

# EuroMed 2019

March 30-April 7

(as of 1/15/19 )

Greetings! I'm excited to announce the dates for our **EuroMed 2019** tour. After a successful EuroMed 2018 tour, plans are finalized for **EuroMed 2019**. The trip has been tailored to be an educational tour that is affordable, filled with a healing culture that inspires you to think beyond what you thought possible.

After great feedback from EuroMed alumni, we believe **EuroMed 2019** will be extra special, filled with a few surprises along the way. Below is a tentative outline for the trip. Munich airport is conveniently located near our first destination and we end our tour close to Frankfurt airport. We are excited to offer six scholarships this year.

Please put **March 30th-April 7th, 2019** on your calendar. Hopefully you were be able to attend one of the information meetings in November and December. **Once again, we expect high interest in this trip as it has quickly filled in the past.** We are limiting the trip to around 20 attendees. Please send an email if you are interested at [drchip@selahnaturalmedicine.com](mailto:drchip@selahnaturalmedicine.com) to secure your spot.

Once again, we will be instructed by leading experts in European medicine during our tour. Depending on the instructor you will learn pearls relating to European biological medicine, Anthroposophical medicine, acupuncture, fasting, naturopathy, herbs, nutrition, food allergies, hydrotherapy, balneotherapy, massage/physical medicine, meditation, biodynamic gardening, homeopathy, earthing, bee keeping, art therapy, mistletoe in oncology among many other healing modalities.

The itinerary focuses on exploring the roots of our medicine, including what today is called **European Biological Medicine** in this part of Europe. We will be visiting some of the leading healing centers in Germany that have successfully healed patients during the **last three centuries**. Additionally, we will be in cities home to natural medicines made by Heel, Helixor and Hevert and commonly seen in clinics and pharmacies throughout the world.

The tour will start the evening of **March 30th** and will find us studying and actively participating in the methods of **Father Kneipp** in **Bad Worishofen**, site of the first treatment center built by Fr. Kneipp who would later pass on his methods to the founder of naturopathic medicine in the United States, **Benedict Lust**. We will have an opportunity to tour the town, walk the incredible footpath through healing gardens along with possibilities to visit Ottobueren Cathedral and Kneipp Museum. The focus here will be on healing, learning and self reflection as you help your body physically and mentally detox from a demanding year.

You will have the opportunity to learn how to incorporate Kneipp's five basic pillars into your personnel and/or professional practice, including hydrotherapy, herbal medicine, nutritious

foods, movement and life balance. You will experience first hand the roots of our medicine during your daily treatments at the **Sebastianeum**.

After **leaving Bad Worishofen, April 2nd**, we may visit **Heidelberg Castle** for a private tour of the oldest German Pharmacy Museum, including exhibits of **Samuel Hahnemann's personal collection**. We will be staying at the historic city **Rottweil**, located between the Black Forest and the Swabian Alps. Rottweil was a free Imperial City for nearly 600 years and is famous for its medieval center and ancient Roman bath ruins. You will have an opportunity to visit the ruins, the biodynamic health food store **B2** and a German Pharmacy located within walking distance from our hotel. You will be able to purchase biodynamic chocolate or medicine made by **Wala**. The latter will be a precursor to visiting **B2** and **WALA** facilities the next day.

Our next stop **April 3rd** is a full day program at **Helixor**, housed at Fishermuhle near Rosenfeld. The latter is also home to a biodynamic farm which owns two local health food stores and has a weekly 3,000 plus CSA. Fishermuhle is also the production site for **Wala Pharmaceutical** and several other anthroposophical companies including an organic beekeeping company.

**Helixor Heilmittel GmbH** is an international company in the field of integrative oncology with a mission of improving the quality of life of cancer patients. Their focus is on manufacturing and distributing remedies from mistletoe (*Viscum album*) and Christmas rose (*Helleborus niger*).

Helixor, founded 40 years ago currently has 100 employees, and is owned by the non-profit foundation HELIXOR. Any earnings not re-invested in the company flow into this foundation. The company's headquarter is in Rosenfeld, south of Stuttgart. All of their activities take place here: harvesting and processing the medicinal plants, research, marketing and distribution. Helixor is active internationally with affiliates in Canada, Brazil and, most recently, India. Helixor works with distribution partners and customers in over 20 countries around the world.

After a wonderful biodynamic lunch with our **Helixor friends from B2**, we are scheduled to visit a Anthroposophical hospital and Integrative Oncology Clinic near Stuttgart, Germany.

On our next stop we will visit **Baden Baden**, home to both **Heel Pharmaceutical** and the historic bathing temple **Friedrichsbad** ([www.carasana.de/fr/friedrichsbad](http://www.carasana.de/fr/friedrichsbad)) which offers a fantastic ambience. We will spend 2 nights in **Baden Baden April 3rd and 4th**, enjoying a hydrotherapy bathing tradition that looks back over 140 years.

When opened in 1877, this 'temple of wellbeing' was considered to be the most modern bathing establishment in Europe. The relaxing and enjoyable experience that is unique to the Friedrichsbad is a result of the changing sequence of warm and hot dry air baths, a soap and brush massage, steam baths of varying intensity and a selection of thermal pools along with thermal water showers. The 17 well-being stations gradually raise and then cool body temperature as you gently slip into another world and savour the unique, vitalizing effects of Roman-Irish bathing culture. Travel guru, Rick Steves has popularized Baden Baden, Germany in a PBS documentary produced many years ago and still available via YouTube.

After **leaving Baden Baden April 5th**, we may visit Heidelberg Castle for a private tour of the oldest German Pharmacy Museum, including exhibits of Samuel Hahnemann's personal collection if we haven't already visited it a few days earlier.

Our final destination will be spent near **Bad Sobernheim** at the **Bollants Spa**, ([www.bollants.de](http://www.bollants.de)) home of the **Felke** cure and close to **Hevert Pharmaceutical**. We will be instructed personally by **Dr. Bollant** and his medical staff during our stay. The Felke cure, an active, holistic therapy for joint pain, obesity and high blood pressure is used successfully to treat patients at three health and wellness centers. Based on the four Felke elements of air, light, water and loam ('healing earth'), it is combined with physical exercise and a whole-food diet rich in vital nutrients, or therapeutic fasting, to create an effective therapy. The treatments feature Bad Sobernheim's curative loam in the form of loam packs, loam baths and Rasul baths, which aim to detox, purify and restore balance to the body. For sure it will be a very parasympathetic experience!

Pastor Felke's life story can be traced at the Priorhof local history museum. We will have a tour to learn how cures were administered over 100 years ago in the original Felke hut. In 1992 Germany's first barefoot trail – a 3,500m circuit – was laid out in line with Felke's ideas....here you will have an opportunity to experience earthing bliss first hand, actually with our feet as we navigate the path!

**Benefit to you:** You will gain a rich experience in European medicine and our shared healing roots while you network with leading European health experts. You will learn by experience in using many healing therapies. The tour experience will be life changing and hopefully inspire you with a myriad of ways to use these therapies personally and/or clinically. Of course there will also be many opportunities to network with people throughout the trip who share a passion for natural medicine. Additionally, there will be opportunities to tour parts of the cities we visit. You may want to plan to arrive early and stay later. 95% of the tour is planned but we are leaving open enough flexibility to take advantage of some yet to be determined cultural and educational programs.

**Make this relaxing tour your treat! Join us for EuroMed 2019!**

### **Important Trip Details:**

**When:** **March 30th-April 7th 2019-it is important you leave early enough March 29th or 30th so you will arrive in time to join us the evening of March 30th or morning/afternoon of March 31st at the latest.** Typically flights leave March 29th from the USA and arrive the morning or afternoon of March 30th.

**Where:** Tour starts March 30th at the **Sebastianeum** which is approximately 1 hour from Munich airport via easy train ride. You need to find your own transportation to the **Sebastianeum**, though it is easy and we can provide you with links to the train leaving the airport. We will help make it as seamless as possible with specific directions for the train to catch from the airport to **Bad Worishofen** and then an easy walk to the **Sebastianeum**.

**Who should attend:** we plan on having a variety of people attending from students studying Naturopathic and Chinese medicine looking for an adventurous experience using natural medicine first hand in a safe, supportive group setting to current doctors and other medical professionals along with a few special guests interested in our educational program.

EuroMed alumni are welcome to attend along with incoming students interested in a prequel to the start of their education. We are again looking forward to having a international group of people participating.

We are also excited to be having a special guest and well recognized author scheduled to document the trip for an upcoming book focused on a expanded historical and medical encyclopedia of EuroMed treatments....come alone or bring a fellow student or friend!

**Transportation:** Currently flights are very reasonable, so book your flight early and save. Expedia, Priceline, Kayak and us.jetcost.com are all good search engines. I recommend flying into Munich and out of Frankfurt for ease and convenience or roundtrip from either city. However, you may find other cities more convenient if you plan to come early or stay a few days later. Trains are conveniently located throughout Germany and will be able to transport you to and from the airports or back to Munich if needed. A luxurious chartered bus or vans between locations will be the main mode of transportation during the tour.

**What is covered:** 8 nights lodging, most meals, instruction, tours, therapies, and transportation between locations. Prices are based on double or triple occupancy, though having a single room is possible at a reasonable but additional cost.

**What is not covered:** You will be responsible for your own transportation to and from our European start (Sebastianeum) and ending (Bollants) locations, extra spending money for extra therapies or souvenirs, money for a few meals on your own, trip insurance and overseas health insurance if you choose to purchase it along with any extra cost for a single room if preferred and available. Please email Dr. Chip if you have any questions about single room costs as availability is limited.

**Cost:** \$2500.00 until February 15th

**Deposit:** A Non-refundable \$800 deposit is due January 30th and another Non-refundable \$700 deposit is due February 15th for a total deposit of \$1500. All checks should be made out to EuroMed LLC. Deposits will be accepted starting January 1st. Making your deposit is the only way to secure your spot. If you know someone who wants to attend, please forward this information to them as soon as possible so they don't miss out. Please contact Dr. Chip prior to booking any flights.

**Refunds:** Due to the nature of an overseas trip and commitments being made to secure the best accommodations and instruction, **NO REFUND WILL BE GIVEN FOR THE DEPOSITS**

**UNDER ANDY CIRCUMSTANCES. Remaining costs for the trip will not be refundable after February 15th.**

**Remaining Payments:** Installments of \$500 is due February 28th and remaining \$500 due March 10th. Please email Dr. Chip if you have any questions about payments and flexibility if needed. **Early prepayments appreciated but not required. Start budgeting so you can make this trip a reality. Previously, some EuroMed participants received scholarships from their school, clinics, family or close friends. A nominal fee will be charged if you wish to pay with a credit card.**

**Scholarships:** Six— \$250 scholarships are available this year thanks to donors who believe this trip to be a valuable experience outside of the traditional setting. In order to be considered for the scholarship, you must first make a commitment to attend by making your deposit. Participants requesting any financial assistance will be asked to submit a one page paper describing how a **EuroMed 2019** scholarship would benefit them personally and /or professionally. Any financial assistance will be confidential and not shared with the group. Consider seeking financial assistance through fundraising or through your employer, school, clinic, club or other organization. If you know any organization or person who would like to sponsor additional scholarships, please contact Dr. Chip.

**Itinerary:** The main destination points on the itinerary are set and only subject to change if a conflict of scheduling takes place. Touring an Anthroposophical Hospital, Integrative Cancer Clinic and a few other options are still being negotiated but not guaranteed at the time of this writing.

**Preparation and Communication:** The trip coordinator realizes the nature and stress of planning and attending an overseas trip can be overwhelming. Every attempt will be made to prepare you primarily through email communication. Simply put, we don't want you to stress about the details. You will be given a complete trip preparation packet and daily schedule with all the activities, locations, contact information, things to consider list, things to bring list, lodging questions, meal information, useful German words guide, etc...you just need to show up and we will take care of the rest. We may have a group meeting for those attending prior to departure, otherwise we will see you in Germany.

**Trip Coordinator:** Dr. Chip Halverson, ND has traveled to Germany many times and has developed personal contacts at all EuroMed locations thus ensuring a quality educational tour you will surely enjoy. In addition to leading EuroMed tours, Dr. Chip has experience traveling and coordinating students groups in both Europe while participating in the educational program Up With People and in Russia during his former career as a teacher. He enjoys creating itineraries that offer a unique and fun travel experience. He is excited to offer EuroMed Tour 2019 for people interested in a deeper connection exploring natural medicine outside of the traditional setting.

**Get on interest list for EuroMed 2019 :** email [drchip@selahnaturalmedicine.com](mailto:drchip@selahnaturalmedicine.com) so you don't miss future tour information updates.