 First Challenge of 2017!

Hippocrates of Kos, also known as Hippocrates II, was a Greek physician of the Age of Pericles, and is considered one of the most outstanding figures in the history of medicine. [Wikipedia](https://www.google.ca/url?sa=t&rct=j&q=&esrc=s&source=web&cd=21&cad=rja&uact=8&ved=0ahUKEwjQqoLap-rRAhXLxYMKHamkDfwQmhMIkAEwFA&url=http%3A%2F%2Fen.wikipedia.org%2Fwiki%2FHippocrates&usg=AFQjCNF5NHNlQK07iayWZcGNSKaowkksZg&sig2=v9GsN2JjOz9XiInLR9g6kQ&bvm=bv.145822982,d.amc)

[**Born**](https://www.google.ca/search?espv=2&biw=1366&bih=582&q=hippocrates+born&stick=H4sIAAAAAAAAAOPgE-LQz9U3MM6oyNUSy0620i9IzS_ISQVSRcX5eVZJ-UV5AOxGT-okAAAA&sa=X&ved=0ahUKEwjQqoLap-rRAhXLxYMKHamkDfwQ6BMIlAEoADAW)**:**460 BC, [Kos, Greece](https://www.google.ca/search?espv=2&biw=1366&bih=582&q=Kos&stick=H4sIAAAAAAAAAOPgE-LQz9U3MM6oyFXiBLEMs8viDbTEspOt9AtS8wtyUoFUUXF-nlVSflEeAI2xUTsvAAAA&sa=X&ved=0ahUKEwjQqoLap-rRAhXLxYMKHamkDfwQmxMIlQEoATAW)

[**Died**](https://www.google.ca/search?espv=2&biw=1366&bih=582&q=hippocrates+died&stick=H4sIAAAAAAAAAOPgE-LQz9U3MM6oyNWSz0620i9IzS_ISdVPSU1OTSxOTYkvSC0qzs-zSslMTQEAVM8pGS0AAAA&sa=X&ved=0ahUKEwjQqoLap-rRAhXLxYMKHamkDfwQ6BMImAEoADAX)**:**370 BC, [Larissa, Greece](https://www.google.ca/search?espv=2&biw=1366&bih=582&q=Larissa+Greece&stick=H4sIAAAAAAAAAOPgE-LQz9U3MM6oyFUCs0wK0pO05LOTrfQLUvMLclL1U1KTUxOLU1PiC1KLivPzrFIyU1MA8ldJBDcAAAA&sa=X&ved=0ahUKEwjQqoLap-rRAhXLxYMKHamkDfwQmxMImQEoATAX)

[**Parents**](https://www.google.ca/search?espv=2&biw=1366&bih=582&q=hippocrates+parents&stick=H4sIAAAAAAAAAOPgE-LQz9U3MM6oyNWSzE620i9IzS_ISQVSRcX5eVYFiUWpeSXFAOwDT08nAAAA&sa=X&ved=0ahUKEwjQqoLap-rRAhXLxYMKHamkDfwQ6BMInAEoADAY)**:**[Praxitela](https://www.google.ca/search?espv=2&biw=1366&bih=582&q=Praxitela&stick=H4sIAAAAAAAAAOPgE-LQz9U3MM6oyFXiArHKcsuLS_K0JLOTrfQLUvMLclKBVFFxfp5VQWJRal5JMQCTbGzaMwAAAA&sa=X&ved=0ahUKEwjQqoLap-rRAhXLxYMKHamkDfwQmxMInQEoATAY), [Heraclides](https://www.google.ca/search?espv=2&biw=1366&bih=582&q=Heraclides&stick=H4sIAAAAAAAAAOPgE-LQz9U3MM6oyFXiArHKcsuLiyu1JLOTrfQLUvMLclKBVFFxfp5VQWJRal5JMQCtR1w3MwAAAA&sa=X&ved=0ahUKEwjQqoLap-rRAhXLxYMKHamkDfwQmxMIngEoAjAY)

[**Children**](https://www.google.ca/search?espv=2&biw=1366&bih=582&q=hippocrates+children&stick=H4sIAAAAAAAAAOPgE-LQz9U3MM6oyNWSyk620i9IzS_ISQVSRcX5eVbJGZk5KUWpeQBypWoWKAAAAA&sa=X&ved=0ahUKEwjQqoLap-rRAhXLxYMKHamkDfwQ6BMIoQEoADAZ)**:**[Thessalus](https://www.google.ca/search?espv=2&biw=1366&bih=582&q=Thessalus&stick=H4sIAAAAAAAAAOPgE-LQz9U3MM6oyFXiArFMDauS4qu0pLKTrfQLUvMLclKBVFFxfp5VckZmTkpRah4AV15FXTQAAAA&sa=X&ved=0ahUKEwjQqoLap-rRAhXLxYMKHamkDfwQmxMIogEoATAZ), [Draco](https://www.google.ca/search?espv=2&biw=1366&bih=582&q=Draco+Hippocrates&stick=H4sIAAAAAAAAAOPgE-LQz9U3MM6oyFXiArHKLZJMS4q0pLKTrfQLUvMLclKBVFFxfp5VckZmTkpRah4AenjB3DQAAAA&sa=X&ved=0ahUKEwjQqoLap-rRAhXLxYMKHamkDfwQmxMIowEoAjAZ)

*“Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear.”*

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

*“Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick, is to feed your illness.”*

“If you are in a bad mood go for a walk. If you are still in a bad mood go for another walk.”

“There are in fact two things, science and opinion; the former begets knowledge, the latter ignorance.”   
― [**Hippocrates**](https://www.goodreads.com/author/show/248774.Hippocrates)

Born over 2000 years ago, Hippocrates teachings should be ingrained in our belief systems about health and yet, we are still confounded by disease and struggling as a society. How can that be? Understanding how we got here, can help you find your bearings and continue to move towards optimal Health and Wellness.



So this week’s challenge might seem counter-intuitive---Watch TV! There are numerous informative documentaries on Health, Wellness, Food, and Society.

So while you’re on the Treadmill, (no I don’t want you to sit!!) Cue up **at least 2**  and let’s start the conversation, so we can wade through opinion and find the facts!



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