

weight control and health care – back to nature

Who is behind the Figurwell Program?

The Figurwell Program is comprised of a network of healers, physicians, biologists and health advisers who feel bound by nature to use natural healing procedures. For the past 20 years we have been involved in the research, development and consultation aspects of exercise, nutrition and physical and mental health. The ability of modern analytical methods to support discoveries made thousands of years ago plays a significant role, as we combine our findings from modern technological analyses with observations from nature to deliver the Figurwell Program.

Why the Figurwell Program?

Our lifestyle and nutritional habits have changed dramatically within the past 10 000 years. Not even so long ago in the time of our great-grandparents, the preparation of food took up a considerable part of the day. The role that nature played in their lives was very specific and the knowledge of how to prepare and use nourishing produce and herbs was wide spread. Food was cultivated and gathered, life was lived in synchronicity with the seasons and careful planning allowed people to survive and live well. The ones who did not store sufficient timber could not keep warm in winter and the ones who did not cultivate their land could not eat. For centuries more than 80% of the population survived and made their living by farming land and working closely with nature.

Today we have transferred the responsibility of sustaining our life to modern industry, thereby breaking ties with nature. We assume there will always be enough food in the supermarkets and make the cost more of a priority. Our health is cared for by the pharmaceutical industry with tablets, ointments etc. Satellites, mobile phones and WLAN wireless networks release radiation sending it to the every corner of this planet, and every day we inhale the exhaust fumes from cars and smoke from chimneys. All these aspects of modern life give rise to the importance of the Figurwell Program.

Impacts on our life

It goes without saying that we cannot, and do not want to go back in time. Nevertheless, there are two sides to everything. Human health and vitality have changed dramatically over the past few decades. Heart attacks, strokes and cancer account for 75% of all causes of death, with diabetes, high blood pressure and obesity are at the top of the ladder of contributing factors. Never before have there been so many people suffering from depression, lethargy and insomnia. Children are even being prescribed medication to combat hyperactivity. Welfare is obviously taking its toll on our bodies. Materialistic and financial concerns are taking a toll on our health.

What is the cause of this change?

These changes in our health and vitality can be attributed to a change in our nutritional habits. Our bodies are sustained by the food we eat and the air we breathe.

Previously our nourishment consisted predominantly of locally grown vegetables, yet today we consume predominantly artificially produced food. At present, for food to be accepted it must be inexpensive, durable, practically packed and visually appealing. As a result, 97 % of all foodstuffs contain aromatic enhancers, preservatives, dyes, and various sweeteners such as aspartame. These synthetic substances made from crude oil in the laboratory are difficult for the body to process. The body will not let them into its cells.

What does the concept comprise and how can Figurwell help?

With a combination of our treatments, food supplements and knowledge we can support your body in removing harmful matter from its system and regaining energy. It is important for your body to remove as many of these impurities and harmful substances as possible. The Figurwell Program will improve your well-being, health, figure and complexion.



a statement of
quality and
service





The concept is comprised of four pillars:

- 1 Modern analytical technology provides us with the ability to measure cell energy, the body's ability to attain and unload oxygen, and the combustion profile of cellular metabolism.
(a) Calorifit: is an analytical technology, by which the cells ability to take on oxygen is measured. The apparatus also evaluates metabolic processes.
(b) Biograph: measures the acupuncture path potential, evaluates the Yin and Yang balance and other data known from conventional Chinese medicine.
- 2 The coaching concept, where a trained coach will explain the results of the analyses and together with you will suggest possible ways of improvement.
- 3 Courses of treatment which supply the cells with energy, support the removal of impurities and harmful substances, and make the intercellular fluid more alkaline include;
 - Detoxification
 - Lymphatic drainage by Slide Styler
 - Magnetic therapy
 - Conventional partial massages
 - Gymnastics & swimming
 - Oxygen inhalation
- 4 Food supplements which support the body in its corrective processes, promote the growth of gastric and intestinal flora and supply valuable minerals.
 - Alkaline food supplements
 - Foods filled with nutrition, vitamins, minerals, preservative free, not genetically modified

The regulation of acid-base metabolism is not only the best weight reduction program, but it also helps improve the pH regulation of the body. It is our wish to enable you to see that your body is a miracle of Nature, and is therefore the manifestation of a touch of genius. If you realize that your health and even your character is strongly influenced by nutrition, you will willingly assume all responsibility for your body. Fortunately the body can always be re-set, provided you give it the opportunity.