



LIFE

LANSERHOF INTEGRATIVE  
FASTING EXPERIENCE





LIVING WELL  
FOR LONGER

## ENHANCED HEALTH STARTS HERE

Lanserhof's Integrative Fasting Experience is led by Dr Ursula Levine, whose holistic approach is determined by five elements that are intrinsically linked. When they are in balance, optimal health can be achieved and we experience far reaching benefits that go beyond physical wellbeing and enhance our mental and cognitive function too. Together with Dr Levine, you will develop a tool kit based on your unique needs, which will improve resilience and prepare you for physical and mental challenges.

### 1. PHYSICAL

First we must consider the physiological element with the biochemical processes. This includes the locomotor system, hormones, enzymes and energy. As a specialist in Chinese medicine, the latter is particularly important, and together we'll review the connection between the organs – thereby everything that can be treated with acupuncture.

### 2. EMOTIONAL

We may assume emotional processing happens in the mind, but often negative emotions manifest in our physical health. Chronic pain, for instance, can be aggravated by emotions - through depression or anxiety, for instance. This is what we refer to as psychosomatic symptoms.

### 3. MENTAL

Training the brain is no easy feat, but we're all familiar with statements like 'That's simply the way I am,' which can prevent us from embracing change. Changing our mental attitude is a pivotal point in improving our health and wellbeing and crucial, if the body is to heal.



### 4. MEANING AND PURPOSE

Our sense of purpose has a huge impact on our health, affecting our day-to-day outlook and long-term goals. Many of us ask ourselves 'Do I live to work? Or work to live? What is truly important to me?' and addressing these matters not only relieves tension and stress, but leads to a more fulfilled and purposeful life.

### 5. EPIGENETICS

Is the air I breathe healthy? Is the water I drink clean? Are my relationships healthy? Here we predominantly address the external influences impacting our genes. This can even include traumatic experiences and their psychological consequences, which can sometimes be passed down over generations.

Dr Ursula Levine  
General Practitioner

# LIFE

## LANSERHOF INTEGRATIVE FASTING EXPERIENCE

*Reset your body and get your metabolism back on track. Feel lighter and energised, improve complexion and boost cognitive performance. Associated with a wide array of health benefits, especially in relation to the gut, promote your wellbeing and vitality by incorporating fasting into your daily routine.*

The prolonged benefits of your fasting therapy are important to us. It is our goal that you experience long-term success in your health journey. LIFE is a structured, medically-supervised fasting programme available at Lanserhof at The Arts Club. Based on Lanserhof's renowned fasting programme, which has been used for a number of years in our resorts at both Lans and Tegernsee, the focus is on detoxification, de-acidification and purification of the body.

Tailored to your personal needs, you can choose between a 7, 14, or 21 day fasting programme. A complex metabolic change takes place during well managed fasting and as such, extensive preparation is a basic requirement for success. Before you begin you will have a detailed consultation and medical examination, as well as diagnostic testing, an intestinal health analysis and an ECG examination. The results will inform a personalised programme which will be created for you, mindful of your personal goals and lifestyle.

Throughout the fasting period our team will be available to support you, answer questions and ensure you're on track. Treatments, consultations and checks are carried out on a daily basis to support the success of the fasting therapy and ensure any possible side effects are properly addressed.

Fasting is not simply about reducing food intake, but reducing stimuli in a wider sense and we encourage you to build in time for yourself during the fasting programme. As we calm the body and mind our journey towards better health really flourishes and a new quality of life can begin.

## LEADING THE WAY: THE LANS MED CONCEPT



The LANS Med Concept is internationally regarded as one of the world's pioneering holistic health concepts. By combining natural remedies from traditional medicine with advanced medical knowledge, it helps our guests to achieve healthier, happier lives filled with vitality and energy.

The regeneration process begins with a gentle de-acidification, purification and deacidification programme. These cleansing rituals are the only way to empower your body to regenerate and rebalance its self-healing powers. The purity of a person's body determines their health, beauty, vitality, and mental spirit.

The LANS Med Concept is based on insights gained from over 30 years of constant research and development. Fortified by the latest knowledge in state-of-the art medical and procedural analysis, the concept has enjoyed tremendous success.



## ENERGY CUISINE

A major advantage that an optimal diet has is the extra energy you gain for your daily life.

By adopting an optimal diet we can experience vastly improved energy and vitality in daily life. The optimal supply of nutrients to the body at the right time supports the natural metabolic cycles and accelerates your metabolism. As a result, your digestion will improve, your metabolism will increase, and you will burn more fat. The ideal combination of the best foods also ensures a healthy acid-base balance.

When you are eating according to the principles of Energy Cuisine, the focus will be on optimally spreading out your meal times and nutrients throughout the day. It is important to avoid placing an extra burden on your metabolism in the evening.

## LIFE – 7 DAYS\*

When you make well informed changes to your diet, significant benefits emerge within just a few days. This is an effective programme for those that are time-poor, lacking in energy or experiencing brain fog and lethargy. After just a few days, your digestive tract regenerates, sleep improves, sense of taste is heightened and your body begins to feel revitalised.

£5,000

### INCLUDES:

- |  |                                |
|--|--------------------------------|
| 1 Initial Lifestyle Consultation       | Bioniq Blood Profile           |
| 1 Follow Up                            | Body Composition MRI           |
| 2 Nurse Assessments                    | 3 Abdominal Treatments         |
| 2 Comprehensive Functional Blood Tests | 3 Fasting Level Adjustments    |
| 1 Functional Gut Health Analysis       | 1 Deep Tissue Massage          |
| 1 Nutritional Consultation             | 1 Lymphatic Drainage Treatment |
| 3 IV Treatments                        | 1 PT Session                   |
| Supply of Relevant Supplements         |                                |

## LIFE – 14 DAYS\*

Your metabolism is now activated, you are burning more fat and digestion is much improved. As a result, nutrients are better absorbed and internal systems throughout the body benefit from increased vitamins, minerals and amino acids.

£7,000

### INCLUDES:

- |  |                                 |
|--|---------------------------------|
| 1 Initial Lifestyle Consultation       | Supply of Relevant Supplements  |
| 1 Follow Up                            | Bioniq Blood Profile            |
| 2 Nurse Assessments                    | Body Composition MRI            |
| 2 Comprehensive Functional Blood Tests | 6 Abdominal Treatments          |
| 1 Functional Gut Health Analysis       | 6 Fasting Level Adjustments     |
| 1 Nutritional Consultation             | 4 Deep Tissue Massages          |
| 6 IV Treatments                        | 2 Lymphatic Drainage Treatments |
|  | 3 PT Sessions                   |

## LIFE – 21 DAYS\*

A comprehensive fasting programme that can deliver extensive long-term benefits, our 21 day programme will increase your sense of physical and mental well-being, as you develop a better and more intuitive relationship with your body. Skin becomes clearer and physical symptoms such as indigestion, bloating and stomach pain decrease significantly. Your ability to concentrate and retain information vastly improves.

£9,000

### INCLUDES:

- |  |                                 |
|--|---------------------------------|
| 1 Initial Lifestyle Consultation       | Bioniq Blood Profile            |
| 1 Follow Up                            | Body Composition MRI            |
| 2 Nurse Assessments                    | 9 Abdominal Treatments          |
| 2 Comprehensive Functional Blood Tests | 9 Fasting Level Adjustments     |
| 1 Functional Gut Health Analysis       | 7 Deep Tissue Massages          |
| 1 Nutritional Consultation             | 3 Lymphatic Drainage Treatments |
| 9 IV Treatments                        | 5 PT Sessions                   |
| Supply of Relevant Supplements         |                                 |

\*Members of Lanserhof at The Arts Club benefit from a preferential rate. All meals from your personalised fasting plan are available in our Members' Lounge or collected as takeaway. Delivery options can be arranged at an additional cost. To enquire, please contact [medical@lhtac.com](mailto:medical@lhtac.com)



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