~_____~~. Enlarged thyroid much improved. Thank you!

Margaret Bowden, Sandy Bay, Tas

I've lost 10 kg! Candida and a longstanding rash under my arm and hayfever have vanished. Sinuses have cleared. My general wellbeing is wonderful, and I've learned to relax and enjoy Nature's simple pleasures.

Jill Birkmyre, Brisbane

As I was already very slim, I was worried about losing more. But I lost only 1 kg, and I'm thrilled! The greatest improvement has been how I feel, both mentally and physically. I feel less tired, have much more energy, and a renewed enthusiasm for life and for the future. I know I still have a lot of work to do, but I'm inspired by the encouragement and caring support of all of the faculty. I love the raw foods! In all, this has been a blessing -- beautiful food, peaceful surrounds, help and support from faculty and other students. Many, many thanks!

Marilyn Riehs, Bensville, NSW

TESTIMONIALS

I feel wonderful! And I lost 8 kg in 18 days!

Barbara West, Hawthorn, Vic

I lost more than 4 kg in just 5 days. My energy has improved very much. And I'm told that I look 5 years younger.

Olga Kosterin, Architect, Drummoyne, NSW

The atmosphere was most relaxed and friendly. I'm much calmer than when I arrived. I'm getting by on much less sleep, my vision has improved, and I've lost 3 kg.

Bill Reilly, Psychiatric Nurse, Mosman, NSW

I now have more energy. I'm sleeping only 7 hours per night, instead of the 10-12 hours I was sleeping before. My vision is clearer, and my mind more relaxed and meditative. AND MY PARTNER AND I HAVE BOTH STOPPED SMOKING! My aching gums are gone. The morning exercises have given me more flexibility. I've lost 4 kg in 5 days. I feel motivated to continue because now I have the energy to continue. I found the program relaxed in structure, which left room for the individual to take responsibility for self-care. The staff shared their knowledge succinctly and with humor, and were always helpful with queries.

Debbie Keiss, Psychiatric Nurse, Mosman, NSW

My back is 100% better. I lost 3 kg. My gums have stopped bleeding. I feel relaxed and refreshed.

Lorelle Bourke, Rosewood, Q

As I had previously undergone surgery for breast cancer, followed by 6 months of chemotherapy, I arrived looking very white, drained of energy and tired. I now feel great and energetic. I have color in my face and have lost the worried look. The 3 day juice fast was wonderful. My vision has improved, and a rash is gone. Raw foods and wheatgrass juice is definitely the way to go. Thanks for the help and the re-education about nutrition. When I began my naturopathic practice I'll teach what I've learned here.

Raylene Fiorita, Naturopathic Student, Pooraba, SA

TESTIMONIALS

I came in reasonable health, but aware that I have been suffering from slight alkalosis, and I'd eaten too much low-grade food on my recent 10-day trip. I leave refreshed, rejuvenated and obviously minus a lot of toxins. I know of nowhere else that I could have achieved this in 5 days, with complete confidence in the program, and without stress. I also lost the 7 lb I had put on! The program is excellent, coping as it does with a vast range of levels of health and health knowledge. The atmosphere, helpfulness, advice and dedication of staff, total lack of pressure and stimulating self-motivation without over-organisation are just right. Books and tapes are greatly appreciated. We are especially fortunate that you are pioneering the Hippocrates Program in Australia - we certainly need it! Thank you, everyone!

Ian Dunlop, Tertiary Educational Administrator, Moorabbin, Vic

I feel lighter, leaner, rested and refreshed. I am convinced of the benefits of a raw food diet and will endeavour to stick to it when I go home. Thanks to staff for helpful hints about food prep and nutrition. I'm grateful for my stay.

Dinah Phillips, Library Clerk, E St Kilda, Vic

I feel much better in myself, having lost ½ stone. And I was able to cut down on the medication I was taking. My two weeks were very enjoyable. The staff were very pleasant. I wish you all the best.

Berthe Buckley, Seaforth, SA

It's been 7 months since I attended Hippocrates. Being in the Air Force has made it difficult at times to adhere fully to the diet, especially when we go away on exercises. Most of the time, though, I eat about 50% raw food. I've been able to give up eating meat surprisingly easily! I really enjoyed my stay at Hippocrates, and am planning to come and stay again for a week in 1988. I hope that you all have a happy Christmas, as I know you'll have a healthy one!

Loris Della Santa, Sadliers Crossing, Q

TESTIMONIALS

I feel relaxed, cleansed of mucus and more in tune with myself, thanks to the beautiful scenery and having time to be alone. My vitality has improved.

Mary Hollingsworth, 129 Kellett Street, Northcote 3070

My general health has greatly improved. The density of cancerous pain has decreased. I know the pain will go with the programme. Loss of weight is a bonus. And my mental attitude is stimulated, strengthening my purpose to cope and win.

Esther Roots, 6 Laura Street, Stones Corner 4120

My cystitis infection has cleared. I arrived here knowledgeable about wheatgrass and raw foods, and have learned more. I'll teach raw foods classes in Sydney.

Jill Nance, 2 Lookes Avenue, East Balmain 2041

I came to Sunday Open House all the way from Sydney and became inspired to stay a week. Now that I'm leaving, I wish that I could stay longer. It was overwhelming to experience the improvement on my own body after only a week of cleansing. I have become lighter of body, clearer of mind and higher of spirit!

Manuel Coelho, 35 Rawson Avenue, Bondi Junction 2022

I feel a lot better. More energy, no headaches, toothache gone, clearer thinking. Lost 4 kilos, circulation improved.

Kaye Staier, 17 Kitchener Street, Clermont 4721

I lost 4 kilos. I have no headaches. I'm able to arise early, feeling very fresh and alert. My capacity to absorb material read and reading speed have improved considerably. I don't have that heavy, tired feeling after eating. I don't require as much sleep. I leave HHCA more in control of myself and am looking forward to a busy year, highlighted by improved eating and exercise habits.

Robert Elliott, MD, 14 Mann Street, Glenbrook 2773

TESTIMONIALS

In 2 weeks I lost more than a stone. I'm much brighter and alert, and my stress is reduced. I came as a helper for my wife. I thought I was OK when I arrived, but now I'm much better. I've already recommended HHCA to several people. And my staff have told me that I look much younger.

Gil Neilan, 1/1 Bayview Street, Lavender Bay 2060

Previously at home I've fasted, but found that I lacked the discipline to continue for long. At HHCA juice dieting was easy because of the added support and strength from everyone. I now visualise my internal organs as bright and clean. I really feel squeaky clean inside. I shall continue to eat a balanced raw diet and will feel better and better each day. I loved the casual, relaxed atmosphere. HHCA really is a retreat from this hectic world.

Rita Malone, 1/116 Clarence Road, Indooroopilly 4068

Having lost 5 lb, I feel lighter and look better and refreshed. The fatigue that I had when I arrived has now gone. It was great to be able to put my feet up for a week. And I bought a Champion Juicer and Lifestream Wheatgrass Juicer to take home.

Mary Malone, Box 30, Pittsworth 4356

There is no doubt that the HHCA diet cleans people out and increases feelings of vitality and wellness. I look upon this week as a start, not an end. I have a Champion at home, which has helped me.

Ross Christopher, 4 Barow Court, Ashmore 4214

I lost a stone, and I have a general sense of wellbeing. I plan to follow the regime a large percentage of the time.

Patricia Treleaven, Box 2400, Lae, PNG

My level of stress has greatly diminished. Problems seem like molehills rather than mountains. I feel happy and healthy. I got rid of a migraine for the first time in my life without pills. I feel relaxed and ready to go back to the world - and I lost 8 lb without even trying. I'm now armed with plenty of delicious recipes to keep all of these wonderful changes going.

Raylee Tanner, 21 Station Road, Indooroopilly 4068

TESTIMONIALS

"I went to the Centre healthy. To my surprise, by the time I left after 1 week, I felt the lightest, strongest and clearest on both the mental and physical levels that I have in years. I recommend the Hippocrates Programme to my 'healthy' patients as well as the 'sick' ones. The Centre is a most valuable and needed retreat for learning, rejuvenation and health restoration."

Peter Edwards, ND, 22 Browne Street, Corinda Q

"I came to the Centre with my daughter. I thought I was quite fit. After 1 week I've realized what fit really is. My eyes have cleared to blue, my head is clear and I feel great."

Patricia Rowe, 39 Mindarie Cr, Wellington Point Q

"Being a Naturopath and living on a diet of predominantly raw foods, my health was already excellent when I came to the Centre, but my batteries were pretty flat. The Hippocrates Programme has detoxified and revitalised my system faster and more efficiently than any other method that I've tried. I AM LITERALLY JUMPING OUT OF MY SKIN!"

Karen Heaney, ND, 25 Ringara St, Manly West Q

"When I came here I was on sleeping tablets. After 4 days I was able to sleep until daybreak without waking, with no tablets. Thank you!"

Michael Seymour, 32 Carwarp Street, Macleod 3085

"I've gotten off to a very good physical and mental start to a better diet. I've lost 5 kg. I don't feel hungry, and don't crave coffee and bad food."

Julianne Brady, Buderim, Q

"I know my colon will be brand new again, as it was when I did the Hippocrates Programme in 1984. I feel good, with more energy."

Betty McLean, Buderim, Q

"The HHCA programme is excellent, even superior to the Boston HHI programme. I lost 5 pounds. The ache in my right kidney has stopped completely. Contact dermatitis has improved 90%. I haven't felt so calm and relaxed in years."

Valerie Jenkins, ND, Armidale, NSW

TESTIMONIALS

I intended to stay for 2 weeks only. I liked it so much I stayed for an additional 2 weeks. I ate all I wanted, and still lost almost 20 lb. I'm 68, and feel very good.

Else Post, 3 Bridges 3797

I can breathe much better, lost 10 lb, and gave up laxatives. I feel very comfortable here.

Beni Kirsbaum, 3 Bridges 3797

For 12 months I tried through the normal channels to rectify an impaired adrenal system and a very low immune level. I'm only 31 and have suffered for years with sinusitis, constipation, shingles, migraines and various allergies.

The first 2 days were a little uncomfortable with headaches and biliousness, mainly caused by suddenly not having caffeine.

On the 4th day, I awoke actually breathing through my nose - which came as quite a shock! Without grains and dairy products, I was able to breathe normally again! I also easily gave up smoking. It was really easy with a positive attitude and the distraction and diversity of new experiences and improvements in my health. I'm feeling 100% better physically and mentally.

Glenda Lynch, 14 Jillian Court, Springwood 4127

I feel more alert and more alive as a result of living, loving, sharing with some great individuals. I've come closer to my true self. Good health means a balanced lifestyle, proper diet, thoughts, attitude, exercise, fun, laughter and much more.

Bob Henderson, Los Angeles, California

I'm 30. I've had severely rough, cracked hands for my entire life. I was embarrassed for my hands to be seen, or touched.

Doctors and my family claimed that the condition was congenital.

I tried everything before coming here; nothing worked. After just 2 months of wheatgrass juice, raw foods, hydrochloric acid and removing mercury tooth fillings, my skin condition is 95% GONE!

I'm amazed!

Damien Andrews, Melbourne

Ellis Brown, a retired psychologist, stayed with us in
October 1986. We received this letter in February 1987.

"My health has improved remarkably since I left Hippocrates.
The diet seems to be a great rejuvenator. And I no longer have
sores on my hands which plagued me for 25 years!"

Ellis Brown

PO

Northcliffe 6262

Elaine Gibson came all the way from WA to stay with us in
October 1986. We received this letter in ^{FEBRUARY} October 1987.

"During the last few months I've continued to lose weight.
My self image has improved. I have less backache and joint
stress. And I have a general feeling of wellbeing."

Elaine Gibson

Box 17

Pemberton 6260

"I can get into jeans I owned 4 years ago! Hippocrates lets
your body show you the true meaning of life. The internal effects
of a raw food diet flows into all other external aspects of one's
life, showing the true meaning of 'healthy, wealthy and wise.'

Things have improved radically for me. More of my friends are
asking 'What drugs are you on?'

They won't believe that I'm just happy from good health. I also
did an assertiveness training course. Now I'm no longer a meek,
mild doormat in awe of those in control!"

Bronwyn McDonald

In 6 days, I've lost 3½ kg. And I've learned so much wonderful and beneficial knowledge that will improve my family's health and mine - for the rest of our lives. Thank you!

Karen Arndt, Scarborough, Q

In just one week I've stopped smoking and coffee. Skin is clear and healthy. Fluid retention is gone. I feel cleaner; less toxic.

Marie Lacey, Nerang, Q

I'm not constantly tired. I have more energy, and I look better. I'm no longer constantly hungry. The faculty were absolutely great! Thanks to all! You've helped me change my life!

Victor Resnikoff, Park Ridge, Q

I'm more relaxed and content with my body. Stress and tension have faded considerably. Skin is smoother. Thank you!

Geoff Arndt, Scarborough, Q

I've lost weight. I feel emotionally stronger. My eyes are brighter, and I feel a lot healthier. The back and limb pain I've had for a long time is gone. Rolling over in bed doesn't cause me to wake up with pain. I'm more limber, and moving easily. I'm breathing more freely. My skin is clearer, and I have more energy. Thank you!

Susan McKendry, Christchurch, NZ
Susie Bromley, Chelmer, Q

I've lost weight. Skin is smoother. Stress is gone. I have more mobility in joints. I'll spread the word!

Rocky Douche, Wellington, NZ

I have more energy, and feel more alert. Digestion is better. Cravings for sweets and cooked food are gone. Ear pain and tight chest have disappeared. My body feels more nourished, and the knowledge I've gained when I leave. A very thorough and well-structured program!

Marisa Pucher, Wentworth Falls, NSW

I've attended HHC several times. My head has cleared, with no strain or tension. I'm inspired again to continue at home. Stomach discomfort is gone. I haven't worn my glasses since I've been here! Due to detox all over I just feel wonderful!

Taryn Arho, Shepparton, Vic

Within just 2 days my skin became noticeably smoother, my energy increased and my mental alertness improved. After the daily enemas, I feel clean and vital inside for the first time in years!
Rebecca Riordan, Burleigh Heads, Q

I've just attended HHC for the second time. I've lost weight. I feel clearer mentally. I have more energy. I need less sleep. I'm less hungry. My bowel feels cleansed. I'll be back!
Ron Elliott, Mt Waverley, Vic

I now feel more in touch with my body's needs: when to drink, eat, rest, etc. Chronic fatigue syndrome has much improved. I have steadier energy and improved concentration. I feel much clearer and steadier generally. Skin texture has improved, and cellulite has reduced.
Julia Veitch, Kingston, ACT

I've lost weight. My body has detoxified. I have less stress. I have a feeling of wellbeing both mentally and physically. I've taken materials to give to friends.
Peter Sherman, Glen Waverley, Vic

I'm now much fitter. I'm detoxifying steadily.
Julie Deakin, Reservoir, Vic

I've stopped losing hair. I have less mucus, and less nosebleeds.
Gordon Sinclair, Reservoir, Vic

I feel more energized, alert and well. I believe that there has been a great improvement. I've lost weight, and will continue the program at home.
Sally Tompkins, Southport, Q

Skin softer. Hair is growing after chemotherapy. Nails are growing. I'm more relaxed and sleeping better. In general, I feel well.
Jan Danckert, Vaucluse, NSW

I have lots more energy. My thinking is clearer. My skin texture has become finer. I feel more relaxed.
Skye Baxter, St Kilda, Vic

I've cleansed amazingly fast. Skin is much better. Chronic asthma has improved.
Barbara Morgan, Coolum, Q

It's been my utmost pleasure to personally experience the Hippocrates cleansing and rebuilding process. I will be an example, and encourage all whom I meet to have the Hippocrates experience. It's been truly remarkable. The faculty are wonderful, talented and intelligent. Best wishes for a happy and healthy life to all.....
Ros Young, Bundall, Q

When I arrived at Hippocrates, my hands were split, bleeding and very sore. They healed in the first week! I also was taking drugs for diabetes. And now my blood glucose has come down from 12.15 to 6.8! Blood circulation is now wonderful. When I arrived, I could walk only a short distance. Now I'm walking 4k daily! I've lost 10+ kg, and my grey hair is now darkening. I thank all of the faculty for your wonderful support. All of you shared your time, company and space with me for 12 weeks. I shall look back on this as a wonderful time and thank you with all my heart. Relationships are all about meeting, sharing, growing, saying goodbye and moving on like the seasons. Thanks to you all!
Win Gabell, Saddleworth, SA

In just 5 days: We've lost weight. Max's memory has improved significantly. I'm more confident, rested and relaxed. We'll be back
Kathy and Max Smith, Samsonvale, Q

Energy level is up 200%. I've lost 5 kg. Previously tight muscles are relaxed. I'm tolerating sunlight better. I'm amazed that I haven't been hungry! Chronic Fatigue Syndrome has improved enormously. Monica has lost weight, skin is smoother, eyes clearer, better posture, more relaxed.
Doug and Monica Mitchell, Malua Bay, NSW

I feel better all over. Digestion is much better. I've lost weight, and cellulite is much better. I'm positive and happier.
Helyna Burton, Tewantin, Q

During my three weeks at Hippocrates my nails became pink and strong without white flecks. This means that my previous zinc deficiency was corected. Mucus is gone. Eyeas are clearer. Digestion has improved. I actually gained 1 kg (from 36 kg to 37 kg) which thrills me! The surgeon predicted that my cancer condition would grow rapidly, but it hasn't. I'm confident that the knowledhe I've acquired here, with the personal help by the very supportive faculty, will allow me to maintain this excellent diet and way of life, and in time totally conquer cancer and osteoporosis.
Dianne Mittler-Damon, Roleystone, WA

I feel clean and flexible. I have not felt hungry at all. I've lost weight. Posture has improved. Skin is smoother and softer. I have a new resolve. Joint pain and shoulder tension are gone.
Vicki Lennox, Clayfield, Q

Eyes are clear. Chest infection - for which I took antibiotics - is gone. I've stopped smoking and coughing. I feel more vibrant, lighter, stronger.
Julia Booth, Bronte, NSW

I've lost weight, and I'm happier. Psoriasis is gone. I've learned to cope with cancer pain, and take fewer drugs.
Thank you!
Rosa Flux, Robina, Q

I last attended HHC 12 years ago, and it's great to be back! I feel clean inside and out. I've lost weight. I'm rested and very well-informed now. I'll be back soon!
Florence Grey, Toowoomba, Q

Until now, I've always lived life as if it were a series of obstacles to overcome. I now see life as an exciting adventure in which good health and happiness are a result,
Paul Hopper, Kyogle, NSW

I have more energy. I've stopped smoking AND lost weight.
Talitha Jones, Red Hill, Q

Weight is down. Stamina has improved. I've learned a huge amount.
Tony Pryer, Runaway Bay, Q

I'm now much more aware of my body. Hair and nails have improved. Skin is better. I've lost weight. Eyes are clearer. Mind is at peace. All this in only 5 days!
Bernadette Smalley, Warrandyte, Vic

After I last attended Hippocrates, 3½ years ago, I stuck closely to the program at home for several months - went from a size 16 to a size 11 - and felt wonderful. I then started to backslide, so came here again to get myself "kick-started." And, again, in just one week my energy has increased, I've lost 4 kg, I feel much more relaxed, my skin is smoother, and I'm thinking clearer.

Anna Douglass, Brisbane

I've lost a lot of weight. I feel cleansed. My skin is smoother, and my complexion has a healthy glow. I've lost weight. My mouth feels fresh, and I'm breathing freely. The idea of deep-fried foods is REPULSIVE! After the weeks of discipline here, I'm ready to continue at home.
Ann Gray, Wurtulla Beach, Q

My husband, son and I have attended Hippocrates several times. This time I arrived with a bad cold - which is gone now. I've lost weight, and feel really well. My husband and I will return soon, and I'm eager to have my daughter and daughter-in-law both attend Hippocrates also.
Marie Christianos, Kangaroo Point, NSW

Damaged knee has improved wonderfully. Poisoned finger is now much less swollen and more mobile. Eyesight much better. Chronic stress is gone. I feel invigorated and inspired!

Taryn Arho, Shepparton, Vic

I was in a car crash three months ago. Since then, I've had awful headaches and neck pains. In just 5 days, headaches are gone and neck feels much better. I've learned how to get rid of chronic skin rash. I'm thinking in a much healthier manner. I always knew what foods to avoid, but I didn't know why until now. And now I know why! Thank you.....

Gretta Bottomley, Canberra

I know now that my chronic asthma will go. With loving persistence, gratitude and enthusiasm I will attain a high level of health and happiness. My enthusiasm for the work needed to be done has been reinvigorated by my attendance here.

Karen Medbury, Canberra

I've lost a huge amount of weight. And, when I arrived, I could walk only 200m slowly. Now I can walk 1600m, and much faster. Thank you! Ralph Blyth, Jabiru, NT

My skin is smooth. I have more energy. I've lost stress. I have more energy. I've lost weight. I feel healthier inside. I understand a lot more about my health and body. Grace Duffin, Calamvale, Q

Investing \$1898 at HHC is the best money I've ever spent! Fran Keech, Yerongpilly, Q

Tingling and numbness in hands and arms is gone. No more sugar cravings. Menstruation has been painless for the first time in a long while. I'm sleeping much better. Dianne Fraser, Canberra

I've learnt how to improve my health. My skin is better, and I feel more refreshed. I've broken my addiction to sugar and caffeine. And mucus is gone - before I arrived I had a "cold" for months!
Ann Polley, Como, NSW

Arthritic joints are more flexible and less painful. I've lost 5kg, and feel ready to face the world. Support from faculty and other students has been wonderful.
Dihanna Poulsen, Banora Pt, NSW

My skin feels smoother and more healthy. I've lost 8kg, and have toned my entire body. Appetite has decreased. I feel lighter and more energetic. I feel calm and unstressed.
Rebecca Pullos, The Gap, Q

My "permanent" headache of 2 years is gone! Back feels marvellous. Red lower eyelid has disappeared. I'm feeling relaxed and sleep well.
Cherie Race, Bellingen, NSW

I've improved greatly in just one week. I feel lighter. Burden has been lifted, and weight has dropped. Bowel motions are much better.
Catherine Sharpe, Capalaba, Q

I feel cleaner, lighter, healthier, empowered. I have a great sense of determination to remain on the HHC path. I feel very grateful and fortunate. I'll return every 6 months,

Pamela Smith, Kingsholme, Q

I have improved tremendously in the following areas: digestion, hormone imbalance, coping with stress, exhaustion, irritability, memory loss, confusion. Thank you!
Jaimee Tamerlayne, Fukushima, Japan

More energy and vitality. Skin has greatly improved. Psoriasis almost gone.
Julie Wakely, Merewether, NSW

Clear eyes, no brain fog, more energy, less mucus, relaxed, no water retention.
Susan Walsh, Nundah, Q

From burnout to alive! And I lost 9 kg.
Sandy Worden, Flaxton, Q

TESTIMONIALS

I feel the best I've felt in years!

I commend the entire faculty for your dedicated work in making Hippocrates available to people who need help with their health. I set goals before I came here. I wanted a health plan to take home to my family, and I one learned one here. I wanted to be trim, taut and terrific - and I lost 4 kg! I wanted pain-free menstrual periods, and wheatgrass juice douches daily helped me achieve that. I wanted improved circulation, and got it. Also - all of my aches and tensions have disappeared from my shoulders and neck. My skin is softer. I feel alive and motivated, yet calm. I had a good rest, and learning holiday. The tapes and food prep classed were wonderful. But, surprisingly, the MOST wonderful things for me were the enemas and implants! I discovered the true value of them. I'm going home armed with this knowledge, and I will go on doing enemas when I need to. I'll stay squeaky clean!

Jan Walker, Age 43, Homemaker, Nambour, Q

I feel connected with my body again. I feel calm, relaxed and centred again. The daily exercise program caused me to discover muscle groups and joints which even the yoga I do at home wasn't exercising. My brain is functioning clearly and well. I lost 5 kg in 5 days! The Hippocrates regime is excellent. I recommend it to anyone wishing to move into a state of wholeness and health. I've learnt much of great value here!

And I'm recommending Hippocrates to my friends and patients.
Shirley Winter, Chiropractor, Mosman, WA

In 3 weeks here I've lost a lot of weight. My system is cleaner, my skin smoother, and my cellulite much less.

Ruth Ryan, Campbelltown, NSW

I feel fantastic! In just 5 days I've lost all of my cellulite and 2 kg! On days 1 and 2 my eye became red and sore (a cleansing reaction, but that was gone by day 3. I can't wait to show my family what I've learned!

Dian Pitman, Age 43, Greenbank, Q

It's now been seven months since I attended Hippocrates. I've stuck close to the program at home, and have lost 35 jg. I'm thrilled!

Ken Simpkins, Thornlands, Q

TESTIMONIALS

My skin has improved. Sinuses are clearer. Digestion is much better.
Ian Cargill, Sydney

My head is clearer. It is much easier to feel good, relaxed and happy
without any pressures from outside. Thank you!
Betty Wells, Coffs Harbour

I have heaps more energy and a more positive mental attitude.
I came here bedraggled and worn out. I'm leaving feeling really
wonderful, ready to face the world anew.
Ulli Hansen, Sydney

Through the juice fast and raw diet I feel cleaner internally.
I have a much lighter feeling within myself. I am more positive, and
am convinced that raw foods give one a healthier state of mind and
body. I have relaxed more than I have in many years. I'm enjoying
being alive, and feel able to cope with more stress than ever before.
I have released toxins from my body. I really enjoyed my stay.
I found the staff very easy to be with, and really enjoyed the
company of all. The atmosphere was casual and relaxed. Wonderful
therapy. Thank you!
Marie Stephens, Bracken Ridge, Q

I feel cleaner, more balanced, rested, less stressful. The stiffness
in my hands has gone. This has been like an oasis in the desert --
very, very needed in Australia. The programme and food were
excellent. I loved it! I totally praise and support what you're
doing.
Vikki May Hoadley, Naturopath, Melbourne

My caffeine addiction has gone. My ulcerative colitis has improved -
the bleeding has stopped almost entirely. I only stayed 1 week, and
I'm certain that the bleeding would have stopped entirely if I'd
stayed another week.
Marilyn Schofield, Worongary, Q

TESTIMONIALS

I lost 5 kg. My skin has improved. I'm breathing easier. I have cancer, and now am more comfortable in the cancerous regions.

Linde Brown, Chiropodist, Canberra

I lost weight. I definitely feel better. I am 77, and will certainly continue with the diet and exercise. Thank you!

Kate Wilson, Brisbane

I lost 1½ stone in 10 days! And I've had no gallstone pain, even though the doctors wanted to operate.

Geoff Goodall, Perth

I'm not in as much pain as when I arrived. I feel that if I continue rigidly on the diet further improvement will occur.

Jane Goodall, Perth

I think the program is perfect just the way it is. In only 1 week my body has expelled mucus constantly. I feel lighter, cleaner, more alive and can breathe through my nose easier. I can think more clearly, and feel more loving. I know my health will improve as I keep to the program at home. And I'll distribute literature to my friends who own beauty salons, hair grooming salons and health centres in Newcastle, Sydney and the Hunter Valley.

Helen King, Weston, NSW

My purpose was to detoxify my body, and I feel very good about having done that. I was never on a fast before, and am THRILLED that I was able to do it quite easily. My hair is in the best condition in years - almost like when I was a baby. I lost 8 lb. All in all, my stay has been very enjoyable. Thank you for the opportunity.

Mylene Craven, Bundall

I've had a neck problem for the past 6 months. This has improved somewhat in the week I've spent here. The stiffness throughout my body is also beginning to loosen up. A week wasn't quite long enough to clear the problem completely. I've lost a stone, and the improvement has been tremendous. Thank you.

Lionel Johnson, Bundall

DR EARL CONROY WRITES ABOUT HIPPOCRATES HEALTH CENTRE

The Hippocrates Program allowed me to experience a gentle detox, learn how to better care for my body, learn how to prepare delicious raw foods, and introduced several "mentors" who imparted priceless information on physiology, healing methods, health philosophy, skin care, exercise, and - most important - how to care for my own health. The faculty is dedicated, relaxed, efficient and jovial. Primo! My experience at Hippocrates was one I'll carry far into my "real world" with renewed dedication, knowledge and fond memories.

Dr Earl Conroy, Motueka, NZ



HIPPOCRATES
HEALTH CENTRE
OF AUSTRALIA

Mudgeeraba 4213, Gold Coast, Queensland

" I LOST 6½ KILOS IN 5 DAYS ! "

"I lost 6½ kilos in 5 days at Hippocrates Health Centre," says Eli Christianos, Kangaroo Point, NSW. "My son, Christian, age 14, lost 4 kilos! It's the second time we've attended Hippocrates, and we'll return again and again. We've been doing a lot of walking, and are breathing easier and feeling wonderful!"

"More than 700 students have attended our program at the Gold Coast since 1985," said Ronald Bradley, Hippocrates Director. "They've all achieved results similar to those of Eli and Christian. People lose weight; reduce stress, stop smoking, feel younger, make new friends and have fun. And, most important, they learn everything they need to know in order to go home and continue improving."

CONTACT: RONALD BRADLEY, (075) 302860



HIPPOCRATES
HEALTH CENTRE
OF AUSTRALIA

Mudgeeraba 4213, Gold Coast, Queensland

" I LOST 18+ KILOS IN 31 DAYS ! "

"I lost more than 18 kilos in 31 days at Hippocrates Health Centre," says Marie Gabrielson, East Doncaster, Victoria. "I lost 13 kilos in the first 14 days! And I stopped smoking, with surprising ease. How? I drank ONLY fruit and vegetable juices during the entire 31 days - NO solid foods. My skin and hair now glow with health, and I feel wonderful!"

GRADUATE LETTER

Brian and Patricia Clarke attended Hippocrates in July 1986. We received this letter in January 1987.

"Thank you for the prompt dispatch of the Champion Juicer. We find it more economical than our old centrifugal juicer.

We are both very well and enjoying life. My health has improved remarkably as a result of following the raw food program. I now have a normally functioning bowel and very good digestion. I had been badly constipated my entire life before coming to Hippocrates. My stay at Hippocrates achieved everything I wanted, and it was a complete success. Diane McCann, a friend of a friend, is planning to visit Hippocrates next month."

Patricia Clarke

RSD Apple Tree Cottage

Vaughan 3451

054-734323

Hi! It's been more than 2 years since I attended Hippocrates. I still use the raw food diet and I AM improving. When I was getting worse with multiple sclerosis, years ago, I used to say that I didn't even notice it myself. Now, the exact opposite is true. Very slowly I'm getting more mobile, and just a little more energy each month. We all make mistakes with health, and since coming home the mistake I made was eating too much. It was all raw food, but my body just wasn't coping with the quantity I was eating. I did a 4-day juice fast, and that gave me the clue, as I felt so much better and moved so well. Now I have some juice each day, and usually only one meal each day. I operate on the minimum amount of food I can and it's working for me. The recovery is slow, but it's helping, which gives me the courage to stick with it. As you can see, I'm pretty determined to get mobile again, and I will stick to my raw food until it happens! Peter Reichenbach
Gisborne NZ



HIPPOCRATES
HEALTH CENTRE
OF AUSTRALIA

Mudgeeraba 4213, Gold Coast, Queensland

" I LOST 6 KG IN 11 DAYS! "
SAYS BILLY

FOR IMMEDIATE RELEASE

"I lost 6 kg in 11 days at Hippocrates Health Centre," says Billy Van Koesveld, age 65, East Maitland, NSW. "My skin, my eyesight and my basic health have all improved. I released the stress I was experiencing, and I loved the peaceful surroundings."

I'm experiencing less pain from liver cancer. My breathing is improving. My eyes are clearer, skin smoother, hair softer. Massage and exercise have noticeably toned my body. I have a general feeling of wellbeing.

My husband, John, has had similar results. The program has been comprehensive and

fascinating, and well-organized. And the faculty are extremely helpful and friendly.

We've sent Hippocrates information to many of our friends.

Joy Rees, Killara, NSW



Dr. Ann Wigmore's Wheatgrass and Living Foods Program
Mudgeeraba 4213, Gold Coast, Queensland

**" THE HIPPOCRATES RESULTS
ARE INCREDIBLE! , "
SAYS IRENE**

FOR IMMEDIATE RELEASE

"My hair and skin glow with health after attending Hippocrates Health Centre," says Irene Probert, Beresfield, NSW. "I've just finished my second attendance at Hippocrates, and I now appreciate and understand the program even more. I've lost weight, my stressed nerves have improved enormously and the cleansing and the quietness have helped me become a positive person. The wheatgrass juice and raw foods diet have helped my ulcer tremendously."

"The Hippocrates Program is wonderful for people who are genuinely looking to improve their health and wellbeing. If they're willing to spend the time, be patient and have a positive mental attitude, the results are incredible! Thank you!"



Dr. Ann Wigmore's Wheatgrass and Living Foods Program
Mudgeeraba 4213, Gold Coast, Queensland

**" MY ASTHMA HAS IMPROVED ENORMOUSLY ! "
SAYS LIONEL**

FOR IMMEDIATE RELEASE

CONTACT: RONALD BRADLEY, (075) 302860

"My asthma condition has improved enormously as a result of following the Hippocrates Wheatgrass and Living Foods Program," says Lionel Rockman of Melbourne. "I've been on asthma medication for many years. When I first attended Hippocrates Health Centre at Mudgeeraba in 1988, I noticed immediate improvement. My breathing became much easier, and my need for medication reduced by more than 50%. I've just finished attending Hippocrates for the second time, and again I've felt immediate improvement. In the near future I'll return to Hippocrates, to spend at least one month. In the meantime, I'll remain as close to a 100% raw foods diet as I can, and look forward to being on raw foods 100% in the near future. And I lost 4 kg in 10 days!"

"Dozens of people with asthma have attended our program, and experienced results similar to Lionel's," said Ronald Bradley, Director, Hippocrates Health Centre. "You see, when you're NOT smoking, drinking alcohol or tea, eating dairy foods, sugar, cooked breads, grains, porridge and pasta, your breathing becomes much easier. It's that simple."

END

**I OVERCAME SMOKING, THRUSH AND
DRUGS WITH THE
HIPPOCRATES RAW FOOD DIET!**

"I overcame smoking, thrush and drugs with the Hippocrates raw food diet," says Toogie Boyce, age 30, of Brisbane. "When I first attended Hippocrates Health Centre, in August 1988, I was smoking one packet of cigarettes per day, had used illegal drugs for 12 years, and had classic vaginal thrush symptoms: itch, irritation, cystitis, odor, depression, oscillating behaviour."

"I found stopping smoking and drugs surprisingly easy," continued Toogie. "During the months since then, I've adhered closely to the Hippocrates Program, and I'm a changed person. I don't crave cigarettes or drugs, and my thrush symptoms are gone. My lifestyle is now totally health-oriented, and I've made many new health-minded friends. Most important, I've gained knowledge which will help me maintain my good health for the rest of my life. We all need a starting point. We need instruction and good guidelines to apply to ourselves. These attributes and many more are what make the Hippocrates Program a winner every time."

"Dozens of women and men with thrush or Candida Albicans have attended the Hippocrates Program," said Ronald Bradley, Director, Hippocrates Health Centre. "They've all experienced great improvement. You see, the Candida bacteria thrive on the processed food and drugs which most Australians, Americans and Europeans consume: preservative-laden bread, refined sugar, alcohol, antibiotics, birth control pills, steroids, and so forth. When you don't consume these unnatural substances, the body has a chance to restore its natural balance. It's that simple."

"Every smoker who has attended our program has stopped smoking with surprising ease," continued Bradley. "When smokers go on our time-tested diet of raw fruits, vegetables, nuts, seeds, sprouts, greens and wheatgrass juice, they simply have less desire to smoke."

END

FOR MORE INFORMATION: RONALD BRADLEY, (075) 302860

GRADUATE LETTER

The author of the following letter arrived at Hippocrates in October 1986 with a severe bodywide rash and itching. We received this letter in January 1987.

"Although my complete recovery is much slower than I had hoped, I am certainly a much healthier, stronger person than when I went to the Hippocrates Centre. My symptoms still appear at times but less often and with less intensity, so it is indeed a matter of "two steps forward and one backwards." I had to add more grain to my diet to put on a bit of weight and give me more energy, but apart from that and occasional steamed vegetables, my diet is the same as it was at the Centre."

Wendy Valentine
McLeans Ridges
Wollongbar, NSW

(RECEIVED IN MARCH 1989)

I'm now completely well! I've stuck to the program very closely since I attended Hippocrates in October 1986, and my rash and itching are gone! I'm so happy! Thank you for starting me on the path!

Wendy Valentine
McLeans Ridges
Wollongbar, NSW

I feel clean and flexible. I have not felt hungry at all! I've lost weight. Posture has improved. Skin is smoother and softer. I have a new resolve. Joint pain and shoulder tension are gone.
Vicki Lennox, Clayfield, Q

Eyes are clear. Chest infection - for which I took antibiotics - is gone. I've stopped smoking and coughing. I feel more vibrant, lighter, stronger.
Julia Booth, Bronte, NSW

I've lost weight, and I'm happier. Psoriasis is gone. I've learned to cope with cancer pain, and take fewer drugs.
Thank you!
Rosa Flux, Robina, Q

I last attended HHC 12 years ago, and it's great to be back! I feel clean inside and out. I've lost weight. I'm rested and very well-informed now. I'll be back soon!
Florence Grey, Toowoomba, Q

Until now, I've always lived life as if it were a series of obstacles to overcome. I now see life as an exciting adventure in which good health and happiness are a result,
Paul Hopper, Kyogle, NSW

I have more energy. I've stopped smoking AND lost weight.
Talitha Jones, Red Hill, Q

Weight is down. Stamina has improved. I've learned a huge amount.
Tony Pryer, Runaway Bay, Q

I'm now much more aware of my body. Hair and nails have improved. Skin is better. I've lost weight. Eyes are clearer. Mind is at peace. All this in only 5 days!
Bernadette Smalley, Warrandyte, Vic

After I last attended Hippocrates, 3½ years ago, I stuck closely to the program at home for several months - went from a size 16 to a size 11 - and felt wonderful. I then started to backslide, so came here again to get myself "kick-started." And, again, in just one week my energy has increased, I've lost 4 kg, I feel much more relaxed, my skin is smoother, and I'm thinking clearer.

Anna Douglass, Brisbane

I've lost a lot of weight. I feel cleansed. My skin is smoother, and my complexion has a healthy glow.
I've lost weight. My mouth feels fresh, and I'm breathing freely. The idea of deep-fried foods is REPULSIVE! After the weeks of discipline here, I'm ready to continue at home.
Ann Gray, Wurtulla Beach, Q

My husband, son and I have attended Hippocrates several times. This time I arrived with a bad cold - which is gone now. I've lost weight, and feel really well. My husband and I will return soon, and I'm eager to have my daughter and daughter-in-law both attend Hippocrates also.
Marie Christianos, Kangaroo Point, NSW

----- Original Message -----

From: "Toms, Carolyn" <Carolyn.Toms@dva.gov.au>

>

> Hope you are well, I am still progressing well after my stay at Hippocrates

> in Dec/Jan. I have now lost 22 kilos and look like a different person.

My

> health is good and I am still spreading the word. You were right, in that

> people are now approaching me and asking what my secret is, so this is my

> opportunity to give out the brochure and explain a bit about the main

> principles. Some people then switch off, because they are not really

ready

> to change, others show interest.

>

> Best regards, look forward to hearing from you

>

>

> Carolyn

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> >

>

5/05/2003

TESTIMONIALS

ODE TO HIPPOCRATES by Pam Salfield, School Principal, Byron Bay, NSW

I was feeling so glum
Too much weight on my tum.
I needed a break.
I was starting to ache!

My body said "stop!"
I don't need to shop.
Take me to a place
Away from the ratrace."

So I looked around
And Hippocrates I found.
You'll never guess what.
My body said "Jackpot!"

As my stay went on
I learned where I'd gone wrong.
I started to slim,
Gor more vigour and vim.

Now I have health, not pain,
I have my life back again.
And I've learned how
To live in the "now".

Life is a dream
To be lived scene by scene.
It's a wonderful play
When you're feeling this way.

So come, take a seat
Learn the right things to eat
And if you need a great rest
This place is the best!