

NEWS

Summer / Autumn 2017

BUCH/NGER
W/LHELM

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Dear guests, patients and friends,

Here they are, father and son, relaxed and cheerful after an extended fast, after spending time together cycling, going to the cinema, watching football, and discussing the future of the clinics. After the next generation began to take on responsibility in Marbella in 2016, it is Überlingen's turn this summer.

Both of our clinics have undergone changes. In Überlingen, Dr. Norbert Lischka has reached retirement age and is leaving the medical team, but will continue to support our fasting guests in an advisory role; Siegfried Mühlherr, head of our technical services, is also retiring, as is our nurse Helga Hauschild. In Marbella, Josefina González, head of housekeeping, is leaving us after 38 years. Meanwhile, the medical team has gained two new members: Dr. Recatero, a sports physician, and Dr. Fierro, a TCM specialist.

In Überlingen, our new, large clinic shop has opened. Marbella continues to be strongly committed to ecology. Both clinics are trying out a new IT system (which you hopefully haven't noticed) as well as new treatment concepts in the area of nutrition, fitness training, psychotherapy, dance and relaxation therapy.



Leonard and Raimund Wilhelmi.

This year, two research projects as well as two doctoral theses are being assessed and published. They were carried out in 2016 with the aim of scientifically substantiating our methods, which have so far been developed solely under clinical and empirical aspects. We will naturally keep you updated – especially all those who took part in the studies! In a constantly changing world, our two clinics in Andalusia and on Lake Constance are havens of peace, where you can recharge your batteries, gain new consciousness and sort out your life.

Even in a year of permanent global disruption, you can rest assured that we are always there for you!

Raimund Wilhelmi

F. Wilhelmi Toledo

Ulrich

Oliver

New therapy rooms



This spring, we redesigned our therapy rooms in Villa Larix with parquet flooring and large backlit decor panels with tree motifs, as well as our Asian treatment room (for shiatsu, Thai massage, sound massage with Tibetan singing bowls), which now has a large floor mat and a golden lamp. Some of the rooms also have a glass cupola, allowing you to look straight up into the sky as you lie on your back!

New clinic shop



Our new, spacious clinic shop was completed several months ago. It is a large, brightly lit room looking onto the new garden. We and our guests are thrilled with it. It allows us to present a range of high-quality products that you might need during your stay or would like to take home with you as gifts. They include personal care products, writing tools, kitchen utensils for healthy nutrition and smart cashmere products, as well as newspapers and magazines from all over the world of course. We also intend to add books recommend by us that offer important new insights to enhance your stay at the clinic.

The Organic Pharmacy

We have decided to include a further product line in our Amplia Beauté cosmetics salon: Natural cosmetics by the British company "The Organic Pharmacy". After a long search, we came across the brand and were impressed by its high quality: no artificial colourants, no pesticides, only natural, non-toxic ingredients, and developed by a pharmacist who is also an aficionado of homeopathy and incorporates its principles in her products. As well as care products, the company also offers a line with pharmaceutical products. "The Organic Pharmacy" is currently only available in a few, selected shops and clinics. The feedback from our guests and cosmeticians is extremely positive!



Information panels in our gardens

If you step out of the clinic's south entrance onto the terrace of the main building, you will see a large panel showing where our various themed gardens are planted. When you get to one of the gardens, a further panel then explains the characteristics of the garden and the famous landscape architect who inspired it. At the Kneipp facility, you not only get to learn about the "water doctor" Sebastian Kneipp himself, but also how to enjoy the therapeutic benefits of the Kneipp basin and the barefoot path. Some 70 medicinal herbs have been planted in the medicinal herb, monastery and Kneipp gardens. We have put up a sign with the Latin, German, English and French names of each of these plants. If you are interested in finding out more about medicinal plants, you can borrow an iPad from Reception. Herbal monographs provide detailed information about each medicinal plant, explaining their botany, historic use, medical impact and indications. Once the plants begin to sprout, grow and blossom, we will be offering guided tours of the gardens. What's more, we are planning special events for those interested in herbology.



Information about the medicinal plants in our gardens.



Information panel in the Garden of Vitality.



Map of the themed gardens.

Dr. Lischka: A new role

Although Dr. Norbert Lischka has already reached retirement age, he wanted to continue to play an active role in the clinic. So we came up with an idea: As one of his many talents is conveying knowledge about fasting – after all he has been practising this method for over 33 years – we started a weekly discussion group this spring, where you can talk to like-minded people and ask an experienced fasting doctor anything you like about this complex therapeutic method. We have called this group "Fasting Consciously – Fasting for the Body and Soul". The aim is to help our guests overcome anxieties, reservations or scepticism and place their trust in the fasting process. In addition, Dr. Lischka has offered to hold our Autogenic Training courses in German, English and French and will continue to give lectures ("You are always loveable").



Thanks and recognition for 5, 10, 20, 25, 30 years and longer



Überlingen

At our annual employees' meeting at the end of the year – we call it our clinic meeting – we honour employees who have worked with us for 5, 10, 20, 25, or 30 years and longer. In November 2016, Managing Director Raimund Wilhelmi once again found characteristic words for each employee and presented them with flowers while the entire staff applauded. As well as receiving a bonus payment, they were invited to dinner with the clinic management in spring, where we shared memories and experiences. We are very lucky to have so many loyal employees who have been with us for so many years.

On a quiet evening at the end of February, the clinic in Marbella celebrated four employees who have been with us from the very beginning: Carmen Dominguez Portillo and Georgina Ruiz Lopez, both in charge of room service, Isabel Bernal Merino from administration and Victoria Cano Rico, a nurse. Back then, when tourism on the Costa del Sol was in its infancy, our Clinica was

still quite a way out of town, and sheep grazed in the surrounding fields. At the time, Buchinger Klinik in Marbella had around 45 employees. We relived memories, swapped anecdotes and had great fun while enjoying champagne and excellent fish. We would like to thank Carmen, Georgina, Isabel and Victoria for their loyalty to "their Clinica"!



Marbella

We want you to feel at home: A career dedicated to our guests' wellbeing

Josefina González was 19 years old, when she heard from a friend that a German lady was looking for people to work at a new clinic in Marbella.

The two friends lived in Coín, a village near Marbella. Maria Buchinger came to the village, certain that she would find women there with a sense of responsibility for her room service team. The next morning, Josefina was sitting in the bus heading for Marbella. That was 38 years ago.

Now that she has decided to retire, we would like to look back on the time she has spent in the clinic.

What are your first memories of the clinic?
It was back in the 1970s and we slept in the clinic, where we had our own bedroom and even a living room. We felt at home with Doña María and she wanted us to give this feeling to our guests too. The atmosphere was friendly and we were very close to our guests.

What did your work involve?
After several years in room service, I was promoted to housekeeping. I already had plenty of experience, but no training. So I started to take courses, which helped me a lot, especially as the clinic was growing and we were expected to become more professional. Our team grew from 18 chamber maids to 52 at present. One of my most important tasks was to ensure a good working atmosphere among my colleagues at all times. Being a housekeeper at Buchinger Wilhelmi

means keeping the clinic in an impeccable condition and responding to each guest's special needs. For example, we know what kind of mattress and pillow a particular patient prefers and which chair they like best.

What have you gained most from your time at Buchinger Wilhelmi?
The daily routine teaches you values, such as leading a healthy lifestyle, both from a physical and spiritual viewpoint, and environmental protection. Nothing is wasted here. Meeting guests from all over the world has also enriched my life.

What are your hopes for Buchinger Wilhelmi and what advice do you have for your successors?
I hope the clinic carries on living the values that have always been part of its philosophy and remains true to its mission and vision. And that it continues to help guests improve their quality of life. My recommendation for the next generation of housekeepers is to try and enjoy their work, be empathic and impart a team spirit and the company's values. They should also take advantage of training opportunities, because we are very fortunate here in having a management that has always seen its staff as its most important asset, and that has always been a great support. I am sure that that will continue to be the case in future.

We would like to thank Josefina from the bottom of our hearts for her dedication over the years, and hope that she enjoys many happy moments in the next phase of her life with her family and friends.



Jutta Rohrer (left) talks to Josefina González.

“Trimming down for a lighter life“: Less is more. Striving for simplicity.

The psychotherapy and coaching department at Buchinger Wilhelmi is committed to promoting a holistic approach to health. It is becoming more and more recognized that “health” is not simply an absence of illness, but that psychoemotional factors play an important role in physical and mental health promotion and maintenance.

“Many of our guests come specifically to take time out from their busy lives and regroup. They want to remember what’s important to them, in general, and for their bodies, in particular. Often, they want to live differently,” says Dr. Lisa Green, psychologist at Buchinger Wilhelmi in Überlingen.

Pursue your goals with fun and passion

“*Trimming down for a lighter life*” is a lecture series developed by Dr. Green to support patients in leading a ‘lighter’, more balanced life. The focus is on simplicity, on less rather than more and on unburdening oneself.

To date, the series takes a nutritional psychological approach to becoming a ‘trim-for-lifer’, as Dr. Green calls it. This refers to lifestyle changes that research has shown to support long-term weight loss maintenance and leading an active,

happy life. Motivation, emotions and self-esteem have a prominent place in the program.

Becoming a trim-for-lifer requires commitment. Therefore, motivation is a key issue. Formulating a goal that is intrinsically motivated, i.e. driven by fun, passion or a sense of purpose, is essential.

Emotions cause people to seek fulfillment of important needs. Often, however, physiological hunger gets confused with emotionally motivated hunger, for example. Apart from leading to weight gain in the long run, this

pattern leaves other needs unfulfilled, i.e. the soul remains hungry. Learning to identify emotions as well as the needs behind them are important steps towards breaking this pattern and developing health-promoting eating habits as well as improving overall psychological well-being.



“Everything we don’t give to nature, we take from ourselves”



Alejandro Orioli, one of the organisation’s founders, at an Arboretum workshop for children.

Alejandro Orioli, initiator of the “Arboretum” foundation, wants to promote environmental awareness and help people achieve a more sustainable lifestyle. In recent years, Arboretum has held workshops and courses that have brought more than 50,000 children and adults from different countries closer to nature.

Today, we face an unprecedented challenge: We have to recognise the impact of our actions on the ecosystems to which we all belong, and learn how to deal with this wisely. The idea is to prepare future generations for these challenges by giving them the right tools in an innovative training centred at the heart of nature.

Against this background, the educational initiative “La Veleta Educativa – Holistic Education in Nature” was set up to provide an educational space for children and young people aged between 3 and 16 years. It is a project that comes from the heart and pursues the goal of contributing to a healthy, sustainable and humane culture that is in tune with nature through holistic education.

We would like to encourage you to support this showcase project for sustainable development and education in Spain. The aim is to enable future generations to face new challenges with creativity, confidence and passion. Now is the time to help a foundation like “Arboretum” to forge a new educational path – the path of the 21st century!

Many thanks from the founders Nicole Schindler and Alejandro Orioli www.fundacionarboretum.org

Accepting yourself as you are

Self-esteem is a stumbling block for many. Many people feel uncomfortable in the body they have, believing that if their body were ‘perfect’, they could finally feel better about themselves. Instead of letting the scales determine their degree of self-acceptance, health-related issues linked to weight need to be separated from self-worth.

“Uncovering typical psychological pitfalls supports our guests in striving to maintain the weight loss they achieved at Buchinger Wilhelmi once they go home,” concludes Dr. Green. The series is currently offered twice a month as part of our weekly programme.

Heilfasten: Original belassen, supplementieren, imitieren

17. Kongress der Ärztesellschaft Heilfasten und Ernährung e.V. (AGHE)
in Zusammenarbeit mit der Klinik Buchinger Wilhelmi und der Maria Buchinger Foundation

Mit Unterstützung des Maria Buchinger Foundation-Preises



Samstag, 24. und Sonntag, 25. Juni 2017
im Salem International College in Überlingen, Bodensee
Sa: 09.00 – 19.45 Uhr
So: 09.00 – 13.30 Uhr

JUNE 2017

Scientific congress on therapeutic fasting

On Saturday, 24 June, and Sunday, 25 June 2017, fasting researchers and doctors, who are currently permanently in the media and the trade press, will meet in Überlingen to discuss therapeutic fasting. They include Valter Longo, Los Angeles; Yvon Le Maho and Stéphane Blanc, Strasbourg; Andreas Michalsen, Berlin; Miriam Bredella, Harvard; Niklaus Brantschen SJ, Edlibach; Françoise Wilhelmi de Toledo and Eva Lischka, Überlingen. www.aeghe.de

New in Marbella: Sports medicine and functional training

Physical exercise is just as important as healthy nutrition. Almost every day, new studies are published that prove the astonishing effect of sport on our health, our emotional state and even on our libido.



ularly important. Sports medicine deals with human performance in accomplishing everyday and/or physical and sports activities. The aim is to enable patients to achieve a state of excellent health, maximum well-being and physical performance.

First of all, patients undergo a thorough sports medical examination. Our sports and exercise specialist, Dr. Recartero, uses state-of-the-art diagnostics methods for this. At the end, he recommends a personal training programme, which acts as guidance to help patients to find the best physical exercise for their condition. This is essential for people who suffer from chronic diseases like diabetes, obesity or cardiovascular diseases, guests who would like to change their lifestyle and are unsure what kind of exercise is right for them, as well as for those with pain in the musculoskeletal system due to lesions or arthrosis.

Cooperation between the physician and therapist

Sports physicians are the link between the medical, therapy and fitness departments. They regularly exchange information to ensure that patients’ needs are taken into account. This also prevents damage being incurred through “wrong” movements or manipulation. Whereas previously, this was done by interviewing and examining patients in-depth before treatment started, a doctor can determine even more precisely to what extent the musculoskeletal system is impaired using diagnostic devices.

Thanks to cooperation between the different departments, our therapists can now use these insights to treat patients in a more targeted manner and our fitness trainers can work even more effec-



tively to achieve the desired results. Based on feedback from our patients, which has so far been positive without exception, we have decided to further expand the sports medical department in the clinic. If you are interested in taking up this offer, we recommend that you arrange an appointment, ideally before you arrive, to ensure that the recommendations can be included in your therapy plan from day one.

TRX, spinning and functional training

These new insights into the importance of physical exercise inspired us to significantly upgrade our fitness programme in the past year: For example, we now offer patients the chance to try out TRX. This popular workout is suited to all training types regardless of your fitness level. Using nylon straps, it allows you to build up your strength, balance and stability simply through movement and your own body weight (see photo on the left).

For our more discerning or athletic patients, our trainers have acquired spinning machines and taken the necessary training. The stationary exercise bicycles help to improve your cardiovascular system and strengthen the muscles of your legs. As it is a strenuous activity, spinning requires prior consent from your doctor, although of course you can adjust the speed and resistance individually.

Functional training is a new method that combines a wide range of sporting disciplines such as athletics, gymnastics and weight-lifting. It is important that patients do not settle into a routine and to aim for a wide range of effects: coordination, strength, balance, flexibility, etc. Due to the physical effort required, you need prior consent from your doctor to take part in functional training.

Circuit training as part of the weekly programme

Circuit training is fun in a group. We have recently included this discipline in our weekly programme. Our trainers will show you different ways to keep generally fit on stations set up around the room.



NEW DOCTOR IN MARBELLA

Dr. Fernando Fierro Saldía

Dr. Saldía studied medicine in his native country of Chile, after which he worked as a surgeon and specialist for accident injuries in various hospitals in Chile and Spain. As a result, he was already ideally qualified to prepare our hiking guides for possible emergency situations. In addition, he has taken extensive training courses in Traditional Chinese Medicine and been awarded the title of a “Specialist in Chinese Acupuncture and Moxibustion” from the Peking University Third Hospital.



NEW DOCTOR IN MARBELLA

Dr. Guillermo Recartero Rude

Our sports physician is a trained surgeon and general practitioner, and has also completed courses in homeopathy and manual therapy. He has worked for various sports and football clubs as well as private rehabilitation centres in Qatar, Italy and Australia. Apart from his passion for sport, he actively practises yoga, enjoys travelling and speaks five languages fluently. At Buchinger Wilhelmi, he intends to combine active exercise with naturopathy and diagnostics. On request, our patients can ask for an examination and advice at the beginning of their fast (for more information, see the article on the left).

Enhancing our nutritional concept – Symposium in Überlingen

The chefs at our two clinics in Marbella and Überlingen meet regularly to swap ideas. Healthy eating has also been the topic of plenty of discussions in the media recently. Our Nutrition Commission (EKO) has therefore decided to take the medical department on board.

The EKO currently comprises a doctor, the head chef, the head of nursing and our head nutritional advisor.

A large number of physical processes combine when we eat and digest food (palate, teeth, tongue, inner organs, bowels). In much the same way, nutritional medicine requires the different departments in the clinic to work together closely like a finely woven mesh. Fasting drinks, teas, periods of rest, diets or wholefood cuisine, buying, preparing and serving meals – all these have to be communicated, discussed, revised and adapted.

In autumn 2016 the Nutrition Commission organised a symposium in Überlingen, inviting all physicians, the head nurse, nutritionists and the head chef to present their views on various new findings in the field of nutritional science. Victor Wilhelmi represented the clinic in Marbella. The various contributions were discussed in detail and then further debated and weighed up by the Nutrition Commission. Based on the findings from this symposium, we will be making some changes to our nutritional concept from summer 2017. Therapeutic fasting and the possibility of enjoying an organic and healthy diet remain unaffected by these changes.

The clinics will continue to offer all forms of healthy nutrition for patients to experience, increasing their awareness of their own needs and allowing them to learn new habits.

A ketogenic diet will also be available. We will change the snacks offered between meals to take new insights into account (see article below), extend the meal times and develop new tea blends to support digestion.

The Nutrition Commission will make every effort to bring the different strands together, consolidate them and renew them if necessary. Thanks to their work, you can continue to enjoy tasty and healthy nutrition at Buchinger Wilhelmi.



TIP

Budwig Creme as a ketogenic snack

Ingredients for 5 portions:
75 g quark cream with 0% fat
1 tsp. cold-pressed linseed oil
½ tsp. sunflower seeds, coarsely ground
1 tbsp. freshly chopped herbs (e.g. parsley, chives, dill)
Freshly ground pepper and some iodised salt

Mix all the ingredients.

Per portion (15 g):
20 kcal, 2 g fat, 5 g protein, 2 g carbohydrates

If you suffer from lactose intolerance, you can replace the quark with silken tofu or soya yoghurt. Adding some fizzy mineral water makes the cream even creamier.

Are snacks recommendable or not?

We are often asked this question. Unfortunately there is no universal answer.

To attempt to answer this question seriously, nutritionists have to look at a person's overall life situation. The needs of patients at our clinics vary, too. A piece of delicious fruit or yoghurt and nuts in the refeeding phase are often even a highlight of their stay. However, the results of research published by Frank Madeo and Valter Longo show us how important breaks between meals are. The magic numbers are 16/8.

That means we stop eating for 16 hours, leaving 8 hours to enjoy and intake food. To enable you to observe this 16-hour break when you stay in our clinic, we will no longer be serving an apple as a late-evening snack. But we can clearly see the advantages of structuring a long day's work with a conscious snack break in the afternoon – something that is also highlighted by our patients' experience, as evidenced in our after-care programme. Enjoying a cup of tea, some nuts or coconut puree not only helps to keep blood sugar levels down, but is also suited to a ketogenic diet and means that you come home without having a ravenous appetite. In rethinking the snacks we offer, our aim is to combine theory with practice while guaranteeing enjoyment. We will give you suggestions for keeping your blood sugar levels down when you return home and on how snacks can benefit your health.



More variation in our fasting menu



Marbella is currently rediscovering its cuisine, or rather, we are going back to the source of our food: Nature, our best teacher!

In recent months, our thoughts have also turned to our fasting patients and how we can improve our menu of drinks both in terms of taste and health benefits. In our creative kitchen, nutritionist Ulla Höhn and chef Lourdes Villalba have tested a range of blends that will allow us to serve you new, healthy and delicious drinks in the near future. After asking our nurse Leonor Garoña for her advice and holding various tasting sessions with management and our doctors, we finally decided on around 10 new fasting teas and seven new vegetable juices.

The most important fasting drinks – besides mineral water – are the herbal and fruit teas that we serve our patients every morning and evening in their room. You can choose from various fresh varieties at the tea bar in the lounge and a new, completely organic range of beneficial teas in your room. In addition to a light soup, patients are given freshly squeezed juice once a day, which so far has been made with 100 percent fruit. We have now developed more recipes with seasonal vegetables that contain less sugar and, in some cases, more minerals and secondary phytonutrients.

Two scientific research studies are being evaluated

Buchinger Wilhelmi participates in international fasting research: Our research department set up three years ago under Dr. Françoise Wilhelmi de Toledo and coordinated by Franziska Grundler is currently working on two major studies.

The objective of the first research study in collaboration with Prof. Andreas Michalsen from Charité University Hospital in Berlin is to document the safety, therapeutic efficiency and the “enjoyment factor” of the Buchinger Wilhelmi fasting programme.

We gathered data from 1,993 patients who spent 10 days or longer (14 days on average) at Buchinger Wilhelmi in Überlingen in 2016. During their stay, we collected their medical parameters, measured their blood pressure and took blood tests. In addition, we documented

the patients' emotional and physical wellbeing and the long-term impact of fasting by sending them follow-up questionnaires two weeks, three months and eleven months after their stay.



Franziska Grundler (left) and Dr. Françoise Wilhelmi de Toledo.

This study is expected to provide evidence that “nutrition strategies” such as fasting can be as effective as drugs or complex drug therapy in preventing and treating diseases, improving patients' state of health and regenerating their

organs – with minimum side effects, as our study confirms. The results are currently being analysed and should be published in 2017/2018.

Fasting and muscle function

The second study conducted in cooperation with Dr. Stéphane Blanc and Dr. Yvon Le Maho and their team from CNRS (National Centre for Scientific Research) in Strasbourg documents the effect of the Buchinger Wilhelmi fasting programme on muscular performance and muscle metabolism on 16 healthy men over a period of 17 days.

We examined the volunteers every day and collected exacting parameters as well as extensive laboratory measurements. The results are currently being evaluated. An initial analysis shows a very stable muscular performance over the course of fasting with a clear improvement after 17 days of Buchinger Wilhelmi fasting. The results are expected to be published in 2017/2018.

Finally, two doctoral theses are being prepared, one on the topic of “The microbiome before and after fasting” and the other a detailed follow-up of a group of patients who fasted in the clinic.

Thank you to all those who took part

We would like to thank you, our dear guests and patients, for supporting these studies and making the effort of carrying out daily self-observations, filling out forms and sending them back to us. Next time you come to the clinic, we will be able to present you with several impressive preliminary results that reveal improvements to almost all parameters and thank you in person for your cooperation.

Lecture on fasting at ESSEC: guest speaker at iMagination Week

“iMagination Week” is a programme initiated by Prof. Xavier Pavie at the famous ESSEC Business School in France near Paris. For five days, students are confronted with all kinds of topics – except for business topics.



The aim is to give students the freedom to use their imagination and thus break out of their everyday conceptual boundaries, gain inspiration and give their creativity free rein. Dr. Françoise Wilhelmi de Toledo was a guest speaker at the 6th iMagination Week in February 2017, where she talked about “The positive effects of fasting”. Prof. Pavie was fascinated above all by the aspect of self-control in fasting. Other speakers included Christian Remi, a street artist, Jean Jouzel, 2007 Nobel Peace Prize winner, Heinz Wissman, Director of Studies at the University for Social Sciences, and Dr. Jean-Louis Etienne, an explorer and nutritionist. The 720 masters' students participated actively in the discussions, voicing their interest and some criticism. Besides attending lectures, they also had the opportunity to work in guided groups and develop ideas on the topic of “The Politics of the City in 2050”.

All lectures can be viewed online at: www.essec.fr und [YouTube](https://www.youtube.com). A book with the speakers' contributions is being compiled.

Commitment in Africa: “Wells without Borders”



After deep drilling our well is producing water again!

We all know the enormous problems involved in connection with large numbers of refugees. We believe that it is important to try to solve the problem at its source.

The clinic in Marbella is working with the local aid organisation “Pozos sin Frontera” (Wells without Borders) from Malaga, which guarantees a direct influence on the aid project. The clinic is funding a well in a village in Burkina Faso (administrative district of Karangasso Vigué) to provide clean drinking water

for the community. We are delighted that this project will soon be completed! Three stages have already been implemented:

- A well has been built for drinking and irrigation water, supplying water to the village with 100 families and a school with 350 students.
- A committee has been set up to manage the water (mainly comprising women, as they are more motivated to ensure that their families get good water).
- People have been trained to deal with the water and use it correctly for agriculture, health and hygiene!

The project therefore provides a basis for the village and the school to become self-sufficient in the long term and for the children to get an education. Our cooperation with the organisation has been very satisfactory, particularly by guaranteeing the effectiveness of the project by regularly visiting the village to ensure that it can provide for itself in the long term.

For more information, see: www.pozosinfronteras.org

Let's dance! Dance Flow, Zumba and Salsa

We are particularly in favour of therapies that do not need words, but still affect us physically and spiritually – in other words, holistic treatments like fasting. Music, art, breathing therapy and yoga are other good examples, as are treatments like sound massage with singing bowls, craniosacral therapy, yoga and meditation, singing and of course our hikes!

But dance – a combination of music and exercise – has always been one of our more popular activities.



Barbara Glazar

“Dance Flow” is a brand new activity that you can now enjoy here. Barbara Glazar, a graduate from the Canadian Ballet School and a dancer with John Cranko in Stuttgart, among others, wants you to “move your body, open your heart and set your spirit free.” You should “connect with your core and your fellow beings and express yourself in dance.”

Ms Glazar is also a yoga teacher who is widely travelled and is very popular among our guests. As she is Canadian, she speaks not only German, but also English and French.

We will continue to include Zumba in the programme. This blend of dance and aerobics is also a fun way to burn calories. In addition, we will be offering classical Latin-American dance classes – salsa, rumba and cha-cha-cha. Of course we hope that our male guests will also be tempted to join in!



Zumba

Relaxing with music and sound waves

Therapy using music and sounds is a particularly exquisite, subtle way of influencing, vitalising or calming our physical and emotional worlds.

These stimuli have a particularly intensive effect during fasting, as we are more sensitive, receptive and permeable. One way of creating them is through music therapy with melodies and rhythms: Harmonies, inflections in the melody in a minor or major key, or the rhythm of a drum can achieve the desired effect.

Another possibility is creating vibrations through pure sound, which reach our brain via our ear canals and influence our entire body. As this is composed to a large degree of water, the vibrations cause the whole body to resonate. Thomas and Martina Lutz, two experienced therapists in Überlingen, regularly invite you to join them on a sound journey using mainly Tibetan singing bowls as well as gongs and an ocean drum.

Daniela Schwan uses crystal singing bowls, which she fills with water to produce a wide range of sounds. You can experience the combination of bowls, xylophones and bells while lying on the floor on a rug.

These sound journeys or concerts produce different effects in different people. Many experience a great sense of peace and relaxation, some fall happily asleep. Others feel at one with the cosmos, are transported to an “oceanic feeling” and hover. Especially people who are fasting find themselves in the infinite realm of dreams.



Fasting makes you forgetful!



Notebook with eight drawings by Filipandré (available in the clinic shop).

Some people forget their own telephone number, the password for their iPhone – there was something really important they wanted to say ...

That's why we have come up with the idea of a special notebook featuring drawings by the well-known French caricaturist Philippe André (“filipandré”), in which he lampoons life at Buchinger Wilhelmi during his stays.

You never know, this notebook might become your constant companion during your stay, providing you with a diary of your fast at the end of it.

We'll top you up!

Since the beginning of the year, guests in Marbella with electric vehicles have been able to enjoy a very special service: a recharging station. The idea of a car park with recharging stations fulfils two objectives that are close to our hearts: service for our guests and environmental protection. We decided to install a high-quality system of the “Menekes” brand. Type 2 (22 kW) produced excellent results in first trials with electric cars.

As Mr. Menekes has been a dear guest at our clinic for many years, it was a great pleasure and honour for us to welcome him at the opening ceremony.

Claus Rohrer, Jutta Rohrer, Walter Menekes, Domingo Sánchez (left to right).



A six-month stay in Marbella

Luigi Martini will certainly be remembered for a long time by our staff in Marbella.

In summer 2016, he checked into the clinic, leaning on a stick and withdrawn. In February 2017 he left the clinic again – smiling, standing tall and slim. What had happened? In an interview, he tells us about his stay at the clinic. Thank you for talking to us!

Dear Mr Martini, what made you decide to spend such a long time in our clinic?

I wasn't well. I knew from personal experience that I needed help and that I needed more time than a “normal stay” would allow.

Why was Buchinger Wilhelmi the best option?

I first came into contact with the clinic and the healing power of fasting in August 2015 and was thrilled! When I returned home, one thing followed the next and I was in pain for almost a year, put on a lot of weight and felt completely lost. It was the memory of my

wonderful experience here that gave me the strength to plan this “journey of hope”, because I was slowly losing hope...

What did your treatment at the clinic involve?

In terms of nutrition, I fasted periodically for 14, 21 or 32 days with refeeding days in between, followed by an



800-calorie diet. In the final phase, I followed a so-called “ping-pong diet”. Before returning home, we slowly increased my calorie intake until I

reached a diet that I could keep to when I got home. Osteopathy, physiotherapy and the advice of the sports doctor helped me in every respect. Initially, my physical activities were limited to visiting the sauna and walking to the swimming pool, until I slowly began to take part in morning walks and even managed to walk back to the clinic. I took lessons in Qi Gong, Yoga and Pilates, swam a lot and walked 25,000 steps on average every day. Reiki and the nutritionist's advice were very beneficial.

You seem to be almost a new person!

How much weight have you lost and what was your greatest motivation?

I have lost 68 kilos so far. My greatest motivation was to defy the many people who said I would not manage it. And anyway, I couldn't see any alternative.

Are you generally satisfied?

I am very happy with what I have achieved. I stopped smoking on 25 September 2016 – that's four months ago already! Acupuncture helped me to manage it. I am convinced that it made it easier to stop and made the

withdrawal symptoms more bearable. It is hard to believe that before staying here I smoked 20 to 30 cigarettes a day! Overall, this adventure was a very emotional one for me. I had the privilege of experiencing something that I will take with me for the rest of my life. I will carry the kindness and motivation I received here in my heart.

I would like to thank my family, who did not discourage me from undertaking this strange and ambitious project, and all those I met here. Everyone, both the staff at the clinic and patients from all over the world, supported me when I was despondent. My decision was a very unusual one and I hope that everyone makes a decision like this once in their lifetime. I am indebted to everyone here at the clinic!

Send your smartphone on a journey ...

How does that work, you may ask yourself?

Smartphones – a brilliant invention that allows us to link up to a global network – also have their perils.

Did you know that creativity and efficiency have been shown to increase in meetings if the use of smartphones is prohibited?

A survey has shown that Germans are prepared to give up alcohol and sweets during Lent – the 40-day fasting period before Easter – but not their smartphone. All the same, one in four people interviewed was willing to spend less time online and with their smartphone.

We at Buchinger Wilhelmi are convinced that doing this now and again benefits everyone: Without our smartphone and other electronic devices, we are open to new encounters and other pleasures, feel liberated and are more accessible to other people. In addition, it allows us to rest our eyes, necks, shoulders and fingers, not to mention the inner peace when we feel when we are not con-

stantly driven by the need to check e-mails, messages, news and mailboxes ...

We invite you to take part in an experiment!

This year, we are inviting our guests in Marbella to take part in an experiment, because we want you to be able to relax completely during your stay. As part of our “Digital Detox” campaign, we offer you the option of depositing your smartphone at Reception, either temporarily or for your entire stay. Try it out and treat yourself to some time out from the media, that influence our daily lives so much nowadays!

When could be a better time to take the plunge if not during your own detox?

We will not abandon you

We will not abandon you as you tread this new path of abstinence – and liberation. Our therapists will accompany and support you with help and tips. By the



end of your stay, you will feel more rested, your biorhythms will have been reset and you will have gained scope for inspiration and creativity. If you would like to try out your digital detox at home, we have a few tips and advice for spending time without your smartphone.

Our first-aid advice

1. Set up an automatic answer on your e-mail account and mailbox to tell your contacts what you are planning to do: Dear sender, my smartphone is on a

“digital detox”. In urgent cases, I can be reached on “XY”.

2. Relax in your favourite spot (ideally outdoors in nature) and take a few deep breaths. Be aware of your body and your feelings, without judging them!

3. Take a look at the nature around you.

4. Pick up a diary and write down your thoughts instead of telling them to someone on the phone or “posting” them.

5. Talk to friends and family members about your personal “digital detox” and encourage them to join in.

Buchinger Wilhelmi in the media



Focus, February 2017



Wirtschaftswoche, January 2017



Psychologie Heute, March 2017



La Vie, March 2017



The Telegraph, April 2017



The Irish Times Weekend, November 2016

Of course we are not under the illusion that the media spend their whole time reporting on therapeutic fasting and Buchinger Wilhelmi. Journalists, especially those from countries outside Germany, also feel obliged to write about fasting in their own countries.

Several articles on types of fasting other than therapeutic fasting have been published since the beginning of this year, above all on intermittent fasting – 5: 2, 6: 1 or 16-hour fasting advocated by Dr. Madeo. In autumn, the *Frankfurter Allgemeine Zeitung* wrote about our scientific studies and the growing number of British guests at the clinic. Achim Wörner from *Stuttgarter Zeitung* interviewed our clinic director in an article packed with pictures. Elisabeth Dostert wrote in *Süddeutsche Zeitung* about “Abstention, the new luxury” and her visit to the “exclusive Buchinger Wilhelmi clinic”. *Bunte* started the new year with an article on the fasting methods practised by celebrities (Jasmin Wagner: “Fasting taught me to be aware of my body”). At the same time, *Wirtschaftswoche* came up with an original idea: a chaired discussion between Hamburg-based celebrity chef Cornelia Poletto and the managing director of Buchinger Wilhelmi about “Enjoyment and Abstention”. The interview revealed that the two had a lot in common: Cornelia Poletto, who also cooks on television, fasts regularly, and Raimund Wilhelmi is certainly not disinclined to enjoying a good meal, as are his and probably her guests too! It was an amusing article with original pictures! Raimund Wilhelmi was chided for weeks afterwards about saying “Cheese, bread and red wine are wonderful, but lethal”. In February, *Focus* published a 12-page cover story by Barbara Jung-Artz, who had tried out almost every fasting specialist she could find, and (of course) had also fasted at our clinic. It is a very well-written report about the most common fasting methods, explained by their main exponents. Plenty of diagrams and illustrations are scattered throughout the article in typical *Focus* style. And Matthias Matussek champions the cause for Buchinger Wilhelmi once again in his usual direct way. Thank you, Matthias! He also mentions the

spiritual aspect, which risks being overlooked in the article with its focus on biochemical metabolic processes. This was followed in March by a report in *Handelsblatt*, which broached the topic of succession in family-owned companies and speculated whether we might be opening a new location. *Psychologie Heute* and the *Südkurier* also brought out major review articles on Ash Wednesday. In the Swiss magazine *Weltwoche*, Matthias Matussek described in a very personal report the euphoric, almost mystic mood fasting puts him in. He vividly recalls the long tradition of fasting in the church.

James Bond 007 walks into a clinic

English journalist and BBC presenter Anne Robinson talked about her stay at our clinic in several publications. In the *Daily Mail* and other newspapers she philosophised about how her face has changed over the decades, face-lifting and bodybuilding, and mentioned in passing that she had been at Buchinger Wilhelmi. In autumn she reported in her very popular *BBC programme* first about a bodybuilding couple and then about our clinic in Überlingen. Again in the *Daily Mail* and out of the blue for us, Philippe Starck expressed his commitment to fasting and to Buchinger Wilhelmi. Jeanette Winterson spoke very openly in the *Telegraph Magazine* about her personal and health reasons for fasting again and about the obstacles she had to overcome. The English online publication *The week* also reported on the topic in detail. We were particularly delighted by an article by Gemma Tipton in the *Irish Times*. She came here with an image in her mind of the clinic in the film “Thunderball”, in which the baddies attempt to kill James Bond with enemas and fitness machines. She writes that she could not imagine surviving without coffee and alcoholic drinks, and then having to put up with Glauber’s salt and other colonic irrigation methods. But at the end, she called her stay a “life changing experience” and can even imagine coming back.

“The result: it’s simply wunderbar”

As well as mentions in the *National Geographic Traveller* and *SPA Guide*, we were very happy that the very influential *Robb Report* published an accurate report written by the very charming Martin Turner under the title “The serious fast”

(“The result: it’s simply wunderbar”). Victoria Woodhall penned an impressive 3-page article in the magazine *YOU* about fasting on Lake Constance. She also presented an overview of fasting methods. She claims that Petronella Ravenshear recommended “breakfast fasting” in England a long time ago. Of course, she also asked celebrities what method they fast by. Michael Mosley and Dr. Françoise Wilhelmi de Toledo also get a word in and point out the many health benefits of fasting besides weight loss. The author concludes that fasting is a “free health resource available to all”, and that it is ok to be a bit hungry every once in a while. It might even be what keeps us alive!

Une sensation de bien-être et de légèreté

In the French media, a 14-page (!) illustrated dossier about fasting published in the Christian magazine “*La Vie*” impressed us particularly. It was obviously strongly inspired by Dr. Wilhelmi de Toledo, who was invited to a major fasting congress by the Bishop of Lyon two years ago, after which she was also asked to talk in Strasbourg. Dr. Wilhelmi de Toledo is cited frequently in the report and talks about the scientific stud-



YOU, April 2017



The ecologist, January 2017

ies we are conducting at the moment. In addition, Thierry de Lestrade writes from a medical history perspective and Pascal Ide, who fasted in Überlingen last year, reports on his own experience of fasting from a physical, emotional and spiritual standpoint. Coline Serreau and Mario Vargas Llosas are presented as prominent advocates of fasting (“*Je jeûne est un plaisir*”). Of course the Christian fasting tradition is dealt with in detail too. The magazine *Biocontact* also published an article about fasting and mentioned Buchinger Wilhelmi with a picture, but focused on fasting and hiking in France.

The Spanish media honoured “Dona María” last year in particular on the occasion of her 100th birthday (e.g. in *Diario SUR*). This was also the subject of articles in *Ecologist* and *Andalucía Vive*.

Vasten – nieuwe stijl bij Buchinger

We were completely surprised by a major report in a magazine by spa junkie Alexandra Roskam from Holland. Now we know what fasting is called in Dutch: VASTEN!



Happy in Shape, January 2017

PHOTOS Arboretum, Wells Without Borders, Tobias Döhner, Essec TV, Filipandrè (drawing), fotolia/soocx, fotolia/Dionisivera, fotolia/ches, iStock/FatCamera, iStock/Foxys_forest_manufacture, Barbara Glazar, Niklas Görke, Pablo Llaryora, Stef Manzini, Ursula Perwein, Christine Schaum, Daniela Schwan, The Organic Pharmacy

TEXT Raimund Wilhelmi, Katharina Rohrer, Dr. Françoise Wilhelmi de Toledo, Dr. Lisa Green, Alejandro Orioli, Nicole Schindler, Martine van Houten, Birgitt Bley, Claus Rohrer, Jutta Rohrer, Katia Coppens, Frank Deweert, María Escudero

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Female leaders in dialogue

Twice a year, Buchinger Wilhelmi hosts a chaired panel discussion “*FrauenLeben*” (Women’s Lives) organised by the service organisation Soroptimist International. Dr. Françoise Wilhelmi de Toledo is currently president of the Soroptimist association in Überlingen. This popular series of events offers women a podium to discuss various topics in their role as experts. In January 2017, three very successful and inspiring women were invited: Dr. Annette Winkler, Vice President of Daimler AG, Head of SMART; Dr. Heike Hanagarth, Member of the Supervisory Board of LANXESS AG; Susanne Kleinig, Head of Lehmann Precision Watches. These three strong women gave an insight into their careers and described what female leadership means and how successful it can be.

Photo: left to right: Dr. Heike Hanagarth, Karin Degner, Dr. Françoise Wilhelmi de Toledo, Dr. Annette Winkler, Susanne Kleinig, Petra Bekker

Anja Kruse fasts and writes a recipe book



The actress Anja Kruse has often visited our clinic in Überlingen as a guest. We have fond memories of her literature evenings. This time, she spent her time not only relaxing, but also writing a recipe book. To this end, she met Hubert Hohler, head chef in Überlingen, for a professional discussion. The two of them share a similar cooking philosophy. We were particularly delighted and surprised that she documented her entire stay with plenty of pictures in a daily blog, introducing her friends to us on Facebook. Thank you, Anja!

Events 2017 Bodensee

The Way to the Inner Self – Zen Meditation with Dr. Christian Kuhn *

Mon. 19. 06. – Fri. 30. 06. Mon. 23. 10. – Fri. 03. 11.
Mon. 21. 08. – Fri. 01. 09. Mon. 04. 12. – Fri. 15. 12.

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

Yin Yoga – Meditation *

NEW

Mon. 10. 07. – Sat. 15. 07. Mon. 27. 11. – Sat. 02. 12.

With Gilbert Grimeau, Meersburg. The very gentle stretching and limbering-up exercises in yin yoga are an ideal way of preparing your body for meditation. Every day, you will learn various meditation techniques: Breathing meditation, mindfulness meditation, Japa meditation (mantra), chakra meditation, walking meditation.

In German and English.

Mind Body Days *

NEW

Mon. 31. 07. – Sat. 05. 08. Thurs. 28. 12. – Wed. 03. 01. 2018

A new, special programme offered by Dr. Anne Brunner from Munich. Mind Body exercises focus on the interaction between the body, mind and soul and therefore on holistic healing. Various methods are offered alternately: fascial training, Pilates, yoga, yin yoga/deep slow stretch.

In German and English.

Life Choices – Navigating your Own Life *

Thurs. 06. 07. / Fri. 07. 07. Thurs. 23. 11. / Fri. 24. 11.
Thurs. 21. 09. / Fri. 22. 09.

Psychological lectures with Bernd Isensee, psychologist from Rottenburg (D). Bernd Isensee is back at our clinic in 2017 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”.

In German.

Junior Activity Weeks 2017

Sun. 16. 07. – Sat. 19. 08. (Please book in good time due to high demand)

Our Junior Activity Weeks have become a Buchinger Wilhelmi classic. They are especially geared to young people aged between 18 and approx. 35 years of age. The programme combines summer fun with sports and games and challenging physical activities, e.g. rafting, geocaching, archery, water skiing and much more. At the same time, participants learn to eat a healthy diet. More detailed information can be found on our website:

www.buchinger-wilhelmi.com

We would also be pleased to send you our brochure: info@buchinger-wilhelmi.com

In German and English.

Semaines Francophones *

Sun. 03. 09. – Sun. 17. 09. with Sylvie Petiot, yoga and meditation
Sun. 05. 11. – Sun. 19. 11. with Elijah Ary, meditation and topical lectures

In 2017, our French-speaking guests will again have the pleasure of experiencing a programme tailored to their requirements: The Semaines Francophones. For more details in advance, please refer to our website

The events offered by our main speakers and the evening programme as well as some other activities in the course of the day are offered in French.

ART Weeks *

Sun. 06. 08. – Sun. 13. 08. Sunny ART
Sun. 15. 10. – Sun. 22. 10. Autumn Colours

Enjoy a creative experience under the guidance of Getrud Kemmerling.

Events 2017 Marbella

Workshop “Health begins in the ground” *

Wed. 12. 07., 08. 11. and 21. 02. 2018

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

In Spanish and English.

Starlite Festival Marbella

Thurs. 13. 07. – Sat. 26. 08.

Anastacia, Elton John, Andrea Bocelli, Anna Netrebko, Yusif Eyvazov, 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 be enhancing our varied weekly programme with summertime activities like beach volleyball, Aqua-Relax and games and sports in the swimming pool. In addition, you can enjoy a delicious vegetarian barbecue every week.

Concert Highlights of the Season

- Fri. 08. 07. Benefit jazz concert for the Cudeca Foundation
- Sun. 13. 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...
- Fri. 01. 09. Flamenco evening*
- Sat. 11. 11. Piano concert* with the music association Música con Encanto

Workshop for Modern Contemporary Painting

Fri. 23. 06. – Sun. 25. 06. and Fri. 21. 07. – Sun. 23. 07.

This seminar offers a theoretical and practical introduction to modern painting and the chance to discover different forms of expression: Collage, textures, materials, etc. With Enar Cruz.

In Spanish and English.

Lu Jong Yoga Workshops

Sat. 26. 08. and Sat. 07. 10.

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

In Spanish and English.

Workshop “Self-Treatment: Sound Massage and Tibetan Singing Bowls” *

Sat. 02. 12.

Sound massage with Tibetan singing bowls creates a state of profound wellbeing thanks to its relaxing effect. With Christine Heckel, Certified Sound Relaxation Coach.

In Spanish and English.

Christmas in Marbella *

Mon. 11. 12. – Fri. 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”.

- Meditation evenings: Zen – or the art of living well
- Religious service on the 4th Sunday in Advent

Sun. 10. 12.
Christmas bazar

* Free of charge as part of our Buchinger Wilhelmi programme