

JULY 2015

# NEWSLETTER



GOODBYE

## GOODBYE GEORG BLEIKER

One part of life is also death. And so it is with heavy hearts that we have to tell you, that Georg Bleiker fell asleep for the last time.

For the last four years he was not only a permanent guest here at Sonnmatt, but also a part of our family. His attitude of gratitude and contentment made an unforgettable impression on us.

Georg was a man who loved God and we look forward to seeing him again one day.



HEAVENLY

## INSULIN REDUCED BY HALF IN 12 DAYS

I have suffered for 12 years with diabetes. In order to keep my blood sugar under control, I had to inject myself with up to 100 units of insulin daily.

In the 12 days when I was at Sonnmatt everything seemed to be perfect. An easy, friendly, yet goal-oriented atmosphere, informative and instructional presentations, and delicious meals that were pleasing to the eyes as well as to the taste buds. All this took place in a fairytale-like setting. The amazing blossoming mountain meadows, cool forests of evergreens and magnificent views of the alps almost gave me wings to fly.

But the best thing was that in those 12 days I was able to reduce my insulin intake by 50 % and I lost 2.5 kilos! And not only that! I received the key and the motivation to change my lifestyle permanently. Thank you so much for the loving, joyful, dedicated and competent care you gave me.

In the meantime, I have been at home for a week and have gotten used to the new way of cooking. It's going better and better. I have continued losing weight and I can now fit into some of my favorite clothes from slimmer times!

I have also been able to reduce my long-term insulin intake by 4 more units.

Although I'm still not completely free, it is a huge relief with the amount I'm using now.

My cholesterol sank from 6.4 to 4.3 mmol/l and my EKG was much better, which made my cardiologist and me very happy.

I hope many diabetics will be able to experience this unique and amazing course.

(S.Z. 72)



WORTH SEEING



ANTICIPATION



SUMMER



NEWSTART

## MARVEL AND ENJOY

For me Sonnmatt is the perfect place to be; to eat delicious food that's healthy, to hike, to marvel over nature and enjoy it.

This is where I got to know vegan cuisine and learned that it's possible to make tasty food without milk and cheese.

I'm looking forward to cooking many new delightful dishes out of Jenny's cookbook.

Thank you for your hospitality, your forthrightness and authenticity!

I'll be back.

(M.H. Thalwil)

## JENNY'S RECIPE - CREAM CHEESE

### INGREDIENTS

- 1 cup soy yoghurt
- 1 T tahini
- 1 t agave syrup
- 1 small clove of garlic
- 140 gr coconut oil

### PREPARATION

Melt coconut oil at a low heat (double boiler). Blend remaining ingredients (not coconut oil). Slowly add coconut oil while blender continues. Pour into containers and cool for 6 hours.

## COURSE DATES

### NEWSTART PLUS (12-DAY LIFESTYLE-PROGRAM)

- |                            |                       |
|----------------------------|-----------------------|
| - 11. - 22. October 2015   | NewstartPlus          |
| - 06. - 17. December 2015  | NewstartPlus Diabetes |
| - 07. - 18. February 2016  | Stop Smoking          |
| - 13. - 24. March 2016     | Depression Recovery   |
| - 10. - 21. April 2016     | NewstartPlus Diabetes |
| - 05. - 16. June 2016      | NewstartPlus          |
| - 04. - 15. September 2016 | NewstartPlus Diabetes |
| - 09. - 20. October 2016   | Stop Smoking          |
| - 06. - 17. November 2016  | NewstartPlus          |

## FOR MORE INFORMATION

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## GUEST



## EXERCISE



## CREAM CHEESE



## GYMNASTIC



## COTTON GRASS



## CIAO



## SEE YOU SOON

