



A.Vogel

## *The Philosophy*

*The Work of our founder, Alfred Vogel, is imbued with the idea of a way of life and of healing which is oriented in every respect towards Nature.*

*The employees of the A.Vogel Group perceive this as both a challenge and a duty: as principles to guide them in their work and to be followed with conviction, in order to ensure their survival in the future.*

*Alfred Vogel  
Nutrition Expert and Pioneer in Natural Health  
(1902-1996)*





## *Nature and the Quality of Life*

*To find the true quality of life, live as far as possible in harmony with the creator and nature and be aware of nature's powers.*

*Enabling people to adopt the struggle for natural harmony as their own aim in life is a rewarding task.*



## Health Care

# 2

*Foresight is the source of health and happiness. The decision to adopt a natural balanced diet and to heed the body's own signals must be taken freely and deliberately.*

*Health, like illness, does not affect particular organs in isolation, but is closely connected with our attitude towards life, our circumstances and our lifestyle.*



## *It's up to you*

# 3

*Knowing how nutrition and health are linked makes it easier for us to realize the vital fact that the responsibility for our well-being lies in our own hands, and not in those of the health authorities.*

*The physician or therapist is like a mountain guide. He leads and shows the way, but he does not carry the patients. They have to make their way themselves.*

*We must learn to take responsibility for our own health. 'Adopt a largely vegetarian diet of natural whole food products containing a preponderance of alkaline substances. Together with an ample proportion of raw vegetables, you will have already taken a significant step towards long-term health and a well-balanced disposition.'*



## *Balance as a Principle of Life*

*Follow nature's example and try to find the balance between tension and relaxation, between activity and rest, between intellectual and physical activity.*

*Illness and suffering are caused by imbalance and disharmony, in whatever areas of our life they may occur.*



## *Respect and Sympathy*

*To live according to the principles of nature is much more than a technique. It requires an inner attitude which is typified by a deep understanding of, as well as respect and sympathy for, creation.*

*If we wish to oppose violence, be it against man, the environment or animals, then we have to learn to respect Life as something sacred.*

*To allow animals, which are a part of creation, to suffer in man's experiments, is cruel and irreconcilable with an attitude of respect towards nature.*



## *The Urge to Heal is a Law of Nature*

*'It is never too late to start supporting nature in its urge to heal, because the law of nature calls for the preservation of life.'*

*After years of illness, many people have recovered their health thanks to a rigorous change in their way of life and with the help of natural medicine.*

*Natural, holistic medicine does not combat symptoms, but seeks to eliminate the causes of the illness.*

