



rosenalp
cure

therapeutic fasting

so
healing
so
healthy

Interesting facts about
therapeutic fasting







Fasting has been part of life since time began. In almost all religions and cultures, some form of abstaining consciously is firmly anchored. The more or less long periods of fasting serve to purify body, mind and soul and illustrate the holistic effect, that has always been attributed to fasting.

Those who undertake a fasting cure do so from the point of view of active preventive health care, or even for medical reasons. For fasting can alleviate the symptoms of various illnesses.

therapeutic fasting



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What is therapeutic fasting

Therapeutic fasting is a form of fasting that goes back to the doctor Otto Buchinger (1878 - 1966). If you decide to do a therapeutic fast, this means abstaining from solid food for a clearly limited period of time: You will eat exclusively in liquid form. In this way, your organism will be supplied with valuable nutrients and at least a small amount of energy. The maximum allowed energy intake is only 250 - 500 kcal/day.

The recommended duration of a therapeutic fast is 7 to 10 days. During the therapeutic fast your diet consists of

- ✿ Herbal and fruit teas
- ✿ Freshly squeezed fruit and vegetable juices
- ✿ Vegetable broths rich in minerals
- ✿ Table or natural mineral water



YOUR BODY REACTS POSITIVELY

Abstaining from solid food starts a comprehensive cleansing process in your body. During the therapeutic fasting cure, everything that burdens the organism is eliminated: Toxins and waste products, which have often been deposited over years, are released and excreted through the kidneys, intestines and skin. The liver is stimulated to empty the stored fat depots, which increases its functionality. You will feel this great cleansing like a liberation and a new beginning: Your self-healing powers will be activated,

your immune system strengthened. Fasting has positive effects on high blood pressure, high blood lipid levels and gastrointestinal problems. The excess weight falls off. In addition, despite the low energy intake, you can look forward to more energy and an increased sense of well-being. A therapeutic fasting cure also has a positive effect mentally: Calming down, looking inwards, becoming aware of your own needs and doing good for yourself, all lead to a new state-of-mind balance and vitality.

Fasting has a holistic effect – on a physical, psychological and spiritual level.



TIP

With a liver wrap you can additionally boost the detoxification of the liver. At the Rosenalp Spa we offer a range of signature treatments such as detox wraps, alkaline treatments and cleansing facials that promote the cure effect.

Preparation for the therapeutic fast

Before starting the cure, we recommend that you prepare your body for the upcoming phase of abstaining. You will then feel better more quickly during the cure and the cure effect will also be enhanced. Plan one or two so-called relief days: Cut out or reduce everything that puts a strain on the body or requires a lot of energy to metabolise: Do not drink coffee, black tea, green tea, Coca Cola or energy drinks during these days. Alcohol and nicotine are also taboo from now on. Refrain from animal-based foodstuffs, cured meats and hams, carbohydrates, sweets, fast food or convenience products. Instead, eat mainly vegetables, fruit and wholemeal products.



*Time and space
for me*



BOWEL CLEANSING – WHY AND HOW

A detox cure such as therapeutic fasting always includes a thorough cleansing of the bowel and intestines. On the one hand, this is important in order to really rid the colon completely of waste products. On the other hand, it reduces the likelihood of suffering from flatulence or headaches during the cure. You can choose from various options for cleansing the intestines: A laxative cocktail of digestive bitters or passage salts, alternatively an intestinal emptying by means of an enema. A gentle colon hydrotherapy is particularly recommended, which you can book at the physiotherapy practice of the Rosenalp Health Resort & Spa.

THE COURSE OF THE THERAPEUTIC FASTING CURE

After your arrival at the Rosenalp Health Resort & Spa, you will find out all the important details about the course of treatment during the welcome talk. The actual cure programme starts the following day with a colon cleansing. During the cure days, your diet will be as follows: For breakfast you can choose from a variety of teas. For lunch and dinner you will have a vegetable broth as well as fruit and vegetable juices. It is especially important that you drink plenty of fluids throughout the day: You should drink 2 - 3 litres of water or tea.

TIP

Ideally, you should already do a first intestinal cleansing during the relief days, i.e. before you arrive for your therapeutic fasting cure in the Rosenalp.



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TIP
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Enjoy mostly vegetable juices and broths, as these have a lower fructose content.

NOT ALL JUICES ARE THE SAME

Even if you have to do without a few things during your therapeutic fasting cure – you can make your diet surprisingly varied, thanks to the numerous, delicious and healthy choices of juices on offer. Any fruit or vegetable that can be centrifuged can be made into juice and also each one has different effects.

Examples of juices and their effects:

Cucumber: blood purifying	Pineapple: stimulates metabolism
Potato: for severe hyperacidity	Apple: regulates the stomach
Carrots: for beautiful skin	Pear: draining, lowers blood pressure
Beetroot: Haematopoietic-blood building	Blackberry: expectorant
Sauerkraut: stimulates digestion	Strawberry: strengthens the nerves
Topinambour: diuretic	Orange: strengthens the kidneys
Celery: detoxifying	Grape: blood cleansing
Nettle juice: diuretic	Grapefruit: strengthens the immune system
Artichoke: Body tissue strengthening	



WHAT TO DO DURING A FASTING CRISIS

A fasting cure sets a lot of things in motion in your body. It is only natural that it reacts to the changes – even with one or two aches and pains or problems. The good news is that there is usually always an effective remedy.

- ☞ Pay attention to the optimal amount to drink during fasting. As a rule of thumb, you should drink at least 35–40 ml of fluid per kilogram of body weight.
- ☞ If you have a headache, emptying your bowels again can provide relief.
- ☞ For circulatory problems or headaches, a teaspoon of honey may help.
- ☞ A dry brush massage in the Rosental Spa will help to get the circulation going if you have circulatory problems.
- ☞ If you feel generally cold, a foot bath, a hot water bottle on your stomach or red woollen socks will help.
- ☞ A warm foot bath in the evening reduces sleeping problems.
- ☞ A "Kneipp" walk or arm bath in the Rosental Spa is effective for morning circulation problems.

*Because I care
about myself*

INDULGE YOURSELF, BUT ABSTAIN

Have you decided to go on a therapeutic fast? That's great! Also use this time to listen to yourself and recognise what is good for you. At the Rosenalp Health Resort & Spa you will enjoy a holiday ambience that makes it easy for you to find peace and quiet and – especially important for the success of the cure – to leave everyday life behind you. With the varied activity and fitness programme, you can incorporate sport and exercise into your day as you wish. In the Rosenalp Spa you will find wonderful opportunities to unwind or pamper yourself with wellness treatments. You can reward yourself for doing without! After your cure you will feel strengthened and full of energy.

BREAKING THE FAST AND THE RECOVERY DAYS

After the cure days, it is important to gently accustom the body to solid food again, step by step. The organism needs time to adjust to the increased energy required for the metabolism. But you will also find these days exciting: You will perceive aromas and tastes much more intensely after fasting. The anticipation of pleasure and the feeling of having successfully mastered the days of abstaining provide a lot of euphoria on an emotional level.

TIP

It takes time for the empty bowels to get going again after fasting. Be patient. If you still have problems with bowel movements after the third day, prune, flaxseed, sauerkraut juice or buttermilk can help.

WHAT YOU CAN EAT AFTER THE CURE

On the day you break your fast, you start your food intake with apples and soup, for example. Gradually, you can add low-fat dairy products, whole grain products, salads and gently cooked vegetables on the following build-up days. You can find examples of what the diet could look like on the build-up days, in our therapeutic fasting plan, on the Rosenalp website. Even after you return home, you should still plan a few build-up days and take the following rules into account:

- ✿ Keep to regular meal times.
- ✿ Cook small portions, pay attention to your feeling of satiety.
- ✿ Eat consciously and slowly, chew well.
- ✿ Use fresh ingredients, little salt, little sugar, use gentle cooking methods.
- ✿ Drink plenty of water and herbal teas.
- ✿ Alcohol, coffee, nicotine (which have an extremely strong effect after fasting) as well as fast food, convenience foods and foods that are difficult to digest are taboo.



FAQ – what else might interest you



HOW DO I KNOW IF THERAPEUTIC FASTING IS RIGHT FOR ME?

Inform yourself comprehensively about the cure in advance and deal with the topic of abstaining. Take a look at yourself: Can you imagine not eating any solid food for several days? All of this will not only help you make your decision, but will also positively influence your personal attitude during the cure.

WHAT ARE THE ADVANTAGES OF DOING THE THERAPEUTIC FASTING CURE IN A HOTEL?

At the Rosenalp Health Resort & Spa you will find peace and quiet far away from everyday life, so that you can fully engage in the intensive experience of fasting. Thanks to the Medical Health Centre, the physiotherapy practice and our nutritional advice, you will also enjoy optimal medical and therapeutic care directly in the hotel.

HOW LONG DOES THE CURE EFFECT LAST?

That depends on you! For many, the therapeutic fasting cure is also the start of a healthier life. With the positive energy and the new well-being after the cure, it is easier to change your diet, to do more sports and to give up old habits. From this point of view, it is up to you to decide whether the effect of the cure is permanent or not.

We look forward to seeing you!

In the case of a hypocaloric diet such as the therapeutic fasting cure, it is compulsory to consult a doctor according to EU regulations!

