



HIPPOCRATES  
**LIFE**  
TRANSFORMATION  
PROGRAM



HIPPOCRATES  
WELLNESS




# HIPPOCRATES

W E L L N E S S

We guide and nurture you along your transformation to wellness, through holistic solutions that help educate you to understand how to discover *your* balance for lifelong health & wellbeing.

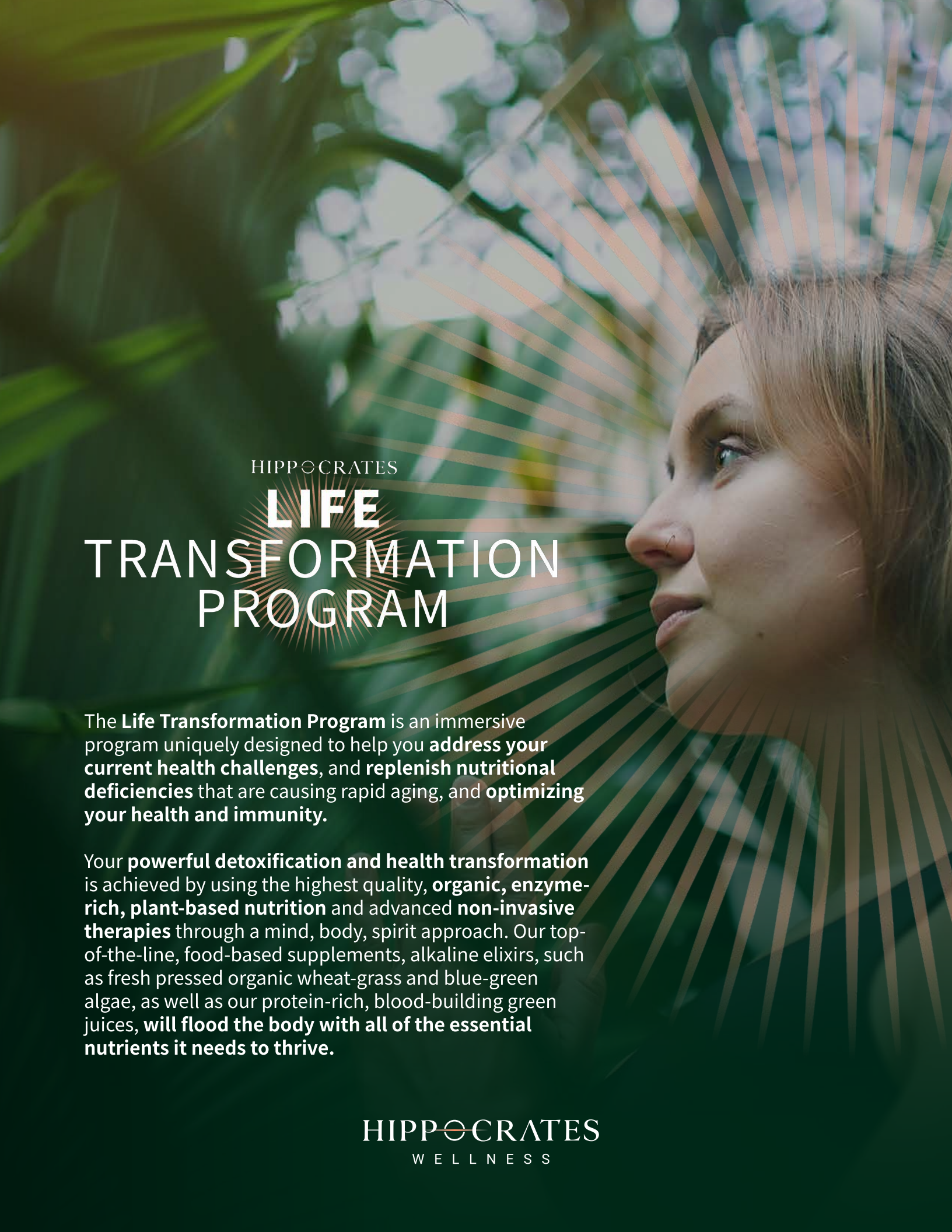
HIPPOCRATES  
W E L L N E S S



# Immerse yourself in a nourishing, whole-body retreat nestled in a 50 acre tropical oasis.

Our flagship Hippocrates Wellness campus is nestled in West Palm Beach, Florida. Over the last 60 years individuals from all over the world have come to transform their lives under the guidance of our knowledgeable and compassionate team. Our campus is the premier center for health and nutritional counselling, noninvasive remedial and rejuvenating therapies, state of the art spa services, cutting edge lectures and a nourishing living food buffet of enzyme-rich, organic vegan meals.

HIPPocrates  
WELLNESS



HIPP⊙CRATES  
**LIFE**  
TRANSFORMATION  
PROGRAM

The **Life Transformation Program** is an immersive program uniquely designed to help you **address your current health challenges**, and **replenish nutritional deficiencies** that are causing rapid aging, and **optimizing your health and immunity**.

Your **powerful detoxification and health transformation** is achieved by using the highest quality, **organic, enzyme-rich, plant-based nutrition** and advanced **non-invasive therapies** through a mind, body, spirit approach. Our top-of-the-line, food-based supplements, alkaline elixirs, such as fresh pressed organic wheat-grass and blue-green algae, as well as our protein-rich, blood-building green juices, **will flood the body with all of the essential nutrients it needs to thrive**.

HIPP⊙CRATES  
WELLNESS



# READY TO TRANSFORM AND OPTIMIZE YOUR HEALTH?

From the moment you step into our program, **we are there with you.** Big lifestyle changes can be intimidating when you attempt them alone. That's exactly why we've created this program. We invite you to **immerse yourself in the knowledge, the food, the environment and the support** all at once, so that transformation is ensured.

There's so much to learn! When you arrive at Hippocrates Wellness, you are greeted by our loving team ensuring that **you have access to everything you need:** resources, people, functionalities, therapies, buffets and recipes.

HIPPOCRATES  
WELLNESS

# *your* JOURNEY TO WELLNESS



## WEEK ONE DETOX

Throughout the course of our lives we accumulate a toxic load from the foods we eat to the air we breathe.

During the first week of your Life Transformation Program, you will go through a deep, internal cleanse as you consume nutrient-dense foods and juices and participate in restorative therapies and utilize cutting-edge energy medicine technology.



## WEEK TWO GROW

On your second consecutive week of the Life Transformation Program, the symptoms of detox have subsided and you are striving to fully take advantage of the resources that surround you.

Make it to our eye-opening lectures and instructional classes, take a long soak in the mineral pools, relax in the infrared saunas or walk/jog on one of our many nature trails and you'll be glad you did!



## WEEK THREE TRANSFORM

You are not the same person who first stepped foot onto our campus. You have achieved the 21 days it takes to renounce bad habits, and adopt new healthy practices.

HIPPOCRATES

# LIFE TRANSFORMATION PROGRAM

## WHAT'S INCLUDED IN *your* STAY



LTP INCLUSION

### DETOX, GROW & TRANSFORM

#### **Blood Draw**

Vida Building 1st Floor  
New Arrivals -  
Monday: 7-8:45 AM  
Second Blood Draw for 3 Week Guests -  
Tuesday: 7-8:45 AM  
Water only after 11 PM Sunday

#### **Health Consultation**

Includes HRV results,  
bloodwork review, and program  
suggestions.

#### **Colon Hydrotherapy**

1 Per stay. Oasis Therapy Center  
(Prescheduled)

#### **Infrared with Oxygen**

1 Per Stay. Oasis Therapy Center

#### **Swedish Massage**

1 Each week on at Oasis Therapy Center  
(first massage is Prescheduled)

#### **30 Min Wellness Coaching session (Prescheduled)**

Oasis Therapy Center

#### **50 Min Wellness Coaching Up**

Oasis Therapy Center

#### **3 Energy Medicine services**

Per week based on health  
consultation

#### **Red Light Therapy**

1 Per Stay at Become Organic Salon

#### **Scalp Massage**

Become Organic Salon  
\* 3 week guests

# TAILOR THE LIFE TRANSFORMATION PROGRAM TO YOUR OWN SPECIFIC NEEDS

HIPPOCRATES  
**LIFE**  
TRANSFORMATION  
PROGRAM

- ✔ Immerse yourself in a nourishing, whole-body retreat nestled in a 50 acre tropical oasis.
- ✔ Help you address your current health challenges.
- ✔ Replenish nutritional deficiencies that are causing rapid aging.
- ✔ Optimize your health and immunity.
- ✔ Health transformation is achieved by using the highest quality, organic, enzyme-rich, plant-based nutrition.
- ✔ The new habits will become habitual and your completed the detoxification process.
- ✔ Lavish in the new you. When you leave, you will see and FEEL the results!

You may add one personalised protocol to your Life Transformation Program.







*your*

## IMMUNE PROTOCOL

Designed to enliven the immune system and further enhance overall wellbeing in conjunction with our Life Transformation Program.

Your Immune system is your body's first line of defence, and should always be on your mind to support, foster, and respect. Regardless of the specific health challenge, the only way that you ultimately prevent, and or reverse a dangerous health trend is by possessing an intelligent, muscular, and aggressive immune system.

## IMMUNE PROTOCOL

**COST: \$1000**

1 x G6PD test ( if needed)

Location: Immunity ( 2nd floor Vida)

2x Longevity high dose Vitamin C drips ( Glutathione included)

Location: Immunity ( 2nd floor Vida)

2 x Vitamin B12 Injections

Location: Immunity ( 2nd floor Vida)

4x Vitamin D Injections

Location: Immunity ( 2nd floor Vida)

1x Hyperbaric Oxygen Chamber Session

Location: Immunity ( 2nd floor Vida)

2x Infrared Dome Oxygen Treatments

Location: Oasis ( Harmony)

Lymph Massage

Location: Oasis

1x Lymph Massage

## REGENERATION PROTOCOL

**COST: \$750**

Unlimited Access to our Energy  
Medicine room

Clearlift Laser Treatment or Juva

Acupuncture

Neuromuscular



*your*

## REGENERATION PROTOCOL

The regeneration protocol is designed to recharge you at the cellular level through the application of a wide array of energy treatments. Electromagnetic frequencies, light, sound and low level laser activate your cells at the mitochondrial level.

By providing added energetic charges to support healing, memory, concentration and relaxation to your body and mind, you may regain vitality, better nutrient absorption, a more relaxed nervous system and an easier detoxification, both physical and emotional.



*your*  
**MINDFULNESS PROTOCOL**

Mindfulness, stress reduction, reflection and psychotherapy. Take a deep breath, exhale, and feel the weight of stress, trauma, and anxiety melt off your shoulders. Experience unique services like our Harmonic Massage that utilizes vibrational frequency to ease stress. Lean into your deep work with our expert psychotherapists.

Release past negative experiences with our trained therapists in Regression Therapy. Experience unique services like our Harmonic Massage that utilizes vibrational frequency to ease stress.

Define your harmonic balance of mind and body, and transform the quality of your life and health.

**MINDFULNESS PROTOCOL**

**COST: \$750**

**Hippocrates Harmonic Massage**  
(1 session)

**Mandala Breathwork Group Therapy**  
(1 session per week)

**Reflection and Reprogramming Sessions**  
(3x 50 minute sessions)

**FITNESS PROTOCOL**

**COST: \$800 (2 weeks) \$1,200 (3 weeks)**

**Lipotropic Injections**  
3 Per Week

Located at Immunity - 2nd Floor Vida

**Exercise with Oxygen**  
Anytime Fitness Center

**Styku Progress Tracking**

**Personal Training - 50 mins**  
4/6 Per Stay - Fitness Center

**50 Min Regression Therapy or EMDR**  
1 Per Stay

**Juva Shape - 30 min**

**1 Per Stay at Become Organic Salon**

**Protein Powder & Shaker**  
Upon arrival



*your*  
**FITNESS PROTOCOL**

To help you achieve an increased level of fitness, shed pounds quickly and permanently, while also improving any current health challenges that are keeping you from feeling or looking your absolute best.

This enhanced journey to wellness will include 3D modeling of your progress with our Styku device, personal training sessions, and targeted psychotherapy to overcome emotional blockages along with additional whole body services and therapies.

HIPP⊖CRATES  
**LIFE**  
TRANSFORMATION  
PROGRAM

