

Hippocrates Health Centre of Australia

Testimonials 2024/2025 Volume 7



It's been good to remind me how to live and continue to live.

1. What were your goals for coming to Hippocrates? Did you achieve them?

Increase vitality. Reset. Rest. Learn. Yes, but I wish I could do 2 more weeks.

2. What were the highlights of your stay?

Yoga, Steam room, new friends, wonderful staff and helpers of Hippocrates. Beautiful raw food!!! Mountain walks.

3. How did you find the accommodations? Were they comfortable, and did they meet your expectations?

Very comfortable. I knew what to expect and it was still better. Very peaceful a great energy exists here.

4. Can you share your thoughts on the quality and variety of the juices and raw food meals provided? How did they contribute to your detox and weight loss journey?

I loved the variety of juices. I found single juice better for detox, however the other detox juices were quite amazing and an eye opener.

5. What changes did you notice in your physical and mental well-being during the retreat?

Weight loss, clearer thoughts, ease of muscles, increase in flexibility.

6. How would you rate the staff and their support throughout your stay? Did you feel sufficiently guided and well-supported?

10x great support. Terrific sharing of knowledge and experiences.

7. How has your experience at the retreat influenced your lifestyle choices after returning home?

It certainly will influence my lifestyle and has reminded me how to correct the old ways. It's been good to remind me how to live and continue to live.

Peter Bottomley, Bermagui, NSW

Quality and variety, excellent.

1. What were your goals for coming to Hippocrates? Did you achieve them?

Less pain, weight loss, body reset. Yes!

2. What were the highlights of your stay?

Variety of delicious juices/salad/food – Yum..Variety of healing modalities – like a smorgasboard.

3. How did you find the accommodations? Were they comfortable, and did they meet your expectations?

Comfortable, clean.

4. Can you share your thoughts on the quality and variety of the juices and raw food meals provided? How did they contribute to your detox and weight loss journey?

Quality and variety, excellent. Essential to the detox. Kate is a gem!!!

5. What changes did you notice in your physical and mental well-being during the retreat?

Calmer (lovely quiet surroundings)

6. How would you rate the staff and their support throughout your stay? Did you feel sufficiently guided and well-supported?

Support was excellent Kate and Cindy are the 'glue' that provides the strength of the retreat.

7. How has your experience at the retreat influenced your lifestyle choices after returning home?

Will definitely be incorporating a lot of the food ideas. Eg juice fasting over two day weekend.

Christina Epstein, Southport, Qld

Increased energy, weight loss, skin improvement, more relaxed.

1. What were your goals for coming to Hippocrates? Did you achieve them?

To improve my health and rest completely. Yes.

2. What were the highlights of your stay?

The food, environment, yoga, sound healing, pool, colonics.

3. How did you find the accommodations? Were they comfortable, and did they meet your expectations?

It was very comfortable.

4. Can you share your thoughts on the quality and variety of the juices and raw food meals provided? How did they contribute to your detox and weight loss journey?

The juices- great. The meals were delicious. Assisted detox and it was quite easy to fast.

5. What changes did you notice in your physical and mental well-being during the retreat?

Increased energy, weight loss, skin improvement, more relaxed.

6. How would you rate the staff and their support throughout your stay? Did you feel sufficiently guided and well-supported?

The staff were helpful, they were supportive and always happy to assist when asked. Kate and Cindy were amazing.

7. How has your experience at the retreat influenced your lifestyle choices after returning home?

I will eat healthier, diet and increase exercise.

Helen O'Keefe, Macarthur, Vic

Detox, reset and time away for myself.

1. What were your goals for coming to Hippocrates? Did you achieve them?

Detox, reset and time away for myself.

2. What were the highlights of your stay?

The food was amazing. The group were likeminded.

3. How did you find the accommodations? Were they comfortable, and did they meet your expectations?

Fine

4. Can you share your thoughts on the quality and variety of the juices and raw food meals provided? How did they contribute to your detox and weight loss journey?

The juices were very nourishing and abated any hunger pangs.

5. What changes did you notice in your physical and mental well-being during the retreat?

Clearer and more focused.

6. How would you rate the staff and their support throughout your stay? Did you feel sufficiently guided and well-supported?

Staff are great, accommodating and respectful.

7. How has your experience at the retreat influenced your lifestyle choices after returning home?

I want to choose better.

Merrideth Kable, Tamworth, NSW

Delicious fresh organic juices and raw food.

1. What were your goals for coming to Hippocrates? Did you achieve them?

Resetting my digestion. Raising my vibration.

2. What were the highlights of your stay?

Delicious fresh organic juices and raw food. Excellent yoga with Angy. Steam room. Connecting with excellent/warm, committed staff and participants.

3. How did you find the accommodations? Were they comfortable, and did they meet your expectations?

Accommodation was very clean. Bathroom was well equipped for enemas. Bed very comfortable, steam room and pool were great.

4. Can you share your thoughts on the quality and variety of the juices and raw food meals provided? How did they contribute to your detox and weight loss journey?

Excellent fresh – vibrant quality. Beautifully presented, covering a lot of nutrients. They were supportive and plentiful.

5. What changes did you notice in your physical and mental well-being during the retreat?

I noticed more clarity in my mind and lightness in my body – more energy.

6. How would you rate the staff and their support throughout your stay? Did you feel sufficiently guided and well-supported?

I would rate the staff very highly. They are very professional and committed to the amazing service they provide. The staff are so heartfelt and generous, always wanting to meet our every need. I'm so grateful.

7. How has your experience at the retreat influenced your lifestyle choices after returning home?

It has really helped me to set new intentions. I will continue when I return home.

Gini Eagle, Burmagui NSW

Feel lighter, feel great. “The true great reset”

1. What were your goals for coming to Hippocrates? Did you achieve them?

Improve digestion reset.

2. What were the highlights of your stay?

Fasting, colonics, steam room, yoga, meals.

3. How did you find the accommodations? Were they comfortable, and did they meet your expectations?

Everything you need.

4. Can you share your thoughts on the quality and variety of the juices and raw food meals provided? How did they contribute to your detox and weight loss journey?

Juices were great. Salad and meals were great.

5. What changes did you notice in your physical and mental well-being during the retreat?

Feel lighter, feel great. “The true great reset”

6. How would you rate the staff and their support throughout your stay? Did you feel sufficiently guided and well-supported?

Staff were very helpful.

7. How has your experience at the retreat influenced your lifestyle choices after returning home?

At one with the universe.

Daniel Wallace, Coolangolite, 2550

Food and juice were to die for.

1. What were your goals for coming to Hippocrates? Did you achieve them?

Detox, reset, time out.

2. What were the highlights of your stay?

Food was great.

The group was great.

3. How did you find the accommodations? Were they comfortable, and did they meet your expectations?

Comfortable.

4. Can you share your thoughts on the quality and variety of the juices and raw food meals provided? How did they contribute to your detox and weight loss journey?

Food and juice were to die for.

5. What changes did you notice in your physical and mental well-being during the retreat?

Skin looked healthier.

6. How would you rate the staff and their support throughout your stay? Did you feel sufficiently guided and well-supported?

The staff were great.

7. How has your experience at the retreat influenced your lifestyle choices after returning home?

More dishes to make and great meal ideas.

Rebecca McCreadie, Paradise Point, Qld

The juices and raw food were sensational.

The best I have ever tasted.

1. What were your goals for coming to Hippocrates? Did you achieve them?

To rest, focus and hopefully lose a little weight.

2. What were the highlights of your stay?

To be able to walk, swim and do yoga in the morning. Walks with Kate and our canine friend.

3. How did you find the accommodations? Were they comfortable, and did they meet your expectations?

Accommodation was comfortable.

4. Can you share your thoughts on the quality and variety of the juices and raw food meals provided? How did they contribute to your detox and weight loss journey?

The juices and raw food were sensational. The best I have ever tasted.

5. What changes did you notice in your physical and mental well-being during the retreat?

Just being relaxed.

6. How would you rate the staff and their support throughout your stay? Did you feel sufficiently guided and well-supported?

Absolutely – All caring, wonderful people.

7. How has your experience at the retreat influenced your lifestyle choices after returning home?

Being at Hippocrates has made me more aware of the correct foods to eat and how great raw foods can taste...

Jenifer Green, Clear Island Waters, Q

My Four Weeks at Hippocrates Were Unforgettable!

1. What were your goals for coming to Hippocrates? Did you achieve them?

To get fit and healthy and lose weight.

Yes, achieved all goals. Local area is lovely to walk. Program is amazing. Recommend to anyone who wants to achieve these goals.

2. What were the highlights of your time here?

Ronald, Kate, Chris and Teresa – the staff are all good. Great salads and juices. I'm in my 60s and didn't realise you could make such salads and sauce – super tasty.

Main highlight – The Hippocrates Program – Life changing.

3. How did you find the accommodations? Were they comfortable, and did they meet your expectations?

Spot on – simple but very good. Met all my needs. Warm, cozy and big enough. Loved the nature refuge surrounding it.

4. Can you share your thoughts on the quality and variety of the juices and raw food meals provided? How did they contribute to your detox and weight loss journey?

The quality of salads and juices were excellent, so tasty and healthy. (Who would have thought that would go together). So good for my detox, flat stomach after one week because I lost bloat from inflammation.

5. What changes did you notice in your physical and mental well-being during the retreat?

I felt good. It's a restful and relaxed place. Also very safe and quiet. This is the place to come to reset your life. It's life changing, life saving and life enhancing.

6. How would you rate the staff and their support throughout your stay? Did you feel sufficiently guided and well-supported?

Ronald is great to talk to – a wealth of information. He is the real deal. This place is unique. Kate's salads, help and support were also great. All staff was friendly and helpful. It's a slow and relaxed atmosphere at Hippocrates.

7. How has your experience at the retreat influenced your lifestyle choices after returning home?

Learned a lot here from staff and also all the other people who offer services here – colonics with Cindy are a must. Also, yoga, sauna, nature walks, rejuvelac, rebounder, sound therapy and breathwork.

I will change a lot when I get home – this place saves lives – don't want to die young or have an unhealthy body. So will change.

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John M, Gosford, NSW

I've Had a Wonderful Retreat Experience at Hippocrates

1. What were your goals in coming to Hippocrates? Did you achieve them?

My goal in for coming to Hippocrates was to do a self recharge on my health journey. I found at Hippocrates a place to definitely support my beliefs on looking after my health. It is number 1.

2. What were the highlights of your time here?

Chatting with Ronald. He is very caring and thoughtful! Very knowledgeable about health.

Great walks. Wonderful yoga and meditation. Great food.

3. How did you find the accommodations? Were they comfortable, and did they meet your expectations?

The accommodation is very comfortable, everything you could want is here.

4. Can you share your thoughts on the quality and variety of the organic juices and raw food meals provided? How did they contribute to your detox and weight loss journey?

Excellent food and yummy, nourishing juices for an easy detox.

5. What changes did you notice in your physical and mental well-being during the retreat?

I experienced more energy and clarity in my thinking.

6. How would you rate the staff and their support throughout your stay? Did you feel sufficiently guided and well-supported?

All of the staff are fantastic and supportive.

7. How has your experience at the retreat influenced your lifestyle choices after returning home?

It has helped me feel excited about returning home and continuing with the beautiful skilled craft of the Hippocrates lifestyle.

Kim Riley, Toukley, NSW

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

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My time at Hippocrates has changed my life on all levels, physically, emotionally, psychologically, and spiritually. The work you are doing at Hippocrates and the service you offer is so necessary.

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My main goal of coming to Hippocrates was to lose weight and I am interested in a program that would keep me at a level instead of going up and down. I used to wake up and I was depressed every morning, and it would last until lunchtime until I had a decent meal. I've been feeling what's the point of living. This morning I realised I just wanted to get up and go for a walk and have an enema because I felt normal, and I haven't felt normal for a long time. Previously, I felt very sick and my whole body just didn't want to be here. It was great to have colonics, lymphatic massage, yoga and the wonderful Kate. Such beautiful nourishing organic food.

Maggie B

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I was feeling tired, and my thought process was getting cluttered, and I wanted to refocus. I achieved my health goal. It's been interesting in a good way – Kate's hospitality, it's warm and genuine. John was interesting and Ron and Kate's culinary skills were excellent, Cindy's information on the benefits of colonics was good and the yoga teacher was very good, I learned quite a few things. The birds in the morning and at night, it was a good experience. It was very therapeutic; you don't get that in the city. The ambiance in the community room is great, plants, cushions, a soft rug underfoot, comfortable couches and lamps, and vases with native plants and flowers. The meals were excellent, they gave me a much better understanding of what could be done with raw vegan food.

**Nick C**

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PLEASE PRINT

NAME: Sue Poyer, TALLEBODGEE
VALENT, Q

WHAT HAVE I ACHIEVED AT HIPPOCRATES HEALTH CENTRE?

After my stay at Hippocrates over
18 years I have been re-motivated
to add more raw-food into my diet.
I feel re-energised, focused & full
of abundant vitality.

Hippocrates is a life changing
healing sanctuary.

