



PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT

# DEVELOPING A HEALTHY RELATIONSHIP WITH FOOD

*with*



KAT BERGLAS WELLNESS

KBW

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8-15 October 2023







MEDICAL AND DIAGNOSTIC

# ABOUT THE RETREAT

Eating healthy is the key for mental and physical health. Following a well-balanced diet helps reduce the risk of chronic diseases, such as diabetes, heart disease and cancer. The goal is to help others realise how truly amazing it feels to eat balanced meals and establishing a healthy relationship with food.

## BENEFITS AND OBJECTIVES

- Learn about intuitive eating and mindfulness techniques to develop a healthier and more balanced approach to food
- Benefit from a personalised comprehensive program designed to promote long-lasting changes in eating behaviours
- Enjoy access to a variety of wellness activities such as yoga, meditation and other relaxation exercises to promote overall well-being
- Experience the serene and tranquil environment of Palazzo Fiuggi, providing a peaceful space for self-reflection and growth
- Need guidance in establishing a sustainable and nourishing eating routine
- Desire to learn about intuitive eating and mindful eating practices
- Feel guilty or anxious about certain foods
- Want to transform eating habits for long-term wellbeing and happiness
- Want to break free from restrictive diets and find balance in eating habits





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### PACKAGE INCLUDES:

- Initial Consultation
- Nutrition Education Sessions
- Group Light Yoga/Pilates
- Outdoor Group Activities Promoting Connection With Nature
- Mindfulness Based Stress Reduction Techniques
- Holistic Therapy Sessions
- Discussion On Maintaining Progress After The Program
- Stay in a Charme room
- Full board with Heinz Beck food line
- Health check up
- Electrocardiogram
- Bioelectrical impedance analysis
- 3D body scan
- First medical visit
- Movement consultation
- Cardiology visit
- Aromatherapy massage
- Follow up medical visit
- Naturopathic consultation
- X2 personal training sessions
- Outdoor walk
- Purifying face treatment
- Final medical visit

**PRICE : euro 7.730,00 includes accomodation in a Charme room, single occupancy for 7 nights**



# PALAZZO FIUGGI



## LOCATION

Palazzo Fiuggi is a wellness medical retreat hotel set on an ancient hillside in an 8-hectare private park and offers unparalleled views of a breathtaking landscape. Palazzo Fiuggi has 102 rooms and suites ranging from 32 to 135 square meters, a restaurant by three-Michelin-starred chef Heinz Beck, three swimming pools, and finally, innovative medical, spa and Movement Lab facilities.



## ACCOMODATION

Included in the package is our charme room. Enchanting room between 30 and 37 sq m with marble-finished bathroom and walk-in shower. They all offer expansive views, and some have balconies. Natural parquet floors are enhanced by tasteful decorative schemes and accessorized with luxurious textiles and furnishings, as well as antiques and original artwork. On request, upgrade to upper category room is available



## FOOD LINE BY HEINZ BECK

Developed by Heinz Beck, three Michelin stars, in collaboration with Dr. David Della Morte Canosci, Medical Director, the Palazzo Fiuggi Food Line is not an ordinary diet. The food Line offers guests a supportive regimen, combining a balanced calorie intake with a targeted movement program and incorporating a personalized combination of nutrients to activate the molecular pathways that stimulate cellular rejuvenation.

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## MEET YOUR MENTORS



# KAT BERGLAS

"Hi! My name is Katerina but you can call me Kat. Nutrition has become a big passion of mine, but it was definitely not an easy road to get here. When I was younger I did not have any desire to eat healthily, wouldn't worry about what I put in my body and I did not have a healthy regime. I was living in city, and as a young teenage girl I slowly started to lose myself."

My life took an unexpected turn when I faced a frightening battle with an eating disorder that brought me to a dark place, where my health deteriorated. My heart ended up suffering medically due to my malnutrition. But from my darkness emerged a strong determination to turn my life around.

During this challenging time my passion for nutrition was born. Exploring the connection between what we eat and how it impacts us became my obsession. As I started to embrace the significance of nourishing both our body and mind, I found myself on a mission to share this obsession of mine with others.

Today, I am committed to showing everyone the importance of eating well and fostering a balanced life. Through my own

experiences, I've come to realise that taking care of ourselves isn't just a luxury, it's a necessity.

I'm thrilled to have teamed up with Palazzo Fiuggi to bring you the transformative retreat, 'Building A Healthy Relationship With Food'. This collaboration is a golden opportunity for individuals to embark on a journey towards improved health and wellness. My aim is for participants to not only gain valuable insights during the retreat, but also to carry these newfound skills into their daily lives, fostering a sustainable and lifelong commitment to well-being.

Together, we'll set the stage for positive change that resonates far beyond the retreat!

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## CONTACTS

### PALAZZO FIUGGI:

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