

arteprevent®

*the modern art of healthcare*

Luck

is the relativization of  
the importance

## Enthusiasm is the source for successful innovations.

Health care and the treatment of chronic discomfort and civilization diseases can not be sufficient served by the medical establishment. From there it is necessary to motivate to a healthy lifestyle without sacrificing enjoyment.

Besides the effect of the treatments the self-discovery and rediscovery of one's own needs and desires are in the focus of the holistic health care.

Everyone must be recognized seriously as an individual.

The arteprevent<sup>®</sup> concept is the product of my decades of experience and research in the field of health medicine in a holiday atmosphere.

After 14 years as chief physician at the health center Lanserhof near Innsbruck and 6 years as medical director in the artepuri Hotel meerSinn on the island of Ruegen I founded the arteprevent<sup>®</sup> health consulting Ltd. and created medical concepts for well known health hotels in whole Europe.

As the president of the International Society of Mayr Physicians I train doctors in the field of holistic nutrition and preventive medicine.





# The Vision:

A new awareness of body and mind with the desire to create health





# the Mission:

Empowering the body and mind in absolute comfort atmosphere.

Development of new health facilities in highest quality

integrated network of competent medicine, wellness, beauty, highest culinary art and aesthetic ambience

Creation of a new symbiosis of vacation, relaxation, health care and improved health awareness for the benefit of the guest and the hotel– or health center-operator.



# the targets:

Best developer of concepts in the field of integrative medicine in a holiday atmosphere

Networking of wellness, medicine, beauty and cuisine for hotels and ambulant health centers and health clubs.

Highest value for the guests of these hotels and health centers.

Highest value for the operator with a high ethical potential, high marketing potential, high revenues and high guest loyalty.





# the Values :

Honesty

seriousness

reliability

Scientificity (no show)

friendliness

Hospitality

best organization

nice ambience

Wellbeing

economy

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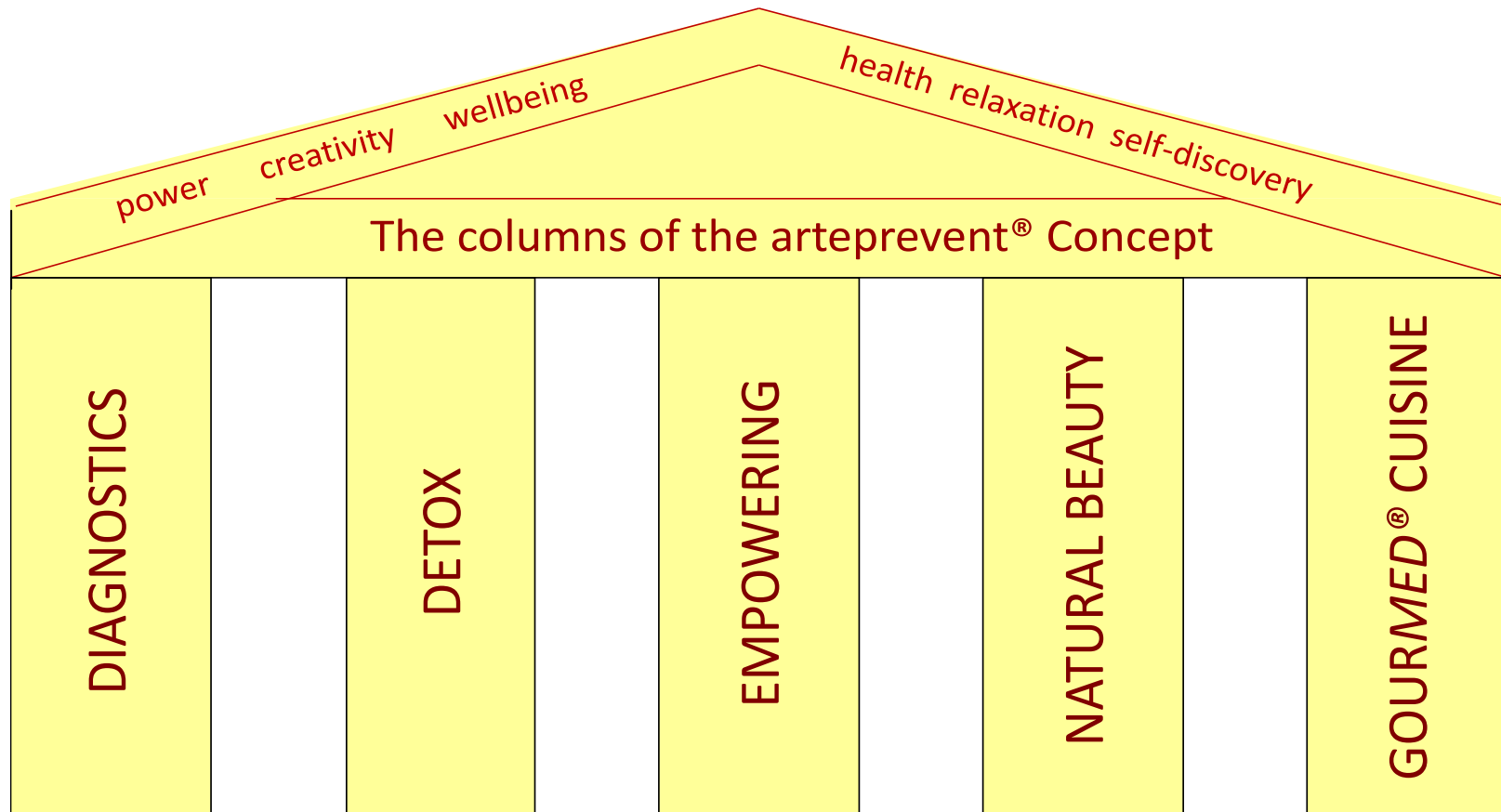
arteprevent® is a concept for achieving sustainable health in a holiday atmosphere. Wellness, medical competence, beauty, culinary and design are linked for the wellbeing of the guest and the operator. The guest is the focus and experiences health and healing as a synthesis of the arts of living, getting advice and treatments in new quality. Decades of experience, personal commitment, continuous innovation and scientific substantiation guarantee reliability and high values. A concept of a doctor who recognises the human being as a fantastic wonder of nature and sees life as a pleasurable experience with an infinitely quantity of qualities and facets. Health is the key to improved performance, creativity and wellbeing.

**arteprevent® gives high-performance-people the power, the connoisseur the sensitivity and the seeker the guide to self-knowledge.**



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# Diagnostics:

Academic and naturopathic methods detect deviations from the ideal state of health long before the outbreak of a disease.

This allows a timely preventive stopping of the development of manifest diseases

All applications are on the basis of this specific diagnostic selected and optimized for the individual condition.



# Detox:

Only a detoxified, purified and deacidified body can activate its self-healing and respond optimally to different treatments.

The cleansing of the matrix improves the information and exchange of nutrients in the tissue.

The improvement of the metabolism slows down the aging process.

The elimination of environmental toxins, strengthens the immune system.





# Empowering for the body:

The strengthening of the body with all its cells and organ systems, is the requirement to avoid all the civilization diseases.

Spinal– and joint-regeneration, muscle strengthening, balancing and relaxation

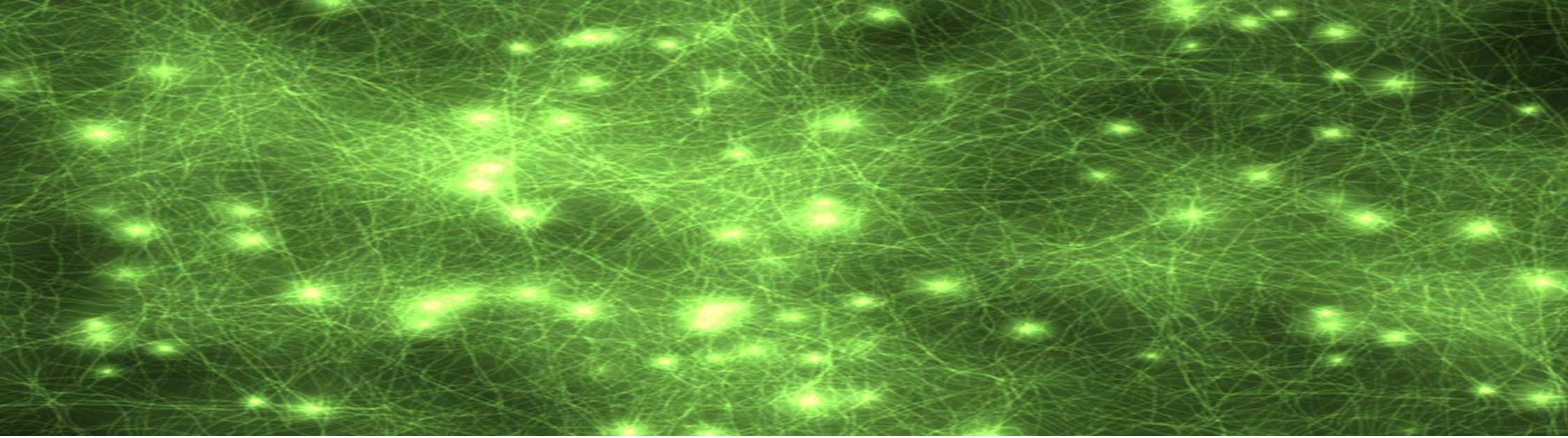
Cardiovascular strengthening, protection against atherosclerosis,

Metabolic optimization, liver regeneration, the body- and blood-lipid reduction,

Immune strengthening, protection against inflammation,

Regeneration and renewal of cell power stations (mitochondria)

Substitution of vitamins, minerals and oligoelements



# Empowering for the brain:

Strengthening of the mental power, concentration and memory performance are requirements for achievement, creativity, success and enjoyment.

Relaxation, energy balancing,

Vegetative regulation,

Cerebral metabolic optimization, improvement of cerebral blood flow, nutrition with brain food

Regeneration and renewal of the brain cell power stations (mitochondria)

Burnout prevention, stress management,

Sensory sensitization, energetic body therapy,





# Natural Beauty:

With the power of living nature, with stimulation of the body's own regeneration, with high-tech equipment from the latest research

Strengthening of the connective tissue

Regeneration of the skin

Cleansing from inside and outside

Fat pad removal by gentle sustained fat cell destruction

Aloe Vera treatments with living fresh leaves

Vitamins, minerals and oligoelements





# GourMED<sup>®</sup> Cuisine:

With conscious enjoyment, time, leisure and knowledge of the healing power of our food . The GourMED<sup>®</sup> Cuisine is based on the latest knowledge of nutritional science and offers the highest culinary delight.

gentle, easy to digest

adjusted to the individual digestive power

in acid base balance

itself therapeutically effective

considers all food intolerances

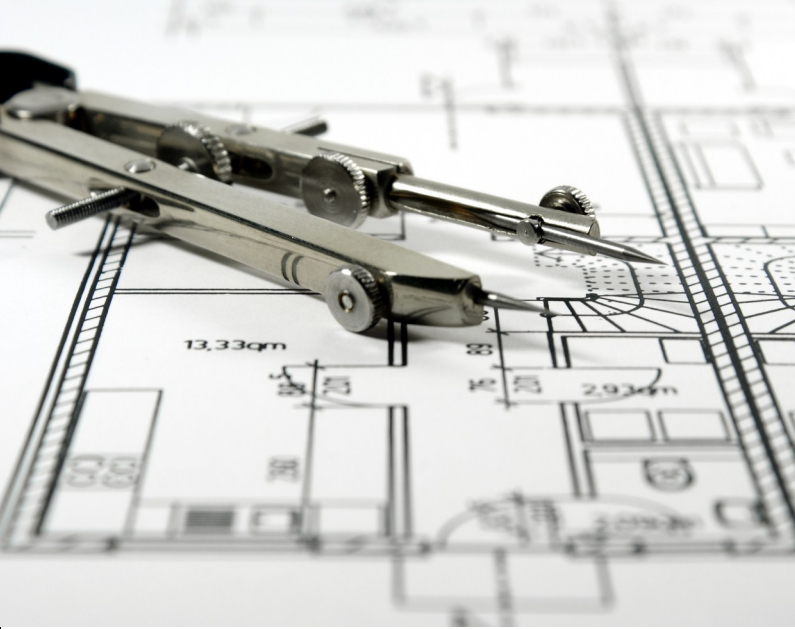


# Lectures, Workshops, Symposia:

The motivation to desire for health, the motivation to self-management, the mediation of the ease of being, opening the eyes to the miracle of human being, strengthening the confidence in yourself, providing knowledge

This is the passion of Dr. Alex Witasek, top 100 speakers, physician for preventive medicine, medical director, CEO of the arteprevent<sup>®</sup> health consulting GmbH, an enthusiastic sailor and cellist..





## Offers:

Medical concept

Room concept

Operation manual

Training of the employees

Promotion

Franchising

## Benefits:

USP for the project

Employees saving procedures

Best organisation

High competence

Sustainable quality assurance

High guest loyalty and satisfaction



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