

AUGUST 2017

# NEWSLETTER



REST

## 10% DISCOUNT ON ALL SEMINARS

Good News!

We at Sonnmatt are happy to announce a 10% discount on any seminar you choose to participate in this year!

This special discount is good for the NewstartPlus Seminar, Hiking and Mountain Camp Week(s), Forgiveness Seminar and the Depression Recovery Program.

Even more amazing—this discount can be combined with our other special offers!

Just register with the GUTSCHEINCODE “NewstartPlus” either online (Contact Form, email) or by telephone.



NATURE COLOURS

## INSULIN-FREE IN 2 WEEKS!

While on a short stay at Sonnmatt, Arthur (63) heard about our seminar on how to get free of diabetes. For 17 years, he had suffered with type 2 diabetes, which had progressed to the point that he was forced to inject 50 units of insulin daily, plus pills.

Many diabetics are unaware of the terrible consequences diabetes can cause, but Arthur was determined to regain his health and spontaneously decided to take part in the Diabetes Seminar that was scheduled to begin the very next week!

In the week before the course began, he already began to implement some of the recommendations we had given him: he changed to a vegetarian diet and denied himself his beloved between-meal snacks.

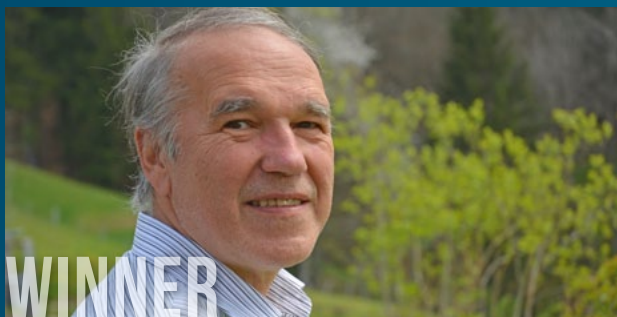
At the beginning of the course, our physician, Stefan Leitner M.D., was already able to reduce Arthur's insulin by 50%, and to everyone's joy, before the first week of our seminar was finished, he was able to eliminate his insulin altogether!

In his 12 seminar days at Sonnmatt, Arthur lost 3 kilos, his blood pressure and cholesterol levels sank to nearly normal and his waistline shrank by 3 centimeters (a little over an inch): with great joy he returned to his home.

Two months after his seminar, he reports his weight to be continually sinking, his blood pressure is normal, his waistline is several centimeters smaller and his blood sugar levels are stable.

If you are suffering with diabetes 2: **Take courage! Register today and gain the victory.**

(Remo Fischer, Director of Sonnmatt)



WINNER



RAWFOOD



MOUNTAIN LAKE



SUNROOF

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## FROM EXTREME SMOKING TO EX-SMOKER

In the beginning, you think you're not addicted. You think you can do it yourself. That's what I told myself for the longest time. Finally, I had to admit that it was not the truth. So, I went to Sonnmatt.

I was warmly welcomed and the program was very engaging. There were total body hydrotherapy and massage treatments, lectures, exercise programs, footbaths, group discussions, ...

In spite of the interesting program, thoughts were still stuck in my head that I had to conquer. It was very difficult to reprogram my thoughts. I had to learn that I am now an ex-smoker and that I will not smoke any cigarettes in the future. Thanks to the good lectures and talks, I realized how I had allowed cigarettes to rule me.

Now it has been a year since my adventure at Sonnmatt and the urge to smoke is getting weaker and weaker. Life without cigarettes is normal for me now. I am finally really FREE!

(T.G., 28)

**Would you like to kick the habit?** Take this opportunity and register for the next stop – smoking program at Sonnmatt from October 8 – 19, 2017!

## JENNY'S RECIPE: BASIL SALAD DRESSING

### INGREDIENTS

2-4 handfull	fresh basil (according to your taste)
4/5 c	freshly squeezed lemon juice
4/5 c	olive oil, cold – pressed
2/5 c	sunflower or canola oil
4/5 c	vegetable bouillon, well seasoned
3 T	agave syrup
1-2 T	soy sauce
2-3 T	yeast flakes
2	cloves of garlic, crushed
to taste	fresh chives or parsley, finely chopped

### PREPARATION

Blend all ingredients, except the chives or parsley. Add chives or parsley and serve.

## COURSE DATES

### NEWSTARTPLUS (12-DAY LIFESTYLE-PROGRAM)

- 13. - 24. August 2017	NewstartPlus
- 08. - 19. October 2017	Stop Smoking
- 05. - 16. November 2017	NewstartPlus
- 26. - 07. Nov/Dec 2017	Antidepressant

### MENTAL HEALTH-SEMINARS

- 22. - 29. October 2017	Forgiveness-Seminar
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### HIKINGWEEK(S)

- 03. - 17. September 2017	Guided Hikes
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