

EuroMed 2019

September 6-13 and 15-22

(as of 4/15/19)

Greetings! I'm excited to announce the dates for our **September EuroMed 2019** tour. After two previously successful EuroMed tours, plans are now finalized for **EuroMed 2019** in the fall. Each educational and cultural tour is tailored to be affordable and filled with healing therapeutic experiences that will inspire 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 and Frankfurt airports are conveniently located near our starting and ending locations. We are excited to offer limited scholarships this year for those with special needs.

Please put **EuroMed** on your calendar for either of the **September** dates. Hopefully you are able to attend one of the information meetings, if not we will catch you up. **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 to 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 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 as the end of the year draws near.

You will have the opportunity to learn how to incorporate Kneipp's five basic pillars into your personal 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 daily treatments, including mineral baths, sauna, float pool, salt cave, light therapy, water gymnastics among others during a visit to the **Therme**.

We also hope to again visit Filderklinik, hosted by the Chief of Staff Dr. Stefan Hiller, MD. We will visit, learn and tour their Anthroposophical hospital and Integrative Oncology Clinic near Stuttgart, Germany. It will be a unique experience to see what an ideal naturopathic hospital would like like in our home country.

We have also arranged to visit Hohenzollern Castle and have a group meal at a well known German restaurant in 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.

Our tour also includes a full day program at **Helixor**, housed at Fishermuhle near Rosenfeld. Our day will include lectures from some of the leading European doctors who use Mistletoe and Anthroposophical medicine, a Helixor production tour, Mistletoe garden tour, presentation by Melifera and a visit to WALA. 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 associated with **Melifera**. We will be treated with a wonderful biodynamic lunch provided by our **Helixor friends from B2**.

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.

Our visit to **Baden Baden**, home to both **Heel Pharmaceutical** and the historic bathing temple **Friedrichsbad** (www.carasana.de/fr/friedrichsbad) offers a fantastic ambience. We will enjoy **Baden Baden's** hydrotherapy bathing tradition that looks back over 140 years in modern times and 2000 plus years during the ancient Roman Empire.

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.

Our second castle visit is in Heidelberg where we have arranged a private tour of the oldest German Pharmacy Museum, including exhibits of Samuel Hahnemann's personal collection.

Always rated high on evaluations is **Bad Soberheim** at the **Bollants Spa**, (www.bollants.de) home of the **Felke** cure and close to **Hevert Pharmaceutical**. We will be instructed personally by **Dr. Bolland** 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 during our tour together.

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. This trip incorporates the rich traditions of natural medicine with the cutting edge technology that has evolved with with **European Biological Medicine**.

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

Important Trip Details:

When: Sept 6-13 and Sept 15-22, 2019-It is important you leave early enough the previous day so you will arrive in time to join us by our 3 pm check in time either Sept 6th or 15th. We can also accommodate late arrivals if necessary. Typically flights leave September 5th and 14th and arrive the morning or afternoon the next day.

Where: The **Sept 6th** tour starts in Bad Worishofen which is approximately 1 hour from Munich airport via easy train ride. You will need to find your own transportation to Bad Worishofen. 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**. The **Sept 15th** tour starts in Bad Sorberheim and also is a easy train ride to our starting location at Bollants.

Who should attend: we plan on having a variety of people attending from around the world, including students studying Naturopathic and Chinese medicine to doctors and medical professionals looking for an adventurous experience using natural medicine first hand in a safe and supportive group setting. We will also have a few special guests and people interested in our educational program attending. Come alone or bring a fellow student or friend!

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 diverse and international group to keep you company. Our goal is that everyone feels welcomed and comfortable regardless of educational or social background. The possibilities are unlimited for networking and meeting new friends. Come and experience a great opportunity.

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 the Sept 6-13 tour and into Frankfurt and out of Munich for the Sept 15-22 tour for ease and convenience or roundtrip from either city. Of course, 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 either the Munich or Frankfurt airport if needed. A luxurious chartered bus or vans between locations will be the main mode of transportation during the tour. Most frequent flier programs during this time only require 60,000 miles for a free round trip to Europe. Check with Dr. Chip before you book your flight and after you have made your deposit. Some credit cards are offering special incentives of 60,000 points so you may consider that as an option to cover your flight.

What is covered: 7 nights lodging, most meals, instruction, tours, many 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 starting and ending locations, 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: \$2650.00 until June15th

Deposit: A Non-refundable \$800 deposit is due May 15th and another Non-refundable \$1000 deposit is due by June 15th for a total non refundable deposit of \$1800. All checks should be made out to EuroMed LLC. Deposits will be accepted starting April 15th. Making your deposit is the only way to secure your spot. It is noteworthy some trips filled up within 4 weeks previously. 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 and guarantee 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 July 1st.

Remaining Payments: The last installment of \$850 is due by July 1st. 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: We have a limited amount of scholarships 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 EuroMed 2019. If you apply you will be notified within 2 days if you are awarded a scholarship and then will need to make your initial deposit within 2 days or the scholarship will be cancelled and given to the next person who qualifies. Participants requesting any financial assistance will be asked to submit a one page paper or less 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. A few other travel options and opportunities 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 the 2019 EuroMed Tour for people interested in a deeper connection while exploring natural medicine outside of the traditional setting.

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

What EuroMed Alumni have said about their experience:

“ I loved the learning, inspiration, the camaraderie and the treatments. It was one of the best trips I have ever taken”

“Trekking through Europe visiting wellness centers was the trip of a a lifetime!”

“If I live to be a 110 and forget everything else, I will still remember this experience.”

“I felt present the entire trip. This trip offered the opportunities to disconnect from daily stressors, to experience the medicine on the grounds of its roots, to connect with others in the field, and to experience achievable parasympathetic activation. As a student, the time of my inspiration was fueled and I cherish the moments on bus rides and during dinners to chat with doctors who are currently practicing.”

“This experience exceeded any expectation I had. A life changing experience on so many levels, personal, educational and spiritual.”