



rosenalp
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Your guide to the Acid-Base Balance Fasting Cure

Acid-base fasting is a form of fasting during which your only food intake is from fruit, vegetables, salad, fresh seedlings and some nuts.

You don't need to feel hungry on this cure as you are allowed to eat until you feel satisfied.

The reasons for lacking in energy, feeling lethargic, tired or listless are the same: the body is suffering from a chronic acidosis, which is a malfunction of the acid-base balance. Neutralise excess acids in your body by doing acid-base fasting on your holiday at the Rosenalp.

- Give your body a relief and feel fit again
- Find your way back to a healthier nutrition
- Reset your taste buds and discover new flavours

The great side-effect: you usually lose 1-4 kg of weight during an acid-base fasting cure.

Who is suited to acid-base fasting?

Acid-base fasting is theoretically **suitable for everyone** and in our experience, will provide you with a new vitality both mentally and physically.

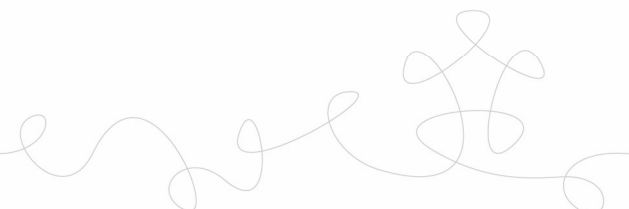
The exceptions are:

- People that are pregnant or breastfeeding; as losing weight isn't advised in this condition
- People with chronic terminal diseases
- People with eating disorders

Acid-base fasting is **free from animal proteins and cereals** and is therefore especially suited to those suffering from allergies. This cure is **especially suitable** for people suffering from chronic illnesses. These **include rheumatism, fibromyalgia, asthma, heart disease, high blood pressure, ulcerative colitis, Crohn's disease and all chronic forms of neurodermitis** as well as many others.

The cosmetic benefits are also not to be disregarded. After just one week the skin is visibly purer and firmer, the connective tissues are strengthened and the eyes clearer.

In our experience, we can also say that after undertaking a 7-day acid-base fasting cure you will reduce your body weight by 1-4 kg.



We recommend during the cure a colon hydrotherapy (colonic irrigation) to reactivate your colon. Our physiotherapy team is available to carry out the treatment. During acid-base fasting, toxins are excreted and through the food which is high in minerals, the excess acid is neutralised and excreted via the detoxifying organs. Our spa team is available to support and advise you on further detoxifying treatments – compresses, alkaline exfoliating treatments, alkaline baths, salt stamp massage and other massages.

If you continue following the principles of acid-base fasting, it can be the start of a healthier nutrition and lifestyle.

If you have any questions regarding the acid-base fasting cure please contact our restaurant team or our Head Chef Helmut Beng who is a qualified dietary advisor, or our holistic healing practitioner Petra Schantini – they would be pleased to personally advise you.

The procedure of the acid-base fasting cure at the Rosenalp

Day 1

- In the morning: Salt water flush, fresh fruit, chufa sedge
Lunchtime: Vegetable soup, raw vegetables
In the evening: Vegetable dish e.g. baked potato, seedlings, cress, pureed vegetables, king oyster mushrooms, champignon mushrooms

Day 2-7

- In the morning: e.g. strawberry and mango shake or buckwheat muesli with apple and banana
Lunchtime: fried wild mushrooms, rocket salad, iceberg salad, lamb's lettuce, cucumber, watermelon
In the evening: Rosemary potatoes, avocado dip, roasted radicchio, chicory

Our Head Chef will create a menu for you every day.

Alkaline foodstuffs and their benefits

Fruit:

- pineapple → for great skin
- apple → regulates the stomach
- pear → decreases water retention
- blackberry → excretes mucus
- strawberry → strengthens the nerves
- orange → strengthens the kidneys
- grapes → cleanses the blood

Vegetables:

- cucumber → cleanses the blood
- potato → for chronic acidosis
- carrot → for beautiful skin
- Beetroot → blood building
- sauerkraut → to improve digestion
- topinambur → diuretic

The most important rules for acid-base fasting

- Stop eating when you feel satisfied
 - Chew each bite well
 - Eat consciously and slowly
- All ingredients should be as fresh and natural as possible
 - No alcohol, coffee or cigarettes
 - Drink a lot of fluids
 - Don't use any laxatives

The bowel will gain momentum due to the nutrition which is rich in minerals. You won't need any laxatives. Please make sure that you have enough exercise!

Our service team in the restaurant will be pleased to answer any questions that you might have.

Our specially trained diet advisor and Head Chef Helmut Beng is available to personally answer any questions in the Rosenstüble lounge in the restaurant every Monday evening at 9 p.m. Don't hesitate to contact the reception staff if you want to have a personal talk with him at another time.

Our holistic healing practitioner Petra Schantini is also available for a 30-minute consultation – appointment needed.

We wish you a great success with the Rosenalp – acid-base fasting cure!