

Hippocrates Life Transformation Program-My Experience - . August 2023.

My name is Dr Murray McLaren. After 40 plus years of Anaesthetic Practice I retired in 2017. At my 75th birthday feeling I needed a Detox and Energy boost I decided to join the 3 week Life transformation Program at the Center in Florida. Well was my life transformed for that time!!!

Arriving at the center I was welcomed to a tropical paradise. Pure air, water, raw food and EMF protected bubble with a comfortable room and private bathroom in a house with it's own pool surrounded by tropical vegetation. All meals were catered for and the motto 'It is not the food in your life but the LIFE in your FOOD' was lived out. The introduction included an entry medical appraisal including blood tests and other modern diagnostic tests. Various exercise programs, a well equipped gym, out door breath taking cold pool with adjacent hot pool, mineral pool, multiple infra-red saunas and a Medical center with state of the art healing therapies including intravenous vitamins if required. There was another Oasis center offering massages, Comra and QRS therapy as well as appointments with resident Psychotherapists.

Then there was a lecture room where the directors Brian and Anna Marie Clements among others gave inspiring scientifically researched talks on many topical subjects. Many long held beliefs or accepted norms in Medical and other fields were challenged with modern knowledge and long held myths dispelled. Also the underlying principles of the program were explored and explained. Also encouragement for taking the program back home and continued were discussed. It was an amazing experience of my life transformation for that time and healing processes put in place for continued healthy and happy living.