



## The Naturist Club is lacking a place in the sun

**During Summer 2013 the Helios Club Thun lost its small paradise "Paradiesli" in Oberhofen. During wintertime the two hundred members of the club find a refuge in an indoor swimming pool in the region.**

Source: <http://www.bernerzeitung.ch>

It was the proverbial expulsion from Paradise: During Spring 2013 a slope above Oberhofen came into a slide and tore away part of the "Paradiesli" – in one single stroke the naturist site Helios Club became unusable. For this reason the Helios Club Thun terminated the lease contract, a new "Paradiesli" is not in view; there is no naturist site in the whole Bernese Oberland anymore.

And: The Club President Therese Truan does not believe that the naturists will find again a suitable piece of land, being close by. So, most members of the Helios Club Thun switch to Thielle in the Canton of Neuchâtel, where a large site exists belonging to the Swiss Naturist Union (see box). As Helios Club is member of the Swiss as well as of the International Union, the members have the possibility to visit other sites in Switzerland, too. They have to show their membership card.

During winter season the members profit of the Helios Club's right of visit at an indoor pool in the

Thun region. When in the evening the indoor pool closes the doors and the swimmers have left the pool, the members of Helios Club Thun may enjoy the various offers of the pool without being disturbed.

### 81-year old Club

The Helios Club Thun is an old club. It was founded in 1934 and in 2014 it celebrated its 80th anniversary. Its members come from the complete Bernese Oberland, from the region of Thun and of Emmental. Presently they are about two hundred persons in all categories of age. As fundamental values they state good fellowship among the members and a healthy, natural way of life. "By healthy way of life we understand moving a lot, be outdoors a lot. We also pay attention to healthy food, and for us it is also important to renounce smoking and moderately consume alcohol", says President Therese Truan.

"We maintain fellowship when playing, swimming or during sunbathing. Participation is more than being naked." The members come from all social classes and have a wide variety of occupations, but that does not matter within our club. "In the club we call each other by first names, and those who wish so, may remain anonymous as to the occupation", says Therese Truan



Therese Truan is President of the Helios-Clubs Thun. After the loss of the club site „Paradiesli“ in Oberhofen a replacement is not in view.

Picture: Margrit Kunz

### Popular among young families

It has been noticed in the Helios Club Thun that during the last years naturism has become more popular again. Especially also young families appreciate the casual, relaxed atmosphere once a week in the regional indoor pool. "We gladly accept families or couples, but individual members are welcome, too", says Truan. "This way we assure that the club has a good future." It happens – although very rarely - that people have a lot of misconceptions of the naturists.

So some single men looking for a beautiful lady wanted to be members of the club. Seldom, if ever, we would have to exclude someone, because he would have been observed secretly making videos of nude swimming children. "This is very annoying, though, but absolutely necessary, as we are not a sex club and we absolutely want to protect the kids from paedophilia", says Therese Truan.

Those interested may contact the President under [heliosclub@bluemail.ch](mailto:heliosclub@bluemail.ch) or inform themselves under [www.heliosclub-thun.ch](http://www.heliosclub-thun.ch)

## Background

### Naturists in Switzerland

Eduard Fankhauser, born in Biel in 1904, was a pioneer of the nude swimming movement in Switzerland. In 1920 already he founded the association Futuro, which rejected consumption of alcohol, nicotine and meat and who propagated nude swimming. The association in Biel still exists today.

In 1927 he founded the Swiss „Lichtbund“ as predecessor of the Swiss Naturists Organisation, which today has about four thousand members. The best known naturist site today, „Die neue Zeit“, is located in Thielle/Gampelen, which Fankhauser was able to buy together with his wife Elsa in 1936.

Among the founders was also the teacher and educational reformer Werner Zimmermann. Today there are twelve naturist associations in Switzerland, for example in Bern, Thun, Biel and Fribourg. Five of these associations have their own site.

## The only HEALTHY way to defeat belly fat

Right away: if there is one thing we do not want to do, then it is to promote a wrong morbid beauty ideal! None of the physicians and staff of "Health and Naturism" consider the present orientation of the anorexic (addicted) Models and the same wise morbid bodybuilding-mania as being beneficial. For many millennia our present assessment of a "slim" body rather meant a morbid malnourished body – and it is so still today". Similar wise, in ancient times, a belly flat like a washboard to put a "sixpack" on it, was not normal for a man, let alone usual! Here, too, our present, neurotically distorted perception of attractiveness leads to the tendency to place in each and every historic movie actors, who obviously have nothing else to do than exercise some senseless muscles in the abdominal area.....

If you are unable to compress a larger "fat roll" over the abdomen, than this is no reason to be pleased, but a reason for need of treatment! Excessive abdominal muscles also massively harm the statics of the spine and are a major cause of steadily increasing back pains and incidents of damages

discs, as confirmed for decades by one of the most renowned doctors for back pains, Dr. Walter Packi / Freiburg-DE).

So, when we now report how you can "eliminate" your unhealthy abdominal fat, it is not about to seduce men and women to destroy slight fat reserves of the abdomen, hips and bum! In this article it exclusively is about pathogenic clear overweight of visceral fat, which mainly accumulates in the abdominal region. This plays an important role, because it produces a whole range of signal substances. Scientists gradually discover the role of these messenger molecules. Right now it is known that fat layers in other body areas are metabolically less active physiologically. Therefore larger "cushions" on hips, buttocks or legs are less risky to health.

### Why diet and sports cannot defeat you stomach.

But even with liposuction, or continuous physical exercises, the problem would not be solved yet regarding our belly! Even slim, athletic people can have considerable amounts of visceral fat, as pro-

ved by Dr. Martin Halle (Professor for preventive and rehabilitative Sports at the Technical University of Munich) "The visceral fat is mainly around the internal organs in the abdomen; these parts cannot be reached at all", he emphasizes; even a lot of sports and abdominal training have virtual no effects here, the beginning of a paunch by visceral fat remains.

The list of sufferings is long, which are provoked also by abdominal fat: heart attacks, stroke and arteriosclerosis are to be mentioned first, but, as proven, 80% of all diabetes cases are also related to the effects of visceral fat. Because these people have higher triglyceride levels in their blood, as well as other blood values which indicate higher risks for diabetes or a higher danger for cardiovascular or vascular diseases. According to laboratory analyses, by this abdominal fat also a chronic inflammatory tissue disease takes place, which can be extended to the stomach and intestine area, the risk of thrombosis increases, and there is a probability to get Alzheimer diseases and cancer.

The reason for this unhealthy and extremely persistent accumulation of abdominal fat, interestingly, does not lie in our nutrition and the quantity of movement in first place (because also people practising sports a lot and eating health consciously are affected). Without wanting to discourage you, we nearly would tend to say: You can practise sports and remain hungry till you cannot bear



any longer – yet, at a 90% chance, you will not get rid of this paunch". Because the actual background for the resistance of the abdominal fat – as meanwhile it is clear without any doubt – is hormonal. In 2012 a team of doctors and scientists of the Harvard University published these ground-breaking new results – as well as consecutively pointed out the only sensible way, how to reduce this body fat in an effective and continuous way. (Among others: Miquel Alonso-Alonso, M.D., Harvard University, Kathy McManus, M.S., Director of Women's Hospital, Harvard Medical School.). In the meantime these results have been confirmed by many additional research activities, among others also studies of the author team of this article, as well as by

the investigations by Dr. J.P. Bastard and M. Maa-chi ("Recent advances in the relationship between obesity, inflammation, and insulin resistance"), Dr. S. Galic, Dr. J.S. Oakhill, G. Steinberg ("Adipose tissue as an endocrine organ"), as well as Dr. med. Michael Platt ("Die Hormon-Revolution").

### **Why hormones prevent you from losing weight – and how you can change this WITHOUT a hormone treatment.**

It was known for long time already that especially problems with the thyroid gland can prevent losing weight. The thyroid gland is responsible for the production of the thyroid hormones triiodothyronine (T3) and thyroxine (T4). These vital hormones regulate the activity of metabolism. (A very important factor we will talk about later again.) For example, with such a hypothyroidism the body runs on 'low flame' and needs very low energy only. This means that the person concerned, in spite of low caloric intake, often does not lose weight but even gets more weight.

The symptoms of such a hypothyroidism are:

- Rapid fatigue and high need of sleep
- Low blood pressure and slowing of heart beat
- Poor sleep
- Dry skin, hair and nails
- Painful menstruation
- Increased cholesterol
- Unexplained increase of weight, respectively no possibility to lose weight

The three important values of the thyroid, which for example the endocrinologist would check are TSH (Thyroid Stimulating Hormone), free T4 and free T3. TSH is the hormone being secreted by the pituitary gland in the brain when the thyroid hormone level in the blood decreases. TSH is supposed to stimulate the thyroid to increase the hormone production. Therefore high TSH values indicate a hypofunction. If your TSH value lies within the normal range (0,3 – 4,2) your thyroid gland is considered being "healthy" and no further action will be taken on the medical side. However the result may be misleading as the norm values according to the a.m. studies are fixed far too high; so a TSH value above 1,0 already can indicate a thyroidical hypofunction. But in order to eliminate these, synthetic hormone supplements, with high side effects, are not required as above studies clearly indicate! But let us first look at at other hormonal relationships:

### **Hormonal disorders inhibit your fat loss!**

Besides hormonal thyroidical problems other hormonal disorders may also play a significant role in the development of obesity and make it very difficult to people concerned to reduce weight as desired. Because only a well balanced hormone level also assures – besides its many other effects relative to health – an optimal distribution of fat reserves.



Maldistribution of fats often takes the form of an excessive accumulation of visceral fat cells in the abdomen. According to the a.m. research results, this is caused at a rate of more than 80% by a surplus of the sexual hormone estrogen, respectively a lack of the hormones progesterone and testosterone, this effect increases with increasing age (especially above 35 years).

- The testosterone allows among others also the release of body fats (especially in the abdominal area), so that they can be reduced. In case the testosterone level is too low, the reduction of fat automatically is considerably reduced, too.
- Progesterone stimulates the metabolism, supports fat burning and keeps insulin levels at a healthy level. A lack of progesterone is usually associated with an overproduction of insulin, by which a hyperinsulinemia (pathologically higher insulin level) may arise. Just like the change of metabolism and the reduced burning of fat caused by the lack, this development also contributes to obesity at the end.
- The dominance of oestrogen causes the body to increase build-up of fat cells and causes increased water retention. In addition the dominance of oestrogen influences the production of the thyroid hormones. All these factors make it extremely difficult to lose weight.

Obesity, especially in relation to visceral abdominal fat, is due to more than 90% to a hormone imbalance, which also leads to the classical sudden cravings, which in turn explain the remaining 10% of the factors for obesity: namely the consumption of far too much sugar.

Ergo, without a balanced hormone level weight reduction, especially in the abdominal area, never will work! As consequence of this finding, a totally new industry has now jumped onto the diet and wellness-train in the USA: pharmaceutical corporations, now throwing tons of hormonal medications on the market, especially triiodothyronine (T3), thyroxine (T4), as well as testosterone and progesterone. The turnover of these hormone preparations has risen during the last 3 years by 170% in the USA alone (!!!). And the "success" seems to agree with the consumption: many colleagues report that people who struggled for years and decades to lose their abdominal fat, now actually have lost their paunch and did not put on new weight. But at what price?! Because, let alone the natural progesterone it has been proved for all other synthetically produced hormone preparations that besides the benefits of fat loss, they also have considerable side effects – and are the triggers for breast cancer, ovarian cancer and prostate cancer. As it happens so often, the "second best" solution quickly can turn into a curse, if one simply ignores and artificially replaces the real answer of Creation to our "belly problem":

## **WHY NATURISM IS THE ONLY HEALTHY SOLUTION TO THE BELLY FAT – HORMONE PROBLEMS.**

About 30 (!) long-term studies and meta-studies meanwhile convey (and again confirmed by the a.m. Harvard study): The biologically only natural way to balance ALL above mentioned hormone deficiencies is only possible by regularly practicing naturism. No other means has the same success, not even a trace of it! Prof. Miquel Alonso, as well as Kathy McManus as chief physician of the Women's Hospital at the Harvard University, proved by the a.m. study and by a series of experiments with more than 2.700 persons (!) that by a regular light and air irritation of the breast-, ovarian- and testicular region ALL above hormonal values are being balanced and lead to a radical and permanent loss of abdominal fat! For this, also a very comprehensive three-year long-term study had been evaluated:

While half of the test persons had to plan 25% of clothes-free periods per week and additional naturist holidays, the other half should permanently, during leisure time as well as during holidays, keep at least the breast and ovarian region (respectively the testicles for the men), covered by clothes. For the first groups a loss of visceral fat of an average of about 70% could be identified (72% for women, 67% for men)! Again, as proven several times - also by our own studies - the reason lies in the body's capacity to produce hormones, by light and air irritation alone of the breast- and ovarian area (which has nearly 250% more nerve ending than the remaining skin surface and the subcutaneous tissue, and so can react a lot more intensively to these irritations and activates hormonal processes), which take our body out of the evolutionary fateful "hibernation mode", in which the typical West- and East European remains for nearly 90% of his life – in spite of sports, fitness and holiday travels.

To be clear: not considering the harmful, lasting overstraining of our body by extreme endurance sports in connection with even more unhealthy life-long diet, or risky synthetic hormonal supplements - NO alternative to defeat our abdominal fat to a regular practising naturism!

Only this way the hormone balance, physiologically necessary for weight reduction and fat burning, without having to use, with increasing age, exclusively carcinogenic hormone preparations in order to effectively reduce the abdominal fat.

### **What about natural progesterone?**

On other occasions we have already mentioned the advantages of natural progesterone in connection with Secondary Depressions and a healthier balance of iron. It must be noted that indeed until today, none of the other known side effects of synthe-

tic hormones are known in connection with progesterone. But what has been proven by above stated studies is, that neither vitamin D additives nor natural progesterone are able to fully reach their effect, if the body's hormone-producing processes via the pituitary gland and ovaries are not active at the same time. In case you are complimenting your hormonal balance by vitamin D (yes, vitamin D is a hormone, too!) and natural progesterone, you may considerably increase the effectiveness by regularly practicing naturism and so often actually induce activation and development!

#### **To show you one more than clear example:**

For women (35-55 years old) who did not include naturist periods day-by-day and who even during holidays did not drop off their bikini, a 45% lower progesterone level and 60% higher visceral fat values had been found in the blood in spite of the regular addition of progesterone, than for women who combined the addition of progesterone with naturism! This effect similarly affects the testosterone level with men. Men, who regularly integrated naturist periods day by day, have a 75% higher testosterone level and even 80% lower values of the visceral abdominal fat values!

#### **Our tested "belly-fat away" practical guide**

On basis of these results our team has monitored during the last 3 years more than 400 persons in a series of experiments, we were able to help them to obtain a permanent loss of unhealthy belly fat and an enormously increased vitality by a steadily optimized, yet simple program, without any intensive sports activities. Our rate of success lies above 95% (whilst "failures" mostly were due to premature resignations for personal reasons)!

In our next blog post we will publish a practical guideline, absolutely short, how you, too, finally can achieve the goal of a beautiful and healthy body, free of visceral body abdominal fat. To people being interested in this guideline, we also offer a totally free monitoring by email-newsletters. Right now we can guarantee you that you will not recognize yourself anymore after half a year, especially, if right now you still suffer from some "problematic zones".

#### **The medical fact is: ONLY naturism will make your paunch disappear without any stress!**

Even if it sounds to be too simple: the key to defeat your belly fat actually lies in naturism. In addition we will submit a few but very effective nutrition tips. Because, in case you already practice naturism for some time, you perhaps have noticed that not every person claiming to be "naturist" automatically is free of abdominal fat. Apart from the fact that this activation of the hormone levee cannot work by specific nudity of the genitals and breasts if it only happens during a 2-3 weeks holiday, the reasons here often also are in a few – but momentous – nutritional deficiencies, which we will also address. But the medical fact remains, that more than 90% of the abdominal fat problems only can be eliminated by targeted naturism (which also is possible during the cold season) and some combine metabolic exercises!

Also, even if these declarations perhaps astonish you a little bit: keep in mind, this is not about a new trend diet nor useless diet products, but it are proven results of years long scientifically research, whose basics are keeping our civilization fit for thousands of years, but which unfortunately – especially in recent decades – fell into oblivion!

Yours, Health- and Naturism team

Source (German Blog):

<https://gesundheitanaturismus.wordpress.com/>



Near the Alps, at 25 km from the center of Turin, 20 minutes from the airport Caselle. Caravans, plots for Recreation Vehicles and tents, completely equipped bungalows, caravans with chalet. Pool, solarium, jacuzzi and sauna. Clubhouse restaurant, petanque, mini-tennis, table tennis, Volleyball. Mountain bike circuits and trails in the Park Mandria

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## Le Betulle



# Naturism Revolution at Rio de Janeiro

## City allows Naturism at Sugarloaf Mountain

Finally, it is permitted what has been „illegally“ practiced for 20 years. Rio de Janeiro has adopted a law, which officially permits naturism at the Abricó beach. For the rather prude country of Brazil this equals a small cultural revolution.

Whoever in this country thinks of Brazil, automatically has Carnival in mind and thus scarcely clothed samba dancers – that’s why tourists usually consider the Brazilians being libertine people. Yet the South American country is just one thing: catholic and actually very prudish.

Apart from Carnival during which the country celebrates a kind of ‘collective state of emergency’, permissiveness is disapproved. Of course the Brazilian ladies knew how to help: Whilst nudity was not possible, then at least the bikini should be an approach to it. The result is probably the scarcest swimwear in the world: thong bikini, which in Portuguese is simply called “Fio dental”- dental floss.



Yet, being topless at the beach in Brazil is strictly forbidden, as well as the quick dress and undress of swimwear or bikini tops. Whoever does it anyway, risks getting a warning, a fine or even an arrest. Recently, shortly before the beginning of the Football World Cup, there had been protests from activists who wanted to see the topless-ban being lifted. But their efforts remained unsuccessful.

Because, what is very usual in Europe, is seen as an “obscene act” in Brazil. Yet, there already are some “legal” naturist beaches in the largest country of South America, and being marked as such, like “Pinho” in Santa Catarina - but in Rio this seemed to be unthinkable so far.

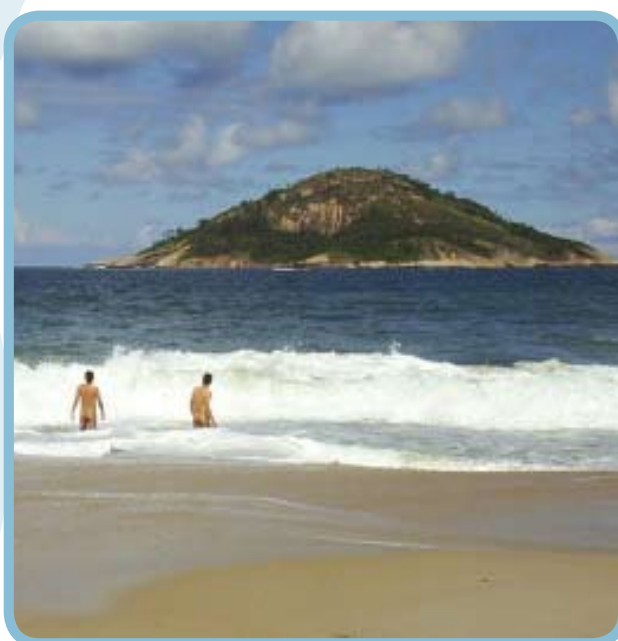
Therefore, the law now adopted by Rio de Janeiro is like a small revolution, or rather: the justification for it. Because of the fact that for major events like for example the Olympic

Games 2016, more and more tourists, in whose homelands naturism is “widespread”, come to the city, it has been decided to officially declare the beach of Abricó in Western Rio, visited for years already by the naturists, as naturist beach, says City Councillor Laura Carneiro, who initiated the Law.

In other Brazilian States it appears that naturist beaches, which are marked accordingly, would have had positive effects on tourism, quotes the Website “Globo” Carneiro. Where the Football World Cup has been a decisive factor for the realization of the law. According to “Globo” many people had used the opportunity during their visit of Rio, to enjoy nudity in Abricó. Ultimately the legislation just followed up, and legalized what had been common practice for long time anyway.

But there are some rules. The beach is not exclusively reserved for naturists. Dressed people, too, have the right to use it, as specified in a statement by the Environment Agency of Rio. However, the latter must respect the naturists. And, of course, filming or taking pictures without permission is prohibited, and so are “obscene or sexual acts”.

The law simultaneously gives a definition of naturism. According to this law, naturism would be about “all the life practices outdoors, which include naturism as a possibility to develop physical and mental health of people of all ages by their complete integration in nature.” One can also make it more complicated as it really is.







# The Calabria you don't expect

The launch of "DISCOVERY CALABRIA", a web based communication project

## ISOLA CAPO RIZZUTO (KR/ITALY) -

Discovery Calabria is a web based communication project that brings together various partners in order to communicate a never seen Calabria, a region in Southern Italy that tourists don't expect to find. Everything is played on double meaning of nudism to communicate the need to undress himself from the prejudices and stereotypes to see and enjoy a modern Calabria but natural at the same time.

Calabria where the tourist doesn't only find the clichés as red hot chillies, 'nduja sausage, sleepy elders sitting on the sidewalk, pastors and mobsters, but also accommodations and facilities for niche tourism, and... sparkling wine produced by local companies.

## THE FILM

Shot in October 2014, the short film "The Calabria you don't expect" tells about a couple of young people travelling in Calabria: a student of anthropology, and her friend, an assistant professor that acts as girl's tutor. Is Mark that suggests the hypothesis of the Martine's thesis for the bachelor: go in a region in the Southern Italy where people are considered backward and reluctant to the new costumes and to appear naked in public and around to record and study the inhabitants' reactions. But at the end of the trip will be a surprise...

For more information please visit:  
<http://www.discoverycalabria.com>



# A Visit to Andalusia

by Stéphane Deschênes

The Central committee meets in person twice a year to plan and deal with the operational business of the INF. Our latest CC meeting was held at the Camping Naturista Almanat just outside Málaga, Spain. We had been offered free accommodations and meeting space by the very friendly and very kind manager, Paco. While this was a bit further than normal for a CC meeting, the opportunity to save some money for the INF is always appreciated. It also saved Jean Peters travel costs since he spends his spring and autumn holidays at Almanat.

This was my first visit to the southern coast of Spain known as the Costa del sol. The airport in Málaga is large and modern. There are many flights from all over Europe which makes it both an easy and affordable destination. From Málaga it is about a half hour drive to Almanat. You can take a taxi or rent a car but it is also possible to use the bus.

While it is called a "camping", Almanat is much more than that. You can rent bungalows; swim in an indoor heated pool or an outdoor pool; enjoy a sauna or spa treatment; shop at the small onsite grocery store; and enjoy tapas or a full meal in the restaurant. I found the food to be very good and the prices very reasonable compared to France, Germany or the UK. But best of all, the restaurant was located right on the beach making it one of the best places to be at sunset.

There are also a number of activities available. I saw facilities for mini-golf, volleyball, football, lawn bowling, ping-pong, and volleyball. For those with children, there is a playground and, in the summer, a kid's club.

Almanat's beach location is one of its best features. A swim in the ocean is only a few steps away and clothing is never needed. Nudity is allowed on all beaches in Spain but the beach at Almanat is a bit more secluded and frequented almost exclusively by people who prefer to be clothes-free.

The general facilities were about as good as I've seen. Everything was clean and in a perfect condition. I was actually amazed by the toilet and shower building. It is a solid masonry construction with skylights to let the sunshine in. All surfaces are covered in white ceramic tile that were always impeccably clean. The only part I found odd were the showers. There were dozens of them and each one was in a lockable, private booth. Not only did that

provide an unusual level of concealment for a naturist campground, but it did not allow me to shower outdoors. Of course, there was a shower in my bungalow but I normally prefer to see the sky and feel the breeze when I shower in the morning.

While Almanat is a worthwhile destination in itself, there are many things to do in the area. You can visit Gibraltar; the British territory that for centuries has controlled the access between the Atlantic and the Mediterranean. At that point, the sea is so narrow that you can easily see Africa. Or you go to the old city of Granada at the foot of the Sierra Nevada mountains. It is home to the Alhambra, a stunning palace and fortress built about a thousand years ago when Muslims ruled the south of Spain. I'm sure, there were many more things to see.

For anyone who wants more information, visit Almanat's website at [www.almanat.es/de/](http://www.almanat.es/de/)



# FKK

## CAMPSITE

**Facilities:** lounge, projection room, cinema, sauna, pool, whirlpool, snack-bar, restaurant on the beach, supermarket, internet room (100 % WiFi internet access), playground, kids' club, sports field with minigolf, petanca, basketball, paddle, table tennis, barbecue area, football turf.

The campsite offers diverse activities for kids as well as for grown-ups, as for example language courses, aerobic, aqua-gym, excursions, ...

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## ONLINE - RESERVATION

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