

Newsletter

Mountain Guesthouse Sonnmatt
October 2011

*Vacation at Sonnmatt ...
makes me feel good!*

Mountains



Kohlrabi



Corn



Relax



Mooooo



Cashmere



Thanksgiving

The gorgeous summer produced a great harvest. We were richly blessed by the amazing crop and extremely pleased to be able to spoil our guests with produce from our own garden.

Our biggest cabbage turnip (pic) weighed 4 kilos (8.8 lbs.). To everyone's surprise, this huge kohlrabi was even tender. One guest jestingly commented, „That kohlrabi is as soft as butter! You can even eat it without your dentures!“ ☺

Lyme's Disease ... the Way Out

Next year we will once again offer a session for victims of Lyme's Disease. Nature offers methods to cure this dreaded disease.

Flight from Stress!

Recently I had the privilege of spending 3 sample days at the Sonnmatt Health Center while the „ALL-ROUND-HEALTH“ course was running -- my flight from stress.

It was a very impressive time! I learned a lot about nutrition and various other influences on my health.

The morning began with exercises in the fresh air, followed by interesting presentations, a massage, hydrotherapy, wonderful walks, personal discussions and health counseling. And to round it all off, there was always delicious, healthful food!

Jenny & Remo's affectionate and perceptive care was the best medicine for me! It was so good for me, I plan to try to continue to implement the many valuable new insights in my life.

I look back on those 3 sample days at Sonnmatt with joy and gratitude in my heart.

(M.F. 48)

Farewell



Heads up!



House View



Visitor



Echinacea



Light



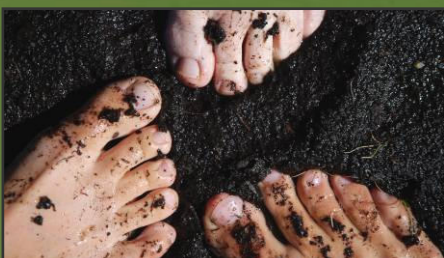
Picnic



Water



Upland Bog



Kick Back & Relax ...

enjoy the beautiful scenery and heavenly serenity. We found just what we were looking for at your place!

Many thanks for the wonderful and lovingly prepared food, for the many small and not-so-small attentions given, the valuable insights shared, etc., etc., etc. ...

This will definitely NOT have been our last stay with you. We're already looking forward to next time.
(T. & L. M. - Germany)

A Recipe from Jenny - Raffaelos

Ingredients:

500 g	white almond butter
100 g	shredded coconut
6 T	Honey or Century Plant syrup
2 T	Coconut shortening
1 t	pure Vanilla
50 g	shredded coconut

Preparation:

Blend all ingredients except the 50 g coconut just long enough to evenly mix. Form balls with hands and roll in the shredded coconut.

Storage:

14 days in the fridge, or frozen for long periods of time. Thaw about 15 minutes before serving. Enjoy!

Course Dates

ALL-ROUND-HEALTH

(12-day Lifestyle Program)

- 06. - 24. Nov. 2011 (19-days)
- 04. - 15. Dec. 2011
- 12. - 23. Feb. 2012
- 11. - 22. Mrz. 2012
- 27. - 07. Mai/Jun. 2012
- 12. - 23. Aug. 2012
- 11. - 22. Nov. 2012
- 09. - 20. Dec. 2012

STOPSMOKING PROGRAM

- 15. - 26. Jan. 2012
- 14. - 25. Oct. 2012

LYME'S DISEASE PROGRAM

- 12. - 09. Aug./Sept. 2012

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