



OCTOBER 2013

# NEWSLETTER



## 75 YEARS VEGGIE

On August 11, 2013 we at Sonnmatt celebrated our 75th anniversary with an Open House. Approximately 80 guests came and enjoyed not only the glorious weather and panorama, but also had the opportunity to take a tour of the house with all its guestrooms.



Naturally, we told them the Sonnmatt story. Not many guesthouses can look back on a 75-year vegetarian past, can they?

The health check-up, the production of herb oils and the cooking classes were all well received by our guests. The best highlight was the delicious food, but throughout the whole day the visitors could also enjoy free massages and footbaths. In summary, it was an all-round very successful day, full of rich experiences for everyone — a day to get to know each other better.



## IMPRESSIVE RESULTS

I'm impressed by the results I got after only 12 days of lifestyle vacation. After suffering for years from diarrhea, my digestion is finally stabilizing! That is more than just pleasing, to say the least.

As much as possible, I try to stick to the new rules for eating and drinking that I have learned. Breakfast and supper are two meals that are easy for me to prepare in a healthy way. When I eat out, I try to get more veggies and salad.



I am also a fan of the book "The Healing Power of Nutrition". It's extremely well arranged with beautiful illustrations and explains the properties of many foods and their healing qualities in way that is easy to understand. At the moment I read it almost every day. When I go shopping now I choose my groceries with more thought and respect.

By the way, in the 12 days of vacation at Sonnmatt I lost nearly 2 kilos (without trying), which brought me back to my ideal weight.

To sum it up:



The healthy vacation I spent at Sonnmatt was extremely profitable for me (of a lasting effect) and I learned many basic principles of health, that is, understood certain correlations that will help me to live and experience my life more fully. How liberating it is to know why something is good for you or not! And not only that, now my interest has been awakened and I'm thirsty to know more!

(ER, Hittnau)



## STRENGTHENED AND FREE

After only two short weeks at Sonnmatt, I'm leaving to go home. Strengthened in body, mind and spirit, my lungs are pumped full with pure mountain air instead of smoke.

My backpack is now full of wise counsel about nutrition, exercise and the mind/soul connection, which I will try to put into practice in my daily life. I will remember my time here fondly and look forward to the next time.

(MD, Uster)

## JENNY'S RECIPE - AMBROSIA

INGREDIENTS: (SERVES 4 - 6)

200 g wholewheat zwieback  
3 c. vanilla sauce / cream  
2 c. applesauce

PREPARATION:

Place vanilla sauce, applesauce and zwieback in layers in a glass bowl or casserole form. End with vanilla sauce or applesauce and chill at least 30 minutes before serving.

VARIATION:

Rhubarb sauce or fresh berries and other fruits can also be used in place of applesauce.

## COURSE DATES

DEPRESSION RECOVERY

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

ALL-RUND-HEALTH

(12-day Lifestyle-Program)

- 12. - 23. January 2014
- 02. - 13. March 2014
- 31. - 11. Aug./Sept. 2014
- 16. - 27. November 2014

STOP SMOKING PROGRAM

- 09. - 20. February 2014
- 12. - 23. October 2014

FOR MORE INFORMATION:

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