

My visit to the Hippocrates Wellness Institute at West Palm Beach, Florida.

From 30 december 2022 to 05 January 2023 I had the great privilege to visit *The Hippocrates Wellness Institute (HWI)* at West Palm Beach Florida together With Monica Lindgren, Nutritional Therapist and Nordic Ambassador for HWI.

HWI is presented as a leading life transformation center that operates on a fundamental philosophy of plant based nutritional approaches as powerful determinants for health and healing. It is now well established after over thirty years of uninterrupted expansion becoming a world-renowned center for life transformation with special focus on the rehabilitation of chronic diseases including cancer.

Over its long operational history, it has received clients from all the continents that have followed the Institute's 3-week life transformation program or the more comprehensive programs addressing more specific lifestyle and cancerous diseases. Many of their clients are coming back on a regular basis. [Read more here.](#)

The fundamental understanding of the principals of drug free healing through Functional Medicine approaches combined with the increasing awareness of plant-based approaches to health and healing are now becoming more and more popular amongst western consumers of healthcare and receiving increased focus among the east Asian population combined with their own long traditions of east Asian medical practices of Traditional Chinese Medicine (TCM).

As a allopathic trained medical practitioner over four decades and based on my personal journey of a realization of the failure of Allopathic Medicine in its approach to chronic disease management and cancer: ***the visit at HWI was in all respects transformative.***

During the - albeit relative short visit , I followed the nutritional program that included a x 2 daily strict diet of raw vegetable- sprouts buffet and daily consumption of strict (non fruit) raw vegetable juices and per oral and rectal wheat grass juice. I had the opportunity to meet the founder owners ***Brian and Anne Marie Clement*** and many of the personalities that have been important for the development of the HWI including ***Viktoras Kulvinskis and Will Tuttle.***

Having understood the collective knowledge and scientific approach that the HWI is founded upon it is worthwhile to study the background of the Development of the HWI as a movement for life transformation.

Starting in 1956, the year the Hippocrates Wellness was founded by Ann Wigmore (later joined by Viktoras Kulvinskis), operating on the belief that given the proper tools and environment, our bodies are self-healing and self-rejuvenating and it is important to note that this was based on a philosophy practiced by Hippocrates himself and passed down to us today from this father of modern medicine. As a fifth-century BC Greek physician, Hippocrates treated the body as a whole, not just a series of parts, and taught a natural healing process centered on a wholesome, natural diet. He developed an oath of medical ethics that we physicians today still repeat as we begin our careers in medicine. An important part of that original oath, written in 400 BC, reads: "I will give no deadly medicine to anyone."

It is sad that since the founding of the HWI movement over 60 years ago - instead of integrating the HWI philosophy into its practice - allopathic Medicine has now lost its' way in relation to the Hippocratic Oath and largely been co-opted by a highly conflicted and moneyed patented health industry (e.g big Pharma) that has been able to dominate Academic & Clinical Medicine and that

together with regulatory capture has been successful in controlling much of Healthcare Delivery Systems. [Read more about this here.](#)

From a health and healing perspective, as a allopathic medical doctor over 40 years , medical researcher and lecturer in clinical medicine and global health epidemiology - I and many of my colleagues including leaders from allopathic medicine within academics and clinical practice, share an understanding that we are clearly at a watershed moment where western medicine struggles with an increasingly narrow mechanistic & reductionistic view on human health and healing.

United in our now globally intertwined world in our quest for the betterment of humanity - ***with a increasing understanding of the outright failure of allopathic medicine in the management of chronic diseases as currently practiced - many of us allopathic practitioners are now uniting with healthcare consumers looking for alternatives for an integrative approach to treatment of chronic diseases.***

For this we cannot be afraid of hard questions and criticisms from anyone, and we as allopathic practitioners need the courage to face our failures with unremitting efforts!

In this regard the Hippocrates Wellness Institute with its founders stand out as a beacon of hope. The Challenge lies now how the concepts laid down over some 60 years ago and practiced with great succes at West Palm Beach can reach to a wider global audience 😊😊

It is noteworthy that in the eastern philosophies of health and healing where the fundamental concepts of “Yin-Yang” and “Qi” of ancient Chinese philosophy and Chinese Traditional Medicine and their relation to modern medical science - the key question is how these concepts are related to modern western conceptions of mind and matter (and where the e.g germ theories are largely non existant).

This question of the eastern medical philosophies relation to moderne western medial science is answered by applying Niels Bohr’s principle of complementarity to the relation between Chinese Traditional Medicine and Western Science.

The two perspectives seem incompatible, in the sense that we must choose to view the universe from one perspective or the other, but both together are needed for an appropriate understanding of the human condition as a whole.

There is therefore an urgent need to integrate with the western medical practices the philosophies embodied in “Yin-Yang” a theory of the Universe, Heaven and Earth, where everything follows these dynamic laws of change, including life and death. The theory of “Yin and Yang” represents the most fundamental thesis-antithesis of everything.

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