

BUCH/NGER
W/LHELM



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1. Buchinger Wilhelmi Clinics

Locations

Buchinger Wilhelmi Lake Constance (Germany)

Buchinger Wilhelmi Marbella (Spain)

A company history spanning 100 years

*“During fasting, the body thrives,
but the soul starves.”*

Dr. med. Otto Buchinger

Buchinger Wilhelmi Clinics

With 6,000 guests from over 60 countries every year, more than 250,000 successful fasting treatments in total, and 100 years of fasting expertise over four generations, Buchinger Wilhelmi is the world's leading company for therapeutic fasting, integrative medicine and inspiration.

The Buchinger Wilhelmi programme is based on therapeutic fasting developed by the clinics' founder, Dr. Otto Buchinger (1878–1966). This method has been continuously enhanced in cooperation with university research centres and takes into account the rapid progress made in international fasting research in recent years.

In addition to their focus on therapeutic fasting and supplementary nutritional strategies, the clinics offer a wide range of therapies. Above all, however, they are havens of peace and relaxation.





Locations

Buchinger Wilhelmi **Lake Constance (Germany)**

The Buchinger Wilhelmi clinic on Lake Constance is situated high above the lake with breathtaking views across the forest-lined shores of Lake Constance and Mainau Island to the snow-topped peaks of the Alps. Here in this unique landscape, Otto Buchinger found the ideal setting for his fasting clinic – close to nature, spacious, calming and inspiring.

The clinic founded in 1953 by Dr. Otto Buchinger together with his daughter, Maria, and her husband, Helmut Wilhelmi, has been expanded over the years with several new buildings. Each of the six individually designed residences is south-facing and almost all rooms offer unique views of Lake Constance.



Facilities

- The clinic has approx. **150 rooms**, from snug retreats to generously designed suites.
- The heart of the complex is the **park** that was redesigned in 2015 with **eight themed gardens**, a large Kneipp facility and a heated outdoor pool. A gym, a **fitness room with lake views**, a multi-functional sports ground, a teaching kitchen, several lecture rooms and other facilities such as a large massage department and a sauna complete the range of amenities.
- Guests are accommodated in **six residences** from different epochs: from **Villa Fichtenau** built in the late Classicist style to **Villa Belgrano** that was renovated in 2016 and has won several architecture awards.

Medical services

- The 3,000 guests from all over the world who come to stay at our clinic on Lake Constance every year are looked after by more than **300 employees**, first and foremost our **eight doctors** with additional qualifications in different areas (internal medicine, diabetology, nutritional medicine, naturopathy, orthomolecular medicine, homeopathy, TCM, etc.).
- A **team of 40 employees** including nurses, nursing assistants and room personnel provide **care and support** for guests during their stay.
- The range of services includes **more than 250 different treatments** in the areas of massage and relaxation therapy, fitness, physiotherapy, nutrition and psychotherapy, all performed by certified therapists.

Certificates, awards and regional focus

- Buchinger Wilhelmi uses exclusively **certified organic food, preferably grown in the region**. In addition, in 2019 Buchinger Wilhelmi Lake Constance became the first clinic worldwide to be awarded Demeter certification for its cuisine.
- Buchinger Wilhelmi Lake Constance guarantees **certified quality** (DIN EN ISO 9001). All processes, from quality assurance to employee development and supplier relations, are carried out **at the highest level** and in accordance with the rules of modern quality management.
- As a **recognized teaching clinic of the German Academy for Nutritional Medicine** (Deutsche Akademie für Ernährungsmedizin), Buchinger Wilhelmi conducts scientific studies on the topic of nutrition and promotes the evaluation of new dietary forms.



**Buchinger Wilhelmi Marbella
(Spain)**

The residences of Buchinger Wilhelmi in Marbella stand in the shade of ancient palm trees with views of the Mediterranean. Infused with light and featuring natural materials and colours, the clinic's architecture blends harmoniously with the Mediterranean landscape. The clinic in Marbella founded in 1973 by Otto Buchinger's daughter, Maria Buchinger, who was known as the "Grand Dame of therapeutic fasting", is modelled on the clinic on Lake Constance with patients' health and wellbeing in mind. Surrounded by gardens filled with fragrant herbs and planted with bougainvillea, olive and carob trees, its focus is on sustainability and regionality.



Facilities

- The clinic has approx. **100 rooms**, from snug retreats looking onto the garden to generously designed suites with **views of the sea** and the Rock of Gibraltar.
- The clinic comprises the main house from 1973 and Villa Maria built in 2012. Both residences are set in a **park with tropical plants**. There is also a heated outdoor pool, a spacious **spa area, a gym, a fitness studio with a separate Pilates room, a teaching kitchen, a library** as well as several lecture rooms and other amenities.
- The “**House of Inspiration**”, which opened in 2018 on extensive grounds, provides sufficient space for the third pillar of the Buchinger Wilhelmi programme – inspiration – with **yoga and meditation courses, an art studio, a natural garden as well as a concert hall** and much more.

Medical Services

- More than **200 employees** at our clinic in Marbella welcome 3,000 guests from all over the world every year. A team of more than **10 doctors with numerous additional qualifications** – in sports medicine, internal medicine, diabetology, nutritional medicine, naturopathy, TCM, orthomolecular medicine, among others – take care of the health concerns of our guests.
- Some **20 nurses and nursing assistants** provide care and support for guests during their stay.
- The range of services includes more than **250 different treatments** in the areas of massage and relaxation, fitness, physiotherapy, nutrition, psychotherapy and cosmetics, all performed by certified therapists.

Certificates, awards and regional focus

- Buchinger Wilhelmi Marbella guarantees **certified quality** (DIN EN ISO 9001 and ISO 14001) with the aim of continuously improving all services while at the same time using environmental resources sustainably and consciously.
- To maximize the clinic’s influence on the **quality and regional focus** of the food it serves, it established the initiative “**CSA – Clinic Supported Agriculture**” in 2018 with the Fundación Arboretum. **Buchinger Wilhelmi in Marbella works with several small, independent farmers** within a radius of 30 km, who follow the principles of permaculture and supply the kitchen daily with high-quality produce.



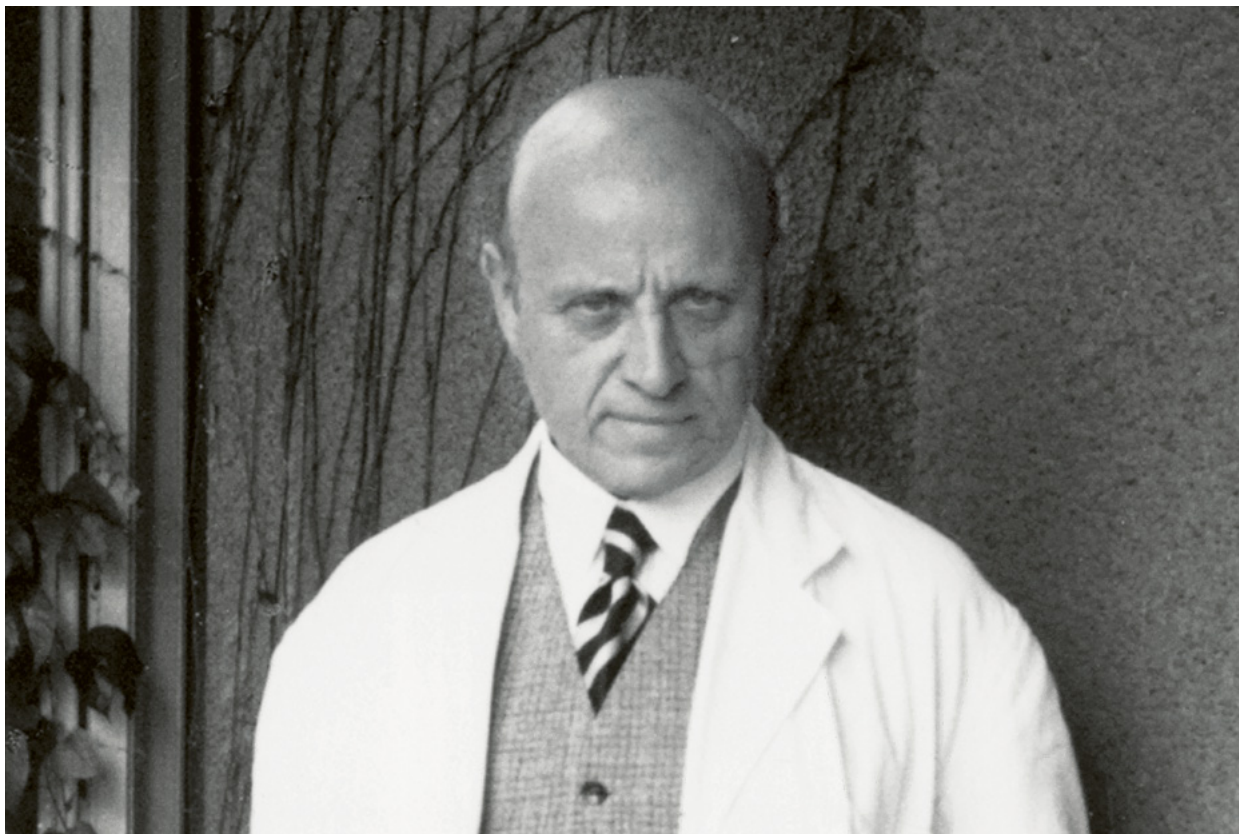
The 3rd and 4th generation of the family business.

A company history spanning 100 years

Buchinger Wilhelmi is a successful family-owned business now managed in the fourth generation. Yet the spirit of the founding generation continues to have a vibrant and undiminished effect.

Dr. med. Otto Buchinger (1878–1966) was a naval doctor during the First World War, until he was thrown off course in 1917 by severe rheumatoid polyarthritis. His personal fate led him to therapeutic fasting. With its help, he conquered his severe illness and went on to devote his life to developing a method for a medically sound fasting therapy.

As a doctor, he focused his attention on all aspects of holistic medicine. As a spiritual person, he concerned himself with the correlation between the body's emotional and physical self-healing powers. As the **founder of medical therapeutic fasting**, he combined the two to create a holistic form of therapy – Buchinger therapeutic fasting – which he successfully applied and continued to develop from 1920 onwards in various locations.



Dr. med. Otto Buchinger (1878–1966).

In 1935 he brought out his most important work “The Therapeutic Fasting Cure”, which is still published today.

In 1953, together with his **daughter, Maria**, and **son-in-law, Helmut Wilhelmi**, he opened his own fasting clinic in Überlingen on Lake Constance, which he continued to manage for several years as a senior physician up to his death in 1966 at 88 years of age.

Following his tradition, **Maria Buchinger Wilhelmi** and **Helmut Wilhelmi** opened another clinic in Marbella, Spain, in 1973. The clinics in Überlingen and Marbella continued to hone his method. Maria Buchinger received international acclaim as the “Grande Dame of therapeutic fasting”. Like her father before her, she was presented with the Federal Cross of Merit (1995) for her work, among numerous other awards.

Both clinics were managed by the third generation of the family until 2017: In Marbella, **Jutta Rohrer Wilhelmi** and **Claus Rohrer** continued the work started by Maria Buchinger Wilhelmi. The clinic on Lake Constance has been managed since 1985 by her **son, Raimund Wilhelmi**, and his **wife, Dr. Françoise Wilhelmi de Toledo**. During this time, both clinics have not only been enlarged, but also continuously updated to incorporate the latest findings from scientific research.

After running the clinic in Marbella for 35 years, Jutta and Claus Rohrer decided to retire from day-to-day business at the end of 2017. **Katharina Rohrer-Zaiser** and **Victor Wilhelmi** from the fourth generation of the family took over management of the clinic in 2018. On 1 March 2019, Raimund Wilhelmi also passed on his responsibilities as Managing Director of Buchinger Wilhelmi on Lake Constance to his **son, Leonard Wilhelmi**. **Dr. Françoise Wilhelmi de Toledo** is in charge of the scientific department of both clinics.

2. The Buchinger Wilhelmi programme

Effects of fasting and indications

Studies

World's largest scientific human study

*“Stimulate the spirit and soul, and the body
will tone down its demands.”*

Dr. med. Françoise Wilhelmi de Toledo

The Buchinger Wilhelmi programme

The holistic approach developed by Dr. Otto Buchinger goes far beyond simply reducing the amount one eats. Energizing the body and spirit with physical, contemplative and creative activities plays a very special role during fasting.

The method developed by Otto Buchinger is the most popular form of fasting today. In the course of the clinic's 100-year history, traditional Buchinger therapeutic fasting has evolved into a highly effective and scientifically documented concept: the Buchinger Wilhelmi programme.

It combines traditional fasting with integrative medicine and incentives for personal development, blending highly advanced diagnostics with naturopathy and complementary medicine, physiotherapy, nutritional therapy, psychosomatic medicine and meditation, as well as many other forms of treatment for the body, soul and spirit.

The programme applied in the Buchinger Wilhelmi clinics does much more than help patients to shed weight, however much this is appreciated: it empowers people to lead a healthy, fulfilled life.

Similar to the original method, the Buchinger Wilhelmi programme also recommends fasting for two to four weeks. This should comprise eight to ten days of fasting with broth and fresh fruit and vegetable juices as well as a cleansing day before and three refeeding days after fasting. However, shorter fasts are also possible with a total of ten nights in the clinic. Those who cannot or do not want to fast can choose between various nutritional strategies with organic, lacto-ovo vegetarian or vegan cuisine.



Effects of fasting and indications

Buchinger Wilhelmi therapeutic fasting is a procedure whereby a person voluntarily goes without food for a certain length of time, living mainly on their fat reserves instead. This stimulates autophagy and detox enzymes, resulting in a deep cleansing of the cells and tissue. At the same time, fasting reduces all inflammatory processes, alleviates pain and improves mobility. The success of fasting depends to a large extent on the four-day period at the end of the fast, during which patients gradually start to eat normal meals again. During this process, dormant stem cells are activated and new structures built up. It is a period of regeneration (also called rejuvenation) with tremendous therapeutic potential.

Fasting can be used to treat numerous diseases. It can also be enjoyed once a year as a preventive measure. Preventive fasting has a favourable effect, among others in patients with risk factors such as obesity (particularly abdominal), hypertension, type 2 diabetes, hypercholesterolemia as well as smoking, a lack of exercise and stress. In addition, there are numerous therapeutic indications for fasting, which are increasingly being documented by scientific research.



Diseases currently treated at Buchinger Wilhelmi:

Cardiovascular diseases and their risk factors

- Hypertension
- Smoking
- Coronary heart disease
- Peripheral vascular occlusive disease
- Chronic stress
- Cardiac insufficiency
- Peripheral lymphedema

Metabolic disorders

- Obesity
- Type 2 diabetes mellitus
- Hyperlipidemia
- Hyperuricemia

Chronic inflammatory and degenerative diseases

- Arthritis / Osteoarthritis
- Migraine
- Gastritis / Colitis
- Fibromyalgie
- Allergies / Asthma
- Chronic constipation
- Multiple sclerosis

Mental and physical exhaustion

- Depression
- Chronic fatigue
- Burnout

Prevention and regeneration

- Promoting stress resistance and immune defense



Studies

Several indications are still being researched in addition to those mentioned above: Especially in longevity research as well as in Alzheimer and general neurological research, the inclusion of medical fasting could lead to groundbreaking new insights.

Buchinger Wilhelmi actively contributes towards international research on fasting and “real-food” nutrition. The research department led by Dr. Françoise Wilhelmi de Toledo is currently working on several major studies.

World's largest scientific human study on the effects of Buchinger fasting

The largest scientific study on the effects of Buchinger therapeutic fasting carried out to date was published in early 2019. It was conducted by a team led by Dr. Françoise Wilhelmi de Toledo at Buchinger Wilhelmi on Lake Constance in cooperation with Prof. Andreas Michalsen from Charité University Hospital in Berlin.

The study involved collecting and evaluating data from 1,422 subjects (41 % male, 59 % female), who completed the Buchinger Wilhelmi fasting programme over a period of 5, 10, 15 or 20 days in 2016.

The study shows that Buchinger therapeutic fasting is safe and therapeutically effective as well as promoting emotional and physical well-being. The results of the study were published online on 2 January 2019 in the peer-reviewed journal PLOS ONE under the title “Safety, health improvement and well-being during a 4 to 21-day fasting period in an observational study including 1,422 subjects”.



The study provided detailed evidence that:

- Fasting mobilizes the energy stored in the fatty tissue of the human body. The metabolism switches from glucose to fat and ketone consumption, causing **many beneficial effects**. The metabolic change was documented in the study by the permanent presence of ketone bodies in urine.
- Fasting leads to **significant weight loss**, a reduced abdominal circumference, and **lower cholesterol and blood lipid levels**.
- Fasting also **normalized blood pressure** and improved diabetes parameters such as blood sugar and HbA1c in fasting patients – factors that contribute to a **healthy cardiovascular system**.
- Furthermore, in 84 % of cases, fasting improved diseases and serious health conditions such as arthritis, type 2 diabetes as well as fatty liver and hypercholesterolemia, high blood pressure and fatigue.
- 93 % of subjects **did not feel hungry during fasting**, which contributed to their emotional and physical well-being.
- Medically supervised fasting had **only very few side-effects**, which could be treated easily and without having to interrupt treatment. In individual cases, subjects experienced restless sleep, headaches, tiredness or lumbar spine complaints during the first three days.

Overall, this particular fasting programme has been shown to be a safe and well-atolerated approach to prevent age-related illnesses and treat chronic metabolic disorders, including weight issues.

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Françoise Wilhelmi de Toledo, Franziska Grundler, Audrey Bergouignan, Stefan Drinda, Andreas Michalsen: "Safety, health improvement and well-being during a 4 to 21-day fasting period in an observational study including 1422 subjects." PLOS ONE, January 2 2019 <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0209353>



3. The Buchinger Wilhelmi family – a fasting saga

Dr. med. Otto Buchinger

Maria Buchinger Wilhelmi

Dr. med. Françoise Wilhelmi de Toledo

Katharina Rohrer-Zaiser

Victor Wilhelmi

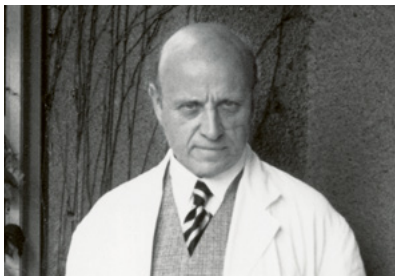
Leonard Wilhelmi

*“Laughter makes us beautiful,
and fasting does too.”*

Maria Buchinger Wilhelmi

The Buchinger Wilhelmi family – a fasting saga

Dr. med. Otto Buchinger



Dr. Otto Buchinger, born in 1878 in Darmstadt, Germany, was a naval doctor during the First World War, until he was thrown off course at age 40 by severe rheumatoid polyarthritis. His mobility was soon so severely restricted that he was forced to retire from the navy as an invalid. His personal fate led him to therapeutic fasting. He fasted for the first time in 1919. It was a resounding success and saved his life, which he devoted from then on to developing a method for a medically sound fasting therapy – Buchinger therapeutic fasting – which he successfully applied and continued to develop from 1920 onwards in his own fasting clinic, Kurheim Dr. Otto Buchinger in Witzenhausen. In 1935 he established a fasting clinic in Bad Pyrmont, and in 1953, together with his daughter, Maria, and son-in-law, Helmut Wilhelmi, he set up a new clinic in Überlingen on Lake Constance, which he continued to manage for several years as a senior physician up to his death in 1966 at age 88. Dr. Otto Buchinger was awarded the Federal Cross of Merit in 1953 for his work.

Maria Buchinger Wilhelmi



Maria Buchinger, the youngest of Dr. Otto Buchinger's children, was born in 1916 in Flensburg, Germany. She was his personal assistant for many years. The way she looked after guests and gave them the impression that she was there only for them is legendary. Her marriage in 1943 to Helmut Wilhelmi injected a new spirit of entrepreneurship into the family. In 1953, the couple, together with Dr. Otto Buchinger, established the clinic in Überlingen on Lake Constance, followed by the clinic in Marbella in 1973. At the time, therapeutic fasting was completely unknown in Spain. Maria Buchinger Wilhelmi was a pioneer. In Marbella, she became known as the "Grande Dame of fasting", and was revered in the clinic and beyond. Famous guests such as the actress Carmen Sevilla or Mario Vargas Llosa, winner of the Nobel Prize for Literature, were among her closest friends. The clinic was the largest foreign employer on the Costa del Sol thanks to "Doña Maria". Like her father before her, she was presented with the Federal Cross of Merit (1995) as well as many other awards. In 2003 she was nominated "Entrepreneur of the Year" by Marbella's trade association – the first woman and the first foreigner to be given this honour. When Maria Buchinger Wilhelmi died in 2010 at age 94, the prestigious daily newspaper El Mundo wrote, "The soul of Marbella has died". The Maria Buchinger Foundation was founded in 2011 to continue the life's work of Maria Buchinger Wilhelmi and her husband, Helmut Wilhelmi. The foundation focuses on promoting scientific research into and documentation of therapeutic fasting. It realizes this goal above all by awarding and funding research projects and financing research programmes, educational and informational events. The foundation grants the Maria Buchinger Foundation Award at irregular intervals. For more information, see www.maria-buchinger-foundation.org.

Dr. med. Françoise Wilhelmi de Toledo



Dr. Françoise Wilhelmi de Toledo, who was born in Geneva (Switzerland) in 1953, is the Head of the scientific department of the Buchinger Wilhelmi Clinics. In her function she is responsible for the medical concept of the two clinics in Überlingen and Marbella. Moreover she is Chairwoman of the Maria Buchinger Foundation.

She studied medicine in Geneva. In 1990, she earned her doctoral degree in Basel on the subject of “Methodical Problems in Assessing the Vitamin Balance in Fasting”. In 1986, she co-founded the Medical Association for Fasting and Nutrition (Ärztegesellschaft für Heilfasten und Ernährung, ÄGHE e.V.), which she still chairs today (www.aerztegesellschaft-heilfasten.de).

Dr. Wilhelmi de Toledo has dedicated many years to enhancing and scientifically documenting fasting therapy and integrative medicine and coordinates the publication of guidelines on fasting. She has established international partnerships with other clinics and universities (such as Charité in Berlin and CNRS in Strasbourg) as well as the Longevity Institute of the University of Southern California (USC) in various fields of fasting research. Dr. Françoise Wilhelmi de Toledo has authored numerous publications, including her book “Therapeutic Fasting: The Buchinger Amplius Method”, which has been published in four languages, and is considered one of the most respected fasting experts worldwide.

She discovered fasting when she was 18 years old and has fasted every year since. She has regularly accompanied the spiritual exercises in the Christian Communauté de Grandchamp in Switzerland since 1996.

Katharina Rohrer-Zaiser



Katharina Rohrer was born in Überlingen in 1981 and grew up in Spain, where she attended the German School in Málaga. In 2002, she completed her studies in Tourism Management at the Academy for Business Administration and World Trading Languages in Stuttgart, followed by a diploma in Business Administration from Ludwigshafen University of Applied Sciences, where she majored in Marketing. Katharina Rohrer worked in Stuttgart, Marbella and Miami before taking responsibility for marketing at the Buchinger Wilhelmi clinics in 2012.

After her marriage to Gerhard Zaiser, their daughter Zoe was born in 2014. Since January 2018, she took over management of Buchinger Wilhelmi clinic in Marbella together with Victor Wilhelmi.

Her area of specialization is marketing: For example, she was largely responsible for organizing the celebrations for “100 Years of Maria Buchinger”, including a film and biography of the “Grande Dame of fasting”. She has also designed her first clothes collection, “Buchinger Wilhelmi by BRAEZ”, together with her sister, Johanna Pumberger, and developed fasting teas to support fasting especially for Buchinger Wilhelmi in cooperation with regional providers.

Victor Wilhelmi



Victor Wilhelmi is the oldest son of Dr. Françoise Wilhelmi de Toledo and Raimund Wilhelmi and was born in 1986. After finishing his schooling at Schule Schloss Salem boarding school, he began to study at the internationally renowned École Hôtelière de Lausanne, graduating in 2011 with a Bachelor's degree in Hospitality Administration and Management. After gaining work experience in London and Mumbai, he joined the development department of an international system catering company, where he accompanied and actively contributed towards projects from the idea to market launch.

He founded an e-learning start-up that developed, among others, the “Fasting Coach” that is used in the clinic today. In 2016, he graduated from the IESE Business School University of Navarra with a Master of Business Administration and became a member of the management team at Buchinger Wilhelmi in Marbella together with his cousin, Katharina Rohrer-Zaiser. They became joint Managing Directors in January 2018. In 2017, Victor Wilhelmi established the initiative “CSA – Clinic Supported Agriculture” – a collaboration with small, independent farmers that follow the principles of permaculture and supply the Buchinger Wilhelmi clinic in Marbella daily with high-quality produce grown just 30 km away. Another project close to his heart is the “House of Inspiration” that offers various activities such as yoga, Pranayama (breathing exercises), aromatherapy, meditation and more than 20 other therapeutic services in extensive, naturally designed gardens to provide guests with a source of inspiration. Since 2018, he has been married to Isabelle M. Somers, a Canadian.

Leonard Wilhelmi



Leonard Wilhelmi, the younger of Dr. Françoise Wilhelmi de Toledo and Raimund Wilhelmi's two sons, was born in Scherzingen in the Swiss canton of Thurgau in 1987. After graduating from boarding school at Schule Schloss Salem, he completed his master's degree in International Business Management at the University of St. Gallen (HSG) in 2015 after a semester abroad at the University of Southern California in San Diego.

At the University of St. Gallen, Leonard Wilhelmi was founding president of the Family Business Club, which aims to promote an exchange between students of the University of St. Gallen and family businesses. In 2013, he and a fellow student won the “Social Enterprise”-award from “Startfeld”, an innovation network, for their start-up Gartengold. Gartengold works with disadvantaged people and people with disabilities to produce apple juice from unmanaged trees in Eastern Switzerland, and is still going strong today.

After various internships, including at an international management consultancy, he started working at a listed telecommunications company in 2015.

In 2017, Leonard Wilhelmi joined his parent's company in the management of the Buchinger Wilhelmi clinic on Lake Constance. On 1 March 2019, Leonard Wilhelmi took over from his father as Managing Director of Buchinger Wilhelmi clinic on Lake Constance. The famous fasting clinic on Lake Constance has now passed into the hands of the fourth generation of the family.

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