



## Virtual Conversation with Hippocrates Spirit

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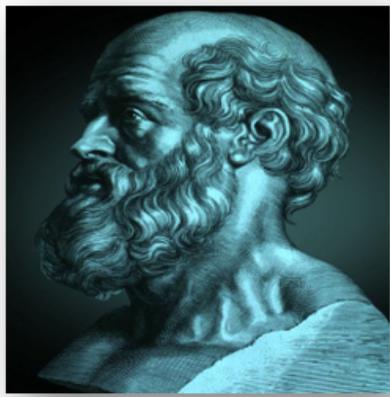


Figure 1

### Method

Performed an integrative review of the literature mixed with me experience, analyzing factors contributing to quality of high health education and created a conceptual scientific model that makes visible the connection between essential elements of medical status and analytical interpretations.

### Objective

Discussing and analyzing in "virtual conversation" the significant factors associated with health quality promotion and preventive elements based in Art Philosophy of father of Modern Medicine, Hippocrates, "the Great Physician" was called by Aristotle.

### Main Text

*Wherever the art of Medicine is loved, there is also a love of Humanity.*

*Hippocrates*

*Without romanticism and humanism the medicine will be a "surrealistic picture without spirit and colors".*

*EDASK*

*The greatest medicine of all is teaching people how not to need it.*

*Hippocrates*

*Take a different approach to health and wellness that utilizes the armor of preventive medicine and principles of its lifestyle.*

*EDASK*

*If someone wishes for good health, one must first ask oneself if he is ready to do away with the reasons for his illness.*

*Hippocrates*

*Correct attitude transform everything... must be consequent on consecutive health rules.*

*EDASK*

*They are (Illnesses) developed from small daily sins against Nature.*

*Hippocrates*

*And small seductive sins but persistent, can creating great difficult living problems.*

EDASK

*Everyone has a doctor in him or her; we just have to help it in its work.*

Hippocrates

*Actually in medicine the "inner-discipline cooperation" is obligatory but the "interdisciplinary cooperation" is necessary, as great assistance and promotion.*

EDASK

*The natural healing force within each one of us is the greatest force in getting well.*

Hippocrates

*Greatest healing force for everyone is located in harmonic combination of "the ethical quality and spiritual affection".*

EDASK

*Our food should be our medicine, our medicine should be our food.*

Hippocrates

*Healthy food selection could be not only sensorial but primary chemistry equilibrium of indispensable ingredients on culinary art.*

EDASK

*The physician treats, but nature heals.*

Hippocrates

*The concept of "nature heals" provides factual opportunity of healthy "ecosystem", with therapeutic programs, at the context of multi-disciplinary cooperation.*

EDASK

*Make a habit of two things: to help; or at least to do no harm.*

Hippocrates

*Is important to live a meaningful medical life helping patients if you can, but even if you can't do that, at least not harming them.*

EDASK

*It's far more important to know what person the disease has than what disease the person has.*

Hippocrates

*Elixir of life starts at DNA and finish to the Joy.*

EDASK

*If there is any deficiency in food or exercise, the body will fall sick.*

Hippocrates

*A sedentary life with food deficiency is "auto-apoptosis, self-destructive" that starts from the mind and reflected all over the body.*

EDASK

*Health is the greatest of human blessings.*

Hippocrates

*The healthy life is "precious commodity" and "gifted comfort". It is possible to improve both the quality and quantity of daylife and best of all do it naturally and healthy.*

EDASK

*Leave your drugs in the chemist's pot if you can heal the patient with food.*

Hippocrates

*Drugs brings "liberty but with dependency"...*

EDASK

*Foolish the doctor who despises the knowledge acquired by the ancients.*

Hippocrates

*"Amputation and distortion" of any kind of history due to careerism and egocentrism sooner or later converted in boomerang.*

EDASK

*The way to health is to have an aromatic bath and a scented massage every day.*

Hippocrates

*A wise man ought to realize that health is his most valuable possession.*

Hippocrates

*Unfortunately, for most of us a massage therapy every day is not practical, massage has a positive effect on every medical condition, enjoying the health benefits.*

*Healthy body is greatest treasure and the best life gift, whom do not always appreciate.*

EDASK

*Natural forces within us are the true healers of disease.*

EDASK

*Cure sometimes, treat often, comfort always.*

Hippocrates

Hippocrates

*Many of the things we think of as medical cures are possibly only "spontaneous recoveries", trying to treat often, "hopes of mitigating their effects but sometimes we only treat the symptoms", must never lose affection offering to every patient "the comfort and hope with the sweetest speech".*

EDASK

*The high rate of "humanism" displays within "empathy compassion and courage", supported of natural impacts.*

EDASK

*Everything in excess is opposed to nature.*

Hippocrates

*Walking is a man's best medicine.*

Hippocrates

*When it's used something excessively as addictions, should wait the disadvantaged response and their consequences, this is "a guide for doing anything in moderation".*

EDASK

*To overcome a sedentary life, intensify the activity and creativity, active lifestyle and reduce of sedentary pastimes.*

EDASK

*Each of the substances of a man's diet acts upon his body and changes it in some way.*

*Nature itself is the best physician.*

Hippocrates

Hippocrates

*The best and infinitely of remedy art comes from nature and extends to medicine.*

EDASK

*Diatrophy and super foods supplements united with intensive activity is beneficial restorative therapies. Implementing the nutrition rather than medication, combining nutritional scheme as anti-stress, in harmony with genetic data.*

EDASK

The function of protecting and developing health must rank even above that of restoring it when it's impaired.

Divine is the task to relieve pain.

Hippocrates

Hippocrates

Medicine is science for health restoration and the art that contacted intimately the soul.

It's not surrealistic or futuristic but divine attempted to relieve the pain of a sufferer.

EDASK

EDASK

We must turn to nature itself, to the observations of the body in health and in disease to learn the truth.

Hippocrates

Regenerative and Integrative Medicine, provide to patients a comprehensive approach to health and wellness on nature using "customized treatment protocols".

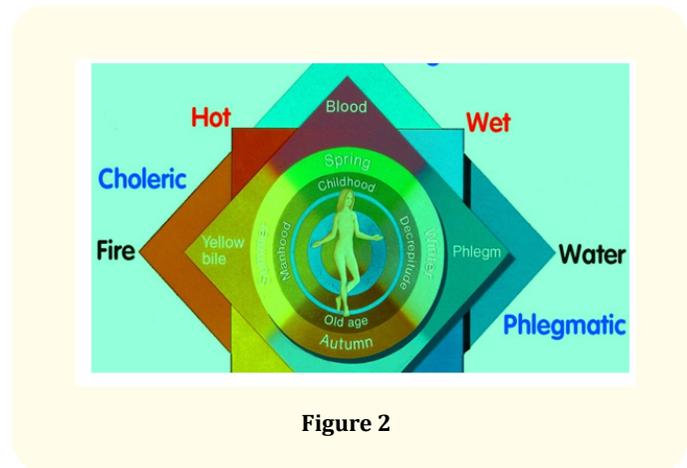


Figure 2

EDASK

Where there is love of medicine, there is love of humankind.

Hippocrates

I am of the opinion that the brain exercises the greatest power in the man.

Don't know if medicine was born simultaneously with art but I ascertained that both reflected "humanism in crescendo".

Hippocrates

EDASK

Healing is a component of mental and spiritual practice, via prayer, meditation and psychotherapy is enhanced mental function and supports physical health.

Physicians are many in title but very few in reality.

Hippocrates

EDASK

An artist, an intellectual, a multidimensional personality, but above all a "humanist", this is the doctor synthesis. The greatest grievance within me is for those doctor "who are not doctor but something else".

Healing in a matter of time, but it is sometimes also a matter of opportunity.

Hippocrates

EDASK

Holistic healing requests the convenient time, but in unison and special opportunity, is difficult to divide and underestimate them.

EDASK

*It is safer to proceed a little at a time, especially when changing from one regimen to another.*

Hippocrates

*Especially in Medicine, any strategically principal change, should be step by step, with "respect for the status quo regimen", improving it, in "harmonic mixture of traditional with modern".*

EDASK

*Things that are holy are revealed only to men who are holy.*

Hippocrates

*The Only philosophy and ideology indoctrination that doesn't create "prison of thinking" and remains holy is Medicine, where philosophy was converted into art.*

EDASK

*The art has three factors, the disease, the patient, the physician. The physician is the servant of the art.*

Hippocrates

*Doctor need strong continuous training in the science as well as the art of medicine, with spiritual humanistic in personal motivation, "to be really competent at reducing uncertainty and comfortable in addressing it".*

EDASK

*There are in fact two things, science and opinion. The former begets knowledge, the latter ignorance.*

Hippocrates

*Science and knowledge illuminate the humanity, opinions suits of tastes, illuminate the illiteracy.*

EDASK

*Silence is not only never thirsty, but also never brings pain or sorrow.*

Hippocrates

*Sometimes Silence is more expressive than words, Silence is way thought for the doctor, compassionate silence but for the patient is mode therapy that brings only peace.*

EDASK

*Declare the past, diagnose the present, foretell the future.*

Hippocrates

*A motto attributed to Hippocrates philosophy, where informative valuable advices offered in the past, credit and competent of integrated healthcare systems contribution for correct, rapid diagnosis at the right time, that are strong base for decided in advance a future perspectives provision.*

EDASK

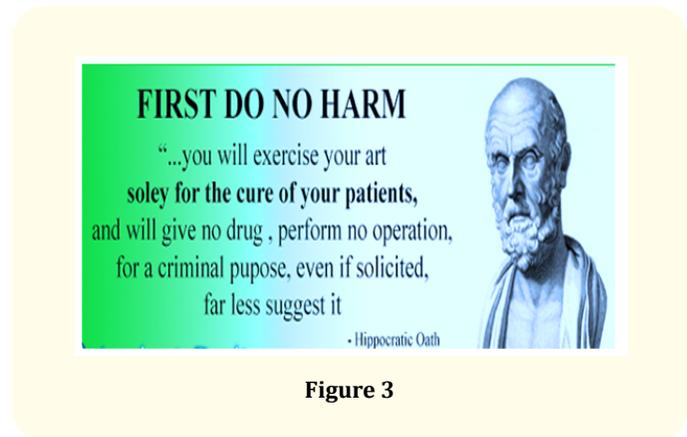


Figure 3

*The human soul develops up to the time of death.*

Hippocrates

*The mystery of the human soul and its develop, in religious sense is timeless question that until now is dilemma, another sense is spiri-*

*tual humanistic perfection that offer up doctor mission.*

EDASK

*To do nothing is sometimes a good remedy.*

Hippocrates

*"Nothing" especially in Medicine sometimes is good solution or mandatory affair, like "often a doubtful or unnecessary remedy" as justification.*

EDASK

*For extreme diseases, "extreme methods of cure", as to restriction, are most suitable, when the disease exists in all its vigor, it is necessary to use the most sparing diet.*

Hippocrates

*The highest ideal of a cure is rapid and extreme as shortest, safest, most reliable and most harmless way with adequate diet, is "general rule of treatment" that remain effectively.*

EDASK

## Conclusion

In an integrative review as narrative synthesis, reflection of Hippocratic doctrine that focused primarily on patient care and prognosis and not diagnosis, encompassing theoretical and rational sources of health, with ethical code, two quality combined instruments criteria that could be developed an advanced attitude for healthcare to anyone [1-5].

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