

# Newsletter

Mountain Guesthouse Sonnmatt  
August 2011

*Vacation at Sonnmatt  
makes me feel good!*

Mushroom



Look!



Impression



Exercises



Refreshing



Congress



## Vegetarian Congress

The international vegetarian congress at Sonnmatt was blessed with gorgeous weather.

The theme of those few days was: How chronic diseases, such as diabetes, coronary heart disease, cancer, etc. can be dealt with by living a healthy lifestyle (especially through nutrition). Many scientific findings were combined with practical methods.

An Italian film team, VeggieChannel.com, was also there and added to the adventure!

Here's a small glimpse into some of the experiences of the vegetarian congress.

## Everything was perfect!

... the glorious mountains, the loving care, the richly laid table, covered with healthy and beautifully served food, the good atmosphere, the „themes“, the exercise, the weather, the technical support at Sonnmatt (internet, projector, chauffeur, I.T. support, an excellent piano and table tennis table) ...

– the familiar and spiritual atmosphere –

all these things made for an extraordinary and successful week of recreation and study.

How can we ever thank you enough?

Best wishes!

(Dr. Marcel Hebbelinck, Belgium)  
(Dr. Hans + Lily Diehl, Loma Linda, CA, USA)  
(Dr. Claus + Ille Leitzmann, Germany)  
(Dr. Petra + Roland Liebscher-Bracht, Germany)  
(Heiner + Rosemarie Münch, Germany)  
(Dr. Klas + Brigitte Mildenstein, Germany)

Videos



Fun



Rhein Valley



Rest



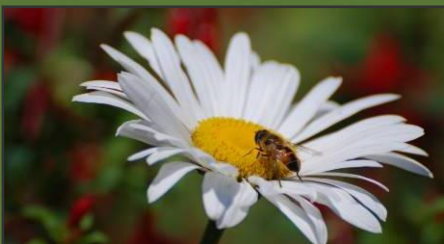
Harvest



Mooh



Nature



Parasol



Farewell



## Strength, Peace and Wisdom ...

is what we acquired at your place just after a few days of our stay.

There is no way to explain it. We would just simply advise everybody to come and get to know this place.

The team of VEGGIE CHANNEL

(Massimo, Julia, Gianpaolo, ITALY)

## A Recipe from Jenny Berry Jam (sugar free)



### Ingredients:

500 g thawed frozen or fresh berries (with juice)  
1,5 dl hot water  
25-30 pitted, finely chopped dates

### Preparation:

Pour hot water over dates and let soak for about 30 min. Put all ingredients in mixer and blend until smooth and creamy.

**Storage:** Refrigerated: up to 7 days.  
Can also be frozen in portions.  
Enjoy!

## Course Dates

### ALL-ROUND-HEALTH

(12-day Lifestyle Program)

- 11. - 22. September 2011
- 09. - 20. October 2011
- 06. - 24. November 2011 (19 days)
- 04. - 15. December 2011

We also offer this course in English.

### STOP-SMOKING-PROGRAM

- 15. - 26. January 2012
- 14. - 25. October 2012

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