

NOVEMBER 2012

NEWSLETTER



NATURE

WINTER HAS ARRIVED

It's amazing how quickly things can change! From one day to the next the beautiful fall-colored leaves suddenly disappeared under a blanket of snow!

It seems that sometimes even nature gets surprised. This time Sonnmatt was blessed with 20 inches of snow in the space of 36 hours!



GUEST

THE JOYS OF GARDENING

This year we were again pleased to serve our guests a variety of garden produce. August to November is a special time when our garden spoils us with berries, vegetables and various salad fixings.

If you are into fresh organic foods then you will definitely want to plan a Sonnmatt vacation during this time.



COMFORTABLE

GOODBYE DIABETES

Four years ago at a routine check-up I was diagnosed with type-2 diabetes.

Two years later I had to start taking pills. At first, it was just a ½ Mettfogamma, but before long I was up to 2 tablets a day. My stomach rebelled against this medication, but all my attempts to free myself from it were unsuccessful. And I could never seem to get my weight under control.

But God had a special plan for me. One day I went to visit the mountain guesthouse and lifestyle center, Sonnmatt. While there Jenny and Remo introduced me to their "All-Round Health" program and immediately I knew I wanted to try it.



CURIOSITY

I took my last pill after only one week in the course.

I felt much better and my figure improved as well. My new lifestyle calls for discipline and endurance, but it's well worth it. To this day I'm free from meds and my extra pounds continue to roll off!



FUN

By God's grace and with Remo's advice that „a lost battle is not a lost war“, my future is filled with hope again!

(G.R. 73)



COLORS

JENNYS RECIPE - APRICOT PRALINES

Ingredients:

200g	dried apricots
100g	shredded coconut
50g	coconut oil (cold-pressed)
50g	agave syrup
2 Tsp	rice, nut or soy milk
1 tsp	pure vanilla

Preparation:

Melt coconut oil in warm water. Finely grind coconut and put in a bowl. Blend apricots in a strong blender (like Thermomix) until there are no more big chunks. Add all ingredients to blender and mix at medium speed. Let cool in the fridge approx. 30 minutes.

Form praline balls by hand and roll in shredded coconut, carob or almond slivers.

Storage:

Refrigerated: 7-10 days. Frozen: much longer! Remove from freezer 5-10 minutes before serving.

COURSE DATES

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

- 09. - 20. Dec. 2012
- 10. - 21. Mar. 2013
- 12. - 23. Mai 2013
- 15. - 26. Sept. 2013

STOP SMOKING PROGRAM

- 10. - 21. Feb. 2013
- 06. - 17. Oct. 2013

DEPRESSION RECOVERY

- 24. - 5. Nov./Dec. 2013

FOR MORE INFORMATION

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