

I would so very much like to thank Ronald and Kate for my stay at your retreat. I enjoyed it immensely and so glad that I engaged in every activity, lecture, walks, as well as playing in the mud.

The time passed ever so quickly as it always does when you are enjoying yourself, so I'm making this an annual event for the rest of my life. At 77 I believe that going to a retreat such as Hippocrates will give me and anyone else who puts their heart into everything that is happening with the events and participation in all that happens and unfolds will make you so aware of looking after ourselves and passing it on to our family and friends, and to at least try and make the journey to Hippocrates.

I am back in Sydney missing this beautiful place and reflecting on how I'm changing so many old habits. I've kept the best till last: I went to my doctor to have a blood test thinking I wonder what will be wrong this time, (as you nearly always leave with scripts etc). My doctor, who was reading my results, put his head down then looked at me and asked, "What has happened? You have 1% cholesterol, no more tablets, my B12, D and everything is great." That's the best news you could ask for, no more medication, I recommend that you take the plunge. It is so worth it, and thank you once again Ronald and Kate and everyone at Hippocrates who worked to make my time enjoyable.

Diana McKenzie
Sydney, 2024



