

Hippocrates Health Centre of Australia

Historical Testimonials Volume 6



HHC has helped me integrate, in a supportive environment, the therapies necessary for cleansing and detoxifying my body. I have finally lost weight, my mind is clearer, my skin tone vibrant, and I feel more confident that raw foods and wheatgrass is the way. Thank you!
Theresa Clancy, Rydalmere, NSW

I've lost 4 kg. Skin is much better, and I feel more motivated.
Denise D Souza, Redcliffe, WA

Eczema gone in 3 days. Lost weight, skin better, foot and gum problem gone.
Maree Emmett, Lindisfarne, Tas

Sore gums gone, and lost weight.
Ian and Julie Head, Mollymook, NSW

More energy, no hypoglycemia, I'll keep on improving.
Lynda Joyce, Broadbeach, Q

I've never been better! Lots of pain released. Lighter, cleaner, focused.
Merrideth Kable, Tamworth, NSW

Relaxed, great skin, overall much better.
Jennifer McDonnell, Rye, V

Stomach pain gone, skin better, more energy.
Maria Santic, Isle of Capri, Q

More energy, greatly improved digestion.
Christopher Sun, Hong Kong

I've had a 30-year bowel problem. In just a week I've gotten rid of much fecal matter, and bloat is gone. I feel so much better!

Vera Ballin, Tingoorra, Q

My skin is clearer, colonics have helped immensely, and I'm eating far less.

Auriel Carty, Lamberts Beach, Q

Weight loss, fluid retention gone, bruises healed quickly, less cellulite, more confidence. Hay fever, anxiety, asthma all better.

Christine Gray, E Brighton, Vic

I've dropped 8.5 kg, and halved my diabetes drug intake.

Jo Hodge, Devenport, NZ

Lighter, skin better, nausea gone.

Janelle Jungblut, Biggera Waters, Q

Excess fluid in legs and abdomen gone. Sugar cravings and bloat gone.

Piere Kelly, Emerald Bch, NSW

Stopped osteoporosis pain drug. Dropped 7.5 kg. Walking stamina much better. Broke caffeine habit. Never felt better!

Margie and Garry Love, Somerset, T

Energy up, bowel clean, skin and nails better, Thanks to all – it's been brilliant!

Tanya Lukin, Ashmore, Q

Feeling great, more energy.

Leah Nicholas, Currumbin, Q

I feel great, and happier than I can remember. Sleeping better. Skin great. Stopped smoking; chest infection gone.
Vickie Molloy, Double Bay, NSW

Much better digestion. Eyes clearer. Great knowledge.
Philip Pescud, Labrador, Q

Great!
Flavio Piazza, Mullaloo, WA

Better skin, sleeping better, more energy, more positive, stronger, lighter.
Radmila Radosevic, Torquay, Q

Head fog has cleared. Tranquil and alert. Less bloat, less stress, sense of humour.
Megan Rogers, Cairns

Digestion immensely better.
Jan Stapleton, Dromana, Vic

Stomach pain gone, less wind, flab gone.
Bill and Ingrid Shipp, Gleniffer, NSW

Destressed, lighter, cleaner, calmer.
Vanessa Soper, Currumbin, Q

I will send many people here! More energy, less weight, skin clear, eyes bright, mind sharp. I am rested, relaxed, rejuvenated and will stick to the program.
Leisa Wheeler, Nerang, Q

Stress less, dropped weight.
Tony Cullen, Church Pt, NSW

Happier, positive, sociable, joyous, peaceful. What a wonderful place!
Karen Dahl, Forrest, ACT

Lost weight and stopped smoking. Skin cleared. I've gained immensely in mind, body and spirit.
Judith DuCaen, Biggera Waters, Q

Skin improved, mind clearer, lost weight, feel well.
David Gilmore, Kenmore, Q

Metabolism has slowed. Heart is normal. I'm living in the present.
Bernhard Kuhle, Clayfield, Q

I arrived on diabetes drugs, bloated, overweight and lethargic. In just 5 days I've improved in every way, and stopped drugs.
Margaret Leaney, Sydney South, NSW

Lethargy, weight, joint pain, eye bags gone.
Jo Linden, Elizabeth Bay, NSW

Clear skin and eyes. Not going to toilet during night. Clarity.
Angela Mathrick, Mullumbimby, NSW

Huge skin improvement; more energy.
Stephanie Micos, S Coogee, NSW

Weight loss. Head clearer, relaxed, dropped weight.
Heather Laurie, Townsville

Brighter, clearer, rested. Skin soft, hair silky, bloat gone.
Energy up, puffiness gone. I'll be back! I've broken the spell
of bad foods.

Judy Leone, Ocean Shores, NSW

I can walk and move almost painfree. Digestion much
better. Confident. Thank you!

Barbara McKee, Old Bonalbo Vlge, NSW

I've had a lifetime of constipation. The enemas have
cleaned out a lot of stuff!

Susan McMullen, Sunrise Bch, Q

Detoxed, distressed, rested and relaxed, sleeping soundly,
more energy.

Melinda Swinfield, Bellingen, NSW

Bright eyed and bushy tailed!

Sally Wilson, Brookfield, Q

I love it here, and I keep returning!

Kristina Vogelsang, Tamborine, Q

Skin softer, smoother, less inflamed. Bloat and gas gone.
Calmer, sleeping better.

Rebecca Bandiera, Labrador, Q

Body is cleansed and lighter. Skin smooth.

Jade Brain, Olinda, Vic

Colon cleaner; dumped 3.5 kg.

Jemima Brain, Jan Juc, Vic

Both my body and soul feel clean and energized. I stopped taking asthma spray on first day. Neck pain and fluid retention gone.

Ellen Miller, Woy Woy, NSW

Weight loss, smooth skin, more energy, inner peace.

Cathy Pearl, Bellbird Pk, Q

Energy increased. I can go all day without exhaustion and pain next day. Aching and muscle weakness gone, sore eyes gone. All staff are fantastic!

Kath Salter, Townsville

Lost weight. Lighter in mind, body and spirit. Sleeping better, very relaxed. Aches and pains gone.

Kaye Scott, Wallington, Vic

Skin softer and clearer. Like an internal spring cleansing.

Thuy To, Beacon Hill, NSW

I'm detoxed and happier. Thanks to all!

Kristina Vogelsang, Tamborine, Q

Asthma gone in a day. I took off 5 kg in 4 days!

Chris Vose, Macleay Is, Q

Energy, peace of mind, dropped weight and bloat, clearer and lighter.

Peter and Michele Yonson, Albury

Energy is up; I've lost weight; I've learnt so much!

Lynda Allamby, Mentone, Vic

I feel self-respect for choosing the program, and sticking to it. I feel physically and spiritually stronger.

Bill McIntyre, Ashfield, NSW

After much study and preparation, this has been a culmination. Improved digestion and elimination.

Moorah MacKenzie, Dunsborough, WA

Tooth and foot pain gone. I've learned to take off weight healthfully.

Lorraine Milla, Sydney

I'm more alive and clearer.

Lizzi Swatland, Mudgeeraba

More vitality, clear eyes, better digestion, relaxed.

Carolanne van Leeuwen, Hunters Hill, NSW

Good health is now even better!

Uta van Delft, Bermagui, NSW

Bowels better, bloat gone.

Sonja Weller, Greenslopes, Q

For 30 years I've wanted to come to HHC. It's been wonderful, and thank you to all staff. Peace and love be with you...

Ben White, Canning Vale, WA

I feel like I've found myself again. I can breathe, and I've lost weight. I've learned so much!

Lisa Barakat, Burwood, NSW

I've detoxed a lot. Skin has improved. I'm confident that my prostate likewise will improve.

Ted Bartels, Windsor, Vic

Skin clearer, eyes sparkling, joints freer, lost 5 kg, Walking much better, without stick.

Margaret Bath, Bargara, Q

Stopped smoking. Much better digestion, no vomiting. Diarrhea of 18 months is gone. Have stopped taking 12 different prescribed drugs.

Pam Bosworth, El Arish, Q

I've learnt to meditate! More aware of body functions and dietary needs.

Kathy Conforti, Currumbin, Q

I'm much more alive, not sluggish, arthritis gone, walking farther without becoming breathless.

Tom Cribb, Toukley, NSW

I'm free of tobacco and have taken off weight.

Nikki Faddy, Currimundi, Q

Exercise is great, skin clearer, taken off weight, I've learned to meditate, I've fallen in love with myself. Staff are available when needed, but know to leave you alone when you wish.

Maryanne Hardes, Scone, NSW

I'm over caffeine, relaxed, more energy, less bloat.

Joanna Micos, Coogee, NSW

Skin smoother, energy increased.
Jane Caffrey, Traralgon, V

Clear mind, flaky skin gone, more energy.
Celia Grenning, Gaythorne, Q

More relaxed. Less weight. Healthy colon.
Eleanor Gornick, Thames, NZ

Skin is amazing. Dropped 7 kg in 12 days. Joints better.
Bloat gone, energy up.
Sherida Istomin, Singleton, NSW

Dropped weight without even feeling hungry.
Mike Matters, Yarralumla, ACT

Walking much better, fatigue gone. You're great, and I'll be
back.
Marie Owen, Kangaroo Pt, Q

I took off 10 kg, and look forward to my new life.
Julie Anderson, Byron Bay

Walking much better. Skin much better and clearer.
Leona Anderson, Byron Bay

Skin glowing, weight loss, bloat gone, bowels moving well,
flexible.
Sue Annert, Carrara, Q

Skin clear, less bloat, more flexible.
Erin Bray, Brisbane

Much more energy, and learned a huge amount.
Jennifer Bowen, Lakes Entrance, V

Blood sugar is perfect, and mind is clear.
John Folkes, Nelson Bay, NSW

More energy, hormones much better.
Carole Kelly, Paradise Point, Q

Toe and finger callouses gone. Lighter, straighter, taller.
I've laughed a lot!
Phil King-Turner, Westmead, NSW

I dropped 11 kg in 11 days. Stopped coffee and tobacco.
Energy, depression, bowels all better. All staff have been
wonderful.
Tracey Lackmann, Frankston, V

Rash has gone, and I have much more energy.
Eileen Linnett, Kingscote, SA

I feel completely detoxed, clean and clear.
Deepika Mehta, Hyderabad, India

Skin and head clear.
Sue Pryer, Currumbin Waters, Q

Lost weight, clearer skin, smooth hair, more energy.
Rosie and Lisa Taylor, Bellevue Hill, NSW

Dropped weight, feel younger. Feeling well, clear, improved
smell.
Linda Brady, West Burleigh, Q

Less weight, more mobility.
Annette Brewerton, Thames, NZ

Skin better, energy up, bloat gone, more flexible.
Amanda Trenfield, Darling Pt, NSW

Skin has cleared. I can now walk 10K, have lost weight, and
feel much better.
Mandy Boreham, Kensington, V

I have cleared my colon of long-accumulated congestion.
I've lost weight, and feel the best in years. Support and
camaraderie among students has helped me out of the utter
depression I've felt since cancer diagnosis. I now feel
positive, and will stick to the program. Thanks to all faculty
for their encouragement, expertise and patience.
James England, Newtown, Q

I dropped 13.5 kg. Skin is soft and glowing. Hair is shiny
and silky. Teeth are whiter and feel just cleaned. Tongue is
pink; breath is better. Eyes clear, need less sleep, cracked
heels totally healed, enjoying exercise, feel energetic, feel
emotionally centred.
Beverley Guy, Montville, Q

Stomach pains and everything much better.
Delrene Insch, Kuttabul, Q

More energy and happier.
Rita Kelly, Mt Elliot, N

A great deal less stressed.
Joe Magill, Box Hill, V

Fitness improved, bowel much cleaner.
Shirley McGregor, Brendale, Q

Clear bowels, weight loss, feel much better.
Felix Burkhard, Armidale, NSW

I'm 78, and my time here has been unique and wonderful.
Body lighter, energy better, bowels flowing. I'll return at 79!
Noeline Carroll, Corlette, NSW

Puffiness gone, skin much better, RSI much better, weight
loss.
Cheryle Elphick, Perth

I was old 2 weeks ago, and now I'm invigorated.
Cecilia Folkes, Nelson By, NSW

I dropped 6.5 kg in 5 days. Healthier, cleaner, lighter,
clearheaded.
Gloria Kroppe, Kallista, V

Weight loss, concentration better, skin clear, bloat gone.
Lynne Maxwell, Wondai, Q

Cold gone, much more energy, Happy and healthy.
Chrissy Nelson, Nudgee, Q

More flexible, joint pain gone, mucus gone, brighter mood.
Veronica O Reilly, Armidale, NSW

Energy up, foot pain gone, digestion much better, arthritis
gone.
Judy Potter, Godwa B, SA

Strength and energy up, feeling positive. Lifelong swollen
tonsils gone.
Annette Sharma, Stirling, ACT

Clear head. Easier to spring out of bed. More energy. I dumped small kidney stones I didn't know I had! Eyesight better. Dropped weight. Better skin tone. Lymphatic drainage. More positive.

Jenny Burnett, Bunbury, WA

Mentally aware, positive, relaxed, rejuvenated.

Don Busiko, Roma, Q

I'm on the way.

Cate Capp, Yamba, NSW

Digestive system working properly again, and huge energy increase.

Daniel de Behil, Broadbeach

Relaxed, distressed, skin fresher.

Karen Denniss, Algester, Q

I've detoxed, with the help of the program and the dedicated therapists. Sleeping better, skin better, more relaxed.

Thanks to everyone for their kindness and support.

Anneke and Chris Eldridge, Pt Cook, V

Dropped weight, look younger, blackheads and back pain gone, allergies gone, more spiritual, acne gone, joyful.

Clive and Sally Hawkins, Timaru, NZ

Weight loss, huge arthritis improvement, no heartburn or reflux.

Karen Rovascek, Rangewood, Q

Clear mind, lost weight, eyes and skin clear, bowels better, sleeping better. Sinus problems gone.

Vanessa Kock and Cameron Kubeckis, Bribie Island, Q

Clear head, better skin, relaxed.

Debbie Levy, Vacluse, NSW

Thinking better, rested, skin is awesome, dropped weight.

Tina Masters, Rotorua

Cleaner and lighter. Smooth skin. New direction in life.

Skin soft. Less stiffness. More energy. Cleaner and lighter.

Helen Pizzey, Canterbury, V

Stress gone, skin glowing, nails healthy, dropped weight.

Rejuvenated, all senses improved. Prepared for a new life.

Sangeeta, Murwillumbah, NSW

Flexible, skin improved, more energy.

John Sloan, Narranderra, NSW

Detoxed, dropped 9 kg, feel much better. Well done! I'm on track for a long and healthy journey to the future. I'll be forever grateful for your patience, technology and kindness.

Graham and Kaye Turner, Mandurah, WA

I'm more focused. This is the head start I needed. Skin and internal organs cleansed. No hot flushes.

Carol Brandtman, Caringbah, NSW

I'm now motivated to look after myself in terms of diet, exercise, meditation.

Beryl Brandtman, Caringbah, NSW

Skin shiny and soft. Not feeling guilty about spending money on myself – it's an investment! Don't feel past my use by date anymore.

Judith Kranz, Blackstone, Q

Back to normal weight, skin better, feeling energetic.

Lin MacPherson, Bunbury, WA

My body is awake, after being asleep for a long time. At age 60+, I'm looking after myself for the first time in my life.

Paul Sach, Southbank, Q

Feeling lighter, skin is great, relaxed and sleeping well.

Jane Schiller, Sunrise Bch, Q

Head clear, body supple, happy, much more energy, eyesight and sleep better, inner happiness. Thank you!

Brad Smith, Noosa

Skin toned, softer, less puffy. I feel the need to exercise, and my body loves it. Eyes feel great.

Carrie Brandon, Elanora, Q

Lighter, more energy with less food.

Annette Chang, Balwyn, V

Rash much improved. Eyes clear, more energy. Lethargy gone. Smooth skin, less weight.

Jackie Cooper, Pt Lookout, Q

Weight loss. Dandruff gone. Back into exercise.

Valerie Cranwell-Smith, Angaston, SA

Clearer, lighter, cleaner.

Mary Dwyer, Sandy By, T

Much smoother skin. I don't think I've ever before been really hydrated. Cuticles no longer peel. Bloating gone. Bad breath gone. No longer tired, even though rising very early. Foul vagina candida odour gone.
Robina Hergenhan, Tennant Ck, NT

Dropped weight, edema in leg gone, smooth skin.
Wendy Hergenhan, Bega

Well rested, flexible, overall vitality much better.
Ken Hodgkinson, Cudgen, NSW

Sore throat gone. I've learnt a huge amount,
Linda Jong, Mascot, NSW

Lighter and clearer.
Jane Michaelis, Mullumbimby

Improved vitality, biological age, weight loss.
Ellen Miller, Woy Woy

No desire to smoke. Dropped 4.5 kg. Skin softer and smoother.
Natalie Myers, Tugun

Post-surgical pain gone. More energy.
Sheila Peachey, Chapel Hill, Q

Walking much better.
Bianka Poulos, Surfers Pdse

No migraine at all, and colon cleansed.
Louise Scarrone, Nome, Q

Psoriasis and asthma much better.
Alan Steele, Mullumbimby

Absolutely fantastic!
Bev von Oettingen, Gladstone

Stronger nails. Shiny skin. Weight loss. More energy.
Natalie Bosman, Berwick, V

I feel clean. My skin is cleaner. My eyes are shiny. I am
now a non-smoker.
Geoff Carter, Severnlea, Q

Body cleansed, weight loss.
Jane Collins, Auckland

More alive, alert, huge energy increase. One week simply
isn't enough – I wish I could attend longer.
Greg Green, Mudgeeraba, Q

I've detoxed, lost weight, and increased energy. Breathing
much better.
Gabrielle Kervella, Gidgegannup, WA

Lungs don't hurt. Much better digestion.
Kim Kurtze, Labrador, Q

Lost weight, more energy, more alive.
Julie Lindsay, North Rocks, NSW

Far less throat and chest fluid. Clearer eyes, less stinging.
Tobacco and coffee desire gone. Clear skin, weight loss,
better sleep.
Francis Louran, Rose Bay, NSW

Clean inside and out. Weight loss. White teeth.
Deirdre Murphy, Balgowlah, NSW

Weight loss, softer skin, more energy, better sleep.
Ellen Murphy, Seaforth, NSW

Lighter, less fluid, clearer. Weight loss, smooth skin,
digestion much better.
Maria Sarkis, Balwyn N, V

In just 5 days: I stopped all diabetes drugs, and blood sugar
is normal! And I haven't needed asthma puffer, even when
exercising.
Helen Ratliff, Nana Glen, NSW

In just 5 days the wheatgrass poultices have gotten rid of my
skin cancer.
Victoria Storey, Palm Beach, NSW

Reduced joint inflammation, good elimination, better sleep.
Jack Sarah, Sunnybank, Q

After 25 days here, I feel my healthiest ever. Back pain
gone, more energy, I dropped 8 kg, and I'm thinking clearly
and unstressed. The program really works.
Violet Andronis, Georges Hall, NSW

Weight loss and greater knowledge.
Fiona Bamberry, Arundel, Q

Lost 3 kg in 4 days.
Rhondda Brownlie, Springwood, Q

I'm much more positive and relaxed.
Jenny Rea, Marlborough, Q

Liver/abdomen pain and swelling gone. Lost weight,
eyesight better, stopped smoking with no craving.
Gloria Searle, Burringbar, NSW

Sinus problem and arthritis much better. Thank you!
Nancy Singleton, Victoria, Canada

More energy and flexibility. Body odour gone.
Irene Agraharam, Nerang, Q

More vitality and zest, skin better, blood sugars lower. Sleep
better, more relaxed, not depressed.
Jill Anderson, Milton, NSW

Headaches and arthritis gone. Mind and skin clear, lost
weight.
Yvonne Baker, Macksville, NSW

Thank you! Lighter, eyes clear, more enthusiastic. I wish I
could remain longer.
Sheila Capel, Milton, NSW

Vastly better. Chemotherapy caused tingling and painful
joints, and now they're gone. Itching in anus and ears and
irritable bowel gone. More energy on much less sleep.
Jenny Challen, Stoneville, WA

Skin softer, varicose veins gone.
Phillip Clarke, Miriam Vale, Q

Much cleaner and lighter. I've learned a lot, no more bloat, skin better. I feel great! Thanks to all – I'll be back.
Lorraine Dare, Townsville

I'm fitter, lighter, cleaner, calmer and thrilled to know that I can live to a happy old age.
June Dunn, Clayfield, Q

More vitality, skin smoother, better hair, Lost weight, stopped coffee and tobacco with no cravings.
Angela Flaws, Redbank, Q

I'm in control. Bone and muscle pain gone. My skin is glowing, and I'm enjoying the sun again.
Ruth Guymer, Avalon, NSW

Regained clarity, vigour, relaxation.
Baden Holt, Alice Springs

I could hardly walk at 50. I've stopped arthritis drug, and pain is 2/3 gone. I feel good and will continue with the diet.
Paul Johnson, Mansfield, Q

I could hardly breathe when I arrived. I can now swim and walk up hills without getting winded or coughing. I have twice the energy – I'm a new person.
Angie Keenahan, Unanderra, NSW

One week is simply not long enough! I've learned a lot, I feel alive, fluid retention gone, skin is soft, hair is healthier.
Barbara Kraus, Coconut Gr, NT

Sinus improved, knees great.
Susie Lathwell, Rozelle, NSW

I feel as if my eyes are open, after being closed for many years. I've let lots go. My colon is clear, and I'm slimmer.
Maria Micos, Coogee, NSW

No PMS! More energy, clear mind, bloat gone, lost weight.
Jacqui Mathers, Crafters W, SA

For the first time in years, my digestion is settled. 1 week is too short, but I'm still bursting with energy.
Roy Leaver, Alderley, Q

More energy, and blood sugar under control.
Scout Aherne, Tin Can Bay, Q

More energy, head clearer, took off 4.5 kg.
Gaeline Aherne, Brussels, Belgium

General wellbeing. More awareness. Eyes better. Eating less. Laughing a lot.
Tony Parker, Pt Neill, SA

I've taken off a lot of weight. Back pain, hip pain, leg pain gone. I couldn't walk more than 300m before. Now I can walk 4 km and swim 100 laps! I can cut my toenails for the first time in 2 years!
Graham Reidy, Perth

Tightness gone. Much more positive.
Merle Maher, Buddina, Q

Cleaner, clearer, more energy, more directed.
Carol Cameron, Westminster, WA

Dropped 7.5 kg. Skin clear, hair soft, brain fog gone,
depression gone.

Natasha Wheeler, Fremantle, WA

Cal. Will promote HHC in my seminars.

Stuart Zadel, Cronulla

After 4 days here, foot gout is gone and I can run painfree!

Stephen Zadel, Cronulla

Bloat, kidney pain, irritable bladder gone.

Jean Zanders, Molendinar, Q

I feel wonderful!

Christine Wakefield, Riverview, NSW

I feel healthier and have more energy. I've learned so much
about staying healthy for the rest of my life. Thank you!

Helen Webber, Carrara, Q

I lost 4 kg in the first 5 days. My skin is clear and free of
pimples. I'm relaxed and energized – 10x better! And I'm
free of headaches and fluid retention.

Karen Spillane, Everton Hills, Q

HHC has changed and refocused my life. Health, fitness,
meditation and time out for what's important. I'm sad to
leave, and look forward to returning.

Jim Nibaldi, St Kilda, Vic

I slept for almost an entire day! My eyes are clear and
greener, and skin is glowing.

Jayne Morrison, N Rockhampton, Q

Relaxed, weight gone, bloat gone.
Sandy Copley, Burringbar, NSW

Less weight. Clearer skin and thinking. More energy.
Mark Power, New Farm, Q

Right knee pain gone. Clearer mentally, and dumped fluid.
John Apolloni, Moffat Bch, Q

Fresh and light. Better sight and smell. Inspired, more awareness.
Amy Hu, Auckland

I'll be back. I'm relaxed and cleansed. Faculty have been wonderful.
Patricia Gilshenen, Redland Bay

I've received support, information and direction re: my hyperthyroid condition. I've abstained from prescribed drugs while here, and feel much better. My skin is radiant, and I've taken off weight!
Sue and Ray Fabris, Kenthurst, NSW

I'm totally relaxed and rested. Peace of mind. Much more mobile. Less stiff in joints. Detox was easy, and I haven't been hungry at all. Thank you!
Sylvia Berelowitz, St Ives, NSW

More positive, weight loss, anger gone, discovered new therapies.

Andrew Blum, Tallai, Q

Wonderfully restful and detoxifying.

Annie Barratt, Miami, Q

Lighter, brighter, cleaner, clearer. More relaxed, less affected by hyperthyroid.

Destressed and detoxed. Dropped weight. Feel clean inside and out.

Donna Catt, Yeppoon, Q

Breather better, joints much better, hot flushes gone, eyes clear, gas gone, lost weight, motivated, skin beautiful, nails strong, better bladder control, tongue clean, bloat gone.

Julie Curran, Rockhampton, Q

Mucus gone. Back pain gone. Skin softer.

Angela Thorpe, Darwin

More alive. No more Diet Coke – ever! Thank you for giving me a better way to live!

Jayne Ford, Southport, Q

Lighter and happier. What a wonderful holiday!

Erika Schuele, Cairns

Toe gout pain gone. I feel like a million! I like myself better. Breathing better. Colon feels wonderful.

Ian MacArthur, Bellingen, NSW

Weight loss. Skin clearing. Bowel cleansing. Thinking positively. And I enjoyed raw foods!
Jacqueline Boustany, Doon Doon, NSW

I felt well when I arrived, and even better now. I've reduced weight, and feel much more emotionally settled. I feel that my next 50 years are bright and promising!
Margaret Bowden, Hobart

More energy. I feel clean and good. I've stopped smoking, reduced weight and detoxed. I had a fantastic time!
Barbara Brinkhege, Byron Bay

Allergies have cleared. No more runny nose, hay fever, blocked ears. Skin is smoother and clearer, eyes are brighter. Physically, mentally and spiritually I feel great. More confidence. Lots more energy. No food cravings. Digestion dramatically better. Entire body is firmer, and I took off 5 kg.
Leah Chapman, Bunbury, WA

I stopped asthma drug. I now have improved lung capacity and reduced weight. Detoxed, and sleeping better.
Susanne Dahn, N Fitzroy, Vic

We've detoxed a lot.
Nancy and Pat Hayes, Rockhampton

I've lost an enormous amount of weight.
John Joannou, Botany, NSW

I've released emotional issues, and learnt a lot. I'll tell my friends.
Jane Lewis, N Adelaide

No food cravings, lost weight, more energy, calm and peaceful.

Jan Patty, Victoria Pt, Q

I'm in touch with my bowels, and happy!

Kerrie Snoek, Coffs Harbour

I'm rejuvenated again!

Lisa Barakat, Burwood, NSW

I've been taking amphetamines every day. After two weeks of abstinence, I would expect to be puffy and bedridden. Instead, I feel the best in years.

Mark Brentwood, St Kilda, V

I've stopped smoking after 22 years!

Corinne Brown, Traviston, Q

Energy, skin, digestion all improved.

Alison Cochrane, Mullumbimby, NSW

I feel cleansed. Anxiety is gone. Digestion and sense of smell improved. I feel alive. Have cut back antidepressant. Post nasal drip gone. I'm happy and energetic.

Christine Dorahy, Lismore, NSW

I stopped smoking after 25 years!

Paul Giuliano, Essendon, V

I can't wait to return!

Anne Hissink, Cremorne, NSW

Clearer, and feeling more empowered. Weight loss, and joints less creaky.

Mandy Tiver, Broadbeach

Skin much better, lost weight, feeling great and positive.

Kristina Vogelsang, Salisbury, Q

Much calmer. I've suffered from chronic anxiety for years, but none since I've been here. My mind is clear and positive. I smoked heavily before arriving, but haven't craved any at all. Breathing easier and deeper. More flexible and energetic.

Graham Ballard, Dunwich, Q

Peace of mind, body unlocked, standing straighter, chest opened. Thanks to all for your dedication, and for providing this splendid opportunity.

Jill Bellchambers, Garran, ACT

Relaxed, calm, lighter, down 10% in weight in 5 days!

Carol Haas, Albert Park, V

Headache gone, depression lifted. I will be an example.

Jennifer Herington, Coffs Harbour

Detoxed, dropped weight, regained strength and endurance.

Enriko Kovac, Sandy Bay, T

Emotionally, I've left the past behind. Physically I'm recharged and energetic. Mentally free and positive.

Spiritually in tune.

Penny Macklin, North Shore, V

I've slowed down, unwound and been quiet again. Bloat and wind gone.

Lynette Klieve, Pt Elliott, SA

Tongue clean, skin better, stress gone. Happy and positive. Severe digestive problems gone.

Judy Potter, Hectorville, SA

Stopped smoking and coffee. More energy. Pulse down from 62 to 54.

Bill Reilly, Canberra

Skin smoother. Refreshed. Happy, positive, bowels improved.

Margie Bath, Bargara, Q

Stronger, clearer, better.

Chris Beer, Cherrybrook, NSW

Anxiety attacks gone. Now calm and self-assured, and skin is clear and glowing. Elimination much better. Thinking clearly. Much more energy.

Andrew and Gina Farmer, Moss Vale, NSW

Cleaner and clearer in mind and body.

Sharon Hageman, Nhulunbuy, NT

Eyes and tongue clear, varicose veins fading, dropped weight, skin smooth, smell and hearing better, calm, peaceful.

Claire Harper, Auckland

I cut back asthma drug 80% in 5 days. I'm feeling energized and positive.

Paul Loewenthal, Mullumbimby

Much more energetic.

Andrew Micos, Maroubra, NSW

Clear mind, rested, relaxed.

Frances Monty, Fiston, V

I'm cleansed outside and in. And I've learned a lot!

Claire Pizzey, Rushcutters By, NSW

Relaxed, less stress, lighter, energetic.

Janine Singleton, Manly Vale, NSW

Caffeine and chocolate craving gone. I can now walk uphill without puffing.

Christine Toussaint, Loganlea, Q

Much less mucus.

Christine Tyson, 1770, Q

I'm off prescribed drugs!

Sara Zinger, Toorak, V

Foot pain gone, clear skin, feel well, lost weight, tranquil, stronger, throat irritation gone.

Thomas Yeung, Hong Kong

Thank you! I now know how much better I can really feel.

Kathy King, Frenchs Forest, NSW

More relaxed. Neck tension gone. Fat in wrong places is gone. Now I'm ready to gain muscle and keep toned. Digesting better; colon mucus gone. I'm energised, and have learned a lot.

Delphine Archer, Coominya, Q

I'm more energetic, have dropped weight and detoxed. I'm inspired!

Helen Barratt, Coorabell, NSW

Detoxed. Lost weight. Clearer thinking. New friends.

Sue Callister, Albion, Q

The meditation and breathing techniques are wonderful. I'm relaxed, happy and ready for new challenges.

Sylvia Clarke, London

My mental clarity is wonderful; the best in years. My heart feels wide open. My appreciation of life is overwhelming. My posture is more erect, and I feel taller and lighter. A sense of calm is in my entire being. I feel a spring in my step, and a sparkle in my eyes. Thank you for HHC!

Amanda Cottam, Kareela, NSW

The HHC program is wonderful, and support is terrific. I've lost more weight than expected, and in the right places. Mucus is gone. I feel confident and terrific.

Jan Hare, Warriewood, NSW

I've learnt more at HHC in one week than I learned in the previous 31 years!

Joanne Heath, Mooloolaba, Q

Stiffness, aching, limp gone. I can now sit and stand quite comfortably. I was even able to do the fast walk, at age 80!

Meg Hensley, Somerton Pk, SA

I feel happier within myself. Skin better, lost weight, more energy.

Liz Jordan, Fennell By, NSW

Weight loss, skin better, bowel better.

Roderick Kidston, Scullin, ACT

Leg edema gone. Eyesight and skin improved.

Leslie McIvor, Ballajura, WA

Lost weight, rested and recuperated. No more diet drinks!

Mia Mirtsos, Sans Souci, NSW

I feel and look the best in ages!

Wendy Morris, Bundamba, Q

Mind clear and suddenly positive. Skin improved.

Emily Nisman, Chadstone, Vic

Relaxed, calm, grounded, bloat gone.

Margaret Poole, Double Bay, NSW

The surgeon was eager to operate on my prostate, but I refused. No rectal bleeding is completely gone.

Bill Tonkin, Mildura, Vic

Lost weeight. Arthritis better. I learned a lot, again!

Kristina Vogelsang, Mt Tamborine, Q

Liver spots gone! I can smell and taste much better.

Headaches and tension gone. And I'm smiling all the time.

Christine Vose, Parkwood, Q

Rested, skin better, mentally better, asthma better.
Natasha Woods, Croydon, NSW

I've cleared out my system. I've learnt to let go.
Judy Archer, Moree, NSW

Scratchy skin spots on nostril and hand gone. Skin much better.

Avril and Tony Ayling, Daintree, Q

Lost weight. Clear eyes. Rejuvenated and motivated.
Thank you for giving me the tools and direction!
Kay Burman, Graceville, Q

A big weight has just lifted off my head and shoulders. I feel cleansed, refreshed and more alive than ever. I feel lighter physically, mentally, and emotionally. My thoughts aren't jumbled any more. Internal organs working again.

Everything feels like new!

Mirella Foscarini, Yenda, NSW

I feel healthy and energetic, and had little detox reaction. I have eliminated much mucus. I've learnt a lot, and feel clearheaded.

Julaine Frater, Waverton, NSW

Eyes much brighter. I've suffered constipation for many years, and now bowels flow freely. I feel full of life. My husband, Bill, is now walking without a stick for the first time in years! And we're both 88.

Dorothy Grandfield, Coffs Harbour, NSW

Lower blood pressure, and faster walking pace.

Richard Hackett-Jones, Toowong, Q

Energy much better. Lost weight, feel great.
John Rackham, Glenburn, Vic

Brain fog and joint pain gone.
Lynda Walsh, Lismore, NSW

I've lost weight, and feel better.
Taralye Cameron, Heathcote Jc, Vic

Energy and vitality are restored. I didn't realize how
depleted I was! Thanks to all.
Fay Dubber, Mona Vale, NSW

Sinuses clearer, sleeping better, more energy, shoulder pain
much better.
Leila Fiddian, Bridgetown, WA

I'm relaxed and distressed. Skin is soft. I'm invigorated, and
feel much better about myself.
Pam Graves, Lennox Head, NSW

I'm relaxed and slimmer. I'll be back!
Fraser Hopkins, Palm Beach, NSW

Weight loss, detox, more vital, sleeping better, relaxed.
John Hopkins, Toorak, Vic

I'm clean inside and out!
Ian McArthur, Bellingen, NSW

Asthma much improved, skin much better, more relaxed,
better mentally.
Julia Pedersen, Glebe, NSW

I feel light, and I learned a lot.
Geetha Amilthan, Baulkham Hills, NSW

I'm much more alert and energetic. Bad breath is gone.
Much weight is gone. I feel great!
Elba Bova, Cronulla, NSW

Slimmer. Less bloated. Skin better. Ankle swelling down.
Bev Collins, Auckland

I know that I now have the key to my future health.
Regina di Giusto, Nobbys Bch, Q

Weight loss, cleaner colon, brighter eyes, clear skin, mental
uplift, more energy, hair glossy, clear lungs.
Dawn Donald, Tannum Sands, Q

Down 3 kg, stopped smoking, off drugs, feel great.
Diane Gardiner, White Rock, Q

Brain fog gone, lost 3.5 kg.
Vivienne Golding, Boreen Pt, Q

Sciatica completely gone. Feel great.
Joan Haddock, Bellara, Q

Body more supple, bowels clearer, less bloat.
Rennie Loewenthal, Mullumbimby, NSW

I learned so much! More energy, shoulder pain gone.
Edmund Lui, Kensington, NSW

Bowel cleansing has been wonderful. Fatigue is gone.
Detox has been wonderful. I'm peaceful and smiling again.
Trish Halligan, Southport, Q

I've learnt so much. No headaches. I'm toned and
energetic.
Sandra Hough, Beachmere, Q

Tension gone. Colon much better. I've learnt a lot.
Hannah McKemey, Guyra, NSW

Much better breathing. Mucus much less. Bowels clear.
Bad breath and body odour gone. Soreness and fatigue
much better.
Michael Pearl, Ipswich, Q

I'm glowing with health. I feel lighter, healthier and more
peaceful.
Michelle Pygram, Upper Mt Gravatt, Q

Digestion much better. Weight loss. We can walk for 2
hours!
Lucien and Juanita Riviere, New Caledonia

I've stopped smoking! I'm filled with energy. My taste has
returned. Eyes are white; skin is clear. Eyesight much
better. I'm a new person!
Nick Silaev, Ballarat

I'm rejuvenated and younger. Mind calm. Clear eyes and
skin.
Ann-Maree Sweeney, Surry Hills, NSW

I've stopped smoking. More energy and centred.
Phil Warner, Paddington, Q

I feel more centred and courageous to tackle the future. I feel internally cleansed, clearer, relaxed, stronger. Thanks to all for making us so aware of not only the need to cleanse and eat well, but also of the complexity of our bodies, and the need to be completely responsible for our own health. I will be eternally grateful for having been here.

Pat Goddard, Phillip, ACT

I am more rested. Lost fluid and fat. I'm not hungry. Colon is clean. Gum infectio is better. Neck and shoulder pain much better. I benefited from spiritual and emotional healing with Ron and Melody.

Dr Marilyn Golden, Chatswood, NSW

Eye redness is gone. Rash itch less. No indigestion. Sinus better; mind more positive and confident.

Di King, Healesville, Vic

For the first 2 days I felt exhausted, lethargic and slightly nauseated. But now my natural energy is abundant. Acne is much better. Body is looser and relaxed. I've almost completely stopped biting fingernails and cuticles.

Stephanie Micos, Coogee, NSW

No more swollen feet. Back and shoulder improved 90%. Weight loss, skin clean, feel great. No throat mucus. I'm clear and alert in morning. We've learned a huge amount. Soy issue was most important – we're throwing out all soy products NOW!

Chris Muller, Willoughby, NSW

I was burned out when I arrived. Now I'm energetic, happy, light. Rash is gone. And I learned so much!

Susie Minda, Hervey Bay, Q

reduced weight. My skin looks and feels better. I'm calmer and lighter.

Judith Kollmann, Stirling, SA

I have arthritis in the left knee. Before arriving here I could flex the knee only 10-30%. On my second day I could easily flex 45%! Thank you for all of the wonderful knowledge I've gained.

Beth Klenner, Perth

Weight loss, detox, clearer mind, and tobacco craving gone!

Maree Azzopardi, Surry Hills, NSW

Amazing skin improvement in 5 days. Bloat gone. I now know what to do at home.

Brian and Dawn Barrett, Korora, NSW

When I arrived at HHC I had huge amounts of mucus pouring out of my nose, colon and chest. Vitality was very low; I was slumping like an old man and coughing constantly. I feel great now, and mucus is almost entirely gone.

Tom Bell, Mt Druitt, NSW

Bags under eyes much improved. I'm less puffy in face. Skin is clear again. Mind is clearer. Much less fatigue.

Melinda Smollen, Silkstone, Q

Chronic thirst is gone. Sleep has improved. Skin and hair much better. Weight loss. Easy to rise in morning. I'm fitter and more serene, and food tastes better.

Chris Carbery, Biloela, Q

I lost 7 kg, and stopped antidepressants and appetite suppressants. No hunger or food cravings. Skin and eyes clearer and brighter. Much fitter.

Stephanie Bruinewood, St Lucia, Q

Amazing! I've lost weight and feel full of energy. I'm sleeping again, and blood pressure is down.

David Callard, Surfers Paradise

I've taken off weight, have more energy, am more positive, and got a tan!

Daniela Hlis, Bicheno, Tas

Arthritis pain lessened. More flexible. Head is clearer. I couldn't walk for two years, and am now walking well. I feel 20 years younger, and am doing exercises I never thought I'd be capable of.

Shirley Lewis, Sefton Pk, SA

Vitality has improved, and I have more energy. Flaky scalp and blotchy face are gone. Skin is soft. Faculty are wonderful!

Peter Bottomley, Canberra

I wish I'd been here for two weeks! More energy, straighter back.

Annette Iles, Collingwood, Vic

I feel enormously better. Massive weight loss and muscle toning.

Roman Jade, Seaford, Vic

Weight loss. More energy, skin gleaming, hair glowing, I feel clean all over.

Tracy Laurence, New Farm, Q

Cough is gone, and much more energy.

Karen Leptien, Mt Barker, SA

Clearer, more alive, more vibrant, more energy.

Lizzi Swatland, Mudgeeraba

Fitness and sleeping much better.
Tyrone McConnell, Marrickville, N

Energy and attitude much better. Thank you!
Tanina Millis, Bardonia, Q

Skin clear, weight loss.
Edward Oram, Castlemaine, V

Eyes clear, psoriasis better, weight loss, gums healed,
energy and alertness better, skin and circulation better, feel
positive.

Tania Cirej, E Malvern, V

Sleeping and breathing better, lost weight.
Mark Tyler, Forster, N

Lost weight, more relaxed, asthma better. I'm 78.
Gwen Zealey, Newtown, Q

Sinus problem is gone. Chronic coughing stopped. Reduced weight. Much more energy. Pain gone.

Kam Amilthan, Baulkham Hills, NSW

Weight loss. Body cleaner and mind clearer. I've learnt much to take home.

Murray Bell, Gordon, NSW

Bloated belly is gone. Fluid retention gone. Greater energy,

Belinda Glaherty, Clarence Gardens, SA

Foggy brain improved. Anxiety and depression gone. Proper sleep pattern restored.

Keith Freeman, Toowong, Q

Cluster headache eased. Toxic waste gone. I learnt much about rebuilding bone and proper food assimilation.

Clare Gamble, Mt Albert, Vic

Skin is smoother. Emotional wellbeing is better. I feel lighter, much happier, and have learnt tools to keep stress down. Chest pain gone. Surgery scars much improved.

Caroline Terrell, Wilston, Q

Skin, hair, nails much better. Head is clear. Nightly pins and needles gone. Ears no longer pulsing. Indigestion gone. My stomach feels good!

Rick Marsack, Broadbeach, Q

Nocturnal urination much better. More focussed and relaxed. Skin much better. I'm inspired!

Jane Mazlin, Cairns

Blood pressure has dropped steadily. Meditation and foods are wonderful!

Paul Reaney, Urangan, Q

Lower weight. Blood pressure down, and pills about to go. I've lowered my biological age even more.

John Walker, Helena Valley, WA

Energy restored. I've learnt a new way of life. Weight and eye puffiness gone. I feel ten years younger. The best holiday I've ever had!

Nora Zitserman, N Bondi, NSW