



Simply be there.  
Feel comfortable.  
**Weckbecker.**

For your Health:  
**Information and Prices for  
the Weckbecker Year 2019.**

**NEW  
2019:**  
Fasting cure  
with focus

**“Fasting** – *the most effective  
universal cure  
that we have.”*



Dr. med. Erich von Weckbecker  
Internist, Humanist and Clinic Founder  
(1920–2005)

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## Simply be there. Feel comfortable. **Weckbecker.**



Stefanie Hündgen  
CEO

Dear readers,  
dear guests,

We are very happy about your interest in the Malteser Klinik von Weckbecker.


With more than 60 years of tradition, we rank among the leading specialists for integrative medicine in Europe. Our treatments with the Four Pillar Concept according to Dr. med. Erich von Weckbecker focusses on humans in their entirety – with their health and individuality. We combine approved naturopathy and treatments of the academic medicine in order to offer a modern medicine for a healthy and fulfilled life.


Our treatments rank from preventive therapies and treatments of chronic diseases to setting the directions for a healthy lifestyle. Our team of experts of doctors and therapists work hand in hand and supports you on your personal path to reach a balance of body, mind and soul. With a warmth and affection that is not insincere but corresponds to our inner conduct. At a place that allows both calmness and active exchange – in the heart of the energising and wide natural landscape of the Bavarian Rhön: in Bad Brückenau.

For the year 2019 we have extended our offers for you: With both our reliable and our new treatments, we are able to meet your health necessities and specific health targets even more precisely. Leave the fast-moving nature and the daily challenges behind and discover with us how much happier, healthier and energized your life can be – a precious gift that only you can give yourself! We are looking forward to the time with you!


Your  
Stefanie Hündgen


# The first pillar


 **Fasting**  
 Due to the optional abstinence from solid food your body switches over to “nutrition from within”. Final metabolites are mobilised and defecated. A fasting cure has an anti-inflammatory, antirheumatic, antiallergic and mentally stabilising effect. A loss of weight is most commonly a welcome side effect. The fasting cure will be customised exactly to your needs. Together with your doctor you choose the type that suits you best: 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 bread rolls.

 **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 8). 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.

# The second pillar

 **Movement & Relaxation**  
 Body, mind and soul circulate harmoniously in a certain order: Action is followed by rest. You can experience the positive effect of our wide therapy range in the interaction between manual therapies and the fasting cure. Your health profits of movement which is supported by the relaxed tonicity and the stimulated metabolism during fasting. We offer a wide range of exercises from aqua fitness to stretching, fasciae training, Milon® circuit training or Nordic Walking and yoga.


 **Osteopathy Therapy Centre**  
 Osteopathy in combination with a fasting cure is very effective: Precise manual techniques enable the treatment and correction of interdependencies and imbalances between musculature, organs, joints and spine. This is especially useful in case of orthopaedic symptoms as well as in case of gastro-intestinal diseases and migraine.


 **Physiotherapy / Manual Therapy**  
 In addition to muscle formation training and classic massages for muscle relaxation we offer a wide range of special treatments: manual lymphatic drainages, craniosacral therapy, acupuncture massage according to Penzel (APM), Dorn-Breuß-Massage, LNB therapy, foot reflexology and connective tissue massages.




The Four Pillar Concept had been developed by Dr. med. Erich von Weckbecker (1920–2005) who suffered from severe diseases during his youth and school years. Motivated by his own naturopathic recovery, the young doctor turned completely towards natural healing. Basis of his Four Pillar Concept is the understanding of health as a harmonious interaction of different components. In order to recover this harmony, the Weckbecker concept offers individual and physique adjusted therapies from four fields of natural medicine. Especially their synergy enables relief, cleansing and regeneration of body, mind and soul.

# The third pillar

 **Hydropathy according to Kneipp**  
 Baths with herbal adding or hot and cold baths/humid packages as well as affusions activate metabolism, blood circulation and lymph system with a lasting effect. Especially the circulation and the autonomic nervous system profit with a lasting effect. Excretory processes of the fasting cure are supported, the immune system is strengthened, relaxation and restorative sleep are easier reachable.

 **Colontherapy**  
 Colontherapy makes the fasting cure particularly effective. The gentle enema (large bowel) helps to excrete metabolic waste products faster. This therapy, developed by Dr. med. Erich von Weckbecker, will help to avoid or quickly allay the hungry feeling and headaches of the initial fasting phase.

# The fourth pillar

 **Spirituality, Life Coaching & Mindfulness**  
 During the fasting cure, many people notice increasing sensibility. A certain feeling of happiness and a creative, cheerful relaxation become noticeable. The distance from your everyday life gives you space for fundamental life questions. In a calm atmosphere it is possible to allow suppressed feelings and thoughts and to care of your inner concerns without any time pressure. Our team for spiritual counseling accompanies you during these experiences. One-on-one conversations, discussion sessions and exercises will show you new paths on how to handle important life topics and how to develop a mindful living. Meditative events and worships give you strength and ease of mind.

# Prevention and Therapy – our Treatments

Our guests are as individual as are their reasons for coming to us. What they have in common is the wish for attentive, individual care and a wide range of effective therapies. In many cases of complaints and diseases we can help you to activate your body's self-healing abilities, to normalise the metabolism and to increase your well-being. We help and support you with:

## Disorders and functional diseases

Tiredness and exhaustion  
Lack of energy  
Headache, migraine  
Sleeping disorders  
Chronic sinusitis  
Susceptibility to infection  
High stress levels

## Heart Risk Factors and Metabolic Disorders

Overweight  
Fatty liver  
High blood pressure  
Slighter form of cardiac insufficiency  
Lack of physical activity  
Diabetes type II  
Fat metabolism disorder  
Gout

## Orthopaedic Illnesses

Back pain  
Shoulder and neck complaints  
Arthrosis  
Rheumatic diseases  
Non-joint rheumatism (fibromyalgia)

## Gastrointestinal Diseases

Digestive disorders  
Chronic inflammatory bowel diseases

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## 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 disease, dementia, care dependency.

We kindly ask you to contact us in advance in any case of doubt. Together with our doctors and in confidential conversations you can define whether it is advisable to plan a stay in our clinic.



Our interdisciplinary team of doctors (from left): 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

Doctor in charge, medical specialist for general medicine, naturopathic, expert for biological medicine (university Mailand), acupuncture, among others internistic and surgical postgraduate trainings, honorary president of the DNB – Deutscher Naturheilverband (German association for naturopathy), chief editor of the journal “Naturarzt”

From 1990 to 1993, Dr. Rainer Matejka had been scholar at our clinic led by Dr. Erich von Weckbecker. In 2016, he became doctor in charge. Since he admires interdisciplinary medicine, his main goal is to treat diseases aetiologically. “The diseases of civilisation and disorders are becoming more and more complex and require interdisciplinary treatment approaches”, says Dr. Matejka. Hence, the close cooperation between doctors and therapists is very important for him. According to Dr. Matejka, modern concepts, as those offered in the Malteser Klinik von Weckbecker, in order to change the lifestyle will gain in importance on a global scale – also in the scientific medical sector.

**General Practitioner, F.X. Mayr-Doctor, proxy Doctor in charge and Senior Physician**

Nutrition and exercise is the key element of health for Ada von Ketteler – thus also when it comes to the treatment of many chronic diseases. The General Practitioner would especially like to give assistance for self help and motivate people to take self-responsibility. “What fascinates me the most about the concept of Weckbecker is the holistic view of an individual with the fasting cure as basis. This is how we show our patients a way towards a healthier lifestyle”, says Mrs von Ketteler. In her view, methods according to F.X. Mayr, such as the chewing training, can be combined perfectly with the fasting cure according to Weckbecker.



Ada von Ketteler



Dr. med. Joachim Wernicke

Doctor for internal medicine, gastroenterology, naturopathy, homoeopathy, chirotherapy, environmental medicine and emergency medicine; recommended physician by the journal FOCUS in the years 2017 and 2018.

When Joachim Wernicke was 10 years old, he had an accident with near death experience that lead him to the decision to become a doctor. When he was a young physician, a severe disease brought him to natural medicine and homoeopathy. Corresponding to his model “living love and alleviate suffering”, personal affection towards the patients is of great significance. “The identification with the patient is important in order to be able to read subjective symptoms objectively”, says Dr. Wernicke. He points to the importance of keeping in mind that the emotional life impacts the body as well. Joachim Wernickes objective is the continuation of the legacy of Dr. Erich von Weckbecker and the maintenance of the house’s spirit.

**Many diseases can be treated naturopathic – and your health benefits. Speak to us in order to get your personal diagnosis: Phone 09741-830**



# Simply be there and feel comfortable – Your stay with us



Whether you come due to a specific health disorder, the wish for rest and inner balance or the wish for a healthier lifestyle: The holistic concept for body, mind and soul according to Dr. med. Erich von Weckbecker is the established foundation of all our offers.

## Packages

We are happy to offer you seven packages with different focuses. Especially our four new packages address specific symptoms in order to guarantee an even more focused treatment. Hence, in 2019 you can choose between the following packages:

- Weckbecker Fasting Cure Classic
- Reset
- Bowel-Liver-Detox
- Lymphs, Weight & Diet
- Osteo intense
- Fasting & Hiking in the Bavarian Rhön
- Weckbecker EnjoyTime  
alternative: Interval Fasting

When you book one of these packages, you take advantage of both, therapies optimally geared to each other, and **price discounts on rooms, treatments and services.**

The board begins at the day of arrival with dinner and ends at the day of departure with breakfast. With the exception of the package “Weckbecker EnjoyTime”, all our packages include a fasting cure. If you cannot or do not wish to go on a fasting cure, you can book our organic VitalCuisine for an extra of 39,- €/day (1600 kcal) or 19.50 €/day (800 kcal). In this case, the fasting board and the colontherapy are dropped.

## Please note:

- Our packages are charged as a lump sum. In case you need a detailed invoice, we suggest you to book the treatments separately according to daily rate.
- An exchange or reimbursement of costs is not possible.
- Not included are costs for cosmetics, medication, laboratory tests, service features (parking and telephone) and visitor’s tax. This will be charged separately.
- Additional medical and therapeutic services that are not included in the packages as well as additional meals will be invoiced according to our current price list.

## *Our Organic VitalCuisine*

For our organic VitalCuisine we only use **local organic premium food** which is gently and freshly made and is considered as “**Base builder**” due to its high content of minerals such as potassium, calcium and magnesium. That way our body is provided with highly concentrated vital material and secondary plant products. As these ingredients occur especially in vegetables, salads and fruits, our cuisine is geared to vegetarian dishes – against a protein containing and therefore acid-forming diet.

Detoxication and purging are set in motion, metabolism is activated and immune system is strengthened. You can look forward to an alkaline cuisine with creations that fascinate you everyday again.

*“Because a healthy diet is nourishment for our soul – just as laughing and being in love. It makes happy!”*

Peter Faulstich,  
Trophological Chief, Book Author

## Individual Booking according to daily rate

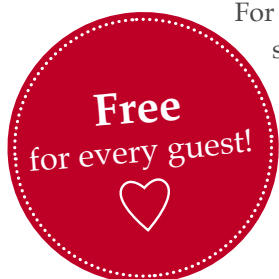
You want to shape your stay individually or need a detailed invoice? Then you can book your room in the desired category according to daily rate. Already included is the fasting board and revitalising meals for up to 3 days. You can book our organic VitalCuisine for an extra of 39,- €/day (1600 kcal) or 19.50 €/day (800 kcal). Therewith, the fasting board is dropped. You can always add other treatments (on doctor's orders) according to our pricelist. Solely the initial and exit examinations are obligatory in our clinic.

**New in 2019:** If you book more than 7 nights according to **daily rate**, you also benefit from a **price advantage**:

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

Every booking according to daily rate and booking of a package includes our great **Weckbecker Inclusive Programme!**

For additional information see page 18.



## Recommendations regarding duration of stay

- Our **short-term stay** of 7 days is perfectly suitable for guests which have little time and want to disappear for a few days, get new energy and strengthen their body's defences.
- If you are planning a stay in order to prevent an illness, to **reduce your weight** or to **minimise risk factors**, then a stay of at least 10 days fits you perfectly. A regular repetition once per year is at the same time a natural anti-ageing technique.
- In case of **acute or chronic diseases**, your stay here should ideally enable your body an entire restart. Therefore, and in order to achieve positive long-term results for your health, our physicians recommend a stay of at least 14 days.

Of course it is always possible to book individual extension days.



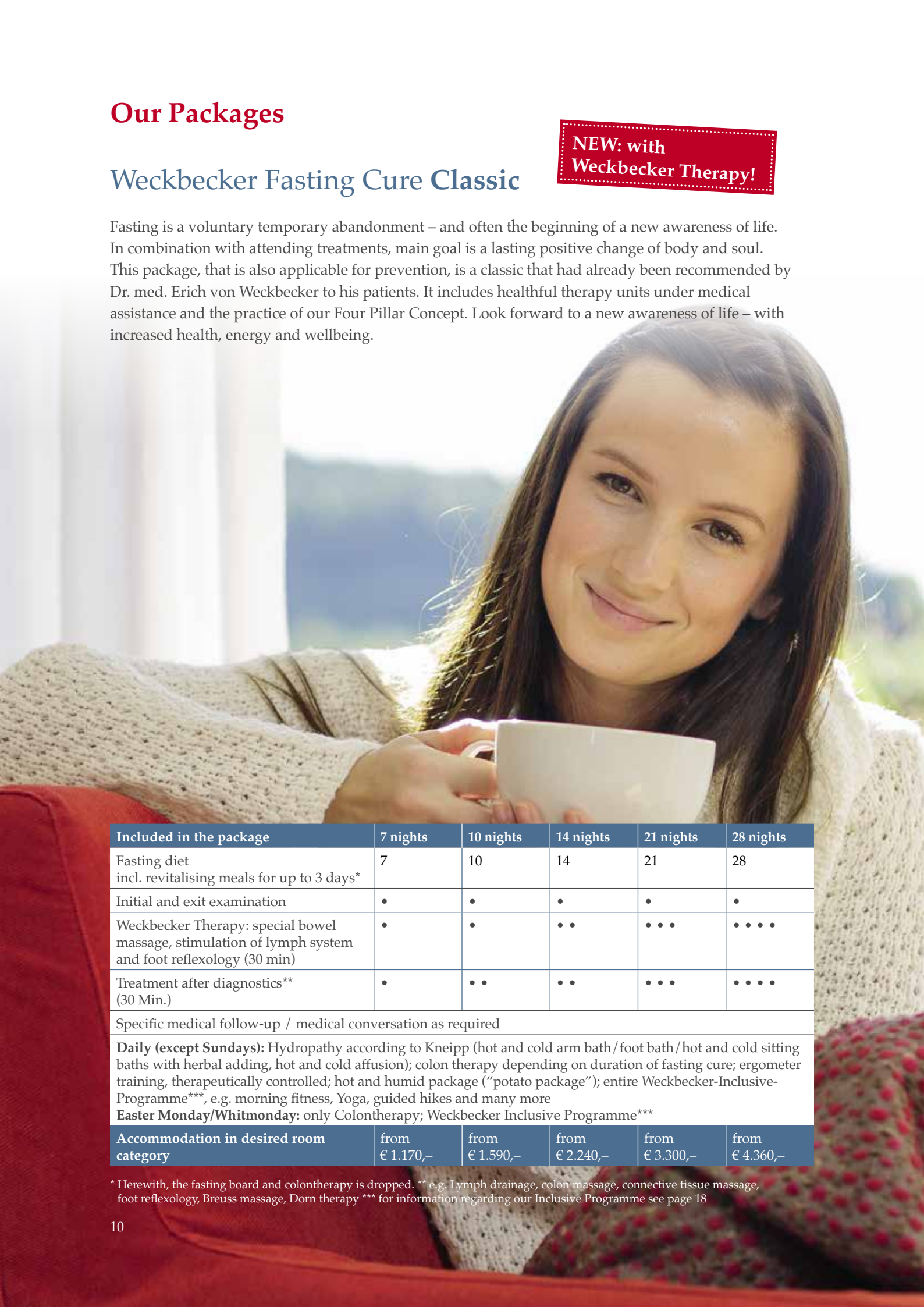


## Our Packages

### Weckbecker Fasting Cure Classic

**NEW: with  
Weckbecker Therapy!**

Fasting is a voluntary temporary abandonment – and often the beginning of a new awareness of life. In combination with attending treatments, main goal is a lasting positive change of body and soul. This package, that is also applicable for prevention, is a classic that had already been recommended by Dr. med. Erich von Weckbecker to his patients. It includes healthful therapy units under medical assistance and the practice of our Four Pillar Concept. Look forward to a new awareness of life – with increased health, energy and wellbeing.



Included in the 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	•	•	•	•	•
Weckbecker Therapy: special bowel massage, stimulation of lymph system and foot reflexology (30 min)	•	•	• •	• • •	• • • •
Treatment after diagnostics** (30 Min.)	•	• •	• •	• • •	• • • •
Specific medical follow-up / medical conversation as required					
<b>Daily (except Sundays):</b> Hydropathy according to Kneipp (hot and cold arm bath/foot bath/hot and cold sitting baths with herbal adding, hot and cold affusion); colon therapy depending on duration of fasting cure; ergometer training, therapeutically controlled; hot and humid package ("potato package"); entire Weckbecker-Inclusive-Programme***, e.g. morning fitness, Yoga, guided hikes and many more <b>Easter Monday/Whitmonday:</b> only Colontherapy; Weckbecker Inclusive Programme***					
<b>Accommodation in desired room category</b>	from € 1.170,-	from € 1.590,-	from € 2.240,-	from € 3.300,-	from € 4.360,-

\* Herewith, the fasting board and colontherapy is dropped. \*\* e.g. Lymph drainage, colon massage, connective tissue massage, foot reflexology, Breuss massage, Dorn therapy \*\*\* for information regarding our Inclusive Programme see page 18

# Reset New!

You are tired and exhausted? You want to find yourself and wish a new start? Then it is time to pause. At our house you are able to come to rest. We help you to relieve your body, mind and soul. The period of rest is followed by specific, personalized strengthening activities for energy buildup. Find back to a healthy rhythm and learn how to stay in balance over the long term.

Our recommendation: Gain mental strength in our special thematic week "Back to my Strength!". This additional offer reacts even more specifically to your symptoms and life conditions. (see page 24)



Included in the 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	•	•	•	•	•
Classic Massage (20 min)	•	•	• •	• • •	• • • •
Foot reflexology (20 min)	•	•	• •	• • •	• • • •
Acupuncture massage according to Penzel (40 min)	•	• •	• •	• • •	• • • •
Craniosacral therapy (40 min)	•	• •	• •	• • •	• • • •
Treatment after diagnostics** (30 min)	•	•	• •	• • •	• • • •
Consultation for new points of view (45 min)	•	•	• •	• • •	• • • •
Calming and bracing injection	• • •	• • •	• • • • • •	• • • • • • • • •	• • • • • • • • • • • •

Specific medical follow-up / medical conversation as required

**Daily (except Sundays):** Hydrotherapy according to Kneipp (hot and cold arm bath / foot bath / hot and cold sitting baths with herbal adding, hot and cold affusion); colon therapy, depending on duration of fasting cure; ergometer training, therapeutically controlled; hot and humid package ("potato package"); entire Weckbecker-Inclusive-Programme\*\*\*, e.g. Morning fitness, aqua fitness, guided hikes, meditation and many more

**Easter Monday/Whitmonday:** only Colontherapy; Weckbecker Inclusive Programme\*\*\*

Accommodation in desired room category	from € 1.400,-	from € 1.930,-	from € 2.720,-	from € 3.960,-	from € 5.250,-
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\* If a fasting cure is for medical reasons not possible, you can switch to our organic VitalCuisine for € 19.50 / day (800 kcal) or € 39,- / day (1600 kcal). Herewith, the fasting board and colontherapy is dropped. \*\* e.g. Lymph drainage, colon massage, connective tissue massage, foot reflexology, Breuss massage, Dorn therapy \*\*\* for information regarding our Inclusive Programme see page 18.

# Bowel-Liver-Detox



Bowel, the most important digestive and immune organ, and liver are closely linked. Their condition can strongly influence our physical and mental health. Bowel and liver are strained by stress, drugs and unhealthy nutrition. The two organs are relieved and strengthened with this Weckbecker cure. We offer you a pleasant Detox treatment under physician's care for a healthy metabolism and a stable immune system.

Included in the 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	•	•	•	•	•
Connective tissue massage (20 min)	•	•	• •	• • •	• • • •
Foot reflexology (20 min)	•	•	• •	• • •	• • • •
Lymph drainage (30 min)	•	• •	• •	• • •	• • • •
Weckbecker Therapy: special bowel massage, stimulation of lymph system and foot reflexology (30 min)	•	• •	• •	• • •	• • • •
Osteopathy (40 min)	•	•	• •	• • •	• • • •
Liver strengthening injection	• • •	• • •	• • • • • •	• • • • • • • • •	• • • • • • • • • • • •

Specific medical follow-up / medical conversation as required

**Daily (except Sundays):** Hydropathy according to Kneipp (hot and cold arm bath / foot bath / hot and cold sitting baths with herbal adding, hot and cold affusion); colon therapy, depending on duration of fasting cure; ergometer training, therapeutically controlled; hot and humid package ("potato package"); entire Weckbecker-Inclusive-Programme\*\*, e.g. aqua fitness, fascia training, Qigong and many more

**Easter Monday/Whitmonday:** only Colontherapy; Weckbecker Inclusive Programme\*\*

Accommodation in desired room category	from € 1.340,-	from € 1.810,-	from € 2.590,-	from € 3.780,-	from € 4.990,-
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\* If a fasting cure is for medical reasons not possible, you can switch to our organic VitalCuisine for € 19.50 / day (800 kcal) or € 39,- / day (1600 kcal). Herewith, the fasting board and colontherapy is dropped.

\*\* for information regarding our Inclusive Programme see page 18.



"potato package": The hot and humid package activates the circulation and the liver's metabolism. Herewith, the detoxifying performance is ensured.



# Lymphs, Weight & Diet

New!

The lymph system is responsible for cleaning our tissue and main component of our immune system. An overburdened lymph system leads to weight gain. Merely counting calories does not help to lose weight. A well-aimed relief of lymphatic and connective tissue as well as the stimulation of the kidney function is sensible so that the fasting cure and the dietary change can have a lasting effect. Our fine-tuned therapy programme helps you to reduce weight and to reach your goal of increasing physical fitness and learning how to live a healthy lifestyle.



Included in the 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	•	•	•	•	•
Foot reflexology (20 min)	•	• •	• •	• • •	• • • •
Lymph drainage (full-body, 60 min)	• •	• • •	• • • •	• • • • • •	• • • • • • • •
Weckbecker Therapy: specific bowel massage, stimulation of lymph system and foot reflexology (30 min)	• •	• •	• • • •	• • • • • •	• • • • • • • •
Lymph and kidney supporting injection	• • •	• • •	• • • • • •	• • • • • • • • •	• • • • • • • • • •
Practical kitchen training in a group (120 min)	•	• •	• •	• • •	• • • •
Individual nutrition counselling (60 min)	•	•	•	•	•

Specific medical follow-up / medical conversation as required

**Daily (except Sundays):** Hydropathy according to Kneipp (hot and cold arm bath / foot bath / hot and cold sitting baths with herbal adding, hot and cold affusion); colon therapy, depending on duration of fasting cure; ergometer training, therapeutically controlled; hot and humid package ("potato package"); entire Weckbecker-Inclusive-Programme\*\*, e.g. aqua fitness, Nordic Walking, guided hikes and many more

**Easter Monday/Whitmonday:** only Colontherapy; Weckbecker Inclusive Programme\*\*

Accommodation in desired room category	from € 1.440,-	from € 1.940,-	from € 2.740,-	from € 3.970,-	from € 5.230,-
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\* If a fasting cure is for medical reasons not possible, you can switch to our organic VitalCuisine for € 19.50 / day (800 kcal) or € 39,- / day (1600 kcal). Herewith, the fasting board and colontherapy is dropped.

\*\* for information regarding our Inclusive Programme see page 18.

## Osteo intensive

New!

Arthrosis, back pain and other orthopaedic issues are often linked to incorrect nutrition and bad movement patterns. False posture or unilateral muscle usage can be the cause for pain. Furthermore, there are interactions with internal organs. Our therapists get to the bottom of your pains. Focus is the static reorientation of your body and the specific deacidification of strained muscles and joints.

Included in the 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	•	•	•	•	•
Classic Massage (20 min)	•	• •	• •	• • •	• • • •
Physiotherapy (30 min)	• •	• • •	• • • •	• • • • • • •	• • • • • • • • • •
Osteopathy (40 min)	• •	• • •	• • • •	• • • • • • •	• • • • • • • • • •

Specific medical follow-up / medical conversation as required

**Daily (except Sundays):** Hydrotherapy according to Kneipp (hot and cold arm bath/foot bath/hot and cold sitting baths with herbal adding, hot and cold affusion); colon therapy, depending on duration of fasting cure; ergometer training, therapeutically controlled; hot and humid package ("potato package"); entire Weckbecker-Inclusive-Programme\*\*, e.g. Morning fitness, fascia training, stretching and many more  
**Easter Monday/Whitmonday:** only Colontherapy; Weckbecker Inclusive Programme\*\*

Accommodation in desired room category	from € 1.360,-	from € 1.900,-	from € 2.640,-	from € 3.850,-	from € 5.100,-
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\* If a fasting cure is not possible for medical reasons, you can switch to our organic VitalCuisine for € 19.50 / day (800 kcal) or € 39,- / day (1600 kcal). Herewith, the fasting board and colontherapy is dropped.

\*\* for information regarding our Inclusive Programme see page 18.



Physiotherapy and osteopathy achieve an alleviation of complaints and an improved mobility.



# Fasting & Hiking in the Bavarian Rhön

Included in the package	7 nights
Fasting diet incl. revitalising meals for up to 3 days*	7
Initial and exit examination	•
Classic Massage (20 min)	•
Hydropathy according to Kneipp (hot and cold arm bath/ foot bath with herbal adding, hot and cold affusion)	• • • • •
Guided hikes (6 to 12 km)	• • • • •

Specific medical follow-up / medical conversation as required

**Daily (except Sundays):** colon therapy, depending on duration of fasting cure; ergometer training, therapeutically controlled; hot and humid package ("potato package"); entire Weckbecker-Inclusive-Programme\*\*, e.g. stretching, Yoga, meditation and many more

**Easter Monday/Whitmonday:** only Colontherapy; Weckbecker Inclusive Programme\*\*

Accommodation in desired room category	from € 1.140,-
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## Dates

**17th – 24th March\***, 7th – 14th April, 5th – 12th May, 26th May – 2nd June, 16th – 23rd June, 14th – 21st July, 4th – 11th August, 1st – 8th September, 22nd – 29th September, **6th – 13th October\***, 10th – 17th November 2019

\* If a fasting cure is not possible for medical reasons, you can switch to our organic VitalCuisine for € 19.50/ day (800 kcal) or € 39,-/ day (1600 kcal). Herewith, the fasting board and colontherapy is dropped.

\*\* for information regarding our Inclusive Programme see page 18.

Hiking on calm paths in the heart of the gorgeous Rhön – here you are able to find peace, free your mind and regain your strength. Our guided hikes are an ideal supplement to your fasting time:

You train your cardiovascular system gently and activate thereby your metabolism. This package is especially suitable for guests who are in other respects healthy but have risk factors, e.g. stress, physical inactivity or overweight. Discover new (life) paths with us for more joy and zest!

## \*Fasting & Hiking & Mindfulness

Hit the road with all of your senses. Mindfulness as personal attitude is our focus on these dates. You train your perception, practice calmness and learn to live in the here and now. Leave your everyday life at the wayside!

Apex trail in the Rhön  
picture: Dr. Arnulf Müller



## Weckbecker EnjoyTime

You would like to give your health a treat but cannot or do not wish to go on a fasting cure? In that case, we recommend the "Weckbecker EnjoyTime" with our organic VitalCuisine. Let us care for you and experience intense recovery. We offer regenerating treatments for more energy and to strengthen your immune system. Our organic VitalCuisine can fire the starting pistol for a healthier diet for the long term. You can look forward to an alkaline cuisine with creations that fascinate you everyday again.

Included in the package	7 nights	10 nights	14 nights
Full board from our organic VitalCuisine	7	10	14
Initial and exit examination	•	•	•
Classic Massage (20 min)	•	• •	• •
Hydropathy according to Kneipp (hot and cold arm bath/foot bath/sitting bath with herbal addings, hot and cold affusion)	• • • • •	• • • • • • • • • •	• • • • • • • • • •
Specific medical follow-up			
Daily: Weckbecker Inclusive Programme*, e.g. aqua fitness, Yoga, guided hikes and many more			
Accommodation in desired room category	from € 1.020,-	from € 1.460,-	from € 1.970,-

\* for information regarding the Inclusive Programme see page 18.



## Our alternative: Interval Fasting

Alternatively to our organic VitalCuisine in full board, we offer you the possibility to get to know “Interval Fasting” in our package “Weckbecker EnjoyTime”.

This kind of fasting characterizes a certain rhythm of periods of time where you eat and where you pause eating.

Ideally, dinner is replaced by a vegetable broth with a high mineral content. When you resist eating solid food in the evening, you can easily reach the ideal fasting length of 16 hours. The organism is relieved during night and the body starts to change its metabolism as it usually only does when fasting classically. It also triggers detoxication and repair processes during this digestive pause.

In order for the positive effects of the fasting cure to work over the long term, you should ingest fresh and base-containing foods during the 8 hours mealtime. Our organic VitalCuisine is, therefore, the ideal base for interval fasting.

### *Including two specific nutrition counselings*

**At the beginning of your stay** you decide together with our nutritionists whether you would like to replace your dinner or breakfast in the clinic with a fasting broth, resp. freshly squeezed carrot juice – based on your daily routine at home and your personal needs or preferences.

**In a second counselling at the end of your stay** you get specific advice on how to apply the rhythm of interval fasting easily to your everyday life.

**Use our guided interval fasting as a first step into a healthy lifestyle or as an support on your way towards your feelgood weight.**

**Fasting according to the 16:8 method: 16 hours fasting, 8 hours eating.**



shutterstock, © Karl Allgaier



# The Weckbecker-Inclusive-Programme

**Free**  
for every guest!



The entire Weckbecker Inclusive Programme is included in all packages as well as in individual bookings according to daily rate. It includes a wide range of therapeutic exercises, pedagogic and spiritual offers as well as the usage of our spa area. It will help you to get to know healthy ways of living and to be trained how to integrate them into your daily life. Our offers vary weekly.

## Movement therapy & Fitness

**Support the fasting process and gain a new physical feeling.**

Morning fitness, aqua fitness, guided hikes, Nordic Walking, Flexibar, Thera-Band, Yoga, fascia strait-stretching according to Liebscher & Bracht, fascia training, balance training, training with reactive dumbbells

## Reflection & Relaxation

**Bring your life in balance.**

Progressive muscle relaxation, Qigong, meditative dancing, body prayer at sunrise, sound bowl relaxation, laughter yoga, autogenic training

## Meditation & spiritual offers

**Give your fasting experience depth.**

Start of the day, Jesus meditation, common prayer, worships, lectures, group discussions, life coaching

## Lectures

**Take your health in hand – with precious knowledge.**

Lectures on nutrition and fasting, medical lectures (e.g. topics such as liver, thyroid gland, indigestion, irritable colon, arthrosis, back pain, cardiovascular issues, hypertension, urological diseases)

## Creative offers

**Discover your own capabilities.**

Painting, drawing, handicrafts, dancing workshops

## Feelgood offers

**Give yourself a treat.**

Swimming bath, sauna (Finnish sauna, bio sauna, ultrared sauna, estuarium), light shower, ultrared cabin, cardio fitness, 24hours tea-and-water-bar, curative water from the Wernarzer spring







Room categories and prices (in EUR)

Arrangements		Weckbecker Fasting Cure Classic						Reset						Bowel-Liver-Detox					
Duration/Nights		7	10	14	21	28	ext. week	7	10	14	21	28	ext. week	7	10	14	21	28	ext. week
SA	House I North A 2. Person	1.170,- 960,-	1.590,- 1.290,-	2.240,- 1.840,-	3.300,- 2.670,-	4.360,- 3.530,-	1.100,- 890,-	1.400,- 1.180,-	1.930,- 1.630,-	2.720,- 2.290,-	3.960,- 3.340,-	5.250,- 4.420,-	1.360,- 1.140,-	1.340,- 1.130,-	1.810,- 1.500,-	2.590,- 2.170,-	3.780,- 3.160,-	4.990,- 4.170,-	1.270,- 1.050,-
	House I North B 2. Person	1.390,- 990,-	1.910,- 1.350,-	2.570,- 1.840,-	3.750,- 2.670,-	4.960,- 3.530,-	1.260,- 890,-	1.630,- 1.240,-	2.250,- 1.700,-	3.030,- 2.290,-	4.420,- 3.340,-	5.860,- 4.420,-	1.520,- 1.140,-	1.560,- 1.180,-	2.120,- 1.570,-	2.900,- 2.170,-	4.230,- 3.160,-	5.610,- 4.170,-	1.430,- 1.050,-
	House I South C 2. Person	1.390,- 990,-	1.910,- 1.350,-	2.570,- 1.840,-	3.750,- 2.670,-	4.960,- 3.530,-	1.260,- 890,-	1.630,- 1.240,-	2.250,- 1.700,-	3.030,- 2.290,-	4.420,- 3.340,-	5.860,- 4.420,-	1.520,- 1.140,-	1.560,- 1.180,-	2.120,- 1.570,-	2.900,- 2.170,-	4.230,- 3.160,-	5.610,- 4.170,-	1.430,- 1.050,-
KS	KO House II Comfort O 2. Person	1.570,- 1.190,-	2.170,- 1.610,-	2.950,- 2.220,-	4.300,- 3.220,-	5.570,- 4.160,-	1.450,- 1.080,-	1.800,- 1.420,-	2.500,- 1.960,-	3.400,- 2.670,-	4.970,- 3.890,-	6.440,- 5.030,-	1.700,- 1.330,-	1.740,- 1.360,-	2.380,- 1.830,-	3.280,- 2.540,-	4.780,- 3.700,-	6.200,- 4.790,-	1.610,- 1.240,-
	KW House II Comfort S+W 2. Person	1.700,- 1.190,-	2.340,- 1.610,-	3.190,- 2.220,-	4.660,- 3.220,-	6.050,- 4.160,-	1.570,- 1.080,-	1.930,- 1.420,-	2.690,- 1.960,-	3.650,- 2.670,-	5.330,- 3.890,-	6.910,- 5.030,-	1.830,- 1.330,-	1.870,- 1.360,-	2.560,- 1.830,-	3.530,- 2.540,-	5.150,- 3.700,-	6.670,- 4.790,-	1.740,- 1.240,-
	Ap House II Apartment* A 2. Person	1.920,- 1.380,-	2.660,- 1.890,-	3.630,- 2.580,-	5.300,- 3.770,-	6.880,- 4.880,-	1.790,- 1.270,-	2.160,- 1.610,-	3.010,- 2.240,-	4.090,- 3.040,-	5.970,- 4.440,-	7.750,- 5.750,-	2.050,- 1.520,-	2.090,- 1.550,-	2.880,- 2.110,-	3.960,- 2.920,-	5.790,- 4.250,-	7.500,- 5.510,-	1.960,- 1.430,-

\* More apartments upon request

## Room categories and prices (in EUR)

Arrangements		Lymphs, Weight & Diet						Osteo intense						Fasting & Hiking
Duration/Nights		7	10	14	21	28	ext. week	7	10	14	21	28	ext. week	7
SA	House I North A 2. Person	1.440,- 1.230,-	1.940,- 1.640,-	2.740,- 2.320,-	3.970,- 3.340,-	5.230,- 4.400,-	1.310,- 1.100,-	1.360,- 1.150,-	1.900,- 1.600,-	2.640,- 2.220,-	3.850,- 3.230,-	5.100,- 4.280,-	1.290,- 1.080,-	1.140,- 920,-
SB	House I North B 2. Person	1.670,- 1.290,-	2.260,- 1.710,-	3.050,- 2.320,-	4.420,- 3.340,-	5.840,- 4.400,-	1.470,- 1.100,-	1.590,- 1.200,-	2.220,- 1.670,-	2.960,- 2.220,-	4.310,- 3.230,-	5.710,- 4.280,-	1.450,- 1.080,-	1.330,- 950,-
SC	House I South C 2. Person	1.670,- 1.290,-	2.260,- 1.710,-	3.050,- 2.320,-	4.420,- 3.340,-	5.840,- 4.400,-	1.470,- 1.100,-	1.590,- 1.200,-	2.220,- 1.670,-	2.960,- 2.220,-	4.310,- 3.230,-	5.710,- 4.280,-	1.450,- 1.080,-	1.330,- 950,-
KO	House II Comfort O 2. Person	1.850,- 1.470,-	2.510,- 1.970,-	3.430,- 2.690,-	4.970,- 3.890,-	6.420,- 5.020,-	1.660,- 1.290,-	1.760,- 1.380,-	2.470,- 1.930,-	3.330,- 2.590,-	4.860,- 3.780,-	6.300,- 4.890,-	1.640,- 1.270,-	1.530,- 1.140,-
KS KW	House II Comfort S+W 2. Person	1.980,- 1.470,-	2.700,- 1.970,-	3.680,- 2.690,-	5.340,- 3.890,-	6.900,- 5.020,-	1.780,- 1.290,-	1.890,- 1.380,-	2.650,- 1.930,-	3.580,- 2.590,-	5.220,- 3.780,-	6.770,- 4.890,-	1.770,- 1.270,-	1.660,- 1.140,-
Ap	House II Apartment* A 2. Person	2.200,- 1.660,-	3.020,- 2.250,-	4.110,- 3.060,-	5.980,- 4.440,-	7.730,- 5.730,-	2.010,- 1.480,-	2.120,- 1.580,-	2.980,- 2.200,-	4.010,- 2.970,-	5.860,- 4.330,-	7.600,- 5.600,-	1.990,- 1.460,-	1.890,- 1.340,-

\* More apartments upon request

### Recommend us!

We are happy if you enjoyed your stay and recommended us. For every booking of at least 7 days upon your recommendation, you receive a bonus day (lodgings) as a thank-you gift for free.



## Room categories and prices (in EUR)

Arrangements		Weckbecker EnjoyTime				Daily rate per night
Duration/Nights		7	10	14	ext. week	from*
SA	House I North A 2. Person	1.020,- 810,-	1.460,- 1.160,-	1.970,- 1.550,-	990,- 780,-	99,- 65,-
SB	House I North B 2. Person	1.240,- 860,-	1.770,- 1.230,-	2.350,- 1.600,-	1.180,- 790,-	124,- 65,-
SC	House I South C 2. Person	1.240,- 860,-	1.770,- 1.230,-	2.350,- 1.600,-	1.180,- 790,-	124,- 65,-
KO	House II Comfort O 2. Person	1.430,- 1.050,-	2.050,- 1.500,-	2.750,- 2.000,-	1.370,- 980,-	154,- 95,-
KS KW	House II Comfort S+W 2. Person	1.560,- 1.050,-	2.230,- 1.500,-	2.990,- 2.000,-	1.500,- 980,-	174,- 95,-
Ap	House II Apartment* A 2. Person	1.790,- 1.250,-	2.580,- 1.790,-	3.460,- 2.390,-	1.730,- 1.180,-	209,- 125,-

\* More apartments upon request

## Our seasonal periods and price advantages

### Seasonal price increase

For the period between 27 January and 13 April 2019 we charge a seasonal price increase.

This corresponds to 10,- €/day and person for a room in House I; and 13,- €/day and person for a room in House II.

## Our Specials in 2019

**Save 10,- € in House I resp. 13,- € in House II/night and person** on all bookings according to daily rate and on all packages:

### Easter-Special

14th – 27th April

### Summer-Special

2nd June – 6th July

### Autumn-Special

18th Aug – 28th Sept

### Winter-Special

20th Nov – 13th Dec

### *\*Your Price Advantage on bookings according to daily rate:*

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

## House I: Our Standard Rooms



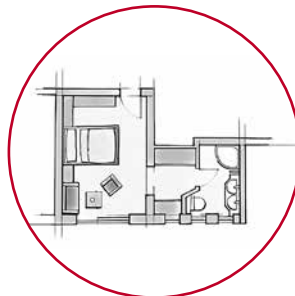
SA

**Standard North A:**  
Small Room with forest view,  
simple equipment, en suite, TV



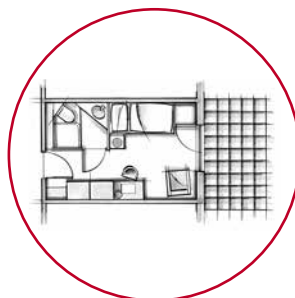
SB

**Standard North B:**  
Bigger Room with forest view,  
simple equipment, en suite, TV



SC

**Standard South C:**  
Small Room, south side,  
simple equipment, communal balcony  
with glorious view, en suite, TV





# Safe haven at our house – an appropriate room for every desire

## House II: Our Comfort Rooms



KO

**Comfort East:**  
Spacious and bright comfort room, east side,  
private balcony, en suite (shower or bathtub),  
TV, WIFI



KS

**Comfort South:**  
Spacious and bright comfort room, south side,  
private balcony with panoramic view, en suite  
(shower or bathtub) TV, WIFI



KW

**Comfort West:**  
Spacious and bright comfort room, west side,  
private balcony with panoramic view, en suite  
(shower or bathtub) TV, WiFi



## House II: Our Apartments



Ap

### Apartment\* A:

Spacious apartment with a lot of open space, panoramic view, two private balconies, two separate living rooms (living and bedrooms), shower, partly bathtubs, two toilets, TV, WiFi



\* Further apartments available upon request e.g. our spacious apartment, south side, panoramic view, spacious balcony, three separate living rooms (two bedrooms, living room), two bathrooms with shower or bathtub, two toilets, TV, WiFi. Prices upon request.

The pictures show examples of the available rooms.

## Thematic weeks 2019



Anne Hartmann, Head of the Areas for Soul Care and Psychology, during a guided meditation.



### Mindfulness in Everyday Life

Rediscover the inner balance, let go of your worries, act calmer and more reflective – even in the everyday stress and in challenging situations. Based on practical exercises, exchange and background knowledge, you will get to know the attitude of mindfulness – a specific form of attention to yourself and your environment. Train your mindfulness in various contexts (movement, conversation, silence) and experience the stress reducing and health enhancing effect.

Included	Quantity
Workout (90 min) with various different exercises, incentives to transfer into everyday life, background knowledge, exchange of experiences	• • • •
Price	€ 80,-

Dates
8th – 11th January, 5th – 8th February, 12th – 15th March, 9th – 12th April, 7th – 10th May, 4th – 7th June, 2nd – 5th July, 13th – 16th August, 10th – 13th September, 15th – 18th October 12th – 15th November, 3rd – 6th December 2019



### Back to my Strength!

Many people suffer from symptoms of exhaustion due to various strains, and pressure of time/ to perform. This course equips you with knowledge of physiotherapy and psychology. It helps you to preserve and regain energy and zest for life even in hard phases of life. Recognise your personal strengths and free your capabilities. Your life situation can be reflected individually and concretely in an one-on-one conversation.

Included	Quantity
Introducing group discussion (90 min)	•
Physiotherapeutical exercises to support the self-awareness (90 min)	• •
Psychological one-on-one conversation	•
Exit- and incentive-circle for the transfer into everyday life (90 min)	•
Price	€ 100,-

Dates
14th – 18th January, 18th – 22nd March, 13th – 17th May, 8th – 12th July, 16th – 20th September, 18th – 22nd November 2019





## Yoga Weeks

Our Yoga Weeks teach you in exercises and breathing techniques how to treat yourself and your body mindfully. This guidance and incentives are precious additions, especially during a fasting experience. The courses teach various elements of Yoga that improve the physical feeling, support relaxation and vitality and alleviate physical complaints.

Included	Quantity
Daily exercise (60 min)	• • • • •
Price	€ 80,-

Termine
25th February – 1st March: Breathing like a Yogi 1st – 5th April: From outer to inner balance 29th July – 2nd August: Get to the here and now 9th – 12th December: Silence is a present



## Women Special

There is a lot of potential in every stage of life – for a change, for self-reflection and for new wellbeing. In our treatment package, especially developed for women, you get to know how it is possible to experience your menopause in a healthy way and with lots of love of life. Our adviser on menopause guides you through the week, illustrates facts and myths of the menopause, reflects important issues with you in one-on-one conversations as well as in group discussions and shows you natural strategies against the typical complaints.

Included	Quantity
Group discussions - Physical and mental impacts of the menopause - Menopause and memory - Menopause as a chance – active and attractive into the new phase	• • •
Pelvic floor exercise	• •
Medical lecture “Without hormones through your menopause – is that possible?”	•
Training kitchen: Organic VitalCuisine	•
Relaxation therapy	• •
Lecture “Teas for women” with tea tasting	•
One-on-one conversation, life coaching	•
Price	€ 150,-

Dates
24th – 30th March, 23th – 29th June, 18th – 24th August, 3rd – 9th November 2019



## Pricelist for individual Therapies and Treatments

It is our desire to offer you a wide range of individual therapies in addition to our medical care – based on the most recent scientific knowledge. The choice of therapies derives from your state of health and takes place after the initial medical checkup.

Follow-ups are important for the progress of the therapy and help to make corrections if necessary. We do not solely want to cure the symptoms with you but also get to the bottom of the causes permanently. Especially specific diagnostics can help to detect the causes for disorders and diseases. An exit examination helps you to integrate the achieved successes into your everyday life.

***Mobile and strengthened .....***  
*I feel like a new person. My arthrosis had limited me severely and I could scarcely walk 10 meters. My state of health increased essentially after my fasting cure at the clinic. The staff's professional and human competence as well as their natural kindness and warmth were especially helpful. I have never experienced a similar special atmosphere anywhere else.*

Mr S., 74 Jahre, Gronau

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We apply the virtue of medical plants targeted in the form of teas, drugs, tinctures and bath additives.



## Integrative and Holistic Medicine

Medical Examinations	
Initial examination (obligatory) and creation of therapy schedule	€ 75,07
Exit examination (obligatory)	€ 41,56
Intermediate examination / follow-up (obligatory for stays from 10 days)	€ 21,44
Homoeopathic initial anamnesis	€ 120,66
Homoeopathic aftertreatment	€ 60,33
Further medical efforts within the frame of additional consultations, guidance, emergencies, on-call operations, etc. will be invoiced separately according to the medical fee schedules (GOÄ).	

Medical Diagnostics	
ECG in a lying position	€ 26,54
Ultrasound	from € 59,-

Laboratory Diagnostics	
For guests who are lacking in time in their daily lives for the necessary prophylactic medical examinations, we offer extensive laboratory tests such as new risk factor detectors for the cardiovascular system, immune parameters or special scatoscopy in case of digestive disorders such as an irritable colon or chronic inflammatory bowel diseases.	
Base laboratory for fasting cure	app. € 20,-
Extensive laboratory parameters	individually

Stomach Bowel Check	
With the help of modern scatoscopy we also control parameters that are usually not considered in family practices or at specialists. Therefore we recommend this offer especially to clients who have already had a gastroscopy or a colonoscopy with no abnormality detected.	from € 105,-

Extended risk factors of the cardiovascular system	
These laboratory tests are especially suitable for people who would like to learn more about possible cardiovascular risk factors. In recent years, many new and useful parameters have been developed. Hence, it is easier these days to identify and treat potential cardiovascular diseases.	from € 180,-

Orthomolecular medicine	
Vitamin mineral check	individually
Buildup/Immune injection with micro-nutrients (vitamins, minerals, trace elements)	from € 45,-
Ozone Oxygen Autohaemotherapy (HOT)	€ 65,04

Naturopathic Special Therapies	
Bloodletting	€ 29,75
Acupuncture	€ 46,92
Auriculotherapy	€ 46,92
Leech treatment	€ 54,-
Material costs for leeches (apiece)	app. € 8,80
Autohaemotherapy incl. blood taking*	€ 12,08
Infusion intravenous (up to 30 min)*	€ 16,09
Infusion intravenous (more than 30 min)*	€ 24,13
Inhalation	€ 7,-
Subcutaneous / intramuscular injection*	€ 5,36
Injection intravenous*	€ 9,38
Neural therapy of one body area*	€ 21,44
Neural therapy of several body areas*	€ 28,15
Ear candle therapy	€ 40,-

Psychology and Life Coaching	
Medical psychological consultation (50 min)	€ 100,56
Medical psychological consultation (25 min)	€ 50,28
Spiritual counselling (45 min)	free

Other	
Medical report	€ 17,43
Medical short certificate	€ 13,64
Prescription fee	€ 3,15
Short attestation	€ 5,36

\* plus pharmaceutical costs





## Infusion programmes – Support your self-regulating forces directly

More and more people suffer from states of exhaustion, they have the feeling that they have to “recharge their battery”. In many cases, no severe diagnostics can be found and the medical advice is: “You have to live with this”.

In our opinion it is possible to get sensible support in case of these symptoms. Especially particular infusions have proven to be helpful.

### Infusion packages for the following areas

- Tiredness and fatigue syndrome
- Metabolism relief / liver strengthening (“Detox”)
- Strengthening of the immune system
- Circulation

Price (depending on amount)

from 45,- €

For the main part, we apply special vitamin and mineral nutrient mixtures but also selected complex homoeopathics and amino acids. The infusions are individually put together – as required.



Many vitamins and minerals are also covered by our freshly squeezed organic vegetable juices.



## Extended **laboratory diagnostics** – resolve risks and complaints

Modern laboratory diagnostics provide important knowledge on diseases. It is impossible to imagine medicine without it. At the same time it can be used to detect possible risk factors at an early stage.

For budget reasons, today's medicine only offers limited laboratory diagnostics. At the Malteser Klinik von Weckbecker you have the possibility to get special examinations in addition to your classic laboratory parameters. These will provide you with additional information about your state of health.

### Focus areas

- Extended risk factors for the cardiovascular system
- Immune system
- Vitamin and mineral examinations
- Special diagnostics stomach and bowel (preferred via scotoscopy)

Price (depending on amount)

€ 20,- to € 180,-



## Haematogenous **Oxidation Therapy (HOT)**

In the HOT therapy, energy-rich oxygen is built up in the blood through a special procedure. Purpose is an improvement of the circulation and the stimulation of the liver metabolism. This procedure is also sensible in case of skin diseases and rheumatic complaints.

### Focus areas

- Lack of energy
- Immunodeficiency
- Lack of concentration
- diseases of skin and joints, rheumatism, allergies, asthma, tinnitus and dizziness

Price

€ 65,04



Dr. med. Rainer Matejka in medical conversation.

## Weckbecker Fasting Cure

Included in all our fasting packages and in the daily rate	
Fasting provisions (organic vegetable juices, fasting broth, milk rolls, organic teas, water and curative water, revitalising meals for up to 3 days)	
Fasting and after fasting group conversation	
Health care by Medical Center	
24 hours medical staff (on-call duty)	
Colontherapy	
Gentle bowel cleanse according to Dr. med. Erich von Weckbecker.	€ 32,-

## Nutrition and Dietetics

Full board from our organic VitalCuisine ( ~ 1.600 kcal)	€ 39,- / day
Full board from our organic VitalCuisine (~ 800 kcal)	€ 19,50 / day
Breakfast	10,- €
Lunch	23,- €
Dinner	17,- €
Packed lunch	6,50 €
Specific diets (full board) (allergies and intolerances)*	€ 50,- / day
Individual nutrition counselling (30 min)	€ 39,-
Individual nutrition counselling (60 min)	€ 70,-
Practical kitchen training in a group (120 min)	€ 19,-

Not taken meals cannot be refunded.

\* surcharge in case of bookings of packages, fasting board and colontherapy are dropped; in case of bookings according to the daily rate, the fasting board is dropped

## Physiotherapy and massages

Classic Massage	
Our therapists relieve muscular tensions and cause you relaxation with our Classic Massage and the use of special techniques.	
Connective tissue massage (20 min)	€ 30,-
Colon massage (20 min)	€ 30,-
Shiatsu massage (30 min)	€ 42,-
Cupping massage (30 min)	€ 43,-
Classic Massage (20 min)	€ 30,-
Classic Massage (40 min)	€ 55,-
Classic Massage (60 min)	€ 73,-

Foot reflexology	
Stimulates and balances. Based on the patients' reactions and the palpatory findings, therapists detect which organs are especially stressed. Especially recommended in case of vegetative complaints such as inner unrest and sleep disorders, indigestions, period pains and inflammations of the bladder.	
Foot reflexology (20 min)	€ 30,-
Foot reflexology (40 min)	€ 55,-

Lymph Drainage	
In case of overweight and other kind of metabolic congestion, the body stores a considerable amount of lymph fluid – in many cases in the subcutaneous fatty tissue (lipoedema), in the abdomen or in the face. The therapist moves his hands smoothly in stroking, shoving and vibrating movements, which stimulates the lymph system and relaxes the tissue. It also relieves in case of headache / migraine, tinnitus (ringing in the ear), chronic sinusitis and venous weakness.	
Lymph drainage (30 min)	€ 42,-
Lymph drainage (60 min)	€ 73,-

Massage according to Breuss (30 min)	
The energetic stroking massage with the use of amber oil brings deep relaxation in the whole body. Particularly recommended for people with high workload and stress. Especially in case of chronic and acute back pain as well as in preparation for the therapy according to Dorn.	€ 42,-



#### Therapy according to Dorn (30 min)

Straightening the spine relieves blockades and the herewith associated pain. The Dorn therapy is particularly focused on potential pelvic obliquity.

€ 42,-

#### Acupuncture Massage according to Penzel®

It compensates energetic imbalances. Especially in case of pain syndromes and functional complaints such as sleeping disorders and inner unrest.

Acupuncture massage (40 min) € 77,-

Acupuncture massage (60 min) € 89,-

Ear Acupuncture massage (20 min) € 30,-

#### Manual therapy (30 min)

Treatment of functional disorders of the locomotor system (joints, muscles and nerves). Pain relieving and helpful in case of movement disorders. It is our aim to recover the harmonious interaction between joints, muscles and nerves.

€ 52,-

#### Further treatments

Physiotherapy (30 min) € 38,-

Trigger point therapy (30 min) € 45,-

Kinesio taping (30 min) € 30,-

Fascia stimulating therapy (20 min) € 36,-

Jaw joint therapy (30 min) € 45,-

Electro-therapy € 16,50

Ultrasonic therapy € 16,50

#### Weckbecker Therapy (30 min)

The Weckbecker therapy is a therapy combination of small and large bowel massages, foot reflexology, elements of the craniosacral therapy and acupuncture massage – individually symptom-adjusted.

€ 50,-

Chief of the Centre for osteopathic pain therapy and the areas hydrotherapy and sports



Sebastian Wurster

Sebastian Wurster, physiotherapist, osteopath and therapist educated in various ways, leads the therapy centre of the clinic.

His experience shows that the combination of fasting, or healthy diet, and naturopathic therapeutic treatments provides the best conditions in order to alleviate acute and chronic symptoms. "Our highly qualified team makes it possible to offer a wide range of effective therapies. Therefore, we can react to detailed and specific symptoms of our patients and also to their daily condition", says Sebastian Wurster.





## Hydropathy according to Kneipp

Approved and scientifically recognised method in order to stimulate the blood flow and to support metabolic processes. The change of hot and cold water vitalises circulatory and immune system. Additional therapeutic effects are achieved by the use of different herbals, such as rosemary, melissa or mare's tail.

Carbonated bath	€ 31,-
Washing with supplement	€ 9,-
Hot and cold affusion (arm, thigh, knee, chest)	€ 14,50
Neck affusion	€ 21,-
Lumbal affusion	€ 21,-
Hot and cold affusion with body spiral	€ 21,-
Facial affusion	€ 8,-
Base foot bath	€ 14,50
Base full bath	€ 28,-
Hot and cold bath (arm, feet)	€ 14,50
Hot and cold sitting bath	€ 17,50
Full bath with herbals	€ 25,-

## Osteopathy

With the help of precise techniques, it is possible to detect tensions, blockades and imbalances in muscles, joints and the spine. It is also possible to find ties to functional disorders of inner organs and to influence them positively.

Osteopathy (40 min)	€ 94,-
Craniosacral therapy (40 min)	€ 82,-

## LNB Therapy

The pain therapy according to the principles of Liebscher & Bracht (LNB) reduces acute and chronic pain in spin, joints, musculature, tendons and ligaments. Special pressure massage techniques and stretching exercises relieve pain and motion restrictions in the majority of cases for a long time.

LNB Therapy (60 min)	€ 132,-
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## Sport and Movement Therapy

Life is movement and that is what we usually do insufficiently. With the help of our clinic's wide range of products, we try to whet your appetite for movement again.

Ergometer training / movement therapy (20 min)	€ 14,-
Personal training / individual training (60 min)	€ 74,-
Milon®Circuit (instruction and training-checkup per stay)	€ 20,-

## Oxygen multi-step Therapy

The Oxygen multi-step therapy according to Prof. von Ardenne supports the blood's oxygen supply. The inhalation of medical oxygen increases the arterial oxygen content. The body's oxygen consumption gets stimulated by adding minerals and vitamins. One inhalation at rest is followed by one inhalation at physical activity.

Per session	€ 30,-
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## Packs and Compresses

Hot and humid package ("potato package")	€ 9,30
Leg compress, one leg	€ 16,50
Leg compress, both legs	€ 24,-
Chest compress	€ 16,50
Body compress	€ 16,50
Neck compress	€ 10,-
Kneipp stockings	€ 16,50

## Cosmetic Treatments

Wellness facial treatment for Her and Him	€ 56,-
Fullbody treatment Massage with warm aromatic oils	€ 45,-
Pedicure incl. foot bath and short massage	€ 28,-
Manicure	€ 22,-
Face pack	€ 17,-
"I like myself"-package Two extensive face and body treatments	€ 220,-

## Extras

Participation in trips with the house bus	€ 12,-
Telephone per unit	€ 0,30
Telefax per unit	€ 0,40
Parking space on the clinic grounds per day	€ 3,50
Parking space garage per day	€ 4,50
Lending fee bath robe (entire stay)	€ 10,-
Visitor's tax per day	€ 2,50



# Information: Be our Guest in the Malteser Klinik von Weckbecker

## Before your Stay

Pre-cleansing days ease the start of the fasting therapy! To guarantee a good start into the fasting therapy, we recommend 1–2 pre-cleansing days before your stay. Do not eat too much during these days, but easily digestible foods, such as potatoes, wholemeal basmati rice, millet, vegetables, salad and fruits. Drink plenty of water and herbal tea and do not consume alcohol or coffee. Use these days furthermore to get your body, mind and soul in the mood for your fasting experience and plan sufficient time for an eased arrival.

## Do not forget!

We created this list to assist you in your preparations for your stay and to ensure you will not forget any essentials when packing your suitcases:

- Medical test results: Recent medical checkup reports, ECG (if over 60 years old), current laboratory values: sodium, potassium, calcium, creatinine and uric acid. You may choose the option to get these values during your initial examination (for a service charge of approx. € 20,-). Should you already have them, you can send them to us in advance. In this case, the results must not be older than 10 days.
- Should you require any medications, please bring appropriate quantities or a prescription from your doctor.
- **Please fill in the anamnesis sheet and send it back to us prior to your arrival.**
- Weather-proof clothing and sturdy shoes
- Sportswear, indoor and outdoor sports shoes
- Swimwear
- Pulse monitor (if available)
- Hair dryer (the rooms in House II are equipped with a hair dryer)
- Bath robe (can be borrowed at a charge of € 10,-)

## Arrival

Please make sure you arrive between 1 p.m. and 4 p.m. In case you arrive later, please let us know in advance!



### By car

If you take the A7 (Kassel – Würzburg), you can reach the Malteser Klinik von Weckbecker via two exits: Bad Brückenau / Volkers, coming from the North, or Bad Brückenau / Wildflecken, coming from the South. Bad Brückenau is signposted directly after the slip roads. In Bad Brückenau you follow the A-Road B 27 direction Fulda. Access-road to the clinic: Fuldaer Straße, then turn to Rupprechtstraße.



### By train

Fulda's ICE train station is only 35 km away. If needed, we will order you a cab to the station in Fulda at the reduced price\* of € 45,-. Or you get directly in touch with the local cab company: +49 (0) 9741 937437.

## Departure

On the day of departure you may use your room until 11 a.m. Depending on the room availability you may also book a late check out (until 5 p.m.) for € 20,-.

\* reduced price only in case of booking at least 2 days in advance.

## Contact and Reservation

We are looking forward to seeing you here! In case you have any questions regarding your stay in 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 a.m. – 8 p.m. on +49 (0) 9741 83 0  
or by e-mail: [weckbecker@malteser.org](mailto:weckbecker@malteser.org)  
or Online [www.weckbecker.com](http://www.weckbecker.com)

### Postal Address:

Malteser Klinik von Weckbecker  
Rupprechtstraße 20  
D-97769 Bad Brückenau



### *Subscribe to our Newsletter!*

If you subscribe to our "Health News", you will be informed first about our clinic's news and offers. Our doctors and therapists regularly inform about new naturopathic methods, thrilling medical research results, and inform you about new therapy concepts. Look forward to receiving tips on healthy nutrition and incentives to change your life style.

Register under [www.weckbecker.com/newsletter/newsletter-anmeldung](http://www.weckbecker.com/newsletter/newsletter-anmeldung)

# General Information regarding Reimbursement of Costs for statutory or private Health Insurance and Patients who are entitled to receive Allowance

## Statutory Health Insurances

### Stationary rehabilitation and preventive measure\*

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

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

### Ambulant preventive checkup\*

The ambulant preventive checkup is a popular kind of cure and an obligatory service of statutory health insurances. Assured can demand it every 3 years. The insurances bear 90% of the therapy costs and in some cases also a pension grant of up to 13,- € per day.

The deductible for a 14 days stay amounts to 1.500,- up to 2.500,- €, depending on room category. In case you do not want to fast, we recommend you our organic VitalCuisine for an extra charge of 19,50 € (800kcal), resp. 39,- € (1600 kcal) per day. Medicines and laboratory diagnostics are not included. If the ambulant preventive checkup got approved, it is not possible to book a package. In this case, please book an individual stay as per daily rate. The prescription of therapies will be specialized for you, according to your initial examination.

\* The confirmation of cost coverage must have arrived in written form 14 days prior to the commencement of your stay, otherwise the billing will be made for self-pay patient.

## Entitled to receive allowance

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 § 7 par. 2 SGB V. The granting stations of the different states share the costs in different amounts.

In addition to that, we meet the requirements in accord with § 107 par. 2 SGB V. The clinic is approved according to §30 of the trade regulation act and is amenable to supervision of the local health authority.

▪ The application for permit must be discussed with the responsible granting station and the confirmation of cost coverage must have arrived in written form 14 days prior to the commencement of your stay.

## Private Health Insurances

Due to the fact that private health insurances categorize our clinic as a sanatorium, they do only bear the costs for a stay in Malteser Klinik von Weckbecker if you have concluded a special charge with your provider. Medical and diagnostic services are often partly paid. Please also take note of the underlying restrictions of your insurance contract, resp. exclusions regarding spa towns or therapeutic baths (spa town clause, § 5 (1e) MB / KK). Please make sure that the written confirmation of cost coverage has arrived prior to the commencement of your stay.

## Information regarding reimbursement of costs:

It is possible that treatment costs are not fully covered by the granting station or your private health insurance since not all payers must accept the agreed prices. Please talk to your reimbursement company prior to the commencement of your stay.

These regulations apply to the German health system.



## Tax Deductibility

Costs for a stationary or ambulant therapy which were not covered by your health insurance can be approved as extraordinary expenses in your payroll tax or personal income tax. In this case, please ask the responsible tax office.

▪ **Should you have further questions regarding costs and billing, do not hesitate to ask us. We will be glad to provide comprehensive information by telephone: +49 (0)9741 83 137.**

## Clinic Regulations

1. The applied therapies of our clinic are an ideal way to quit smoking. Therefore smoking is prohibited in our clinic and on the clinic grounds.

2. Telephoning with mobile phones is disallowed in fasting and dining rooms as well as in all therapeutic areas.

Furthermore we recommend you for the entire length of your stay to go without all common stimulations of communication media and entertainment electronics, which are around us all the time (such as mobile phones, tablets, computer and television), also outside of these rest areas.

3. Should any guest / patient intend to stay away from the clinic overnight or for several days, it is required to obtain approval of the doctor in charge.

4. According to the regulations for hospitals, it is unfortunately not possible to bring any animals.

## Our Certifications:



We are certified according to



## General Terms and Conditions (GTC) of the Malteser-Klinik Dr. v. Weckbecker gGmbH

1. Your reservation is binding as soon as we have received your signed registration form.

2. If the doctor detects in your anamnesis questionnaire that a treatment at our clinic is not possible or that the booked package is not sensible considering your health condition, we reserve the right to rescind the contract, resp. recommend you another package. In this case, we are happy to advise you on possible alternatives.

3. 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. If a fasting cure is medically not sensible, you can switch to our organic VitalCuisine for an extra charge.

At the same time, the fasting board and the colon therapy are dropped. The board begins at the day of arrival with dinner and ends at the day of departure with breakfast. Additional services that are not included in your package will be invoiced separately.

Our packages are listed as a lump sum on the invoice. A detailed invoice is not possible. If you need a detailed invoice, we recommend you to book individually according to daily rate. In this case, please let us know by no later than your day of arrival.

4. The day of arrival and the day of departure are considered as one single day if the arrival is after 1 p.m. and the departure before 11 p.m. Shall you require your room longer on the day of departure you can request it in advance (upon notification by no later than 5 p.m. and at a charge of 20,- €).

Thank you for understanding that we cannot guarantee the requested room.

5. If you do not cancel an appointment on time or do not appear, we have to charge the full amount for the treatment. Meals that were not taken cannot be refunded.

6. In case of cost coverage by your health insurance, the confirmation must have arrived in written form 7 days before your day of departure. Otherwise the billing will be made on a private basis. In case of ambulant preventive checkup, the client / patient pays himself for extra costs.

7. 80 % of the total account is due at your arrival at the latest. This does not apply if you have handed in the written confirmation from your health insurance. The total account is due at the end of your stay prior to your departure. You can pay cash or with ec card.

8. You can cancel free of charge up to 10 days before the day of arrival. In case of late cancellation within 10 days before the arrival date, we charge 50% of the

booking price. If you cancel on the arrival date or do not arrive at all, we charge 50 % of the booked services at daily rate.

9. If you have a mental, physical or an age-related impairment or are severely disabled and therefore require permanent care, you will need to have a detailed telephone conversation or a personal conversation with our doctors before your stay. Otherwise we cannot guarantee that a successful therapy can be accomplished.

10. In case of slight negligence of the clinic, a statutory representative or a person employed in performing an obligation, the liability of the clinic is, in case of a breach of essential contractual obligations, limited to the typically predictable damage. Apart from that, the clinic accepts no liability for slight negligence. However, the clinic is liable for damages of life, body or health which are based on the slight negligence of the clinic, a statutory representative or a person employed in performing an obligation.

11. The clinic accepts no liability for the loss of personal possessions, money, jewellery or other valuables. In case the loss arose through the clinic's fault, the clinic is liable for the loss in accordance with par. 10.

12. For the use of our parking spaces and garage will not be made a deposit contract. There is no obligatory supervision for the clinic. In case of losses or damages of parked automobiles, the clinic is liable in accordance with par. 10. Damages must be indicated immediately.

13. All prices mentioned in this brochure are in EURO. We reserve the right to alter prices. This brochure supersedes any previous offers and previous price lists become invalid.

14. 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



Fasting and dining rooms



Our naturopathic therapy center



Milon® Circuit Training



Rehabilitation room / Sauna



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

Medicine by its **very nature**  
is of all the therapy methods,  
the **closest** to the secrets  
of **creation.**

Karl Pirlet

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