

Newsletter

Mountain Guesthouse Sonnmatt
September 2010

View



Flowers



Hiking



Hydro?



Forgiveness



Experiences from a 12 –Day Program

Besides restful vacationing the Sonnmatt now offers health and lifestyle courses. Here are a few impressions from one such 12-day program.

My "ALL-ROUND-HEALTH" Course

I had the opportunity to spend 12 days at the Sonnmatt and to participate in the lifestyle course. I had actually planned to stay only nine days.

However, I changed my mind when I realized what all was included in the course, how much fun I was having, how good it made me feel and what I would be missing if I didn't stay: for example, the beautiful scenery, the serene setting out in nature and of course, the delicious food.

My health improved greatly. My blood sugar levels sank so much, I was able to reduce my insulin intake by six units.

Two weeks later I was able to lower it two more units! And now, again a few weeks later, my doctor told me, soon I may be able to stop taking the blood sugar tablets altogether! Are these signs that I may soon be free from insulin? After seeing these results, my doctor recommended that I go to an "ALL-ROUND-HEALTH" course at the Sonnmatt every three months. ☺

I lost 3.75 pounds in just 12 days!

The enjoyable massages and hydrotherapy reduced the chronic pain in my back and my stubborn cough markedly. I'm sure the pure air was also a helpful factor in that area.

I am very grateful for this wonderful, informative time. I would recommend it to everyone. It is worth every penny! (by H. H.)

Fellowship



Enjoyment



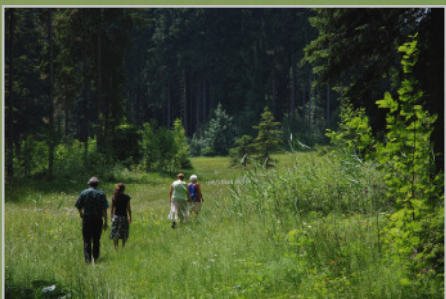
Exercise



Fun



Relaxation



Zwingli



Campfire



Joy



My 12-Day Program

Before I started this course I had lost quite a lot of weight through a special diet and was therefore worried about the possible yo-yo effect. I participated in this 12-day course in order to learn to keep my weight under control for life and to learn to enjoy food again..

The lifestyle seminar in the Sonnmatt is held among the romantic hills of Toggenburg. The Fischer family gave me a warm welcome.

In spite of my cooking expertise, I was able to learn a lot in the area of health and artful cooking.

My newly gained knowledge has a positive influence on my lifestyle. I was introduced to many new foods and learned how to combine them practically. The word "health" has taken on a whole new meaning for me. It includes especially, getting enough sleep and exercise: in a nutshell: planning my day properly.

Each person's personal situation is carefully considered in order to find out what possibilities the individual has at home. I would recommend this health seminar to everyone who is open to learn something new and practical.

The 12-Day program does not exist to heal people, but to teach them how to be healthy.

I have rediscovered joy in living! (by A. S.)

The "ALL-ROUND-HEALTH" Course (12-Day Program) is held monthly. We also offer this course in English.

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