

Hippocrates Health Centre of Australia

Historical Testimonials Volume 3



I have more awareness of my body's signals.

Jennifer Wilkins, Jacobs Well, Q

Lightness, improved skin, eyes brighter.

Margaret Wallin, Ashtonfield, NSW

Eyesight improved. Eyes whiter. Skin clearer and smoother. Skin tolerates sun better. Bowels greatly improved. Bloat and wind gone. I feel well restored, at peace. Oedema gone, and weight loss. I have had many of my emotional and spiritual beliefs confirmed. And I've met some wonderful and very interesting people.

Lisa Rae, Sapphire, NSW

Skin is softer. Weight loss. Nails stronger. Liver better, energy higher. I feel cleaner inside.

Sandra Perry, Bendigo, Vic

I arrived on a walking stick, and dumped it after 3 days! Mental fog gone. Powers of concentration improved immensely. Pain in hip (due to joint replacement 18 months ago) much better. Fatigue gone.

Merv Padget, Coombabah, Q

I feel calmer, and know what I must do, especially in regard to food.

Tien Nguyen, Canberra

Even though I've been studying Naturopathy, I arrived at HHC feeling like a toxic waste dump. I feel more alive than in a long time! I've taken off 10 kg – which is a lot for my height. Senses sharper. Skin glowing. More energy, need less sleep. I've learned how to care for myself, now and in the future.

Lisa Muller, South Caulfield, Vic

Reduced weight. Skin softer. Better posture and breathing.
Clearer thinking. More confidence.
Denene McArthur, Bellingen, NSW

Mind fog cleared. I'm more relaxed and in tune with my true self.
Lighter in mind, body, spirit.
Natalie Hardman, Clunes, NSW

Severe skin problem much improved. Weight off. Body and head
clearer.
Dean Garbutt, Surfers Paradise

Revitalised. Reduced weight. Back on track.
Marianne Constantine, Nhulunbuy, NT

In 5 days systolic bp down from 137 to 114! Sleeping without
pills. Dropped 3 kg.
Martha Cleary, Wonga Pk, Vic

Took off weight. Severe cough almost gone.
Carol Camilleri, Ayr, Q

I feel lighter and alive. Fingers no longer numb or tingling. Mind
is alive and free.
Wendy Butterworth, Nhulunbuy, NT

Reduced weight. Increased energy. Bloating reduced. Brain fog
gone. I awaken feeling healthy, not sluggish. Back and kidney
pain almost gone.
Violet Andronis, Bankstown, NSW

Sleeping better. Lighter, more supple, dropped weight.
Robyn Adams, Moorooka, Q

Last vestiges of asthma and arthritis have disappeared. I've become fitter and more flexible. I'm leaving with much more knowledge than I expected!

Barry Blackman, Mt Hawthorn, WA

Head has cleared. More energy. Joints much more flexible. Skin feels great! I'm now emotionally and physically stable.

Elizabeth Bowden, Coonabarabran, NSW

Clearer skin and eyes. More energy. Less flatulence and indigestion. Sleep better. Less mucus. Breathing better. Colour better. Skin smoother. More hydrated. Body's healing processes quickened. Sense of smell and nails improved.

Melissa Buckley, Rochedale, Q

Skin improved. Lighter, clearer head, fitter.

Michael Daly, Lidcombe, NSW

Fitter. Dropped 5.5 kg. More focused on what I must do.

Joy Fanning, Ireland

Skin clearer. Mind and body lighter. I'm thinking clearer, and have more energy. I'm able to get into new yoga postures!

Brenda Fishlock, Gayndah, Q

More energy, fewer aches and pains, weight reduction- 7 kg, stronger nails, more positive.

Jessica Gillies, Parkville, Vic

Clear in mind and lungs. Circulation is smooth and consistent. Very relaxed. Weight reduction, better eyesight, smoother skin.

Craig and Luke Goddard, Dulwich Hill, NSW

Increased energy. Skin tone and texture have improved. Eyes are brighter, and dark circles are fading. Hair is regrowing. Nails much stronger. Digestion is painless, and I feel much lighter and happier. Getting out of bed early. No desire to consume bad foods, drugs or alcohol. Eliminating toxins easily.
Alex Sakrzewski, Wynnum, Q

More energy, less weight. Less brain fog, less stiff.
Stephanie Fearon, Leura, NSW

I arrived shortly after lymphatic surgery. I could barely move my arm. I now feel great, have lost weight, and my skin feels like a teenager's.
Carmelita Cathie, Southern River, WA

I've eliminated a lot of toxins in just 5 days. Joint ache gone. Eyes brighter, fingernails clearer. Weight loss. I feel much better, and I'm sleeping deeper, but shorter.
Christine Grecl, Chapman, ACT

Skin clearer, and stomach better.
June Jones, Mackay

More energy, skin better, reduced weight.
Joanne smith, Glenden, Q

More clarity, less brain fog, clearer digestive tract.
Michael Thompson, Ainslie, ACT

Lower back pain gone, skin better.
Carolyn Toms, Yarralumla, ACT

Hair is softer. Skin dryness gone. I wake eager for each new day.
Lost 6+ kg.
Adele Wiggins, Coogee, NSW

I'm age 77, and HHC has changed my life! Lost 3.5 kg,
complexion glowing. I like myself now!
Stenia Zmudzki, Surfers Paradise

Thinking clearer. Eyes improved. Back pain gone. Skin is great.
I've acquired so much knowledge!
Cheryl Griffiths, Queanbeyan, NSW

Skin tone better. Dropped 3 kg. Muscles toned.
Jenni Dunn, Canterbury, NSW

Eczema, dandruff, anal itch disappeared. Energy up, and brain fog
much improved.
Sakshin Cervone, London

Feeling much better and lighter. Pain in fingers and toes
improved. Skin improved. Sleeping better. Other people's
dramas are less important. Mind clearer.
Pauline Stirling, Merewether, NSW

More vitality. Head clearer. More relaxed. Internally cleansed.
Much more knowledge about raw foods. I feel confident about
following the program at home. Learned about myself, and took
off weight. Eyes and skin clearer. Rested, bowel movements
regular.
Gino and Kathy Musolino, Rostrevor, SA

I'm now sleeping 8-9 hours without waking. No longer tired during the day. Liver pains gone. I'm satisfied after eating. I used to still feel hungry after eating cooked food.
Sarah West, E Gosford, NSW

At first, I was very slow to release toxins. My mind didn't want to cooperate. In the beginning of the second week, I finally did the steps needed to release toxins (enemas, implants, etc.) After two weeks, I feel tremendously fantastic! Lighter in body and mind. I'm looking forward to coming back.
Gisele Faddoul, Beverley Hills, NSW

Lighter, clearer, more relaxed. Thank you!
Catherine Knight, Rosebank, NSW

Extremely excellent. Emotionally, physically, rested, clearer, cleaner, energy, looks.
Colleen Labaff, Los Angeles

I loved it! At 83, I feel good.
Arthur Millwood, Upper My Gravatt, Q

Vertigo (for the last year) is almost gone. Mentally much clearer. I'm really enjoying life again. Thank you!
Frank Molina, Tewantin, Q

Breathing and energy much better.
Rian Rombouts, Darwin

Hot flushes decreased. More energy. Less sweet craving, and not hungry.
Carol Stevens, Chevron Island, Q

Weight loss, feel lighter, clearer head, less stressed. Very happy and relaxed. Thank you for creating a place where this can be achieved!

Judy Westcott, Upper Kedron, Q

Weight loss. Freed up lower back.

David Webster, Clayfield, Q

More relaxed. Less toxic. More energy. Mouth and gum ulcers finally gone after years!

Bettine Waters, Alexandra Headland, Q

More energy. Fewer cravings for bad food and drink. I'm enjoying walking!

Lisa van Balveren, Tamborine, Q

Wonderful results! Neck, shoulder, head, back pain all gone. I'm now in control of my eating habits. I'm well on the way to being free of 15 years of anorexia and bulimia. Anxiety and depression have disappeared. I feel fantastic!

Most of all, I now have the tools to live a long, happy life. This experience has been invaluable, and has saved my life. And the scabs all over my skin are gone!

Ricci Stanley, Ridleyton, SA

I feel less stressed and less bloated. Energy has increased. I'm invigorated and inspired!

Jill Rhodes, Lismore, NSW

More energy, cleaner, relaxed. I've retaken responsibility for my wellbeing.

Rhonda Purdy, Port Moresby

I'm much calmer.

Chris Morgan, Montrose, Vic

Eyes clearer and shinier. Stronger and more positive. More energy. I'm very grateful that HHC exists. This has been the most stimulating, fruitful and productive experience of my life!

Tom Nicholson, Potts Pt, NSW

Pain from cancer gone. I feel much better now, rested, cleansed. I'm on the road to full recovery.

Heather Nixon, Labrador, Q

When I arrived at HHC I was 20 kg overweight. My health and spirit required drastic improvement. I've learned so much!

Kate Nunn, Kotupna, Vic

I'm sleeping far less. I've reduced weight. I, too, have learned a huge amount.

Linda Saunders, Merewether, NSW

Coffee and sugar cravings gone. Weight reduction, more energy.

Jen Shepherd, Armadale, Vic

Great weight loss. More energetic and vital. Blood sugar levels much lower. Skin smoother. Sleeping less. I'm taking long walks for the first time in years.

Valerie Stevens, Bowraville, NSW

Knees improved. Great fluid loss.

Fiona Strain, Curl Curl, NSW

Great rest. Reduced weight, feel more vital. I'm recommitted to following the program.

Helen Summers, Malvern East, Vic

Reduced weight. No tobacco craving. I'm lighter and more balanced.

Angel Vella, Double Bay, NSW

I feel much better, but I have a long way to go. The program is splendid! I know I can cure my fibromyalgia. I'm totally committed. If Eydie Mae can do it, so can I!

Barbara Weatherburn, Lyneham, ACT

Vitality has increased, and I've stopped smoking – after decades!
Meg Backhouse, Marleston, SA

I feel lighter, not bloated constantly. Calmer, more peaceful, rejuvenated.

Judi Burke, Ermington, NSW

Stress has reduced. Body is looser. No sore muscles. Digestion is lighter and more efficient. Nails stronger. Fewer skin blemishes.
Karen Earp, Anula, NT

Reduced weight. Thinking clearly. More relaxed.
David Gilmore, Kenmore, Q

Much more rested and calm. Blood pressure way down. Reduced weight.

Robyn Hall, Hurlstone Pk, NSW

Joints more flexible. Eyesight much better. Rested and relaxed.
Robyn Jarvis, Whyalla, SA

Weight loss, softer skin, less bloat, less stress.
Mandy Krywulycz, Gymea, NSW

Down 6 ½ kg. More alert, more tolerant.
Wendy Ranger, Curtin, ACT

I'm relaxed and calm; emotions no longer erratic. Skin feels fantastic. Lighter, more energy. My senses are awakened! For once I actually feel alive and in touch with myself. Suddenly, hay fever is gone – I can breathe!
Rose Stephens, Dunwich, Q

When I wrote my first letter from here to my home, I wrote "Everywhere I turn I am met with kindness. I feel blessed and protected in this environment." This just as true after 6 weeks! I feel so grateful for what you have created here, and sustained in such an idealistic and uncompromising way. My own gains in health and strength have been much more than I hoped for, and seeing the transformation of others has been inspiring. The faculty are all wonderful with their unique and complementary gifts, and go out of their way to encourage and support. Thank you....
Fiona Munro, Christchurch

I haven't smoked or drunk alcohol. My lungs are much clearer. I feel more in control. I've lost weight. My skin is softer, and varicose veins improved. Increased vitality. Mind clearer and stronger.
Liz Williams, Balmoral, Q

I feel less toxic and lighter. I'm more motivated to seek continued improvement.
Patricia Hadley, Milton, Q

I'm cleaner and lighter, thanks to enemas and live foods. Headaches are gone – forever, I hope. Tea addiction gone. And I'm finding it easy to stick to program at home.
Jan Vodic, Kelvin Grove, Q

Reduced 9 kg. Less brain fog, no more depression. More alert and lighter.

Kathryn Toms, Castle Hill, NSW

Much more relaxed, yet energized. Mind is clear. Fluid retention gone, skin smoother. I feel great!

Belinda Calvert, Glen Waverley, Vic

Energy increase. Body is clearer and cleaner. Great weight loss.

Julie McNall, Paddington, NSW

It's been my first detox, and most enlightening. I'm free from stomach problems, and healthier every day. I've learned a lot to help my family. Thank you!

Sally Thomas, Lysterfield, Vic

I'm freer in movement, eyes clearer.

Robyn Miller, Darlinghurst, NSW

Breathing much better. Pain almost gone. My bowel movements are the best ever! Bloating much better. Skin clearer and smoother. Much weight loss.

David Anderson, Toowoomba, Q

Lots of energy. Clearer mind. Body and eyes clearer and improved. Skin smoother, hair softer. We're rejuvenated!

Ross and Jenny Bramley, Pennant Hills, NSW

Sinuses clear. Mucus gone. More energy and flexibility. Rashes and other skin sores gone.

Joan Harlacher, Warwick, Q

I've taken off weight and improved sleep.

Natalia Proops, Wellington, NZ

I've lost 9 kg! My skin and eyes are clearer, and my attitude has improved immeasurably.

Michael Attallah, Centennial Park, NSW

Mucus is gone. Circulation has improved. Gums have improved. Fluid retention is gone. I'm lighter, more satisfied, relaxed!

Gay Campbell, Rosebery, NSW

Clearer mind. Lighter feeling throughout body. I'm cleaner within. I've lost weight. I'm relaxed.

Christine Fortelny, Currumbin, Q

Arm and leg rash is gone. Skin is softer. I'm clear and aware of my body. Nails are stronger. I feel clean on the inside.

Leanne Kay, Boronia Heights, Q

I arrived tired, overweight, sluggish. Now I feel glowing! Enemas were great. I wasn't tired in the morning. I could do more exercise. Skin is much better. I've learnt a huge amount. It's been wonderful!

Lea Gliddon, Wishart, Q

Skin is much clearer. Headaches have gone. I feel happier and more energetic.

Viki Lane, Cleveland, Q

I'm free of smoke after thirty years! The constant headache I had learned to live with is finally gone. I feel 80% back to normal, in just 5 days!

Frank Molina, Tewantin, Q

I've lost weight. I'm ready to continue on raw foods forever!

Mirella Killingsworth, Pt Melbourne, Vic

In just 5 days: Fingernails are stronger, skin is smoother, eyes are brighter, I've lost weight.

Trish Odewahn, Helensvale, Q

I've lost weight. Skin is much clearer. I'm now determined to stay on 80%+ raw foods at home. Bright sunlight bothers me much less.

Sheryle Langshaw, Buninyong, Vic

Increased energy. It was easy to give up tobacco after 20 years habit! Life is just beginning! Thank you!

Shane Reynolds, Kyogle, NSW

I must admit that I felt quite toxic the first three days, but I weathered it. After 5 days, I feel great! I'll never smoke again. I've lost weight. I have heaps of energy. PMT is gone. Skin is clear and clean. Low blood sugar symptoms are gone. Arthritic aches and pains, mucus, bloating are all gone!

Julie Reynolds, Kyogle, NSW

Weight loss. Increased energy. Mentally alert. Smoother skin. Itchy scalp is gone. I'm more positive and optimistic.

Lisa Potter, Wellington, NZ

I've stopped smoking! I've lost 5 kg. Skin is clearer. More energy. Stress, anxiety, abdominal bloating are all gone! Thank you....

Susie Low, Pyrmont, NSW

In just one week, I've had a good detox. When I arrived I was run down and very tired. Now I feel light, healthy, strong and able to cope. Thank you!

Sue Baker, Tinonee, NSW

I've just attended HHC for the second time. I've lost weight, I've detoxed, muscles and joints have relaxed, and I have a clearer view of my personal life. You've accomplished so much here! See you again....

Lorraine Craft, Bowral, NSW

May God bless you richly and grant you joy and happiness and reward you. And He will! You are good and caring people. I certainly feel much better now -- aglow! My window is full of sprouts ready to eat. I can breathe so well now. Tiredness and depression are gone. You're all so helpful, cheerful and nice. If you have any prayers or requests for me, please let me know. I pray daily.

Elfrida Pichler, Dundas, NSW

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'm feeling more buoyant and alive. Eyes are clearer. Much more energy. Depression is gone.

Jill Blackwood, Southport, Q

I've lost weight, slowed down and learnt to relax more.

Iris Bosio, Northlakes, NT

Chronic mucus is gone. Eyes are clearer. Shoulder is much improved.

Jenny Dunn, Mittagong, NSW

Energy level has increased immensely. Pain in left hip (due to metastasized cancer) is gone! Skin is much better. Physical, emotional and spiritual wellbeing have been enhanced, I'm telling everyone in Orange!

Helen Kittler, Orange, NSW

I've lost weight and feel less bloated. Greater mental clarity. Fewer aches and pains. Inner cleanliness, Sense of peace and serenity.

Catherine Ashley, Holland Park, Q

I've lost almost 7 kg in 5 days! Huge rise in vitality. For the first time in YEARS it's great to wake up in the morning.

I don't feel tired any more. Lots of toxins have been released, and tobacco craving is gone!

Gregory Redman, Coolum, Q

3rd time I've attended HHC! I feel much better in the morning.

Breathing better. Nausea is gone. Stress is gone.

Tracey Raven Owl, Coolum, Q

My time at HHC has been wonderful and life changing. I realise that I have a long way to go, but I'm feeling the brightest and most confident in a long time. My metabolism is returning to its formerly high level, and energy will continue to grow. When I came here my primary focus was on weight loss, with good health to follow. But now I'm determined to continue with a mostly raw food diet even after I've returned to an ideal weight. I truly believe in the value and empowerment this program can give to everyone. My complexion has improved dramatically. Cheeks are rosy, and skin clear and glowing. Circulation has improved, and numbness is gone. Skin brushing and steaming has been especially helpful. I can now walk 3+ hours without fatigue. Thank you!

Briony Connell, Upper Mt Gravatt, Q

I feel excited about life again. I have hope and strength. I'm living in my body - not just in my mind - and it feels wonderful! I have a spring in my step that I haven't had for years. Thanks to everyone for solidity, info and caring support.
Kylee Adams, Red Hill, Q

I feel lighter, bouncier. Skin is clearer and smoother,
Fay Lebsanft, Dalby, Q

Skin texture improved. General sense of wellbeing. Posture and breathing improved. Hair has stopped falling out!
Helen James, Balgowlah, NSW

I've lost weight. More energy. Calmer and happier. I've learnt a lot about myself. And I know what to do to gain and preserve good health.
Chris Enright, Petersham, NSW

Now, at last, I can sleep all night without waking due to hip joint pain. Bloat is gone. Skin is much softer. I've lost weight. I'm focussing on what will continue to happen as I follow the program. It is rare to be able to say that my life has been changed -- but it has!
Merrill Orr, Weyba Downs, Q

Weight loss. Better sleep. More flexible. Increased vitality and mobility. Skin and hair feel healthier. As a result of counselling and encouragement by all faculty, I'm confident that I can stick to the program.
Jacqueline Phillips, Loganlea, Q

Weight loss. Circulation has improved. Fingernails are pinker. Better respiration and fitness. I've got lots of work to do!
Harold Krelle, Sunnybank, Q

Much more energy. Before, I worked long hours and was always tired. I'm lighter, and not so stressed and tense.
Anne McInnes, Southport, Q

I've stopped smoking. Rash is almost gone. I've lost weight, and am fitter. Thank you!
Donna Buzza, Kyogle, NSW

I've lost weight. Skin tone has improved. Much better blood circulation in lower spine.
Norman North, St Ives, NSW

My body and mind have been cleansed. I have more energy, drive, clarity. I've gained such an insight into my bodily functions that I feel I know what makes me tick. I'll certainly place my health before everything else! I'll tell everyone about this wonderful change of lifestyle!
Chrissy Nelson, Nudgee, Q

Clearer mind and vision. Less tension. Neck much better. Great inner cleansing. Lessening of aches and pains.
Kathy Roitman, Bardwell Valley, NSW

Skin is radiant. Eyes are clearer. Sinus pain has lessened. I feel happier, and I have more energy. I've been plagued by chronic allergies and chemical sensitivities for 11 years. As a result of this comprehensive detox and cleansing program my symptoms have improved markedly. No headaches, no foggy brain, better concentration. Sincere thanks to everyone at Hippocrates for a brilliant and life-changing program.
Danica Mihaljevic, Narrabundah, ACT

I arrived exhausted and tired. Now my body is greatly rested and relaxed, and I'm calmer. Skin is clearer, smoother, and has better colour. My eyes are clearer, and I've lost weight.
Trudi Contarino, Cairns, NQ

I've lost weight. I feel more energetic and relaxed.
Rodney Peachey, Southport, Q

More energy. Lost weight. Calmer.
Damien Parker, Florida Gardens, Q

I'm calmer and more settled. I've lost weight while stopping smoking. I feel so much better!
Cheryl Barrett, Sydney

The program is wonderful. Bruising is much less (low blood platelets) and stiffness in hands has improved. In only 5 days!
Rhonda Gates, Bonogin, Q

I feel cleaner, lighter and more vital physically. I feel more focussed mentally, more rejuvenated emotionally. I'm much less tense and spiritually more alive.
Khaleigh Beaudoin, Elanora Heights, NSW

I've lost 5 kg, and I'm not as tired.
Eva Purdy, Sydenham, Vic

I've stopped smoking with zero withdrawal symptoms, and my skin has cleared.
John Hopper, Canberra

I just want to thank you at HHC for being there for me. In some way - I'm not sure exactly - it feels amazing. When I attended HHC a year ago, it was an amazing experience. Even though I haven't stuck to the program 100%, I've kept a lot of special memories, and I restart it all once again on the spur of the moment: skin brushing, sharing, breathing....I feel great when I do. I'm very much on the start of a spiritual journey. All of you inspire me each day, and this gives me something to strive for, to reach my goals and dreams. With love.....
Lisa Williamson, Palm Beach, Q

More flexible. Lost weight. Fitter, rested and learned a lot. A most enjoyable and informative experience! We've taken a giant step here! HHC has made an imprint on this planet.
David and Lyndall Parris, Killara, NSW

I'm enormously rested, and I've lost weight.
Michelle McNair, Auckland

I feel alive! More energy, totally rejuvenated, healthier than I've felt in years. Cleaned out from head to toe, inside and out. Thank you!
Sonya Leslight, Burleigh Heads, Q

I feel clearheaded, clearminded and a lot lighter. Lighter in weight, in worry, in stress. My eyes and skin have come alive, and my overall health has improved greatly.
Paul Wise, Kenmore Hills, Q

I came to HHC healthy. Since I've been here, though, I feel that I've released many excess toxins. My skin feels really clear and soft, especially in some previously dry patches. I feel clearheaded, and the fresh air and meditations have been a cleansing experience. I feel rejuvenated. Although I am slim, I've lost the patches of excess fat all over my body. I feel toned and like myself again.
Kristina Thomas, Coorparoo, Q

For the last few months I have very stiff feet and twinges in my hands on waking. These - as well as a disturbing pain in my breast - are gone! I feel a lot lighter and refreshed mentally.
Jill Sulman, Canberra

I feel lighter in body and mind. And, for the first time in years, I haven't used an indigestion drug!
June Steinweiss, Burleigh Heads

I've lost 7 kg, and have far more energy. I've moved from despair to confidence, from suicidal feelings to purposefulness, from pervasive sadness to happiness. Thank you!
Sam Mandeville, Bardon, Q

Eyes clear. Lost weight. Feel great! Softer skin, calmer, more relaxed. More energy. Very optimistic, looking forward to a new healthier life. My outlook on health and life has changed. I will take better care of myself and my health.
Aliye Hassan, Taylors Lakes, Vic

Weight loss. Painfree, drug free periods. Skin rash gone. More energy.
Jodie Barber, Chelmer, Q

Less stressed. Rested and calm. More energy. Not feeling sluggish. I'm enjoying exercising! Lighter on my feet. It feels wonderful to know that I've made an inroad in clearing toxins from my body, and I'm highly motivated to keep going on the right path. I want to keep feeling this good always!
Alex Martin, Rozelle, NSW

I feel much more alive. Allergies have improved greatly in just 5 days. I've lost weight, and eyes are clearer. The program and faculty are wonderful!
Lucy Proposch, Nundah, Q

I feel enormously better. I feel happier and lighter in myself, physically and spiritually. Thank you for teaching me how to look after my body.

Lynda Eastwood, N Croydon, Vic

I arrived here in a wheel chair, accompanied by my husband and sister. I am now more ersted and peaceful. I ahve had severe motor neuron disease, and my balance has improved here. Leg strength has increased. Speech has improved, and I feel more vital.

Cathy Glossop, Caringbah, NSW

I was using tobacco and illegal drugs. My health here has improved 100%. My breathing is clear - no longer phlegmyand clogged. I walk in a new way. My memory is clear, and thinking is no longer foggy.

Dean Harvey, Bondi, NSW

I am now armed with techniques and knowledge to implement and put into effect the vast amount I have learned. I now understand so much more about detoxification, food combining and food prep. I thank all HHC faculty for your help and inspiration. I arrived slim, and am thrilled to report that I did NOT reduce weight. I now have more energy while eating less.

Ray Jenkins, Springwood, Q

I've lost 10kg, have firmed up and feel more vital. Mentally I'm more focussed, motivated abd relaxed. My mind is clear. I'm happy and content within myself. My intuition and trust in self have deepened.

Zenita Lofting, Avalon, NSW

My body feels good all over. Skin, eyes, nails, hair good. Gum bleeding gone. Eyes brighter. Rashes gone, reduced weight, more peaceful. Aches and pains gone. An incredible change in 3 weeks. I'm off antidepressants. I cannot believe how good I feel. Thank you!

Sandy Marmot, Darling Pt, NSW

Skin smoother and clearer. Feel lighter. Less mucus. Relaxed. Back more flexible.

Kim Marriott, Wangary, SA

I guess it all boils down to what you want to do with your life and where you are heading. I've more or less made up my mind to regain my fitness and vitality - physical, mental and spiritual - so my stay with you was absolutely critical. We were all basically seeking the same goals and the inter-action between us provided the sustenance for sticking to the program and learning how it works and what it does. For that, I am very grateful.

Forget the guilt trips, the remorse, the regrets, the envy and the neurotics - this all boils down to your own capacity to take hold of your life and make something of it. Hippocrates provides the navigational tools, but in the end we have to take charge of our own lives.

The great thing about Ronald and Elaine and Paul and the others at Hippocrates is that they believe in something and aren't afraid to express their views. The great Australian disease is the people who have no views at all. They provide the great inertia which clogs the arteries of our country in so many ways: the paper shufflers, the duck shovers, the time servers, the couch potatoes, the do-nothings.

So I hope I can live up to the life-changing concepts taught at Hippocrates and I hope you can too.

All my best wishes

Alex MITCHELL

BONDI, NSW

Spinal injuries have improved. Eyes are clearer. Body is more flexible. Digestion has improved.
Beverley Flint, Fadden, ACT

I was healthy when I arrived. Now I'm even better!
Judith Greening, Willoughby, NSW

I'm healthier. Eyes are brighter. I'm more relaxed, and more cleansed.
Jennifer Hayes, Murwillumbah, NSW

I feel cleaner inside and out. I have more energy. I feel relaxed and rested.
Mirella Killingsworth, Pt Melbourne, Vic

I'm more relaxed, and I've stopped smoking.
Debbie Lawton, Shailer Park, Q

Digestion has improved. Sleep has improved. Fewer hot flushes.
Marguerite Long, Arana Hills, Q

I have much more energy. I feel brighter. I've lost 9 kg. Exercise is easier, and I'm walking farther. Brain fog is much improved.
Helen McEvoy, Macleay Island, Q

I'm feeling lighter, better, relaxed, cleansed.
Helga Muller, Habenmatt, Germany

Better digestion. More flexible. Lost 3½ kg. Pain is gone from muscles and tissues.
Philippa Rayment, Aspendale, Vic

I went from misery to ecstasy in 5 days! I arrived in severe back pain and feeling exhausted. Now I feel much more energy and excitement about living. My being automatically seeks beauty and disregards the rest. I expect this is happening on every level.
Luiza Shouha, Maroubra, NSW

I've lost weight. I have more energy. I'm able to work at tasks longer. Posture is straighter. I'm more aware of things around me. Hearing, sense of smell, eyesight are better. Itching has gone!
Donald Stapleton, Preston, Vic

Bloat has decreased. Fatigue is gone. Skin is much softer and rehydrated.
Cathryn Wise, Morningside, Q

I've lost weight. Skin is clearer and softer. I have more energy, all day and into the evening.
Lucinda Smollen, Balmain, NSW

I'm not so sluggish. Nails have grown. Skin is smoother. I feel more alert and clear-headed. I have more energy and enthusiasm, and feel well upon awakening.
Kim Brady, Bronte, NSW

I've lost weight. My skin has cleared entirely. I feel better in so many ways!
Ilea Kerans, Canberra

I felt more energy from the very first day. I've been so fatigued for the last 4 months that I could hardly do a thing. I believe that stopping soy milk has helped enormously. No more leg pains, and flexibility is returning.
Tove Nielson, Burleigh Heads

When I arrived: no energy, constant headaches, blocked sinus. Now: abundant energy, no headaches, more flexibility. I feel well for the first time in my life! I'll never touch coffee again.

Sandy Wills, Ipswich, Q

My fuzzy mind has cleared. I feel energetic, full of vitality, clean, refreshed. Persistent cough and cold have finally cleared. I'm jumping out of my skin and feel fantastic!
Rhonda Sciacca, Cairns

My reasoning is clearer and sharper. I'm no longer straining to carry my body around. I don't feel stressed. I now want to get stuck into the jobs ahead. I'm sleeping well. Hippocrates (unlike other "health resorts" gives an AUTHENTIC health experience.
Toby Sciacca, Cairns

Loss of retained fluid. Improved energy. More alert.
Robyn McDonald, Banora Point

Eyes sparkle, weight loss, clear skin, more flexible, blood sugar stable.
Audrey Peachey, Southport

Weight loss. More vitality and energy. More positive outlook. Improved skin and self-discipline.
Veronica Akhurst, Glebe, NSW

I've lost 4 kg. Digestion is much better. Energy and skin tone much better.
Alex Mitchell, Bondi

More energy. Bloat is gone. Skin is softer.
Judy Mulveney, Clear Island Waters, Q

I feel revitalised and have more energy. I wake up feeling great!
Nicky Smollen, Surfers Paradise

Better skin colour. More energy. Calmer. Arthritic pain gone.
Limbs more flexible. We've learnt an enormous amount.
Margaret and John Van Itallie, Biloela, Q

Weight loss, stress relief, far better physical endurance, and
sleeping better!
Wendy vander Drift and Maria Givenchy, Mt Tamborine

I've distressed and detoxed. I've dropped 5 kg, and feel much
cleaner inside.
Shelley Arnold, Doncaster, Vic

I can breathe without inhalers! My skin was blue-grey, raw and
blistered. Now it's healing, and is pink and brown. My body is
oxygenated, and I can exercise and breathe. I've gained muscle
tone, and my bowel and liver are functioning properly.
Isabelle Barker, Rossville, Q
I've lost weight. No smoking! Much stronger mentally.
Nathan Bowie, Maroubra, NSW

Brighter, clearer, reduced weight, much more energy.
John Calvi, Harbord, NSW

Clearer eyesight, weight loss, less acid, free of mucus.
Anne-Louise Drane, Pt Hedland, WA

Skin is clearing. Increased energy. I've lost excess weight and
fluid retention. PMT far less. And I've learned what I need to
know.
Chelsea Edwards, Mudgee, NSW

I dropped 7 kg. More energy and joy for living. I'm motivated to stick to the program. Great lymphatic improvement. Gall bladder problems gone. Breast lumps greatly reduced.
Liane Fryer, Dorrigo, NSW

I've taken off 15 kg!
Eric Gibson, Northam, WA

Eyesight much better. Eyes not sore and burning any more. Hair was very dry, now much softer. Skin was dry and itchy. Now much better. Sleep much improved. No tobacco craving! I feel better about myself, I like me!
Barbara Hooper, Wellington Pt, Q

My head is clearer, my mind is more focussed, and I'm feeling much better. I've met really nice people and have had a great experience.
Gary Horsfield, Northam, WA

I've learned so much at age 75! Hippocrates has changed my life!
Horst Loebell, Kensington Gdns, SA

Psoriasis greatly improved.
Kit Loke, Waramanga, ACT

Increased energy. Stronger muscles. More flexible. Reduced weight. Clearer eyes and skin. Incredibly relaxed! Wonderful new outlook on life and ability to cope. Skin softer. Much more alert.
Kathryn Ng, Ashburton, Vic

Cleaner bowel, thinking clearer, skin moister, chronic pain almost gone.

Pat Goddard, Garran, ACT

Eyes much clearer, far less mucus, blood pressure way down, weight dropped, need less sleep, not noticing cold and heat as much.

Tony Harding, McDowall, Q

Well rested, skin better, breathing better, and I STOPPED SMOKING!

Ken Hodgkinson, Wandoan, Q

More energy, less stressed, skin and eyes clearer, digestion better.

Gail Houghton, Endeavour Hills, Vic

Blood sugar level and pulse down. Joints freer, posture improved. Weight loss, improved body shape. Feeling well, and coping better with stress. Movement easier.

George Lyford, 5 Dock, NSW

Wehatgrass juice is great! And I've stopped all supplements.

Claire Mason, Sydney

I love returning to HHC. I detoxed, distressed, dropped weight. I'm regenerated and revitalised. Ready to face the world armed with life-enhancing knowledge and experience.

Alex Mitchell, Edgecliff, NSW

I'm more mobile, optimistic, cleaner, clearer, stronger.

Barbara O'Shea, Byron Bay

I feel terrific every time I return to HHC!

Audrey Peachey, Southport

When I arrived I felt quite stressed. I now feel totally rested and at ease. My nose has been blocked for a long time, and now I can breathe freely. I've dropped weight around my middle. My skin is tight, and some stretch marks are gone. Hair is shiny. I feel great! Elaine's book will make a wonderful gift for friends and family. Thank you so much for allowing me to share your wonderful environment! I hope to return and see you all again.
Rebecca Whittington, Grattai, NSW

Knowledge of food combining. Assistance with tools to heal personal physical complaints. I had time to think through family strategies. Recipe ideas to tempt my children. HHC gave me answers to understand what I already know.
Tess Wells, Clayfield, Q

Weight loss, clear skin, stomach lighter, more alive.
Zina and Harady Chour, Greenacre, NSW

All bloating and fluid retention are gone! Skin is one tone, glowing, spotless. My appetite is under control – I don't feel that I need or want to be full.
Sarah Kendall-Torry, Buddina, Q

Weight reduction. Better muscle tone. Natural balance for body, mind, soul.
Sue Prager, Kenthurst, NSW

Weight reduction. Fitter. Sleeping much better. Sinusitis gone. Calmer, more focussed, mind sharper.
Jane Watson and Sanjib Roy, Deepdene, Vic

Lost weight. Skin is smoother, especially around elbows, heels, fingernails. Food cravings are gone.
Madonna Robinson, Nundah, Q

I'm revitalised, and thinking more clearly. Liver function is better. I've lost weight. Stomach much better. And I'm sweating normally at last!
Joanne Smith, Brookfield, Q

I'm relaxed and energetic. Better digestion. Weight loss. I've learnt a lot. Exercise is great!
Valerie Walkerdine, Arncliffe, NSW

Nails are stronger. Skin is softer. I'm much more positive. I feel confident that I can sustain my health. Great support from everyone. Hippocrates is the best thing that I could have done!
Lisa Williamson, Palm Beach, Q

Lost weight. Skin clearer. Deeper sleep. Feeling very clean.
Brian Corr, Collaroy, NSW

I've lost weight. I feel lighter all around. I'm more at peace, and focussed on the next step. Skin feels super clean. Happier. I'm thrilled that I passed black "ropes" while doing enemas. The program just makes so much sense.
Yanis Bayada, Robina, Q

I'm calmer and have lost weight. I've detoxified. Skin is much clearer.
Frances Hickey, Aspley, Q

Dandruff and scaly elbows cleared in 3 days. Blood pressure much lower. Massive quantities of toxins removed. Spirits up to an exhilarating high and will remain there, with resolve.
Barry Wilson, Kangaroo Point, Q

Whites of eyes clearer. Sinuses clearer. No headaches. Skin feels and looks smoother. Heels softer. I've lost 6 kg, and feel great.
Lyn Wilson, Kangaroo Point, Q

I've stopped smoking and lost weight. I have added confidence. I feel akive, happy, healthy - and I haven't felt that way in a long time! My two weeks here have been the best thing I've ever done for myself. The faculty are wonderful, and made my time here so much fun! I feel like a million dollars!

Joanne Greenway, Double Bay, NSW

I now realize, for the first time, my poor bowel habits caused my skin and period problems. I now feel relaxed and less stressed. I have more energy, and my skin is clear - despite being off antibiotics now. I know that my health will continue to improve.

Tracy Murphy, W Melton, Vic

I have learnt the immense value of raw foods. I feel lighter physically and metaphysically. I've gained a great deal - learning to let go, to release the need to always be doing - to just be.

Miriam Godfrey, Auckland

I arrived 5 days ago with a knee injury, on crutches. Now I can comfortably walk 4 km! My general wellbeing has also improved, in part due to the warm, genuine and supportive environment I've experienced here.

Jay Salinger, Brighton, Vic

I've lost weight. Skin has improved. I'm more flexible. I feel lighter.

Alan Davidson, Broadbeach Waters

I've lost 8 kg. Breathing has improved. I feel lighter. Eyesight improved. Sleep improved. Stress is far less.

Rene Michell, Coromandel, NZ

My ankles are no longer swollen. I feel great, more energised, focussed. I now understand how raw foods work in the body, and I will be disciplined.

Kathryn O'Halloran, Forest Lake, Q

Breathing easier. Skin very smooth. Eyes clear, sleeping better, more energy, fitter, nails stronger.

Julie Jones, Coromandel, NZ

Weight loss. Bowel cleanse. Stress and fluid retention down.

Suzanne Caragianis, Adelaide

Skin clearer and cleaner. Weight and stress down. I'm sleeping much better.

Dianne Gramp, Adelaide

I have a new lease on life. I was almost immobilised, with very little strength and flexibility in my limbs. (I weighed 117 kg.) I can now do light exercises, and walk for 30 minutes every day. I've stopped smoking after 32 years AND have lost heaps of weight. I know that I can go home now and continue on the road to health. I never would have believed it, but now realize that "all things are possible."

Valerie Ham, Coombabah, Q

Clearer head. Lost 3.5 kg. Skin is gentler and softer.
Martin Wright, Arundel, Q

I lost 12 kg! Skin is less dry.
Karl Vass, Baulkham Hills, NSW

I've lost 8 kg, increased fitness, increased energy and vitality and skin has improved. And I want to give a special thankyou to each of the faculty for everything you did for me during my time at HHC. It was a pleasure to be with each one of you - you all add so much to HHC, each in your own unique way. I've rarely met people as friendly, kind and giving. You're all wonderful assets. My sincere thanks and appreciation to each of you. I wish you all every happiness in the future.
Claire Turner, Hawthorne, Q

I feel clean on the inside. I'm much more relaxed. Foods were fantastic - I've discovered so many new recipes! And I'll start eating nuts again - soaked, of course!
Halina Swan, Auchenflower, Q

Smoother skin, feel lighter in the stomach, more energy. Blood sugar has stabilized. Lower back pain much less, and not so depressed.
Carolyn Muller, Nathan, Q

Skin is clearer, headaches gone, relaxed. I really do feel a sense of wellbeing - physically, mentally, emotionally. Thank you!
Mandy Mott, Richmond, Q

I'm not tired any more. I have lots of energy. I feel very relaxed. I feel alive without caffeine!
Catrina Mahony, E Malvern, Vic

I feel cleaner and better in myself. I don't feel hungry, and sugar craving has gone completely. Skin is clearer and smoother. I'm alert, happier and healthier within myself.
Linda Howard, Arundel, Q

Weight loss. Gums don't bleed any more. Teeth are whiter. Insomnia is gone. Lots more energy. No more headaches. Clearer mind. Eyes are clearer. Skin is clearer and smoother. Nails are stronger. Self-esteem is higher.
Maretta Henke, Caboolture, Q

I've lost weight and cleansed colon. My wife and I will be back soon!
Murray Hacker, Kuttal, Q

Chronic pain and stress greatly reduced. I've reduced prescribed drug intake by 2/3. Energy much improved. Breathing improved. I've lost 8 kg. Stomach bloat is gone.
Edward Gow, Surfers Paradise

I've lost weight, cleansed my body and feel lighter and healthier. Liver pain is gone. HHC is wonderful!
Jane Forrest, Mansfield, Vic

I've stopped smoking! And lost weight. I have more energy and vitality. I feel cleansed.
Alan Birchley, Stretton, Q

I never thought I'd be able to stop smoking, but I did! My entire outlook has changed.
Kimberly Birchley, Stretton, Q

I came to HHC as part of my process to heal breast cancer naturally. Within only 5 days I was amazed to discover that I could perform a rigorous breathing/stretching exercise program. Bruising in my foot is disappearing, and a chronic stiffness is going. I've managed long walks with ease, and my gait has improved immensely. I was even able to jog a short distance - for the first time in three years! As a result of enemas and colonics I now feel internally clean. My knowledge, vitality and resolve have increased immensely. I leave HHC refreshed and determined to self-heal by following the program.

Even wheatgrass juice has become palatable! My heartfelt thanks to all.

Karen Taylor, Danesville, WA

Definitely more energy, and I need less sleep and wake refreshed. Less pain throughout my body, and a more relaxed attitude. Endurance has increased through vigorous exercise.

Lea Armstrong, Dooralong, NSW

Energy increase. Eczema has cleared. Candida is clearing. I feel lighter, vital, relaxed. Thinking clearly. When I arrived, I was exhausted and depleted. Now, two weeks later, I feel calm, happy, healthy. Food prep classes were great. All of the faculty are inspiring!

Anne Cunningham, Yarrawarrah, NSW

Arthritic hand is much better. Less stress, weight loss, feeling well.

Ray and Joy DeBoon, Pimpama, Q

Mucus in lungs completely gone. Sinuses much better. Reduced weight. I'm fitter and more refreshed from sleep. I'm stronger, and skin is softer and cleaner.

Pauline Delaney, Christchurch

Reduced weight. Skin feels fabulous. Energy much better.

Corinne Edgar, Cremorne, NSW

I came to HHC smoking, and did some rather heavy detoxing at first. I now have clearer eyes, reduced weight and much less lung muck. No tobacco, and not even any thoughts about it.

Greg Gilmour, Rozelle, NSW

Weight reduction. New life focus. Mentally prepared to change my life in diet and exercise.

Terry Herbert, Mermaid Beach, Q

Less weight, and more energy!

Andrew and Lesley Kalpenos, Hornsby, NSW

Good detox. Less weight, feeling lighter, mind is clear.

Helen McMahon, Sandgate, Q

I've lost weight (8 kg in first 5 days), and stopped smoking!
Jo Rogers, London

I feel much rested, and spiritually lighter and cleaner. I'm so pleased that my children persuaded me to attend! Thank you all....
Bonnie Campbell, Numinbah, Q

I feel cleaner inside. I have more energy and just feel great!
Sharen Heron, Studio Village, Q

I feel lighter in body and mind. Mood swings have decreased enormously. I now know the difference between cravings and real hunger. Skin and eyes clear. Improved sleep Less spacy.
Doxie Goulas, Cheltenham, Vic

I feel great relief from toxic overload. I'm motivated now to exercise and live healthfully.
Veronica Akhurst, Darlinghurst, NSW

Detox, weight loss, bowel cleanse, energy gain, improved breathing and skin.
Jenny Vowell, Berwick, Vic

Weight loss. Clearer, smoother skin. Increased knowledge. Much less fluid retention.
Kim Davies, North Melbourne

I feel energised and revitalised. I have more energy and stamina.
Bih Wen Yong, North Sydney

I have more energy, and feel lighter.
Antoinette Ziemer, Carindale, Q

I've lost weight. I'm looser in the limbs. My skin and eyes have brightened. My mind is clearer.
Lyn Schofield, Lovely Banks, Vic

I've detoxed, and I've lost weight.
Lorraine Martin, Ascot, Q

I've lost weight, and I've realized that there are no more excuses.
Andrew Campbell, Numinbah, Q

I feel refreshed and energised. I'm more alert, and have lost weight. I feel the best in a long time.
Dr Hilbert Seeger, Vaucluse, NSW

Improved digestion. Swollen lymph node has shrunk by half in just one week.

Increased flexibility. Eyes and skin clearer. I can't wait to get my wife here!
Don King, Armidale, NSW

I've learned an immense amount. I'll tell all of my friends about HHC, and they'll be able to see the improvement in me.
Carol Davies, Moama, NSW

I feel wonderful! Now I can lead my old, healthful way of life again.
Helen McKemey, Guyra, NSW

I've lost weight and improved skin tone and blemishes. Hair is healthier. I've learned so much!
Emily Saxey, Numinbah, Q

I've lost weight, and learned a lot.
Jack Sarah, Kenmore, Q

Lost weight. Not stressed. Skin smoother. More energy. More flexible. Breathing better.
Yvette Nielsen, Cudgen, NSW

Weight is down. Blood pressure is down from 200/110 to 120/96.
Lois MacDonald, Wagaman, NT

I'm absolutely destressed, cleansed and reconnected with my inner self. We're on the right track in a wonderful way, and I'll recommend HHC to all. Keep up your good work!
Lilian Ingham, Mt Victoria, NSW

Nails better. Weight loss. Skin clearer. Happier and in control. Clear mind and clear colon.
Kerrie Heazlett, Pimpama, Q

I'm relaxed and happy with myself.
Lesley Everley, Cudgen, NSW

I feel vibrant, alive, connected and whole.
Faith Ellis, Ryde, NSW

I lost 4.5 kg in first 5 days, and haven't even desired a cigarette!
Ginny Cumming, New Farm, Q

No hunger. Lots of energy, and in tune with my body.
Ray Cappel, Woodland Hills, CA

What a treat for my body. Sports injury much improved. Great detox
Sri Cappel, Woodland Hills, CA

Stress reduced and detoxed.

Monika Mueller, Mullumbimby, NSW

Weight reduction, and better sense of smell.

Sophie Halasz, Randwick, NSW

Skin much finer and smoother, and I've taken off weight.

Valerie Cuthbert, Mapleton, Q

Chest mucus gone. Took off 6 kg, and feel much lighter.

Brian Burton, Bendigo, Vic

Cleansed, renewed, revitalized, strengthened and inspired.

Veronica Akhurst, Lilyfield, NSW

We are simply amazed by how much we improved in just 6 days.

Greg and Martine Magafas, Yagoona, NSW

I feel lighter and detoxed. I'm looking forward to continuing my new way of life.

Maureen Power, Richmond, NSW

I feel lighter, thoroughly relaxed and centred - in total contrast to when I arrived. My digestive tract was previously very sluggish, and now works perfectly. My skin is softer. I feel alive and full of energy.

Helen Procter, Hollywell, Q

Thanks to all for your TLC, and for making my time at HHC so happy. It's been a wonderfully enriching experience, and I thank you all for doing more than words can say. I've detoxed a lot, and

I've lost 12 kg in 19 days! My hair and skin are smoother, and I feel and look healthier.

David Cutcheon, Currumbin, Q

I'm more relaxed, I've lost weight, I'm more energetic, and I feel positive about the future and in control. All in 5 days! Thank you!

David Berecny, Psychiatrist, Carlingford, NSW

I arrived at Hippocrates 4 weeks ago with brain tumors. I've improved enormously. My thinking has become clearer. My muscles have developed. I feel physically stronger. My skin is smoother. Thank you!

Ray Gracey, North Beach, WA

We feel great! And we'll recommend you to friends and to our local chiropractor. I've eliminated toxins, and have learned more yoga and breathing techniques to enhance oxygen flow throughout my body. Ross and I have both lost weight, and Ross' mobility has increased, and he has less neck and shoulder pain.

Lynne Barr and Ross Prior, Ayr, Q

I've lost weight. Skin is smoother. I have much more energy. Scalp rash is much less. I feel calmer.

Gary Shepherd, Cleveland, Q

Oily skin has decreased. Menstrual pain much less. Eyes are bright and shiny. I've lost weight. And I have an overall sense of wellbeing!

Deborah Grose, Fadden, ACT

My sore neck - a problem for years - is now mobile! Eyes are clear. Stomach is much better. Skin is glowing. In just 5 days!

Lucia Southgate, Braddon, ACT

The Hippocrates Program has been truly amazing! In just 5 days, I've had a very real and deep detoxification. Headache is gone. Old repressed memories have come flooding back. I'm eager to return, and I only wish that I could have been here longer.

Sandra Guy, Buderim, Q

My mind is now clear. I've lost weight. I've cut down on prescribed drugs. My eyes and skin are clear. I've stopped smoking, alcohol and illegal drugs. I'm more positive, and have a better understanding of health. And I'm committed to staying on the program at home.

Thank you!

Ann-Marie Caulfield, Spring Hill, Q

In just 2 weeks, bone cancer stiffness and pain are gone. I've lost the desire to nibble between meals. I look and feel much better. My skin is softer - even heels and elbows are now smooth. I'm free from stress. And ringing in my ears is gone! It's the best I've felt in many, many years. I'm telling everyone about Hippocrates, and I'll be back!

Lyn Moyes, Bermagui, NSW

Less than one week ago I was feeling extreme fatigue, nervousness. My eating habits were awful. I now feel revitalised. I've lost weight. My skin is soft and glowing. And my mental health is greatly improved.

Wendy Lakeman, Helensburgh, NSW

I've lost 5 kg. I'm more relaxed and rested. I have a sense of achievement, and knowledge to use at home. And I now know that I can control my breast cancer.

Shanti Plush, Hamilton Hill, WA

I've lost weight. Flexibility in joints is much better. I now have peace of mind, and know that I can deal with breast cancer and melanoma.

Michelle Bourke, Rosslea, Q

The tumor in my mouth is now much smaller. I can open my mouth wider, and chew comfortably. Our skins have become soft and smooth, and we feel vibrant with energy.

Jack and Suzan Chang, Middle Park, Q

I've lost weight. Chronic back pain (for two years!) is gone. I'm much more flexible throughout. My skin is clearer, and constant bloating of stomach is gone.

Lexene Burns, Darwin

All four of my family improved quickly while at Hippocrates!
More energy - constipation gone - feeling alive again - mind more
alert - afternoon sleepiness gone - more flexibility - improved
digestion. Thank you!

Hanna Hsu, McGregor, Q

I have more energy, I've lost weight, and my skin is softer.

Kym Halpin, Isle of Capri, Q

I've lost weight. I feel brighter and cleaner. I have a much
greater understanding of foods and how they affect the body. I'm very
relaxed. I feel that now I am, at last, able to take control of my
weight problem and continue to reduce.

Jean Schluter, Kenmore, Q

I've travelled widely, but I must honestly say that I have never
enjoyed my meals so much anywhere. I will continue the Hippocrates
Program for the rest of my life. Living Water is wonderful.
My hair, skin, nails have improved. Mucus has disappeared. I feel
detoxed, lighter, clearer, more energy, far better educated in
health. The exercise program is excellent. My tongue is now a good
color. Skin eruptions have cleared. Massages in the sun every day
have been wonderful. Yoga, breathing, osteopathic work have all
been great. Very knowledgeable faculty. Eye exercises helpful.
Wheatgrass is great! Ronald Bradley, and all of the faculty, are
living examples of what they teach. They are 100% devoted to
improving students' health. Everyone is knowledgeable and
communicates so well! And at such low fees, it's outstanding value.
Ian McMullin, Armadale, VIC

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This has been the easiest and least traumatic detox I have ever had! The main factor for me has been a new understanding of how my body and mind work. This will lead to a breaking of old patterns and habits. I have never been able to break these patterns and habits before! I feel quietly positive that I will rebuild my body to satisfy me. My wife will attend HHC soon, and I'll be back, as well.
George Harris, Maclean, NSW

I feel more rested. My skin feels softer. Psoriasis continues to improve. Back problems have much improved. I can concentrate, and think clearer. This is a wonderful centre! People who are motivated have a great opportunity to learn more about health and the disease process. I have gained a great deal of valuable knowledge. I now feel committed to a predominantly raw foods way of life. Thanks to the entire HHC faculty for making the Hippocrates experience possible in Australia. I will definitely spread the word to people in WA. I wish you great success, and will return.
Yvonne Heathcote, High Wycombe, WA

Breathing has improved. Skin is clearer and cleaner. I've lost weight. My general wellbeing has improved, and I feel lighter all over. I'll tell Singapore about Hippocrates!
Wendy Yeo, Singapore

I feel lighter, and now in control of my wellbeing. I am enjoying raw foods very much, much more than I expected to. Thank you! We'll be back with friends!
Aini Sanwan, Singapore

I've stopped smoking for good. I've lost weight as well. My skin is clearer and softer. Eyes have brightened. I feel relaxed. Stress and fatigue has gone. I'll be back next year!
Vicki Reeve, Crossmaglen, NSW

When I arrived at Hippocrates I was suffering from headache, nausea, chronic fatigue, flatulence and overweight. All of this has gone! My skin is softer, my eyes are clearer, and I feel more positive about life. I was also very stiff, with lots of aches and pains, and the daily exercise program has helped enormously. And I've learned proper breathing. I've thoroughly enjoyed my time here. It has been a fabulous learning experience in a very beautiful place, and the caring and gentle support has meant so much. I am now determined to create a new healthy way of life at home. Love and best wishes.....

Sheila Pratt, Goonellabah, NSW

Improved muscle tone and fitness. Softer skin. And I'm rested and more relaxed.

Rosemary Long, Hartwell, Vic

I've lost lots of weight. Skin has improved. Nails are harder. I'm more relaxed. My colon is clean! I've made new friends. And I now have more knowledge of food prep, food combining, and toxic effects of certain substances on the body.

Sheila Hinder, Townsville

My skin is smoother, and my lips aren't dry. I'm more relaxed. I sleep better, wake up earlier, and get up more easily.

Linda Vogel, Bellingen, NSW

I'm feeling great. I've lost toxins, and have gained knowledge about my health and body and ways to improve them. I've relaxed my mind. Thank you!

Cameron Parry, Townsville

I feel much lighter, and have an overall sense of wellbeing. I'm now more aware of the blockages in my system, and will continue to release them. I've learned to relax more in meditation. I feel I'm now better equipped to continue my journey of self-realisation. Thank you!

Tracy Armstrong, Townsville

I've lost weight. I'm detoxifying. I've become positive regarding "good" foods, for the first time. I'm not a chocoholic any more! I'm already telling people how terrific Hippocrates is!

Sheryle Langshaw, Buninyong, Vic

I've lost weight, and feel lighter. My bowel feels wonderful! I'm less stressed. Thank you!

Heather Adams, Mardi, NSW

I feel rested, and wonderful after my exposure to sunshine, pure water and raw foods. My arm is less stiff. I know that diet, posture and exercise will help my arthritis. I'll recommend Hippocrates to everyone!

Loreta Raine, Caulfield, Vic

My skin has cleared, and feels less dry. I've lost 4½ kg in 5 days. I have more energy. I'm more at peace with myself. I'm more decisive about my future health and behavior.

Linda Brassington, Mudgeeraba, Q

My digestion has been excellent. My skin texture has softened. My eyes are clear and sparkling. I only wish I could be here longer. I'll be back!

Danna Anstey, Cronulla, NSW

I've lost 3½ kg, and feel relaxed and happy. Thank you!

Sian Beck, Sefton Park, SA

My husband's liver cancer condition has improved enormously. As for me, when I arrived here my nervous system was very bad. I had so much acid in my body, and felt really sick. All the symptoms have disappeared! I know that I can face life now, and feel entirely differently. I'm confident that we can do what it takes.

Alicia Barron, Carrara, Q

I've had chronic migraines for some time, but am pleased to say that I haven't had a migraine at all during my two weeks at Hippocrates. Gums have stopped bleeding. Breast pain is nearly gone (even though I'm now premenstrual.) I feel well and light in body and mind, and I haven't felt that way in a long time. I feel far less stress: I'm no longer grinding my teeth, or clenching my jaws. I feel more energy and power, both physically and mentally. And I know that I now have the tools to "sculpt" a healthy life for myself and my family.

Kathy Altman, Toorak, Vic

I was in hospital with a severe bronchial attack the day before I arrived at Hippocrates! Now after only one week here upper back and bronchial pain, and chronic cough, are almost gone. I'm breathing much deeper, and I'm much less tense. And I've lost weight.

Marion O'Brien, Tamborine, Q

I have much more energy. I'm now fitting into my daughter's size 10 jeans! Skin rash is almost gone. Eyes and hair are shiny. Muscles are toning. Tongue is clearing. I know now that I can change my life and health for better.

Shirley Gibson, Elliston, SA

Since I've returned home, several of my friends have told me how much better I look! People can see from my glowing health and energy that something very significant happened to me at Hippocrates. Thank you again for my wonderful experience at Hippocrates! It certainly has been a turning point in my life. And I haven't had a cooked meal since I've been home!

Cathy Henske, Goonellabah, NSW

I've stopped smoking. I feel more relaxed and calmer. I've enjoyed the gentle exercise and breathing, and will continue with these.

Faye Erskine, Isle of Sorrento, Q

I've improved mentally and emotionally. My bowels have had a much-needed cleanout. I've lost weight. And I've been reawakened to the benefits of meditation, yoga and being good to myself.

Jodie Erskine, Surfers Paradise

We've both stopped smoking and lost weight. Skin tone is better. We want the entire family to attend Hippocrates!

Bill and Reta Learmond, Busselton, WA

Living water - great food - relaxation - caring - a magic combination!
My hair is shiny and skin firmer. Rash on arm is almost gone.
I'm lighter and more supple. Eyes are clearer. Neck is more
flexible. Great company, and no pressure.
Annette Cooper, Hamilton, Q

I feel most relaxed, and I've learned a lot. Eyesight has improved,
and I'm urinating less frequently.
Leigh King, Beerwah, Q

My posture has improved. I'm breathing much better. I feel cleaner
inside. Digestion has much improved. Thank you!
Burhannudin Ali, Singapore

I've learned to strengthen my back through proper exercise, and
backache is gone. My colon feels much cleaner, and hemorrhoids
have improved.
Thomas Lim, Singapore

My skin is much smoother. I feel less hunger. I don't feel bloated
any more, thanks to enemas. I've learned so much from the faculty!
Thank you!
Beryl Hamer, Picnic Point, NSW

Posture is better. I feel more alive and vital. I'm committed to
going home and sticking close to the program.
Peter Cooper, Eumundi, Q

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I feel very well. Food was excellent, and I lost weight. Everyone
was very helpful, and I learned a lot.
Majda Krevatin, Queanbeyan, ACT

I feel lighter and cleaner. My skin is a lot softer, and skin
cancers are fading. I've lost weight.
Robyn Howey-Koch, Highland Park, NSW

Hippocrates has been a most valuable experience. I've lost weight.
Skin is healthier. I feel clean inside. I'm much less stressed.
Barbara Francis, Nerang, Q

I'm relaxed. I've lost weight. I'm less bloated.
Bev McMahon, Landsborough, Q

I've lost weight. I'm calmer. I have more energy. Muscles are more relaxed.

John Cerini, Queanbeyan, NSW

Food cravings are gone. My head is clearer. Thinking is better. Skin is clearer. Hair is stronger, with less tangles, and healthier looking. Skin softer. Eyes brighter. I've lost weight. Eye puffiness and sinus problems are gone. Stomach bloating and aches are gone. I'm sleeping more deeply. I wake feeling rested. I have more energy and vitality. Mood swings are gone. I feel happier, more content, more in control of my life. I enjoy each day - I feel as if I've achieved something positive. I'm looking forward to the future. I've gained a lot of knowledge about many health issues. Rash on nose and chin is almost gone. No more muscle aches and pains. Sense of smell improved. I can walk longer distances without getting tired. I feel as if I've really cleaned out my whole system. I can walk without getting chest pain and feeling breathless. Muscles stronger. Scaly scalp is gone. Fingernails are stronger. Cuticles are in great condition. I feel more alive. I feel joy in living. Spine is more flexible. And I'm really enjoying the raw foods!

Debbie Gail, Sydney

I've just attended Hippocrates for the second time. I'm now more mentally alert, aware and receptive to the environment. I'm relaxed both mentally and physically. I've detoxified. I feel totally well. My spine is limber, not stiff. Skin is soft. Legs and arms are receiving more oxygen. Gastric reflex is gone. Stomach bloating and digestion is much better. Flatulence is gone.

I'll be back next year!

Taryn Arho, Shepparton, Vic

I've lost 5½ kg in 12 days! I'm now back on track to keep healthy. Skin is soft and moist. I'm more mentally alert. Spine is much more flexible. I've detoxified a lot. I'll be back next year!

Sheryle Langshaw, Buninyong, Vic