

Newsletter

Mountain Guesthouse Sonnmatt
June 2011

*Vacation at Sonnmatt
makes me feel good!*

Stop Smoking Free at Last!

Recently we held another stop smoking program. Statistically speaking, only **1 – 5%** of smokers are able to kick the habit without outside help.

But the good news is, that with the method we use, „Free at Last !“ the rate of success is a whopping 40% and is therefore one of the most successful plans to stop smoking.

For details about our new stop smoking program, just go to our website and click on **Kurse/Gesundheit**. (We hope it will be in English soon)

Good-bye Cigarettes

I have smoked for almost half of my life.

I had tried to stop once before, but failed miserably. But my hopes began to revive when I heard about the program to stop smoking at Sonnmatt.

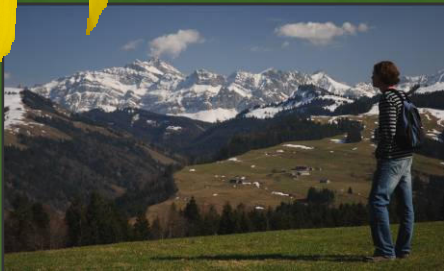
Every beginning is difficult ! But with the support of this program I was able to kick the habit! With the steam compress therapy treatments, I was able to quit with practically no withdrawal symptoms in the detoxification phase.

The exercise in the fresh mountain air, the healthy and tasty food and the good fellowship were also all a positive influence on me.

The counselling sessions and presentations were helpful as well as informative. Thus I was armed and prepared to return to my daily life.

With my own hands (and a shovel) I buried the last of my cigarettes and lighter in a small coffin and paid my last respects to my old enemy.

View



Kaschmir



Freedom



Tulip



Mountains



Check



Signs



Salves



Colors



Sun



Together



Openair



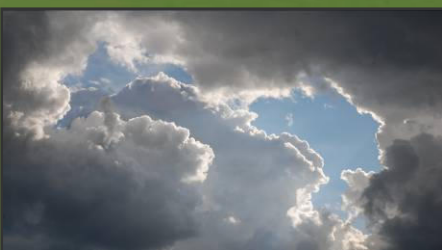
Lily



Herbs



Light



Now I've been smoke-free for 3 months and with God's help I will remain so. I am enjoying my life of freedom. It's so wonderful not to be controlled by cigarettes.

(J.B. 34)

Make Your Own Salve

Have you always wanted to know how to make your own salves? We are planning a class in which we are going to make elderberry-sap salve.

Elderberry-sap salve is especially helpful with joints and respiratory problems.

Together we will gather the elderberry branches and sap, process the cambium, cook the salve and fill the containers. In this way each participant will learn the entire process.

You will be amazed by these natural remedies!

Where: Bergpension Sonnmatt
When: Sunday July 24, 2011 (10am-5pm)
Price: 50 Swiss Franks per Person
Included: 1 Lunch and 1 Salve (50 gr.)
Teachers: Remo und Jenny Fischer

Please register early.

Course Dates 2011

ALL-ROUND-HEALTH
 (12-day Lifestyle Program)

- 26. - 07. June / July
- 11. - 22. September
- 09. - 20. October
- 06. - 24. November (19 days)
- 04. - 15. December

We also offer this course in English.

More information at:
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