



DECEMBER 2020

NEWSLETTER

WE ARE OPEN IN SPITE OF COVID



HUGE

THANKSGIVING

This year we were once again able to spoil our guests with fresh products from our garden. In this picture you can see our little David present his giant carrot. For five months our garden supplied us with all the lettuce we needed. One of our beets was as big as a soccer ball and weighed over a kilo!



GARDENJOY

NEWS ABOUT OUR FULL BOARD MENU

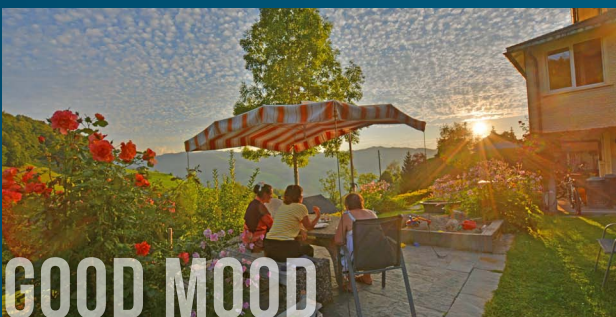
Starting in January, the noon meal will be a picnic lunch, which you can create according to your own taste and desires from our rich breakfast buffet. In this way you have more flexibility as you design your day.



HIKINGWEEK

LIMITED RADIATION

Ever-increasing levels of radiation are causing more health challenges for a growing number of people. Annette Ilmanen, a naturopath from Bad Homburg, tested the high frequency radiation at Sonnmatt while on vacation. She joyfully reported that Sonnmatt is happily situated in a dead zone. In spite of this fact, mobile phones and wifi still work very well.



GOOD MOOD

Stats:

- Mobile phones 5000 - 20000 $\mu\text{W}/\text{m}^2$
- Adjoining house with wifi 0.05 - 5 $\mu\text{W}/\text{m}^2$
- in the Garden House with wifi 0.05 - 0.07 $\mu\text{W}/\text{m}^2$
- in the garden with wifi 0.05 - 1 $\mu\text{W}/\text{m}^2$

Device: Gigahertz Solutions HF 38B 700 Megahertz - 2.7 Gigahertz

Wifi is free for all our guests, but is automatically turned off over night. We can also turn it off in the daytime on request.



FLOWERS

FEEDBACK

"I only stayed one night with you, but observed and experienced you to be wonderful people.

- like a family
- warmhearted
- generous
- free
- curious
- playful

Continue to stay as close as you are and enjoy this wonderful time. Many thanks!"

(D. B. Vacation Guest)



BREATHTAKING

HAPPY SPRINKLES: JENNY'S RECIPE

INGREDIENTS

- 1/4 cup Flaxseed
- 1/4 cup Chia seeds
- 1/4 cup Hemp seed
- 1/4 cup Walnuts
- 1-3 T Date or Raw Brown Sugar (sweet option)
- 1/4 - 1/2 t Fine Sea Salt (savory option)
- 1-2 T Onion Powder (savory option)
- 1-2 T Nutritional Yeast (savory option)

PREPARATION

Grind flax and chia seeds separately. Then blend all ingredients again until fine. One tablespoon of Happy Sprinkles contains 1048 mg Omega-3 fatty acids.

USES

Sweet: For breakfast on your hot or cold cereal, fruit salad or bread.

Savory: Goes very well on salads or main dishes.

COURSE DATES 2021

NEW START PLUS

- | | |
|--------------------------|-----------------------------|
| 31. - 11. Jan/Feb 2021 | For the Love of Your Health |
| 21. - 01. March/Apr 2021 | For the Love of Your Health |
| 06. - 17. June 2021 | For the Love of Your Health |
| 01. - 12. August 2021 | For the Love of Your Health |
| 19. - 30. September 2021 | For the Love of Your Health |
| 28. - 09. Nov/Dec 2021 | For the Love of Your Health |

DIABETES - COURSE

- | | |
|--------------------------|--------------------|
| 31. - 11. Jan/Feb 2021 | Free from Diabetes |
| 21. - 01. March/Apr 2021 | Free from Diabetes |
| 06. - 17. June 2021 | Free from Diabetes |
| 01. - 12. August 2021 | Free from Diabetes |
| 19. - 30. September 2021 | Free from Diabetes |
| 28. - 09. Nov/Dec 2021 | Free from Diabetes |

STOP - SMOKING

- | | |
|--------------------------|--------------|
| 28. - 11. Feb/March 2021 | Finally Free |
| 31. - 11. Oct/Nov 2021 | Finally Free |

MENTAL - HEALTH

- | | |
|-------------------------|------------------|
| 04. - 11. April 2021 | Feeling Seminar |
| 20. - 27. June 2021 | Marriage Seminar |
| 22. - 29. August 2021 | Feeling Seminar |
| 21. - 28. November 2021 | Marriage Seminar |

HIKING - CAMP - WEEK(S)

- | | |
|-------------------------|--------------|
| 29. - 12. Aug/Sept 2021 | Guided Hikes |
|-------------------------|--------------|

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