

Simply be there.
Feel comfortable.
Weckbecker.

Information, offers
and prices 2021



Simply be there. Feel comfortable. Weckbecker.

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Welcome!

Dear readers,
dear guests,

Again and again I have been viewing the photo exhibition in our hallways, which we realized in celebration of the 100th birthday of our clinic's founder, Dr. Erich von Weckbecker. How would he be acting these days? Probably just like some of our regular visitors remember him: undeterred, with a firm stand and cogency, and always oriented by his guests' wellbeing. I am very grateful for everything this passionate physician created and left behind. His timeless Four-Pillar-Concept is in its completeness the ideal support for our physical and mental wellbeing – especially in particularly challenging times.

Being our guest, you can trust in being in good hands – assured by our medical specialist care and the treatment by a top team of therapists. We have extended our naturopathic therapies and are adapting them to your individual needs. Whether this might be the original fasting program according to Dr. von Weckbecker or a specific metabolic relief with the help of our Organic Alkaline Vital Diet – You will get what does you good! In celebration of Pastor Sebastian Kneipp's 200th birthday in 2021, we have been focussing even more on the variety and efficacy of Hydrotherapy.

Each period bears different challenges. And we have the means to face them with zest and strength. Bethink of what really is timeless: the healing power of nature – combined with our Weckbecker concept. My team and me are going to do everything we can so that your sojourn with us is going to be a safe, restorative and inspiring experience.



Stefanie Hündgen
CEO

I am looking forward to your stay with us in the stunning Bavarian Rhön.

Sincerely yours,
Stefanie Hündgen

Dr. med. Erich von Weckbecker (1920–2005) – Physician for internal medicine, Fasting Pioneer and Clinic Founder



When Erich von Weckbecker was a young physician, he was left behind by the clinic medicine and searched for his own chances of recovery. With his “self-experiment” he was the first to combine a fasting cure according to Buchinger with the Kneipp therapy – and he eventually overcame his longstanding kidney disease. Henceforth, he had been passionate about the classic naturopathy. He found a fasting cure clinic in 1958 – inspired by Otto Buchinger (1878–1966), Franz Xaver Mayr (1875–1965) and Are Waerland (1876–1955).

“Metabolism is the criterion for all living” was his maxim which he stated again and again in speeches for patients. He compared an organism damaged by semiluxury food, overeating and physical inactivity with a sooted chimney in which the “flame of life dies down”. He said this was why it was important to decoke the chimney again and again in a fasting cure. In the beginning there was a lot of dirt and dust, but once the chimney was clean there would also be draught again, and vitality and joy of living would come back. This is a metaphorical explanation that is easy to grasp and has been a guideline for generations of patients in the Klinik von Weckbecker.

Today, the Four-Pillar-Concept according to Weckbecker correlates with the current recommendations of the World Health Organization WHO. Interdisciplinary therapeutic approaches are convincing with their completeness – especially in challenging times for physical and mental health. This includes – nowadays more than ever – Weckbecker’s all along most important aspect <resting heals>.

“Initially, I studied the science of diseases and their treatment. The missing information was the science of health and its maintenance.”

Dr. med. Erich von Weckbecker

Erich von Weckbecker approached his healing process significantly by the combination of fasting cures with the Kneipp therapy. Hence, hydropathy treatments according to **Sebastian Kneipp (1821–1897)** have ever since been an essential part of his clinic’s treatment concept.

Pastor Kneipp would have become 200 years old in 2021, which is why we extended our Kneipp products this year even further.

Fascination Fasting – How refraining from food affects our body

“It’s time to fast” was the title of the well-known journal “Science”. The latest studies confirm that fasting cures support the processes of self-repair that our organism runs naturally.

Autophagy, a kind of autodigestion of damaged or overmature body cells, matters a lot during these complex biochemical processes.

From “G” to “K”

One essential phenomenon of a fasting cure is that the **energy production switches from glucose to ketone bodies**. Already after 13 hours without solid food, the body changes its metabolism:

3

During the subsequently dominating **fat burning process**, the body transforms fat cells into **ketones**. They efficiently support the body with energy and activate important enzyme systems.

1

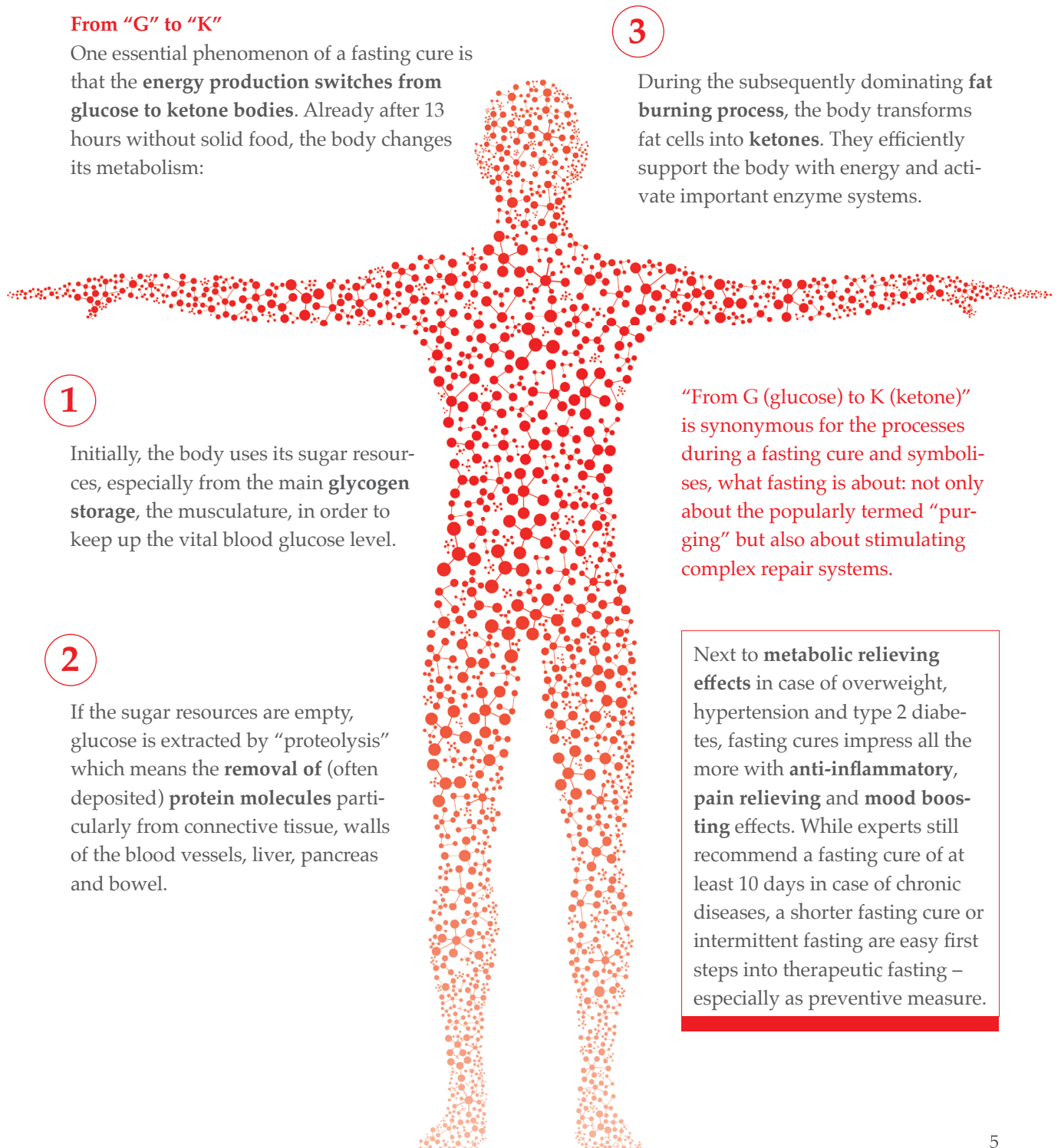
Initially, the body uses its sugar resources, especially from the main **glycogen storage**, the musculature, in order to keep up the vital blood glucose level.

2

If the sugar resources are empty, glucose is extracted by “proteolysis” which means the **removal of** (often deposited) **protein molecules** particularly from connective tissue, walls of the blood vessels, liver, pancreas and bowel.

“From G (glucose) to K (ketone)” is synonymous for the processes during a fasting cure and symbolises, what fasting is about: not only about the popularly termed “purging” but also about stimulating complex repair systems.

Next to **metabolic relieving effects** in case of overweight, hypertension and type 2 diabetes, fasting cures impress all the more with **anti-inflammatory, pain relieving and mood boosting** effects. While experts still recommend a fasting cure of at least 10 days in case of chronic diseases, a shorter fasting cure or intermittent fasting are easy first steps into therapeutic fasting – especially as preventive measure.



First Pillar



Fasting Cure

Due to the voluntary refraining from solid food, your body switches to “nutrition from within”. Metabolic end products are mobilised and defecated. A fasting cure has an anti-inflammatory, antirheumatic, antiallergic and mentally stabilising effect. The loss of weight is most commonly a welcome side effect. The fasting cure will be customised exactly to your needs. Together with your physician, you choose the type of fasting that suits you best: e.g. juice fasting with vegetable stocks rich in minerals, freshly squeezed vegetable juices and herbal teas, or fasting according to F. X. Mayr with milk and buns.



Nutrition & dietetics

Guests which cannot or do not wish to go on a fasting cure, can still reach a lasting relief of the metabolism with our organic base-meals (see page 19). We place great value on locally grown and organic food. Our nutrition experts will demonstrate you in practical kitchen trainings, lectures and in shopping trainings that healthy nourishment can be real fun. If you wish, we will advise you in an individual consultation additionally on how you can support your health with an optimised nutrition.

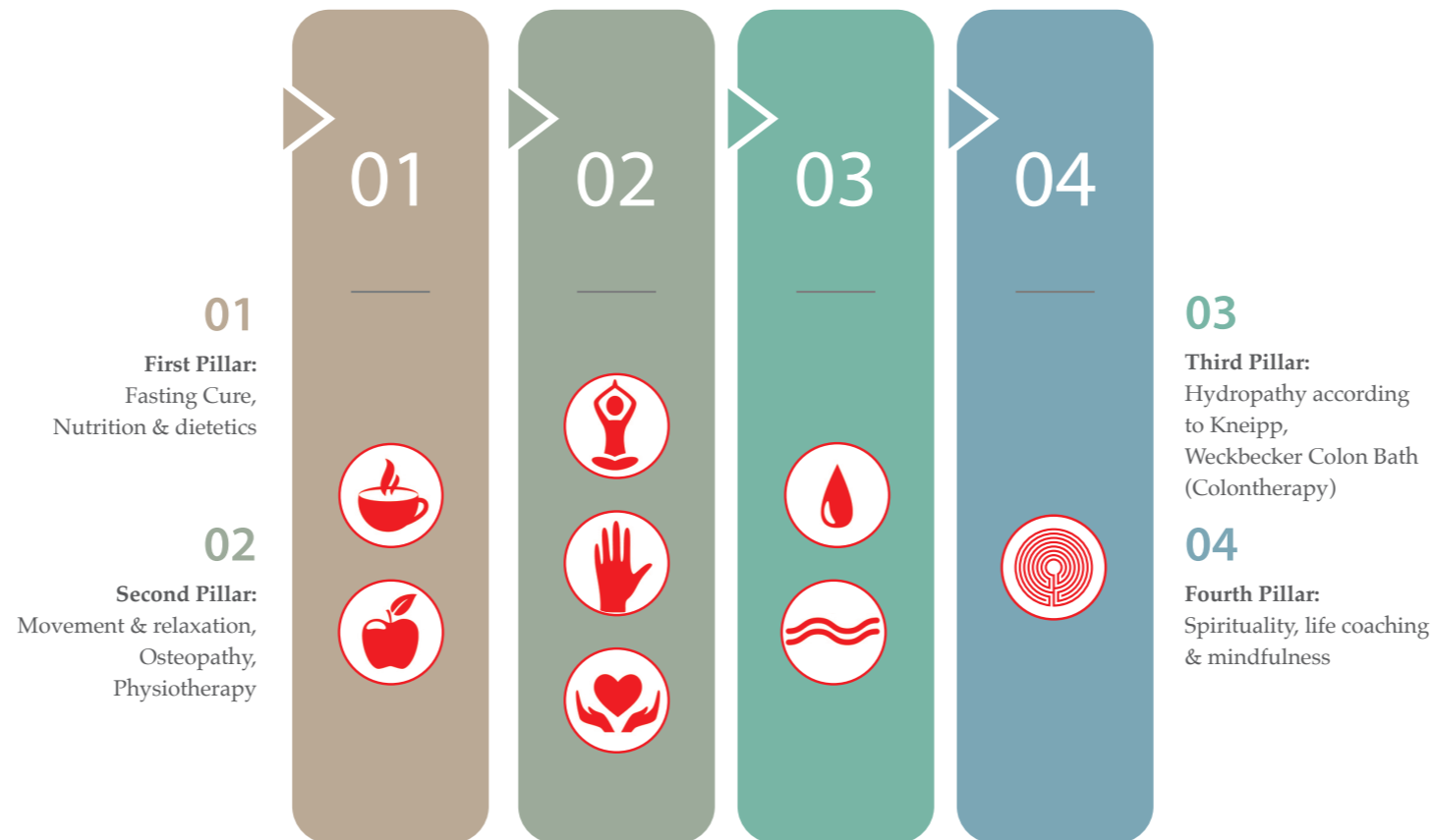
Second Pillar



Movement & Relaxation

The rhythm of tension and relaxation is essentially in order to keep body, mind and soul healthy. That is why both components are of equal value in our therapy programs and our Inclusive Program (“TuRuh-Prinzip”). The stimulated fasting metabolism and a more relaxed muscle tone promote the positive effect on your health. We offer you a broad exercise and relaxation program – from Aqua Fitness to fasciae training, Nordic Walking, Milon® circuit training and personal training to progressive muscle relaxation, Qi Gong, Yoga and meditation.

Four Pillar Concept according to Dr. med. Erich von Weckbecker



Basis of the Four Pillar Concept according to Dr. med. Erich von Weckbecker is an understanding of health as harmonious synergy of various components. In order to restore this harmony, the Weckbecker concept offers individual therapies out of four naturopathic areas, adjusted to your constitution. Especially their synergy enables relief, cleansing and regeneration of body, mind and soul.



Osteopathy

In our centre for osteopathic pain therapy, osteopathy in combination with a fasting cure has an especially lasting effect: interactions and dysbalances between musculature, inner organs, spine and joints can be treated and adjusted with precise manual techniques. This is useful in case of orthopaedic symptoms as well as in case of gastro-intestinal diseases and migraine.



Physiotherapy / Physical therapies

We offer a wide range of special treatments: e.g. physiotherapy, manual lymphatic drainages, acupuncture massage according to Penzel (APM), Dorn-Breuß-Massage, LNB therapy, manual therapy, reflexology and massages of the connective tissue.

Third Pillar



Hydrotherapy according to Kneipp

Alternating baths, affusions and cataplasms stimulate metabolism, circulation and the lymphatic system. Also blood stream and the vegetative nerve system benefit for a long time. Excretory processes are supported, the immune system is strengthened, relaxation and restorative sleep are easier achievable.

Please find our new offers for the Kneipp-Year 2021 on page 34.



Weckbecker Colon Bath (Colonthery)

Colonthery makes the fasting cure particularly effective. Gentle irrigation of the large intestine helps to excrete metabolic waste products faster. This therapy, developed by Dr. med. Erich von Weckbecker, will also help to reduce sensations of hunger during fasting as well as headaches.

Fourth Pillar



Spirituality, life coaching & mindfulness

During therapeutic fasting, many people feel an increasing sensibility. A certain feeling of happiness and a creative, cheerful relaxation become noticeable. The distance to everyday life gives you space for fundamental vital matters. In our quiet atmosphere, it becomes possible to dedicate yourself to suppressed feelings and thoughts, and to take care of inner concerns without any time pressure. Our pastoral-psychotherapeutic team takes care of you during these experiences. One-on-one conversations, discussion sessions and exercises will show you new paths in order to handle important life topics and to develop a mindful lifestyle. Meditative events and worships give you strength and ease of mind.

We refer to our additional offers for Life Counseling & Mindfulness on page 26/27.

Prevention and Therapy – what do we treat

As individual as our guests are, as individual are their reasons to come to our house. What they might have in common is the wish for good, individual care and a wide range of effective therapies. In case of various complaints and diseases, we can support you in activating your body's self-healing abilities, in normalising your metabolism and in increasing your wellbeing.

We help and support you with:

Disorders and functional diseases

Physical and mental exhaustion
Lack of energy
Chronic fatigue
Stress load and wish for «reset»
Susceptibility to infection

Heart risk factors and metabolic disorders

Overweight
Fatty liver
Hypertension
Slighter forms of cardiac insufficiency
Lack of physical activity
Type 2 diabetes
Dyslipidemia (lipid metabolic disorder)
Gout

Neurological diseases

Headache, migraine
Multiple sclerosis*
Parkinson disease*

Orthopaedic illnesses

Back pain
Shoulder-neck-complaints
Arthrosis
Rheumatic diseases
Soft-tissue rheumatism (fibromyalgia)

Gastrointestinal diseases

Digestive disorders
Irritable colon
Chronic inflammatory bowel diseases

Contraindications

In case of certain diseases, we do not recommend a stay in our clinic. These diseases include: psychiatric diseases such as anxiety psychosis, schizophrenia, manic-depressive disorders, advanced cardiac insufficiency, unstable angina pectoris, unstable cardiac arrhythmia, intermittently atrial fibrillation, clinically manifest (acute) tumour diseases, dementia, care dependency, complex and multiple food allergies and intolerances.

We kindly ask you to contact us in advance in any case of doubt. Together with our physicians and in confidential conversations, you can figure out whether a stay at our clinic is advised and medically sensible.

*w/o care needs



Our interdisciplinary team of physicians (from left to right): Dr. med. Rainer Matejka, Dr. med. Joachim Wernicke, Dr. Wladimir Roo, Dr. Achim Banzhaf, Dr. Martha Welchar, Dr. Winfried Mästele, Detlev Rösemann, Ada von Ketteler



Dr. med. Rainer Matejka

Medical Director, Specialist for General Medicine, Naturopathy, Expert for Biological Medicine (university Milan), Acupuncture, among others internistic and surgical advanced trainings, Honorary President of the DNB (Deutscher Naturheilbund / German Association for Naturopathy), Chief Editor of the journal "Naturarzt" (naturopathic physician)

Dr. Rainer Matejka had been Dr. Erich von Weckbecker's scholar at the clinic from 1990 to 1993. In 2016, he took over the Medical Direction. As he is a fan of interdisciplinary medicine, his goal is primarily to cure diseases causally. "The disorders and diseases of civilisation are getting more and more complicated and require interdisciplinary treatment approaches", says Dr. Matejka. Hence, it is very important to him that physicians and therapists are working closely together. According to Dr. Matejka's estimation, modern concepts for a lifestyle change, as the Malteser Klinik von Weckbecker provides them, will globally become more and more important also in academic medicine.

General Practitioner, F.X. Mayr-physician, assistant Medical Director and Senior Physician

According to Ada von Ketteler, diet and exercise is the key element for health – thus, also for the treatment of many chronic diseases. The general practitioner primarily wants to aid in self-help and motivate people to take over self-responsibility. "What fascinates me about the Weckbecker concept is the holistic view on a person, using therapeutic fasting as basis. In this way, we are able to show our patients a way to a healthier lifestyle", says Mrs von Ketteler. From her point of view, methods according to F.X. Mayr, such as the "chewing training", can be optimally combined with the fasting cure according to Weckbecker.



Ada von Ketteler



Dr. med. Joachim Wernicke

Physician for Internal Medicine, Gastroenterology, Naturopathy, Homoeopathy (with diploma), Chirotherapy, Environmental Medicine and Emergency Medicine; recommended Physician by the journal FOCUS in 2017, 2018 and 2019

When Dr. Joachim Wernicke was 10 years old, he had an accident with near-death experience that made him want to become a physician. When he was a young physician, a severe disease brought him closer to naturopathy and homoeopathy. Corresponding to his model "live love and alleviate suffering", to him, personal care for patients is of great significance. "It is important to identify yourself with the patient in order to be able to objectively interpret subjective complaints", says Dr. Wernicke. He adds that at the same time it was important to consider the effects of emotional experiences on the body. It is Dr. Wernicke's desire to keep up Dr. Erich von Weckbecker's legacy and the spirit of the house.

**Many diseases can be treated in a naturopathic way – and your health benefits.
Feel free to contact us for your personal diagnosis: telephone +49 (0) 9741-830**

Our PACKAGES – simply be there and feel comfortable



We are happy to present you eight packages with different focuses – adjusted to your health targets and your symptoms.

If you choose one of these treatment packages, you do not only enjoy optimally matched therapies but also **price advantages for rooms, treatments and services.**



Your advantage: daily inclusive treatments

All fasting packages include the following daily* treatments:

- Hydropathy according to Kneipp – customized to your symptoms (alternating arm/foot/sitting baths with herbal adding, hot and cold affusions (arm, shank, knee, chest))
- Weckbecker Colon Bath (Colonthrapy), according to duration of fasting
- Ergometer training, therapeutically controlled (except from “Fasting & Hiking”)
- Hot and humid liver package (“potato package”)



Additionally free for every guest: Our great Weckbecker-DoRest-Program! See page 20 for further information.

Full board starts with the evening meal at the day of arrival and ends with breakfast at the day of departure. All of our packages (except “Weckbecker EnjoyTime”) include therapeutic fasting. Should you not be able or do not wish to fast, it is possible to book our Organic Alkaline Vital Diet at additional charge. Consequently, fasting board and Weckbecker Colon Bath will not apply.

* Except Sundays; Whitmonday / Easter Monday: Weckbecker Colon Bath only

Please note:

- Our packages are charged as a lump sum. Should you require an invoice according to the medical fee schedule (MFS), we suggest you to book the specific treatments accordingly to daily rate.
- It is not possible to replace or refund any treatments.
- Costs for cosmetics, medication, laboratory tests, service features (parking and telephone) and visitor’s tax are not included and will be charged separately.
- Additional medical and therapeutic services that are not included in the packages as well as additional meals will be invoiced accordingly to our current price list.
- Should any food allergies or intolerances exist, we kindly ask you to specify those in your anamnesis questionnaire. In this case, you will get a free consultation with our diet experts regarding the available board at the clinic. An individual diet can be booked at a premium. In case of complex and multiple food allergies and intolerances, it is required to agree in advance with our physicians.

Recommendations regarding your duration of stay

- A **short term stay** of seven nights is perfectly suitable for guests that have little time and want to disappear for a few days, get new energy and strengthen their body’s defenses.
- For guests with focus on **prevention, weight loss**, or in order to **minimize individual risk factors**, we suggest bookings of at least 10 nights. A regular repetition once per year has a natural “anti-aging” effect.
- In case of **acute or chronic diseases**, your stay should ideally enable your body an entire restart. In order to achieve positive long-term results for your health, our physicians recommend a stay of at least 14 nights.

It is, of course, at every stay possible to book **single extra nights.**

Weckbecker Fasting Cure Classic

Fasting is a temporary and conscious food refraining - and often the beginning of a new awareness of life. In combination with accompanying treatments, we aspire a long-lasting positive change on physical and emotional basis. This package, also preventively suitable, offers you our Classic – the one that already Dr. med. Erich von Weckbecker recommended to his patients. Including curing therapy units with medical care and practice of our Four Pillar Concept. Enjoy a new awareness of life – with increased health, energy and wellbeing.



NEW
Hydropathy
now with lumbal
affusion

Included in package	7 nights	10 nights	14 nights	21 nights	28 nights
Fasting diet incl. revitalising meals for up to 3 days*	7	10	14	21	28
Initial and exit examination	•	•	•	•	•
Interim examination		•	•	••	•••
Weckbecker Therapy: special colon massage, reflexology and acupuncture massage (30 min)	•	•	••	•••	••••
Indication specific treatment** (30 min)	•	••	••	•••	••••
+ Daily inclusive treatments (see page 10) / Weckbecker-DoRest-Program (see page 20)					
Accommodation in desired room category	from 1.350 €	from 1.850 €	from 2.540 €	from 3.680 €	from 4.770 €

Appropriate laboratory diagnostics "Fasting Cure": the mandatory fasting cure laboratory package 26,32 €

* Should therapeutic fasting not be feasible from a medical point of view, it is possible to switch to our Organic Alkaline Vital Diet or intermittent fasting at additional charge. Consequently, fasting board and Weckbecker Colon Bath will not apply.

** E.g. lymph drainage, colon massage, connective tissue massage, reflexology, Breuss massage, Dorn therapy

Reset

Set at zero with us! Come to rest and leave exhausting, unhealthy habits behind. Specifically combined treatments will balance your energy flow again and enable thorough regeneration.

In order to achieve new mental clearness, we will go into detail about your individual living conditions in a personal coaching. Together, we will work out opportunities for a long-lasting mindful dealing with your resources. After this "reset" you will return to your everyday life profoundly relaxed and holistically strengthened.



Included in package	7 nights	10 nights	14 nights	21 nights	28 nights
Fasting diet incl. revitalising meals for up to 3 days*	7	10	14	21	28
Initial and exit examination	•	•	•	•	•
Interim examination		•	•	••	•••
Classic massage (20 min)	•	•	••	•••	••••
Reflexology (20 min)	•	•	••	•••	••••
Acupuncture massage according to Penzel (40 min)	•	••	••	•••	••••
Craniosacral therapy (40 min)	•	••	••	•••	••••
Indication specific treatment** (30 min)	•	•	••	•••	••••
Individual Coaching for new life prospects & implementation of mindfulness in everyday life (45 min)	•	•	••	•••	••••
Relaxing and bracing infusion/injection	•	•	••	•••	••••
+ Daily inclusive treatments (see page 10) / Weckbecker-DoRest-Program (see page 20)					
Accommodation in desired room category	from 1.620 €	from 2.230 €	from 3.050 €	from 4.430 €	from 5.750 €

Appropriate laboratory diagnostics "Reset": detect deficits in vitamins and in vital minerals and exclude organic causes of exhaustion symptoms 148,64 €

* Should therapeutic fasting not be feasible from a medical point of view, it is possible to switch to our Organic Alkaline Vital Diet or intermittent fasting at additional charge. Consequently, fasting board and Weckbecker Colon Bath will not apply.

** E.g. lymph drainage, colon massage, connective tissue massage, reflexology, Breuss massage, Dorn therapy

Colon Liver Detox

The colon, the most important digestive and immune organ, and the liver are closely connected. Their condition can influence physical and mental health heavily. Stress, unhealthy diet and medication burden colon and liver. This Weckbecker cure relieves and strengthens both organs. We provide you with a pleasant detox treatment under best medical and therapeutic care – for a healthy metabolism and a stable immune system.

Included in package	7 nights	10 nights	14 nights	21 nights	28 nights
Fasting diet incl. revitalising meals for up to 3 days*	7	10	14	21	28
Initial and exit examination	•	•	•	•	•
Interim examination		•	•	••	•••
Individual nutrition consultation for intestinal health (60 min)	•	•	•	•	•
Connective tissue massage (20 min)	•	•	••	•••	••••
Reflexology (20 min)	•	•	••	•••	••••
Lymphatic drainage (30 min)	•	••	••	•••	••••
Weckbecker Therapy: special colon massage, reflexology and acupuncture massage (30 min)	•	••	••	•••	••••
Osteopathy (40 min)	•	•	••	•••	••••
Liver bracing infusion/injection	•	•	••	•••	••••
+ Daily inclusive treatments (see page 10) / Weckbecker-DoRest-Program (see page 20)					
Accommodation in desired room category	from 1.620 €	from 2.170 €	from 2.990 €	from 4.310 €	from 5.560 €

Appropriate laboratory diagnostics "Colon/Liver": provides an indication to what extent digestive glands are burdened 83,32 €

* Should therapeutic fasting not be feasible from a medical point of view, it is possible to switch to our Organic Alkaline Vital Diet or intermittent fasting at additional charge. Consequently, fasting board and Weckbecker Colon Bath will not apply.



The Weckbecker Therapy is a special combination of therapies that support the organism during metabolic and fasting processes.

Lymph, Weight & Diet

The lymphatic system is responsible for the cleansing of our tissue and central component of our immune system. If the lymphatic system is overloaded, we gain weight. Calory counting alone does not help to lose weight. It is useful to specifically relieve lymphatic and connective tissue and to stimulate the kidney function in order to support a long-lasting effect of therapeutic fasting and dietary change. Our finely tuned therapy program helps you to regulate your weight, to achieve your goal of increasing your physical fitness and to learn a sustained healthy lifestyle.



NEW
Compresses supporting the decongestion therapy*

*additionally bookable, see page 32

Included in package	7 nights	10 nights	14 nights	21 nights	28 nights
Fasting diet incl. revitalising meals for up to 3 days*	7	10	14	21	28
Initial and exit examination	•	•	•	•	•
Interim examination		•	•	••	•••
Reflexology (20 min)	•	••	••	•••	••••
Lymphatic drainage (whole body, 60 min)	••	•••	••••	••••• ••	••••• ••••
Weckbecker Therapy: special colon massage, reflexology and acupuncture massage (30 min)	••	••	••••	••••• ••	••••• ••••
Lymph and kidney supporting infusion	•••	•••	••••• ••	•••••• •••••	••••••• •••••••
Kitchen training in a group	•	••	••	•••	••••
Individual nutrition consultation (60 min)	•	•	•	•	•
+ Daily inclusive treatments (see page 10) / Weckbecker-DoRest-Program (see page 20)					
Accommodation in desired room category	from 1.660 €	from 2.240 €	from 3.060 €	from 4.410 €	from 5.690 €

Appropriate laboratory diagnostics "Lymph/Weight": provides essential metabolic figures that can be causal for a dysfunctional weight regulation 141,27 €

* Should therapeutic fasting not be feasible from a medical point of view, it is possible to switch to our Organic Alkaline Vital Diet or intermittent fasting at additional charge. Consequently, fasting board and Weckbecker Colon Bath will not apply.

Osteo intensive

Arthrosis, back pain and other orthopaedic problems are often related to malnutrition and disadvantageous movement patterns. False posture or onesided load of the muscular system can be the reason for pains. Occasionally, there are also interactions with inner organs. Our therapists get to the bottom of your pains. Focus is the individually adapted and result oriented treatment.

Included in package	7 nights	10 nights	14 nights	21 nights	28 nights
Fasting diet incl. revitalising meals for up to 3 days*	7	10	14	21	28
Initial and exit examination	•	•	•	•	•
Interim examination		•	•	••	•••
Classic massage (20 min)	•	••	••	•••	••••
Physiotherapy (30 min)	••	•••	••••	••••• ••	••••• ••••
Osteopathy (40 min)	••	•••	••••	••••• ••	••••• ••••
+ Daily inclusive treatments (see page 10) / Weckbecker-DoRest-Program (see page 20)					
Accommodation in desired room category	from 1.570 €	from 2.190 €	from 2.950 €	from 4.290 €	from 5.560 €

Appropriate laboratory diagnostics "Immune/Rheumatism": gives information on whether systemic rheumatic or chronic degenerative problems are the reason for complaints 137,26 €

* Should therapeutic fasting not be feasible from a medical point of view, it is possible to switch to our Organic Alkaline Vital Diet or intermittent fasting at additional charge. Consequently, fasting board and Weckbecker Colon Bath will not apply.



Physiotherapy and Osteopathy help to alleviate complaints and improve the agility

Weckbecker EnjoyTime

You want to do something for your health but cannot or do not want to fast? In that case, we recommend you our “Weckbecker EnjoyTime” with our Organic Alkaline Vital Diet. Let us care for you and experience intense recovery. We offer you regenerating treatments for more energy and in order to strengthen your immune system. Our Organic Alkaline Vital Diet can be the beginning of a long-term healthier diet. Enjoy alkaline creations that will thrill you every day anew.

Included in package	7 nights	10 nights	14 nights
Full board with our Organic Alkaline Vital Diet*	7	10	14
Initial and exit examination	•	•	•
Interim examination			•
Classic massage (20 min)	•	••	••
Hydropathy according to Kneipp – adjusted accordingly to your symptoms (alternating arm/ foot/ sitting baths with herbal adding, hot and cold affusions (arm, shank, knee, chest) and facial affusion)	••••••	•••••• •••••	•••••• ••••••
+ Weckbecker-DoRest-Program (see page 20)			
Accommodation in desired room category	from 1.250 €	from 1.770 €	from 2.330 €

NEW
Hydropathy
now with facial
affusion

* Only suitably in case of single, not **multiple**, food allergies or intolerances.



Weckbecker Intermittent Fasting

The Intermittent Fasting Method: Combine the positive fasting effects with a delicious, healthy diet. You enjoy two meals of our Organic Alkaline Vital Diet per day. In the remaining hours you consume only water or tea. Your body starts the metabolic adjustment that is typical during fasting and initiates detoxing and repairing processes. The effect is supported by therapeutic treatments.

Included in package	7 nights	10 nights	14 nights
Full board: 2 x Organic Alkaline Vital Diet, 1 x fasting diet*	7	10	14
Initial and exit examination	•	•	•
Interim examination			•
Individual nutrition counselling (60 min)	• •	• •	• •
Classic massage (20 min)	•	• •	• •
Hydrotherapy according to Kneipp – adjusted accordingly to your symptoms (alternating arm/foot/sitting baths with herbal adding, hot and cold affusions (arm, shank, knee, chest) and facial affusion)	• • • • •	• • • • • • • • •	• • • • • • • • • •
+ Weckbecker-DoRest-Program (see page 20)			
Accommodation in desired room category	from 1.250 €	from 1.770 €	from 2.330 €



* Only suitably in case of single, not **multiple**, food allergies or intolerances.

Inclusively two individual nutrition consultations

At the beginning of your stay, you decide together with our nutrition experts which meal you would like to replace by tea – based on your daily routine at home and your personal needs or preferences.

In a second consultation **at the end of your stay**, you will get individual advices on how to integrate the meal rhythm of intermittent fasting easily as a new custom to your everyday life.



Fasting & Hiking in the Bavarian Rhön

Included in package	7 nights
Fasting diet incl. revitalising meals for up to 3 days*	7
Initial and exit examination	•
Classic massage (20 min)	•
Hydrotherapy according to Kneipp – adjusted accordingly to your symptoms (alternating arm/foot/sitting baths with herbal adding, hot and cold affusions)	• • • • •
Guided hikes (6 to 12 km)	• • • • •
+ Daily inclusive treatments (see page 10) Weckbecker-DoRest-Program (see page 20)	
Accommodation in desired room category	from 1.240 €

Hiking on quiet paths at the heart of the picturesque Rhön – this is a place where you can find peace, free your mind and regain your strength. Our guided hikes are the perfect supplement to the fasting time: They help to gently train your cardiovascular system and activate your metabolism. This package is perfectly suitable for patients that are, as to the rest, healthy, but with risk factors such as stress, lack of exercise or overweight. Discover with us new (life) paths for more pleasure and zest!

Dates 2021

14.–21. March, 4.–11. April, 2.–9. May, 23.–30. May, 20.–27. June, 11.–18. July, 15.–22. August, 5.–12. September, 19.–26. September, 10.–17. October, 31. October–7. November

* Should therapeutic fasting not be feasible from a medical point of view, it is possible to switch to our Organic Alkaline Vital Diet or intermittent fasting at additional charge. Consequently, fasting board and Weckbecker Colon Bath will not apply.



INDIVIDUAL BOOKING

according to daily rate

Feel free to contact us if you have any **questions or wishes!** Telephone: +49 (0) 9741-83-0 or weckbecker@malteser.org

Do you want to customize your stay or need an invoice according to the medical fee schedule (MFS)? In this case, you can book a room in the desired room category according to daily rate. Fasting diet and revitalising meals for up to three days are already included. If you wish, you can replace the fasting diet by our Organic Alkaline Vital Diet at additional charge. Consequently, fasting board will not apply. Desired treatments can be booked accordingly to our current price list after medical prescription. Only initial and exit medical examinations are obligatory at our clinic.

If you book more than 7 nights, you will also **receive a price advantage on bookings according to daily rate.**



Each booking includes our great **Weckbecker-DoRest-Program!**

For further information see page 20.

Please note:

Should any food allergies or intolerances exist, we kindly ask you to specify those in your anamnesis questionnaire. In this case, you will get a free consultation with our diet experts regarding the available board at the clinic. An individual diet can be booked at a premium. In case of complex and multiple food allergies and intolerances it is required to agree in advance with our physicians.

Our Organic Alkaline Vital Diet

We use **premium organic and/or local food** for our alkaline cuisine and prepare our meals freshly and gently. These foods are high in minerals such as potassium, calcium and magnesium and are, henceforth, considered to be “**alkaline creators**”. In this way, our body is well supplied with a high density of vital compounds and secondary plant substances. As these ingredients are mostly contained in vegetables, lettuce and fruits, our meals are vegetarian oriented – contrary to a protein-rich and therefore acid-forming diet.

Detoxing and purging processes are set into motion, the metabolism is activated and the immune system is strengthened.



In the initial medical examination, we compile your treatment plan individually adjusted to your needs.

Weckbecker-DoRest-Program

Free
for each guest!



The balance between exercise („Do“) and relaxation („Rest“) is essential for the health maintenance of body, mind and soul. Our many-faceted weekly program and feelgood offers are based on this concept. It helps you to train healthy behaviors and to integrate them into your everyday life on a long-term basis. The Weckbecker-DoRest-Program is included in all packages and also in all individual daily rate bookings. The offers vary daily in a Do-Rest-Rhythm and change weekly.

Exercises & Fitness

To support the fasting process and to get a new physical feeling.

Morning fitness, aqua-gym, guided hikes, Nordic Walking, Flexi-Bar, Theraband, Yoga, stretching according to Liebscher & Bracht, fasciae training, balance training, training with reactive barbells, Body Fit (full-body workout),

NEW: therapeutically attended dew cure

Reflection & Relaxation

To balance your life.

Progressive muscle relaxation, Qi Gong, meditative dance, body-prayer at sunrise, sound bowl relaxation, laughter yoga, autogenous training,

NEW: Forest bathing

Feelgood Offers

Spoil yourself!

Swimming bath, sauna area (Finnish sauna, organic sauna, infrared sauna, steam bath), light shower, infrared cabin, cardio fitness, 24 hours tea and water bar, curative water from the Wernarz spring

Lectures

Take health matters into your own hands with new valuable knowledge.

Diet and fasting speeches, medical speeches (e.g. topics such as liver, thyroid, indigestion, irritable bowel syndrome, arthrosis, back pain, cardiovascular diseases, hypertension, urological diseases, sleeping disorders)

Spiritual & psychotherapeutic offers

To give your fasting experience depth.

Morning and evening meditation, singing together, conversational circles, life coaching, praying together, worships, Taizé prayers, bible conversations, **NEW: meditation in nature**

Creative courses

Develop your potential.

See and paint, drawing, dancing





Swimming bath with sauna area



Conversational circles for exchange and new impulses



24 hours tea bar



Yoga for body mobilization

Room categories and prices (in Euro)

Packages		Weckbecker Fasting Cure Classic					
Duration / Nights		7	10	14	21	28	ext. week
SA	House I North A 2 nd person	1.350,- 1.180,-	1.850,- 1.600,-	2.540,- 2.200,-	3.680,- 3.180,-	4.770,- 4.110,-	1.170,- 1.010,-
	House I North B 2 nd person	1.550,- 1.180,-	2.130,- 1.600,-	2.920,- 2.200,-	4.230,- 3.180,-	5.490,- 4.110,-	1.350,- 1.010,-
SC	House I South C 2 nd person	1.550,- 1.180,-	2.130,- 1.600,-	2.920,- 2.200,-	4.230,- 3.180,-	5.490,- 4.110,-	1.350,- 1.010,-
KO	House II Comfort O 2 nd person	1.740,- 1.370,-	2.400,- 1.880,-	3.290,- 2.580,-	4.790,- 3.730,-	6.210,- 4.840,-	1.530,- 1.190,-
KS+W	House II Comfort S+W 2 nd person	1.870,- 1.370,-	2.590,- 1.880,-	3.550,- 2.580,-	5.160,- 3.730,-	6.690,- 4.840,-	1.650,- 1.190,-
AA	House II Apartment* A 2 nd person	2.130,- 1.500,-	2.960,- 2.060,-	4.050,- 2.830,-	5.900,- 4.100,-	7.650,- 5.320,-	1.890,- 1.310,-
AB	House II Apartment* B 2 nd person	2.320,- 1.500,-	3.230,- 2.060,-	4.430,- 2.830,-	6.450,- 4.100,-	8.380,- 5.320,-	2.070,- 1.310,-
Laboratory "Fasting"							26,32 €

Our seasonal times and price advantages

Seasonal price increase

We charge a seasonal price increase for bookings in the period between 3 January and 27 March 2021. That corresponds 10,- Euro for a room in House I per person, per night; and 13,- Euro for a room in House II per person, per night.

Prices and seasonal times effective 1st January 2021. Prices/dates subject to change. Always up to date at www.weckbecker.com. Our traditional little winter break starts on 18 December 2021. We will be back at your service on 2 January 2022.



Recommend us!

We are very happy if you enjoyed your stay and recommend us. In gratitude for each new guest who books a 7 day stay following your recommendation, you will receive one night's stay for free.

Room categories and prices (in Euro)

Packages		Reset					
Duration / Nights		7	10	14	21	28	ext. week
SA	House I North A 2 nd person	1.620,- 1.440,-	2.230,- 1.980,-	3.050,- 2.710,-	4.430,- 3.930,-	5.750,- 5.100,-	1.450,- 1.280,-
	House I North B 2 nd person	1.810,- 1.440,-	2.510,- 1.980,-	3.430,- 2.710,-	4.990,- 3.930,-	6.470,- 5.100,-	1.630,- 1.280,-
SC	House I South C 2 nd person	1.810,- 1.440,-	2.510,- 1.980,-	3.430,- 2.710,-	4.990,- 3.930,-	6.470,- 5.100,-	1.630,- 1.280,-
KO	House II Comfort O 2 nd person	2.000,- 1.640,-	2.780,- 2.260,-	3.810,- 3.090,-	5.540,- 4.490,-	7.190,- 5.820,-	1.810,- 1.460,-
KS+W	House II Comfort S+W 2 nd person	2.130,- 1.640,-	2.970,- 2.260,-	4.060,- 3.090,-	5.910,- 4.490,-	7.670,- 5.820,-	1.930,- 1.460,-
AA	House II Apartment* A 2 nd person	2.390,- 1.760,-	3.330,- 2.440,-	4.560,- 3.340,-	6.650,- 4.860,-	8.640,- 6.300,-	2.170,- 1.580,-
AB	House II Apartment* B 2 nd person	2.580,- 1.760,-	3.610,- 2.440,-	4.940,- 3.340,-	7.200,- 4.860,-	9.360,- 6.300,-	2.350,- 1.580,-
Laboratory "Reset"						148,64 €	

Our Specials for 2021

Save 10,- € in House I, resp. 13,- € in House II per person, per night. Valid for all packages and bookings according to daily rate:

Summer Special 22th May–26th June
Autumn Special 15th Aug–25th Sep
Winter Special 28th Nov–17th Dec

Room categories and prices (in Euro)

Packages		Colon Liver Detox					
Duration / Nights		7	10	14	21	28	ext. week
SA	House I North A 2 nd person	1.620,- 1.450,-	2.170,- 1.920,-	2.990,- 2.650,-	4.310,- 3.810,-	5.560,- 4.910,-	1.350,- 1.190,-
	House I North B 2 nd person	1.810,- 1.450,-	2.450,- 1.920,-	3.370,- 2.650,-	4.860,- 3.810,-	6.280,- 4.910,-	1.530,- 1.190,-
SC	House I South C 2 nd person	1.810,- 1.450,-	2.450,- 1.920,-	3.370,- 2.650,-	4.860,- 3.810,-	6.280,- 4.910,-	1.530,- 1.190,-
KO	House II Comfort O 2 nd person	2.010,- 1.640,-	2.720,- 2.200,-	3.750,- 3.030,-	5.410,- 4.360,-	7.000,- 5.630,-	1.710,- 1.370,-
KS+W	House II Comfort S+W 2 nd person	2.140,- 1.640,-	2.910,- 2.200,-	4.000,- 3.030,-	5.780,- 4.360,-	7.480,- 5.630,-	1.830,- 1.370,-
AA	House II Apartment* A 2 nd person	2.390,- 1.770,-	3.270,- 2.380,-	4.500,- 3.280,-	6.520,- 4.730,-	8.450,- 6.110,-	2.070,- 1.490,-
AB	House II Apartment* B 2 nd person	2.590,- 1.770,-	3.550,- 2.380,-	4.880,- 3.280,-	7.080,- 4.730,-	9.170,- 6.110,-	2.250,- 1.490,-
Laboratory "Colon/Liver"							83,32 €

Room categories and prices (in Euro)

Packages		Lymph, Weight & Diet					
Duration / Nights		7	10	14	21	28	ext. week
SA	House I North A 2 nd person	1.660,- 1.480,-	2.240,- 1.990,-	3.060,- 2.720,-	4.410,- 3.910,-	5.690,- 5.040,-	1.410,- 1.250,-
	House I North B 2 nd person	1.850,- 1.480,-	2.520,- 1.990,-	3.440,- 2.720,-	4.960,- 3.910,-	6.420,- 5.040,-	1.590,- 1.250,-
SC	House I South C 2 nd person	1.850,- 1.480,-	2.520,- 1.990,-	3.440,- 2.720,-	4.960,- 3.910,-	6.420,- 5.040,-	1.590,- 1.250,-
KO	House II Comfort O 2 nd person	2.040,- 1.680,-	2.790,- 2.270,-	3.820,- 3.100,-	5.520,- 4.470,-	7.140,- 5.770,-	1.770,- 1.430,-
KS+W	House II Comfort S+W 2 nd person	2.170,- 1.680,-	2.980,- 2.270,-	4.070,- 3.100,-	5.890,- 4.470,-	7.620,- 5.770,-	1.890,- 1.430,-
AA	House II Apartment* A 2 nd person	2.430,- 1.810,-	3.350,- 2.450,-	4.570,- 3.350,-	6.630,- 4.830,-	8.580,- 6.250,-	2.130,- 1.550,-
AB	House II Apartment* B 2 nd person	2.620,- 1.810,-	3.620,- 2.450,-	4.950,- 3.350,-	7.180,- 4.830,-	9.310,- 6.250,-	2.310,- 1.550,-
Laboratory "Lymph/Weight"						141,27 €	
Compress set small/big						from 206,- € / 257,- €	

Room categories and prices (in Euro)

Packages		Osteo Intensive					
Duration / Nights		7	10	14	21	28	ext. week
SA	House I North A 2 nd person	1.570,- 1.390,-	2.190,- 1.940,-	2.950,- 2.610,-	4.290,- 3.790,-	5.560,- 4.910,-	1.370,- 1.210,-
	House I North B 2 nd person	1.760,- 1.390,-	2.470,- 1.940,-	3.330,- 2.610,-	4.840,- 3.790,-	6.280,- 4.910,-	1.550,- 1.210,-
SC	House I South C 2 nd person	1.760,- 1.390,-	2.470,- 1.940,-	3.330,- 2.610,-	4.840,- 3.790,-	6.280,- 4.910,-	1.550,- 1.210,-
KO	House II Comfort O 2 nd person	1.950,- 1.590,-	2.740,- 2.220,-	3.710,- 2.990,-	5.400,- 4.340,-	7.000,- 5.630,-	1.730,- 1.390,-
KS+W	House II Comfort S+W 2 nd person	2.080,- 1.590,-	2.930,- 2.220,-	3.960,- 2.990,-	5.770,- 4.340,-	7.480,- 5.630,-	1.850,- 1.390,-
AA	House II Apartment* A 2 nd person	2.340,- 1.710,-	3.300,- 2.400,-	4.470,- 3.240,-	6.510,- 4.710,-	8.450,- 6.110,-	2.090,- 1.510,-
AB	House II Apartment* B 2 nd person	2.530,- 1.710,-	3.570,- 2.400,-	4.840,- 3.240,-	7.060,- 4.710,-	9.170,- 6.110,-	2.270,- 1.510,-
Laboratory "Immune/Rheumatism"							137,26 €

Room categories and prices (in Euro)

Packages		Weckbecker EnjoyTime / Intermittent Fasting				Fasting & Hiking	Daily rate per night
Duration / Nights		7	10	14	ext. week	7	from*
SA	House I North A 2 nd person	1.250,- 1.070,-	1.770,- 1.520,-	2.330,- 1.990,-	1.130,- 960,-	1.240,- 1.070,-	109,- 82,-
SB	House I North B 2 nd person	1.440,- 1.070,-	2.040,- 1.520,-	2.710,- 1.990,-	1.320,- 960,-	1.440,- 1.070,-	139,- 82,-
SC	House I South C 2 nd person	1.440,- 1.070,-	2.040,- 1.520,-	2.710,- 1.990,-	1.320,- 960,-	1.440,- 1.070,-	139,- 82,-
KO	House II Comfort O 2 nd person	1.640,- 1.270,-	2.320,- 1.790,-	3.080,- 2.370,-	1.510,- 1.150,-	1.630,- 1.260,-	169,- 112,-
KS+W	House II Comfort S+W 2 nd person	1.760,- 1.270,-	2.500,- 1.790,-	3.340,- 2.370,-	1.630,- 1.150,-	1.760,- 1.260,-	189,- 112,-
AA	House II Apartment* A 2 nd person	2.020,- 1.400,-	2.870,- 1.980,-	3.840,- 2.620,-	1.890,- 1.280,-	2.020,- 1.390,-	229,- 132,-
AB	House II Apartment* B 2 nd person	2.210,- 1.400,-	3.150,- 1.980,-	4.220,- 2.620,-	2.080,- 1.280,-	2.210,- 1.390,-	259,- 132,-

* Your daily rate price advantages:

- from 7 nights at daily rate = 5 % on daily rate
- from 14 nights at daily rate = 8 % on daily rate
- from 21 nights at daily rate = 10 % on daily rate
- from 28 nights at daily rate = 12 % on daily rate

Your Save Haven – the appropriate room for every desire

House I: Our standard rooms



SA

Standard North A:
Smaller room with a forest view,
simple facilities, shower, WC, TV



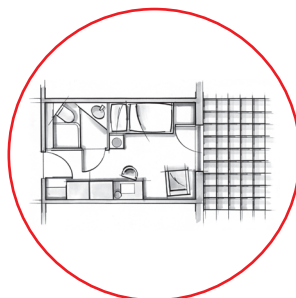
SB

Standard North B:
Bigger room with a forest view,
simple facilities, shower, WC, TV



SC

Standard South C:
Smaller room with a south facing view,
simple facilities, communal balcony with a nice
view, shower, WC, TV



Your Save Haven – the appropriate room for every desire

House II: Our Comfort Rooms



KO

Comfort East:
Spacious and bright comfort room with an east facing view, balcony, shower or bathtub, WC, TV, WIFI



KS+W

Comfort South and West:
Spacious and bright comfort room with a south or west view, balcony with panorama view, shower or bathtub, WC, TV, WIFI



The depicted pictures and sketches are examples.

Your Save Haven – the appropriate room for every desire

House II: Our apartments



AA

Apartment* A:

Spacious apartment with a lot of space, panorama view, two own balconies, two separate living rooms (living room and bedroom), shower, partly bathtub, two WCs, TV, WIFI



AB

Apartment* B:

Spacious apartment on the south side, panoramic view, large balcony, two separate rooms (living room, bedroom), shower, partly bathtub, TV, WiFi

Our additional offers Life coaching & Mindfulness

Director of the department for Care of Souls and Psychology

Anne Hartmann, qualified theologian and analytic psychologist, is head of the department for Care of Souls and Psychology. Together with her team, she has been offering courses in mindfulness, resilience, burnout prophylaxis, menopause and crisis management since many years.

In her experience, many patients perceive their stay at our clinic as such curative because they are gradually able to put some daylight between themselves and their everyday life. "This distance enables reflection and reorientation regarding their own life situation", says Anne Hartmann. "During this time, we accompany our guests in one-on-one conversations or in groups, in courses and our meditative range. In this way, and in combination with the knowledge of various experts of the clinic and with the effects of therapeutic fasting, it is possible to create a helpful and effective experience that provides strength, confidence and new perspectives for everyday life."



Anne Hartmann

Spiritual counsel (45 min)	free
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Mindfulness in everyday life

To rediscover inner balance, to stop the roundabout of thoughts, to act calmer and more reflected – also in everyday stress and in challenging situations. With the help of effective exercises, exchange and background knowledge, you get to know the attitude of mindfulness, a special kind of attention towards yourself and your environment. Train "being mindful" in various contexts (movement, conversations, silence) and experience the stressreducing and wholesome effect.

Included	Amount
Training unit (75 min) with a variety of exercises, impulses to transfer into everyday life, background knowledge and exchange of experiences	••••
Literary evening in order to track down mindful ways of living in literary and non-fictional texts	•
Price	90,- €

Dates 2021

11–15 January, 1–5 February, 1–5 March, 19–23 April, 17–21 May, 14–18 June, 5–9 July, 2–6 August, 13–17 September, 4–8 October, 15–19 November, 6–10 December



Women Special

There is a lot of potential in every stage of life – potential for changes, self-reflection and new wellbeing. In our treatment package, specially developed for women, you get important knowledge and individual stimulus about how you can experience your menopause healthy and with lots of love of life. Our experts in medicine, movement therapy and psychology will answer your personal questions. Furthermore, next to natural strategies against typical discomforts, we will show you new ways for a mindful treatment of body and soul.

Included	Amount
Workshop: "Transformation, transition, re-finding – orientation and encouragement for my menopause"	•••
Speeches - "Importance of exercise and sport during the menopause" - "Women-Teas helping against discomforts of the menopause" incl. tea tasting	••
Conversational circle with physician "Hormone-free through your menopause – is that possible?"	•
Kitchen training "fit and healthy with an Organic Alkaline Vital Diet"	•
Pelvic floor exercise and whole-body training	•••
Price	180,- €

Dates 2021

21–27 March, 27 June–3 July, 29 August–4 September, 7–13 November

Price list “Nutrition & Dietetics”

Weckbecker Fasting Cure	
Included in all our fasting packages and in the daily rate	
Fasting board and revitalising meals for up to 3 days	
Conversational circle “fasting and after fasting”	
Health care by medical centre	
24 hours medical staff (on-call duty surcharge will apply)	

Nutrition consultation & Kitchen training	
Individual nutrition consultation (30 min)	50,- €
Individual nutrition consultation (60 min)	80,- €
Group kitchen training	26,- €

Nutrition & Dietetics	
Organic Alkaline Vital Diet 2000*	64,- €/day
Organic Alkaline Vital Diet 1600*	50,- €/day
Organic Alkaline Vital Diet 1200*	40,- €/day
Organic Alkaline Vital Diet 800*	32,- €/day
Intermittent fasting**	from 33,- €/day
Breakfast 2000	13,- €
Breakfast 1600	11,- €
Breakfast 1200	10,- €
Breakfast 800	9,- €
Lunch menu 2000	29,- €
Lunch menu 1600	26,- €
Lunch menu 1200	24,- €
Lunch menu 800	20,- €
Dinner 2000	25,- €
Dinner 1600	22,- €
Dinner 1200	20,- €
Dinner 800	18,- €
Lunch package	from 3,80 €
Surcharge for individual diets (allergies and intolerances)	15,- €/day



No refund of meals that were not taken.

* Surcharge; in case of package bookings, fasting board and Weckbecker Colon Bath will not apply; in case of bookings according to daily rate, the fasting board will not apply.

** billing on partaken meals

Price list for medical treatments & therapies

Additionally to our medical attendance, it is our aim to offer you a broad range of individual treatments – in accordance with the latest scientific findings. Follow-ups help to survey the therapy and to adjust it if necessary. We aim to alleviate symptoms but also to probe the causes permanently.

Medical examinations & treatments (invoice according to the medical fee schedule)

Medical examinations	
Initial examination (mandatory)	60,16 €
Creation of therapy schedule (mandatory)	20,10 €
Creation of diet plan	9,38 €
Exit examination (mandatory)	41,56 €
Follow-up / interim examination	21,44 €
Brief consultation (also by phone)	10,72 €
Symptomatic examination	14,91 €
Detailed consultation (also by phone)	20,10 €
Exposition of how a disease effects your way of life	61,22 €
Homoeopathic initial anamnesis	120,66 €
Homoeopathic aftercare treatment	60,33 €
Additional services will be charged according to the medical fee schedule (MFS).	

Medical diagnostics	
Resting ECG	26,54 €
Abdominal ultrasound	58,97 €

Special therapies	
Bloodletting (plus material costs)	14,74 €
Acupuncture	26,82 €/46,92 €
Autohaemotherapy incl. blood taking*	12,08 €
Injection s.c. /i.m. plus medicines	5,36 €
Injection i.v. plus medicines	9,38 €
Infiltration of one body area	10,73 €
Infiltration of multiple body areas	17,43 €
Chirotherapeutical procedure at the spine	19,85 €

Other	
Medical report	17,43 €
Medical report (external laboratory)	13,64 €
Fee for short attestation	5,36 €
Prescription fee	3,15 €

Laboratory diagnostics

Modern laboratory diagnostics can help to discover the causes of symptoms and to detect possible risk factors in a timely manner. Yet, today's panel physicians can only offer limited laboratory diagnostics for budget reasons.

At the Malteser Klinik von Weckbecker, you have the possibility to get special examinations next to the classic laboratory parameters. These special examinations give additional information about your condition.

Major Checkup

An overview about the most important organs and risk factors.

Price	173,47 €
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Gastrointestinal Check

Especially suggested in case of irritable bowel syndrome, chronically inflamed bowel diseases, immune disorders, allergies and food intolerances.

Price	138,85 €
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Extended cardiovascular risk factors

Includes, next to the determination of classical risk factors, additional parameters that become more important regarding the prevention of heart attacks and strokes.

Price	205,61 €
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Additionally, we offer extensive special laboratory medicine for individual health issues. Physicians and MedCenter are happy to advise you in this regard.

Laboratory packages

Fasting cure (the mandatory fasting laboratory package)	26,32 €
Reset (detect deficits in vitamins and in vital minerals and exclude organic causes of exhaustion symptoms)	148,64 €
Colon/Liver (provides an indication to what extent digestive glands are burdened)	83,32 €
Lymph/Weight (provides essential metabolic figures that can be causal for a dysfunctional weight regulation)	141,27 €
Immune/Rheumatism (gives information on whether systemic rheumatic or chronic degenerative problems are reason for complaints)	137,26 €



Infusion programs

With the use of our new infusion programs we want to activate your self-healing forces. Adjusted to your personal medical needs, infusions can strengthen your immune system, support your cardiovascular / lymphatic system and balance deficits in vitamins and in vital minerals.

The infusions are mostly made of well-chosen complex homoeopathics, amino acids and vitamin/mineral mixtures.

Infusion programs	
Reset	40,70 €
Detox	38,32 €
Immune boost	53,46 €
Circulation	37,49 €
Lymph	38,65 €

Special therapies

Oxygen multistep therapy according to Professor von Ardenne

Inhaling medical oxygen and taking up minerals and vitamins increases the oxygen supply and its utilisation. An inhalation at rest is followed by an inhalation at physical activity.

Per session	32,- €
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Leech treatment

Leech treatment	54,- €
Material costs for leeches (apiece) plus postage costs	8,80 € ca. 15,50 €

Haematogenous oxidation therapy (HOT)

By the use of a special procedure, oxygen is boosted in the blood. Aim is to improve the blood flow and to stimulate the immune system and the liver metabolism.

Per session	86,65 €
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Our extensive Therapy-Offer

Head of the Centre for Osteopathic Pain Therapy as well as the Department for Therapy, Hydrotherapy and Sports

Sebastian Wurster, exercise physiotherapist, osteopath and versatilely educated therapist, is head of the clinic's therapy centre. His experience shows that the combination of therapeutic fasting, resp. healthy diet, and naturopathic-therapeutic treatments is the best condition to alleviate acute and chronic symptoms. "With the help of our highly qualified team, we are able to offer an extensive range of curative therapies. In this way, we can react very individually to the patients' symptoms and react day-to-day anew to their specific conditions", says Sebastian Wurster.



Sebastian Wurster

Massages	
Connective tissue massage (20 min)	35,- €
Colon massage (20 min)	35,- €
Shiatsu massage (30 min)	46,- €
Cupping massage (30 min)	46,- €
Classic massage (20 min)	35,- €
Classic massage (40 min)	61,- €
Classic massage (60 min)	80,- €
Reflexology (20 min)	35,- €
Reflexology (40 min)	61,- €

Acupuncture massage according to Penzel®	
Balances energetic imbalances. Particularly suitable in case of pain syndromes and functional complaints such as insomnia and inner unrest.	
Acupuncture massage (40 min)	82,- €
Acupuncture massage (60 min)	95,- €
Ear acupuncture massage (20 min)	32,- €

Weckbecker therapy (30 min)	
Therapy combination: massages of small and large bowel, reflexology, elements of the craniosacral and visceral osteopathy as well as acupuncture massage, adjusted individually according to symptoms.	55,- €

Therapy according to Dorn (30 min)	
Straightening the spine relieves blockades and herewith associated pains. The Dorn therapy is especially focused on potential pelvic obliquity.	46,- €

Lymph drainage	
Especially in case of overweight and in other cases of metabolic overload, the body stores high amounts of lymphatic fluid – mostly in the subcutaneous fatty tissue (lipoedema), in the abdomen and in the face. With soft stroking, pushing and vibrating hand movements, we stimulate the lymphatic system and free the tissue. Also suggested in case of headache / migraine, tinnitus (ear noises), chronic sinusitis and veins weakness.	
Lymph drainage (30 min)	48,- €
Lymph drainage (60 min)	82,- €

Compress (legs)	
In order to optimally support the decongestion therapy. Along with the program 'Lymphs, Weight & Diet', the compress will be applied after the lymph drainages and prescribed in the appropriately same amount.	
Compress set small (once; to take home)	156,- €
Compress set big (once; to take home)	207,- €
Application of compress (30 min)	25,- €

Massage according to Breuss (30 min)	
The energetic stroking massage with amber oil causes deep relaxation in the whole body. Especially suitable for people with a high amount of work and stress – especially in case of chronic and acute back pain as well as in preparation for the Dorn therapy.	46,- €

Osteopathy (40 min)	
Probably the most holistic form of treatment as it combines various techniques of the manual and craniosacral therapy (CST), visceral (organic-) treatment, nervous mobilization, as well as muscle and fascia techniques.	105,- €
Craniosacral therapy (40 min)	92,- €

LNB Therapy (60 Min.)	
Our pain therapy according to Liebscher and Bracht (LNB) reduces acute and chronic pain in spine, joints, muscular system, tendons and ligaments. Special pressure massage techniques and stretching exercises mostly relieve pain and motion restrictions on a longterm basis.	140,- €

Exercise and movement therapy	
Ergometer training / movement therapy (20 min)	15,- €
Personal training / individual training (60 min)	80,- €
Milon®Zirkel (instruction and exercise check per stay)	22,- €

Manual therapy (30 min)	
The manual therapy is a special form and an additional training of physiotherapy with which we treat especially dysfunctions of the locomotor system (joints, muscles and nerves). It has pain-relieving effects and helps in case of movement disorders and restrictions. Aim is to recreate the harmonic synergy of joints, muscles and nerves.	57,- €

Physiotherapies	
Physiotherapy (30 min)	48,- €
Trigger point therapy (30 min)	48,- €
Kinesio taping (30 min)	32,- €
Fasciae stimulation therapy (20 min)	38,- €
Jaw joint therapy (30 min)	48,- €
Electro-physiotherapy	19,- €
Ultrasonic therapy	19,- €



Our Offers for the Kneipp-Year 2021



The Kneipp Hydrotherapy has ever been an important element of our clinic's treatment concept since it stimulates metabolism and cardiovascular system not only during the fasting process effectively. Pastor Sebastian Kneipp would have turned 200 years old in 2021 (1821–1897). In honor of this occasion, we focus even more upon the variety of Kneipp therapies: With **new hydropathic treatments and compresses** in our therapy programs (see arrangements from page 11), **therapeutically attended dew cure** in the Weckbecker-DoRest-Program and a **newly developed Kneipp seminar** where you can learn the treatments of individual Kneipp therapies for at home.

Kneipp seminar: <Make use of the therapies at home>

Become a Kneipp expert! Our therapists will teach you in this new two-day workshop how you can alleviate or prevent various symptoms with the help of affusions, baths and compresses. We combine founded knowledge of approved therapies according to Pastor Kneipp with convenient guidances for a simple usage at home. You also get an overview about possible supplements with their effects and which home remedies you can use alternatively.

Especially suitable for people with connective tissue weakness, circulatory disorders, cardiovascular problems, backache, energy deficits, headaches.



Included	Amount
Workshops - Affusions and baths according to Kneipp (90 min) - Compresses according to Kneipp (150 min)	• •
Therapeutically attended dew cure	• •
Participation in house lectures (german) - therapeutical lecture: <Kneippen und Saunieren> - medical lecture <Über die Kneipp'sche Lehre zur gesunden Lebensführung>	• •
Price	70,- €

Dates 2021
23–24 February, 1–2 June, 3–4 August, 23–24 November
Minimum number of participants: 6 people

Hydropathy according to Kneipp

Timelessly tried and tested, scientifically recognized method in order to stimulate blood flow and metabolism. The change of hot and cold water strengthens the circulation and the immune system. Additional therapeutic effects are achieved by the use of diverse herbal additives such as rosemary, melissa or common horsetail.

Washing with supplement	12,50 €
Hot and cold affusions (arm, shank, knee, chest)	15,50 €
Neck affusion	23,- €
Lumbal affusion	23,- €
Hot and cold shank affusion with body spiral	23,- €
Full-body affusion	25,- €
Facial affusion	8,50 €
Alkaline foot bath	15,50 €
Alkaline full bath	29,- €
Hot and cold arm bath / foot bath	15,50 €
Hot and cold sitting bath	15,50 €
Full bath with herbal additives	29,- €

Poultices and compresses

Hot and humid liver package ("potato package")	12,- €
Leg compress, one leg	17,- €
Leg compress, both legs	25,- €
Chest compress	17,- €
Body compress	17,- €
Neck compress	12,- €
Compress additives	2,- €
Introduction Kneipp stockings	17,- €
Kneipp stockings 50 cm	39,50 €
Kneipp stockings 70 cm	49,90 €

Weckbecker Colon Bath (Colonthrapy)

Smooth bowel cleanse according to Dr. med. Erich von Weckbecker	35,- €
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Single prices for the stay

Parking clinic grounds per day	4,- €
Parking garage per day	5,- €
Lending fee bathrobe (for the whole stay)	10,- €
Deposit for Thermos bottle	30,- €

Single prices Extras

Participation in trips with our bus	15,- €
Visitor's tax per day	ca. 2,50 €
Telephone per unit	0,30 €
Telefax per unit	0,40 €

New for you in 2021:
Our **beauty treatments and medical pedicure**

Wellbeing
Wellness
Spoiling moments

For complete wellbeing it is very important to *feel comfortable in your own skin*. This is why, in 2021, we offer our guests new cosmetical face and body treatments in compliance with our Weckbecker concept. Enjoy *special treating moments* with selected, natural ingredients from the herbal and plant kingdom. And a sense of well-being with an effect from the outside to the inside.

Support, for example, your dermal metabolism during the fasting cure, resp. dietary change, rebalance your skin with individually aligned care or enjoy *pleasant wellness treatments* from head to toe.



You get all information about our new beauty treatment on site.

Contact and reservations

We are looking forward to welcoming you here! Should you have any questions regarding your stay at the Malteser Klinik von Weckbecker, feel free to ask us at any time. In case of medical questions, we are happy to arrange you a first medical telephone conversation.



You can reach us by phone from
8 am to 8 pm on +49 (0) 9741-83 0
by email:

weckbecker.brueckenau@malteser.org

or by online form: www.weckbecker.com

Postal address:

Malteser Klinik von Weckbecker
Rupprechtstraße 20
97769 Bad Brückenau
Germany



Subscribe to our newsletter!

If you subscribe to our newsletter "health news", you are the first to get information on news and offers from our clinic.

Our physicians and therapists are regularly reporting about new naturopathic methods, about exciting medical research findings and explain new therapy concepts. You can also look forward to receiving tips with regard to healthy diets and impulses for a lifestyle change.

Subscribe here: www.weckbecker.com/newsletter/newsletter-anmeldung



Join us on Facebook, Instagram
and YouTube!

General information regarding reimbursement of costs for statutory or private health insurance and patients who are entitled to receive allowance

Statutory health insurances

Stationary measure for rehabilitation and prevention*

The Malteser Klinik von Weckbecker is a specialist hospital for prevention and rehabilitation and has a care contract according to § 111 SGB V. People with a statutory health insurance are able to make use of a therapy after obtained approval – if the statutory health insurance is responsible for the rehab measure.

In case of approved therapy, the health insurance will be invoiced directly for the necessary medical therapies. The legally defined own share of 10,- € per day will be charged to your debit. The hospital and nursing charges include the room category of House I. If you wish to book a stay in House II, we will charge the surcharge to your debit.

Ambulant preventive checkup*

Usually, you are entitled to an ambulant spa therapy every 3 years. Costs for the medical treatment by the spa physician are fully reimbursed by the health insurance according to § 23 Abs. 2 SGB V. The health insurance does not pay for surcharges of the inpatient treatment at our clinic (mandatory initial examination, follow-up / interim and exit examination). These surcharges will be charged to your debit. Up to 90 % of cure remedies and chargeable treatments can be reimbursed. Further costs such as accommodation, board or transfer can be reimbursed with up to 13,-€ per day. Statutory copayments have to be paid at the clinic.

* the confirmation of cost coverage must have arrived 14 days prior to your arrival in written form. Otherwise, the billing is made for direct payers.

Benefits

The Malteser Klinik von Weckbecker is entitled to receive allowance according to the regulations of the ordinance for financial assistance, and meets the requirements in accord with § 107 par. 2 SGB V. The granting stations of the different states share costs in different amounts.

The clinic is approved according to § 30 of the trade regulation act and is amenable to supervision of the local health authority.

▪ Application for permit must be agreed with the responsible aid office and the confirmation of cost coverage must have arrived in written form 14 days prior to your arrival.

Private health insurances

Due to the fact that private health insurances consider the Malteser Klinik von Weckbecker as a sanatorium, they only reimburse costs if you have concluded a special tariff with your provider. Medical and diagnostic services are often partly paid. Please also take note of the restrictions of your contract, resp. exclusions of spa towns / therapeutic baths (spa town clause, § 5 (1e) MB / KK). Please make sure that the written confirmation of cost coverage has arrived prior to your arrival.

Information regarding the reimbursement of costs (benefit or private health insurances):

It is possible that treatment costs are not fully covered by the aid office or your private health insurance since not all payers have to accept the agreed prices. Please talk to your payer prior to your stay.

These regulations apply to the German health system.

Tax deductibility

Costs for a stationary or ambulant therapy can be approved as extraordinary expenses in your payroll tax or personal income tax. For further information, you can ask the responsible tax authority.

▪ **Should you require more information regarding costs and accounting, feel free to give us a call: +49 (0) 9741 83 825.**

Our certifications:

Wir sind zertifiziert nach



Clinic regulations

1. **Smoking is prohibited in our clinic and on the clinic grounds.**

2. Telephoning with mobile phones is prohibited in fasting and dining rooms as well as in all therapeutic and public areas. We recommend you to refrain for the entire length of your stay from all common stimulations caused by communication media such as mobile phones, tablets, computer and television – or to, at least, limit the usage.

3. Please do not wear your bathrobe in our fasting and dining rooms.

4. Should you wish to stay away overnight or for several days, it is required to obtain your physician's approval.

5. It is not permitted to bring any animals.

Malteser-Klinik Dr. v. Weckbecker gGmbH

Price list from 1.1.2021 (1.0)

Management: Verena Höllen, Stefanie Hündgen

Photos: Friedemann Rieker (page 1, 11, 13–17, 19–21, 27, 28, 34/35, 41–44), Anica Schröter (page 2/3, 8/9, 12, 26, 32/33, 39, 42), Dr. Arnulf Müller (page 18, 43), Dr. Rothbauer (S. 21), Quabbe+Tessmann (page 24/25), Stadt Bad Brückenau (page 42), Adobe Stock (page 17, 28, 30/31, 36/37)

Layout: Johanna Neuburger

Controlling authority:

Government of Lower Franconia

Trade control

Georg-Eydel-Str. 13

97082 Würzburg



General terms and conditions (GTC) of the Malteser-Klinik Dr. v. Weckbecker gGmbH

1. **Your reservation is binding once we have received your signed registration form.**

2. Please attach the completed anamnesis sheet to the confirmation of reservation that you are sending back to us. If the physician notes during examination of the anamnesis sheet that a treatment at our clinic is not possible or that the booked package is medically not sensible, we reserve the right to withdraw from the contract, resp. suggest you another package.

3. **A deposit of 80% of the booked services is due 14 days before your arrival at the latest. The balance is due at the end of your stay before your departure (cash or ec card).**

4. If you book one of our packages, it is not possible to replace the therapies included or to refund any therapies you did not attend. In case that therapeutic fasting is not feasible from a medical point of view, it is possible to switch to our Organic Alkaline Vital Diet at additional charge. Consequently, fasting board and Weckbecker Colon Bath will not apply. Additional services will be invoiced separately.

Our packages are shown blanket on the invoice. Should you require an invoice according to the medical fee schedule, we recommend an individual booking according to daily rate. In this case, please let us know at the day of arrival at the latest.

5. You will receive your booked room category. Specific room requests cannot be guaranteed.

Your room is free from 1 pm on the day of arrival and until 11 am on the day of departure. Depending on availability, you may also book a late checkout for your room on the day of departure for 50,- €.

6. Medical examinations (initial, follow-up / interim, exit examinations) are mandatory.

7. Scheduled single treatments that were not canceled until 8pm on the day before the treatment, will be charged. Meals you have missed cannot be refunded.

8. In case of cost coverage by your health insurance, the confirmation must have arrived in written form 14 days before the day of arrival at the latest. Otherwise, the billing is made for direct payers. In case of no-show, delayed arrival or early departure at your own request (without medical indication), our terms of cancellation apply. In case of ambulant benefits, the costs for a stationary stay and services that are not reimbursed by your health insurance have to be paid by the patient.

9. A cancellation without charges is possible until 28 days prior to the day of arrival. From then on, we

charge following cancellation fees: 27 to 14 days before arrival: 50%; 13 to 2 days before arrival: 80%. 1 day before arrival, in default of appearance and in case of sudden departure, we charge 100% of the initially booked package or according to daily rate incl. all planned services. In case of any billing without claiming of benefits, it is within your discretion to prove the clinic lower costs; in this case, this costs will be brought to account. **Special cancellation regulations for carefree bookings, available for all stays until 17.12.2021: A cancellation free of charge or change in booking is possible until 14 days before arrival. In case of last minute annulations, 13 days before arrival or no-show, we will charge only 50% of the daily rate or booked services.**

10. If you have mental, physical or age-related impairments, so that you require permanent care, a detailed telephone call or personal appearance at one of our physicians is necessary. Otherwise, we cannot evaluate whether and how a therapy can be successful.

11. In case of slight negligence by the clinic, a legal representative or a subcontractor of the clinic, the liability of the clinic is limited to the typically predictable damage in case of negligence of essential contractual obligations. Otherwise, the liability of the clinic is excluded in case of slight negligence. Regardless of these regulations, the clinic accepts liability for all claims regarding damage of life, body or health which are based on wilful and knowing or negligent violations of duty by the clinic or by a subcontractor of the clinic.

12. The clinic accepts no liability for the loss of personal possessions such as jewellery, money, etc., unless it is the clinic's actual fault. In this case, the clinic is liable for the loss in accordance with number 11 above.

13. We will not draw up a safekeeping agreement for the use of our parking spaces or our garage. The clinic does not have any monitoring obligation. In case of losses or damages of parked or maneuvered automobiles, the clinic is liable in accordance with number 11 above. Damages must be indicated immediately.

14. All prices in this brochure are gross prices and in euro. The prices are without obligation and valid from 1.1.2021, subject to change. All current prices can be found at www.weckbecker.com.

15. All therapies and treatments take place in Bad Brückenau, which is also the place of payment.

Malteser-Klinik Dr. von Weckbecker gGmbH
Rupprechtstraße 20
97769 Bad Brückenau



Our barefoot path



Room with a view



Fasting and dining rooms



Lawn with Kneipp water-treading basin



Milon® Zirkel training



Quiet room sauna area

Weckbecker. My quiet place in nature.

The Malteser Klinik von Weckbecker is located on the outskirts of the idyllic little town Bad Brückenau in the heart of the Bavarian Rhön. The quiet location along the southern slope gives you a wonderful panorama view of the valley and the surrounding meadows and woods. It is the perfect place to experience unspoiled nature and to let it help you find repose and strength.

Nestled in a green space with a large lawn, on-site herb garden and meadow orchard, our clinic is adjacent to extensive woodlands. This is right where we start our guided hikes and Nordic Walking tours. Enjoy the view on the picturesque landscape of the low mountain range when crossing impressive paths and enjoy the curative nature! You can lend Nordic Walking poles and bikes in order to explore the bikeways of the surrounding country.

The spa town Bad Brückenau once became popular with its seven healing springs and features an recognized drinking cure today. Water from the Wernarzer spring is available for our guests, too. Another enjoyment is the Staatsbad which is 3 kilometres away and carries its visitors' minds back to the times of King Ludwig I with beautiful castle grounds and magnificent buildings.

Our clinic is located in the heart of the unique natural region Rhön which was recognised as UNESCO biosphere reserve and as, consequently, particularly worthy of protection in 1991. The distinctive smooth hills and great valleys are known as the "country of open distance". Since 2014, the region, an "international stellar park", has also been supporting the protection of natural nightscapes. You can experience the Rhön's extraordinary starlit sky on guided stellar tours.

Look forward to your timeout in the vast and energizing countryside of the Bavarian Rhön!



Relax on our lawn with panorama view of the valley.



The spa town Bad Brückenau features seven recognized healing springs.



Staatsbad invites the guest to stay with its sea of flowers and royal ambience.

The biosphere reserve Rhön is a special experience of nature at all seasons.



Our clinic-owned meadow orchard with an old apple variety and herb garden.



Our naturopathic therapy centre – the centre of our clinic grounds.



The clinic is embedded in the superb nature of the Bavarian Rhön.

Integrative Medicine | Fasting Cure | Nutrition & Dietetics | Movement & Relaxation | Osteopathy | Physiotherapy | Hydrotherapy according to Kneipp
Colon Therapy | Spirituality, Life Coaching & Mindfulness



Heilpflanzengarten

„Vorbeugen sollt ihr durch diese
Kräuter,
nicht das Übel erst groß werden
lassen“

Pfarrer Sebastian Kneipp

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