

Hippocrates Health Centre of Australia

Historical Testimonials Volume 1



I feel cleaner, lighter, relaxed. I know that I can now make the changes to benefit my health and family. I'm enthusiastic and energised.

Sue Neaum, Rochedale, Q

Weight loss. Head clearer. Mucus gone. No more pain in limbs and joints. We're both now armed with the tools to lead a healthy life and benefit from vitality and longevity. We'll be back!

Carl and Lienette Crafoord, Brookvale, NSW

I have cancer, and have been taking painkillers. Since I arrived at HHC I have not needed a single painkiller. Even after only one week I am well on the road to recovery.

Loye Achilles, Atherton, Q

My thoughts are clearer. I have more energy, and focus for the future. I look forward to caring for myself and my family, with more enthusiasm and less fear.

Gate Druhan, Sawtell, NSW

I've stopped smoking. I've lost weight. I have less morning sickness. Thank you!

Kimberley Martin, Agnes Water, Q

For years, I have not been able to eat fruits and melons at all. I'm now thrilled that I'm able to eat with gusto melons and fruits, as well as seeds and nuts. And my sinuses are even better!! Thank you to all...

Marie Gillett, Toowoomba, Q

I lost 5 kg in 5 days! I'm feeling the best in a long time. More energy, no feeling of bloat, no ill effects at all. My skin has cleared. I feel less stressed and happier. I'll refer everyone I know!

Toni Close, Taringa, Q

I've lost weight. Skin is better and softer. Hair is really good.
Kaye Morris, Gympie, Q

I've attended HHC 8 times in 111 years! When I arrived, exhausted, I couldn't even walk up the driveway. Now, in just 10 days, I can walk 4 km with ease. Breathing has improved. Energy is high now. Eyes are clearer. Skin is supple, and stomach is soft and supple. I've had such a wonderful release! And I've lost weight, of course. I recommend the program to everyone -- it makes you feel like a new person! The faculty are wonderful! Much love to you all!
Joy Schaper, Mackay, Q

I arrived at HHC with severe multiple sclerosis. Walking with a stick, and fell three times on the first day! Now, after three weeks, I feel great! I've gotten off all drugs, and my outlook for the future is much brighter.
David Suggs, Albany, NY, USA

I've greatly benefited from the cleansing and juice dieting. I've lost weight. Sluggish feeling is gone. I'm livelier, and skin is clearer and softer.
Christina Allen, Hamilton, Q

Thanks so much to everyone! I feel rested and clear. My spirit is settled. Intestinal pain has eased dramatically. Mucus in ears is clearing. Back muscle tension is gone. Digestion much more settled.
Phil Moore, Canberra

I've lost a lot of weight. I feel so much lighter in my body and spirit. I feel very relaxed -- a calmness I haven't felt in years! I can think clearer now, and will bring balance back into my life.
Nerida Brown, Byron Bay

TESTIMONIALS

I lost 1½ stone in 3 weeks! I could write thousands more words on how my health has improved here, but I won't. Instead, I'm going to DO something: continue this program, and come back. I really enjoyed being here - I loved it! And I made hordes of new friends.
Colleen Behrens, Karumba, NQ

I lost weight, learned an enormous amount, cleaned out my body and feel wonderful!

Noreen Conlin, TV Producer, Van Nuys, California, USA

I've lost over 10 lb in 12 days. I've had hay fever all my life, and now I don't have it. I've also been constipated all my life, and now I'm not. And that's a great feeling of relief! My sinus and skin conditions are much improved, as well. The food is wonderful! Thank you, everyone!

Tracey Dwyer, Tully, NQ

I feel lighter and much cleaner.

Carolyn Dwyer, Tully, NQ

I've lost weight: 11 lb in 6 days! My circulation has improved. I didn't miss my food supplements. I learned how to deal with causes, and found Louise Hay's tapes helpful. I feel younger and vitalized. Exercise, massage and the Vitalizer have improved my posture and fitness. My skin is glowing. My eyes are bluer, and I can now read the phone directory without glasses for the first time in many years. I feel more relaxed. My skin is clearer. The wheatgrass juice rinse gave my hair body. I found the meals very satisfying, and could have eaten less. I never felt hungry. My bowel shrunk. My lymphatics are draining.

Lornah Booth, Registered Nurse, Toowong, Q

I feel cleaner and lighter inside. I've lost 3 kg in 1 week. My head and mind are clearer. I've dropped a lot of stress, and I've become aware of how much stress I was under.

Annie O'Moon-Clarke, Naturopath, Bardon, Q

The main thing I noticed is that I didn't have any "heartburn" at all during my stay - and I lost fluid from wrists, ankles, hands and feet. I feel sure that my insides are the cleanest they've been in years and years - and my tongue no longer has a fur coat. I lost 5 kg!

Margaret Pitt, Receptionist, Jamboree Hts, Q

TESTIMONIALS

My lymphoma is greatly improved in just 2 weeks. I've quit smoking, and feel wonderfully clear in the chest. I have much more energy, and look younger. Hippocrates has been a most informative and welcome change - an idea which everyone should take notice of. Thank you all!!!

Robyn Farrawell, Grazier, Uralla, NSW

I feel totally cleansed. Fluid retention, which has been a chronic problem for years, has eased. I have learnt a great deal about the value of nutrition, both physically and mentally. It has been a totally relaxing stay, which I have enjoyed thoroughly.

Cathy Elphinston, Student Nurse, Turrumurra, NSW

I feel much lighter, and fully cleansed. I haven't felt so energetic in ages, and on on much less food than I ate at home! The information I've received is invaluable and life-lasting. I fully recommend the facials and massages! The program is great!

Kathy Schaefer, Student Nurse, Paddington, NSW

After two weeks at Hippocrates I feel lighter and cleaner than I can ever remember feeling. The exercises have greatly improved my muscle tone. My constipation and caffeine addiction are gone. It was a wonderful stay! Good living is a lot of fun!

Beverley Webster, Personnel Manager, Highgate Hill, Q

I was feeling quite stressed before coming. I now feel much more relaxed, and my body feels refreshed and cleansed. I feel more confident to follow the proper path in life. The staff were so light and cheerful in every way. They're tremendous!

Chrissie Grier, Beecroft, NSW

TESTIMONIALS

I lost a stone in 2 weeks at HHCA. I feel lighter and look better. My health has improved greatly, and I feel alive again. All of the cobwebs in my head have disappeared. I can think much more clearly, and retain what I have read more easily. I'm much more confident, and thinking positively. My energy has increased. I'm not sleeping as long. And, best of all, I'm now on the right track towards leading a healthy, happy life to a ripe old age.

Larissa Gaffney, Morningside, Q

In only one week here, I've lost a stone. I've stopped smoking forever. And, for the first time in my life, I look forward to getting up in the morning.

Debbie Turner, Advertising Executive, McMahons Point, NSW

In just 5 days, my eyesight is clearer and my arthritic shoulder pain has greatly improved.

Chae Soon Bang, Elmhurst, NY, USA

My hearing is better, my neck is much freer and my stomach and abdomen don't feel as full. Overall, I feel lighter and clearer.

Ho Chan Bang, Elmhurst, NY, USA

I feel renewed and refreshed. All of my senses have gained a new acute sensitivity to all of the things around me. Although the program is not easy, it provides the best cleansing, and the quickest way to recover health.

Yong Nam Bang, Bondi, NSW

I'm experiencing far less muscle pain.

Dina Marks, Librarian, Bateau Bay, NSW

Muscle pain throughout the my body has decreased considerably. I'm very pleased that that no one is forced to do anything, and that there are free periods in which to relax. Meditations are terrific. Visualisation exercises are great. Morning exercises are subtle and super. The foods are well-presented, well-prepared and pleasing to the taste buds. All of the staff are extremely patient and supportive, and caring and a credit to the centre. Thanks to all of you for your caring, patience and support. Best wishes with the new centre.

Fran Rossen, Legal Secretary, Bateau Bay, NSW

We've stuck to the Hippocrates Program at home, and I've lost 13+ kg already! And my friends all tell me how wonderful I look. Coming to Hippocrates was the best investment we've ever made in our lives!

Annette and Ian Lambley, Mackay, Q

I've lost 35 kg since I started following the program closely 1 year ago. I had a blood test recently, and I'm thrilled to report that all blood components are in the proper range. I'm especially pleased that my previously very high cholesterol has come down to 3.1, and triglycerides are 0.6.

Ken Simpkins, Thornlands, Q

I arrived at Hippocrates with a serious prostate problem. (I'm 66.)

The pain I had in abdomen, hip and thigh have disappeared! My time here has been very rewarding, in both the emotional and physical areas. I now feel better centred, and I'm determined to carry on with the Hippocrates Program. I know that all of the other students here with me feel the same. And I lost 6 kg! Many thanks to all staff for their kind assistance. I've taken lots of brochures to give to interested persons.

Ed Kuipers, Miami, Q

I feel much healthier. I'm in less pain, and I feel great! My mental attitude about myself is great FOREVER!

Linda Parker, Dubbo, NSW

I came specifically to lose weight, and I have! 5 kg in 12 days!

My skin is softer. The faculty are warm and friendly, and the food is sustaining. I didn't need any extra food, and I didn't have any cravings.

Anne Chris, Mornington, Vic

I've stopped smoking, while losing lots of weight. Headaches are gone -- and I used to have thme almost every day!

Mary McGrath, Bellevue Park, Q

I've lost 7½ kg in 11 days! I've cleansed a lot. I now understand what a healthy diet is. Breathing and yoga were most helpful.

Margaret Bailey, Watsons Bay, NSW

I've decided to forego radiation treatment for cancer! After 2 weeks at HHC, I feel well, optimistic, more vital, and look younger.

We'll tell everyone about HHC!

Jack Murphy, Auckland

I've lost weight. I've found the detox easy and painless. I'm amazed that I, and everyone else around me, could stay on juices and still experience freedom from all physical cravings. I feel the best and healthiest in many years. The foods and health education - in itself - was well worth coming for!

Liz Jeffries, Auckland

I stopped smoking with amazing ease! I look younger. I've lost weight. My skin is much softer. I have more energy and vitality. I'M HAPPY!

Donna Buzza, Kyogle, NSW

I've had chronic fatigue syndrome for many years. After two weeks here I look much better and feel much stronger. I've lost weight. I feel more in control of my health, and I know what to do at home to continue improving my health.

Pauline Heymen, Ringwood, Vic

Thank you! I've lost weight. Fingertips have regained feeling. I'm clearer in the head. And I have a wonderful understanding of how to eat.

Rosemary Moraitis, Noorabbin, Vic

I'm now a nonsmoker! And I now know about good eating habits and food combining. It's been perfect!

Margaret Walpole, Banora Point, NSW

TESTIMONIALS

My head is clearer. I feel lighter in body. I'm more motivated to continue a healthy life. I have more energy.

Fay Bretzke, Dressmaker, Cleveland, Q

I've lost 6 kg. My joints have loosened up. My skin has improved enormously. I have much more energy. I hope to continue to overcome cancer each week as I stick to raw foods and wheatgrass at home.

Barbara Beadman, South Grafton, NSW

PS The program is wonderful!

My health has improved. My skin has become clearer. My eyes are much clearer. My circulation has improved. And I've given up smoking! And I only craved cigarettes once or twice!

Kim Bellingham, Elevated Plains, Vic

There are many pluses. More vitality and energy. The exercise and long walks were most beneficial. I've lost weight and my addiction. My system has had a good general cleaning out. My skin looks and feels much softer and finer. I can sleep better. I'm going to tell my sister to come.

Glennis Howard, Handicraft Counselor, Bethania, Q

I was smoking and drinking quite a bit before coming here. I've stopped smoking and drinking, and I'm confident that I can now remain off these addictions.

Barbara Rocca, Public Servant, Rainworth, Q

TESTIMONIALS

I came here with prostate cancer - much pelvic pain, and on pain-killing drugs. After 2 weeks here, the pain left completely. My bladder function has improved. Sitting in chairs is easier, and walking is improving. I have sent many of my patients here, and will send more. The fundamentals of the program are sound. Everyone who adheres to the program cannot fail to improve.

Robert Smith, Chiropractor, Turrumurra, NSW

I came here only to help my husband - and, to my surprise, I have improved remarkably. I've lost weight, my mental outlook has improved very much, and I have a new feeling of wellbeing.

Margaret Smith, Turrumurra, NSW

Before I came here, I had growths in the uterus, chronic constipation and bleeding hemorrhoids. And very low energy. My energy level has increased considerably. I also had constant pain, which has dissipated. It's great!

Judith Christou, Horse Trainer, Molong, NSW

I've lost 5 kg. And the peaceful environment and interesting company have helped me see my problems in a clearer perspective. And watching students with severe problems improve dramatically has certainly been inspiring.

Bruce Gray, Student, Petrie, Q

I've lost 4 kg! I feel fitter and generally healthier, and my asthma has gone.

Maria Abruzzo, Nursing Sister, Sydney

I've stopped smoking! And I'm amazed by how easy it was. I'm breathing much easier. I've lost weight. I used to have headaches virtually every day, and they were gone in 2 days! A skin rash of 4 years is gone. My energy level has risen tremendously. My liver has settled a lot, and I've lost the stinging in my legs. And I've accomplished all of this in just 5 days!

Zoe Grindrod, Landscape Gardener, Greenbank, Q

TESTIMONIALS

I smoked for 20 years! I've now stopped, and it was quite easy. I also lost 3 kg in 6 days. I've lost my smoker's cough. I feel much more relaxed and rejuvenated. I was depressed before coming here, and I now feel like living again and enjoying life. I can't even think of any suggestions for improvements. Why change something that works so well? Anyone coming here is bound to feel an improvement in his or her health.

Tony Askew, Solicitor, Stafford, Q

I came here all the way from WA with ulcerated colitis, Crohn's Disease, and kidney pains. And I admit that I felt terrible during the first few days. I've followed the program faithfully during the three weeks I've been here - including frequent enemas and implants, of course. I now feel wonderful, I've lost 8 kg, I look 10 years younger, and I've learned all I need to maintain my newfound good health at home. Thank you!

Michael Walter, Electrician, Sorrento, WA

I arrived with cancer (benign osteoma). I'm now sleeping much better, I have no gas and my skin is much smoother. I'm enthusiastic about my new raw foods diet! And I've already recommended Hippocrates to a number of my friends.

Janette Hurwood, Potter, Bundaberg, Q

I lost 4½ kg in 5 days! I feel a lot lighter and clearer in my head and mind. I am going away with new ideas on health and fitness. I would like to come back for a 2-week stay. I'll certainly tell my friends and colleagues about Hippocrates when I get home!

Sue Schlesinger, Industrial Officer, Essendon, Vic

My body's feelings have improved. Mobility much better (I had the beginnings of arthritis when I arrived.) Aches and pains in the neck and shoulders are gone. I'm stronger. I've lost 3½ kg in 5 days. I know what to do when I get home. I'll tell all of my friends about Hippocrates. Don't change!

Roger Learmont, Real Estate Lecturer, Castle Hill, NSW

TESTIMONIALS

I've lost 5 kg in 5 days! I feel morre relaxed, and have more energy. People say that I look less tired. I have learnt much about the power of the mind.

Beth Hewitt, Public Relations Consultant, Age 30, Broadbeach, Q

People say that I look 5-10 years younger, after just 2 weeks here. I feel much healthier and have more energy. The pressure behind my eyes has all gone. I feel more positive, and motivated to continue eating healthfully.

Thelia Franco, Age 34, Masseur, Federal, NSW

I now have much more energy. I don't notice the cold as much. There's no tenderness now around the appendix and ileocecal valve area - pain there was chronic before. And my PMT has reduced by 90%.

Barbara Gilsenau, Kuranda, Q

I came to Hippocrates 4 months ago. I've followed the program only moderately since then, and I've still lost 20 kg! I'm much more flexible now, and my skin and hair have improved enormously.

Jenni Walker, Sanctuary Cove, Q

I lost 8½ kg in 12 days! I've made new friends, gained much new knowledge, have more energy and feel alive again! And people tell me that I look 10 years younger!

David Scott, Wholesaler, North Caulfield, Vic

It's incredible! I stopped coffee and smoking (it was surprisingly easy), and lost 4 kg in 4 days! I'm telling my friends!

Jim Newton, Computer Sales, Age 36, Belmont, Q

I've just attended Hippocrates for the second time. The first time, one year ago, I stopped smoking, and stayed off. However, I "backslid" during the last few months - I remained off tobacco, but put on 5 kg. Well, I just lost 4 kg in 5 days! I had a great time, and I feel great - more energetic, more alert.

Colin Davis, Company Director, Age 40, Warner, Q

TESTIMONIALS

I use my creativity in earning my living, and it's always been a source of pleasure - but, during the last few years, as my body has become more dis-eased, it's become a chore and a burden. For several years, due to prescribed misuse of antibiotics and a lot of stress, my body has been plagued with severe fatigue, allergies, overweight, PMT and roller coaster emotions. I have known about Hippocrates for some time and was "playing around" with the diet and wheatgrass - getting SOME results. However, I was diagnosed as having cancer. I had several biopsies and an operation. After just 5 days here I feel higher - much more flexible - happier - secure in the knowledge that I can heal myself with the methods taught here. Best of all, my creative images are returning, and I have a much clearer awareness of everything around me.

Virginia Hanlon, Artist, Age 38, Toowoomba, Q

In just 5 days here I feel much healthier. My headaches are fewer. I feel more alert, especially in the mornings. As a result of using wheatgrass juice in the eyes, styes which I've had for 6 months are gone. Aches and pains are disappearing. 2 to 3 weeks would have been more beneficial!

Cheryl Hanlon, Farmer, Age 40, Cambooya, Q

I feel so much better! I've lost weight, and the terrible bloated feeling I had when I arrived. My head is clearer, and I feel so clean inside. My skin looks much better.

Thelma Goode, Age 63, Armidale, NSW

Alf flatulence has gone. I came with some emotional withholds, and the program helped me release that. I feel more vibrant and lighter. Tensions and sore spots on my neck and shoulders have improved dramatically. My skin is now a better colour. A lot of waste in my colon has been released, and I'm continuing the fast. I now see a real need to stick closer to 100% raw foods, and to soak or sprout all seeds and nuts for better digestion and absorption. Congratulations on your new centre! A great program, a great place.

Dawn Halbert, Teacher, Cunderdin, WA

TESTIMONIALS

It's now been nine months since I attended Hippocrates, and changed my life. I'm busy now entertaining my friends, keeping to my Hippocrates regimen and singing in the church choir. My wheatgrass is growing great now! A friend has brought me some beautiful topsoil.

Please send me several Hippocrates brochures. The new centre sounds great, and I wish you every success. All of the people from Toowoomba who have come to Hippocrates come back looking fine. All of you look after them well! All of my senses: hearing, touch, smell, eyesight have improved. Thanks to all!
Win Dyke, Age 82, Toowoomba, Q

I'll be 80 next month, and I've improved tremendously here in just 12 days. I feel lighter. I've lost 4 kg. I've almost stopped taking heart tablets, and have stopped arthritis and blood pressure tablets completely. My arthritis has improved very much. Before coming here I was taking a relaxing tablet and a sleeping tablet every night. Since I've been here, I've taken only one sleeping tablet in 12 days! My hearing has improved, and the psoriasis on my elbow has improved vastly.
Cathy Daniels, Coorparoo, Q

Ongoing sinus problems cleared within days! A hardened area around a recently healed wound has disappeared. My skin (especially my face, which had daily applications of wheatgrass juice) has softened. I feel more alive and much happier about me. I feel centred and revitalised.
Delle Daniels, Restaurateur, Age 50, Montville, Q

I had been on a 70% raw food diet before I arrived, and was quite healthy. I came to learn more about wheatgrass and raw food recipes in a group situation. My week here has certainly done that, and I leave here feeling extremely well. A slight skin problem is much better, and my eyes feel lighter. Keep up the good work!
Jack Shanks, Age 54, Valuation Manager, Auckland, NZ

I stopped biting my fingernails! I've bitten my nails all of my life, and now, after 5 days of no biting, they're much better. The morning exercises were great. I feel a lot more supple, and easily hiked 5 km on the last day. I feel more relaxed and a lot fitter. Lower back pain is gone, and I lost 2½ kg.
Age 44, Auckland, NZ

TESTIMONIALS

I just attended Hippocrates for the second time in 2 months. Physically, I now feel vibrant - alert - uplifted - and optimistic about my new purpose in life - to continue with the diet and cleansing program. I will certainly be carrying on the word about the benefits of the program and I'm sure I will have heaps of new followers coming to Hippocrates soon. All of the faculty are extremely professional and irreplaceable. Fondly ----
Caroline Drury, Surfers Paradise, Q

I'm less weighty, after just 5 days. My eyes are shiny. I'm breathing better - and I've had asthma since childhood! I feel better. I'm physically more able to do exercises. I'm going to pass out Hippocrates brochures to all of my friends, and tell them about the centre.
Ettie Simons, Lawson, NSW

I firmly believe, based on only 5 days here, that the strict regime of raw food diet provided in this establishment is a most positive start to improve one's health condition, IF the lessons learned here are diligently followed in one's own home, where one ought to keep oneself to stick to this most positive diet regime, for which this establishment deserves the highest credit, for teaching people to heal themselves the natural way.
Josef Zelinger, Sydney

I feel wonderful after just a week here! And it was most educational. Food prep lessons were fantastic!
Wendy Atkinson, Journalist, "Simply Living". Lilyfield, NSW

My skin is unreal! It's so much softer everywhere. I did have a lot of oily pores on my face, and they cleared in 2 days. I lost 4 kg. My fingernails are harder. And I stopped, smoking - and I've had no desire at all to smoke since!
Rick Hay, Jewellery Wholesaler, Mascot, NSW

I've lost 4 kg. My skin is much smoother and clearer. Dryness has disappeared. I have much more energy, and can now get through the day without having a "lolly attack" in the afternoon. Hippocrates has everything anyone could want!
Tracy Weekley, Beauty Therapist, Cronulla, NSW

**WIN OVERCOMES CANCER
(AND NUMEROUS OTHER HEALTH PROBLEMS)
AT AGE 82!**

"I was in hospital 3 times in 1988," says Win Dyke, age 82, Toowoomba, Q. "I've had several years of deteriorating health, due to arthritis, breast cancer, cataracts, high blood pressure, overweight, sinus problems and weakened resistance to infection."

"I was last in hospital for removal of cataracts, chronic obstructive airways disease and a mastectomy. Knowing the pain I had suffered 4 years previously with a partial mastectomy, I wasn't looking forward to my stay - but I pulled through."

"I then stayed with a friend to be cared for. I was taking tablets for my heart, blood pressure, kidneys, sinus, arthritis, pain and sleep - 20 tablets every day! But, because my diet was much healthier now - including mostly raw foods, and NO processed or mucus-forming foods - my condition improved dramatically."

"However, 3 weeks later I was surprised at a medical checkup to find a lump in my breast. Tests proved it was cancerous. The doctor considered my future dim. He didn't want to operate due to my enlarged heart, and said that he hoped that my raw foods and wheatgrass juice would work. I wanted to give the raw foods a go before submitting to radiation or chemotherapy."

"A week later, I attended Hippocrates Health Centre. I did everything I was taught and encouraged to do: daily exercise, juice fasting, 100% raw foods, meditation, breathing, visualisation. I found the faculty very supportive, and they sent me home with the confidence that I could continue the program for the rest of my life and get better and better."

"This has proved so. I left Hippocrates 8 months ago, and I've stuck to the program at home since then. I'm now taking NONE of the doctor's tablets, and I have NONE of the original symptoms or diseases. I've lost 5 stone. I've given away my walking stick. My skin and hearing have much improved. My hair has more life. Since I no longer take medications, I'm thinking much more clearly. I've been able to move away from my friend's home, and now live alone in a flat. I feel proud again to be an active member of my community."

**STATEMENTS FROM
HEALTH PROFESSIONALS ABOUT
HIPPOCRATES HEALTH CENTRE**

The patients whom I have referred to Hippocrates Health Centre have benefited. Their raw foods and wheatgrass educational programme is unique in Australia.

-- Dr Ruth Cilento, Brisbane

At the Hippocrates Health Centres in the USA, Dr Ann Wigmore has proven the principles of natural hygiene over many years by restoring so-called "incurables" to sound health. Hippocrates Health Centre of Australia, at Mudgeeraba, is carrying on in Dr Wigmore's tradition, and getting the same excellent results.

-- Ross Horne, Author, The Health Revolution, Montville, Q

I lost my headaches and 4 kg at HHCA. I don't require as much sleep. I'm now able to arise early, feeling very fresh and alert. My capacity to absorb material I read, and my reading speed, have improved considerably. I don't have that heavy, tired feeling after eating. I'm leaving HHCA more in control of myself, and am looking forward to a busy year, highlighted by improved eating and exercise habits.

-- Dr Robert Elliott, Glenbrook, NSW

I live on a diet of predominantly raw food, so my health was already excellent when I came to the Centre -- but my batteries were pretty flat. The HHCA 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, Naturopath, Brisbane

I attended the Boston HHI programme in 1981. The HHCA programme is excellent - even superior to Boston's. 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, Naturopath, Armidale, NSW

I went to the Centre already healthy. To my surprise, by the time I left after 6 days, I felt the lightest, strongest and clearest on both the mental and physical levels that I've felt in years. I recommend the HHCA programme to my "healthy" patients as well as to the "sick" ones. The Centre is a most valuable and needed retreat for learning, rejuvenation and health restoration.

-- Peter Edwards, Naturopath, Brisbane

I feel wonderful! After 6 days here, my body and mind are relaxed and glowing with vitality due to the life force in the juices and raw foods.

-- Valda Price, Naturopath, Katoomba, NSW

Headaches are gone. Weight is down a lot. Skin is smooth again.
Thank you!

Suzanne Tanzer, Bongaree, Q

I've detoxed and lost weight. I'm more relaxed and have more energy. Aches and pains are gone. Skin, nails, hair are strong and glowing. I look great!

Carol Day, Currumbin, Q

My asthma has improved enormously. And I've lost lots of weight. I'll be back!

Trish Ducat, Wunderi, NSW

Skin is clearer and smoother. Eyes are relaxed. Colon is cleaner.
Lee St Clair, McDowell, Q

I've just attended HHC for the second time, and I'm very pleased. I've been able here to rest organs that have been damaged by stress. My head is clearer. I have a more relaxed attitude. Joints are freer. Body is more mobile and fluid. Skin is much clearer, tighter, firmer, softer. Hair and nails are better. Thank you!

Joanne Smith, Brisbane

I've lost 10 kg. Skin has improved immensely. A large mole near my eye has shrunk considerably. I feel more in touch with the power and beauty of life. I can now function with renewed passion and drive. Healing energy permeates the whole centre. And thank you for upholding the Hippocrates program with uncompromising integrity. My time here has been one of life's precious gifts.

Fiona Munro, Christchurch, NZ

I'm happier within myself. My previous feeling of imminent death is gone. I have more energy. I've stopped smoking. There's less pain around liver, groin, upper chest. Skin has cleared. I'll be back with my wife!

Sam Dickes, Coolum, Q

My skin is much softer and smoother. I've lost weight. I have more energy and better fitness. Walking is much easier. I can now touch my toes! And I've learnt a lot. Likewise, Steve's skin has improved. Face rash is gone. His dandruff is also gone, and his flexibility has increased. Thank you. We'll tell everyone about HHC!

Jan and Steve Goulding, Warners Bay, NSW

Multiple sclerosis condition has much improved. Walking is much better. Weight loss. Color has returned to my cheeks and face. Hair is thicker, and appears to be growing back!

Merv Scott, Toowoomba, Q

I've lost 4 kg in 5 days. Hair is thicker and stronger. I feel lighter, and stomach discomfort gone. This is the second time I've attended HHC in 7 years, and I'll be back!

Peter Munachen, Mt Lawley, WA

My skin is smooth and glowing. Bloating appearance and feeling is gone. Body is more flexible. Skin tone and color are better. Hair is shiny and curlier. Facial lines have disappeared. Posture is better. Mouth and teeth are cleaner. Taste, smell and feeling of satisfaction after eating are heightened. Hearing and memory are better. Increased energy and motivation. Concentration, determination, overall fitness. And reduced interest in bad foods! All of this in just 5 days! Thank you!

Shan Veivers, Toowoomba, Q

Digestion is clear. Less pain. More energy. I feel a lot more positive!

Rona McMahon, Bangalow, NSW

I've just attended HHC for the third

time in 11 years. I've cleansed on many levels: mental, emotional, physical, spiritual. I love the results! The fresh air, heavily wooded grounds, friendly faculty, self-improvement classes and encouraging feedback from everyone make it easy. Keep up the good work! I'll be back, and I'll write my story in the next Brighton Progress Assn news!

Litsa Tsouli, Brighton East, Vic

My eyes are bigger and brighter! Skin is smoother. So much more vitality and energy! I feel like getting out and doing everything again. Back and neck are much looser. This is the third time I've attended HHC - for a week each time. I would have liked to have remained longer, but couldn't. Since I first attended HHC I've stopped smoking and lost weight, but found in the last year that a very busy time at work had taken its toll. This week was like a top-up, and a reminder for me of all of the program's benefits. I've never had a serious health problem, but I've gained so much anyway. This time, I think what I've learned most is spiritual and emotional - that we all must follow our hearts and our true passions in life to feel complete. This is what is so wonderful about HHC - no matter how many times you attend, it's always changing and there is always more to learn, and so many different things to experienced if you are open. The environment and faculty definitely enhance this process.

Sandy Pimm, Goonellabah, NSW

After I had breast cancer surgery, hard lumps appeared in my breast. These lumps reduced and softened after just four days here. Spiritual nourishment and encouragement helped enormously. Then, after three more days, they disappeared completely! For the first time in decades, my spine has straightened such that I can rest the small of my back on the floor. And I can breathe far more deeply than ever before!

Irene McMaster, Chifley, ACT

I've lost weight. Skin and nails have improved. My internal organs are waking up. Tooth plaque is almost gone. Lymphatic system functioning better.

Peter Rimmer, Joondalup, WA

Weight loss. Greater sense of wellbeing. Better fitness and skin. More energy. And, of course, great help in getting over my very recent loss of a loved one.

Maree Lawlor, Bokarina Beach, Q

In just 5 days my body is much more flexible, and my colon and other organs feel a lot better.

Peter Beham, Munich, Germany

My mind is clearer. I'm in touch with my personal healing. Since I'm away from outside stresses, I've been able to focus on my spirituality. Fear is gone.

Suzanne Lilian, Brunswick Heads, NSW

Better digestion. Weight loss. Clearer skin. Less head congestion.

Natasha McKay, Paddington, NSW

Three months ago (at age 30), I was diagnosed with breast cancer. Just weeks later I had a mastectomy. After I recovered, a friend introduced me to Hippocrates and the raw food concept, and its connection to health, wellbeing and a disease free body. It made sense to me that a healthy body could rid itself of any disease, so I came to HHC to ensure that the cancer would never return, and that I would never be ill again. It's been great! I've learned to make all of the great foods, my skin looks great, my hair is shinier, my weight has dropped, and my body is firmer. I feel healthy, relaxed and positive. Most of all, HHC has provided a nurturing environment, and the time, education and awareness for me to remember to be happy and healthy. I need to love myself and my body. And when you commit yourself to that, it really works!

Peggy Fasolas, Potts Point, NSW

I feel physically, emotionally and mentally rested, and far more informed about health.

Ros Carey, Glen Iris, Vic

I'm relaxed. I look and feel lighter. Back pains are much better. And my health knowledge has increased enormously.

Catherine O'Donahue, N Carlton, Vic

When I arrived I was bloated and constipated. Fluid retention in my genitals was causing discomfort. I had lower back pain due to cancer. Constipation, fluid retention and swelling are gone, and pain is much better.

Brian Young, Mackay, Q

I have much more energy. Hot flashes are much better. Sack pain is gone. Thanks to everyone for your love, kindness, and being such caring people.

Gladys Young, Mackay

What a great start on the road to better health and general

wellbeing! I've lost weight. I have smoother, clearer skin. I'm less stressed. Sinus problems are gone. Nails are stronger. Digestive system is improved. Circulation is improved. Fluid retention is gone. Energy is increased. Teeth are less sensitive. I feel great! Cleaner, clearer, more confident. I've gained a wealth of knowledge, and the faculty have always been wonderfully supportive.

Christine Valencius, Armidale, NSW

I've just attended HHC for 4 weeks (for the second time.) I've lost weight. Toxins have been eliminated. Skin, hair, nails are better. No more stomach aches. Less aches and pains in muscles and joints. More energy and vitality. I feel lighter. Improved posture. My attitudes have changed dramatically. I'm thinking clearer. I'm now able to make decisions. I'm more positive, happier and calmer. I feel good about myself!

Debbie Call, Heyfield, Vic

Skin is clear and supple. Feeling of wellbeing is returning. Liver and kidneys are much better. Muscle and sinus problems are much better. Improved circulation and digestion. Spine, hips, shoulders, neck much better.

Jill Bellichambers, Garran, ACT

TESTIMONIALS

I came to Hippocrates feeling heavy, unhealthy, tense and out of touch with my true nature. After 3 weeks here, I feel light, extremely positive, clear, relaxed, calm, healthy and balanced within as well as with the universe. I want this to be my state of being always. I plan to incorporate this as my way of life! Thanks to all for your tender loving care and patience!

Stasi Martin, Student, Hunters Hill, NSW

My stress is greatly relieved. I'm toned up more. My skin has improved. I've lost weight. My attitude toward life has improved. I just feel generally healthier and heaps better.

Marisse Boto, Clerk, Rockhampton, Q

I'm more relaxed. I've lost weight. My self-esteem has improved. I'm toned up. And I've confirmed my knowledge of a healthy lifestyle.

Laurelle Boto, Secretary, Rockhampton, Q

I dropped from 80 kg to 74.5 kg in 12 days! My complexion is better, I look younger and I feel much better.

Debbie Keiss, Nurse, Age 34, Mosman, NSW

I've stopped smoking! I didn't want to lose weight, and I didn't! My hyperactivity is much improved.

Paul Frzop, Naturopathic Student, Age 26, Kingsley, WA

JAN KINGSBURY: " I FEEL TERRIFIC! "

"I feel terrific after just 13 days at Hippocrates Health Centre!," says Jan Kingsbury, actress and TV journalist.

"I first visited Hippocrates in 1987 to report for the 'Extra Dimensions' TV series. At that time, I couldn't bear the taste of wheatgrass juice. Although I'm still not enthusiastic about the taste, I can see many improvements in my health as a result of my brief attendance here. My skin is now clearer and silky. My eyesight is much improved - I can see very long distances for the first time in years. Sinus problems are gone. Psoriasis is much improved. My nails are stronger, and my hair is growing faster. I'm breathing more deeply, so my blood is getting more oxygen. I've lost 5 kg in 13 days, and feel squeaky clean inside and out. Most importantly, I've learned a new way of living - a way which will help me maintain my good health for the rest of my life."

"Jan's experience here is typical of the more than 600 students who've attended our wheatgrass and living foods program since we opened in 1985," said Ronald Bradley, Director, Hippocrates Health Centre. "Everyone who has attended our program has experienced better health. People with health problems such as stroke, lupus, cancer, overweight, multiple sclerosis, asthma, arthritis, addictions, Candida albicans, high blood pressure, hypoglycemia, high cholesterol and triglycerides - they've all improved. Most importantly, they've all learned what to do - when they return home - to continue improving."

END

FOR MORE INFORMATION: Ronald Bradley. (075) 302860

In just 5 days, my mind is clearer. I'm standing straighter. Veins in feet are much less engorged. I'm positive, I've lost weight, and I'm more relaxed.

Margaret McCullough, Bundaberg, Q

I'm inspired! My spirit feels good! Stress and tension are much reduced.

Erik Karlsson, Townsville, Q

I've lost weight. Neck and shoulder tension have disappeared. I'm lighter and more energetic. Thank you!

Babu Jeena, Hawthorn, Vic

I've lost a lot of weight. Edema has diminished every day. Shoulders are straighter. I'm walking lighter. Breathing has improved. Skin smoother. Small capillaries in my legs are no longer rupturing. Thank you! My time here has been so pleasant and relaxed. It's a highlight of my long life, and I will certainly recommend HHC to friends and clients. You are all doing a wonderful job. Keep it up! The people of Australia need this place. I'm so grateful for the help I received. Keep showing the way to good health!

Alison Irwin, Tamborine, Q

I've lost 3½ kg in 5 days, and feel great! My skin is much softer. Eyes are brighter, and I have more energy.

Joan Bailey, Paradise Pt. Q

I arrived at HHC weighing 59.3 kg. I wanted to stop smoking, but NOT lose weight. And I got exactly what I wanted!

Robin Paton, Ainslie, ACT

I feel lighter and more assertive. My skin looks and feels wonderful! I feel clean inside and out. Asthma is gone. No more Ventolin! I am breathing normally again. And I've lost 3 kg! Thank you!

Helen Welch, Coffs Harbour, NSW

My skin is glowing! Blood circulation has improved. Fluid retention is gone. I'm more relaxed, and my mental attitude has improved tremendously.

Dawn Francisco, Biggera Waters, Q

TESTIMONIALS

"I gave up coffee and cooked food with NO discomfort."

Fay Mahony, 50 Finsbury Street, Newmarket 4051

"I feel very relaxed mentally and much less sluggish physically. A great place to wind down. I lost 8 lb as a bonus."

Peter Accornero, 49 Mark Street, New Farm 4005

I feel clearer and sharper mentally. I feel much less stressed. I've lost weight. I look better and possess more mental energy.
Cathy Flannery, Sydney

When I came here I was feeling very run down and stressed. Also I had a frozen shoulder. Now I have movement in my shoulder and arm far beyond what I thought possible in 6 days. I've worked through the problems that were causing me stress, and I feel great. A wonderful experience!

Brenda Tuddenham, Brisbane

When I came to HHCA I had rheumatoid arthritis in both knees. After just 4 days on the program, I had no pain. I feel much better. On the Sunday night that I arrived, I thought "How will I manage these dreaded steps?" As each day passed, it was much easier. Now I am able to walk up and down quite well.
Sylvia Dawson, Sandy Creek, Kilcoy, Q

(WRITTEN 2 MONTHS AFTER LEAVING HHCA)

I definitely feel that my 3-week stay with you was a great turning point in my life. The opportunity to clean out my body and my mind has made an incredible and permanent change in my wellbeing. I arrived at HHCA very ill and rundown. These days I've a ton of energy, and am able to handle life with greater ease. Thank you, Ron, so much for what you've contributed to my life, and to all of the staff. I'll remember you all with love.
Ulli Hansen, Artist, Cremorne, NSW

TESTIMONIALS

I advise the whole world to go on raw foods! After less than 1 week here I have lost 5 kg, have abundant energy, and have lost most of my arthritic pain. I can move, I can walk, I feel terrific.
Grada Van Dorresteyn, 71 Boundary Road, Oakville 2765

No more cramps, lethargy, depression, bloatedness. Lost 7 lb.
Excellent education in food and nutrition and an ideal environment in which to change old habits.
Sandra Burton, Sunnyside Road, Armidale 2350

Lost 5 lb. Breathing easier due to clear sinus. People say I have an increased aura.
Kim Colyvas, 4 Highfield Parade, Newcastle

I lost 3 kg. I recommend to everyone, no matter how well they feel.
Anastasia Colyvas, 4 Highfield Parade, Newcastle

I gave up smoking with many fewer problems than I expected. I feel lighter on my feet.
Megan MacNicol, 86 Brookfield Road, Kenmore 4069

I feel great! And I my psoriasis improved 30% in 2 weeks.
Mitch Collins, Brisbane

I feel lighter and less tired. My skin has cleared, eyes are brighter. I've lost 5 kg. Swollen stomach has gone down. Great stuff! The information and personalised atmosphere is wonderful.
Lynne Charsley, Hornsby, NSW

My senses have improved so much! Taste, touch, eyesight. The tiredness I came with has gone. I've not had a headache, which is most unusual. I just feel much more alive.
Alfred Deffert, Chiropractor, Hornsby, NSW

My mobility has increased dramatically. I am now able to bend fingers arms, knees, flex muscles that I haven't been able to use for more than 6 months. I can walk up and down stairs with almost no pain. I have much more strength in my hands, arms, legs. I'm able to think more clearly because I have a lot less pain. I will recommend to everyone.
Ruth Lipscombe, Cairns

TESTIMONIALS

I've lost weight, and my body and mind are healthier. The natural beauty care and meditation lessons were very good. I congratulate you on your initiative and hard work in setting up Hippocrates. Best wishes!

Pat Bartels, Company Director, Middle Park, Vic

My week here has shown me the way. I will now clear up my personal matters and take up the challenge!

David Sheffield, Company Director, Southport, Q

I've lost 8 kg in 12 days! I feel really good. My skin is much more supple. And the staff are really helpful.
Debbie Beaton, Armidale, NSW

I followed the Hippocrates Program for two years, but then strayed off the path. Now I've recharged my batteries, and I feel great! I've been sunbathing sensibly, and my skin looks and feels better. My hair is shiny, eyes clear, teeth whiter. I'm filled with energy! I've lost 5½ kg. Even though my left leg has been in plaster from a break I suffered before coming here, I was still able to do everything: planting wheatgrass, exercise, etc. Don't let small things stand in your way - just come ahead and improve your health like I have. The staff are all great; keep it up!

Lola Beaton, Armidale, NSW

I arrived here with bone cancer. After only 6 days here I feel enormously better. My movement is much freer - especially in my lower back - and the daily exercise has improved my muscle tone. I feel a general sense of joy, wellbeing and internal cleansing. I require much less sleep. My mind is more active. I'm planning a long future! The Hippocrates Program is very well-designed, with access to essential equipment.

Parry Bocking, Retired Civil Engineer, Tuross Head, NSW

I arrived here with osteoarthritis and hypertension. The arthritis in my knee is now gone. The inside of my nose - which was damaged by radiotherapy - is now much more comfortable. I have improved muscle tone and freedom of movement. The program is excellent and enjoyable. Our room was very comfortable, warm and sunny. And we've bought all of the equipment we need to adhere to the program at home easily.

Barbara Bocking, Tuross Head, NSW

TESTIMONIALS

I lost 4 lb during the first 3 days. My skin has better tone, and most of my cellulite is gone. I've really learned a lot and become freer of toxins and excess fluid. I feel great, and I now have a real understanding of the importance of live foods and enzymes in health.

Julie Waters, Naturopath, Sydney

I'm much cleaner, and I feel confident that in time I'll be much healthier as a result of what I've experienced and learnt here.

George Wills, Teacher, Maclean, NSW

I lost 4½ kg. I have much more energy. I need less sleep. And my ulcerative colitis is much better.

Lara Landsberg, Computer Analyst, Melbourne

I'm sleeping much better. My skin has improved. I'm feeling more energetic. My arthritis has improved. I've lost weight. My general feeling of health has improved. And the food preparation and relaxation tips will contribute to good health in future.

Denise Hogarth, Teacher, Speers Point, NSW

I gained lots more energy. I became more alert and aware.

Glenda Sawtell, Teacher, Elimbah, Q

A general feeling of wellbeing and good health. I have a feeling of lightness, a sense of satisfaction at being able to improve my own health and wellbeing, I'm clearheaded and less tense.

Arthur Coddington, Teacher, Tamworth, NSW

My internal systems felt much calmer. I lost 4 kg. I felt great whilst developing a good suntan.

Gordon Milne, Brisbane

TESTIMONIALS

A definite improvement in my mental outlook. One week was enough to get the old spring back again. My body and mind had a spring cleaning. My stay was really worthwhile, and I highly recommend it. We will insert all of your information in our next mailing to 1000 members of the Australian Herb Society, and will write an article about HHCA. Thank you again, and God bless you all.

Maria Schot, Director, Queensland Institute of Natural Science,
123 Montville Drive, Mapleton, Q 4560

I feel totally relaxed and full of vigour. I lost 6 lb in 6 days. Great! My family will be in for a change of lifestyle when I get home.

Mary Holmes, Mapleton, Q

My husband and I have stuck close to the program for the past 3 months. And we've reduced our cholesterol level very much: Mine from 7.6 to 5, and my husband from 6.7 to 5.1. We're thrilled!

Kristina Vogelsang, Tamborine, Q

There is no doubt that I've benefited from my 2 weeks here. I've lost 9 lb. I'm the lightest that I've been in years, and I have the belief and confidence in the use of raw foods to lower my weight even further and to maintain it at a sensible and attractive level. I feel relaxed and healthy, and I believe that the walking I've done (with a lot of grit and determination) up and down the hill every morning has given me more stamina. The morning exercises, while gentle, seem to use all of the muscles and remove all of the kinks. I came here because my cholesterol level had reached 7.2. My thanks and very best wishes to you.

Andree Hines, St Ives, NSW

It's now been 2 weeks since I left Hippocrates. I've stuck very close to the program at home. I've lost a total of 1 stone since coming to HHCA, and I've reduced my cholesterol from 7.2 to 4.8, and my triglycerides from 3.1 to 1.0. I'm thrilled! Thank you!

Andree Hines, St Ives, NSW

I've lost 3 kg. I'm much more relaxed. I'm healthier, and positive about improving my health in the future.

Patricia Taylor, Manly, NSW

I've lost weight. I feel great, vital, energetic, no longer depressed.

Dee Collins, Burleigh Heads, Q

I've lost weight. Formerly acute prostate cancer pain is now almost entirely gone. My energy has increased 100%.

Paddy O'Neill, 7 Hills, NSW

Thank you! I've increased energy, lost weight, and feel rejuvenated. I've eliminated many toxins. I'm happier and more relaxed. I'll tell my friends. I can't wait to return!

Kim Wherrett, Middle Park, Vic

Chronic fatigue is gone. Elsa and I have learned a huge amount.

Thank you!

Ian Callcott, Warilla, NSW

I've learned a lot. My hair feels much smoother, and I feel very relaxed.

Nola Pearce, Milton, NSW

I was here only one week, and I wish I could have been here longer! I have more energy. Breathing exercises have helped immensely. My hair is shinier. I've lost weight, of course. I'm sure that you'll hear from my friends!

Donna Williams, Merrylands, NSW

I've lost weight. My skin is smooth and shiny. Hair is softer. A burn healed rapidly, and old scar tissue on the hand is softening. Fluid retention is gone. Blood pressure has dropped, and my breathing is deeper.

Judy Mankey, Cleveland, Q

I'm in the media, so am naturally skeptical. But I'm thrilled to report that the program works! I've lost 8 kg in 12 days. Depression (for which I was taking a drug) has disappeared, and I've ceased the drug. Energy is up, and stress is gone. Lethargy has disappeared, and I'm more interested in life in general. Skin, nails, hair much healthier.

Gary Bartholomew, Armadale, Vic

I've been receiving medical treatment for cancer. In just 5 days here I've noticed improvement in my skin tone, have lost weight, and am breathing better. Most important, I now understand what was wrong with my previous diet, and have learned skills to continue my fight against cancer. Jackie has lost more weight, and has given up coffee. Thanks to everyone!

Paul and Jackie Moody, Kenmore, Q

I arrived here with chronic fatigue syndrome. In just 6 days, I feel more relaxed and centred. I'm better at making decisions. Old skin rashes are now surfacing, and I'm thrilled! Yellow vaginal discharge has decreased considerably. Aches and pains have diminished a lot! Thank you all so much!

Eileen Metherell, Cowra, NSW

In just 5 days:

I'm more mentally, clear, peaceful, calm. I've lost 3 kg. I've cleansed externally and internally. I've quit my caffeine and sugar addictions. I'm inspired to live more healthfully, and I now have the precise knowledge to do so. I'll tell all of my acupuncture patients about Hippocrates!

Marianne Frost, Mt Eliza, Vic

In just 5 days: my mind is clear, I'm less tense. I feel settled. I've slowed down and relaxed. I feel lighter and freer as a result of correct breathing, cleansing and relaxing. I have greater warmth in my hands and feet. I feel better just knowing that my body is cleaner and happier. Bloating, indigestion, wind is gone. I'm sleeping less, and feel more alive when awake. My skin is soft. Itchy scalp is gone. Head tension and joint stiffness are gone. Spine and neck crack less. Teeth are not as sensitive. Stomach acid reflex is gone.

Taryn Arho, Shepparton, Vic

TESTIMONIALS

I've enjoyed my stay here immensely. It's been so relaxing, and since I haven't felt unwell I've been able to participate fully in everything. I've certainly learned a lot, and right now I feel GREAT!

Daphne McPherson, Box 18, Eltham 3095

I'm feeling greatly rested in body and mind after one week's stay. Having time to myself, without distractions, has been great.
Helen McPherson, 12 Queen Street, Surrey Hills 3127

I came here for a bladder problem, and the improvement is excellent.

Joy Verity, 2/60 Oyster Point Road, Banora Point 2486

What words can describe the improvements my health? My head is CLEAR. I lost ½ stone. I came to learn how to get better health, and I must say I am well on the way. Ron, thank you for letting this be possible.

Svetlana Budde, 6 Tina Street, Beaudecert 2485

For 2 months before coming here I had a low grade virus. My joint muscles, ligaments and hands were affected. I slept a lot in the daytime. I felt unwell with no energy. After 6 days here I have no pain, I'm not tired, I'm interested in doing things and I have the energy to go home and continue the Hippocrates program.
Wilga Holdsworth, 12 Fullview Cr, Buderim

I feel wonderful. My body and mind are relaxed, and glowing with vitality due to the life force in the juices and foods.

Valda Price, ND, 3 Davidson Road, North Katoomba 2780

When I first came here I had some pain in the left kidney. After only a few days there is no more pain. It was very sore before.

Diane Andersen, 3 Davidson Road, North Katoomba 2780

TESTIMONIALS

I have more energy and feel clearer in my mind. I feel very rested. Thanks to the entire staff! The food was great! I had a great time, and it was special getting to know everyone.

Marie Wright, Real Estate Agent, Solvang, California

I have stopped drinking coffee. My physical ups and downs have improved greatly. And I've lost 2½ kg in 5 days! I thank you for being here. I'm certain that this is the beginning of a new life for me. The program is great!

Ted Wright, Tile Contractor, Solvang, California

My skin has improved. I've stopped smoking and alcohol and lost weight. I don't feel a need for stimulants any longer. I feel well-rested, and psychologically I've regained my positive attitude.

Helen McMaster-Smith, Nurse, Richmond, Vic

I came to Hippocrates with cancer. I feel enormously better now, and know that the program will be very helpful for me. I feel I'm still cleansing, after 2 weeks here. I have more energy, and my skin is improving. The tension in my neck and shoulders is far less. I've lost weight. I know that the whole experience here has been very beneficial.

Robbie Burchell, Aranda, ACT

I wish I could have attended Hippocrates longer than one week! Still, I lost much mucus, weight (4 kg) and toxins in just 5 days. All of the faculty were most helpful and encouraging. And I appreciated the "family-like" atmosphere and personalised attention. I'll be back!

Georgia Aroney, Campsie, NSW

I'm a Tupperware Manager, and attended a four-day Tupperware conference in Brisbane just before arriving at Hippocrates (the second time I've attended Hippocrates.) I was completely zonked out by air pollution, bad food and stress. After just 2 days on watermelon juice, my energy and my happy disposition returned. I remained on watermelon juice ONLY for 9 days, feeling a little better each day. Now I can go home and cope again with family and work. Wheatgrass juice and raw foods have kept me alive for 7 years, and I'm sure they'll continue to do so for another 87 years!

Lola Beaton, Armidale, NSW

TESTIMONIALS

It's now been nine months since I attended Hippocrates, and changed my life. I'm busy now entertaining my friends, keeping to my Hippocrates regimen and singing in the church choir. My wheatgrass is growing great now! A friend has brought me some beautiful topsoil.

Please send me several Hippocrates brochures. The new centre sounds great, and I wish you every success. All of the people from Toowoomba who have come to Hippocrates come back looking fine. All of you look after them well! All of my senses: hearing, touch, smell, eyesight have improved. Thanks to all!

Win Dyke, Age 82, Toowoomba, Q

I'll be 80 next month, and I've improved tremendously here in just 12 days. I feel lighter. I've lost 4 kg. I've almost stopped taking heart tablets, and have stopped arthritis and blood pressure tablets completely. My arthritis has improved very much. Before coming here I was taking a relaxing tablet and a sleeping tablet every night. Since I've been here, I've taken only one sleeping tablet in 12 days! My hearing has improved, and the psoriasis on my elbow has improved vastly.

Cathy Daniels, Coorparoo, Q

Ongoing sinus problems cleared within days! A hardened area around a recently healed wound has disappeared. My skin (especially my face, which had daily applications of wheatgrass juice) has softened. I feel more alive and much happier about me. I feel centred and revitalised.

Delle Daniels, Restaurateur, Age 50, Montville, Q

I had been on a 70% raw food diet before I arrived, and was quite healthy. I came to learn more about wheatgrass and raw food recipes in a group situation. My week here has certainly done that, and I leave here feeling extremely well. A slight skin problem is much better, and my eyes feel lighter. Keep up the good work!

Jack Shanks, Age 54, Valuation Manager, Auckland, NZ

I stopped biting my fingernails! I've bitten my nails all of my life, and now, after 5 days of no biting, they're much better. The morning exercises were great. I feel a lot more supple, and easily hiked 5 km on ther last day. I feel more relaxed and a lot fitter. Lower back pain is gone, and I lost 2½ kg.

Jack Shanks, Age 44, Auckland, NZ



**HIPPOCRATES
HEALTH CENTRE
OF AUSTRALIA**

21 Monaro Road, Mudgeeraba 4213, Gold Coast, Queensland (075) 302860

FOR IMMEDIATE RELEASE

CONTACT: RONALD BRADLEY, (075) 302860

**" I WAS TOLD I HAD PROSTATE CANCER.
NOW I FEEL WONDERFULLY ENERGETIC! "**

"I was diagnosed as having prostate cancer - with metastases in my bones - and now I feel the best I've felt in years," says Parry Bocking, age 65, of Turross Head, NSW. "In early 1989 I had a series of radiation treatments on my prostate. My doctor then advised surgical removal of my testes, and told me that I had 2-5 years to live."

"My wife, Barbara, and I attended Hippocrates Health Centre in May 1989, and I've followed Dr. Ann Wigmore's Wheatgrass and Living Foods Program ever since. I now have abundant energy. I'm gardening several hours every day. I'm chainsawing and stacking large amounts of firewood. I just finished laying concrete in our back yard. I'm doing the Hippocrates 30-minute exercise program every day, and I'm swimming 1500 metres twice a week! And I've lost 3 stone in the last 5 months."

"Parry's self-discipline should be admired by all," said Ronald Bradley, Director, Hippocrates Health Centre. "It's not easy to stick to raw foods and wheatgrass juice when others around you are drinking beer and eating 'bad' foods. Parry's remained on the program despite the temptations - he's doing the raw foods, the wheatgrass juice, the exercise, the daily meditation - and he has great improvements to show for his efforts."

TESTIMONIALS

I attended Hippocrates 2 weeks ago. I've fasted before, and always suffered headaches. During the 3-day juice fast here I had no headaches, just some tiredness. I'm sure that the wheatgrass juice, enemas and implants made the difference. I came here feeling very tired and clouded - a feeling I'd had for some months. At the end of 2 weeks here I felt clear and full of energy. Two weeks after leaving, and still on raw foods, I still feel full of energy and very rested. My skin is much clearer, too.

I've taken lots of leaflets, and have distributed them. Thank you all once again for the lovely food and juice, and the very special atmosphere you've created. My fridge and pantry are now freshly stocked with good foods, and I'm finding it a pleasure to keep eating raw food! Best wishes for the future!

Hilary Hewitt, Architect, Glebe, NSW

I'm age 55. From approximately age 18 to 53, I ran for approximately 30 minutes every day. Suddenly, at age 53, I couldn't run any more: arthritis in the knees. Doctors told me that I would never run again. I first came to Hippocrates in April 1987. After I left, I stuck rigidly to the raw food diet and got deep tissue therapy. I began running again four months later, and am now up to 5 miles again. Probably the biggest improvement I've experienced is in my sleeping. Before I started the raw foods diet, I had been a bad sleeper all of my life. I'm now calmer. I go to bed, and go promptly to sleep. If I wake at night, I go right back to sleep. This has been a tremendous breakthrough. I can't describe how good I feel in myself. I feel that all of those additives and artificial substances have left my body, and now I'm in a perfect natural state. All of my fears are gone. I just don't worry any more. I recommend the Hippocrates Program to everyone, in the strongest possible terms!

Ray Learmont, Real Estate Agent, McMahons Point, NSW

TESTIMONIALS

I feel clean inside and out. My skin is softer. I feel rested and at peace with myself, thanks to your help. I am thankful to have met so many wonderful loving people here.

Jean Watters, Bendigo, Vic

I arrived here with cancer. In 3 weeks here, my health has improved a great deal. I look much younger. I feel much more relaxed as a result of meditation and cleansing. This is a great place to relax completely, body and soul, and get healthier. Thanks to all!

Elka Lavrencic, Weetangera, ACT

I broke my foot two weeks before arriving. In just a few days here, it improved considerably. I also noticed a definite improvement in clarity of thought, as a result of the daily enemas and implants.

Omar Grass, Crafters West, SA

When I arrived, I had a feeling of congestion and toxemia, and a general sense of sluggishness and headache. My eyes and headache have improved. I lost some weight, and feel very relaxed. The exercise was good because we did it daily. I now feel lighter in body and spirit, and am ready to face the stresses of life. For me this was a forced rest, since I'm nearly a workaholic.

Trevor Savage, Naturopath and Integration Consultant, Kedron, Q

I've lost weight. I have more energy. During the juice fast, I had unlimited energy! The throat mucus is gone! My head is clearer. My face is smoother and clearer. I never had cravings for "bad" foods. Thank you for a great week! Even though one can have the knowledge to do the right thing, it's another thing to put it into practice, especially with our busy lifestyle. A week away to get started with love and support is wonderful.

Jacklyn Savage, Integration Consultant, Kedron, Q

TESTIMONIALS

During the past several months I've lost 4½ stone! At age 81 I'm still very well and carry out the Hippocrates Program every day. I feel the best I've felt in years!

Win Dyke, Toowoomba, Q

I've lost 26 lb in 25 days. I feel much more energetic and peaceful.

Rhonda Sutton, Travel Agent, Brisbane

At this time, I've sustained considerable weight loss - not only desired but absolutely necessary! My ability to move has certainly improved as well, and will need sustained adherence to the program to reach the desired heights.

Merle Crase, Clerk, Chelmer, Q

During my 3 weeks here my overall health has improved a great deal. I'm not so tired now, and have much more physical and mental energy. My digestion was a problem for the last 12 years, and the raw foods diet and proper food combining have helped enormously. I've been encouraged by the faculty's help in my attempt to improve my lifestyle. I leave here a lot happier, with a fresh hope that life will only get better.

Richard Johnston, Manager, Bundanoon, NSW

I feel lighter and more energetic. The eczema on my scalp has cleared. My neck and shoulders are more relaxed. My intestinal system feels much cleaner. I'm not bloated. My skin is clearer. My joints are more flexible.

Hazel Hill, Holistic Health Consultant, Runaway Bay, Q

I came to Hippocrates with hypoglycemia and symptoms of food intolerances: bloated abdomen, constipation, flatulence, tiredness, headaches. I've lost all of these symptoms! Hippocrates is the only program which keeps me free from health problems.

Beverley Paremain, Natural Therapist, Toowoomba, Q

TESTIMONIALS

After 2 weeks here I've lost 10 lb and I feel wonderful! I'll return to Hippocrates every year for at least 1 week. While here, I've made some phone calls to people in Sydney, and I and I've been amazed by the stress and hyperactivity I hear in their voices. I'm so relaxed!

Melissa Taylor, Author, East Roseville, NSW

I found Hippocrates through the Brisbane Yellow Pages! When I arrived I was stressed out, moody and addicted to caffeine. After just 5 days I feel terrific. I can't remember when I last felt so at peace with myself. I now have a peace and tranquillity that I've longed to achieve. Thank you!

Karen Davey, Secretary, Alexandria Hills, Q



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

TESTIMONIALS

When I arrived at Hippocrates, I was deeply depressed, smoking, overweight and suffered from chronic intestinal pain and gas. After just a few days here, I opted to stay an additional week. Now I'm leaving after 2 weeks, and I feel enormously better. I quit smoking immediately with minimal strain. I'm feeling far more positive. I've lost 4 kg. And my intestinal problem is much better. I know that the Hippocrates Program is the way to go.

Paul Carrier, Ceramic Tiler, Cardiff, NSW

The food is great! I'm more energetic now, and feel really good. My head is clearer, the cobwebs are gone, and I feel relaxed and happy. And I lost 5 kg in 12 days!

Miranda Ellis, Student, Fitzroy, Vic

My wife and I attended Hippocrates 2 months ago. I have bone cancer, at 65. I have followed the program 100% since I returned home - no problem, despite the winter cold here. And I play the Hippocrates exercise tape every morning. I feel that my body is becoming so PURE! My energy level is the highest in years. I've been gardening, concreting paths, cutting firewood and keeping very busy. It's going great!

Parry Bocking, Tuross Head, NSW

In just 5 days here I've reduced my heart tablet intake down to zero! And I've eliminated all of my circulation tablets. I know that I'll stay with the program when I return home.

Marj King, Pensioner, Burwood, NSW

As you told me to expect, I had headaches for a few days as a result of toxins leaving my body. I was certainly tempted to give up! But I stuck it out, and I'm so pleased that I did. I lost 3 kg. I look years younger. I'm now doing exercises that I've never been able to do. It was a unique health experience. My best wishes and great success to all!

Yvonne Rogers, Lower Kangaroo Creek, NSW

Enemas and implants are disgusting! If I'd known about them before I came, I never would have come! BUT - once I overcame my resistance, and began to do them - and the juice fast, and the raw foods, and the entire program - I began to feel wonderful! I'm so glad that I came, and I'll send my friends!

Rae Efrat, Melbourne