

2021 Marks the 200th Birth Anniversary of Bavarian Priest Sebastian Kneipp

Mastermind Behind Today's Popular Natural Healing Methods

MUNICH (BayTM, December 15, 2020). The challenges of a modern and fast-paced life can eventually drain mental, physical, and even spiritual well-being. Add a global pandemic to the mix, and surely stress and worry are meant to take a toll on anyone's health. However, there are a few special tips that can help reinvigorate life via the teachings of Sebastian Kneipp, a priest from the town of Bad Wörishofen in Bavaria, who recognized exactly what it takes to replenish energy and build resistance in the human body. In 2021, Bavaria proudly celebrates the 200th birth anniversary of Sebastian Kneipp and his holistic doctrine of natural healing that today still holds relevance and is needed more than ever. In honor of this special milestone in Bavarian history, Bavaria Tourism shares the stories of five Bavarian insiders, dedicated to helping others discover the healing powers of the "Kneipp Cure," comprised of hydrotherapy with water affusion, healthy nutrition, herbal remedies, exercise, and inner harmony. Through these elements, they explain how Kneipp therapy can be practiced and enjoyed in Bavaria - or even at home - for a more balanced lifestyle.

Water as a tingling elixir of life

"Water is an elixir of life," explains Christine Waibel-Ber, health trainer and owner of the Waibelhof Hotel, a certified and recognized hotel for Kneipp cures in Gunzesried in the tranquil Allgäu region of the Bavarian Alps. She introduces her guests to Kneipp's natural healing methods: dew treading, knee casts, full-body casts, and water treading. All are well suited for beginners in hydrotherapy. The water is typically 10 degrees Celsius, and the aim is to consciously and bravely endure the cold that builds up around the skin. The skin starts to tingle and can be uncomfortable for a short time; however, the effects are plentiful. For instance, this form of hydrotherapy has a draining, soothing, and strengthening effect on the vascular system and has proven to be a good way to fall asleep. Water treading can even be practiced at home in the shower or bathtub.

Full story: <https://bavaria.travel/insiders/christine-waibel-health-expert/?seed=1649085406732>

Herbs from the meadow to the saucepan

Dagmar von der Grün is an herbal expert and organizes herbal walking trails near Nuremberg in

Franconia. The trained healing practitioner finds herself in full accord with Sebastian Kneipp, who was well known in the 19th century not just as the “water doctor” but also the “herbalist priest”, who researched the healing power of over 40 plants. A simple diet that’s “more plant-based, less animal-based” forms one of the five pillars of Kneipp’s health philosophy. “We should use herbs in the kitchen because they provide us with vitamins and minerals, enrich meals, and add a delicious taste. Herbs also stimulate appetite, aid digestion, and are considered alkaline foods, which keep the gut and body balanced. Without a doubt, herbs offer plenty of culinary possibilities”, says Dagmar von der Grün. Herbs she recommends include: ground elder, wild marjoram, and rowan berries.

Full story: <https://bavaria.travel/insiders/dagmar-von-der-gruen-herbs-expert/>

You see more when you go barefoot

According to Sebastian Kneipp, finding the right movements are a prerequisite for a healthy lifestyle. Exercise can easily be incorporated into everyday life, whether it’s climbing the stairs, cycling, walking, or even walking barefoot. “When you’re barefoot, you experience totally different sensations; you can feel the moisture and condition of the ground beneath your feet,” explains Martl Jung. He adds, “You just see more when you go barefoot!” Your step is automatically kinder on your joints as you naturally cushion the impact on the ball of your foot. Other bonus features of walking barefoot include the end of sweaty feet and athlete’s foot. Martl Jung has spent much of his life barefoot, even going to discos barefoot as a teenager. Today, the author, photographer, and mountain walking guide takes his approach one step further and walks barefoot across the Alps, sharing this pleasure with others. Martl adds, “People feel liberated when they feel the earth under their feet, and are as delighted as small children to be barefoot.”

Full story: <https://bavaria.travel/insiders/martl-jung-barefoot-guide/?seed=1649085594424>

Balance for the body and soul

Abbess Laetitia Fech is a certified fasting and pilgrimage companion at Waldsassen Abbey in Eastern Bavaria. Fasting is not only for the body or simply a method to lose weight. It is “about regaining balance and rediscovering a sense of gratitude for the fullness of life, with soul and spirit,” says the Abbess. Kneipp knew that fixed daily routines and rituals help. In the monastery, guests can learn this during “Days of Silence”, taking part in choir prayer, helping in the garden, and feeling the constant alternation between prayer, work and rest. “The people leave us fulfilled and take these practices with them into their everyday life,” expresses the Abbess. Moreover, when people go on pilgrimage together, their spirit is relieved, and their minds are cleared. Walking during these routes is associated with mindfulness exercises and silence elements, bringing people back in harmony with themselves.

Full story: <https://bavaria.travel/insiders/laetitia-fech-abbess/?seed=1649085625902>

Images for download [here](#).

About BAVARIA TOURISM

BAVARIA TOURISM (BayTM) is the official marketing company for the Bavarian tourism and leisure industry. Under the umbrella brand Bayern®, the company offers the entire range of tourism services in the Free State of Bavaria. All marketing activities run under the umbrella brand claim “Bavaria – traditionally different”.

With over 40 million guests and 100.9 million overnight stays in the year 2019, Bavaria was able to reinforce its leading position as the number one travel destination in Germany. More information about the variety of destinations in Bavaria and about BAVARIA TOURISM can be found at: www.bavaria.travel.

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