

NEWS

Summer / Autumn 2018

BUCH/NGER
W/LHELMI

THERAPEUTIC FASTING · INTEGRATIVE MEDICINE · INSPIRATION

Dear guests, patients and friends,



The Buchinger-Wilhelmi and Rohrer families at the inauguration of Antares - House of Inspiration, in Marbella.

One of the best events so far this year was without doubt the inauguration of Antares - House of Inspiration in Marbella. On a beautiful June evening, employees, long-time guests, family and friends from Marbella came together to celebrate the new House of Inspiration. Katharina Rohrer-Zaiser and Victor Wilhelmi from the new generation of the clinic's management in Marbella welcomed all the guests. Raimund Wilhelmi paid tribute to Claus

and Jutta Rohrer, who retired officially on this evening after managing the clinic for 36 years. Ángeles Muñoz, Marbella's mayor, even hooked up to the event via video conference. She also congratulated the couple for their contribution to improving the image and perception of Marbella. Claus and Jutta were obviously moved as they gave their thanks: "We feel privileged to have been able to work here for so many years, with such

wonderful colleagues, and to have met so many fascinating guests." Following this, various musical ensembles performed in the wonderful permaculture garden of the new house, and Lucy Parham closed the evening with the sound of Debussy on the Steinway in the Moorish domed hall. With Antares, the third pillar of our motto "Therapeutic Fasting, Integrative Medicine and Inspiration" has now found an impressive new home in Marbella. Otherwise, the first half of the year was marked by the work done by our two new directors in Marbella - read more about it in this NEWS.

In Überlingen the medical team welcomes some fresh new faces. Siegfried Bäumler from the medical team in Überlingen describes in his article the correlation and advantages of a combination of fasting and Kneipp affusions in treating various indications. We started the new year at our clinic with renewed energy, also digitally, and on several channels. On our YouTube channel, you can watch our new image video and see what our guests have to say about us. It also includes a new cooking series, where Hubert Hohler, our head chef in Überlingen, presents a step-by-step guide to some of his most popular

recipes. You can also find these on our Facebook and Instagram channels. It is already a year since we launched our fascinating CSA project with the aim of supplying our kitchen at Buchinger Wilhelmi in Marbella with the very best, organic ingredients from the surrounding region. We now also treat our staff to an organic box. It is a commendable initiative, which will hopefully inspire others to do the same.

Finally, Dr. Eva Lischka advises you to fast intermittently now and again, and we give you some tips on how to dine out healthily.

In this spirit - we hope you enjoy reading this edition!

F. Wilhelmi

Raimund Wilhelmi

Z. N. Z.

V. Wilhelmi

Find your favourite Buchinger Wilhelmi recipes now on YouTube

On our new YouTube channel, you can not only find out how to cook delicious recipes with our head chef Hubert Hohler, you can also see reports on Buchinger Wilhelmi in the media, exciting talks and documentaries about fasting as well as plenty of fascinating information on the topic of “fasting, healthy nutrition and exercise”.

You can already find a range of delicious dishes online with step-by-step instructions by head chef Hubert Hohler, tips on how to prepare different basic foods, and of course shopping lists for the dishes presented. We launched the channel with probably the most popular of all Buchinger Wilhelmi recipes: our muesli. It will be followed by our vegetable piccata, raw fruit and vegetable salad and much more.

Visit us and discover many other inspiring recipes that you can try out yourself and see just how easy it is to cook healthy and delicious food at home.

However, our new “Buchinger Wilhelmi” YouTube channel not only provides information on how to prepare various recipes, but also further useful tips and information on the topics of cooking, healthy nutrition, exercise and fasting in general.

What's more, our various playlists also include talks from the fasting congress of the Medical Association for Fasting and Nutrition (ÄGHE), fascinating statements by international fasting experts and inspiring interviews with some of our guests. Of course you can

also find our new image film, in which we introduce the two clinics and the Buchinger Wilhelmi Programme. In addition, we have made several videos available online in other languages, such as our special playlists in Spanish and French. Our playlist “Fasting Science” also has links to other fascinating reports,

talks and documentaries on the topic of fasting research. We look forward to receiving your feedback, comments and of course pictures of dishes you have cooked yourself.



The MELT Method Hand and Foot Treatment



The MELT Hand and Foot treatment is a self-treatment technique which can benefit everyone, regardless of age or state of health.

We tend to take our hands and feet for granted; we use our hands continually all day long for every move we make and our feet for every step we take. We probably wouldn't consider an exercise program for the hands and feet, until a medical condition occurs.

The MELT Hand and Foot treatment provides an easy-to-follow routine using four small balls of different sizes and densities. It includes a self-assessment, followed by a variety of movements and compression techniques using the balls on the fingers, hands, wrists, forearms and feet.

The treatment can be related to localized tissue stimulation to aid in restoring space to compressed joints and to improve blood circulation.

However, more profoundly, the reflex pressure points on the hands and feet correspond to all the internal organs and systems of the body. By applying direct pressure on these points, the body responds by relaxing, rebalancing and creating a sense of well-being.

The hands and feet can be treated separately, together or in combination with other MELT Method techniques that incorporate whole body movement using a soft foam roller.

The CUDECA Gold Pin 2017 goes to Buchinger Wilhelmi Marbella!

The CUDECA foundation on the Costa del Sol in Spain has been dedicated to the palliative care of cancer patients and their families for 25 years. The outstanding work of the hospice staff is supported by some 1,000 volunteers. The foundation supports and cares for patients and their families completely free of charge.

CUDECA has honoured the support the clinic in Marbella has given to the organ-

ization for many decades by awarding it the Gold Pin 2017. This was accepted by Jutta Rohrer, who lauded CUDECA for its excellent, dedicated work in her speech of thanks.

Some readers may be familiar with the summer concerts we organize in the clinic gardens to raise funds for CUDECA. This year, we held a flamenco evening in July.



Rafael Olalla, Assumpta Eceiza, Marisa Martín and Susan Hannam from CUDECA with Jutta and Claus Rohrer (3rd and 5th from the left)

Finding happiness through meditation with Buddhist master Tulku Lobsang

In April, Buddhist master Tulku Lobsang blessed our new House of Inspiration and showed us how to find inner contentment in his course “Meditation for Happiness”.

Born in Tibet, Tulku Lobsang was recognised as the reincarnation of a high master and trained in the wisdom of Buddhism, Tibetan medicine and astrology. When he was 17 years old, he went to India, where he founded the Nangten Menlang Buddhist Medical Center.

The path to happiness

Today, Tulku Lobsang travels around the world, passing on his knowledge to people who are looking for help to alleviate their suffering and lead a healthy, happy life.

In 2015 he was presented with the 14th Dalai Lama Award of Excellence in



Before the course, Tulku Lobsang held a blessing ritual for our new House of Inspiration.

Health & Spirituality by the Dalai Lama for his work.

Tulku Lobsang's teachings are profound and yet full of humour.

Participants in his course “Meditation for Happiness” in April experienced this at first hand. The course dealt with the search for a meaning in life, the two kinds of happiness and the possibility of finding the meaning of life and happiness within us via meditation.

Often, we do not realize that happiness is within us

The happiness we carry within ourselves is unconditional, it is always there. However, we often fail to recognize this happiness and suffer as a result. The reason why many people do not find this happiness, according to Tulku Lobsang, is that they look for happiness and satisfaction externally. But because external happiness is always conditional, it will end one day and is therefore only ephemeral.

The way to unconditional happiness is through meditation, according to Lobsang. He took the group of participants through a meditation session and

an exercise that should remind us every morning that the seeds of happiness are within ourselves.

Résumé after one year: “Clinic Supported Agriculture”

We kicked off the “CSA – Clinic Supported Agriculture” project a year ago. Here we present our first résumé:

The CSA project is all about HEALTH, QUALITY and SUSTAINABILITY.

It enables us to offer fresh vegetables and fruit of the highest quality that has been grown locally and produced fairly, allowing our guests to enjoy natural, healthy and authentic food that contains the best nutrients and is free from pesticides.

All the food we prepare and serve our guests in Marbella is chosen according to the season. By giving them the opportunity to eat healthy and ripe food, we also enable our guests to rediscover something extremely valuable: the authentic, pure taste of fresh fruit and vegetables. In the first year alone, we produced

more than 30,000 kg of fruit and vegetables of 72 different varieties in cooperation with eight organic farmers, whose fields are just 25 kilometres away from our clinic. This high-quality produce is harvested fresh every morning according to our needs and delivered directly to our kitchen, where it is prepared within a few hours. Freshness is a very important aspect when it comes to producing dishes that are of a high quality, are rich in nutrients and can compare with internationally renowned establishments.

Producing food of the highest quality in an ethical and sustainable way

In setting up the CSA project, Clínica Buchinger Wilhelmi has committed itself to producing food of the highest quality in an ethical and sustainable way.

By cooperating directly with the local community, our aim is to promote a healthy lifestyle and create environmental awareness.

The quality criteria defined for this project include not only organoleptic, nutritional and productive aspects (techniques for organic farming), but also other indicators linked to the



Buchinger Wilhelmi kitchen team, farmers in the CSA project and project manager Alejandro Orioli

protection of the environment (soil, water, landscape) and the social and environmental resilience of the actual process of manufacturing, distributing, consuming and recovering nutrients.

It is all about creating a way of working together and a constant dialogue between the field and the plate, growers and chefs, the clinic and its guests. We have declared it our mission to establish a healthy and sustainable food system that benefits us all. Because we are

convinced that health begins in the ground and that this project will enable us to protect the health of the Earth and the people who live on it.

Inauguration of Antares – House of Inspiration

Back in April, we inaugurated Antares – House of Inspiration, opposite the clinic in Marbella. Set in extensive grounds, the new house is an ideal location in which to develop and experience the profound, fragile and existential basic concept of inspiration.

with relaxing rituals such as yoga, pranayama (breathing exercises), creativity, aroma therapy, meditation and more than 20 other treatments.

We are convinced that the process of inspiration can be supported ideally in nature. Never before have we humans been as removed from nature, on which not only our happiness but also our existence depends, as we are today. Various studies have shown that we can reconnect with ourselves most effectively in nature. Because isolating ourselves from nature means isolating ourselves from ourselves.

cycles. Ninety percent of the plants that grow here are native and therefore representative of the natural local landscape. The layout is adapted to the region and the surroundings, reflecting the unique natural beauty of Andalusia.

“For us at Buchinger Wilhelmi, inspiration is fundamentally important to lead a holistic, healthy life. If life were a starlit night, inspiration would be the shooting star that suddenly appears and then vanishes, leaving in its wake a trail that can shape our entire life. We have created an ambience filled with beauty, silence and harmony, where you can feel free and safe, accompanied and supported by an interdisciplinary team. This trusting environment encourages introspection and connects us with our inner nature. We hope that our visitors are able to re-establish contact with themselves and feel the spiritual clarity that leads to creativity, solutions, new ideas and a better self-knowledge... May inspiration be with you.”

These are the goals of the members of the Antares working group. The services we offer at Antares stand in the tradition of the vision of our founder, Otto Buchinger. He attached particular importance to spiritual inspiration through nature, music and contemplation during fasting. He knew even back then that “When the body fasts, the soul hungers”. He was convinced that it needs “spiritual nourishment” as sustenance, which he described as “a diet for the soul”.

When we opened our first clinic on Lake Constance, neither mobile phones nor the Internet existed. The relationship between us and our environment has changed at such a breakneck speed that it is sometimes difficult for this development to sink in.



Nowadays, the society we live in is characterised by a constant overload of visual and auditory stimuli, frequently exacerbated by an extravagant lifestyle and omnipresent technology as well as excessive media consumption. Consequently, our brain tends to go into a kind of protection mode as a form of self-preservation and switches off receiving mode, although in reality we are still connected to our environment and have merely taken a step back from ourselves.

As a result, we start to gradually stop listening to our inner voice. To enable our guests to re-establish contact with their inner selves, we decided to create a space dedicated to the topic of inspiration – Antares.

The idea behind this concept is a completely different perspective on patient care. Antares is a place where calm and harmony prevail, where our therapists can accompany you and stand by you in the process of finding and reconnecting with your inner self. Our interdisciplinary team will care for you and give you psychological support



The idea behind the House of Inspiration is to enable our guests to rediscover their true nature. It is a gift, like a shooting star in the night sky ...

New rooms for our guests

With the inauguration of Antares – House of Inspiration, we have made some changes and created some new facilities at the clinic in Marbella.

- Our Beauty department has been moved to the House of Inspiration. In addition, we now have a new room that will be used above all for aromatherapy, hot stone and Ayurveda massages.
- The small wooden house near the pool will now accommodate a new, spacious shop. We will also be offering our own collection of garments for the first time, designed exclusively for you: Buchinger Wilhelmi by BRAEZ.
- Diagnostics as well as special medical consultations such as sports medicine will be moved to the former shop in the main building.
- There will be a spacious new art studio in the House of Inspiration. The original studio in Villa María and the Room of Silence next to it will be turned into further therapy rooms, above all for massages of Asian origin.
- Finally, the cash desk and management's offices in the main building have been renovated.

Let us know what you think about these renovations and changes next time you come to Marbella!

VIOLA BEAUTÉ cosmetics institute in Überlingen

Feeling attractive and feeling good are directly related to each other. That is why we also offer professional support in the area of beauty.

The cosmetics department in Überlingen was renovated at the beginning of this year and now has a fresh, new look.

It also has a new name:

VIOLA BEAUTÉ is the new cosmetics institute run by Viola Bruns and her team.

Let yourself be pampered from head to toe. Enjoy beneficial treatments for more vitality and vibrancy. Viola Bruns and her experienced team offer treatments that are tailored to your individual needs. Their prime objective is to give your complexion a healthier, more radiant glow. Enjoy the exceptional, professional beauty treatments in an exclusive atmosphere. The institute is situated in the Doktorhaus.

VIOLA BEAUTÉ consultations:

Monday – Friday: 10.00 am – 12.00 noon

We offer personal advice on your preferred treatments during these consultation times.

Outside consultation hours, you can send us an e-mail or leave a message on our answer machine. We will contact you as soon as possible.

Contact:

Phone: +49 (0) 7551 – 807 893

Extension within Buchinger Wilhelmi: 893

E-mail: cosmetic@viola-beaute.com

Opening times:
Monday – Friday: 9.00 am – 1.00 pm and 2.00 – 6.00 pm
Saturdays: 10.00 am – 2.00 pm (and by appointment)
Sundays and holidays: by appointment



New doctors on Lake Constance

The medical team in Überlingen was expanded in summer 2017 with two new doctors: Sandra van Waegeningh and Etienne Hanslian have many years of experience in the fields of diabetology, emergency care and nutritional medicine as well as internal medicine and naturopathy. As a result, we are now also able to offer a wider range of medical services.

We are delighted to welcome on board two such committed and experienced young doctors.



Dr. Sandra van Waegeningh, 43, has joined us after working at a specialist clinic in Allgäu. She has additional qualifications in diabetology as well as emergency care and nutritional medicine. She has also trained in homeopathy and psychosomatic medicine.



Etienne Hanslian, 37, comes to us from Hamburg, where he worked in the internal medicine and anaesthetics departments at several clinics. He is training as a specialist for internal medicine and has an additional qualification in naturopathy. In the course of and after his studies, he gained clinical experience in Spain, Mexico and the United States, among others.

“Last question Mr Laven: Will you come back again?”

Michael Laven is an actor from New Hampshire and a regular guest at Buchinger Wilhelmi Bodensee. We talked to him about his many years of fasting at Buchinger Wilhelmi. See the entire video with more of our guest’s opinions now on YouTube.



Mr. Laven, thanks for taking the time for this interview. Can you tell us how you like it here at Buchinger Wilhelmi clinic? Well, I’ve been coming for many years. I enjoy the experience and I keep coming back. So yes, I like it quite a lot. I find, it provides a lot of value to me, it keeps me healthy.

Can you tell us what’s so special about Buchinger Wilhelmi?

I find the program quite special, both from a medical and professional standpoint. People look after your whole body in a way that’s very relaxed. It has a health and medical component, but I find the balance between health, nutrition and physical activity actually quite restful.

Before you came here for the first time, what did you expect?

I had no clue. I came here about 20 years ago. I was very stressed out in my job, and I asked a friend of mine for a recommendation where I could go, because she has been everywhere.

And she said, try this place, you’ll find it the most relaxing you could find in the world.

So I had no idea, except that I wanted a holiday, but not the kind of holiday where you do a lot of drinking and going out, but where I could go to relax. The first time I came I spent about two weeks here. Then I went home and asked my wife, “Why don’t you come with me the next time?” So we’ve now been coming since the early 90s together.

Would you say that your stays at Buchinger Wilhelmi have changed your way of life?

Yes, absolutely. First of all, the chef is just fabulous! We’ve learned a tremendous amount from him. We integrate dishes we have learned to cook here into our daily life. I have developed an awareness of how to keep healthy that gets renewed each time I come back here. So the answer is that it has changed my life and made an impact on it.

People speak a lot about resetting here. Could you tell us what that means for you?

Well, I guess resetting is when you lead a very active life and you don’t have any time for reflection, especially when you have social pressures that we all have and enjoy drinking and friends, etc. Sometimes you just have to take a step back from it.

So I come here for 10 days and it’s not the kind of holiday where one goes to the beach and sits down all the time, it’s more of an active holiday in some ways because I walk and exercise and maybe get some treatments here and there. In my case, what I do is I fast and I control my eating and it makes a huge difference. In the end I fly back to the exact same life that I had before I came in, but I really think my attitude has changed.

Do you have maybe a good story about some of the staff here? You said that our chef influenced your way cooking, but is there anyone else?

In the many years I’ve been coming here I’ve only had two doctors. One retired and handed me over to Dr. van Houten. They look after my health and my wife’s health and I once even brought my son and my daughter, and they looked after them too.

Marcus and the team in the gym are also great in terms of the exercises they do. They are not afraid to cause you a little pain. They sort of even like that. So the gym staff are really good as well. I find the quality of the staff excellent in all of those regards. I’ve been here so many times and have got to know all of them well – so it’s tremendously positive.

I should probably mention the walks, because everyone talks about the walks.

I now know all the guides, since they have been very consistent the whole time. So all of the staff are excellent.

Can you tell us something about Überlingen and the region?

I walk by the lake quite a lot. One time I rented a bicycle and went down to the other part of the lake, uphill, which took a little longer so I came back with the ferry.

Of course we go on the walks through the wilderness here. I don’t like to travel too far from here.

I don’t go on the excursions but I go on the walks and it’s sort of a beautiful hardwood hillside. It not dissimilar to the region I come from – New Hampshire in the US – with its rolling hills with pine forests and some hardwood forest. I go to town and to other villages around here, but I really like the woods and the fact that you can get out into nature. Of course there are also the views you get of the lake from the top of the hills.

Is there a special treatment you enjoy the most?

No, I like to fast. In terms of massage treatments, I certainly enjoy simple massages that relax me, but I think the most relaxing thing is fasting and perhaps the liver pack which is basically putting a hot water bottle on your liver and a nurse comes and tucks you in for a nap after lunch – perfect.

Can you try to explain your fascination with fasting?

For me, the concept of fasting is not so much about weight – I lose a few kilos each time I come – but the whole concept of resting your body by not taking anything in. The liver pack itself makes absolute sense in that respect. So when you are fasting I think the level of rest that you get is important – it’s not

just rest because you are getting more sleep, it’s because your body is not working so hard doing all the digesting. And when you have fasted a few times, and now I’ve done it a number of times, my body is used to it and knows I’m coming to fast, and I actually get relaxed much faster now than the first time. So for me it’s all about the fasting and the relaxing.

What’s important to you in life in general?

The most important thing is family. I have my kids, I have a grandchild now. After family comes your health. Family and health that are the things that matter most to me.

How important is it nowadays to have time out like this?

This is luxury. It is a luxury I can afford. But I did it even when I couldn’t afford it. If you come here you can afford to come here and take a break. If you can’t, there are other ways to take time out for yourself, but you need to take a break, step back and look at what you are doing and also give your body a rest. So taking time out is incredibly important.

If you had one wish for the future, what would it be?

I would only wish that my family is happy and healthy. I can’t control the rest of the world.

Last question, will you come back again?

Yes, sure, I already booked my stay for next year. I’m coming back in April. One of the ways to make sure I come is to book a year in advance. Otherwise the year would fill up with family, and things you have to do. But yes, I come here every year.

“El arte del ayuno” – A book about the Buchinger Wilhelmi fasting programme

The book “El arte del ayuno” (The Art of Fasting) written by Dr. Françoise Wilhelmi de Toledo, Director of Research at Buchinger Wilhelmi, was presented in Madrid in mid-March. Published by Ediciones Maeva, it is a valuable and practical guide to fasting according to the century-old Buchinger Wilhelmi method.

The press conference in El Huerto de Lucas, a popular organic market and restaurant in Madrid, was hosted by Professor Pilar Muñoz-Calero, who is also President of the Fundación Alborada (www.fundacion-alborada.org) and Professor of Environmental Medicine at Complutense University in Madrid. She told the audience about her own personal, dramatic experience with multiple chemical sensitivity. The disease changed her life radically, up to the point where she couldn’t eat anything anymore. She couldn’t tolerate any materials or chemicals without having a strong reaction. She might die of starvation, if she had not found an environmental medicine therapy in the United States that helped her. Later on, therapeutic fasting in our clinic in Marbella became a regular part of her health regime.



“Fasting has an extraordinary impact on many aspects of our life. Perhaps the most important is discovering one’s own body. For me, this has been a true revelation ever since my first fast many years ago. We are bogged down in an extremely demanding and hectic routine, plagued by inner restlessness, worries and anxieties, and it leaves us very little time to think of something that is exceedingly important – our body. Speaking for myself, I can say that in Marbella, I discovered that I had a body, that it was extremely important, and that I had to get to know it and treat it respectfully. Because this body is nothing less than the key to our happiness or unhappiness. I believe this is one of the greatest lessons we can learn at Buchinger Wilhelmi.”

Mario Vargas Llosa



After the talks, Dr. Françoise Wilhelmi de Toledo signed countless copies of her new book, “El arte del ayuno”.

The prologue to the book was written by Mario Vargas Llosa, the famous Peruvian author, politician and journalist, and winner of the Nobel Prize for Literature, in which he highlights the exceptional effects of fasting on many aspects of life (see below). He has been a regular guest at Buchinger Wilhelmi in Marbella for 30 years.

What are environmental diseases?

The Fundación Alborada is currently working on the diagnosis and treatment of patients with diseases related to the environment. These diseases can manifest themselves as allergies, food intolerances, hormone disorders, autism, obesity or chronic fatigue. Several of these emerging diseases, such as fibromyalgia and chronic fatigue syndrome, are already recognised by the World Health Organisation.

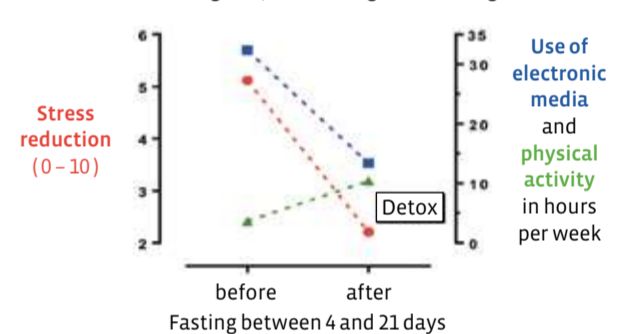
Relaxation through fasting and digital detox

Our lives are often characterized by pressure to be constantly available, excessive consumption of electronic media and a lack of physical activity. A stay at Buchinger Wilhelmi is an opportunity to consciously take a step back from this.

A survey among 1,422 of our guests revealed that their stress levels dropped dramatically during their stay in our clinic. This is partly due to the fact that the use of electronic media such as computers, tablets, smartphones and television is largely restricted. In addition, guests do more physical activities in the form of hikes, gymnastics and specific fitness training, and this has a positive impact on their regeneration. All in all, 75.6 % of guests interviewed found that fasting in the clinic was more relaxing than a normal holiday.

A digital detox can boost the positive impact of fasting. Benefit from the free time and the motivation this gives you!

Effect of fasting on 1,422 Buchinger Wilhelmi guests



World’s largest fasting study in Buchinger Wilhelmi clinic 2016, 1,422 adult volunteers, no drop-outs, by Wilhelmi de Toledo F., Grundler F., Michelsen A.



Dr. Françoise Wilhelmi de Toledo held a talk on fasting for the prevention and treatment of age-related diseases at the University of Genova at the end of May as part of Dr. Valter Longo’s course on “Nutrition, Genes, Longevity and Diseases”.

Fasting and Kneipp – A harmonious blend of two physiological processes

Nowadays, our lives are dominated by demanding jobs and high levels of stress. In a nutshell, we are slaves to our sympathetic nervous system. The sympathetic nervous system is that part of the autonomous nervous system that is responsible for bursts of energy, in other words for our “fight or flight” response.

In our meritocratic society that is in a permanent state of flux, an active lifestyle is of primary importance. We are constantly on the ball, the demands of our professional work are increasingly encroaching on our private lives, and even the way we spend our leisure time has to be “active”. This requires multi-tasking skills. Our own value is defined almost exclusively by what we accomplish. As a result, the functions of the sympathetic nervous system are increasingly predominant. This causes our body to release adrenalin, triggering various physical and mental reactions: Our heart beats faster, our pulse accelerates and we start to feel nervous and agitated.

Consequently, the parasympathetic nervous system with its calming effects is not able to function. The parasympathetic nervous system is complementary to the sympathetic nervous system and activates the “rest and digest” response, which enables the body to relax and build up its reserves. It processes or regulates the body’s unconscious actions and helps it to regenerate. Many health problems or diseases we find today are a result of this imbalance. High blood pressure, palpitations and sleep problems as well as burnout are just some of the best known examples of a highly regulated sympathetic nervous system. If the parasympathetic nervous system is not able to function, this negatively impacts the regeneration of the organism and the build-up of energy reserves. For example, it causes irregular digestion. If this imbalance persists for many years, it fosters a whole range of cardiovascular diseases, gastrointestinal complaints and mental and psychosomatic dysfunctions. The most natural way to influence the vegetative equilibrium is using therapies based on the physiological mechanisms of the human body. These are

mechanisms that have developed in the course of evolution and enable us to survive. They include moving, eating or not eating, and regulation of the body’s temperature. It makes sense to establish a therapeutic concept for the treatment of diseases based on a combination of these measures. If nutrition is what an organism needs to function and perform well, fasting gives humans the possibility to develop their full potential to optimize their metabolism and regenerate. The ability to fast, or in other words to only live on the energy stored in the body, is a basic physiological condition for the survival of humans and animals. This can be seen on the one hand based on our experience over thousands of



The Kneipp health facility in the garden of Buchinger Wilhelmi in Überlingen.

years in dealing with a scarcity of food (for example in winter or during periods of drought), and on the other from the experience we at Buchinger Wilhelmi have gained from treating thousands of patients who come here every year to fast. This has since been scientifically proven based on extensive data from research and several clinical studies. Fasting offers major medical benefits for a wide range of diseases, such as metabolic diseases, diseases of the cardiovascular system or chronic inflammatory diseases of the musculoskeletal system. In this connection, different effect mechanisms help to regulate the metabolism, for example by inhibiting inflammation, boosting the repair of cell structures, improving sugar metabolism, and increasing autophagy (the ability of the cells to cleanse themselves), to name just a few. The initial, usually short phase of stress at the beginning of a fast, when the sympathetic nervous system still predominates, changes between the second and the seventh day to a parasympathetic

phase. This is associated with a change in the mental state related to the sympathetic nervous system, and can manifest itself in nervous anxiety, inner tension or fears. As the adrenaline levels subside and the parasympathetic nervous system takes the upper hand, the mood balances out and tensions are released. During therapeutic fasting, this often stimulates psychodynamic processes. Our perception is sharper, emotional aspects that are often overlooked in our active everyday lives suddenly come to the fore. What is more, we now feel less rushed and have more time to deal with them. In the cardiovascular system, the heart beat slows down and blood pressure sinks.



Hydrotherapeutic measures, such as water applications based on the teachings of Sebastian Kneipp, are an ideal complement to fasting. Applied specifically, they support and regulate the processes affecting the autonomous nervous system. In hydrotherapy (“water therapy”) water, which is as an ideal medium for temperature stimuli, is used to trigger certain reactions in the organism. This



heat or cold stimulus affects the circulation locally. Communicated by cold and heat receptors in the skin, the stimulus is transported via the connecting nerves to the diencephalon – the region of the brain that regulates the body’s temperature. The incoming information “heat or cold stress” is offset against the temperature measured in the body and a corresponding response is triggered. It is an interesting fact in this context that a cold stimulus has a regulatory potential that is 30 times higher than a heat stimulus (meaning that a cold shower is more effective than a warm one). Regular Kneipp treatments therefore lead to a stimulation of the parasympathetic nervous system and thus to recuperation and regeneration. Furthermore, they also considerably improve the patient’s general condition and cause a reduction in complaints of the autonomic nervous system.

Especially the combination of fasting and Kneipp treatments has been shown to be particularly effective. Both forms of therapy complement each other ideally, but also have a compensatory benefit.

For example, a patient’s blood pressure can occasionally drop during fasting. A specific Kneipp affusion, for example to the knee or thigh, has both an acute effect on the patient’s blood pressure, resulting in a sudden increase, as well as a regulatory impact, causing a gentle improvement over a longer period of time. If the patient has high blood pressure, on the other hand, affusions to the arm or arm baths with a gradual increase in water temperature cause the blood pressure to drop. In the long term, the patient’s blood pressure returns to the normal range. Wading in a Kneipp pool every day supports this measure and has a general vitalising effect. In particular the combination of two physiological healing methods – in this case therapeutic fasting combined with Kneipp treatments – is ideal both for preventing and treating disease

Siegfried Bäumler

Continuing to eat healthily at home – intermittent fasting for lasting success



Dr. Eva Lischka

To help you to continue eating healthily after your fast at Buchinger Wilhelmi, our head physician Dr. Eva Lischka has looked into the subject of intermittent fasting.

Dr. Lischka also fasts intermittently herself, and eats the first meal of the day at 1 pm. What Dr. Lischka does is called intermittent fasting – in other words, she only fasts for a certain period every day. In former times, intermittent fasting was completely normal. If the hunt was not successful, there was no alternative but to go hungry for a while. The organism adjusted to this over time. “Nowadays, we have an overabundance of food”, says Dr. Lischka. “The fact that we are constantly eating means that our insulin levels stay high.” The consequences are obesity and disease. A simple solution is to fast for a short time. We would like to present two methods.

8-hour diet

Count hours instead of calories – that’s the simple principle of the 8-hour diet. You fast for 16 hours. During this time, water, unsweetened tea, black coffee and consommé are allowed. It is followed by eight hours in which you can eat. But don’t worry – around eight of the 16 hours are spent sleeping. “After fasting for 16 hours, autophagy is triggered – a kind of recycling at cell level. Damaged cell components are

used as building blocks to renew the cells when energy is scarce – as it is during fasting”, the expert explains. This detox protects the body against disease and also helps you to lose weight.

5:2 diet

This method involves just two rules: First, you fast on two days a week. They can either be two consecutive days or not, for example Tuesday and Thursday. Contrary to other fasting methods, you don’t have to completely do without food on fasting days with the 5:2 diet: Women are allowed 500 calories and men 100 calories more. These can be spread over two small meals or you can eat all the calories in one portion. The second rule relates to what you eat. It is very important to eat high-quality protein and vegetables, for example fish, poultry, quark or tofu, and plenty of vegetables. These should be prepared with little fat. Vegetables are filling and the protein counteracts the loss of muscle due to hunger. On the other hand, you should avoid high-carbohydrate food, sweets, alcohol and soft drinks or fruit juice.



Pizza à la Buchinger Wilhelmi



Filled courgette flowers with polenta and courgette and tomato curry

Pizza à la Buchinger Wilhelmi

Recipe for 2 persons

Preheat the oven to 200° C

5 g fresh yeast
40 ml lukewarm water
70 g wholemeal wheat flour
 Dissolve the yeast in the lukewarm water, add the flour gradually, mix and knead.
 Cover with a cloth and leave to rise for about 30 minutes, until the dough has doubled in size. Then divide the dough into two and make balls of the same size.

80 g ready-bought tomato sugo (organic)
15 g destoned black olives
 Spread the sugo on the two pizza bases. Crush the olives with **1 tbsp. water** using a fork until they form a paste and spread on the base.

Scatter **10 g grated parmesan** over the pizza and bake in the oven for 5 minutes at 200° C.

In the meantime:
 Cut **120 g cherry tomatoes** into quarters and fry in **1 tbsp. olive oil** for 5 minutes with some **fresh rosemary** and a **pinch of salt and pepper**. Put aside.

Cut **30 g onions** and **150 g vegetables of your choice** (e.g. pepper, courgette, aubergine, artichoke etc.) into thin slices and fry in some olive oil. Season with **salt and pepper**.

First scatter the cherry tomatoes, then the fried vegetables and finally **20 g cheese of your choice** (e.g. Emmental) over the pizza and bake for 11 minutes at 200° C.

Finally, remove the pizza from the oven and sprinkle **20 g rocket leaves** over the pizza before serving.

Enjoy!

Dining out healthily in a restaurant



For many people, dining out in a restaurant is an important part of their personal lifestyle. Convenience and pleasure play a central role in this.

As guests, we appreciate the opportunity to rediscover traditional products, especially if they are given a contemporary interpretation. It is not uncommon for people to take a photo of their favourite dishes – either for themselves or to share with friends in social networks.

Ideal dishes and preparation methods

What is most important when you dine out? Ideally, a visit to a restaurant should be a feast for all of the senses: The presentation should be visually attractive, a pleasant aroma combined with a delicious taste should be a treat for the palate and can open up new horizons, especially if it is a “fusion” of unusual ingredients. Individual components with different temperatures or textures round off the culinary experience.

However, it is not only the food, but also the atmosphere that makes a visit to a restaurant an enjoyable experience. It takes concentration, time and composure to discover all the nuances in the flavour. Whether we find it easier to be attentive to our food in good company or alone is a matter of personal preference. Particularly at business dinners, it is important to make sure that the food itself doesn't take a back seat!

Origin and quality of the ingredients

People increasingly want to have healthy food from fresh, regional, seasonal, sustainable and fair production. Have you noticed how many restaurants now provide transparent information on the origin and quality of the produce they use, even on the menu? They frequently cooperate with regional contract partners whom they trust in order to serve their guests high-quality food.

What else should you take into account when you go out to a restaurant? Don't eat on a completely empty stomach – that makes it more difficult to make good decisions. Instead of drinking an aperitif before the meal, which will only increase your appetite, order a glass of mineral water instead. Is a 3-course menu absolutely necessary or is it enough to take a starter and a balanced main dish? Can you order smaller portions or share with somebody? Ideal starters include a raw vegetable salad with a light dressing or a clear vegetable consommé. If possible, ask to have the dressing and sauce served separately so that you can decide yourself how much to take. If you are not particularly hungry, why not choose two starters. Unfortunately, vegetables are often only presented as decoration in main courses. Order an extra portion with your fish, poultry, lean meat and boiled or baked potatoes. Ideally, the food should be steamed, fried with little fat, grilled or baked in the oven.

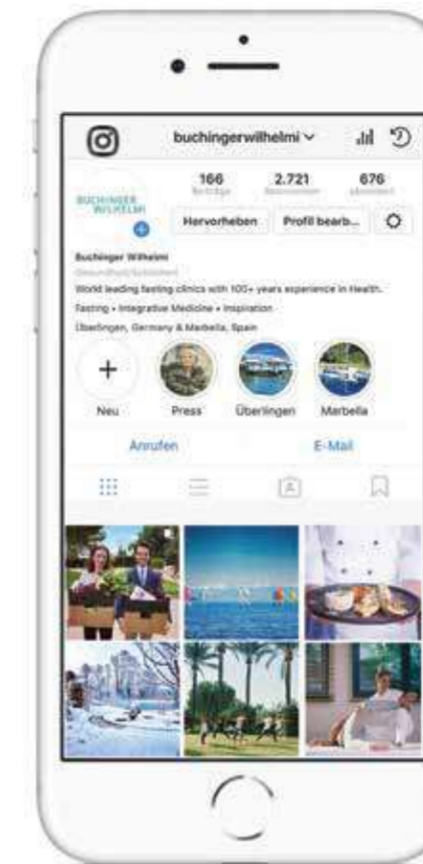
If you have a sweet tooth, you can round off the meal with a fresh fruit salad or a small sorbet. Desserts are ideal for sharing with family and friends.

Bon appetit!

Post your pictures and win

The best photographs and latest news from our two clinics in Überlingen and Marbella can be found on our Instagram profile. Follow us and post your favourite photographs from your stay under the hashtag #BuchingerWilhelmi for the chance to win one of more than 100 fantastic prizes, for example, products from Dr. Hauschka, Blackroll, Faber Castell, vouchers for your next stay with us and much more. The winner of the main prize will get two nights free of charge as part of their next stay at one of our clinics.

- Follow Buchinger Wilhelmi on Instagram
- Post one or several photos from your stay at Buchinger Wilhelmi
- Use the hashtags #BuchingerWilhelmi and #BuchingerWilhelmiBodensee or #BuchingerWilhelmiMarbella, depending on which clinic you stayed in
- Add a link to Buchinger Wilhelmi Bodensee or Buchinger Wilhelmi Marbella
- Change your Instagram profile to public so that we can see your post as well



More information can be found on our homepage

“How can values and history live on?”

“Please don't change anything!” This is something we frequently hear from guests who visited our clinics back in the days when the founders were still around. And they aren't just talking about the renovation work we have done on our buildings or new therapies we have introduced. In this respect, we need to focus above all on the staff at Buchinger Wilhelmi. To guarantee that all of our values are applied consciously, we organize regular training courses in both clinics for all employees who have

recently joined the big Buchinger Wilhelmi family. These are 1 – 2-day seminars dedicated to our philosophy and methods, in which we explain the history of our clinics, the cornerstones of the fasting method, psychology and naturopathy to our employees. In addition, they learn relaxation and exercise techniques so they can apply them themselves. The seminars are rounded off with the same menus and snacks that we serve our guests.



Filled courgette flowers with polenta and courgette and tomato curry

Recipe for 2 persons

Preheat the oven to 160° C

For the filled courgette flowers:
2 courgette flowers. Remove the stamens and season lightly with **salt and pepper**.
Cut 30 g vegetables of your choice (e.g. tomato, courgette, aubergine etc.) into small cubes, add some water and steam for around 5 minutes until soft. In the meantime, chop some **herbs** (e.g. basil, chives or some garlic).
Add 60 g quark and 10 g grated parmesan and season with some **pepper**.
 Put the filling in a piping bag, fill the flowers, twist the ends, place on a baking tray greased with **olive oil**, drizzle with **olive oil** and bake at 160° C for around 5 minutes.

For the courgette and tomato curry:
1 onion finely chopped.
1 courgette diced.
2 tomatoes cut into eighths.

Heat **1 tsp. olive oil** in a frying pan, add the onions and sprinkle with **1 tsp. curry**. Cook for around 3 minutes, then douse with some water.
 Add the tomato and courgette, season with **salt, pepper** and some **cumin**, cover and steam until al dente.
 Remove the leaves from **1 stem of lemon balm**, chop finely and add to the courgette curry.

For the polenta:
 Heat **200 ml vegetable stock or water** in a saucepan.
 Add **salt, pepper** and **turmeric**.
 Add **50 g polenta** to the boiling liquid and stir thoroughly. Leave to absorb on a medium heat for 5 minutes.
 Fold **10 g grated parmesan** and **1 tbsp. tarragon** into the polenta and season to taste.
 Form small dumplings with the polenta using a spoon and serve together with the vegetable ragout and the stuffed courgette flowers.

Enjoy!

The Telegraph

“Fasting has changed the way I live, and altered what I know about my body.”

Jeanette Winterson, The Telegraph

GQ

“The Buchinger Wilhelmi clinic's fasting programme will change your life.”

Nick Allott, GQ

VOGUE

“At Buchinger Wilhelmi, fasting is not just about weight loss or a physical change, but altering the mindset to activate self-healing.”

Alex Eagle, VOGUE

TATLER

“So, is fasting hard? There's no other way to say this, but, no. It's a doddle. It's actually rather wonderful; liberating and meditative.”

Marcus Sedgwick, Tatler

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Events 2018 Lake Constance

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

Mon. 24. 09. – Fri. 05. 10.

Mon. 22. 10. – Fri. 02. 11.

Mon. 19. 11. – Fri. 30. 11.

Mon. 10. 12. – Fri. 21. 12.

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

Yin Yoga – Meditation Weeks *

Mon. 03. 12. – Sat. 08. 12.

With Gilbert Grimeau. The gentle stretching and limbering-up exercises in yin yoga are ideal preparation for meditation. Every day, you will get to know a different meditation technique: Breathing meditation, mindfulness meditation, Japa meditation (mantras), chakra meditation, walking meditation.

In German and English.

Mind Body Soul Days *

Fri. 28. 12. – Thurs. 03. 01. 2019

Mind Body Soul exercises with Dr. Anne Brunner focus on the interaction between the body, mind and soul to achieve 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. 13. 09. / Fri. 14. 09.

Thurs. 18. 10. / Fri. 19. 10.

Thurs. 06. 12. / Fri. 07. 12.

Psychological lectures with Bernd Isensee, psychologist, on topics like “Eating Consciously” and “Living Consciously” as well as “Emotional Intelligence”, “Dreams and their Interpretation” and “Self-Guidance”.

In German.

ART Weeks *

Sun. 07. 10. – Sun. 14. 10. Autumn Colours

A creative experience under the guidance of Gertrud Kemmerling.

Semaines Francophones *

Sun. 04. 11. – Sun. 18. 11.

With Tenzin Tulku and Dr. Françoise Wilhelmi de Toledo.

Meditation and talks on various topics.

In 2018, 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 several other activities in the course of the day are in French.

Events 2018 Marbella

Concert Highlights of the Season *

Sat. 27. 10.

Concert for two pianos with the music association Música con Encanto: “Homage to Claude Debussy on the 100th anniversary of his death”

NEW: Separate programme in Antares – House of Inspiration *

Daily: Sun salutation “Surya Namaskar” and qi gong in the morning

Wednesdays: “Musical Journey Meditation” with Maria Testa on the piano

Thursdays: “Silent meditation through the four elements”, singing bowls, etc.

Christmas in Marbella *

Wed. 05. 12. – Wed. 19. 12.

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

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”.

Sun. 16. 12.

Christmas bazar

Mon. 24. 12.

Christmas celebration with the clinic management: Christmas carols and punch

Tues. 25. 12.

Traditional shepherds’ music on Christmas morning with Pastoral de Ojén

Mon. 31. 12.

Grand New Year’s Eve party with live band and “cotillòn”

Events 2019 Marbella

Hiking Weeks *

Mid-February to end of April

We are extending our usual programme to include additional tours along the beach and in the mountains. As always, you will be accompanied by trained guides. You can choose between different walking groups depending on the degree of difficulty and your fitness level.

Workshop with Tulku Lobsang “The Power of Empathy”

Wed. 10. 04.

Tulku Lobsang Rinpoche transforms the ancient wisdom of Buddhism into practical advice for people today. He was presented with the 14th Dalai Lama Award of Excellence in Health & Spirituality by the Dalai Lama in 2015 for his work.

In English with Spanish translation.

Art Weeks “Spring into ART”

Tues. 23. 04. – Fri. 26. 04.

This art course takes place in the garden of Casa Antares to take full advantage of the light and energy at this time of year. With Enar Cruz, art teacher at the clinic.

Workshop with Lharampa Tenzin Kalden “Mindfulness and Lu Jong”

Tues. 21. 05. – Wed. 22. 05.

Lharampa Tenzin Kalden teaches psychology and Buddhist philosophy as well as meditation in Zurich, Switzerland.

In English with Spanish translation.

* Free of charge as part of our Buchinger Wilhelmi programme

SUBJECT TO CHANGE!

PLEASE CHECK THE DATES ON OUR HOMEPAGE!

WWW.BUCHINGER-WILHELMI.COM

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