

MASONROSE

## Buchinger Wilhelmi, Lake Constance

---



## Buchinger Wilhelmi, Lake Constance

### KEY FACTS

Buchinger Wilhelmi is a leading family-owned clinic specialising in therapeutic fasting, nutrition and integrative medicine, devoted to holistic healthcare and personal development

Situated in a landscaped park in Uberlingen above Lake Constance, the clinic was founded in July 1953 by Dr Otto Buchinger- a doctor, philosopher and pioneer of medical fasting, his daughter Maria, known as the 'Grande Dame' of fasting, and her husband Helmut Wilhelmi

Today the third generation of his family continue to focus on preserving health and a joy of life, whilst continuing to develop the knowledge handed down from previous generations using modern scientific methods

Buchinger Therapeutic Fasting is a holistic method that combines traditional fasting methods with integrative medicine, with the aim of improving a patient's physical well-being and inner harmony for the long term

### LOCATION AND ACCESS

Friedrichshafen Airport: 38 km, 45 min drive

Zurich Airport: 110 km, 1 hr 15 min

Stuttgart Airport: 170 km, 1 hr 40 min

Uberlingen Therme Station: 600 m, 10 min walk

**Flight time:** *UK* - 1 hr 50 min | *Belgium* - 1 hr min | *The Netherlands* - hr min | *Luxembourg* - 55 min

**Airlines flying direct from:** *UK* - easyJet, Jet 2 | *Belgium* - SWISS, Eurowings | *The Netherlands* - SWISS, Eayjet, KLM | *Luxembourg* - SWISS

**Airlines with indirect flights from:** *UK* - Lufthansa, SWISS, Air Baltic | *Belgium* - Lufthansa | *The Netherlands* - Lufthansa, Austrian | *Luxembourg* - Lufthansa, KLM, SWISS

### ACCOMMODATION

The clinic has six residences offering views of the lake and the Flower Island of Mainau, consisting of 90 single and 51 double rooms. Each room is individually designed and provides a relaxing ambience.

In 2016, Buchinger Wilhelmi unveiled new rooms and

suites in their Villa Belgrano residence. Completely renovated, it now features materials such as Maplewood, stone and glass, wooden floorboards, mid-century modern style furniture and clean lines to create simultaneously chic, warm and comforting surroundings. Villa Belgrano's accommodations also have expansive terraces and balconies with views over Lake Constance.

### FACILITIES

Therapy Area: massage rooms, high-tech fitness centre, heated 25 m outdoor swimming pool with new Kneipp

circulation pools and metabolism-stimulating textured footpath, Sauna, Amplia Beaute natural cosmetic and hair

care salon.

An atelier, auditorium and three lounges

Meditation room

Clinic shop

Tennis court

Beautifully landscaped gardens designed to promote tranquility

### Services and Treatments

Guests can book individual treatments or the clinic's tailored packages. The Clinic's holistic health treatments and services bring together modern Western medicine and classical Far Eastern naturopathy, contemplation and circuit training, philosophy and Pilates, as well as the belief that everyone is able to take charge of their health with tools that last beyond guests' stay.

**Therapeutic Fasting:** based on the ability of the human organism to temporarily live off its fat reserves and cleanse itself in the process, achieving a balance between rest and exercise, relaxation and exertion and contemplation and inspiration. It involves a gentle yet effective fasting method, using freshly squeezed fruit juices, vegetable consommés and teas.

**Integrative Medicine:** Buchinger Wilhelmi combines Western medicine with alternative healing methods to offer a programme of bespoke treatments to suit each individual. Superior diagnostics blend with natural and complementary medicine, psychotherapy and dietetics,

psychosomatic medicine and meditation, as well as an array of other therapies for the body, spirit & soul.

**Nutrition and Dietetics:** the clinic offers 100% fresh, certified organic seasonal produce from local suppliers through calorie-reduced or wholefood diets in addition to the reduction and increase of food at the beginning and end of the fasting programmes. Nutritional experts provide consultation sessions and lectures, cooking lessons and demonstrations.

**Physical Therapy:** Treatments stimulate the organs' functions, clear blockages and release energy directly by touch, movement or exerting specific pressure.

**Exercise and Relaxation:** the clinic offers extensive sporting activities and relaxation programmes, suitable for everyone.

**Inspiration and Spirituality:** the spiritual dimension is of great importance to guests alongside therapeutic fasting; leading to creativity, personal development, mental clarity and perspective.

**Beauty and Hair Care:** Certified natural cosmetics by Weleda and Dr Hauschka are used to cleanse, care for and regenerate skin and hair.

**Personal Coaching:** professionals work with each person to achieve their professional, private, social or health-related goals.

## DID YOU KNOW?

Prior to opening the clinic in Überlingen on Lake Constance in 1953, Dr. Otto Buchinger founded his first sanatorium in 1920 and established Klinik Dr. Otto Buchinger in Bad Pyrmont in 1935. It was in this year, that Dr. Otto Buchinger published his most important work 'The Therapeutic Fasting Cure'. Buchinger Wilhelmi celebrated its 60th anniversary in 2013.

The Maria Buchinger Foundation was established in 2011 and focuses on scientific research of therapeutic fasting and promoting research in fasting therapy in collaboration with universities and other institutes.

The foundation for the clinic's work comes from the evaluation of more than 250,000 fasting treatments. The team of experts led by Dr Françoise Wilhelmi de Toledo is continuously and consistently carrying out research in the area of fasting and health.

Guests who stay at Buchinger Wilhelmi generally have the desire to find inner harmony and a better quality of life. This may be for example, from complaints that conventional medicine alone cannot alleviate, being under excessive pressure and exhaustion or from simply wanting to fully control their physical and spiritual health.

Buchinger Wilhelmi is certified by the German Academy for Nutritional Medicine as a teaching clinic for nutritional medicine and is therefore considered an "outstanding educational institution for clinical nutritional medicine in practice".

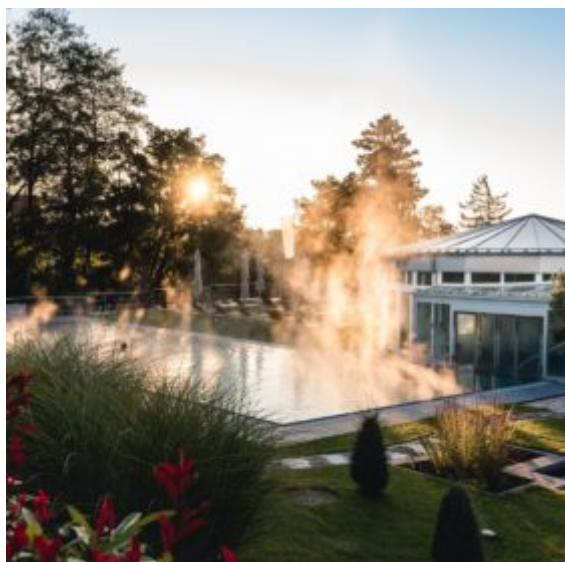
During their stay, guests receive individual medical care from a doctor and are accompanied by an attentive nurse. A usual day begins with a health check and includes a midday break for lunch and relaxation, time for sports, activities or rest in the afternoon, a warm liver pack in room to stimulate metabolism and a light evening meal (or broth in the evening for those fasting).

Executive Chef Hubert Hohler provides regular cookery classes, nutritional seminars and one-on-one tuition at home for guests' post-stay aftercare. He has created a DVD and a book 'The Joy of Sustainable Eating' in English and German.

A junior Activity Week programme for 18-30 year olds takes place during the summer, mostly for issues with weight loss and focuses on cooking/healthy lifestyle. Some of the activity days can be booked by all patients to take part in.







Swimming pool



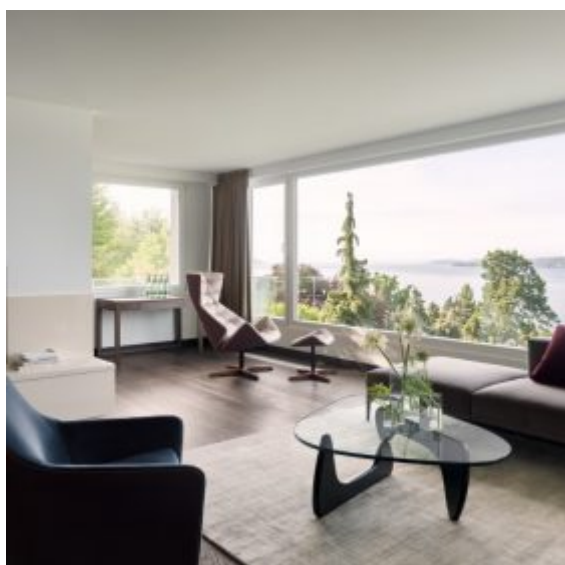
View over the lake



Park villa



New Gardens & Swimming Pool



Suite Living Room, Villa Belgrano



Art lesson



Personal Training



Cooking class



Daily walks



Doctor consultancy session

