



Newsletter



Mountain Guesthouse Sonnmatt
March 2011

*Vacation at Sonnmatt
makes me feel good!*

Springtime in the Mountains

Spring has finally sprung! Even in the mountains it's beginning to warm up. The snow is slowly giving way to the patient prodding of the mountain greenery. And how marvelous is it to wake up to the singing of birds!

Come and enjoy an incredible mountain spring!

A Wheelchair in the Mountains

For many years I have suffered from **Multiple Sclerosis** and have been bound to my wheelchair for the last several years.

During our 12-day course, we learned a lot about lifestyle through the daily health talks and lived **NEWSTART PLUS** through the practical lifestyle changes that we experienced.

In the short time I was at Sonnmatt I gained a lot of **quality** and **joy in life**.

After a few days my daily fatigue disappeared and I was able to sleep better at night. The daily exercise out in the beauty of nature strengthened my whole body and soul.

The feeling in my body improved greatly — so much that I have regained some independence and can now use my wheelchair alone again.

For years I have also suffered from chronic **constipation**. But now my gastro-intestinal tract has begun to work well again. Before I went to Sonnmatt BMs were about every 4-5 days, which was a good thing, because they caused me a lot of pain and problems. Now I can go every day without any trouble or pain!

The hydrotherapy treatments and massages were also very good for me. My **circulation** improved and **spasticity** decreased.

Our time at Sonnmatt was filled with joy and laughter. We heartily **recommend** this course.

(A. & S.F. 32 and 22)



Rest



Sprouts



Music



Nature



Pancakes



Awestruck



Mountains



View



Tracks



Energizing



Crocus



Joy in Life



Easter



Rest



Curiosity



My Borreliosis – Therapy

After having been plagued with Borreliosis for **10 years**, I dared to believe I could get healthy again with the therapy offered at Sonnmatt.

In the 1st week I drank tea and charcoal in order to **detoxify** my body. In the 2nd and 3rd weeks I stayed at Sonnmatt, where they completely spoiled me with the wonderful meals they prepared for me, which consisted only of **raw foods**. How amazing is God’s creation of so many delicious tasting fruits and vegetables!

There were fever baths, **massages**, exercises in the morning, walks, tea therapy and informative presentations. Every day was full and time seemed to fly.

The **fever baths** were very challenging for me. But I always felt strong and good afterwards. I also enjoyed the quiet beauty and sunshine in the mountains!

The **results**: After only one week I began to feel “different”. My conclusion: This must be the way it feels to be healthy and well! ☺

Now I’m at home and for the next 5½ months I will continue with a strict diet.

In only 30 days I saw most of my **health problems disappear** and I am already enjoying my new-found health.

(U.S. 38)

Course Dates 2011

ALL-ROUND-HEALTH (12-day Lifestyle Program)

- 29. - 09. May / June
- 26. - 07. June / July
- 11. - 22. September
- 09. - 20. October
- 06. - 24. November (19 days)
- 04. - 15. December

We also offer this course in English.

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