

Hippocrates Health Centre of Australia

Historical Testimonials Volume 2



I've lost weight easily. Before I arrived at HHC, I was smoking 10-20 cigarettes per day, drinking 6-8 coffees, and eating chocolate and lollies every day. Of course, my long term health has improved greatly. I feel happier and more contented than ever before in my life.

Marina Te Maro, Wellington, NZ

I've lost 5 kg. And my shoulder is much less painful.

Margaret Chambers, Hermit Park, Q

I feel cleansed inside and out. My skin is no longer dry. I have more energy. The first day was rough, but after that it was easy!

Linda McFetridge, Rotorua, NZ

I arrived with chronic fatigue syndrome. Now chronic fatigue is greatly better. My ski is clearer. Nails stronger. I've lost weight. I've stopped smoking, and have reduced Ventolin intake from twice per day to twice per week! I'm clearer in my mind and more motivated than I've been in years!

Julie Rackham, Ringwood, Vic

My eyesight is clearer. I feel cleansed within and without.

Skin is smoother.

Pauline Pomare, Rotorua, NZ

I've lost 9 kg! My eyes are brighter, skin clearer. I feel heaps healthier.

Donna Dennis, Tieri, Q

I'm lighter and brighter and committed. And I survived my "healing crisis" with no difficulty.

Beverley Phillips, Perth

I just attended HHC for the second time. I feel less tense, more rested, calmer. I have more knowledge about what to do to improve my health. I feel stronger, and I've lost weight.

Frances Hickey, Aspley, Q

I've lost weight. Back is more flexible. I've gained the knowledge to eat properly and get healthy again. Thank you!

Helen Perry, Beaudesert, Q

Skin has improved. Spinal, hip, neck and shoulders are more flexible. I've gained an enormous amount of knowledge and motivation to improve my diet. I've learnt the importance of a comprehensive body elimination system. I have more energy, and skin is better. I've taken lots of materials, and will recommend HHC to everyone. I've been impressed by the structure of the program, the quality of the faculty, the enormous variety of healing modes offered, and the sense of community among the faculty, who have shown real love and preparedness to nurture students through their experiences. I would recommend that everyone attend HHC for at least two weeks: then there is more time to use all of the facilities, and to benefit from the large range of educational materials.

Congratulations and thanks to all of the talented and dedicated people who work here!

Anne MacPherson, Bunbury, WA

Greater hip flexibility. Calmer mentally. Emotional and physical stress has been released. I've learned a lot!

Margaret Blessington, Yarralumla, ACT

I've been able to comfortably eat all of my foods without bloating! Gas is minimal. I've eliminated toxins and compaction from my colon. Skin is better, and I've slept better.

Wendi Rampton, Peregian Beach, Q

I've lost weight. Hair and skin are softer. I'm more motivated.

Mary-Therese MacDonald, Carindale, Q

In only a few days allergies have lessened and I've lost weight. I've learned discipline by juice dieting, and I know that wheatgrass juice and the rest of the program can make a difference with my health.

Laura Stevenson, Milton, Q

Dermatitis on foot is gone. Sores from shingles on chest are disappearing. I'm no longer sluggish; I'm rested and alert. My body feels fresh and clean. I'm breathing much better, so feel vital now. And a cancer on my nose is healing. We'll be back in six months!

Taryn Arho, Shepparton, Vic

My blood viscosity has improved unbelievably in just 7 days. I have more energy. I've lost weight. Indigestion, bloating, wind gone. Skin problems gone. Thank you!

Kerry and Ken Lyons, Montville, Q

I've lost 4½ kg in 6 days. Skin is more supple and moist. Thank you!

Liris Robyns, Rosebank, NSW

I've lost weight. I feel less stressed, more relaxed and more energised at the same time -- both physically and mentally. Best of all, I expect my overall health to improve as a result of becoming inspired to eat more healthfully and exercise more regularly.

Bonnie Bauld, Yarralumla, ACT

I've lost weight. I feel lighter. Headache and neck ache are gone. I feel younger. Tightness in abdomen is gone.

Simon Makala, Boroko, PNG

I feel less toxic. Energy level has improved. I've lost weight. Posture is better.

Dr Emilia Guin, Brighton, Vic

I feel that my energy has evened out and is more stable and integrated. I know I can take the wonderful things I've learned here home, to continue to benefit in lots of ways.

Janet Long, Yarralumla, ACT

Increased energy and vitality. Reduced sinus problem. Skin much better. Weight loss. And I'm better able to cope with stress.

Karen Healy, Cloncurry, Q

Swelling following surgery is almost gone. I feel much healthier and energetic, my skin is softer, and my eyes are brighter.

Judy Fenton, Pt Douglas, Q

When I arrived at Hippocrates, I was smoking 2 packets per day, drinking lots of coffee and alcohol, and eating everything. And I weighed 128 kg. In the first 5 days I lost 7½ kg, and I was thrilled. But then, in week 2, I only lost 1 kg, although I still felt terrific. So I redoubled my efforts, and actually did a round trip walk all the way to Robina Town Centre (20 km) one day. As a result, I lost another 5 kg in the last 4 days. A total of 13½ kg in 17 days. I have abundant energy, and feel great. I'll tell everyone about Hippocrates!

Frank Andre, Cloncurry, Q

In just 5 days: I've stopped tobacco and caffeine. I had a chronic uncomfortable lung condition, and now that's gone. My equilibrium is much better. I feel really great inside and out for achieving what I set out to do!

Dianne Harland, Labrador, Q

My hair is no longer greasy. My liver is detoxifying. And my lungs and colon feel great!

Rochelle Chegwyn, Main Beach, Q

Much less gas and bloat after meals. Much more energy, especially in the afternoon. Thank you!

Vera Dahlstrom, Southport, Q

Skin is clearer. Eyes are brighter. Weight loss. Muscle tone improved. And I'm motivated to carry on the program at home.

Irene Byrne, Manly, Q

I feel great! I'm lighter, have lost weight and feel great. I walk much taller and feel more confident. My skin is looking smoother and younger. I'm sure that by keeping to this great program I'll look and feel better and better. Peter is happier and more confident and relaxed. His eyesight has improved, and skin is smoother.

Peter and Thalia Samios, Farrer, ACT

I've lost much weight, and my skin is clearer.
Alnis Bajars, Annerley, Q

I've lost weight. Flexibility improved. No longer fatigued.
I'm much better overall.
Anne Byrom, Bolgart, WA

I have more energy. My digestion is much better. My bowel is
passing much less mucus and blood.
Anna Crotty, Kenilworth, Q

Dark rings under eyes have faded. Less lower back pain. I'm
much more relaxed.
Jim Doyle, Greensborough, Vic

I feel clean inside and out. I feel lighter, more alive, more
energised. I feel in control again. I've gained knowledge and
experience to create overall wellness for the rest of my life.
And I'd love to come to work at Hippocrates!
Margaret Fitzgerald, Mudgeeraba

My spine is much straighter, which allows me to breathe more
freely and exercise. My body feels cleansed, and I have more
energy.
Judy Hawkins, Hodgsonvale, Q

Skin is clearer and smoother. I've lost weight. Digestive
system feels clearer and happier. Much less mucus. Fewer aches
and pains in joints. Breathing much better. Posture improved.
Thinking more positively.
Sharon Hutchins, Pt Moresby, PNG

It's been a total diet turnaround! I've eliminated coffee. I've
reduced stress, and have balanced my priorities so I can better
cope with family problems. I've lost weight. And I'm mobilising
previously very stiff joints and muscles.
Ruth McGuinness, Kensington, NSW

I've eliminated cholesterol and diuretic drugs, and am continuing
to eliminate fluid! Less pain. More energy. Feeling healthy.
Rae Murphy, Blackburn, Vic

Blood pressure is much down. Bowels moving much better. I've
lost weight. Sleeping and feeling better.
Martin Ratcliffe, St Ives, NSW

I have more energy, vitality, fitter body, and better outlook. I
came here wondering whether I had done the right thing, and leave
feeling confident.
Margaret Ratcliffe, St Ives, NSW

When I arrived everything about me was heavy. Now my entire self
has lightened. I now look forward to each day. Joint aches and
pains have much reduced. Bowel movements are regular now. Eyes
are sparkling. No headaches, no backaches, no bloat, no
heartburn.
Wendy Rea, Curl Curl, NSW

I feel so relaxed, and a lot clearer. I haven't had ANY low days! I'm confident and resolved to do it right. Much less gas, thanks to raw food enzymes. The faculty have helped so much in their sharing of ideas.
Elizabeth Caskey, Manly, NSW

My skin has cleared, and glows radiantly. I have more energy. I feel fitter and healthier. I've lost weight, and my body is more toned. I have a more positive attitude.
Jenny Craze, Wentworth Falls, NSW

Chronic asthma of 12 years is gone completely. I've stopped smoking, drinking and using a puffer. Hair texture and colour have improved. Skin colour has improved from very pale to a nice glow. Tongue is now clean and pink. Eyesight has improved. Sense of smell has returned. I've lost 5 kg in 5 days. Fingernails are stronger. I have more energy and flexibility. Self esteem has improved. Complete reduction of stress. Posture has improved. An old splinter has resurfaced. I'm so happy! I can't wait for my wife to attend.
Alan Danson, Cornubia, Q

I feel great! I've lost weight and bloat. My face has regained colour. My body feels detoxed and cleaner. My skin is softer, and I've lost dry skin. I'm more alert. The hair I lost (from chemotherapy) is returning quickly. Nails are growing amazingly fast. I've lost sugar (and many other) addictions.
Vicki Davey, Ayr, Q

I've lost 5 kg in 5 days. Blood sugar has dropped from 9.8 to 4.4!
Bill Edwards, Burleigh Heads, Q

Long-term menstrual bleeding stopped after two days here. Skin is smooth. Most of leg cellulite is gone. Abdomen is much flatter. I'm breathing deeper, and circulation is better.
Toula Elliott, Toowomba, Q

Fatigue is gone. I feel a lot clearer. What a great experience, and what a wonderful faculty!
Kerri Inglis, Wavell Heights, Q

General wellbeing improved. Digestion more efficient. Much more energy. Circulation better. I feel recharged at all levels.
Patricia Lassalle, London

I've lost weight. Breathing has improved. Asthma is gone.
Marie Main, Drury, NZ

It's the third time I've attended HHC! I'm more rested, more relaxed. I have clarity of mind. Eyesight has improved.
Marguerite Miller, Chvron Island, Q

I came to rest and rejuvenate after an especially hectic year. During this time I was aware that my diet was getting worse. Now I know that I've done a great deal, at HHC, to get myself back on track. Kyle passed on some very useful knowledge that I will activate. Jason was very helpful and supportive. Marisa and John are rays of sunshine. Thank you! I'll be back!
Cybele Beach-Wall, Crystal Waters, Q

In just 5 days: bloating, abdominal pain, gas, stress are gone!
I feel calm and peaceful, with a strong sense of self.
Lucille Caulley, Toowoomba, Q

Less pain. More energy. Tension is gone. I'm a new woman!
Tania Heben, Mudgeeraba, Q

My health has improved greatly. The relaxed atmosphere, cleansing, rest, exercise and living foods have made me feel rejuvenated. I've become more focussed and aware of my body and its nutritional needs. It's been an invaluable time emotionally; relations have become steadily clearer. It's a wonderful, peaceful, safe environment. Thank you for being here!
Ros Roy, Scotland

I can't believe how much I've improved in only two weeks! I've stopped smoking, lost 6 kg, skin has improved, energy has increased, bladder infection is gone, and I feel more positive and emotionally stable. I'll be back!
Bronwyn Francis, Kalorama, Vic

I must admit, that when I arrived at HHC, I was quite apprehensive. In fact, I almost left on Sunday! But I'm so glad that I remained. I've lost weight, feel much better, and have learned an enormous amount. Thanks so much to everyone!
Eliese Stevens, Nowra, NSW

Surprisingly, I think my biggest gains have been psychological in gaining a totally new perspective on myself and the world. I have begun a journey I know now is inevitable towards a more whole and healthy being.
Nell Archer, Canberra

I'm thinking clearer, and have less joint pain.
Jeff Auton, Blackbutt, Q

I've gained priceless knowledge, I feel cleaner and lighter, and skin looks better.
Sally Bamford, Newport, NSW

I feel more relaxed - clean inside - stronger - positive about the future - well nourished - programmed for better health habits at home. I've acquired lots of new knowledge to put into practice at home, and know that meal times will be much less stressful.
Robyn Belgrove, Nerang, Q

I suffered a car crash some months ago. Now, for the first time, I'm at ease in cars again! I've lost weight. My mind is clearer. I'm sleeping better. I'm not nervous and stressed. I can actually smile now! Bad shoulder is improving. I know that I'm on the road to being a better person - inside and out!
Kat Carlile-Keldeen, Annerley, Q

I've never felt better in my entire life! My brain is now completely clear. Black lung phlegm is gone. Wrinkles around eyes are gone - my staff think that I've had a face lift! Skin is terrific. I can breathe deeply again. Skin cancer spots are fading. I feel alive, happy, wonderful. I've never experienced such a natural high!
Robby Davey, Arundel, Q

Head is clearer. Skin is the smoothest ever. Coating on tongue is gone. Intestinal system is harmonious and balanced. My most significant change has been in my outlook. I feel I now have all the tools for a vigorous healthy life and wonderful health as I get older.
Edith Erdmann, Carrum Downs, Vic

I've lost weight, and am very excited about following the program.
Angela Lane, Nobbys Beach, Q

I feel clearer in the mind, and more relaxed about dealing with stress because I feel dedicated to practicing daily meditation. I'm inspired to eat more raw food, because my skin looks and feels so much cleaner and softer.
Lisa Lindsay, St Ives, NSW

TESTIMONIALS

In just 5 days my nasal passages are much clearer. Eyes are now white, not red. Memory has improved, and eyesight is much clearer. I am now prepared with the tools and knowledge to continue to detoxify.
Lyndel McDonald, Henley, NSW

I've lost 6 kg, and Karen has lost 4.5 kg!
Damir Ivkovic, Canberra

I usually have a lot of allergies, such as hay fever, sinusitis and asthma. I'm thrilled that I haven't taken Ventolin at all during three weeks at HHC!
Maureen Hunter, Mackay

I've learned so much at Hippocrates! How to breathe correctly, relax, meditate, visualise, rest, exercise, eat correctly. And to drink lots of water! Thank you!
Jennifer Whitney, Proserpine, Q

Improved health. Weight loss. More energy. I'm ready to handle life without antidepressants!
Aldo Bosio, Darwin

I'm less stressed. I'm healthier and peaceful, and I've lost weight. For the first time in six months I'm exercising without pain! Swollen glands (glandular fever) have gone down. I've finally turned the corner, and my health will keep getting better!. I've learnt lots -- faculty are wonderful.,
Carol Single, Mackay

TESTIMONIALS

I attended Hippocrates a month ago to stop smoking and lose weight. I've stayed off cigarettes ever since (even though everyone around me is smoking), and I've continued to lose 1 kg per week.
Colin Campbell, Company Director, Benowa Waters, Q

In 4 weeks here I've stopped smoking and drinking and have lost 1½ stone! It's wonderful to inhale without wheezing and coughing! I feel much more alive and active. Thank you! I enjoyed myself, and feel much more alive and active.
Janet West, Waitress, Fishery Falls, NQ

I broke my caffeine addiction. I feel much more positive toward life. I became in touch with my body; I understand its signals better. I have a sense of wellbeing. I feel very rested and able to cope. I developed new strategies for coping with stress.
Julie Carpenter, Teacher, Petrie, Q

My body and mind are much improved. And I've received an incredible education in raw food preparation, so we can keep on the program afterwards.
Paul Carpenter, Project Supervisor, Petrie, Q

I FEEL SO GOOD! I'M SO HAPPY! I'm 65, and have had asthma and arthritis for years. When I arrived at Hippocrates, I couldn't carry my bags up the stairs, and I could do only a few of the daily exercises. I was very breathless and stiff in the limbs. I'm now breathing much better, and not coughing as much. I'm taking part in all of the exercises. I've lost 5 kg, and look years younger. I'm so glad I spent 3 weeks here - I'm sorry to be leaving - and I wish you every success, as I keep on the raw food diet to my lasting benefit.
Lilian Bolland, Mudjimba, Q

TESTIMONIALS

My caffeine craving is completely gone. My swollen eyelids and bloodshot eyes are gone. I'm much calmer in myself. My skin looks clearer and healthier. I've lost a few kg, and feel quite comfortable.

Diane Blackwell, News Editor, Woman's Day, Sydney

After a week my body and mind are feeling the positive effects. The knowledge I've gained will ensure a healthier lifestyle for myself and family. The staff are very friendly and caring.

Dianne Price, Self-Employed, Noosa

I was considered "very healthy" by my friends when I came here. Now I feel bright as a button, like skipping! My sinuses were clogged for years, and are now clear. I've lost weight, and will lose more, and feel much happier within myself. The staff are wonderful, and my roommate was terrific!

Kristina Vogelsang, Tamborine, Nurse

My scaly skin on my legs has improved. My dandruff has improved. I feel better, especially after exercise.

Colin Johnston, Manager, Sydney

During 1 week I lost ½ stone and I'm feeling a lot healthier and happier. I've lost a lot of self-consciousness and feel more confident and clear-minded. It's been a wonderful week which I thoroughly enjoyed and I found the food delightful and the staff helpful. Eating raw foods is such a simple solution to so many problems. I now choose to be happy. I think you should move to a bigger place so you can accommodate more people! And I'd love to work here.

Virginia Arbuthnott, Age 22, Nurse, Warranwood, Vic

I have to agree that you definitely need 2 weeks here. I was overweight - out of condition physically and stressed emotionally. I was tired from long hours at work. The first day on juices was pretty awful but by evening I felt well, and from the second day onwards I felt good. I lost the black circles under my eyes. I relaxed and started laughing again. I lost 9 lb, and am feeling quite fit. Thanks for a very pleasant week.

Bev Mezzan, Indooroopilly, Q

TESTIMONIALS

I've lost approximately 10 lb in 6 days, and feel generally fitter and free in my body. Raw foods are for people who want to maintain their health and cure their illnesses. It's the ultimate method for good health.

Ron Elliott, Naturopath, Mt Waverley, Vic

My body is more flexible. My fingernails are longer and stronger. I have an overall sense of wellbeing.

Lorraine Elliott, Secretary, Mt Waverley, Vic

I have cancer. When I arrived here I was very ill and could hardly walk. I had lost my appetite. Since coming here for 3 weeks I have become a bit stronger every day, and I'm confident that I will succeed. I'll recommend HHCA to everyone.

Archie Young, Klemzig, SA

I came here to help my husband, and thought that I was pretty healthy. But I've gotten even better. I've lost weight, I feel great and my eyes are clear. I highly recommend the program.

Margaret Young, Klemzig, SA

My complexion has improved greatly. I'm 20, and feel more energetic and alive and able to think clearly. I have learned so much about my health and how to maintain a healthy body.

Alison Harris, Armidale, NSW

After a week here, I'm feeling great!

Ruby Houston, Corinda, Q

My arthritis has almost cleared up. I can now almost sit on my knees again - something I haven't been able to do for years. Changes in the weather don't affect me any more. I've had a good internal cleanout. My energy level has improved tremendously - I even did a lot of volunteer gardening at the Centre! I will make raw foods at least 80% of my diet, and I know that I will enjoy my work in the future. You are all doing a terrific job and being your pleasant selves. Many thanks!

Bill Cooper, Gold Miner, Winnelli, NT

TESTIMONIALS

I've lost weight AND quit smoking. I feel healthy and well - the best I've felt in years. I feel ready to get going into life and work again.

Anthony Everingham, Farmer, Yandina Q

I've lost weight, have less nasal mucus, I feel lighter in my lower abdomen, I have more energy, my chronic lower back pain is gone and I feel well in general! In just 5 days!

Noel Connolly, Baker, Cairns, NQ

I feel cleaner. My skin is clearer. I've lost the heavy feeling in my stomach. My kidneys and liver feel better. My mild lower back pain has disappeared. Mentally I feel better. I know that I've found a regimen that I can follow with confidence. I came here with severe candida albicans, cancer and a hemorrhaged retina.

Anny Hall, Designer, North Narrabeen, NSW

I came to Hippocrates with lymphoma. My liver was enlarged and painful, I had difficulty breathing and I had lymphatic congestion in the legs and ankles. After only 2 days the congestion began to improve, and the liver felt more comfortable. I saw a remarkable improvement by the end of the first week. The exercises became easier each day - so I was able to gauge my progress in this way. The program is great!

Beverley Amos, Calligrapher/Teacher, Winnalee, NSW

When I came, I had fluid retention, bloat and constipation. The bloat is much better - it's like the air escaping from a balloon! Fluid retention is gone. I feel calmer on the alkali-forming diet. Acid-forming foods made me feel irritated and moody most of the time, while watermelon, etc. causes me to feel good. Constipation is much improved - a lot of mucus has come out.

I enjoyed doing enemas and implants, and they really cleaned me out. When I get home, I'll fast and do enemas one day every week. I visualise and write affirmations about eliminating waste, and it's working! I had stomach pain occasionally, and found the hot water bottle a great help.

Jenny's facials are great - the best I've ever had! You get real value for money. I felt pampered and cared for. Some beauticians seem to be in a hurry, and don't take the time with you. I recommend her facials to all of the students who come to Hippocrates.

Julie Spriggins, Laundress, Bunbury, WA

TESTIMONIALS

I came here very tired. My head was fuzzy, and my right elbow stiff and weak. In just 5 days I lost 3½ kg. I'm thinking much better, and my elbow pain is gone almost completely!

Barbara Browning, Retailer, Ballina, NSW

I felt good before I came to Hippocrates. Now, though, I feel even more alive. I have a greater sense of wellbeing. I'm assimilating food better, and I've lost 2 kg.

Nello Giansiracusa, Musician, West Heidelberg, Vic

I've lost 3 kg in 3 days! I'm thrilled!

Elizabeth Gainsborough-Smith, Canberra

I'm 36, and I've been trying to get pregnant for 5 years. Now, after following the Hippocrates Program for only 4 months, I'm pregnant! Thank you!

Kerry Bailey, Legal Secretary, Biggera Waters, Q

I had a large, hard lump in my transverse colon for many years. After just 2 weeks here, it's gone!

Ian Swan, Drummoyne, NSW

I lost 4 kg in 11 days, and I feel 100 years younger!

Pauline Butt, Restaurateur, Whakatane, NZ

I had a cancerous lump removed 18 months ago, and attended Hippocrates immediately afterward. I've been through a great deal of physical and emotional stress since then, and have held up remarkably well. I've stuck close to the Hippocrates Program. I'm growing a lot of sprouts and using my Champion Juicer several times every day. I know that following the program has improved my life enormously.

Ismay Trevena, Wilston, Q

TESTIMONIALS

On the first day I struggled up the hill, and my calves were sore. Now, after 2 weeks, I feel as if my legs have springs! I even jogged up the last 100m!

Jan Broekman, Southport, Q

My head is clearer, I have more energy, I feel healthier and I'm not so tired.

Carolyn Smidt, Grafton, NSW

I had high expectations when I came here - but Hippocrates is even better than I expected! Next time I'm coming back for 3 weeks!

Michael Sutton, Richmond, NSW

I arrived here slim, not wanting to lose weight. To my surprise, I actually gained 500 g in 5 days, despite fasting for 3 of those days. I have more energy, I'm waking earlier and I'm feeling more positive.

Don Wright, Ice Cream Vendor, Wacol, Q

I've lost 3 kg. My skin is clearer. My mind is clearer. I have more energy.

Margaret McKenna, Graphic Designer, S Yarra, Vic

In just 2 weeks I've rid my body of a lot of the toxins which have accumulated. I'm sure that by following the program at home - combining foods properly, soaking nuts and seeds and dried fruit - I will prevent the abdominal congestion which has plagued me during the last few months. And I have more energy!

Shirley Mortimer, Pearce, ACT

I have more energy. And my neck and back have loosened considerably.

Louvaine Paris, Lane Cove, NSW

TESTIMONIALS

My week here was the most valuable week I've ever lived! I had an enormous emotional cleansing, wept and wept and let out all the stress from years of business struggle and got in touch with my real feelings. An my eyes are clearer, my skin cleaner, I'm happier and more positive.

Beren Coulthard, Age 34, Wamuran, Q

The staff are doing a wonderful job, and they've all been very, very helpful. My eyes are clearer, skin clearer, I feel lighter and happier in myself. I'm no longer hungry and I feel much more energy.

Lucy Power, Age 29, North Croydon, Vic

Thanks to all for all of your help! I really enjoyed my week, and I'll see you again soon!

John Harris, Teacher, Bundaberg, Q

In 2 weeks I've lost 1 stone. The skin on my face and back has cleared. I'm feeling relaxed within, and much better.

Peter Ruggeri, Age 24, Steam Cleaner, Drummoyne, NSW

I've stopped smoking! I gave up hard drugs 9 months ago, and methadone 9 weeks ago. I FEEL FANTASTIC! No more sinus problems, more energy, more relaxed.

Joanne Ruggeri, Age 27, Hairdresser, Drummoyne, NSW

My husband and I have lost a lot of weight. We feel calmer, have more energy, are sleeping better. Our diet and thinking have changed dramatically! Our daughter (age 10) also loved it here!

Cynthia and John Folkes, Crabbes Creek, NSW

I lost 13 kg in 17 days! I'm thrilled!

Mayhla Howells, Norfolk Island

I lost 7 kg in 18 days! My husband, David, lost 8! We both look so much better!

Liz Bullivant, Queanbeyan, ACT

TESTIMONIALS

It's now been 7 months since I attended Hippocrates. My lifestyle in that 7 months has been transformed magnificently! I haven't smoked since then, and I practice my new knowledge of food prep, food combining and sprouting every day. I hope all is prosperous with you. Keep up the dynamic work and love to all!
Victoria Mere Blacklock, Glenelg South, SA

I had only grapefruit juice, water, rejuvelac and wheatgrass juice for 11 days - and I lost 16 kg! I'm thrilled!
Jacque Ware, Lae, Papua New Guinea

I attended Hippocrates 4 years ago. Since then I've followed the program reasonably closely. I formerly had severe hay fever at least once per month. Hay fever symptoms have improved enormously. In addition, I had a prolapsed uterus. As a result of hanging upside down every day, the uterus is now normal.
Lorraine Craft, Woollahra, NSW

I lost 4 kg and feel totally relaxed. I also feel confident about continuing the program in the "real world" as a total way of life.
Sheila Murray, Fingal, NSW

Even though we arrived in excellent health, now we feel even better! Flexibility has improved significantly.
Jack and Jan Shanks, Auckland, NZ

I've lost 2 kg, feel lighter and more relaxed and dermatitis on fingers has improved.
Wendy West, Age 34, Bokarina Beach, Q

I've suffered from blue fingernails through lack of circulation for 10 years. After just 4 days here, they are their normal color! Also, my fingernails are growing long and strong so fast it's amazing!
Peter Edwards, Naturopath, Nerang, Q

TESTIMONIALS

I've lost 3 kg. I've regenerated and rejuvenated my body. I have much more energy and alertness. This is the second time I've attended Hippocrates, and I'll be back!

Helene McKenzie, Sales Manager, Menora, WA

I've lost 3 kg. I'm sleeping better. My skin has improved. Eyesight better. I'll be back, too!

Colin Holden, Retired Health Food Shop Proprietor, Age 63, Woodville North, SA

I'm more relaxed. My digestive tract doesn't feel as pressured. My skin feels alive. My energy level is higher. We were on a predominantly raw food diet before attending Hippocrates, and felt great. Now we feel even better!

Raquel Morrell and Mason Dick, Naturopath, Nashua, NSW

I've just attended Hippocrates for the third time. I feel great! I've lost 4 kg. The faculty and friendly students have provided a no-stress positive environment. I'm confident that I'll enjoy raw foods more now. I have lots of energy. I feel I'm doing the right thing by me by sticking as close as possible to 100% raw foods from now on.

Pamela Priest, Moorooka, Q

I'm much more relaxed. My skin and eyes are clearer. I have a much more positive attitude.

Lynda Woods, Mermaid Waters, Q

I've lost much weight. I'm much more flexible. Exercise is a great way to start the day and get things moving! Meditation was wonderful. Thanks to the entire faculty for kindness, consideration and understanding.

Julie Featon, Age 50, Labrador, Q

I arrived slim, and was apprehensive about juice fasting. I'm very pleased to say that I lost just 2½ kg in 12 days! More important, I know that the loss was simply toxic waste. I'm more relaxed. I feel 100% convinced that the raw food diet is the best! I now have an in-depth understanding of how my body works.

Iga Konietzko, Ocean Shores, NSW

TESTIMONIALS

We've both smoked for many years, and have now stopped! And we each lost 5 kg! We have much more energy, and skin feels much better.

Pamela and Richard Moss, Gladstone, Q

I've lost 3½ kg in 5 days. A long-standing psoriasis condition has improved enormously. I feel younger and happy. I've bought 6 books to give friends, and will tell everyone about Hippocrates.

Peter Munachen, Age 40, Chartered Accountant, Waterman, WA

I've lost 3 kg. I'm more positive about life. I'm far more knowledgeable about caring for my health.

Yvonne Montell, Age 50, Worongary, Q

I've lost 3½ kg. My head is much clearer. Slight arthritic condition in fingers has cleared up. Gums are improved. And all in 5 days!

Greg Lyon, Musician, Age 40, Bangalow, NSW

I've just attended Hippocrates for the second time. My health has improved DRAMATICALLY! I've lost 9 kg. Energy is much greater. Pain in my pelvis and leg are gone. Lower back is no longer stiff. Neck no longer crunches when I turn it. Eyes and skin are much clearer. Hair and nails are stronger. Posture improved dramatically. I've acquired a strong, positive outlook in mind, body, spirit. I'm ready to return home with a new perspective!

Anne Brookhouse, Bonny Hills, NSW

I just attended Hippocrates for the third time. The cold I arrived with is gone! I've lost much weight. I have more energy. Skin feels much better. Colon feels great. Digestion and bladder are 'working much better. The program is great!

Joy Schaper, Mackay, Q

TESTIMONIALS

I feel alive and jumping out of my skin. I feel happy and relaxed, and know that all problems can be overcome with application and dedication. This is the second time I've attended Hippocrates, and I know that I'll return frequently.

Ian McLaren, Pensioner, French's Forest, NSW

I've lost weight and stopped smoking. I know that the hard part is yet to come, when I return home, but I found stopping easier this time than when I stopped last time. It was easier because there are no distractions, temptations and smells that you associate with smoking. I feel livelier than I've felt in years. My head is clearer. Christian, my son, age 12, lost 12 kg in 10 days here! He feels more energetic (he's been bouncing on the trampoline nonstop for an hour per day!) and is much happier with himself. Everyone has been wonderful. Lots of luck in the future, and great success. Love to all.....

Maria, Elias and Christian Christianos, Sylvania Waters, NSW

One year ago I spent one week at Hippocrates. I was so pleased with the results in myself that I returned for four weeks, which I just finished. I came here severely stressed, but am now feeling no tension. I am thinking more clearly, and reacting better. I have achieved a body cleansing through exercise, enemas and implants. My old lung congestion is now nil. I'm having better bowel movements, and my skin is clearer.

Colin Johnston, Manager, Beecroft, NSW

I've been travelling in Australia for the last five months, and eating a lot of bad foods. When I came here, I felt very tired, and without energy.

My energy has now returned - even more than before - and I lost weight. I'm so happy! If I had more money, I would stay two weeks longer.

Inga Jochims, Hotel Manager, Deichhausen, West Germany

TESTIMONIALS

When I arrived at Hippocrates 2 weeks ago, I was quite pallid, I felt fatigued and my skin condition was very poor. All of the above had resulted from being on a poor diet and 40 cigarettes a day. Now I'm quite well again, and feeling much more positive about life. All of these conditions are much better, and I've stopped smoking completely. All of the staff and students have been fun and very supportive.

John Parnell, Rosewood, Q

I'm age 81, and have cataracts, enlarged heart, chronic obstructive airways disease and breast cancer. In 2 weeks here my health has improved remarkably. I have much more energy now. I've been out doing the exercises every morning! I arrived here with my walking stick, but haven't used it since I've been here! All of my senses have improved markedly - smell, sight, taste and particularly hearing. I was somewhat incontinent when I arrived, and that problem is gone. I'm even able to do the enemas by myself. I feel that I'm going to beat cancer without further operations. I will maintain the program when I go home.

The food is lovely, and I've never been hungry at any time. All of the staff have been very supportive.

Winifred Dyke, Toowoomba, Q

I've lost weight, and regained my health. I have that good feeling of wellbeing. I've enjoyed my stay very much, and will be back.
Robert Creighton, Company Director, Dural, NSW

My skin has cleared up, my mucus is gone, my body has loosened up, I'm breathing better and I've lost 2 kg.

Elaine Creighton, Dural, NSW

I feel more energetic. I've lost weight. The rest and stimulation have been most satisfying. I've established a better daily schedule. I feel in control of my health. The daily exercise has established an excellent habit to start the day. The warmth among students and staff has added even more wellbeing to our world.

Louetta Karko, Singer, Toowoomba, Q

TESTIMONIALS

I have overcome my addictions to cigarettes and coffee. Breathing is now exciting. My hemorrhoids have improved, and fungus on fingers and nails has improved considerably. I feel a great sense of peace to have found a diet that suits me and that will give me the greatest pleasure to maintain.

Carrol Anne Moore, 35 Palm Avenue, Surfers Paradise

I have terminal bone cancer. I can rest better at night now. There is no pain in my legs or hips, and the congestion in my sinuses has cleared. I have complete faith now that I will overcome cancer. My husband has accompanied me here, and learned the programme thoroughly. He will be enormously helpful for me at home.

Beatrice Crossley, 13 Glenloc Street, Redcliffe 4020

TESTIMONIALS

We attended Hippocrates two months ago, and we're still vegans. It's been surprisingly simple to maintain our good eating habits even as the cooler time of year comes around. Ann Wignore's recipe book has been a source of many recipe suggestions, and we've created a few of our own ideas that have turned out well. Ted has been doing most of the food prep, and he's been excellent. We've even had friends over for raw dinners! We think of all of you often, and miss you. If any of you are ever in California, please come our way!

Marie and Ted Wright, Solvang, California

The entire program is wonderful. I was quite knowledgeable about natural health before I arrived, but didn't follow food combining principles. Simply observing food combining has caused me to lose 4 kg in 5 days, and feel even better. Thank you!

Tony Van Nek, Chiropractor, Rockhampton, Q

I've been on juices 100% - no solid food at all - for the past 31 days. I've lost more than 18 kg. I've stopped smoking. My skin glows, and I feel wonderful! What more can I say?

I lost 13 kg in the first 14 days!

Marie Gabrielson, East Doncaster, Vic

I attended Hippocrates one month ago. I've lost 10 kg since I started the program. I'm feeling terrific. And I went out every night last week for dinner (and I stuck to salads!)

Betty Hunter, Mackay, Q

My son, Christian, age 14, and I just attended Hippocrates for the second time. I lost 6½ kg in 5 days, and he lost 4. We've done lots of walking, and are breathing much easier. Thank you!

Eli Christianos, Sydney

TESTIMONIALS

I've lost 6½ kg. I've walked a lot, used the steam room every day, and feel and look much better.

Maria Korbas, Age 51, Springvale, Vic

I've stopped smoking and lost weight at the same time! I feel much better, and have gotten my Champion Juicer and recipe book, so I can go home and stick close to the program.

Janet Goodrich of Natural Vision Improvement told me about Hippocrates, and she was right!

Joe O'Sullivan, Age 60, Accountant, Southport, Q

I feel so good I can't believe I was on a respirator just a few weeks ago! My breathing is much better. I've lost 4 kg. I'll stick to the program at home - I've bought a Champion Juicer - and know that I'll keep improving. And I'll come back!

Margaret Meerdink, Age 70, Buderim, Q

I've lost 4 kg, and feel and look terrific!

Marie Pearson, Age 59, Palm Beach, NSW

I came to Hippocrates with candida and hypoglycemia, and using tobacco, alcohol and marijuana. The difference in just a few days is incredible! I'm going to stick to the program at home as close as I possibly can.

Ellie Brown, Age 27, New Farm, Q

Hippocrates is a wonderfully quiet, restful place. I've stopped smoking, lost weight, and feel and look wonderful! And my wife, Eve, felt the energizing effects of wheatgrass juice immediately! We've gotten equipment to grow wheatgrass ourselves, and we'll be back!

Vince Betar, "Wildman" Seminar Leader, Beechmont, Q

I was exhausted when I arrived just 6 days ago. I had a lot of headaches, and hip pain. I now feel calmer inside, have more energy, have lost 2 kg, and hip pain has diminished. My family and I will stick as close as possible to the program.

Rosemary Zillig, Age 51, Lismore, NSW

TESTIMONIALS

I'm thrilled! I lost 7 kg in 5 days, which I'm told is the Hippocrates record. (132 kg to 125 kg). I feel enormously better! I'll be back!

Grant Fitzgerald, Marketing Executive, Garran, ACT, Age 46

And I lost 4½ kg in the same 5 days. And I've lost a great deal of stress and tension. I'll be back, too!

Neil Hughes, Solicitor, Age 39, Forestville, NSW

My cancerous condition has improved enormously. My skin is clearer. I've lost weight. I've really enjoyed the fresh raw foods, and feel good! Aching in legs and shoulder is gone (I'm no longer taking drugs for arthritis pain), and I'm sleeping much better. I really feel that 3 weeks has made all the difference - I couldn't have achieved all of the above in less. And I've taken lots of brochures to share with people.

Jan Shaw, Age 61, Psychologist, Auckland

I've lost 4 kg. I have more energy. My skin is clearer. My eyes are brighter. My color is clearer and lighter. I'm thinking more clearly and recalling more easily.

Maree Santamaria, Age 36, Social Worker, Warburton, Vic

In just 5 days: I've lost weight. Skin quality has improved remarkably. I feel more balanced in regard to food. My appetite is more sensitive. And I've taken in much more chlorophyll and fresh vegetables. I'll write a wonderful article for "Nature and Health" about my Hippocrates experience.

Sandra Harrison, Journalist, Age 47, Brisbane

I've lost 4 kg. I'm very impressed with what I've achieved here. Not only does Hippocrates create an environment for a physical purge, but for an emotional and mental purge as well. It provides a restful environment, which is so important for anyone taking a rest from his or her usual life and responsibilities. And there is a great deal to learn! I've become more positive in myself.

Juliet Knox, Farmer, Willow Tree, NSW

TESTIMONIALS

I've lost 4½ kg in 5 days! And I never felt "deprived". I'm thrilled, and I'm eager to return.

Brian Looker, Businessman, Age 55, Elanora, Q

I lost 4 kg in 5 days. In addition, I stopped smoking, and my asthma is much improved.

Ken Simpkins, Age 39, Thornlands, Q

I lost 3½ kg in 5 days. I feel lighter and brighter. I had the beginnings of arthritic pain in my hips, and that's gone now. My skin is clearer. I can breathe deeply for the first time in years. The program is excellent - juice fasting is safe, gentle and easy. I'm going to give brochures to my friends.

Susie Drake, Registered Nurse, Age 41, Highgate Hill, Q

I've now stuck closely to the program for about one month. I just visited my naturopath. Although I'm 62, he says that I have the blood pressure of a 25-year-old!

Don Wright, Brisbane

I just attended Hippocrates for the second time. I did the juice fast for 9 days. I wasn't terribly heavy when I arrived, but I still lost 4½ kg in 11 days! I'll return again and again.

Laurelle Boto, Rockhampton, Q

I've now followed the program closely for 18 months. I now have the physique I had as a teenager, and I've saved over \$2000 in power and food bills!

Laurie Cole, Musician, Brisbane

I feel fantastic! Lighter, and more energetic. My skin tingles and pimples have disappeared. I'm less bloated after meals, and completely satisfied. These two weeks are just the beginning of a healthy, clean lifestyle. The program is very well organised, with both practical and theoretical guidance. MOST IMPORTANT, IT'S UP TO YOU TO PUT IN THAT 100% EFFORT! IT FEELS GREAT WHEN YOU ACHIEVE YOUR GOALS!

Tina Freeman, Age 21, Toowoomba, Q

TESTIMONIALS

My health was very good to start with. I now feel even lighter, more creative and cleaner inside. I am more aware of what I put in my mouth and what makes me feel healthy. The handsome men on staff are wonderful. It was very well-managed, and I leave feeling relaxed.

Lyn Brown, Naturopath, Buderim, Q

I arrived with some lung congestion and a mild case of asthma. I left after 5 days with no lung congestion, and the asthma has improved greatly. And I lost 3 kg! The staff were very helpful and supportive, and wonderful examples of Ann Wigmore's program. Thank you!

Anna Coats, Buderim, Q

I am 72. I had a stroke at 70. Before I came here, I could barely walk, and only while leaning on someone. In addition, I've had diabetes for 30 years. And the doctors recently gave me 2 months to live. I arrived taking 18 units of insulin per day, and by the 5th day here, I was able to stop the insulin entirely. Before coming here I couldn't move my right arm more than 8 inches high without pain. Now I can lift it all the way to my nose. I'm walking much better. I'm much more mobile throughout my entire body. I'm confident that this is the way to good health, and will keep up the diet. And I know that my improvement has not been caused by the wheatgrass only - you must be on raw foods as well.

Rocco Musumeci, Wollongong, NSW

I didn't come here for myself, but to help my sister. While here, though, I cut down from 30-35 cigarettes per day to only 1 or 2 with surprising ease. At first it was hard, but once my mind was occupied with the information which the programme offers, I had little time to think of smoking. I am sure that I'll attend again.

Karen Young, Glebe, NSW

I am far more relaxed and calmer within, and have a much cleaner mind. In Melbourne I'm always on the run, while at HHCA it has been great to be "still" and step out of the ratrace with the hope of creating some major changes in my life on my return home. I'm less tired and less depressed and feel pretty cleaned out inside.

Wayne Elkman, Businessman, Blackburn, Vic

TESTIMONIALS

I arrived here with a tumor in one of my testicles. I've followed the program completely - I'm even placing wheatgrass pulp around the testicle, and it's working! I'm feeling less discomfort, and the tumor is softening and reducing. I'm much more relaxed, and my mental attitude is improved.

Wayne Elliott, Financial Planner, Ashgrove, Q

When I arrived on Sunday, I felt groggy - my hair was porous and dry - and I had difficulties digesting my food. It's been only 6 days, and my insides are feeling clean and good - my skin appears clearer - my eyes are clearer - and wheatgrass juice on my hair and scalp has caused my hair to become rich, dark and full-bodied. I feel very healthy and light. Hippocrates, thank you for the light and joy you've added to my life!

Susie Chee, Educator, The Gap, Q

My energy level has doubled in 5 days! The acne on my face is clearing, and my skin feels better. I feel healthier and much more positive about my body. I've lost 2 kg in 4 days! Hippocrates has changed my life.

Melissa Abrams, Student, Albuquerque, New Mexico, USA

TESTIMONIALS

I felt very anxious before coming here. The tranquil atmosphere and excellent food have calmed me considerably. And I have much more energy! Thank you very much for a delightful stay!

John Barlow, Bondi, NSW

My mental health has improved 100%. I felt quite negative and depressed when I arrived. Now my attitude is definitely more optimistic and excited about the future. I'm now feeling energetic and vital, after feeling exhausted before I arrived. I've lost weight. My skin tone has improved. My body is starting to firm up as a result of the exercise and walking. It was perfect! Thanks to all for your kindness, support and encouragement. Best wishes for abundant future success. If I can assist from Sydney, please let me know.

Cathy O'Malley, Businesswoman, Tennyson, NSW

I stopped drinking coffee and alcohol and eating between meals. I lost weight. I learnt heaps about raw food prep. I can walk up the hill much easier.

Liz Billinghamurst, Veterinary Nurse, Caringbah, NSW

I lost weight. I'm relaxed and rested. My skin, eyes, brain are clearer. I've learned through doing. I'm set to maintain many of the principles I've learned here. And my arthritic knee has improved.

Ian Billinghamurst, Veterinarian, Caringbah, NSW

I've lost 4½ kg in 6 days! I'm feeling lighter. My mobility is easier. My movements are sharper. I'm also aware of how much more energy I have after fasting on watermelon juice, wheatgrass juice and rejuvelac (which I like very much.) The cobwebs have cleared in my mind. As a result of feeling clean within and having a clear mind, my surroundings and the wonderful colors appear much sharper!

Delrae Healy, Natural Therapist, Brighton, SA



I've stopped smoking and lost 2 kg in 5 days! Smoker's cough is gone. I have much more energy. Breathing is easier. I feel much lighter and cleaner. I will keep to raw foods as much as possible, and exercise regularly. I am very happy with my time here. The faculty are most encouraging and considerate.

Sharyn Gray, Age 36, Blackbutt, Q

I just attended Hippocrates for the third time. I intended to attend for a week, and ended up staying for two. I've lost weight. I'm much more mobile. Numerous pains caused by my recent stroke are gone. The Hippocrates Program is like a bulldozer cleansing my body of debris! I can't wait to return.

Tony Van Nek, Chiropractor, North Rockhampton, Q

I've lost 5 kg in 5 days! I feel more positive and in control of my thoughts, emotions and actions. A lot of negative programming is being undone. I can smell and taste better. My senses are more alive. I am relaxed. I hope I will be Hippocrates/ best advertisement! And the visualisation, affirmations and food prep sessions were very good!

Christina Vogelsang, Age 31, Research and Policy Worker, Woollongabba

My abdomen is no longer bloated. I've lost 4½ kg in 5 days. My body is firmer, and skin has tightened. Eyes are clearer. The program is very good for helping people change their eating habits and attitudes toward food, and of course in cleansing the body and losing weight. I have learned a great deal, and feel motivated to put into practice much of what I have learned here. Guided visualisation/ meditation, morning exercise program and aquarobics are excellent.

All of the faculty are very friendly, warm and dedicated. The setting is beautiful, and the program certainly works. I am very pleased to have had the opportunity to experience the program and learn about nutrition. I hope to return one day when time permits and will certainly recommend Hippocrates to my friends and people I meet. Many thanks!

Helen Summers, Consultant, Age 51, Main Beach, Q

TESTIMONIALS

I attended Hippocrates 2½ years ago. I stopped smoking on the day I arrived at Hippocrates, and have had NO desire to smoke ever since! And I've kept off the weight I lost, as well. I'll be back!

Marie Gabrielson, East Doncaster, Vic

I've lost weight, cleansed my colon and stress has disappeared!
The program is great!

Di Forster, Health Food Shop Owner, Armidale 2350

I lost 5 kg in 5 days! And I've come to terms with my health difficulties, and now accept that I am responsible for them. I now have a more positive outlook on these matters and have been shown the tools to attend to them. Thank you! I'm more energetic, freer in body movement, eyesight has improved, and skin is better. I feel enormously better! I will be delighted to recommend HHC to everyone.

Kevin Sawyer, Real Estate Agent, Deakin, ACT

I've lost weight. Energy is up. Digestion and elimination are much improved.

Frances Fallon, Aspley, Q

I've lost a lot of weight in 3 weeks. Breathing is considerably easier. Skin is much clearer. Mucus is reduced. I'm pleased with the results. The program is great just the way it is!

Amy Scott, Age 65. Edgecliff, NSW

I have much more energy. In just 12 days I've lost 6½ kg and eliminated huge amounts of toxins. My skin and eyes are clearer. My chronic back problem (torn ligaments) and posture are much better. Hippocrates is definitely the pinnacle of practical healing!

Paul Morris, Electrician, Age 27, Duncraig, WA

PS The staff are absolutely fantastic, and the program is great - the best on the planet! Thank you for being here!

TESTIMONIALS

I arrived here with so-called "terminal" cancer. In just 5 days, I have much more energy, and have lost weight. My body has further detoxified. I know now not only what to do when we get home, but, more important, what NOT to do. And I'm so glad that my wife, Julie, attended with me!

I'll take lots of information to distribute at clinics!

Jeffrey Hahn, Psychologist, Age 50, Lindfield, NSW

I just lost 3½ kg in 5 days! I feel fantastic, and can't wait to return.

Chris McBeth, Ocean Shores, NSW

I just attended Hippocrates for the fourth time. I feel fresher and cleaner inside, and will return again and again.

Margaret Steenland, Age 75, Runaway Bay, Q

when I arrived, I had a chest cold and felt very rundown and stressed. Now, after only 5 days, I'm beginning to feel great! My chest is completely clear. I have ZERO body odor, bad breath or wind. I only wish I could be here another 2 weeks! My eyes are much clearer, and sense of smell is very acute. I am and feel much slimmer - I lost 4½ kg in just 5 days! And the dry, flaky skin on my ears is gone. I'll be back, and I'll tell all of my customers to come to Hippocrates.

Jeff Hagan, Health Food Shop Manager, Age 43, Yarrowarrah, NSW

In just 5 days: eczema is clearing. Nicotine craving reduced. Caffeine addiction overcome. Lost 2½ kg. Overall, my body feels rejuvenated and invigorated.

Di Miller, Fairfield, Q

I've lost 3 kg in 5 days. Uric acid buildup in my joints has lessened greatly. Skin tone has improved. Psoriasis is nearly gone. I'm walking normally and breathing better.

Dawn Smith, Narrabri, NSW

I've lost 5½ kg in 12 days! People say I look 10 years younger.

Idette Griffin, Broadbeach Waters, Q

TESTIMONIALS

I just attended Hippocrates for the second time. I feel much better. I've lost 3½ kg in 5 days. I feel much better in every way. I'm less stressed, fitter, lighter and in a positive frame of mind. I got what I came for, and I made some wonderful friends. I'll be back.

Pamela Priest, Music Teacher, Age 41, Moorooka, Q

My eyes are brighter, I've lost weight, I have more energy, my pulse is slower, my blood pressure is lower and I'm more relaxed.

In 5 days!

I'm very pleased that Roger French of the Natural Health Society recommended Hippocrates to me.

Colin McDermid, Age 68, Wool Grower, Merrygoen, NSW

My health has improved 100%! My energy has increased enormously. I've lost weight. I've stopped smoking and drugs. I'm feeling more positive about life. My skin has improved greatly.

David Learmont, Age 28, North Sydney

My eyes have stopped stinging and being sensitive to light. My tension frown is gone. I've lost 3 kg in 5 days. My whole body feels clean and well-oiled. I feel generally alive and well. I can't wait to send lots of people and return myself! The program is wonderful! It addresses every aspect of health - well done!

Pam Salfield, School Principal, Age 39, Byron Bay, NSW

I've lost 4 kg in 5 days. I feel cleaner, fitter and wide awake. My sore throat is gone, and skin improved. Meditation and goals and affirmation classes were especially good. The program was well-rounded and good.

Gill Wright, Age 34, Teacher, McCrae, Vic

I've lost 6½ kg in 12 days! I feel and look so much better. I'm eager to return and tell lots of people about Hippocrates.

Leonie Rutherford, Age 33, University Professor, Armidale, NSW

TESTIMONIALS

It's now been a year since we attended Hippocrates. We very much enjoyed our stay. Looking back, it was a fantastic experience - learning and getting closer to nature. Our diet is steadily improving. Even our eyesight is getting better! As you know, I weighed 115 kg at one time. I was 85 kg when I left Hippocrates, and have maintained that weight ever since. Bowel movements are good, and I still do the occasional enema. I hardly use soap any more! Instead of shampooing I use ½ lemon. I shave in the shower, so no lather. No medications (poisons!) of any kind. Thank you again for having us! You are doing a super job educating people for ~~BETTER~~ health. And, of course, no deodorants, lotions, etc.
Konrad Westphal, Lafayette, California

I've lost weight, and feel enormously better. The Hippocrates experience has further convinced me to become a naturopath. My only regret: I was only here 1 week, and wish that I could have been here much longer. I'll be back!
John Merlo, Age 43, Eagleby, Q

My two sons (ages 12 and 9) and I loved it here. We'll be back!
Heidrun Burchev, McMasters Beach, NSW

Before I attended Hippocrates, I was taking a drug for diabetes. I haven't taken the drug while here. I've tested my blood sugar every day - and it's remained nice and steady! I'm very impressed. I'll stick very close to the program for the rest of my life.
Norman Wright, Age 65, Toowoomba, Q

I've been on raw foods 60% until now. I'll increase my intake to 80% from now on. During my 3 days of juice fasting, coated tongue disappeared on Thursday, and disgusting black fecal slime disappeared on Tuesday. I'm thrilled!
Roger Priest, Commonwealth Surveyor, Moorooka, Q

TESTIMONIALS

Even though I'm only 38, for years I've had a chronic battle with pain and fatigue, due to rheumatoid arthritis. But in just one week at Hippocrates I was able to stop all anti-inflammatory drugs! I've lost considerable weight. My head is clear. For the first time in years I can open the car doors without pain. I can "squat" much deeper during morning exercise. My general health has improved enormously. I'm breathing deeper, and I feel I really do have a future after all.

Suzanne Page, Emerald, Q

I've stopped smoking for the first time in 20+ years, and I'm thrilled! And I've even lost weight, too! Thank you!

Bob Stewart, Ansett Airlines Pilot, Age 41, Hill End, Q

I've just finished 4 weeks at Hippocrates - for the third time. At age 75, I was diagnosed as having bowel cancer. Since then I've followed the Hippocrates Program closely - though I certainly feel worse when I "cheat"! - and my level of energy has increased remarkably. My skin is clearer, and blemishes are fading. MY lung capacity has increased - I can walk up hill with less puffing. My general level of health has improved, and will continue to improve.

Sydney Symons, Age 77, Clayfield, Q

I lost 5 kg in 12 days, look 5 years younger, and feel enormously better! And I've already organized my kitchen to do much more raw foods at home.

Joyce Promnitz, Age 47, Cypress Gardens, Q

I attended Hippocrates 6 years ago, and just returned at age 81. Over the years my asthma and emphysema has worsened. I've seen many doctors and taken many drugs, but to no avail. After just a few days here I started noticing a big difference. I know that if I follow the Hippocrates Program at home, I'll keep on improving. God showed me the way here! And the gardens are a joy to see! Thanks to all of the staff - they could not be better! They know all of the answers, and work for the benefit of everyone who attends Hippocrates.

May Reid, Age 81, Cronulla, NSW

DE WIRGINITY
HEALTH CENTRE
HIPPOCRATES



TESTIMONIALS

I lost 3 kg in 5 days!

VV Quinn, Age 42, Luscombe, Q

I've lost 4½ kg. My elimination through skin and colon has improved. Skin has improved. I feel rested, excellent and ready to face the world!

Bettina Narayan, Auckland

I've lost weight, feel great and am ready to challenge the world!

Annie Holden, Age 28, Public Relations, Broadbeach, Q

I've lost weight, I'm fitter, and I'm more mentally alert.

Toni Hills, Age 53, Algeester, Q

I'm only 13, and I think the Hippocrates Program is great! I feel more energetic and healthier overall. I will eat more fruit and vegetables at home. The program is as good as it can get!

Jodie Shirvington, Golden Beach, Q

I'm feeling healthy, alert and more energetic. Now my husband, daughter and I have all attended Hippocrates!

Julie Shirvington, Golden Beach, Q

Hippocrates changed my life. I've lost 6 kg, as well as stopped smoking. Eyes and skin are much clearer. I'm relaxed and feeling calm. And I've decided to become a Naturopath!

Nela Proctor, Age 31, Educator / Registered Nurse, Armidale, NSW

I arrived at Hippocrates with a liver hepatoma. I've now lost toxic waste, fat and look much better, and am confident that I can continue on the program. Thanks to all!

Gerald Barahona, QANTAS, Malabar, NSW, Age 44

I'm already slim, and was worried about losing lots of weight on the juice fast. I'm very pleased that I lost just 1½ kg in 12 days! And it was all rubbish. And I feel so much CLEANER!

Kathryn Tolstoff, Age 31, Mt Gravatt, Q

TESTIMONIALS

I arrived at Hippocrates happy and well - and now, after 5 days, an even more so! I've given up coffee and tea. Sinuses are clearer. I've lost 3 kg. Thank you!

MaryAnn Tucker, Age 42, Artist, Tewantin, Q

I've lost 3 kg in 5 days. My body is cleansed inside and out. Thank you! And my sense of humor has improved.

Tora Grieve-Halstead, Age 42, Teacher, Port Douglas, Q

Last year I spent 2 weeks at another well-known and much more expensive Queensland "health resort." While there I lost very little weight, and found their heavy emphasis on exercise much too stressful. At Hippocrates, on the other hand, I feel much better, have lost 4 kg in 5 days and osteoarthritis symptoms are greatly improved. I'm going to return to Hippocrates as soon as I can!

Paul Liepouris, Age 53, Motel Owner, Magnetic Island, Q

I just attended Hippocrates for the second time - the first was 4 years ago. I arrived using sprays for asthma, and haven't used them since the first night here. I feel freer in the chest, and breathing is much better. My skin is clearer and softer. Rough elbows are much better. I lost 4 kg in 5 days. I feel much happier. My appetite has dropped considerably. I will stick close to 100% raw foods at home. I enjoyed my stay tremendously, and have gotten right into sprouting and growing wheatgrass at home. I've even managed to persuade my mother to come to Hippocrates! Thank you so much for everything!

~~Julianne Brady~~

Julianne Brady, Age 36, Caravan Park Manager, Boreen Point, Q



TESTIMONIALS

I just attended Hippocrates for the second time. I arrived here this time in a deeply depressed state due to outside factors. The factors remain, but the depression has not! I have taken great advantage of the juices and enemas, and feel so clean and light. I've lost weight, have renewed vigor and joy in life, and am determined to continue addressing my health needs now that my bad habits have been broken.

Jan Kingsbury, Actress, Age 53, Whale Beach, NSW

I, too, just attended Hippocrates for the second time. I've lost weight and cellulite. I feel clean, and know that I must continue detoxifying. I love this place! I love the solitude, the students, the staff. I'll be back again and again, and I'm telling everyone!
Robyn Moase, Actress, Bondi, NSW

I arrived here with severe chronic asthma and a portion of my colon removed. Asthma has improved enormously, I'm much more energetic, and I've begun to detoxify. I'll remain on the program for the rest of my life. Thanky you!

Warren Menzies, Age 43, Onehunga, NZ

I've experienced dramatic weight loss. My skin is clear, and has better tone and texture. I have a general feeling of wellbeing, physically and mentally. Room design has been well thought-out and needs considered. Staff are wonderful. Classes are informative, enjoyable and enlightening. Atmosphere and surrounds are lovely. The program is sound and enjoyable.

Elissa Thomsen, Age 21, Manly, NSW

In just 5 days my chronic indigestion has improved enormously, stomach cramps are much less frequent and stress is lower. I'll tell my friends!

Mike Veverka, Age 26, Engineer, Albany Creek, Q



TESTIMONIALS

My eyes are clearer, I've lost weight and I look younger. I've cleansed mentally, physically, emotionally and spiritually.

Jennifer Aaron, Consultant, Darlinghurst, NSW

I've learnt self-discipline in food prep and eating. I've gained a better fitness level and lost weight. I feel better all over - full of energy and very alert at all times. I'll tell everyone about this fantastic place!

Natalie Belleli, Dance Teacher, Maroubra, NSW

I've stopped smoking! Ulcerations in throat have much improved. My eyes have colour again. My brain feels brighter and sharper. I have a more positive attitude. I've lost weight. I'll refer my friends!

Bill Watts, Bowraville, NSW

We had a wonderful honeymoon here! Skin is smoother and has glowing sheen, and we've lost weight. We're going to refer lots of friends, so we can return for a free week.

Glenn and Masako Voyles, Bond University, Q

TESTIMONIALS

My sinuses are clear at last! I've lost weight, and I've learned a tremendous amount.

Virginia Gibbons, Attorney, American Samoa

Congratulations! I'm deeply impressed by what you've achieved here. You've done a wonderful job, and we at NHS look forward to a close and lasting relationship with Hippocrates.

Christina Shaw, President, Natural Health Society, Brisbane Branch

I've lost 6.5 kg in 12 days, and I feel great!

Graham McElroy, Public Servant, Age 63, Galle, Q

I just attended Hippocrates for the second time. I lost 4.5 kg in 5 days, and I feel great, too!

Ken Sheehan, Company Director, Age 53, Coffs Harbour

I lost 12.5 kg in 18 days. My hair is shiny again, my skin is better and I look much younger. Thank you!

Mark Stein, Age 31, Coach, University of Washington, Seattle, USA

I lost 9 kg in 18 days. I feel and look wonderful. I'm going to tell everyone in New Caledonia about Hippocrates. And I learned a lot here, even though my French is still better than my English!

Ginette LeConte, Age 61, Noumea, New Caledonia

My eyes and skin are clearer. My nails are stronger. I've lost 3 kg. I have more energy. I can control my appetite better. I've lost my craving for sweets. I'm thinking more clearly. I've had lots of good ideas about solving problems while cleansing and relaxing. I really appreciate all that I've learnt, and am applying it now that I'm home. Many thanks to all!

Pauline Svensson, Age 34, Carlingford, NSW

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