

Sebastian Kneipp

10:00:00:00 – 10:03:00:00

Dur: 3:00

- 00:04 This is the German priest and homeopath, Sebastian Kneipp. He invented the Kneipp bread.
- 00:15 Sebastian grew up a hundred years ago – and his family was so poor - he had to start working as a shepherd from the age of eleven.
- 00:32 But Sebastian's dream was to become a priest.
He wanted to study at the seminary – and help people to believe in God and live healthy, happy lives.
- 00:48 In Sebastian's time people suffered a lot – many were quite sick.
Sebastian decided to find out how to stay well and fit.
- 00:58 He tried out different herbs and plants and discovered what made the body feel good – and he tested it all on himself.
- 01:11 And he was crazy about water.
- 01:15 He washed in the river during winter, walked through the cold grass in the morning and drank lots and lots of water. And all this was good.
He discovered that keeping clean was very healthy and so he opened places **where one could bathe and swim.**
- 01:36 Even kings and queens followed his advice.
- 01:41 Sebastian noticed that people ate unhealthy **food.**
They thought fruit was bad and white bread was good.
- 01:52 Sebastian decided something had to be done!
- 01:57 He wanted to create a new, healthy bread. A bread with brown flour and whole grains.
He baked and baked – and one day a delicious, brown bread appeared from the oven. Sebastian called it "The Kneipp bread".
- 02:13 People started buying these tasty loaves – and their health improved.
- 02:22 Prisoners had been given bread and water to eat as punishment – but now everybody realised how healthy bread and water could be.

02:34

Sebastian became a very rich man – but he used his money to build hospitals and orphanages where his nutritional advice was followed. And all the children had Kneipp bread for breakfast. So – the next time you eat your sandwich – remember how healthy brown bread is. And you know who created the Kneipp bread – Sebastian Kneipp.