



**GREEK
HOSPITALITY**



**AEGEAN SEA
ISLAND OF LEROS**



**THERAPEUTIC
FASTING**



RELAXATION

FASTING CLINIC

LEROS GREECE



The Health Retreat

The island of Leros retains the picturesque charm that many other Mediterranean destinations have lost. So, if you're looking for a relaxing sun-drenched Mediterranean rejuvenating vacation without the crowds, wonderful hospitality, and an authentic Greek island experience, our health retreat is the place to visit.

The sand and shingle beach begins at the end of the hotel garden, and you will be captivated by the breathtaking view of the sea stretching all the way to the tiny St. Kyriaki island. The sun rises behind the traditional stone-built windmills from the verandas. There is also an outdoor swimming pool for your pleasure and physical training.

The first and only health retreat on a Greek island of the beautiful Aegean Sea

Our health retreat is the only one in Greece that offers medically supervised fasting. Our retreat's high operational standards make it the ideal place to fast, rest, rejuvenate, and learn how to achieve optimal health. The integrative medicine approach used allows participants to be evaluated and treated for a variety of health conditions such as high blood pressure, diabetes, autoimmune diseases, and a variety of other disorders.

The hotel has 20 spacious studios and every studio comes with its own bathroom and terrace. Studios can sleep two or three adults. Studios are for two or three adults, and can be equipped with extra beds for children up to the age of twelve. Moreover, there are disabled-friendly rooms with a double bed and furniture that provides an extra large turning surface. All studios are just a few steps away from the beach and offer spectacular views of the sea. They are built in harmony with traditional Aegean architecture.

As a family-owned establishment, the hotel provides quality service as well as friendly and traditional Greek hospitality. To see or read more about the hotel, please visit <https://www.tonysbeach.com>.

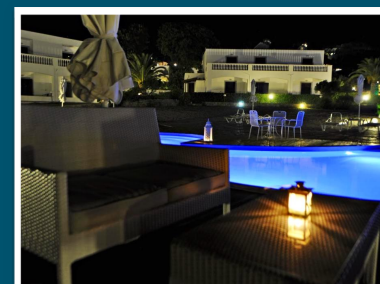
The Team

Our specialists provide medical and physical evaluations throughout the visit. The leaders of this initiative are Dr. D. Koppold, a well-known physician and researcher on the medical fasting field (Immanuel Clinic, Charite University, Berlin), and Mr. T. Frangos, an Oxford University graduate and current researcher in King's College London (UK), who has been working in the osteopathic-naturopathic field for 2 decades.

Exercises & breathing techniques, dancing, trekking, and diving classes, on the other hand, are offered as part of the program, assisting the physique (body) and enhancing each individual's self-awareness.

Subject (Max. 15 people)	Cost
Hotel (accommodation including meals)	630€ (90€ x 7 nights)
Medical support (including nurse)	320 €
Osteopathy	200 €
Trekking/Diving (including diving equipment)	200 €
Dancing & exercise classes	100 €
Administrative costs	300 €
Medical tests (e.g. Blood, glucose etc.)	130 €
Lectures on nutrition/fasting	100 €
Subtotal	1980 €

Tony's Beach Hotel



Mr Frangos graduated from the British College of Osteopathic Medicine (University of Westminster) in 2003. He holds a degree in Osteopathic Medicine and a diploma in Naturopathy and two postgraduate degrees (MSc) from the University of Surrey in Nutritional Medicine and Oxford University in Musculoskeletal Sciences. Since 2019, he has been a PhD candidate at King's

College London researching the role of metals in rheumatoid arthritis. He began his career as an osteopath-naturopath in England in 2003, proceeded in the Naval Hospital of Athens' Orthopaedic Clinic, and has been treating patients in his own practice and on Greek islands since 2007. In 2013, he was appointed clinical tutor at "Osteopathic Help" Clinic, and since 2019, he has worked as a research associate at the Hellenic Institute for the Study of Sepsis, Attikon Hospital. The General Osteopathic Council honoured him in the Evaluation of Clinical Competence in 2003. He has served as Treasurer of the Panhellenic Association of Osteopathy since 2010.



Dr. Koppold graduated from Dresden Technical University with a degree in medicine. She has practiced medicine in a variety of settings, including orthopaedics, intensive care, geriatrics, and internal medicine, as well as at Berlin's renowned naturopathic Immanuel clinic, where she studied fasting with Prof. Dr. Michalsen (Charité University Berlin). She has accompanied hundreds of fasting patients under his supervision over the years, treating cases of rheumatoid arthritis, diabetes, fibromyalgia, osteoarthritis, and

chronic intestinal illnesses. In naturopathic journals and congresses, she publishes and discusses case studies of fasting patients. She also practices herbal medicine, homoeopathy, and osteopathy, as well as traditional Chinese medicine (acupuncture and Chinese manual therapy/Tui-na).

Schedule	Day 1	Days 2	Day 3-5	Day 6	Day 7	Day 8
8.00-9.00	Welcome and Introduction	Morning exercise (outdoors)	Morning exercise (outdoors)	Morning exercise (outdoors)	Morning exercise (outdoors)	Morning exercise (outdoors)
9.00-10.00	Welcome and Introduction	Breakfast with porridge	Morning tea or juice	Morning tea or juice	Breakfast with porridge	Breakfast with porridge and greek honey tasting
10.00-11.00	Welcome and Introduction	Medical group visit	Medical group visit	Medical group visit	Medical group visit	Medical group visit
11.00-11.30	Welcome and Introduction	Bowel cleansing with magnesium salts	Break/ preparation of soup	Break/ preparation of soup	Break/ preparation of soup	Break
11.30-12.30	Welcome and Introduction	Input/ Osteopathy	Input/ Osteopathy	Input/ Osteopathy	Input/ Osteopathy	Fairwell
12.30-13.00	Welcome and Introduction	Break	Break	Break	Break	Break
13.00-13.45	Welcome and Introduction	Soup for lunch	Soup for lunch	Soup and warm salad	Soup and warm salad	Break Lunch at Greek tavern
13.45-14.30	Welcome and Introduction	Rest Liver compress	Rest Liver compress	Rest Liver compress	Rest Liver compress	-
14.30-16.00	Welcome and Introduction	Break	Break	Break	Break	-
16.00-18.00	Welcome and Introduction	Diving Lessons Trekking	Diving or Trekking	Diving or Trekking	Diving or Trekking	-
18.00-18.30	Welcome and Introduction	Preparation of Free Juice	Preparation of Free Juice	Meditation	Preparation of fresh juices	-
18.30-19.00	Welcome and Introduction	Dinner with Juices	Dinner with Juices	Breaking the fast	Dinner at Greek Tavern	-
19.00-20.00	Welcome and Introduction	Free evening or Movie night	Dancing	Dancing	Free evening or Movie night	-

How to arrive in Leros



There are flights from Athens to Leros each week, depending on the season. The flight lasts approx. 1 hour and the airport of Leros is located in Partheni on the northern part of the island. There are also charter flights from Europe to Kos, where you can take the ferry boat to Leros.

Tel. Olympic Airlines Leros: +30 22470 22844 & 24144
Leros Airport: +30 22470 22777

[Greek Travel Pages, Aegean Air,
ForeignAirlines, airtickets.gr]



By ferry boat from Piraeus to Leros there are services in the summer. Distance 171 nautical miles. [Blue Star Ferries (check schedules), Dodecanisos Seaways (from Rhodes, Kos and other Dodecanese islands)]

BOOKING POLICY

Please send us your name, address, and contact details (telephone, mobile number and email) and submit your information to info@thfrangos.gr (Title: Leros Fasting Clinic) until the 20th of May to reserve a space before purchasing any trip tickets. You will receive a second email with a bank account to complete the payment and consequently reserve your travel tickets once the required number of people has been reached. There will be a priority list, and the number of guests will be restricted to a minimum of 12 and a maximum of 20 (first come, first served).

We are always here to help you with your trip arrangements!

