

BUCHINGER

1920

PACKAGES 2022

## WELCOME TO THE BUCHINGER CLINIC

Founded in 1920 by Dr. Otto Buchinger as one of the first clinics in Germany to specialise in therapeutic fasting, we are one of the longest-established centres for nutritional therapy, classical naturopathy and complementary medicine. As the parent clinic, we are directly associated with the Buchinger name and the high standards for which it stands: Only here at our clinic is the original BUCHINGER method of therapeutic fasting practised, led by fourth-generation direct descendants of our founder.

### TRUST TO OUR EXPERIENCE

In addition to round-the-clock professional medical supervision, we offer you tastefully appointed rooms and suites, a comprehensive exercise and wellness programme as well as holistic, awareness-nurturing counselling. From nutrition advice to exercise supervision and support, as well as psychological counselling, you will find options that will not only help you to regenerate and develop new approaches, but also to break old habits.

Experience the sustainable success of BUCHINGER therapeutic fasting!

Your Buchinger family



## THE ORIGINAL BUCHINGER THERAPEUTIC FASTING METHOD

THE ORIGINAL BUCHINGER METHOD IS BASED ON THE PRINCIPLE OF HOLISTIC MEDICINE

We regard the human being as a unity of body, mind and soul. BUCHINGER therapeutic fasting is one of the most effective purging naturopathic methods. The goal is to cleanse body and mind. Fasting activates the human powers of self-healing so that you yourself become a key contributor to the success of your own therapy: physically and mentally fortified and "charged" with energetic vitality, you make a successful return to daily life.

### MEDICINE, NUTRITION, EXERCISE AND CONTEMPLATION

That's why the holistic approach of the BUCHINGER method is based on a multidimensional therapeutic concept. Starting with the initial consultation with a doctor and a wide range of conventional medical diagnostic examinations and screening, we offer you medical, physical and manual complementary therapies, a wide range of exercise and physical activation options as well as professional nutrition and health advice. In addition to this portfolio, we offer a wide range of contemplative courses, such as meditation, tai chi, qi gong, yoga and a selection of wellness and cosmetic treatments.

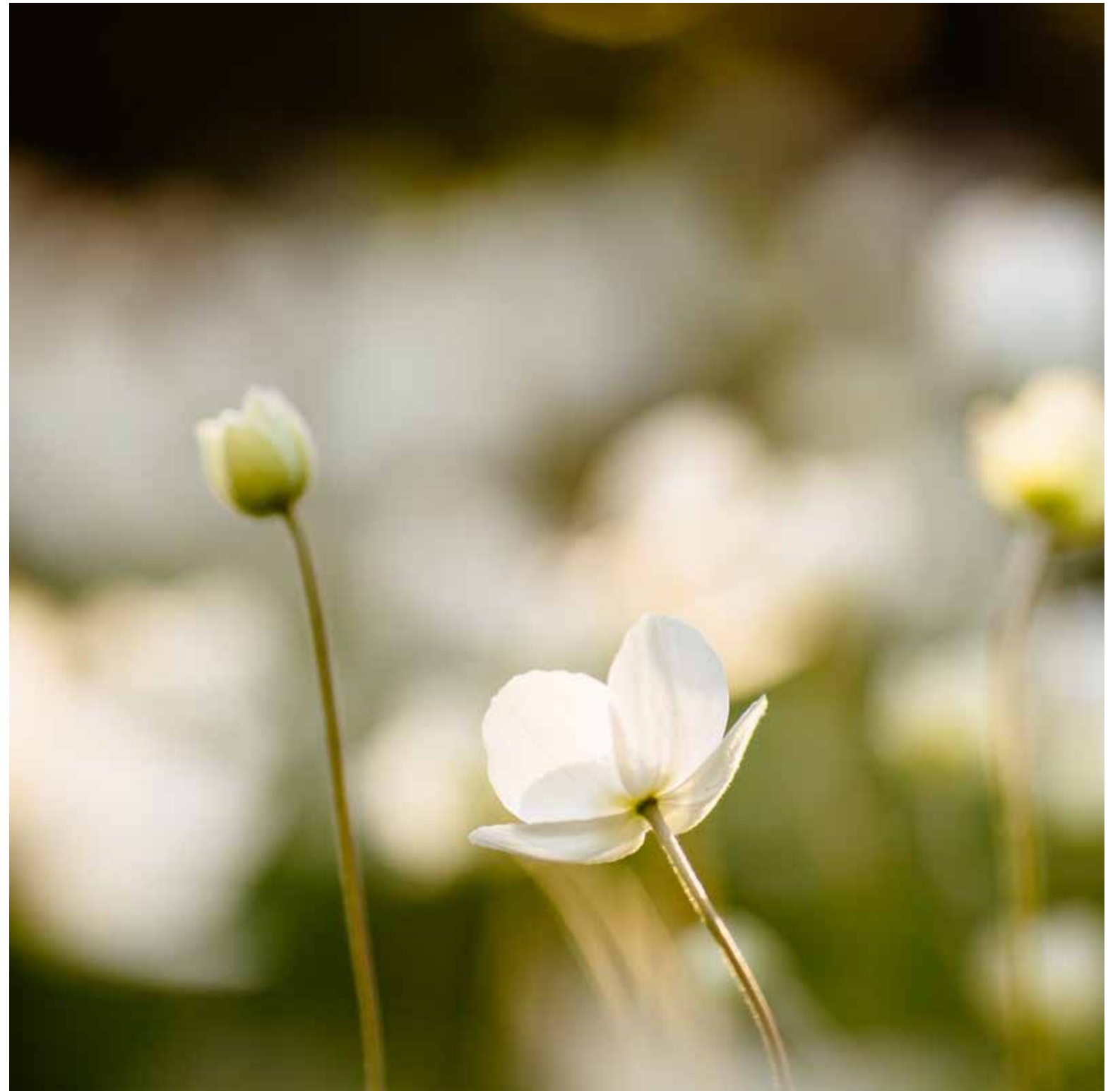


FASTING IS A PHILOSOPHY THAT'S BEEN AROUND FOR THOUSANDS OF YEARS

Even way back in ancient Greece, people fasted as a means to focus on essentials. And in the same way, our clinic's philosophy is based on our motivation to help our guests satisfy their desire for change.

The BUCHINGER method of therapeutic fasting is based on a combination of spiritual and physical change. The desire for change frequently begins with the physical, such as weight reduction. During the fasting process, the "body's motor" switches from the sympathetic nervous system and its adrenaline response to the parasympathetic nervous system triggered by the neurotransmitter acetylcholine. This means that the body shifts from fight to flight mode. This shift is accompanied by a reduction in heart rate and blood pressure: we relax. Many other changes also occur during fasting: happiness hormones are released, for example, and reduced inflammation means less pain.

IN OTHER WORDS, FASTING HAS A MULTIDIMENSIONAL EFFECT; IT ALWAYS AFFECTS MORE THAN JUST OUR ORGANS: ALL SUPERFLUITIES ARE ELIMINATED.







#### THIS APPLIES TO BODY, SOUL AND MIND

That is why mental hygiene must also be regarded as a principle of the BUCHINGER method of therapeutic fasting. When better to take a look behind the scenes of our day-to-day mechanisms than while undergoing a therapeutic fasting? Suddenly we find ourselves spending a lot of time in our own company. That's why therapeutic fasting can be a very intimate process. We are all equal when fasting and far more conscious of our body and behaviour. The principle of self-efficacy is rarely more clearly appreciated: we become aware that our body works! We find it easier to break with harmful patterns of behaviour. On this score, the communal aspect of fasting under the supervision of doctors and therapists capable of providing support and information has proved its worth at our clinic.

A further aspect of the BUCHINGER method is its reformative – yet not dogmatic – approach, the aim being for guests to maintain their altered lifestyle after leaving the clinic and so to continue listening to their body, practicing abstinence and regarding it as a great benefit that can be both health-giving and preventative. It begins with the change to a vegetarian, less sweet and not too salty diet, but also entails ceasing to ignore the endurance limit of our multitasking daily lives.

ANYONE WHO HAS STAYED WITH US AT THE CLINIC WILL CONFIRM SUCH LIFESTYLE-CHANGING THOUGHTS. WE AIM TO ENCOURAGE OUR GUESTS TO CONTINUE UPON THEIR NEW PATH AND BEYOND.

*After fasting, your awareness should be greater than the waistband of your trousers!*

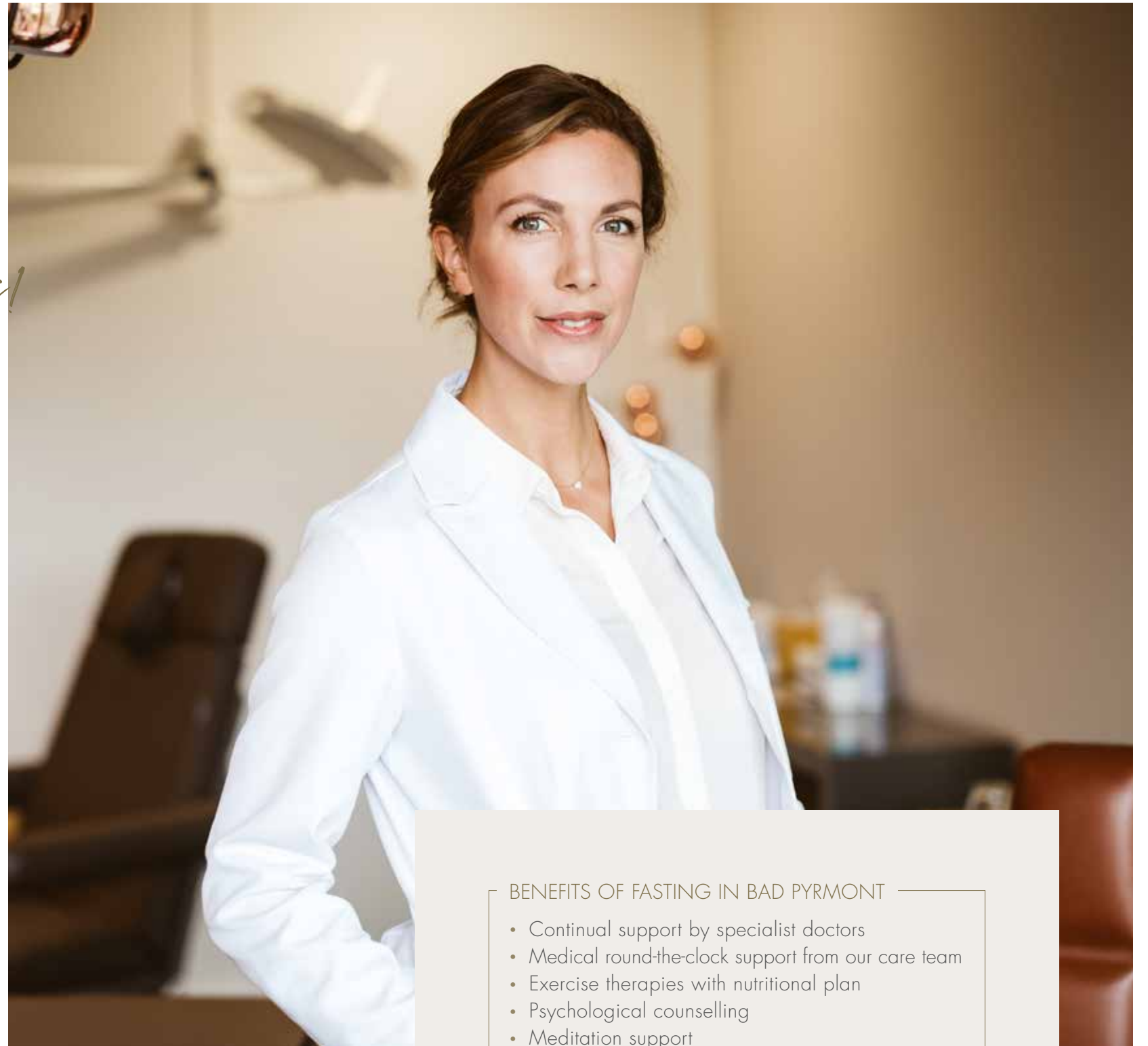
*Dr Otto Buchinger, founder of therapeutic fasting*

## THE BUCHINGER METHOD

Fasting is a deliberate decision to go without solid foods for a certain period of time. Through fasting, cleansing processes in the body are triggered and self-healing powers are activated. The original BUCHINGER therapeutic fasting programme is always monitored by medical practitioners.

### FEELING WELL INSTEAD OF STARVING

BUCHINGER therapeutic fasting is not a zero-calorie diet but a low-calorie drinking diet where you will take in 200–300 kilocalories daily. During the fasting process, you will have our especially nutrition-rich organic vegetable broth made to our original recipe, supplemented by fruit and vegetable juices, teas and mineral water. After breaking the fast, traditionally celebrated with an apple, the lacto-ovo-vegetarian building up of your diet follows with products from controlled organic farming. In this way, we guide you gently on the path to a healthy and complete diet which you will be able to integrate into your daily life.



### BENEFITS OF FASTING IN BAD PYRMONT

- Continual support by specialist doctors
- Medical round-the-clock support from our care team
- Exercise therapies with nutritional plan
- Psychological counselling
- Meditation support
- Accompanying training and well-being offers



## BUCHINGER ORIGINAL

28 DAYS

More time to fast. More time for yourself. More time and room for a positive change. If you have a health disorder or a serious illness, we recommend a stay of 28 days or more.

### WHAT'S INCLUDED

Medical examination on arrival and consultation at the end of your stay as well as five medical consultations

Two laboratory tests<sup>1</sup>

Two InBody measurements

One ECG



Nutrition counselling

Eliminative therapies<sup>2</sup>

Fasting diet incl. preparatory day of reduced nutritional intake and up to seven days of incremental return to regular diet/diet days

Therapy voucher<sup>3</sup> worth €650.00

### RATES BY ROOM CATEGORY\*

		
Main building   Single room	€ 7,435.00	
Main building   Double room per person	€ 8,135.00	€ 7,575.00
Blumenhaus   Double room per person	€ 9,395.00	€ 8,835.00
Blumenhaus west wing   Double room per person	€ 8,275.00	€ 7,715.00
Blumenhaus   Junior-Suite per person	€ 11,635.00	€ 11,075.00
Blumenhaus   Suite per person	€ 12,475.00	€ 11,915.00

\*Plus visitor's tax

## WHAT'S INCLUDED

Medical examination on arrival and consultation at the end of your stay as well as four medical consultations

Two laboratory tests<sup>1</sup>

Two InBody measurements

One ECG


Nutrition counselling

Eliminative therapies<sup>2</sup>

Fasting diet incl. preparatory day of reduced nutritional intake and up to five days of incremental return to regular diet/diet days

Therapy voucher<sup>3</sup> worth € 500.00

## RATES BY ROOM CATEGORY\*

		
Main building   Single room	€ 5,769.00	
Main building   Double room per person	€ 6,294.00	€ 5,874.00
Blumenhaus   Double room per person	€ 7,239.00	€ 6,819.00
Blumenhaus west wing   Double room per person	€ 6,399.00	€ 5,979.00
Blumenhaus   Junior-Suite per person	€ 8,919.00	€ 8,499.00
Blumenhaus   Suite p. P.	€ 9,549.00	€ 9,129.00

\*Plus visitor's tax



## BUCHINGER ORIGINAL

### 21 DAYS

This is the BUCHINGER therapeutic fasting programme as Dr Otto Buchinger I recommended it more than 100 years ago. During this time, you will achieve sustainable results particularly if you have a chronic condition. The arrival, fasting and adjustment days are perfectly designed for an annual stay of 21 days. Recognise your needs and take the time out that is necessary.





# BUCHINGER CLASSIC

14 DAYS

Our two-week long BUCHINGER original fasting programme is recommended for fasting beginners. After one day of pre-cleansing, usually ten days of fasting and three build-up days follow. Feel your body and concentrate on your mind and return home feeling mindful and balanced.

## WHAT'S INCLUDED

- Medical examination on arrival and consultation at the end of your stay as well as three medical consultations

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- One laboratory test<sup>1</sup>

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- Two InBody measurements

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- One ECG

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- Nutrition counselling

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- Eliminative therapies<sup>2</sup>

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- Fasting diet incl. preparatory day of reduced nutritional intake and up to three days of incremental return to regular diet/diet days

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- Therapy voucher<sup>3</sup> worth € 350.00

## RATES BY ROOM CATEGORY\*

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Main building   Single room	€ 4,018.00	
Main building   Double room per person	€ 4,368.00	€ 4,088.00
Blumenhaus   Double room per person	€ 4,998.00	€ 4,718.00
Blumenhaus west wing   Double room per person	€ 4,438.00	€ 4,158.00
Blumenhaus   Junior-Suite per person	€ 6,118.00	€ 5,838.00
Blumenhaus   Suite per person	€ 6,538.00	€ 6,258.00

\*Plus visitor's tax

## WHAT'S INCLUDED

Medical examination on arrival and consultation at the end of your stay as well as two medical consultations

One laboratory test<sup>1</sup>

One InBody measurement

One ECG

Nutrition counselling

Eliminative therapies<sup>2</sup>

Fasting diet incl. preparatory day of reduced nutritional intake and up to three days of incremental return to regular diet/diet days

Therapy voucher<sup>3</sup> worth € 300.00

## RATES BY ROOM CATEGORY\*

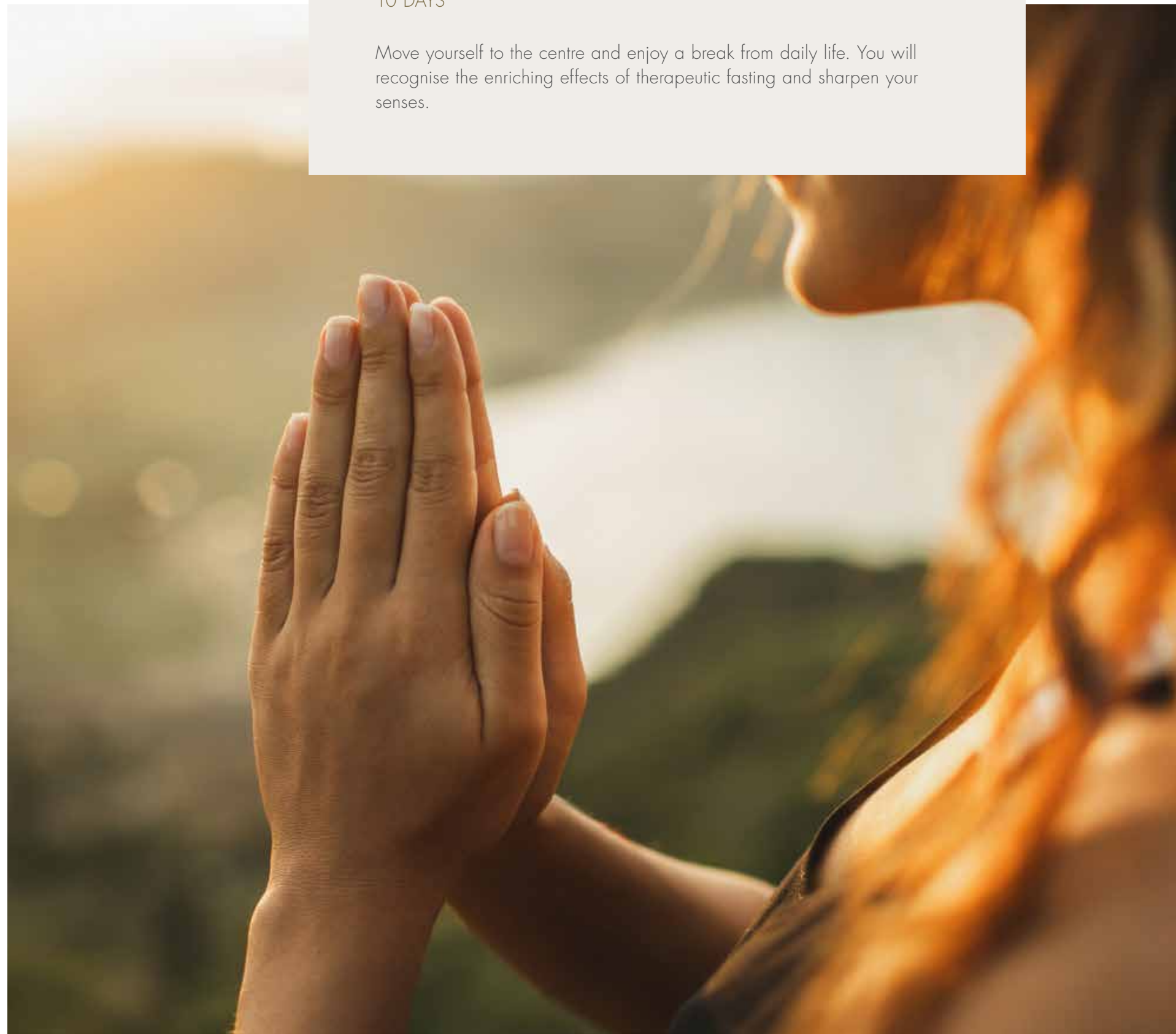
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Main building   Single room	€ 3,051.00	
Main building   Double room per person	€ 3,301.00	3,101.00
Blumenhaus   Double room per person	€ 3,751.00	3,551.00
Blumenhaus west wing   Double room per person	€ 3,351.00	3,151.00
Blumenhaus   Junior-Suite per person	€ 4,551.00	4,351.00
Blumenhaus   Suite per person	€ 4,851.00	4,651.00

\*Plus visitor's tax

## BUCHINGER COMPACT

10 DAYS

Move yourself to the centre and enjoy a break from daily life. You will recognise the enriching effects of therapeutic fasting and sharpen your senses.





## BUCHINGER VITAL

7 DAYS

Experience a week full of tranquillity, relaxation and recreation. Enjoy our vegetarian wholefood cuisine and develop, together with our nutritional experts, an individual dietary plan for when you are back at home.

### WHAT'S INCLUDED

Medical examination on arrival and consultation at the end of your stay

One InBody measurement

Nutrition counselling

Vegetarian wholefood cuisine (full board)

Therapy voucher<sup>3</sup> worth € 150.00

### RATES BY ROOM CATEGORY\*

		
Main building   Single room	€ 2,160.00	
Main building   Double room per person	€ 2,335.00	€ 2,195.00
Blumenhaus   Double room per person	€ 2,650.00	€ 2,510.00
Blumenhaus west wing   Double room per person	€ 2,370.00	€ 2,230.00
Blumenhaus   Junior-Suite per person	€ 3,210.00	€ 3,070.00
Blumenhaus   Suite per person	€ 3,420.00	€ 3,280.00

\*Plus visitor's tax



## <sup>1</sup> LABORATORY TEST

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The following parameters are covered by the laboratory test: alkaline phosphatase, blood sedimentation rate (BSR), calcium, cholesterol, CRP, erythrocytes, gamma-GT, glucose, GOT, GPT, haematocrit, haemoglobin, uric acid in serum, HbA1c, HDL cholesterol, urea, INR, potassium, creatinine + eGFR formula, LDL cholesterol, leukocytes, MCH, MCHC, MCV, sodium, thrombocytes, neutrophils, triglycerides, lymphocytes, monocytes, eosinophils, basophils, LUC, basal TSH, urine analysis, ferritin. Other laboratory analyses and Biovis-Diagnostik can generally also be performed thanks to our collaboration with a specialist laboratory. Just ask us, we will be happy to advise you. Price on request and according to parameters.

## <sup>2</sup> ELIMINATIVE THERAPIES

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Colon hygiene: Care specialists will administer enemas every second day during the fasting days..

Liver packs: From Monday to Friday you will receive liver packs in your room daily during the fasting days.  
Saturdays/Sundays/Bank holidays only upon request and when medically required.

## <sup>3</sup> THERAPY VOUCHER

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Our programmes include a therapy voucher. It is valid for therapies and treatments selected by you that have been medically recommended. Additional medical consultations are excluded.

## SERVICES INCLUDED IN OUR PROGRAMMES

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Medical morning check-up, three times a week

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24-hour care from our care team

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24-hour medical on-call service

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Multimodal naturopathic complementing therapies

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Guided relaxation techniques

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Extensive weekly activity programme

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Free use of fitness studio, pool, sauna, steam bath, Kneipp basin

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Complimentary organic teas

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Complimentary mineral water

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Room tea service during the fasting days twice daily

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Specialist lectures

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Show cooking

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Free use of Wi-Fi

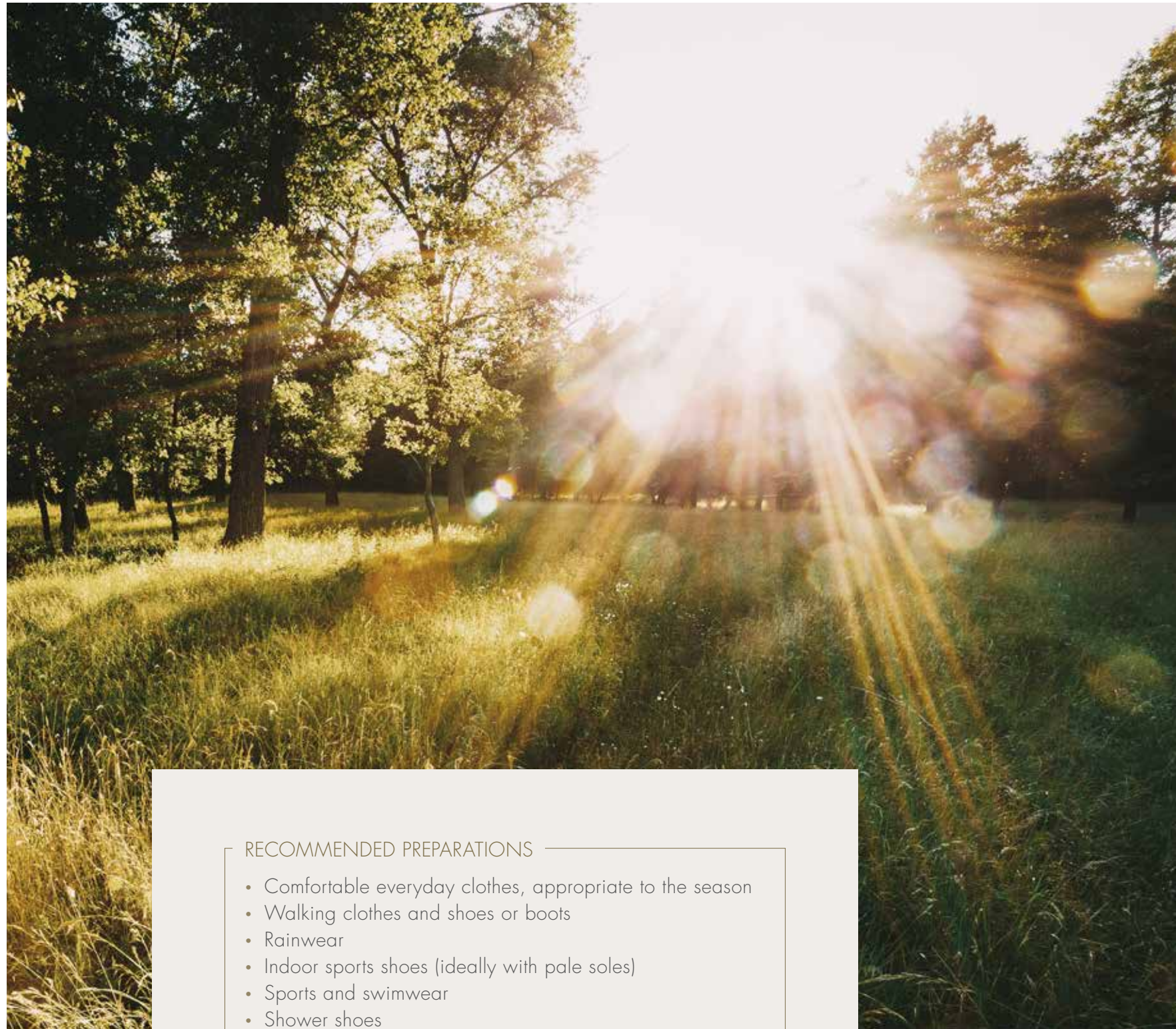
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Free parking

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Weekly change of linen





#### RECOMMENDED PREPARATIONS

- Comfortable everyday clothes, appropriate to the season
- Walking clothes and shoes or boots
- Rainwear
- Indoor sports shoes (ideally with pale soles)
- Sports and swimwear
- Shower shoes
- Charging cables

## INFORMATIONS

### BY CAR

Enter the address Forstweg 39, 31812 Bad Pyrmont into your sat nav or your online map provider.

### BY TRAIN

From the south/north/east: take the IC/ICE to Hanover, from where there is an hourly service via Hameln to Bad Pyrmont.

From the west: there are various train connections available, most of them, however, are via Paderborn/Altenbeken.

Precise details of services are available on the Internet at [www.deutschebahn.de](http://www.deutschebahn.de)

### BY PLANE

Airport Hannover-Langenhagen: we will be happy to arrange an airport transfer (shuttle service) for you that will bring you straight to the clinic. Please enquire about the cost when making your reservation.



## BOOKING/STAY

In order to confirm your booking, please return the completed medical questionnaire as well as up-to-date examination results.

Please note that due to booking procedures, only the requested category can be reserved, not specific rooms.

## DEPOSIT/PAYMENT

With our written booking confirmation, we state the total price for the programme you have booked at the clinic. In order to guarantee your booking, a deposit in the amount of €2,000 is required not later than 21 days before your arrival. If, after the deadline has expired and no deposit has been received, the stay will be cancelled.

The remaining amount of the arrangement price is due 7 days before arrival, at the latest. If the amount has not been paid in full, payment is required upon arrival.

## CANCELLATION TERMS

If you would like to cancel your booking/reservation, the following cancellation terms apply:

Up to 21 days before your planned arrival date, the booking can be cancelled or changed in written form only without incurring further costs.

Short-term bookings can only be cancelled within 24 hours after receipt of the booking confirmation without incurring further costs.

Thereafter the following cancellation fees apply:

20 to 14 days before the arrival date = € 750.00

13 to 7 days before the arrival date = € 1,000.00

From the 7th day before the arrival date = € 1,500.00

When departing early after having started the stay, or when arriving later, the original booked stay will be invoiced.

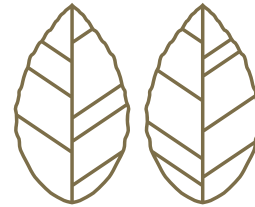
## VISITOR'S TAX/PYRMONTCARD

The Bad Pyrmont visitor's tax is collected according to the regulation of the state of Lower-Saxony via the visitor's tax at the Pyrmont state spa.

Visitor's tax for a single person, or the first person, per day is € 3.40; additional fees for the second, or any additional family member, per day is € 2.50 (subject to change).







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