

Latest detox diet, from Hippocrates

Greece

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An ancient detox and purification diet formulated by Hippocrates, the father of western medicine, has been unearthed by a team of Greek Orthodox monks in Egypt, officials said yesterday.

The manuscripts from the 6th century BC contain instructions taught and worked on by Hippocrates two centuries earlier on the Greek island of Kos.

Agamemnon Tselikas, a global authority on palaeography who authenticated the manuscripts, told *The Times* that details in the eight pages of the texts "derived directly from Hippocrates, stemming from his works on diet, purification and infectious diseases".

Hippocrates set up the Cnidian school, introducing scientific yet holistic treatments that freed medicine from magic and the supernatural.

Medical historians have long advocated Hippocrates' belief in detoxification and purification, advising doctors to aid patients in bolstering the natural resistance of their bodies to overcome diseases.

Greek Orthodox monks stumbled on the manuscripts while conducting restoration works at St Catherine's Monastery in Sinai two years ago. US researchers at the Early Manuscripts Electronic Library are now examining the texts and other unauthored medical transcripts found at the site.

Times 14.7.17