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ALFRED VOGEL: A LIFE FOR HEALTH

All his life, "Naturarzt" Alfred VOGEL has studied the healing powers of plants. Recently and "Vögeliwohl" as he said, he celebrated his 90th birthday. Full of life, he claims that his extraordinary good health is due to healthy eating habits, plenty of fresh air, regular sport activities and no cigarettes. His motto is: "Life must be fun, but you must never forget what you owe to your body".

What started as a small research programme in his laboratory in Teufen (Appenzell) blossomed out into a worldwide undertaking. At the age of 63, Alfred Vogel created the company Bioforce in Roggwil which has become Switzerland's largest manufacturers of health products.

At the age of 80, after having lost his first wife, he remarried and at 82, under the motto: "A new happiness needs a new home" he built, high above the lake of Zurich, his new Bio-House, free of chemicals and nature threatening elements. Although old age is creeping up on him regardless, Dr. Vogel, at 91, still enjoyed skiing on the Diavolezza. He comments on this achievement: "I have no intention, towards the end of my life, to become an old man".

In this laboratory in Teufen, Dr. Vogel began his studies on plants. Today, this room has become a museum.

At the age of 82, Dr Vogel fulfilled a boy's dream. He built for himself and his second wife Denise this Bio-House.

