

Bad Dürrheimer

Besser trinken, besser leben.®

bio
mineralwasser



bio
mineralwasser

- › Besondere, nachgewiesene Reinheit des Wassers
- › Garantierte Natürlichkeit aus geschützten Quellen
- › Strengere Grenzwerte als gesetzlich vorgesehen
- › Engagement in Natur- und Wasserschutz

www.bad-duerrheimer.de/bio

gesundzeit

Issue 2020

RETREAT RECOVER RECHARGE

Nominal price € 5,50 ISBN 978-3-9821316-1-0

gesundzeit

The magazine from Germany's feel-good region

Rest and relaxation

Unwind, awaken the senses, and connect with yourself: how nature's rhythm can soothe the mind and body

HealthRegion
Freiburg

A close-up, low-angle shot of a field of purple lavender flowers. The flowers are in sharp focus in the foreground, with their stems and leaves visible. In the background, the flowers are blurred, and a warm, golden light from a setting or rising sun illuminates the scene, creating a soft, hazy atmosphere.

BARMER

A photograph of two people standing in a body of water, likely a lake or river. The person on the left is a woman with long dark hair, seen from the back. The person on the right is a man wearing a red beanie, also seen from the back. They are both standing waist-deep in the water. The background shows a misty or foggy landscape with trees and hills, suggesting a cool or early morning setting.

**Everyone has their own recipe
for staying healthy.**

**Should it fail,
that's when we step in.**

barmer.de

gesundzeit

The magazine from Germany's feel-good region

Retreat

Pinnacle of happiness in the morning sun	4
Water, the elixir of life	6
In the untamed forest wilderness	10
Finding quiet refuge	12

Recover

Making time for the psyche	16
Discovering slowness	18
Cross your heart	22
Rediscovering herbal medicines	24

Recharge

Back to nature	30
The dual role of managers	34
Rooting yourself in relaxation	36
The HealthRegion Freiburg	40

The desire to simply drop everything and leave in order to find and connect with ourselves is something we can all relate to at times. It means embracing new perspectives, rediscovering who we are, and coming back refreshed.

We invite you to broaden your horizons and join us on a journey to inner peace, relaxation, and new discoveries, which we have divided into three sections: Retreat, Recover, and Recharge. On this journey, we guide you to places that will reinvigorate the body and send the spirit soaring.

Let yourself get swept away by this magazine to a region perfect for escaping the daily grind, finding inner balance, and enjoying some rest and relaxation. Get to know landscapes with therapeutic qualities that can invigorate and heal.

We hope you enjoy the journey!

Your HealthRegion team
HealthRegion Freiburg e.V.



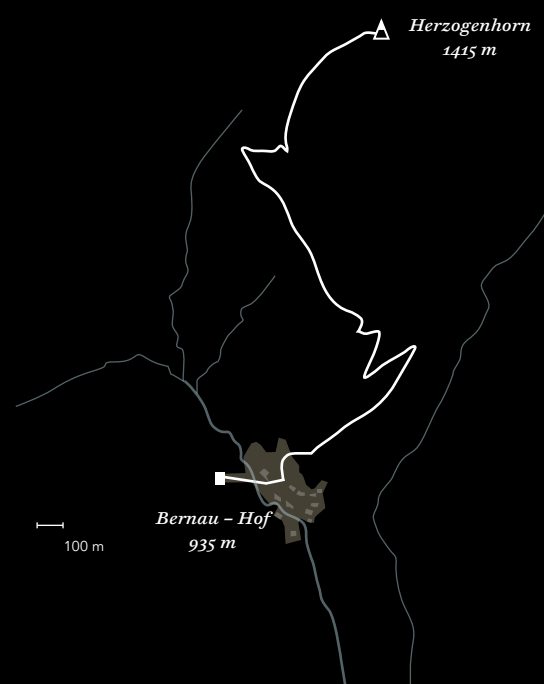
R E T R E A T

**"In perfect silence, you can hear
the whole world."** Kurt Tucholsky

Pinnacle of happiness in the morning sun — 4
Water, the elixir of life — 6
In the untamed forest wilderness — 10
Finding quiet refuge — 12

Pinnacle of happiness in the morning sun

Awakening all the senses outdoors



Hike from Bernau-Hof to the summit of Herzogenhorn

Starting point: Bernau-Hof parking lot
for hikers near the Hofeck ski lift, follow
the signs leading to the Herzogenhorn
summit / Hiking route: 3 kilometers,
500 vertical meters, Time: approx.
1–1.5 hours, depending on fitness level
www.bernau-schwarzwald.de

American author Henry David Thoreau once wrote that morning is “the most memorable season of the day.” He was right. Anyone who gets up early enough to scale a mountaintop at sunrise will enjoy more than just the beautiful colors of dawn, because spending daybreak at lofty heights also unleashes unexpected mental strength that energizes the body, mind, and spirit.

This is the toughest, most crucial moment. If I hesitate now, it’s over. The time? 4 a.m. An ungodly hour. For heaven’s sake, why am I doing this to myself? I gather my strength and force myself out of the cozy bed. I quickly toss back a cup of coffee, and an hour later, we are pulling our car into the hikers’ parking lot in Bernau-Hof.

The stars are gleaming overhead, while the tops of the fir trees stand out in strange patterns against the dusky blue of the night sky. We take a deep breath. Our lungs fill with the resinous scent of fir trees and moss. The mountain air up here, 900 meters above sea level, is marvelous: crisp, clear, spiced with the woods. It’s the kind of air that you would love to bottle and take home with you.

A light wind whispers. The air-brisk. We pull on our backpacks and follow the path into the pitch-black forest, whose mouth gapes menacingly, as if it wants to swallow us. I am still drowsy, and there are moments when I see gnomes in front of me. A cow in a pasture turns into a horned monster next to me. My eyes and ears play are playing trick on me, conjuring up figures that vanish as suddenly as they appear. A rustling sound gives me a start.

There is something magical about the time between the dark of night and the light of dawn. Anyone who treks through an unfamiliar environment without light will notice how the senses become much more heightened. The faculties of hearing, smell, and sight are all highly alert.

When hiking your way from night into day, certain primordial instincts – long since dormant – suddenly stir within you. This is something you won’t experience at home when pressing the button on your coffee machine. Watching a new day dawn from the top of a mountain is

There is something magical about the time between the dark of night and the light of dawn. Anyone who treks through an unfamiliar environment without light will notice how the senses become much more heightened. The faculties of hearing, smell, and sight are all highly alert.

much more thrilling than hitting snooze on your smartphone and going back to sleep. This right here, this is adventure. You have to make it happen. The real world in real time. Analog. Either you get out and do it or you don’t.

After a while, my steps become surer; my breathing, slower. I can see outlines, and with every meter I climb, the stars grow fainter. To the east, dawn quietly begins to paint an amber stripe in the sky. The night is drawing to a close, making way for the light of a new day. It’s a fragile moment, like a pair of pining lovers who never find each other’s arms.

Where the night had previously shrouded everything in impenetrable darkness, I now see meadows, mountainsides, and benches. The morning reaches peak form while we hike the final 500 meters to the summit. To the south, the Alps form a magnificent backdrop. The sky is aglow. The yellow transforms into a fiery red, and the mountains begin to gleam.

Just as the sun’s first rays start to spill down, we reach the wooden cross at the summit. The world is awakening up here at a height of 1,415 meters, and we, silent observers of a unique and wondrous spectacle, have the privilege of watching it happen. All at once, everything else just melts away: the burden of the backpack on my shoulders, thoughts of work, the daily grind. All that matters is this moment— and it is singular. I can’t think of a nicer, more beautiful place to start the day than up here on this mountain.



Water, the elixir of life

At the tail end of the Menzenschwand Valley, a path leads into a narrow gorge. A cool stream of air caresses the face, and the sound of bubbling water rushing by can be heard all around. With every step you take over rocks and wooden bridges, an enchanted gorge begins to come into view. The icy water rushing down from the Feldberg plunges with primordial force over mystical rock formations. Perched at the top, enormous fir trees stretch toward the sky. Here and there, sunlight flashes through the almost impenetrable blanket of needles. For several minutes, a rainbow gleams in the spray from the cascades, as if painted onto thin air by some magical hand. Listening to the rushing water and watching as the shimmering water droplets are transformed into colorful gems in the sunlight is enough to instantly put onlookers in a meditative, almost reverent mood.

Menzenschwand Waterfalls

The ice-age gorge was formed by white water from the Alb, which channels its way down from Feldberg mountain and on through the wild gorge. Leading over bridges and stairs set in the rock face, a small path takes visitors through the 30-meter-deep gorge, past natural pools and various waterfalls.

Waterfall concentration exercise

Close your eyes and listen to the sound of the rushing water.

Breathe deeply in and out through your nose. Listen to the water and notice every nuance.

Is it bubbling? Gurgling? Murmuring evenly? Can you hear individual droplets? Birds singing? Pay attention to even the slightest sounds. Meditate this way for ten minutes.



Finding tranquility at the lakeside

Find a quiet spot at the side of a lake. Fix your gaze on the water's surface and take deep, calming breaths. Try to focus on a single point and observe what you see there. Perhaps mosquitoes are dancing up and down, or you see gentle waves or air bubbles forming. Let your eyes rest there while you continue to inhale and exhale through your nose. Focus on the spot, and observe every detail without any further contemplation or thought. If you notice that your mind begins to wander to loose ends at work or other thoughts, imagine a stone in your mind's eye and let it fall into the lake. Try looking at the lake for ten minutes while concentrating on your breathing.

Exciting routes for water lovers

Waterfall trail

The exceptional hiking trail known as the Wasserfallsteig leads water lovers over narrow paths and steep tracks to the Todtnau Waterfall – the tallest natural waterfall in Baden-Württemberg – before continuing on through grassy alpine meadows to the Fahl Waterfall. Starting point: Top of the Feldberg pass; End point: Todtnauberg; Length: 11.4 kilometers; Ascent: 417 meters; Descent: 624 meters; Difficulty: Medium

Feldsee, Feldberg

With its steep cirque walls and dark blue water, Feldsee is an impressive sight to behold. The lake is surrounded by a protective forest and has a wild, natural flair. The Feldbergsteig trail is truly for passionate hikers, who will trek over alpine paths through the Feldberg nature reserve. This route requires a good fitness level, but treats those who put in the effort to magnificent views. Starting and end points: Haus der Natur, Feldberg village; Length: 12.5 kilometers; Ascent/descent: 500 meters; Difficulty: Hard

Lotenbach Gorge

The Lotenbach Gorge is a 1.5-kilometer branch of the well-known Wutach Gorge. The path here will take you over steep tracks, stairs, and bridges through an enchanted gorge landscape featuring natural pools, cascades, and waterfalls. Entry point: Parking lot for hikers on highway B315 between Gündelwangen and Bonndorf

Nonnenmattweiher

This idyllic cirque lake is perched at a height of 915 meters inside a nature reserve in a valley called Kleines Wiesental. One part of the lake may be used for swimming. Tip: Visitors flock to the lake on the weekend, so it is advisable to go during the week either early in the morning or in the late afternoon. To get there, drive to Heubronn via Neuenweg and follow the signs to the forest parking lot.



From wading pools to cold streams, you can experience the healing and invigorating effect of water on the body in any number of direct and easy ways. Connoisseurs swear by Kneipp hydrotherapy with its affusions, immersion baths, and the famous water-treading technique. They serve to provide a boost to the immune and circulatory systems, stimulate the body and mind, and tone the skin.

© unsplash.com / Robb Leahy

“Nature has provided us generously with everything we need to remain in good health.”

Sebastian Kneipp



© Radon Revitalbad St. Blasien/Menzenschwand

Relaxing and invigorating *Thermal spas in the HealthRegion*

KEIDEL Mineral-Thermalbad Freiburg

KEIDEL Mineral-Thermalbad is idyllically situated at the edge of Freiburg. The spa boasts over 6,000 square meters dedicated to wellness activities, making it an unparalleled sanctuary of rest and relaxation.

www.keidelbad.de

Cassiopeia Therme Badenweiler

Awarded five wellness stars, Cassiopeia Therme is one of the nicest spas in southern Germany, all thanks to its elegant architecture, refined atmosphere, wide variety of thermal baths and saunas, the Roman-Irish bath, and a wellness oasis.

www.badenweiler.de

Vita Classica Bad Krozingen

With a mineral content of more than 4,000 milligrams per liter, the thermal mineral water boasts one of the highest concentrations of carbonic acid in Europe. The fizzy nature of the carbonic acid, which has a direct effect on blood vessels and nerves through the skin, relaxes, regenerates, and stimulates blood flow.

www.bad-krozingen.info

Radon Revitalbad St. Blasien-Menzenschwand

Fluoride-laced mineral water from the Barbara Spring flows and bubbles in the 240-square-meter pool. The spa is surrounded by an unparalleled panorama of the Black Forest.

www.radonrevitalbad.de

In the untamed forest wilderness

Forest wilderness reserves are exciting places, because the forest can do whatever it wants to there. Above all: be wild.

The skeleton-like remains of trees lie between mighty firs and spruces, while lichens and ferns grow rampant on deadwood and bizarre masses of roots and impenetrable scrub climb their way up. Forest wilderness reserves are the archetypes of the Black Forest, mighty and magical at the same time. This is where the untamed forests of the future are growing.

Feldberg – a natural forested mountain

The Feldberg, which translates into English as “field mountain,” would be more appropriately named Waldberg, or “forest mountain,” because without human intervention, the entire Feldberg region would be densely wooded, including the summit. There are some exceptions, namely craggy areas, bogs, and steep slopes, down which avalanches thunder into the valley during the winter. The large swathes of treeless land that shape the Feldberg’s characteristic look today only came about due to pasture farming and mass deforestation in the 18th century, when wood was used for mining activities and in glassworks. Nowadays, more than 80 percent of the nature reserve on the Feldberg is forested again.

A case of mistaken identity: Norway spruces and silver firs

As it turns out, that which is commonly called a fir forest is not one at all. Why? Because the Black Forest consists mainly of Norway spruce trees. This is also the case on the Feldberg, where spruce and beech trees account for a large percentage of the

forests. Originally, the silver fir used to be the most common type of tree on the Feldberg, after the beech tree. How can you tell the trees apart? It’s easy: Spruces can be identified by their slender cones, which hang downward, while cones on fir trees grow upward. The needles are another distinguishing feature, as those on a spruce tree will prick to the touch, and those on a fir tree won’t. On the Feldberg, the spruce tree can be found in a specific area, because while the Black Forest has been reforested in many places with spruce cover, the tree – which loves the cold – grows naturally in the Feldberg region, mainly on the north side of the mountain. The spruce and fir trees that grow on the Feldberg are tough. A harsh climate is what you will find at a height of more than 1,400 meters. With nothing to protect them, the trees are exposed to gale-force winds that sweep across the back of the mountain at over 100 kilometers per hour. And once they have weathered the fall storms, then the trees have to withstand the snow. During the winter, branches frequently buckle under the weight of massive accumulations of snow. Rime and hoarfrost, which form from moist air that freezes during fog, can also cause branches to snap.

Bustling life on dead trees

When looking at the massive fir and spruce trees in the Feldberg region, you will frequently see spots with a noticeably large number of pale branches and trunks. With a little imagination, you might say they look like dinosaur skeletons. When trees die, the natural world becomes richer and more abundant. More sunlight shines into the forest, which in turn leads to more insects and small animals. As a result, the mixture of dead and living trees ensures rich biodiversity in the forest. What’s more, a tree doesn’t simply die from one day to the next. Rather, it is a process that often takes decades. In many cases, wounds to a tree’s bark will result in fungal infection. The tree is subsequently weakened and can do little to stop bark beetles from settling in. While the tree’s life cycle comes to an end, life continues to bustle inside the dying wood. The pale trunks serve as accommodations for pygmy owls, boreal owls, and black woodpeckers, while many species of bat and pine martens use the hollow spaces for hibernation. Finally, a lightly wooded forest is good for the capercaillie. Capercaillie chicks need to feed on lots of insects, and such quantities can only be found where there is abundant light and warmth.

No disposal necessary

Even after a tree has fallen over and is lying on the ground, there is still life inside the trunk. Indeed, you will often see saplings growing on dead trunks. There is a good reason for this, as the old specimens that have died turn out to be a veritable store of sustenance. Valuable nutrients form in the wood that has already decayed, which the saplings can then feed on. And once the coniferous trunks have finally decomposed after many years, they turn into new humus that trees, bushes, and mushrooms can grow on in turn. In this way, the forest functions as a cleverly designed and self-sustaining ecosystem that works in perfect harmony. There is no need to dispose of dead matter, because the forest recycles everything itself.

”

More and more people are spending time in forests. Some go there to relax, while others head out with a backpack, a tent, and a cooker in search of adventure. Is camping in the forest actually allowed? We asked Feldberg forest ranger Achim Schlosser about this.

“In general, it’s great that people want to go to the forest. However, forests enjoy different categories of protection. Forest wilderness and nature reserves are doubly protected. In such forests, camping and bivouacking are prohibited. You aren’t even allowed to string up a hammock between two trees. Smoking and building fires is absolutely forbidden. These measures are meant to protect the wildlife in particular, which need the quiet that such a refuge provides.

The situation is different when it comes to privately owned forests. Anyone who has the permission of the forest owner can pitch a tent there.”

What opportunities are there to experience the forest wilderness reserves and their fauna?

“One option is a forest wilderness hike. Another is to go on a wildlife expedition, which normally takes place at twilight. Such expeditions provide participants with a rare opportunity to observe deer and roe deer, hares, and foxes in their natural surroundings. We move quietly about and pay attention to the wind, because the animals have a very good sense of smell, which means they can smell us before we see them.”

“

"If someone comes to us, they should come looking for quiet and a religious outlook in the broadest sense, whatever specific form that may take."

Sister Edith, Benedictine nun in the Convent of St. Lioba

Ora et labora et lege

Finding quiet refuge

Be it the need for peace and quiet, time for mindfulness and meditation, a period of realignment, space to contemplate, or an interest in delving into a completely different world, the reasons for taking a retreat at a convent can vary greatly and serve a variety of purposes. Life in the community seems like the perfect place of refuge where you can take a step back from the daily grind with the help of a structured routine and focus on the essential things. The conditions governing a stay vary depending on the order and the mother house. Religious denomination is usually not a hindrance; instead, going on the journey with a truly open heart and being ready for a spiritual experience is far more crucial.

"If someone comes to us, they should come looking for quiet and a religious outlook in the broadest sense, whatever specific form that may take," says Sister Edith, a Benedictine nun in the Convent of St. Lioba in Freiburg. "Women who wish to stay with us for a time are fully integrated into the daily routine." Specifically, this means being prepared for the day, which begins every morning at 6 with the lauds – the first canonical hour – and continues after breakfast and time for Bible reading with Holy Mass at 7:45, after which the sisters work until 12 p.m. Following lunch and a midday rest, things proceed in a similar rhythm again starting at around 2:30 in the afternoon. The compline, which is the last canonical hour, is held after dinner at 7 p.m., and silence must be observed starting at 9:30 p.m.

Following the law of love – the Benedictine nuns of St. Lioba

"Ora et labora et lege" – pray, work, and read – these three principles serve as the Benedictine motto and shape life for the sisters of St. Lioba. This community has a deeply rooted tradition of being actively committed primarily to charitable and social causes, such as care for children and the elderly, schooling, and orphanages. "In this regard, our foundress, Sister Maria Benedikta Föhrenbach, was ahead of her time. She thought about and managed things smartly," Sister Edith says.

Guests are not obliged to lend a helping hand around the premises, but it is one contribution toward room and board and based on individual capabilities. Those who are willing and able usually help out for half a day in the laundry facilities, with garden work, or in caring for elderly sisters. The tasks are determined individually for each guest. Even spiritual guidance represents one option. Nothing is prescribed in terms of topics. Anything may be discussed, be it in one or a series of conversations. "In my experience, the women who have stayed with us have always greatly enjoyed being here. They usually come for a week, but that's flexible. It's a matter of agreeing on the length of the visit, and guests are free to leave if the experience doesn't meet their expectations. Most things get cleared up already during the mandatory briefing. It's important to us to explain the motivation behind the things we do and that our guests have a proper understanding of this. That's why there is an introduction to the Rule of St. Benedict and a meditation guide, so that guests know what to do with themselves during their time here," Sister Edith explains. She assures us that fear of the unknown from a lack of prior familiarity with the content is unfounded. "So far, that has always taken care of itself, and the canonical hours as well as the hymns sung during Holy Mass are in German during the week. It's not all so terribly strange."

The daily routine in the Convent of St. Lioba is not for late risers and night owls; the days begin every morning at 6 a.m. with the lauds, while silence must be observed starting at 9:30 p.m.

Spiritual guidance during the stay is not a must, though it is offered to women seeking dialog on a specific topic.

To get started, there's an introduction to the Rule of St. Benedict and a meditation guide; this provides orientation and makes the arrival easier.



I'm off then: places for a spiritual retreat

Convent of St. Lioba
Riedbergstrasse 1, 79100 Freiburg
www.kloster-st-lioba.de

Abbey of St. Peter
Klosterhof 2, 79271 St. Peter
www.geistliches-zentrum.org

Abbey of St. Trudpert
St. Trudpert 6, 79244 Münstertal
www.kloster-st-trudpert.de

Abbey of St. Blaise
Fürstabt-Gerbert-Straße 14
79837 St. Blasien
www.kloster-konzerte.de

Abbey of St. Märgen
Rathausplatz 1
79274 Sankt Märgen
www.kloster-museum.de

"Change is as necessary as the renewal
of leaves in spring." Vincent van Gogh

R E C O V E R

Making time for the psyche — 16
Slow jogging – Discovering slowness — 18
Cross your heart – Let's listen to it — 22
Rediscovering herbal medicines — 24

Making time for the psyche

Being open leads to new perspectives

Christoph Bielitz is a professor, doctor, and the managing medical director of the Sigma-Zentrum. In this interview, he discusses the philosophy behind multimodal therapy and its inclusive approach, as well as the dynamics and importance of social relations.

The Sigma-Zentrum Bad Säckingen advocates a therapy concept that integrates a range of methods rooted in the fields of medicine and psychology. It focuses on taking a holistic view of an individual, thereby incorporating the interplay of organic, emotional, and social aspects into the diagnosis and treatment process. An early diagnosis center and an in-house academy are affiliated with the clinic. Beyond striving to provide the best possible interdisciplinary care for patients, the Sigma-Zentrum is also committed to handling psychological and emotional issues with methods tailored to the individual, to linking expertise and skill sets, and to taking a candid look outside the box.

Sigma-Zentrum
Weihermatten 1
79713 Bad Säckingen
www.sigma-zentrum.de
www.frueherkennung.de



Professor Bielitz, the Sigma-Zentrum employs an innovative type of integrative therapy. What is the basic idea, and what does it look like in practice?

We combine medicine based on established principles with a cross-linking cybernetic approach. Doing so expands the radius in terms of diagnosis and treatment. This is also reflected in a broad range of peripheral forms of therapy seldom found at a clinic, such as Watsu, Idogo, and qigong.

What is the thinking behind this approach, and what possibilities does it open up?

No two people are alike, which is why we aim to accommodate the complexity of the connections between body and mind as best as we can. Responses to psychological issues should no longer be determined from the context of a single field. There is no one-size-fits-all solution. We take into account the personality of each individual and look for methods suited specifically to that person. This applies to our patients as well as our staff.

A unique dynamic is created whenever people meet and come together. What role do interpersonal dynamics play in the day-to-day operations of the clinic, and how do you deal with them?

An atmosphere free of fear and inner rejection is key. That, too, always applies to both sides. It is a question of openness. It doesn't matter to us which person on the team – be it the physician, the psychologist, or the therapy specialist – succeeds in taking the crucial step with the patient. Our team culture needs to be such that each person knows when it's the right time to address an issue – and then does it. It is a concerted effort.



What is ...

Equine-assisted therapy
Horses approach people without bias and mirror hidden or repressed emotions with extreme sensitivity.

Watsu is a form of gentle bodywork that originated with Zen Shiatsu. Traditional elements include activating pathways known as meridians, rotation, and applying gentle pressure on specific parts of the body.

Idogo is a systematic training concept that combines elements of tai chi and qigong. The exercises are performed with a stick and improve breathing, motor skills, and posture.

Qigong is a gentle form of movement that improves coordination, strength, flexibility, and cognitive ability.



More and more people are living alone. Does this trend also entail a loss of social skills?

Human beings need other people as a kind of mirror for self-awareness and personal reflection, which is why being in a relationship with a partner is a healthy way to live – provided the relationship is functional. Regardless of this, we know that the quality of people's social connections helps protect them from illnesses.

Lasting change requires a powerful catalyst. What is the key step here?

Happiness requires learning how to be honest with yourself, then looking at and tackling those things that aren't in harmony. You have to be truthful, genuine, and willing to grapple with questions such as "How do I view myself? How do I treat myself? What can I let go? And where do I want to end up?" People need to have clear goals.

One particular facility related to the clinic is the early diagnosis center for psychological and emotional issues*. Who is this center meant for?

The early diagnosis center is an open place for people who feel mentally unstable or overwhelmed to go to. Our intention was to create a neutral environment where such individuals can have an initial consultation with a qualified professional who is capable of appropriately assessing the situation. Not every single person who feels exhausted or overwhelmed needs immediate psychotherapy. Sometimes, advising someone to take a break or undergo a general medical evaluation can be the way to find a solution. The first thing is to assess what specific need there is for action or treatment.

What are the best relaxation methods for you personally?

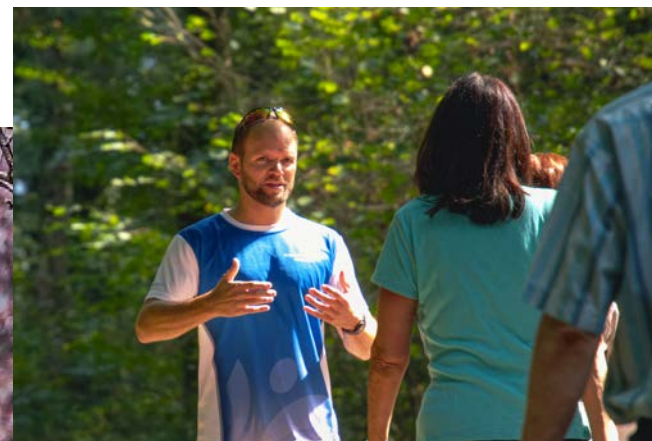
I am extremely fortunate that I am able to fall asleep in no time and recoup quickly. Sitting down, stopping for a moment, and focusing on my breathing is also an effective technique, although I learned how to do this with consistent practice.

* opening soon in Freiburg

"Happiness requires learning how to be honest with yourself."



Slow jogging **Discovering slowness**



Slow jogging is a new trend that originated in Japan. It stems from the research of internationally renowned physician and exercise physiologist Professor Hiroaki Tanaka. The secret is in the technique, which is extremely gentle on the joints and efficient at the same time. Martin Schwenke, slow jogging coach at the Health Resort Freiburg, explains the key aspects and benefits of running this way.

The Health Resort Freiburg is an official base of Slow Jogging Germany. What is behind this movement, and how did it come about?

Slow Jogging Germany is geared toward popularizing the sport in Germany and supporting training for qualified coaches. Lutz Hertel, Chairman of the German Wellness Association, approached us in 2018 to inquire whether we would like to establish a training base here in Freiburg. It was a good fit for us. The first training courses led by Lutz Hertel have since been held, and more will follow. In addition, we regularly offer new courses for anyone who would like to give slow jogging a try.

Who are the courses designed for?

We have practically no restrictions of any kind when it comes to our target group. Anyone interested in slow jogging is very much welcome to attend. The courses may not really scratch the itch for professionals and experienced runners, but we aren't trying to convert competitive athletes. Rather, we want to provide people who are interested in running with the opportunity to have fun with exercise.

What makes slow jogging interesting in your view?

Slow jogging is especially suitable for anyone who has little to no experience running before, as well as for athletes looking for a healthy way to start exercising again after an extended break. It provides a good opportunity for people who may be older, untrained, overweight, or have a prior injury to ease into running without over-extending themselves. You can see results very quickly, which boosts motivation.

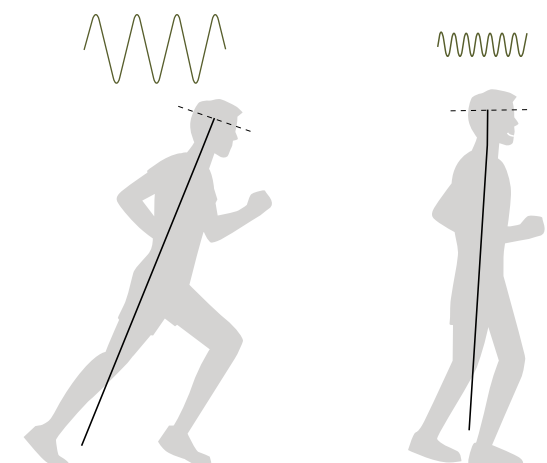
What is the main difference between slow and regular jogging?

In slow jogging, the step rate is approximately twice as high, and the motion embraces the body's physiological gait more than regular jogging does. Instead of a heel strike, slow jogging involves a midfoot strike and then rolling the foot back. As a result, the widest surface of the forefoot cushions the impact. It is a springy movement with a soft landing. The technique is gentle on the joints, which makes this form of exercise suitable even for people with conditions such as arthritis or knee pain. Our experiences in this regard have been extremely positive.

At first glance, the motion looks somewhat odd.

Yes, that's true, which is due to the higher step rate, of course. A normal jogging cadence has somewhere between 70 and 90 steps per minute, while slow jogging involves more than 180 steps per minute. That certainly looks different, but it's also precisely what makes it effective. We want people to take slow jogging seriously, not laugh at it. It is important for slow joggers to internalize the motion. You might also call it jogging with a higher cadence and midfoot strike. Of course, it won't appeal to everyone, but we aren't interested in trying to convert anybody. We simply want to provide interesting opportunities. »

"We aren't trying to convert competitive athletes. Rather, we want to provide people who are interested in running with the opportunity to have fun with exercise."



Slow jogging – taking small steps to success:

- High step rate, relatively low speed
- Upright posture, eyes looking ahead
- Midfoot strike and roll back

Video: Slow jogging basics



“Keep smiling” is key to the philosophy of creator Professor Tanaka.

That refers to your inner disposition and the pace. The point is not to turn in some athletic feat, but rather to maintain a speed where you can still chat with others and jog in a relaxed manner. For that matter, the notion of “the faster you run, the more effective the workout” by no means holds true for running. Slow jogging can be far more effective in terms of building up endurance and burning fat. What’s important is that people run in an aerobic state, which means that their chosen pace ensures the body is able to absorb enough oxygen to adequately supply the muscles with.

What is the ideal pace?

The right pace is a matter of personal fitness and constitution. Pulse and heart rate are key parameters. There are various rules of thumb, but the best way to determine the right pace is by undergoing precise fitness testing, especially for people who are inexperienced. We offer such diagnostics as part of our Medical Fitness service. The PerGu-Check® is a standardized testing method for determining your personal health and fitness profile, which provides information on all relevant factors and shows increases in performance over time as well.

Apart from that, what do you recommend to people looking to get into slow jogging?

It is definitely a good idea to begin by receiving guidance from qualified experts, because having the right technique is key. A running group can also prove helpful to newcomers. If you prefer exercising on your own, you can learn the proper motions as part of a personal training session. We offer both options and are happy to welcome anyone and everyone interested in slow jogging – regardless of previous experience, running level, or condition. Incidentally, personal training sessions can be incorporated seamlessly into a vacation stay at the Health Resort Freiburg, and hotel guests may always book them, too.

“People know about the effect of the runner’s high, that feeling of euphoria that sets in during a run. You get the same high from slow jogging, and it’s even more intense.”

© Gesundheitsresort Freiburg



DAILY INSIGHT:

Relaxed is effective

Over the same distance, slow jogging burns twice as many calories as walking and just as many calories as jogging or running faster.

Starting already at 6 kph, it is more comfortable to jog slowly than to walk fast.

3 hours of regular exercise a week have a positive effect on “good” cholesterol (HDL) levels.

An effective workout increases frontal lobe performance, improves memory, and has a positive effect on mental health.

Source: www.slowjogging.de

Such is the power of movement – Health Resort Freiburg

Pleasure and lifestyle, fitness, wellness, beauty, and spa – at the Health Resort Freiburg, everything is close at hand. It’s practically under a single roof. Priority is given to striking a healthy balance, the usual focus on performance is replaced by the right measure for the individual, and the aim is for people to take demonstrable results and lasting behavioral changes back with them into their everyday lives after their stay.

From competitive and amateur athletes to rehab patients and people looking for a form of exercise that is right for them, everyone is invited to discover new ways of strengthening and maintaining their physical and mental abilities. A holistic personal health management plan developed by doctors and therapists serves as the basis of the medical prevention program. Medical Fitness offers the highest quality in support, prevention, and care that cuts across a variety of fields.

Health Resort Freiburg
An den Heilquellen 8, 79111 Freiburg
www.gesundheitsresort-freiburg.de



Cross your heart

Let's listen to it!

**Internist and cardiologist
Dr. Dirk Radicke discusses the
usefulness of heart checkups,
women's hearts, and what
consciously pausing for
30 seconds a day can do.**

Dr. Radicke, what are the most common reasons for an initial consultation? What brings people to you?

There can be many different reasons for a trip to the cardiologist. A general practitioner might determine that a patient has high blood pressure and wants to rule out cardiac injury, for example, or someone might feel a sudden tightness in the chest during strenuous activity. The reasons that bring people to us varies greatly.

Is a medical examination advisable for everyone starting from a certain age?

Not every person will need to visit a cardiologist at least once during their lifetime. Just imagine, with 80 million people living in Germany, we would have our hands full and no time for heart patients anymore. Our core target group is people with strain-related ailments, at-risk patients, and athletes. The average age of such patients when they initially contact us is between 40 and 45.

**"Constant growth
isn't natural. Downtime
is also necessary."**



In which situations and for which target groups would you advise a checkup?

One particular at-risk group is people with a family history of cardiovascular disease; people with functional heart problems, such as palpitations, tachycardia, or extrasystole; people facing persistent stress in their personal or professional lives; and people with detrimental habits, such as a sedentary lifestyle, nicotine dependence, and obesity. In addition, I would recommend an examination in particular for competitive athletes, when starting or resuming exercise regimens from the age of 35, and before joining a gym.

You offer a wide range of prevention services. What is the basic scope of a cardiovascular checkup, and what does such an examination cover?

That depends largely on the kind of examination in question. A risk checkup has a slightly different focus than a cardiological checkup for athletes in terms of what we look at medically. During the preliminary consultation, we explain what would make sense in terms of the kind of examination and its scope.

How much time should someone factor in for an examination?

An examination takes somewhere between 45 and 60 minutes, depending on the focus and scope.

Are regular checkups advisable?

Athletes and people with a familial predisposition to heart disease should come in for an examination every two to three years.

What argument do you like to use to get through to someone who is skeptical?

Among friends and family, I like to point out that we, the generation of people who are 40 and older, need to assume more responsibility again for ourselves given the scarcity of resources and current demographic trends.

What is your personal motivation? What cause is close to your heart?

I would like to get people to exercise more and ideally see them get involved with sports – regardless of whether there is some cardiological need for them to do so. People should ideally spend two to three minutes on dental hygiene three times a day. Well, the body is a bit bigger, so I need to spend roughly 30 minutes a day

doing activities to keep it healthy. That is much more important to me than trying to get people to come in for a cardiovascular checkup preferably every three years.

Women's hearts tick differently, which is a very topical issue at the moment ...

It is a major and extremely important issue. A heart attack serves as one very striking example of this difference. In women, nausea and pressure in the upper abdomen may be the only indications of a heart attack. Such symptoms are completely atypical when compared to those that men have. And we also know from the sports world that blanket statements don't hold for both sexes. Up until menopause, there are almost no instances of sudden cardiac death among women, but afterward, they catch up very quickly with men, statistically speaking. What's more, women usually have a higher heart rate when exercising, and any sound workout recommendation should first determine what the appropriate heart rate is for the individual woman.

Apart from exercise and a healthy lifestyle, is there a heart-friendly activity that people can incorporate into their daily routines with a view to effective preventive measures?

Taking a break every now and then and stepping away from the daily rat race. Be sure to inhale and exhale deeply. Doing this for just three seconds an hour can already go a long way toward helping the heart. I do this exercise a lot, too, by the way. The aim is to bring some relief to the autonomic nervous system and to restore balance between the sympathetic nervous system, which prepares us for action, and the parasympathetic nervous system, which slows heart rate and conserves energy.

Apart from consultations at the practice, do you also help inform people in other ways?

In the spring, I gave a talk on healthy training practices for runners at the Runners' Convention on Preparing for the Freiburg Marathon. And we are going to be on hand again at the Freiburg Health Race as well, playing an active and informative part. That's very important to us. We run along and we try to inform others.

360° Cardio Freiburg

Cardiology | Sports Medicine | Prevention
Bismarckallee 9 · 79098 Freiburg
www.kardiopraxis-freiburg.de

From Hippocrates and Hildegard von Bingen to Paracelsus and Sebastian Kneipp, there are many mothers and fathers of modern herbal medicine, which has a very long history. Down through the centuries, people have used herbal essences, oils, powders, tinctures, and infusions to soothe aches and pains and to heal illnesses. Knowledge of herbal medicine is once again in high demand.



Nature's healing power

Rediscovering herbal medicines

Spicknel, goutweed, coltsfoot, yarrow, salad burnet – be honest, do you know these plants and what they can do? People have been harnessing nature's healing power since time immemorial. But with constant medical and pharmaceutical advancements, we have increasingly forgotten our ancestors' wealth of knowledge. Many of the plants brimming with active substances which can be found growing on fields, meadows, or the side of the road are dismissed as weeds. As a result, the potential they harbor is greatly underestimated. At the same time, such plants are not only time-honored home remedies for treating common complaints, such as coughs, colds, fevers, nausea, inflammations, and pain associated with wounds, but they have also long since successfully become established in conventional medical treatments.

"If you have a garden and a library, you have everything you need."

Marcus Tullius Cicero



Impressive biodiversity at over 1,000 meters

The association known as Kräuterdorf Oberried has taken on the task of preserving the biodiversity of the local cultural landscape and passing on centuries-old knowledge of herbal medicines and the natural treasure chest that is the Black Forest. This undertaking led to the creation of the Hofsggrund/Oberried herb discovery trail, which provides people who are interested with a better understanding of the local herbs and medicinal plants. Two different tours with respective lengths of 3.8 and 4.5 kilometers cut through the landscape, leading visitors through alpine meadows, pastures, and forests. The light and environment also change depending on the location, ranging from marshy and wet to dry and sandy, which is evident in the vegetation. Daisies, clover, and dandelions blanket the lush, rich pastures; comfrey, lady's mantle, and meadow-sweet thrive along streams and banks; and lesser celandine,

plantain, and ground ivy are at home in the forest's shade. As part of tours, seminars, workshops, and special courses on medicinal herbs, participants have the chance to learn from knowledgeable experts about how to prepare and use certain plants in cooking or for the medicine chest. Key elements include being able to accurately distinguish between edible and poisonous wild plants, and knowing the proper methods for preserving and storing them.



Phytotherapy

Technical term for the use of vegetable drugs in medicine

Spagyric

The term was created by combining the Greek verbs "spao," meaning "to separate," and "ageiro," meaning "to unite, to join." Spagyric practices follow the principles of alchemical thought and make medicines using special techniques.

Gemmotherapy

Gemmotherapy focuses on the buds of trees and shrubs, which contain special properties that boost vitality and growth and are used for medicinal purposes with great success.

Homeopathy

The law of similars is key to the practice of homeopathy. Founder Samuel Hahnemann discovered that heavily diluted (potentized) natural substances will relieve precisely those complaints that they would otherwise cause in healthy individuals in larger, undiluted doses.

Doctrine of signatures

The doctrine of signatures draws inferences about the healing power and effectiveness of plants and plant parts based on their outward appearance. The theory is based on the belief that nature provides signals or information through every shape.

Phytotherapy – Herbal medicine
as a profession

Anyone looking to delve into this field, learn about a new subject out of personal interest, or even strike out in this direction professionally will find an exceptionally beautiful place to do so at the school of medicinal plants known as the Freiburger Heilpflanzenschule, located in the St. Georgen district. The school has qualified contacts and offers a wide range of highly diverse courses, including everything from basic and advanced training in phytotherapy or professional development on specific topics such as naturopathy for women, aromatherapy, and spagyric, to technical seminars with changing areas of focus. Theory and practice are closely linked at the school, as the aim is to gain an understanding of the plants in their entirety, from the root to the stem and the leaves, and from their scent to how they feel to the touch and taste in the mouth. It is about experiencing nature in a way that combines internal and external aspects. School director and teacher Cornelia Stern is a pharmacist who specializes in homeopathy and phytotherapy. For her, a hands-on approach in the classroom is crucial to the learning process. “Straight book learning is never an adequate substitute!” she says. Holding a plant in your own hands creates a direct link, and this certainly has the potential to be a key formative experience that leads to fundamental changes in your life. Other key aspects include perceiving our surroundings consciously and recovering a natural connection with, and intuitive access to, the plant life all around, which goes through the seasons with us in ever-changing forms and appearances.

Freiburger Heilpflanzenschule

Basic and advanced training in phytotherapy,
professional development, and seminars
Zeichenweg 6, 79111 Freiburg
www.heilpflanzenschule.de

Herbal tea recipe

for 100 g of “let yourself unwind”

- 25 g of melissa
- 25 g of lemon grass
- 25 g of nana mint
- 10 g of fennel seeds or chamomile flowers
- 10 g of rose petals
- 5 g of lavender flowers
- 13 g per 1 l of boiling water, let steep for 5 minutes.

Relaxing lavender bath

Bring two cups of fresh or dried lavender flowers to a boil in 1 l of water and let simmer with a lid on for 10 minutes. Strain and pour the fragrant lavender essence into the bathwater.

As informative as it is stimulating for the senses all year round, the adjacent Achillea medicinal plant garden provides the botanical matter for the lessons. More than 300 medicinal and wild plants are cultivated and made publicly accessible in the garden, which stretches over approximately 3,000 square meters. The beds have been systematically laid out according to medicinal plants for the respiratory tract, the gastrointestinal tract, the hepatobiliary system, and the cardiovascular system. Apart from its value for people, the biotope also serves as an important habitat for butterflies, bees, beetles, birds, and amphibians. The site has twice been named an outstanding project by the UN Decade on Biodiversity. Members of the registered association known as Achillea – Freiburger Heilpflanzengarten e.V. care for and maintain the garden on a voluntary basis. In addition, they offer tours on the organic cultivation of medicinal plants and on related garden and environmental protection issues. Finally, the association teams up with schools, social institutions, and public bodies to inform people about medicinal plants.

© HealthRegion Freiburg / Raphael Pietsch



Hofsgrund/Oberried herb discovery trail

Verein Kräuterdorf Oberried e.V.

Discover herbs in three climate zones through excursions, seminars, and workshops. Dates of upcoming tours and events are available online. Private tours available on request.

www.kraeuter-erlebnispfad-oberried-hofsgrund.de

"The only true voyage of discovery would be not to visit
strange lands, but to possess other eyes!" Marcel Proust

© HealthRegion Freiburg / Raphael Pietsch

RECHARGE

Back to nature — 30

Interview: Quo vadis? Looking after yourself and a team — 34

Forest bathing – Rooting yourself in relaxation — 36



Back to nature

Go find some fresh air!

Strength, basic trust, intuition, self-determination – humans are essentially well equipped to handle life and possess all of the necessary traits for achieving personal satisfaction and fulfillment. In teachings from the Far East, we discover that consciously focusing on the self heightens the senses of external perception, relaxes the mind and body, and steers energy into the proper channels. And by heading outdoors to withdraw, meditate, and move or exercise, the space for this experience expands. The color of the sky, the wind on the skin, all the sounds and smells and shapes – we enter into direct contact with nature and absorb the atmosphere around us. If we manage to succumb fully to the experience, the result is resonance – and perhaps even an entirely new point of access to the self.

© AdobeStock / Marcin Wiclik · AdobeStock / Andrea Morganti

The word “yoga” comes from Sanskrit and translates literally as “taking the reins.” It can be interpreted figuratively as meaning “consciously relaxing and joining mind and breath.”

Anyone who has had such an experience before will recall that the first conscious encounter with inner stillness isn't so simple. Traditional yoga meditation is performed while sitting: you close your eyes, let your breath flow naturally, and are fully present in the moment. Achieving this state can be a real challenge for the inexperienced, because thoughts will swirl through the mind as if of their own accord. It gets easier with music and a voice to guide the thoughts, but it requires a little practice as well. Heading outside might just be the key to a successful start: Outdoor meditation and outdoor yoga, qi walking, and nature coaching can all dispel feelings of constriction, self-consciousness, and blockages. The meadows, forests, and invigorating places in the southern Black Forest provide the perfect terrain, while the climate serves up lots of pleasantly mild days. And remember: a trial course is definitely an excellent way to get your toes wet, to deliberately take a little more time to get started, and to really dedicate yourself to something new.



Walking meditation – The journey is the destination

Walking upright, mindfully placing one foot in front of the other for once, and breathing consciously – walking meditation involves focusing your attention on the natural flow of movement. It means sensing how many steps it takes to inhale and exhale, finding an even rhythm and pace that you can maintain while walking safely ahead with your eyes closed and staying on course. Walking meditation takes a familiar movement to achieve relaxation; it focuses your attention entirely on what you are doing and centers the mind on sensing and perceiving. Going barefoot will only heighten the experience, as it literally grounds you. Walking meditation is a simple exercise in mindfulness that you can try out almost anywhere and easily incorporate into your daily routine.



Outdoor and SUP yoga – Such is the power of stillness

Yoga represents a mindset, inner balance, and the con-joining of stillness, strength, and concentration. This gentle form of exercise promotes mental and physical stability, and it strengthens muscle while reducing stress. Properly understood, yoga embodies a philosophy and way of life geared toward harmony of the elements, which is also evident in its basic terms: Hatha stands for the sun and the moon, for the left and the right halves of the body, for the polarities and contradictory dualities that need to be balanced. Sun salutation, tree, grasshopper, turtle, dog, and cat are typical poses known as asanas that are performed in fluid movements or with a focus on holding the positions. One of the greatest advantages of yoga is that it doesn't require very much and can be practiced almost anywhere. What could be more natural than holding classes in an appealing setting and using the inspiration of a beautiful environment to boost motivation? The tranquility in the morning or the refreshing coolness that sets in on summer's evening as the heat dissipates—all of these things have a positive impact on the subconscious mind and enhances the flow.

Meeting points: Sternwaldwiese, Eschholzpark

In SUP yoga, the board turns into a floating yoga mat, which increases the demands on body awareness, stability, and balance. Asanas and pranayamas are performed on water, whose glittering, gently rocking surface has a balancing effect, as outer instability requires inner stability. In light of this, it is quite a demanding form of yoga, for which you need a little patience as well as skill. Those who aren't daunted by it are rewarded with a wonderful experience.

Spots: Flückigersee, Windgfällweiher

AdobeStock / Oleksandra Sadovnykova

Qi walking

Qi walking combines relaxed, but mindful walking with aspects of the Chinese practice known as qigong, which is a system of breathing and movement. The result is a mindful regeneration exercise that synchronizes steps with vigorous arm movements, promotes coordination, and improves the body's permeability. The interplay of tension, release, and stretching creates a soothing penetration, fascias and meridian points are activated, and body and mind grow more alert. Here, too, the subtle perception of nature plays an important role, as a springy forest floor, splashing water, birdsong, and magical light have a calming effect, stir up positive emotions, and spark a zest for life. The area around Windgfällweiher between lakes Titisee and Schluchsee is a perfect place for this. While taking a turn round the magnificent reservoir, you can experience the power of the elements far away from the hustle and bustle of the city. The route is flat, and those who feel like it at the end can jump into the water for a spirited dip at the nostalgic lido. Outdoor experience coach Melanie Manns offers ongoing group courses, making it possible to get started at any time.

Meeting points: Windgfällweiher or by special arrangement on request

Providers and contacts

- The Flying Mat Yoga**
Merzhauser Strasse 76 · 79100 Freiburg
www.theflyingmat-yoga.com
- Aloha Center Freiburg**
SUP Windgfällweiher
Schopfheimer Strasse 11 · 79115 Freiburg
www.alohacenter.de
- Namanda** Sarah Hantl
Yoga courses in Eschholzpark
www.namanda.de
- Naturwesen**
Qi walking and sunrise hikes, nature coaching, and retreats
Hinterdorfstrasse 3 · 79837 Menzenschwand
www.natur-wesen.com
- Kangitanka Schwarzwald**
Nature coaching and seminars
Übelbach 16a · 77709 Wolfach
www.kangitanka.de

AdobeStock / Francesco Chiesa

“Nature is as well adapted to our weakness as to our strength.” Henry David Thoreau



Nature coaching

Self-discovery, orientation, and experiencing the body by listening closely to its senses: in nature coaching, the surroundings become a mirror and provide stimuli that trigger personal growth. The focus on athletic feats is redirected to the inner compass and restoring a healthy connection with mind and body. From forks in the road and obstacles to crossing paths with animals and facing personal fears or limits, people are forced to make spontaneous decisions and solve problems, which they do intuitively in most cases when away from work or home. The coach serves as a mediator between participants and nature, helping people to tap into their primal forces. It is a lasting experience that literally lets you see more clearly.

Spots: Menzenschwand, Wolfach

The dual role of managers

Looking after yourself and a team

An interview with PD Dr. med. Christian Weissenberger, Head of the Radiotherapy Center in Freiburg



Dr. Weissenberger, people in management positions do double duty, as they have to juggle leading a team with their main tasks. How is it possible to do equal justice to both?

It is important to establish a framework in which individuals feel noticed as people outside their roles and see development opportunities for themselves. Beyond specifications and guidelines about what to do, there needs to be some leeway; room for development will motivate, and anyone who asks to lessen their load has to be prepared to cede responsibility and trust others to do the job instead.

What does that mean in practice?

As with almost everything in life, it's a matter of striking the right balance – and this is exemplified in the leadership role. For me, this means, for example, having enough time for my main tasks and being able to reconcile them nicely with my organizational duties. With regard to the team, it means that each member is responsible for ensuring for themselves that the balance is right. You have to differentiate and set priorities: What is my job? And what does it require of me?

Long working days are nevertheless commonplace in many fields.

I don't think working a lot is the actual problem; rather, it's feeling unsatisfied with the work you do that's harmful. Frustration is also a form of prolonged stress, and constantly feeling unhappy when it comes to work will negatively affect your personal life over the medium term. In my opinion, the quality of the work and the sense of fulfillment that someone derives from it are decisive factors when it comes to the ability to cope with pressure and whether something is perceived as a pleasure or a burden.

How might things such as coaching and meditation help with a healthy balance?

Objective input from outside parties is always useful, and the impact will be greatest if the horse hasn't already bolted from the barn. Ensuring that problems ideally don't arise in the first place is a worthwhile endeavor, but managers can't take on this responsibility, because they're part of the system. Every organization has its own methods to make improvements. For example, the experiences we've had with internal mediation have been very positive.

In management positions, longer hiatuses are often still a problem. What is the ideal solution here? What is a good way to deal with this?

Everyone needs to realize that regularly getting away from it all is part of being able to come back and hit the ground running. The old-school mentality of "treat 'em rough, make 'em tough" isn't healthy. The scarcer free time is, the more careful we need to be with it. It is necessary to create an awareness of the quality and value of short breaks.

How do you unwind? What do you do for yourself?

I make sure that I achieve the right balance and that I find the time for a Milon Circle workout at least one evening a week. Also, my running shoes are always at the ready. But I can also unwind while noodling on the piano or programming. The key to relaxing is to be fully focused on whatever you're doing and not have your mind elsewhere. I can apparently do that very well with quite monotonous activities.

Quo vadis? Me time

Shifting down a gear or two now and then, reflecting on your actual goals in life, readjusting your priorities, and settling on what direction to take moving forward—sounds great, but it's just not possible right now? Stop right there! Enough with the self-sabotage! Cast off that "go, go, go" mentality and slip into a comfort zone that trains you to keep your sights set on the essentials.

"SichtZeit – Wandel im Leben" is a focused four-day program developed specifically for entrepreneurs and managers, as well as occupational healthcare professionals. The concept behind the workshop was developed by physiotherapists Carsten Boss and Rüdiger Wörnle from the Health Resort Freiburg in collaboration with professional coach Klaus Häck. It combines relaxation and preventive healthcare measures with nuanced management coaching that focuses on personal and professional goals and mental, physical, and emotional balance.

"The point is to plug in to the possibilities, not unplug from the world around you."

The objective is to engage in systematic stock-taking and to see things from a different perspective to help participants sustainably improve their quality of life and work. "The point is to plug in to the possibilities, not unplug from the world around you," Claus Häck says. What matters is that the message truly clicks inside participants' minds and that they take the experiences to heart, which is why guidance is provided for another six months after the program. The response so far has been utterly positive. Well over 50 percent of the participants manage to make the jointly set goals a reality.

For more details, visit:

www.gesundheitsresort-freiburg.de

"People should cultivate their individual creativity and use it to find ways to relax."

Forest bathing

*Rooting yourself
in relaxation*

Forest bathing involves more than just taking a walk in the forest. Biologist, yoga instructor, and forest bather Sabine Mauersberger explains what forest bathing is and what energy we can draw from nature.



Sabine Mauersberger first developed a passion for nature and the forest as a child. After studying biology, she turned to nature education programs. She works as a yoga instructor and relaxation coach, and offers forest bathing seminars.

www.yocomena.de

F

orest bathing is on everyone's lips. Will it be a short-lived trend? Or is it a preventive healthcare practice that we should take seriously?

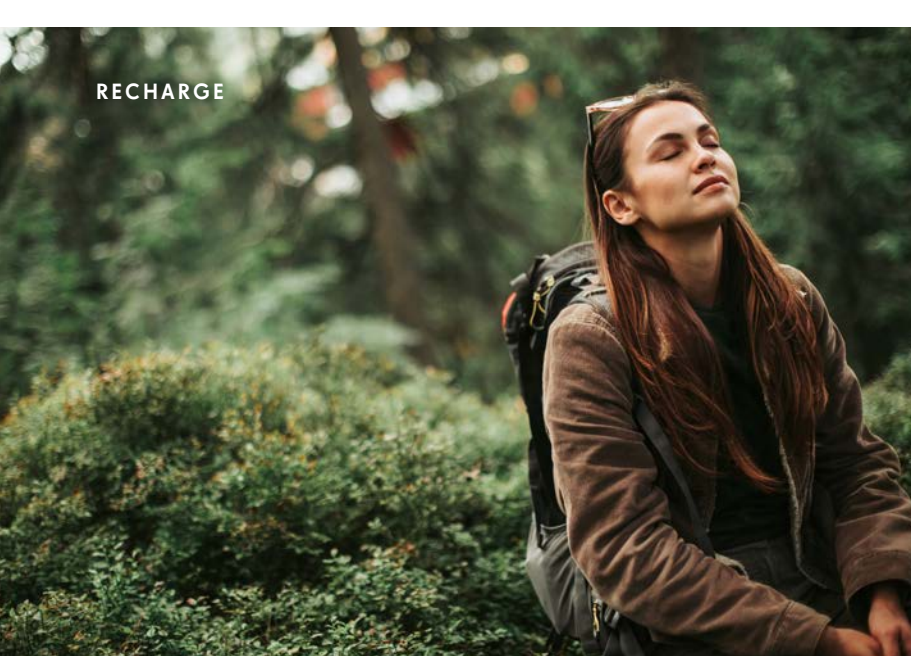
Unlike in Japan, we are still far from seeing forest bathing prescribed by doctors as a therapy. For that matter, many people don't really know what to make of it. We are familiar with nature, the forest, and taking a walk, but the idea of consciously immersing yourself in nature is new and strange to many people. It will undoubtedly take some time before forest bathing catches on like yoga or qigong have.

The forest is said to have truly miraculous properties. Why does the forest have such a soothing and beneficial effect on us humans?

It has now been scientifically proven that the forest releases a complex system of chemical messengers that have a very positive effect on the human organism. Blood pressure drops and immune cells multiply. The green of the leaves soothes, while the essential oils of conifers and the chemical messengers – the terpenes – strengthen the immune system. Forest bathers are inundated by a veritable cocktail of wholesomeness. At the same time, much of the bathing experience happens on an unconscious level. We feel the humid air and the soft forest floor, we hear the birds chirping. When forest bathing, we commune directly with nature – our life-giver. We benefit from this energy. The forest strengthens us, physically and mentally. Being outside is tremendously important, because we spend most of our lives indoors and under artificial light.

How do forest bathing and walking differ?

When forest bathing, I attune my body and my senses entirely to the woods around me. It is about pausing and perceiving. I take the time to consciously sense how the forest affects me. Only after I do that do I begin to relax. When forest bathing, I alternate between moving and being still. There is no destination, no time pressure.



“When forest bathing, people experience a connection that touches them on a very deep level.”

**How does that work in practice?
Do I have to hug trees?**

I hear that question a lot. What’s interesting is that forest bathers will feel the urge to hug a tree all on their own. We have lost touch with nature to such a degree that we no longer see the forest as a living organism, but as a supplier of wood instead. When forest bathing, people experience a connection that touches them on a very deep level. I see it over and over again in my seminars: anyone who bathes in the forest comes out of it a different person than the one who entered.

Do I need to attend a seminar, or can I do it on my own?

It definitely makes sense to receive professional guidance. I serve as a driving force and a source of inspiration. Participants find the breathing techniques, meditation exercises, and instructions to be very helpful. They wouldn’t be able to achieve the same level of observation and relaxation on their own. Many things are initially unfamiliar, in fact, such as lying down on the forest floor to look and observe or walking barefoot over moss.



Deep roots

Trees and their healing effect

Spruce and fir

Sebastian Kneipp, who ordered his patients to take long walks through the woods, was already aware that the scent of conifers is particularly salubrious. The needles’ terpenes strengthen the immune system, and the resin has a cleansing effect.

Oak

Oaks are considered trees of the gods. Many stately oaks were consecrated to Thor, the god of thunder. During the Middle Ages, the bark was used as a remedy to stop bleeding. The sight of a mighty oak tree grounds the observer and helps steer thoughts in new directions.

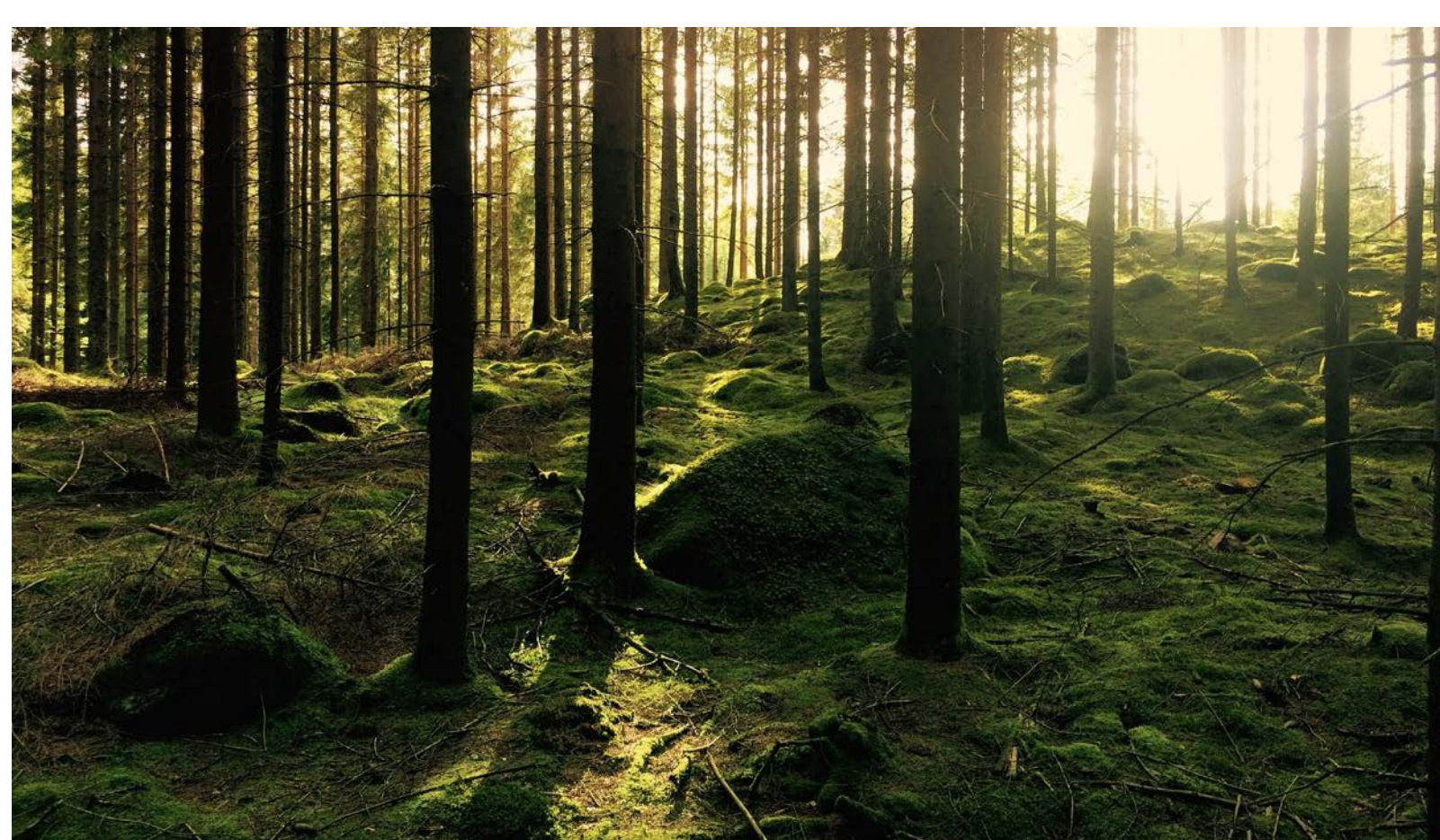
Beech

Beech trees exude a sense of peace and calm. Thanks to its distinct, towering trunks, a beech forest gives the impression of a natural cathedral. In spring, the green leaves have a refreshing and invigorating effect, while beeches inspire and soothe in fall with their magnificent colors and earthy scent.

Willow

Willows are water-loving trees that flourish in river valleys close to water. Willow bark was used as early as the Middle Ages to soothe pain and reduce fevers. Salicin was extracted from the bark, which started being chemically produced in 1897 as ASA (aspirin). Nowadays, the plant extracts from willow bark are used to help treat rheumatism and arthritis.

© AdobeStock/Olena Yakobchuk - unsplash.com/Gustav Gullstrand



“And into the forest I go, to lose my mind and find my soul” — John Muir

Are there times when forest bathing is particularly effective?

The concentration of terpenes is highest in summer. Damp, foggy weather is highly suitable as well. Wet, dreary weather in particular is when you should head out. There is also something special about taking a forest bath in the early morning in spring. What’s important is to spend lots of time out in the forest, ideally two hours or more, several days in a row.

Are there any rules I need to follow when forest bathing?

For forest bathing in groups, I need a permit from the forest service and the permission of the forest owner. If I’m out by myself, I simply need to bear in mind that I am entering a biotope and that I need to leave it as I found it. Depending on the season, we have to watch out for animal young so we don’t disturb or startle them.

Forest-bathing trails

NatUrwaldpfad Schöenberg

This 4-kilometer-trail winds through primeval forests home to many rare plant and animal species. The Schöenberg’s summit provides a magnificent panoramic view of Freiburg. The trail is often narrow and involves 300 vertical meters, which is why it is not accessible with strollers or wheelchairs. You should plan on around two hours for this route.

Wäldersinn circular hiking trail in Grafenhausen-Rothaus

On this 9-kilometer-route, hikers have the chance to consciously hear, smell, see, and feel the forest at various stations for the senses. There are five wooden berths by the old and mighty Danieltanne (Daniel’s fir tree) for some extensive forest bathing. The Wäldersinn trail proceeds mainly through coniferous forest.

Die HealthRegion Freiburg

Health, wellness, and world-class medicine

Coming here

The combination of local hospitality and a vibrant cosmopolitan attitude makes it easy to feel right at home in sunny southern Baden. Hospitality has a long tradition in the HealthRegion Freiburg: tourism and healthcare are the strongest economic sectors.

Bächle and Bobbele

Keep a sharp eye out while strolling through the city! Legend has it that if you accidentally step into one of the numerous little streams known as Bächle in Freiburg's Old Town, you will not only get wet feet, but you will also end up marrying a Bobbele, namely a native of Freiburg.

Health and wellness

Whether it's relaxation, rehabilitation, prevention, or personal development, the HealthRegion Freiburg boasts an extensive network of partners, which means you will find offers that cater to your wishes and your particular state of health.

Green city

Freiburg has long been home to innovative environmental movers and shakers, for example with regard to solar energy, getting around by bike, and sustainable urban development. Freiburg is a green city that boasts short distances and vibrant neighborhoods despite its size. The Black Forest's imposing hillsides rise up in the immediate vicinity, while vineyards steeped in tradition beckon visitors to go on an excursion and make culinary discoveries, ensuring a harmonious experience of the city and its natural surroundings.

Where would you like to be? On the peaks of the Upper Black Forest, the last snow of the year is in retreat while the spring water has begun to gush crystal clear once more between the rocks. Would you like to be up there, where the air is clean and you have a breathtaking view of the landscape that extends far into the distance? Or would you rather be a few kilometers away, down in the Rhine Valley? There, lavish blossoms have long since broken out across the orchards while spring serves up its most intoxicating colors and fragrances between sun-drenched vineyards. Or would you like to experience Freiburg once summer comes? See its old, narrow streets and visit its street cafés and museums? Or would you like to beat the heat and once again feel the forest floor under your bare feet in the shade of ancient trees? Maybe you'd rather come in fall when the leaves overhead are bathed in warm light and gleam like an amber sky?

The HealthRegion Freiburg brings together leading regional institutions from the fields of health, medicine, and tourism. The services offered by our partners range from wellness applications and company fitness programs to targeted rehabilitation measures, innovative therapies based on the latest research findings, and customized preventive health programs for private individuals and companies: You will find information on the following pages about our extensive services. We would also be happy to advise you personally. For more details, visit:

www.healthregion-freiburg.de

Culture

From galleries and live music to theater, festivals, and more, the cultural life of the university city of Freiburg leaves nothing to be desired. But it's also worth taking a look at what's on tap in the Black Forest, such as the cathedral concerts in St. Blasien, or across the nearby borders in Basel or Colmar, because you are sure to find incomparable variety and quality.

Medicine

There are many good reasons to be treated by proven experts in the HealthRegion: we offer cutting-edge technology and methods, top-notch research and development activities, and the best quality of care. Our medical specialties: cardiovascular diseases, oncology, musculoskeletal system, dentistry, plastic/cosmetic surgery, mental health, and medical wellness.

Hiking

At 1,493 meters, the Feldberg is Germany's highest peak outside the Alps. All around, the Upper Black Forest offers countless trails, exciting discoveries, and views of every kind. And for people who shy away from heights, fear not: there are lots of ways to actively explore the HealthRegion Freiburg, for example on an e-bike tour through quaint vineyards and shady riparian forests.

Home

The HealthRegion Freiburg is one of the most attractive regions in the state and home to a young and vigorously growing population. People are drawn here not only for its innovative economy and renowned universities, but also for the quality of life in the trinational Upper Rhine region with its incomparable southern flair.



“Those who think they have not time for their health will sooner or later have to find time for illness.”

— Chinese proverb

New sights, new inspiration – whether in Freiburg's historic Old Town ...

Treating the whole person: Here, the best treatment and a unique, inspiring setting go hand in glove. You will discover landscapes that put you at ease and let you breathe deeply. This is not to mention high-quality culture and cuisine as well as historic cities and towns in sunny southern Baden, all of which make the HealthRegion Freiburg the perfect feel-good oasis.

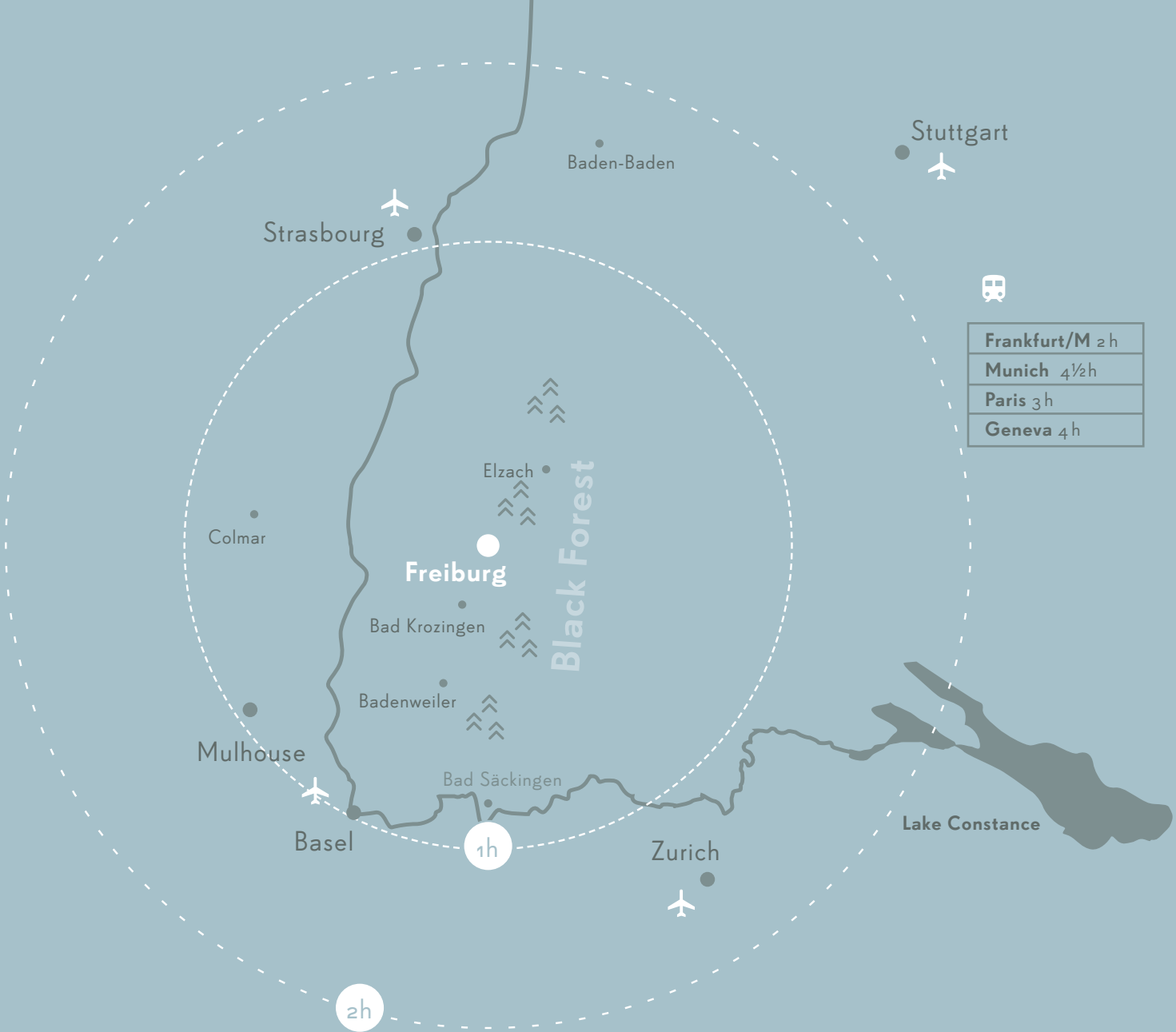


... at cultural highlights (pictured: *Fury* at the Theater Freiburg) ...



... or in the middle of the Upper Black Forest mountains (here on the Stohren). The HealthRegion Freiburg offers both tranquility and excitement galore.

© FWTM / Dupper · Theater Freiburg: *Fury*/Cyrill Guir · ©HealthRegion Freiburg / Raphael Pietsch



Expert partners of the HealthRegion

Clinics and doctor's offices

Health Resort Freiburg
www.gesundheitsresort-freiburg.de

Cardio 360° Freiburg
www.kardiopraxis-freiburg.de

MVZ Clotten, Freiburg
www.labor-clotten.de

Sigma-Zentrum, Bad Säckingen
www.sigma-zentrum.de

Theresienklinik Bad Krozingen
www.theresienklinik.de

University Heart Center Freiburg/
Bad Krozingen
www.universitaets-herzzentrum.de

The Medical Center –
University of Freiburg –
International Medical Service (IMS)
www.ims.uniklinik-freiburg.de

Spas, baths, and pools

Badenweiler Thermen & Touristik GmbH
www.badenweiler.de

KEIDEL Mineral-Thermalbad Freiburg
www.keidelbad.de

Vita Classica Bad Krozingen
www.bad-krozingen.info

Hotels

Colombi Hotel Freiburg
www.colombi.de

Health Resort Freiburg
www.gesundheitsresort-freiburg.de

Hotel Stadt Freiburg
www.hotel-stadt-freiburg.de

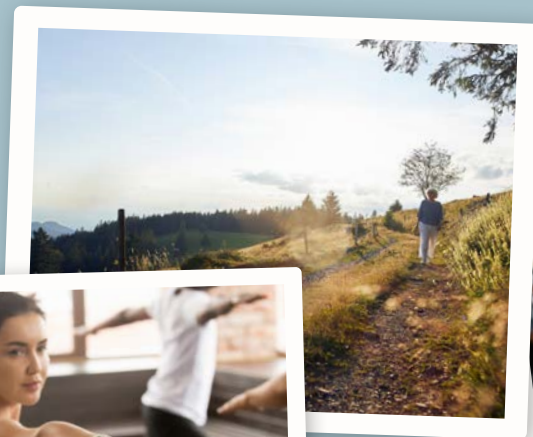
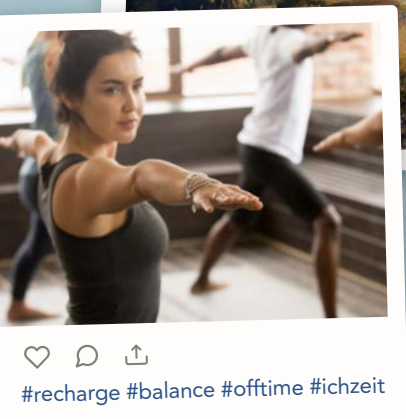
Other partners

Barmer
www.barmer.de

Dorner
www.dorner.de

Fitalmagement
www.fitalmagement.de

Siemens
www.siemens.de



My #gesundzeit

**Each person will have a different road map to leading a healthy life.
Find inspiration in the HealthRegion Freiburg and discover the right path for you.
Be sure to follow us on Instagram:**

 **healthregion_freiburg**

Follow that Freiburg feeling! Whether you are a culture addict or allergic to museums, a nature lover or hobby historian, a churchgoer or an epicurean, you can plan your perfect time in Freiburg online by visiting here: www.visit.freiburg.de

freiburger – The magazine! Have you heard about our new magazine for explorers and connoisseurs? Order your personal copy at www.visit.freiburg.de/en/brochures



Legal Information

Published by

HealthRegion Freiburg e.V. · Neuer Messplatz 3 · 79108 Freiburg

Business office

Nadja Oback

Managing Directors

Hanna Böhme, Dr. Dirk Radicke (Responsible in the sense of the German „Pressegesetz“)

Design and implementation

www.designconcepts.de

Editor

designconcepts / Ute Battig

Picture credits: © HealthRegion Freiburg, unless indicated otherwise

Printed by: Poppen & Ortmann, Freiburg / Print run: 25,000 German copies, 7,500 English copies

Please note

The articles have been written carefully based on the latest information (copy date: 2/22/2019). However, we cannot guarantee the correctness and/or completeness of the articles. Unless stated otherwise, the publisher holds all copyrights. Reprints, copies, or use on electronic media, even in excerpt form, are only permitted with express approval from the publisher. We can assume no liability for unsolicited manuscripts and photos.

ISBN 978-3-9821316-1-0

