

NEWS

Summer/Autumn 2016

BUCHINGER
WILHELMI

THERAPEUTIC FASTING · INTEGRATIVE MEDICINE · INSPIRATION

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Dear guests, patients and friends,

At our employee meeting in Marbella, Jutta Rohrer retraced Maria Buchinger's life with numerous photographs, and Raimund Wilhelmi introduced the 4th generation of the family business, Victor Wilhelmi and Katharina Rohrer-Zaiser. Katharina has contributed the article in this issue about "inspiration", and Victor has written about the creative dialogue between our two head chefs, which he attended, while also acting as an interpreter!

In Überlingen, the results of the vast structural modernisation project can now be seen: They include eight themed gardens, a new swimming pool, a spacious clinic shop and a completely redesigned Villa Belgrano. Not only that, we have also made huge changes to our therapy concept: As we already reported, our new scientific department, led by Dr. Françoise Wilhelmi de Toledo, has been documenting and evaluating our medical data since 1 January 2016. In a joint study with Charité hospital, we intend to prove that the Buchinger Wilhelmi method is "therapeutically effective, safe and enjoyable".

However, all improvements need reassurance: We took the opportunity



Victor Wilhelmi and Katharina Rohrer-Zaiser.

of Maria Buchinger's 100th birthday to go back to our roots.

And voilà: Our interview with the CEO of Thonet revealed that in their search for new products, other companies also revert to their traditional values to look to the future.

Of course we are delighted to have had the opportunity to meet fascinating people like Dr. Marion Gluck, Filipandré or Thomas Hitzlsperger, not to mention dedicated employees like Frank Deweert.

And don't forget – we are always there for you in 2016 too!

Raimund Wilhelmi

F. Wilhelmi de Toledo

U. Rohrer

Victor Wilhelmi

Maria Buchinger's 100th birthday



Helmut Klepzig, 98 years old, attended the event on 21 May in Überlingen and took the opportunity to say a few words of remembrance.



Dr. Hellmut Lütznert (2nd from left) also remembered his 12 years with Maria Buchinger in Überlingen. To his left and right: Maike Wilhelmi and Dr. Wittrock.

Maria Buchinger, who founded the clinics in Überlingen and in Marbella together with Helmut Wilhelmi, would have celebrated her 100th birthday this year.

Many of our employees and guests in Marbella and Überlingen have fond memories of Maria Buchinger: her elegant appearance, her upright posture, her joyful and strong voice, her openness, her humour, and not least her absolute confidence in the therapeutic fasting method developed by her father.

Maria Buchinger grew up in Witzzenhausen on the River Werra together with her three siblings during the difficult years of deprivation following World War I. As early as 1919, her father Dr. Otto Buchinger and her mother Elsbeth started to take fasting patients into their large, spacious house. She was a lively person who loved sports, animals and being close to nature.

After graduating from school, Maria became a close confidante of her father, who had opened his second fasting clinic in Bad Pyrmont in the early 1930s. Maria met her husband Helmut Wilhelmi on the island of Norderney in the North Sea. The couple married in 1943, in the middle of the World War II. In 1953 Helmut and Maria Wilhelmi opened a new clinic in Überlingen, set in the wonderful countryside of Lake Constance. Otto Buchinger also moved to Lake Constance and helped to establish the new business. Their three children Raimund, Maike and Jutta born between 1949 and 1952 also grew up there.

The south German Buchinger clinic was soon successful and expanded every three years or so. This was also thanks to the legendary way in which Maria Buchinger looked after her guests. She took personal care of each and every one of them, making them acquainted with each other and giving them the feeling that they were valuable members of a large family.

In 1973 she made the giant leap to Marbella in Europe's extreme south. Here on the Costa del Sol in south-

ern Spain, Maria and Helmut Wilhelmi founded a second fasting clinic. It was a truly courageous pioneering move, after all they knew neither the language nor the mentality of this new country, and fasting was almost unknown as a treatment method in Spain. When Helmut Wilhelmi died in 1985, Maria found support through her children: her son Raimund, daughter-in-law Dr. Françoise Wilhelmi de Toledo and daughter Maike Wilhelmi in Überlingen, and her daughter Jutta and son-in-law Claus Rohrer in Marbella. In 1995 she was awarded the Federal Cross of Merit by the German government. She expressed her gratitude for this award with an aphorism of her father's: "You cannot give more than yourself, but you should not give less." She was the "Grande Dame" of therapeutic fasting, revered and loved by employees and guests alike from all over the world.

In her later years, she lived a secluded life in Villa Mariposa surrounded by her beloved dogs, regularly practised yoga, solved crossword puzzles, played piano and chess and welcomed her growing band of grandchildren.

She died on 12 March 2010, surrounded by her children, grandchildren and dogs. The words from her obituary are still valid today: "She was the soul of both clinics, preserving the legacy created together with her father Dr. Otto Buchinger and her husband Helmut Wilhelmi, developing it further and passing it on to the next generation.



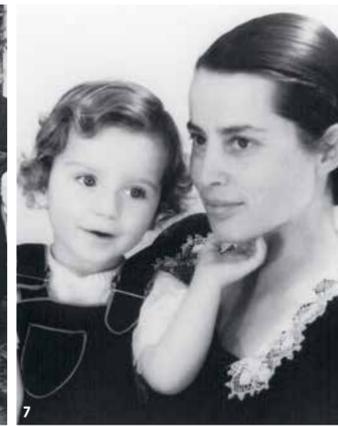
The Urania Ensemble played music by Bach and Schubert, Maria's favourite composers.

In Überlingen, she was remembered on 21 May by longstanding former employees and guests. Raimund Wilhelmi retraced the life of this fantastic, inspiring personality with pictures from her life. Among those present were Dr. Hellmut Lütznert and Helmut Klepzig, long-serving employees from the early years of the clinic.



At a ceremony, the Wilhelmi-Rohrer family honoured their mother, mother-in-law and grandmother: "Today, we are commemorating an exceptional, charismatic woman..." From left to right: Claus Rohrer, Jutta Rohrer, Katharina Rohrer-Zaiser, Victor Wilhelmi, Maike Wilhelmi, Dr. Françoise Wilhelmi de Toledo and Raimund Wilhelmi.

To coincide with her birthday in May, a documentary film was also made comprising interviews with family members, companions, employees and patients and covering the most important stages of her life. It can be seen in Marbella throughout the year as part of the weekly programme.



1+4 Maria grew up very naturally and loved sports, even later in life: With her sister Herta on the way to a tennis match. 2+3 She was cheerful and extroverted on the one hand, but also had a more contemplative side, which she revealed in her poems. 5 On the island of Norderney she met Helmut Wilhelmi, a businessman from Berlin. 6 Helmut and Maria married in Bad Pyrmont in 1943. 7 She gave birth to their first child in 1949. 8 Helmut and Maria Wilhelmi in front of the Main Building in Überlingen, 1954. 9 Maria chose to make her home in Marbella and supervised the construction of the new clinic. 10 Maria Buchinger being awarded the Federal Cross of Merit for her "contribution to enhancing Germany's reputation abroad", 1995. 11 "A life without dogs is a dog's life." 12 Thanks to regularly practising yoga, she remained supple into old age. 13+14 On her 90th birthday, the whole family came to Marbella to celebrate and honour the head of their family.



In memory of Maria Buchinger, Buchinger Wilhelmi Marbella has published a small book with a collection of very personal poems, the best photographs from her life and a biography.



Sources of Inspiration



You may have already noticed that in recent years, the name of our Buchinger Wilhelmi clinics has been followed by three concepts: therapeutic fasting, integrative medicine, inspiration.

Therapeutic fasting developed by our founder Dr. Otto Buchinger is the essence of what we do. Integrative medicine, i.e. the combination of natural, complementary and conventional medicine, determines our guests' individual treatment plan.

Turning to the inner self

But what about inspiration? What do we understand by this sweeping, abstract concept? "When the body fasts, the soul starves" was a core belief of Dr. Otto Buchinger. We often experience this in our guests' spontaneous willingness to contemplate, to "turn to their inner self", when they find themselves in a calming environment far away from their everyday routine, such as in our clinics.

They have more time on their hands, do not have to worry about anything and can let their thoughts roam freely.

What's more, people who fast are more "permeable", more receptive, and less concerned with material processes. This is also partly why fasting can be found in all world religions – the Islamic fasting month of Ramadan, Christian Lent before Easter, Jewish Jom Kippur – usually as a way of preparing oneself to reach spiritual clarity.

In fact, our regular guests often place greater value on the spiritual dimension of therapeutic fasting than on actually getting rid of excess weight: After all, a stay in our clinics is not only good for your body, but also benefits your mind and soul. Of course those guests who come here for dietary reasons also feel it. Their senses are cleansed, experiences become more intense, dreams and emotions are felt more strongly ... We actively support these processes through cultural and creative activities such as music, art and dance. Classical concerts, jazz, Flamenco and piano



We learn to focus on our spirit through regular meditation.

recitals are as much part of our programme as art workshops and exhibitions.

We focus on our spirit through meditation, yoga and Autogenic Training, and gain new impetus and get to know ourselves better through panel discussions with psychotherapists and coaches.

Inspiring forces of nature

One of the most important sources of inspiration since the dawn of Buchinger therapeutic fasting is nature. Whether in the beautiful landscape around Lake Constance or in Mediterranean vegetation, our daily walks not only provide physical exercise, they also focus our senses and allow us to experience the inspiring forces of nature.

The interpersonal dimension has an inspiring effect as well, because the fasting process gives our guests a common bond. People from different cultures and life situations meet here and find things in common, despite their differences.

And this is one more thing we want to give our guests to take home with them: Better health also means more joie de vivre, and the weight you lose is more than compensated for by inner growth.

New: Mind Body Days with Dr. Anne Brunner

Mind Body exercises are aimed at the interaction between the body, soul and spirit, and therefore at holistic healing.

This new programme by Dr. Anne Brunner is offered between 27 December 2016 and 3 January 2017 with a choice of different methods.



Each method has a different emphasis.

Pilates is a method that defines the body and promotes inner balance. The exercises are designed to strengthen the muscles, especially in the body's core. This ensures a flat stomach and a strong back. Pilates is gentle, precise, and focused, to name just a few of its typical characteristics. In **yoga**, we hold certain poses (asanas) one after the other with fluent transitions. Breathing exercises strengthen the respiratory muscles and increase the volume of the lungs (pranayama). The aim is to meditate while exercising. Or to exercise while meditating.

Fascia are composed of elastic fibre and muscular connective tissue. They form a network covering the entire body, holding it together and keeping it in shape. It is worth keeping your fascia supple and strong with **fascia training**.

Yin Yoga/Deep Slow Stretch extends your ligaments and fascia with gentle stretching exercises. This results in deep relaxation – a lovely way to end the day. It helps to keep your body flexible and ensures a good night's sleep. The exercises follow the rhythm of your breathing. This helps you to concentrate on the here and now and promotes mindfulness. The aim is to get back in touch with yourself and your body. Some call it "coming home", others "waking up".

Yoga and Technology: Frank Deweert

Your parents both worked as meditation and yoga instructors in the clinic...

My father Raymond started as a yoga teacher and an excursion guide in the mid-1970s. He was responsible for making yoga an integral part of our method. My mother Ulla took over in the 1990s.

You have been in charge of our in-house technical department for 12 years now, including security, maintenance of the gardens and buildings. Do you see any connection with your parents' work?

On the face of it, my job doesn't have anything to do with that of my parents. But having grown up in this holistic environment, I know what it means to create a healing atmosphere and I understand the Buchinger method. I regularly fast myself when I want to recuperate, and the yoga philosophy helps me to overcome daily challenges! **In recent years, there have been several changes. Two new buildings have been added. To what extent has your work changed?**

It has changed tremendously! When I started in the technical department, we had to move the television antenna cables from the roof to the patients'

rooms. Later, all rooms were fitted out with TV, Internet and WiFi connections and air conditioning. New legal regulations and quality standards required a lot of adjustments, especially with regard to the environment. Finally, we have invested heavily in our energy supply and technology in recent years with new buildings and renovations: solar energy, more efficient consumption, LED lighting. As a result, my job has changed from being mainly manual to more technical in nature, in keeping with Otto Buchinger's motto "Amplius!", or "onwards!"

How does your team guarantee a daily customer service?

Our work is based on an annual plan with improvements and preventive measures scheduled into it. We also get messages every day from all departments conveying requests, incidents and suggestions for improvements. We try to work through these as efficiently and quickly as possible to avoid disturbing our guests as far as possible.

A few interesting facts ...

Since 2010, electricity consumption has gone up by 48 % and water consumption by 27 %, due to the construction of a new guest house and spa.

At the same time, our oil consumption has only increased by approx. 12 % mainly thanks to our solar heating. **In recent months, you have made an even greater effort to guarantee security for our guests. In what way? Anyone who wants to enter the clinic's grounds now has to report to a gate-**

keeper. Only then is the barrier opened. This means that all vehicles are registered. We have also upgraded our camera system so that our security staff can keep an eye on all access points to the grounds.



Frank Deweert, head of the technical department for 12 years, in front of the new gatehouse.

Easter 2016 – A feast for the body, mind and soul

We have long given a certain spiritual background to the Christian fasting period and above all the week before Easter and Easter itself. For many years, Prof. Günter Jena has given lectures and played recordings of Bach's Passions at Easter.

At Easter 2016, we were very fortunate to have several people at hand to put us in the Easter mood.

Père Pascal Ide, a doctor, priest and philosopher from Paris, started off the holiday celebrations on Maundy Thursday with a Mass. He held lectures with inspiring titles such as "Is it possible to give without exhausting yourself?" or "Can absolute healing heal you?"

Dr. Anne Brunner from Munich, who also accompanied us through Christmas with Yin Yoga and Pilates, offered her wonderful healing exercises for the



On Easter Saturday, our guests were spoiled for choice between a lecture by art therapist Gertrud Kemmerling with the chance to make their own mandalas, and the St Matthew Passion danced by the John Neumeier Ensemble. This was followed later on in the evening with an illuminated Easter ritual. As we heard, some of our guests even managed to see both events as they took place close to each other.

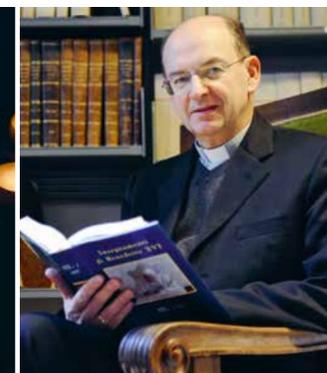
body and mind throughout Easter as well, together with her special meditative music (see article on page 4). The gym was barely large enough to hold the many guests who regularly came to her classes.

In the evening of Easter Sunday, mezzo soprano Isabell Marquard performed "Belcanto!" accompanied on the piano by Elena Orlova, with music from Puccini to Verdi and from Bizet to Rossini!

On Good Friday, art historian Marie Therese Scheffczyk held a lecture on the Isenheim Altarpiece, a stunning masterpiece of sacral art in Colmar by Matthias Grünewald. Dr. Wilhelmi de Toledo translated simultaneously for our French guests.

On Easter Monday, the holiday weekend was rounded off with Yin Yoga/Deep Slow Stretch by Dr. Brunner, a reading about Handel's Messiah with musical excerpts as well as a lecture by a guest on crossing the Sahara.

Easter 2016 was a feast for the body, mind and soul!



Père Pascal Ide, a doctor, priest and philosopher from Paris.

Events in Überlingen



Clinic Director Raimund Wilhelmi took advantage of a visit by former German Bundesliga and Premier League footballer Thomas Hitzlsperger ("Hitz the Hammer") to introduce a new format: A Sunday matinee debate with an interesting guest on the podium.

Sunday matinee with Thomas Hitzlsperger

Since ending his active career, Hitzlsperger, vice European Champion and German Champion, has been a sought-after commentator of radio, TV and live football matches from Tokyo to Los Angeles. However, the topics at the matinee focused on corruption at FIFA, the influence of money in general and the quality of trainers such as Pep Guardiola and Jürgen Klopp. His comment

on the quality of English football clubs was interesting: "The food is quite different from ours, so I had to get used to it." When asked why he hasn't become a trainer himself, he answered that he finds his role as an expert (on Bavarian radio) more fascinating, especially when he gets to travel to English-speaking countries.

DIE LADYS

What a pleasure it was to listen to these three young ladies from Berlin, all music students, who call themselves DIE LADYS, singing songs by the Andrew Sisters as well as hits from the 1950s – and dancing to them too! The audience applauded and sang along. DIE LADYS have promised to come back (one LADY has a grandmother in Salem).



Marion Déprez

Marion Déprez is a French actress and comedienne who lives in England. She visited the clinic in Überlingen with her sister and gave us an unforgettable comedy evening.

Her interactive show involving the whole audience went down very well with the guests. In particular her main sketch as a pregnant woman, who goes into labour and gives birth, had everyone in stitches. Nearly everyone in the room was given a job to do! Marion Déprez has promised to come back. We look forward to seeing her again!



An evening with Dr. Marion Gluck



The event with Dr. Gluck took place in "Home House" in the elegant London district of Mayfair.

After writing her wonderful article in The Guardian, Janet Winterson introduced us to the famous London physician Dr. Marion Gluck. Our breakfast in the Connaught in London was scheduled to last one hour, but went on for three. The clinic director and the doctor from London had studied in Hamburg at the same time!

That resulted in an invitation to her clinic in Wimpole Street and a return invitation to Buchinger Wilhelmi on Lake Constance.

Dr. Gluck came, wanted to leave again after three days (the famous bag-packing syndrome during the first three days of fasting), but stayed and even extended her sojourn by one week. Her experience was apparently particularly profound. She wrote about her stay in her newsletter and then suggested that we invite our respective patients to an evening event in London at which she and we could talk.

It was a wonderful evening. Our relationship had grown into a truly loving friendship. In a very emotional speech, Dr. Marion Gluck told the guests about her stay in Überlingen and her fasting experience. She called it a potentially "life-changing experience", and said that the Buchinger

Wilhelmi method is the missing link she had always hoped to find for her patients.

She has an excellent clientele with many London socialites. She specializes in bio-identical hormone therapy. Dr. Françoise Wilhelmi de Toledo and Raimund Wilhelmi presented the Buchinger Wilhelmi clinics and the concept of therapeutic fasting. This was followed by a delicious evening meal accompanied by a harpist and lively discussions at the beautifully decorated tables.

We look forward to meeting again in London and Überlingen and would like to thank Dr. Marion Gluck for the opportunity to present our concept.



Raimund Wilhelmi, Dr. Marion Gluck and Dr. Françoise Wilhelmi de Toledo (left to right).



Several journalists who have written about Buchinger Wilhelmi also came, as well as Dr. Gluck's patients and Buchinger Wilhelmi guests from Überlingen and Marbella.



Thanks to a film by ARTE that is regularly broadcast in France, the number of French guests to our clinics has almost doubled. Of course it would be wonderful if we could also grow our British clientele as a result of the literary and poetic articles published in the Guardian, Telegraph, Sunday Times and other prestigious media.

TOP TEN

Champions League in Überlingen and Marbella

In Überlingen, German guests still represent the largest group, but in 2015 they were down to 25.5%. The number of French guests also declined slightly to 15.5%. The Swiss, on the other hand, increased their share to 10.6%. The share of Saudi-Arabians also dropped 1.4 percentage points to 7.4%. Russia was slightly up, and Great Britain (4.7%) and Lebanon (3.4%) saw a sharp rise. Belgium also went up (2.6%), while Turkey dropped out of the top ten altogether and was replaced by Egypt (2.6%).

In Marbella, the Spaniards retained their top position, but were down by a tenth of a percent to 25.1%. France in second place rose substantially to 14.4%, while Germany in third position dropped by almost 2 percentage points to 9.8%. Great Britain went up to 6.6%, Belgium and Russia were down slightly by tenths of a percent, as were Saudi Arabia, Canada and Italy.

ÜBERLINGEN		MARBELLA	
Germany	25.5%	Spain	25.1%
France	15.5%	France	14.4%
Switzerland	10.6%	Germany	9.8%
Saudi Arabia	7.4%	Great Britain	6.6%
Russia	5.7%	Switzerland	5.6%
Great Britain	4.7%	Belgium	4.6%
Lebanon	3.4%	Russia	3.8%
USA	2.9%	Saudi Arabia	2.9%
Egypt	2.6%	Canada	2.7%
Belgium	2.6%	Italy	2.4%

Rotary Meeting in Überlingen



When Bernhard Etienne and his charming wife Marina, a gynaecologist and former colleague of Dr. Wilhelmi de Toledo from Münsterlingen Cantonal Hospital, asked whether they could visit Buchinger Wilhelmi with their Rotary Club Luzern Wasserturm, we immediately agreed. It was a great honour and pleasure for us to present Buchinger Wilhelmi's programme to the club's 50 or so ladies and gentlemen. They had started in the morning in Bad Schachen, had visited Dornier Museum, the Lake Dwelling Museum in Unteruhldingen and Birnau pilgrimage church, and rounded off their tour at Buchinger Wilhelmi.

After Raimund and Dr. Françoise Wilhelmi de Toledo had presented the clinic and the fasting method, the guests were given a tour of the new garden and the clinic buildings



in two groups, ending up in the auditorium, where they enjoyed a musical and literary treat: Konstantin Keller lead in on the piano and Oswald Burger offered samples of the wealth of literature from Lake Constance with texts by Gustav Schwab, Hermann Hesse and Martin Walser.

After a final piece of music, head chef Hubert Hohler served the Swiss Rotarians a culinary treat – sweet, bitter and spicy – followed by a delicious vegetarian meal.

At around 9 pm, the guests returned to Bad Schachen contented, their souls and stomachs replenished.

Oswald Burger

North-South dialogue between chefs

At the beginning of this year, our head chefs from Überlingen and Marbella met for an intensive weekend to exchange ideas, techniques and interpretations of Buchinger Wilhelmi's culinary philosophy.

On the one hand Fernando Sanchez, who was awarded the National Gastronomy Prize in 2000 and advocates creativity and presentation, and on the other Hubert Hohler, a pioneer of low-calorie vegetarian cuisine with a passion for ethically produced, local food.

Each chef has his own unique style. The two of them combined are the recipe for Buchinger Wilhelmi's culinary success. But what exactly is Buchinger Wilhelmi cuisine? First, each recipe is discussed in detail with our internal nutritionists. One single recipe can produce a wide range of variations depending on our guests' dietary requirements and eating habits. Secondly, we always use produce that is as fresh and organic as possible, which is also one reason why we cook with fish in Marbella but not in Überlingen. Thirdly, we never neglect taste and always try to combine delicious food with perfect nutritional value.

Victor Wilhelmi studied at the Lausanne hotel management school. He was in his element! With Hubert Hohler, Ulla Höhn and Claus Rohrer.



Fernando Sánchez (right) and his team presented their "kitchen laboratory" to the visitors from Überlingen!

After talking with many of our guests, we decided to hold a workshop to discuss how to offer Buchinger Wilhelmi cuisine outside our clinics.

Together with our two head chefs, the directors of both clinics, our nutritionist Ulla Höhn and Victor Wilhelmi, who is in charge of the project and has experience with gastronomic concepts, we wondered how an approach might look, feel and taste, as well as reflecting

Buchinger Wilhelmi's philosophy. What do city dwellers with their fast, urban life need?

Fernando Sánchez presented an initial version of his unbelievably beautiful and delicious dishes, triggering a conversation that encouraged us to pursue this fascinating project further.

New in Marbella: Swimming therapy



According to the Latin "sanus per aquam" (or SPA for short), moving in water can help to soothe the physical complaints. This therapy is therefore not just about learning to swim, but is rather a special rehabilitation programme.

Fitness coach Ignacio Weinand explains that the physical properties of water are beneficial. The different exercises in the water and the use of aids are aligned to each individual guest's symptoms.

Physical properties of the water are beneficial

Just in time for the start of summer, our sport therapists are offering individual swimming lessons.

This has a positive impact on our entire musculoskeletal system and blood vessels, as well as our mind. Indications include obesity, respiratory, rheumatic and venous disease.

New in Überlingen: Kneipp facility and barefoot path

A Kneipp facility has now been installed in Buchinger Wilhelmi's garden with a wading pool, foot bath, arm bath and barefoot path.

What would a treatment concept that focuses, among others, on taking responsibility for one's own health be without the teachings of German priest

Sebastian Kneipp – especially in Germany's southernmost Kneipp spa town! Thermoregulation is often neglected in favour of nutrition and exercise.

The targeted use of warm and cold stimuli, especially cold water, stabilizes your health, makes you hardier, improves your immune system and regulates your blood circulation. And it is an ideal replacement for a morning coffee!



Clinic director Raimund Wilhelmi insisted on inaugurating the Kneipp wading pool himself.

Thonet, a quality orientated company: Interview with Thorsten Muck

Raimund Wilhelmi: We have decided to buy a wonderful Thonet armchair for our Villa Belgrano. Dear Mr Muck, what inspired you to make this futuristic armchair, following your Vienna coffee house chairs and Bauhaus cantilever chairs from the 1920s?

Thorsten Muck: We see ourselves neither as a trendsetter nor as a follower. On the contrary, when developing our company and our portfolio, we take a good look at ourselves.

First of all, we try to read a lot about the company. There are very many books about Thonet. Just last year, a book came out that deals explicitly with the Vienna coffee house chair and includes letters written by Michael Thonet to his sons when he was building his factory in Koryčany. When you read through these letters – more than 20 are printed in the book – then you understand a little better what sort of person he was. We try to condense these values and use them as a basis for developing the company.

That also includes identifying what we would personally like to include in the portfolio. One of these gaps we identified was a lounge chair. Not just a lounge chair with a distinctive appearance, but one with intelligent features,

because in our opinion there were either armchairs that looked wonderful but did not have any functions, or armchairs with a function – such as typical television armchairs – that were incredibly ugly. So we were really looking for something iconic, with a distinct form that implants itself firmly in your memory even after seeing it just once, but is also "trans-temporal". I personally do not like the word "timeless" so much, because "timeless" for me sounds insubstantial, and I like things to have substance. That was very important for us.

RW: That means you really delved into your company's values?

TM: Yes.



RW: And looked to see to what extent they still apply nowadays, to today's requirements, and then found a new solution based on the values that were already there. That sounds a lot like what we try to do

every day at Buchinger Wilhelmi. There are so many new developments in our market, on the medical market, but also on the so-called – although we hate the term of course – wellness market. And we have to ask ourselves again and again whether we are still a medical company, a clinic managed by doctors that really only offers health services? Or are we more a place where people come to recuperate, relax, and gain new energy, and are happy that we have doctors and a medical ambience, but don't necessarily feel ill. Finding a way to fulfil both criteria and finding the right language, including in the design of our facilities and the ambience of our clinics, is always a challenge.

TM: I understand that. I think people like to think in stereotypes. Because it makes life much easier if you can categorize things. Around two and a half years ago, we gave ourselves a mission statement entitled "True, clear, without compromise", and yes, to put it in a nutshell, we don't try to be anything other than what we are. But that means it is important that we also understand who we are.

RW: So you don't conform to the market?

TM: Not at all! What we do and what we go by is to look at our values and condense them. Then we have to communicate these values that we represent in such a way that they reach the right people, i.e. those people who share these values that we have defined as ours. And we are convinced that there are really many people who have the same values.

RW: Dear Mr Muck, thank you for coming to visit us and agreeing to talk about the corporate philosophy of Thonet.



Thorsten Muck is CEO of Thonet GmbH, one of the oldest family-run furniture companies in the world with a long history. After we decided to buy the new Thonet armchair for Villa Belgrano, he agreed to visit us and talk about his company's philosophy.

La Mariposa: A new look

Many of our guests and patients still remember Maria Buchinger's former residence "La Mariposa" close to the clinic.

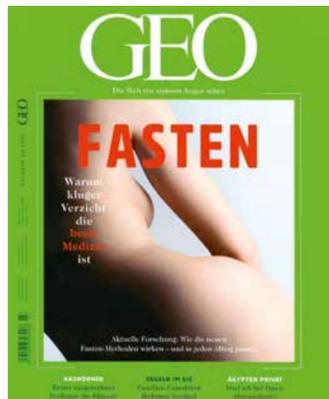
The villa, which is still owned by the family, was thoroughly renovated last autumn. We completely refurnished it, while retaining the elegance and lightness that is so typical of Marbella. Now, "La Mariposa" has been turned into a guest house. Visitors to the clinic can stay in its beautiful rooms. They can also use its large garden with old trees and its very own swimming pool.

The rooms are equipped with air conditioning, telephone and WiFi connection as well as having their own bathroom. There are individual guest rooms of various sizes, an apartment with two bedrooms and kitchenette, and a separate guest house with one bedroom, living room, kitchenette and bathroom. On request, "La Mariposa" can be booked in its entirety.

Photos of the new rooms can be seen on our website under "News". www.buchinger-wilhelmi.com/node/1071



Buchinger Wilhelmi in the media



GEO, March 2016



ABC, March 2016



The Times Magazine, August 2015



BIG BOOK, April 2016



Cosy Mountain, February 2016



Handelsblatt, January 2016



The Guardian, July 2015



The Daily Telegraph, April 2015

We were delighted to read several in-depth articles about fasting and Buchinger Wilhelmi in prestigious media over the last twelve months.

In Great Britain as well as in Germany, Switzerland and France, journalists dealt with their own fasting experience in-depth, and then explained the medical, philosophical and even scientific background of this therapeutic method. Jeanette Winterson, a highly regarded English author, wrote in *The Guardian* positioning fasting in a fascinating web of history, philosophy, politics, medicine and religion. In wonderful poetic language, she interwove it with her own personal experience. She mentions Hildegard von Bingen as well as Dante, the Bible and Susie Orbach. A fascinating read!

It was followed by a richly illustrated article by Jenni Russell in *The Times Magazine*. She wrote about her own medical history and described how, after taking various wrong turns, fasting helped her out of a desperate situation. She also reported on Prof Valter Longo's exciting research and the ability of our cells to repair themselves by going into "protected mode" during fasting. Anna Hart published a longer report in the influential newspaper *Huffington Post*.

Liz Hunt (*The Daily Telegraph*) Lucy Cleland (*Country and Townhouse*) Catherine Fairweather (*Porter*) and Meredith Mullins (oh-i-see.com/blog) also described their personal fasting experience in detail, while Jo Foley (*Spear's*) touched on it in a more cursory fashion.

We were amused that the famous restaurant critic Fay Maschler also found her way to fasting and wrote about her experience of "not eating" in the *Evening Standard* magazine DELUXE. She felt "clear headed and clear minded", looked better and thought as much about the meaning of life as about her weight loss. All write at the end of their pieces that they intend to come back. We will see! In the German-speaking media, *GEO* stood out particularly: The magazine dedicated an entire issue to fasting. The author of the cover story, biochemist and scientific journalist Dr. Hania Luczak, spent three weeks in the clinic in Überlingen and wrote probably the best popular scientific article on the subject. She cites Prof Michalsen and

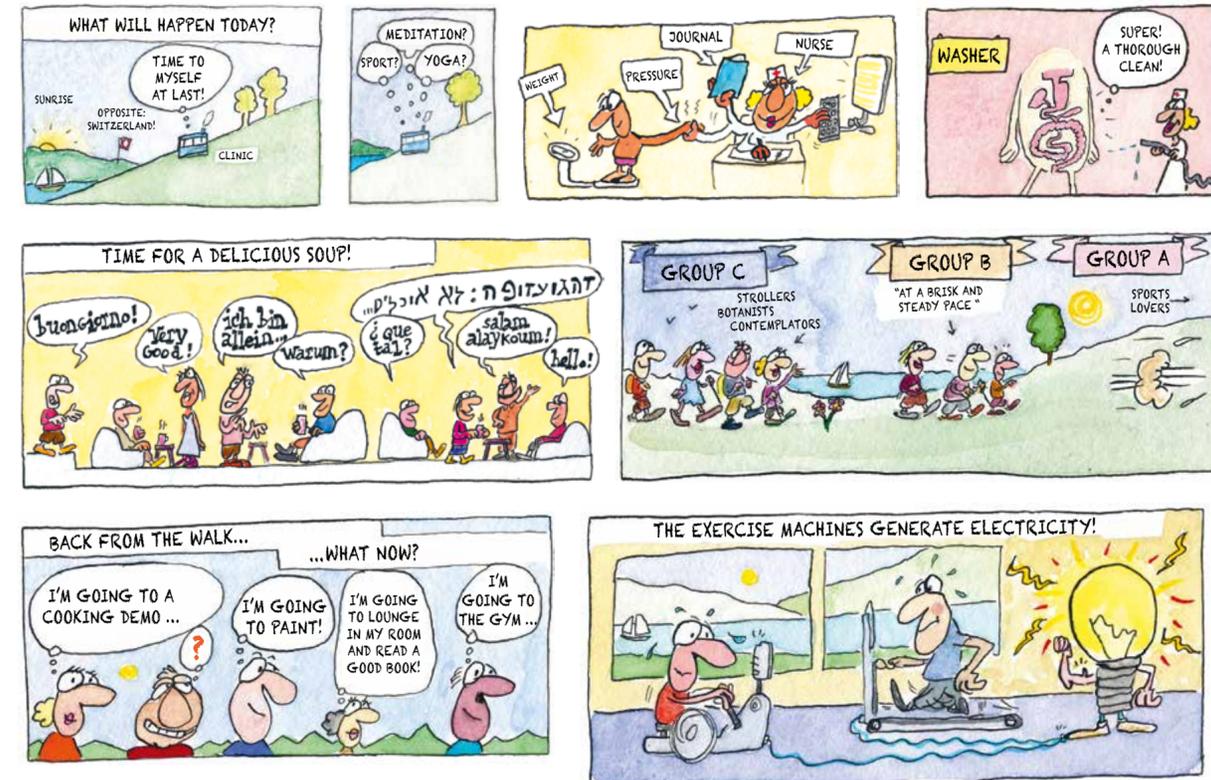
Dr. Frank Madeo from Graz, Dr. Otto Buchinger and Dr. Françoise Wilhelmi de Toledo. She also describes her own experience and attends a presentation by Prof. Valter Longo in Berlin-Buch. Heike Blümner published a beautifully written article in *ICON*. She did not fast herself, but would love to come back and try it out. Other publications pick out individual aspects of Buchinger Wilhelmi's world: Head chef Hubert Hohler and his organic gourmet cuisine in *TINA*, beauty in *Harper's Bazaar*, the Wilhelms in the weekend edition of *Handelsblatt*. The BMW CEO's breakdown at the motor show led to a question in the *FAZ* about managers' health.

Neue Zürcher Zeitung published an, as always, thorough report on "Fasting as Therapy", *Swiss radio* interviewed Dr. Eva Lischka, and Matthias Matussek talked about religious fasting once again in-depth in the *Sonntagszeitung*. In *Air France Magazine*, Anne Bianchi wrote a wonderfully poetic and philosophical article about fasting and her experience at Buchinger Wilhelmi.

In France, Noëlle Bittner (*Cosy Mountain*) and Anne Kiesel (*Ouest-France*) published major, richly illustrated reports on their stays in Überlingen. Countless smaller articles also appeared in *Prima*, *Marie France*, *Elle*, *Grazia*, *Biba*, *Ouest France*, *La vie*, *L'Officiel de la Couture et la Mode de Paris*, *L'Est Républicain*, *Femme Actuelle*, *CLES*, and *Anform*. Online readers in France were also spoiled for choice with articles in *La Depeche*, *Le Figaro Madame*, *La Provence*, *Vie saine et zen*, *Santé Cool*, and *maville*. A fantastic article with pictures was published in the Belgian *BIG BOOK*. The Spanish journal *ABC* honoured Mario Vargas Llosa on the occasion of his 80th birthday and mentioned his annual stays in Marbella. *El Economista* dedicated a three-page article to the 100th birthday of Spain's fasting icon Maria Buchinger, and even added a three-pager about the clinic. Gracias!

El Mundo traveler, *MASS*, *Vanity Fair* and *Conde Nast Traveler* also recommended the clinic in Marbella on their travel pages.

A DAY IN ÜBERLINGEN!



PHOTOS Buchinger Wilhelmi archive, Dr. Anne Brunner, Tobias Döhner, Bernhard Etienne, Filipandrè, fotolia/pixelmix, Zach Gerard, Pascal Ide, DIE LADYS, Pablo Llayora, Ursula Perwein, Heji Shin, Wai Lin Tse

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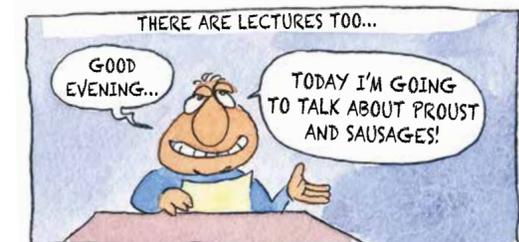
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filipandrè

We asked the famous French caricaturist Philip André to draw a typical day while fasting at Buchinger Wilhelmi. People often ask us what you do all day long when you don't eat, and whether you get terribly bored. Here is an excerpt from his impressions.

Events 2016 Bodensee

Meditation – the Way to the Inner Self

Mon. 12. 09. – Fri. 23. 09.

Mon. 10. 10. – Fri. 21. 10.

Mon. 14. 11. – Fri. 25. 11.

Mon. 05. 12. – Fri. 16. 12.

During these periods, Dr. Christian Kuhn offers motivational talks on spiritual topics several times during the week and two meditation sessions every week day.

Free of charge as part of our holistic programme.

Semaines Francophones

Sun. 28. 08. – Sun. 11. 09. with Sylvie Petiot, yoga

Sun. 06. 11. – Sun. 20. 11. with Elijah Ary, meditation

In 2016, our French-speaking guests will again have the pleasure of experiencing a programme tailored to their requirements: The Semaines Francophones.

Free of charge as part of our holistic programme.

In French only.

Junior Activity Weeks 2016

Sun. 17. 07. – Sat. 20. 08.

(Please book in good time due to high demand)

Our Junior Activity Weeks have become a Buchinger Wilhelmi classic. They are geared especially to young people between 18 and approx. 35 years of age. Enjoy summer fun with sports and games and challenging physical activities, such as rafting, geocaching, archery, water skiing and much more. At the same time, participants learn to eat a healthy diet. You will be able to learn and practice all this in the group as part of a balanced programme with the support of our experienced team of doctors, nutritionists and fitness coaches.

This year's programme will again include two weekends in the mountains in an Alpine chalet – a highlight in recent years!

You can find more detailed information on our website.

We would also be pleased to send you a comprehensive brochure.

Please contact us at marketing@buchinger-wilhelmi.com.

In German and English only.

ART Weeks

Sun. 02. 10. – Sun. 09. 10. Autumn: Keep it in ART

Enjoy a creative experience under the guidance of our art therapist Getrud Kemmerling.

Free of charge as part of our holistic programme.

Life Choices – Navigating your Own Life

Psychological lectures with Bernd Isensee, psychologist/Rottenburg (D)

Thurs. 08. 09. – Fri. 09. 09.

Thurs. 01. 12. – Fri. 02. 12.

Bernd Isensee is back at our clinic in 2016 to present lectures on “Eating Consciously” and “Living Consciously” as well as talks on the subjects of “Emotional Intelligence”, “Dreams and Their Interpretation” and “Self-Guidance”.

Free of charge as part of our holistic programme. In German only.

Mind Body Days

Tues. 27. 12. 2016 – Tues. 03. 01. 2017

NEW

Dr. Anne Brunner presents a choice of different methods for your holistic healing, which are offered alternately: Pilates, yoga, Yin Yoga/Deep Slow Stretch, fascial training. Mind Body exercises focus on the interaction between the body, mind and soul.

Free of charge as part of our holistic programme.

In German and English only.

Events 2016 Marbella

Workshop

“Health begins in the Earth”

Wed. 09. 11.

Health is a holistic concept. To be healthy, we need healthy food. We would like to take you on a discovery tour that will take you from the earth to your plate, accompanied by Alejandro Orioli, the founder of Arboretum Marbella, who is also responsible for our organic garden, and our head chef Fernando Sánchez.

Free of charge as part of our holistic programme.

In Spanish and English only.

Starlite Festival Marbella

Thurs. 14. 07. – Sat. 20. 08.

Tom Jones, Santana, Charles Aznavour, Il Divo, Alejandro Sanz and many more perform in Marbella's beautiful open-air amphitheatre. www.starlitefestival.com

Refreshing Summertime Activities

July and August

In July and August, we will enhance our varied weekly programme with summertime activities like beach volleyball, Aqua Dance, Aqua Relax and games and sports in the swimming pool. In addition, you can enjoy a delicious vegetarian barbecue every week.

Free of charge as part of our holistic programme.

Concert Highlights of the Season

July and August

Wed. 20. 07. and Wed. 31. 08.

Dance evening with Latin-American sounds. We will show you dance steps in the group or with a partner to son clave, salsa, bachata and merengue rhythms with the live band “Yamila Terry Trío”

Sun. 14. 08.

Summer party for our guests. Our garden will be transformed into a sea of candles, the band “Four Soul Experience” will play dance music of various musical styles, and refreshing Buchinger Wilhelmi cocktails will be served ...

Free of charge as part of our holistic programme.

Lu Jong Yoga Workshops

October

Therapeutic body movements from Tibet to promote your health and wellbeing. With Gabriele Gross.

In Spanish and English only.

Christmas time in Marbella

Thurs. 08. 12. – Thurs. 22. 12.

Jesuit priest Niklaus Brantschen is an authorised Zen master (Roshi) and the founder and long-standing head of Lassalle-Haus, a “centre for spirituality, dialogue and responsibility”.

– Religious service on the 4th Sunday in Advent

– Meditation evenings: Zen – or the art of living well

Sun. 11. 12.

Christmas bazar

Free of charge as part of our holistic programme.