

Anna Semenovich
**ALWAYS
 ON THE GO**

This vivid girl with shining eyes emanates energy and a love of life. Anna's professional track record is impressive: an ex-figure skater and international prize winner, she worked in the USA and now lives in Moscow pursuing her career as a professional singer, actress and TV presenter. Anna lives a full and vibrant life and does not seem to be slowing down. Swiss Health happened to meet Anna during a short vacation at the Leukerbad Clinic in the sunny Swiss Alps. Our Chief Editor, Maria-Anna Lämmli, talked to Anna in between her medical procedures and therapy baths.

TEXT *Maria-Anna Lämmli*

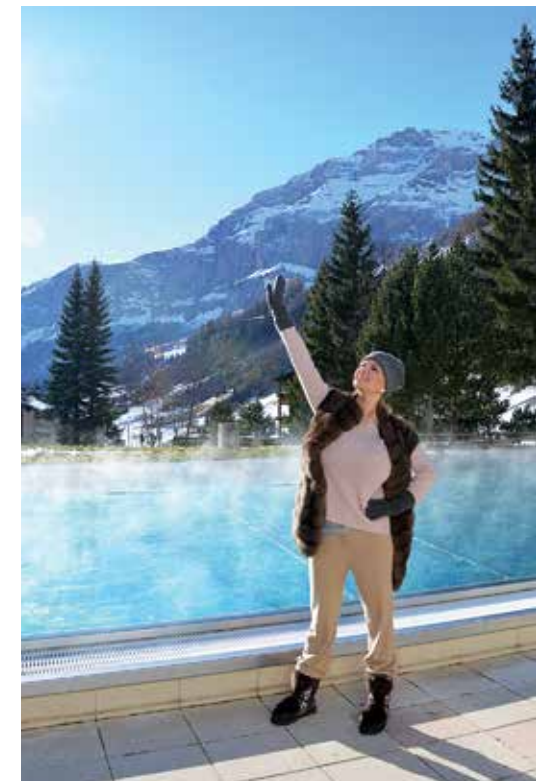


FOTO PRESS-SERVICE OF ANNA SEMENOVICH (1) (1). SANITA BRIEDE (1)

Anna, what do you see as a source of vitality? Some people go to the mountains, some prefer the sea...

– For me it's water, without doubt. I am a Pisces and I love swimming. That's why I like the LeukerbadClinic so much – it is an exciting, beautiful place with mountains, a lot of fresh air, and thermal waters. You swim outside in a hot pool and you feel your cheeks are freezing but your body is warm, it feels so good. The mountains here are so tranquil, you can hide as if in your mother's womb and feel that no problems can touch you. You feel you trust the world, and it is very important, because then the world embraces you as a mother embraces her child, and gives you everything you need.

Naturally, humans depend a lot on their social environment in their everyday lives. Today's metropolitan cities are associated with a fast pace of living, traffic jams, late bedtimes, early wake-ups; all this affects our nervous system, our well-being, and our thinking patterns. The way we think shapes our lives and destiny. This is a cyclical





LEUKERBAD

It is unique combination of beautiful mountains, thermal waters and almost always sunny weather. Rehabilitation – from a well-planned menu in the kitchen to the water treatments – begins since their arrival in Leukerbad Clinic.



chain. Therefore, my recharging at Leukerbad is very important.

– As far as I know, you care a lot about rehabilitation and give it a lot of time. What kind of program at Leukerbad Clinic did you select for yourself?

– Of course, I prefer a healthy lifestyle, given my professional career in sports. I take care of my diet, do sports and go through regular check-ups and detox programs at the Leukerbad Clinic. I was offered a special diet, including food that fits my body, I had great procedures: massages and dropping procedures to add microelements. Living in big cities does have an impact on our lives. I enjoyed a special massage to relax my muscles. I came to Switzerland very tired after filming. I badly needed a break, and now I'm getting back to work after a good rest, full of energy and ready for new film projects and concerts.

– That means you try to avoid chronic fatigue and burnout.

– If you burn yourself out and then you finally relax, your body will react with various disorders. We all need regular rest and enough sleep, especially women, to look well and stay young for a longer time. And one must always remember fitness and health-promoting procedures. I sleep at least 8-9 hours a day and have workouts, beauty procedures, and massages included in my daily schedule.

I like the way Europeans – in particular, the

Swiss – treat their health. They have a whole culture in place for recreation and health promotion. When my doctor learnt that my shooting day sometimes lasted 14 to 17 hours, he was astonished: «Why do you need to work so hard?» But it is a part of me and a part of my job. The Swiss take good care of their bodies and have regular check-ups, at least for key issues such as blood analysis, cardiogram, ultrasound, and cancer-specific markers. Blood analysis is usually detailed enough to allow for the detections of the first signs of any disease. If needed, a more detailed check-up can be made. We have to take care of our health, because it is priceless.

– I hope you have undergone you medical tests fast enough to be able to enjoy the thermal baths.

– Yes. I was told there were no warning signs and that everything is OK. The culture of Swiss medical services is not aimed at making patients spend unnecessary money or, more importantly, time. They do 3-4 initial key tests, and perform a more detailed check-up only if something serious or some problem has been identified.

– Why do you need detox programs? Is it reasonable to take them while you are still young?

– We live much shorter lives than we are destined to have, mostly because of the toxins that fill our bodies and make us grow old and destroy our organs. So it is very important to flush your body clean of toxins. Here I take dropping procedures to remove heavy metals from my liver. The liver plays

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a very important role in cleaning our bodies and also needs to be cleansed and rehabilitated. I believe detox programs are most relevant to people living in big cities.

It is advisable to go through an «intoxication program» once a year – have fun with friends, drink good wine and recover from your diet. After that you need to go to the sea and go through a detox procedure, once a year. I am young, but I work and travel a lot, and I need to take such measures in order to look and feel young, and to be in good shape.

– You are an «advanced user» of health promotion services. Have you learnt anything new here?

– This time it was a chrono diet. This is a good system: you eat some rich food in the morning, such as butter or eggs. I also had a cocktail of quail eggs with ginger, lemon juice and olive oil, and soups, fish or meat with some topping for lunch. I always had some fresh detox juices, like baobab juice. But I have a different approach to dieting. I prefer sepa-

PERFECT VACATION

Tour about Switzerland with the STS (Swiss Travel System); tasting of delicious and healthy dishes from the chef of the restaurant Le Goethe.

FOTO PRESS-SERVICE OF ANNA SEMENOVICH (1), A. BARDIN (1)

PHOTO SANITA BRIEDE(1), WWW.LEUKERBAD.CH (3)



It took less time for me *to recover* here, I had enough sleep, bathed in the hot springs, followed medical *procedures* and breathed *the fresh Alpine air!*

BREAKFAST

The morning starts with a cocktail from quail eggs, olive oil and lemon juice. Meals are complemented by useful herbs, such as pollen of Cistus.

rate nutrition. When I mentioned to the doctor that it was difficult for me to take proteins and carbs together, my diet was immediately changed to include the food that I preferred, while still being tasty and nutritious. I hardly consumed any desserts, although I like the idea of having a dessert at five o'clock. This is the time when your body generates serotonin and you need to eat something sweet to avoid depressions or sleeping disorders. For example, my menu included a banana with black chocolate or warm apple sauce with cinnamon – it was tasty and I was not hungry for dinner. I will make note of this recipe. You may skip your dinner, but breakfast, lunch, and afternoon tea are strongly recommended. When you go to sleep feeling slightly hungry, you lose extra weight.

– **It is probably no good to mix weight loss and detox diets as they have different purposes...**

– Sure. This clinic has hunger therapy programs, where patients eat separately and their diet includes vegetable soups, tea, and water. They do not go to a public restaurant so as to avoid being seduced with food's appearance and aroma. Everything is really wellorganised. I have practiced hunger therapies myself and know how hard it is when you are surrounded with so much temptation.

– **Do you believe it is realistic to stick to a healthy diet amid the frantic pace of modern life? Moreover, you have to take meals at set hours...**

– If you want to look well and feel well, you will find a way to take care of your diet. Sure, you have to forget about fast food. This is a real challenge in

Europe and the US, in particular for young people. I prefer to eat nothing at all or to take a piece of chocolate and tea, or some fruit. You have to have a healthy breakfast and dinner and take your lunch with you, like a piece of fish or chicken with vegetables, and drink a lot of water.

The clinic often prescribes gluten-free bread. Our ancestors were eating bread and had no problems with that. Nowadays, food products are strongly processed and my doctor told me that gluten (in essence, vegetable gelatin) has become a damaging element. It causes allergies in some people. As many products include gluten, we have to forget about bread, grains and even yoghurts... Switzerland offers many gluten-free products, so it is easy to keep to such a diet here.

– **Did you manage to get thermal water treatment, or, more pertinently, to enjoy it?**

– It is interesting that the local thermal springs are older than me. It takes 40 years for the water to reach the surface in the form of such unique springs from deep down in the mountains, and the temperature is 50 degrees! The water is cooled to make it comfortable for bathing. The composition is rich – a lot of calcium —so the water is good for your joints, and as it is hot, the minerals and useful agents penetrate your body faster. It took less time for me to recover here, I had enough sleep, bathed in the hot springs, followed medical procedures and breathed the fresh Alpine air!

– **Some people sleep well in the mountains... Some say you have to adapt to silence.**

– I didn't sleep so well during my first night here. The reason is that we live in a valley and this place is about 1,400 meters above sea level, so it took me some time to adapt. Then I started feeling sleepy and did not resist the wishes of my body. We are constantly listening to someone else, like bad news or the opinions of others, and rarely listen to ourselves. I even missed some exiting procedures, but I knew it was more important for me to get enough sleep. The doctors also told me that this was one effect of the detox programs, when the body releases toxins: it is work that is invisible to us. The body tends to resist any stress in the mountains. I remember our team was taken to the mountains for training before the sporting season, and we had to do hard workouts, to run and jump. It is really hard at the beginning, but eventually the body adapts and strengthens the immune system. When you come back down from the mountains, you feel much stronger and resilient, and your heart beats more vigorously. I had no training this time, but a more active program is also available here, if needed. It is good to combine skiing and thermal springs. It is a great pleasure to dive into a hot spring after skiing, it relaxes all your muscles. Generally, there is a lot to do here, even without the check-ups. They have well-established rehabilitation programs for recovery after traumas, and there are many patients here who have had surgical operations. Being an ex-athlete, I know a lot about this. The clinic has experts for the treatment of joints or injuries.

You should come here to improve your health. I really enjoyed just hanging out in a thermal pool, floating, just looking at the sun, the mountains, letting all my thoughts drift away, thinking about life...

– **Do you do any sports now, after the end of your sports career? What would you recommend to our readers?**

– I cannot imagine my life without sport, but I know what my body really needs and I have a set of workouts for each day. It is important to customize your load to include your individual needs and to do your exercises in the correct way.

I learnt something new in the Leukerbad Clinic. The doctor told me I had strong feet, a strong back,



and strong hands, but my small of the back was weak. He showed me some exercises for my morning workout. By the way, a workout should become the same morning ritual as a cup of coffee. Take at least ten minutes to twist your head and stretch you main joints – shoulders, elbows, knees, ankles, and neck – and bend them in different directions. It's no good when you just jump out of bed and start working. Forget about such an approach after you turn 30. And take a walkfor at least half an hour every day. You can hardly find a way to walk in a big city, so I have a bikewalk at home and walk at least 5-7 kilometers a week. And if you come to Switzerland, go walking in the mountains – no matter how the weather is, you will enjoy every minute of it! And breathe and gain strength.

Some people say that a healthy lifestyle is too boring and it is good only for seniors... I was the youngest patient in the clinic and I felt comfortable there. This is a place where you recover. It is impossible to stay stressed all the time. You need to breathe out once in a while, to take a deep breath.

THERMAL WATER

Its composition is ideal for recovery post-workout and injury.

PHOTO A. BARDIN (3), SANITA BRIEDE (3)



The place meets modern needs for living and relaxing in «an envirosafe space»



THE HEART OF MOUNTAINS

Learning to live well, remaining true to your own concept of the world and accepting it, is a goal that can be achieved only by a self-confident person. Reaching it can be made easier by the right choice of location.

TEXT *Marinika Markova*

The famous hot springs, known since Roman times, have made the name of the town of Leukerbad a household word. «Going to a spa» here has been the habit of the aristocratic crowds for centuries. The healing properties of the local waters prompted the development of tourism in the area and made Leukerbad one of the largest spa and wellness resorts in Switzerland. But water is just one reason to come here.

The place fully meets modern needs for living and relaxing in «an envirosafe space». The downtown area is closed to motor traffic, and the Alpine air is pristine.

AUTHENTIC AND EXTREME

Leukerbad's attractions include the Museum of Local History (located in a 13th-century building formerly inhabited by princes and bishops), the Galerie St. Laurent, and a 16th-century parish church. The tiny

village of Inden can be found within a 10-minute drive from the resort, and has many ancient buildings, including a beautiful 18th-century church.

For those who lack adrenaline and are in good physical shape, the longest, and most vertiginous in Switzerland (800 meters long), via ferrata is located here. To traverse it completely, it is necessary to overcome 1,300 meters of hanging bridges and climb four flights of stairs with a height difference of 350 meters.

But let us not forget about the classical aristocratic pastime: it must be mentioned that people go to Leukerbad to visit the world-renowned Leukerbad Clinic, which specializes in complex diagnostics, orthopedics, rheumatology, and sports and anti-aging medicine.

ALPINE REHABILITATION

This highly prestigious medical center has been operating for 55 years and offers an entire com-

plex of programs: rehabilitation and physiotherapy, orthopedics, ergotherapy, sports therapy, and dietetics. The Clinic's doctors combine the latest methods of diagnostics and treatment with the special therapeutic effects of thermal waters, developing a proprietary methodology for treating rheumatic diseases.

PREVENTION IS BETTER THAN DRUGS

To prevent the development of a disease or to diagnose it at an early stage and get rid of it for good... Leukerbad is the best place in Europe for this. Here, a team of highly qualified specialized doctors has created and is successfully using a unique program of general diagnostics.

Besides this, two specialized complex physical examinations have been developed and are offered to patients in the gynecology department. One of them is aimed at improving health in the period before, during and after the menopause. The other one, for women and couples, aims at successfully solving infertility problem.

SPORT IS LIFE

Here you can simply soak up the water in two swimming pools (indoor and outdoor), admire the mag-

nificent mountain scenery, go for a ride on skis or a snowmobiles, play tennis or curling, or take lessons in golf or horse-riding. Sportspeople often come here, both amateurs and world famous pros, for treatment and consultation.

CUSTOMER-CENTERED SPAS

The Clinic's specialists have vast experience in detoxification and have a whole set of proven scientific approaches. Treatment methods are selected strictly in accordance with the patients' needs. Acupressure massage, Vichy shower and a reflexology session are bonuses to the general treatments aimed at bodily purification.

WEIGHT IMPROVEMENT

Special programs for weight reduction include a two-week «Vital Care – Weight Loss» and a three-week «Vital Care – Slimming» programs and provide for a fasting period, which can be replaced by a low-calorie diet (at the customer's choice or for medical reasons). As the Clinic's doctors stress, these are aimed not at losing a few extra kilos, but at acquiring, during these 15 or 22 days, new habits that will prevent the Clinic's patients from gaining weight in the future.

LEUKERBAD CLINIC

traces its history to 1961, carefully maintains the image of a universal top class Wellness centre.

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