

***Interview with Jill Swyers from Hippocrates Newsletter 2001,
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The Hippocrates Health Institute in Florida has changed my life and given me a future. For me, food was my first priority and since 1992 I had been looking along the lines of nutrition, but no-one dealt specifically with living food.

If one had allergies or food intolerances, you were told what to give up, but never what to replace it with, such as bread/wheat flour, which was one of my serious addictions.

In May 1997, I heard Brian Clement speak in the United Kingdom. As soon as Brian started to speak, I turned to my neighbour and said "At last, someone is speaking my language!" The subject that day was "Optimum Food". My life would have changed sooner had I included wheatgrass, green vegetable juicing and sprouts, as they made a difference to me. Since that lecture, I have come a long way.

In the fall of 1998, I did the Health Educator Course, the full 9 weeks, understanding how the full Hippocrates Program works - and it does work, one step at a time. Since then, I have done voluntary work at Hippocrates, I teach in England and Portugal, hold workshops, classes and residential courses.

I really do believe in what I teach and what Hippocrates has been able to offer me to change my future and to help others to understand. Doing the first three weeks at Hippocrates Health Institute is a great start, as everything is prepared for you and the lectures enlighten you. You have to wish to get well, and not look for difficulties. It was an opportunity for me and here I am today, improving all the time - every year a new change. You can find the time to change your life. I did, and I can be lazy. So, make living your priority. Seed your thoughts and feed your mind. I wish to thank everyone at Hippocrates for what they have been able to share with me and for all of their support.