



rosenalp
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Schedule during the therapeutic fasting cure

Due to partial nutrition the body is often over-acidulated, and increasingly toxics and waste products accumulate within. The Result: One builds up weight and the possibility of cellulitis increases.

With a therapeutic fasting-cure according to Buchinger over 7 days (at app. 300 kcal per day) one boosts the immune system and the acid-base metabolism is rebalanced.

The procedure of the therapeutic fasting cure at the Rosenalp

Day 1

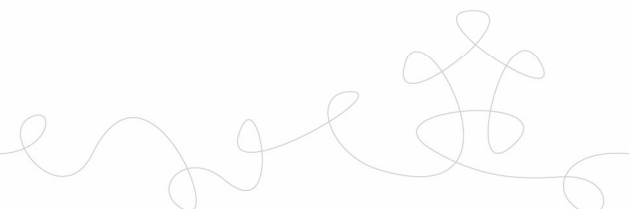
Morning: sodium sulfate (Glauber's salt), clyster or a warm prune-soup to empty the colon
Noon: 2 fruit- or vegetable-cocktails & 1 litre of water (without gas)
Evening: fasting-broth & 1 litre of water (without gas)

Day 2-5

Morning: herbal tea, peppermint tea, also chamomile-, melissa- and lime-tree blossom teas etc., eventually added by a teaspoon of honey or maple sirup.
Noon: 2 fruit- or vegetable-cocktails & 1 litre of water (without gas)
Evening: fasting-broth & 1 litre of water (without gas)

During fasting one should drink 2 to 3 liters of liquid, such as tea or water.

Which kind of juices are served? Any fruit that can be centrifuged freshly.



Juice examples and their effects:

Fruit:

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

Additional juices:

100% organic or from the health food shop		
stinging nettle juice	→	de-hydrating
artichoke	→	strengthening tissue, blood cleansing

The reconstructive days

At the end of your curing stay at the hotel you are to have one "fast breaking day" and one "reconstructive-day" for each week of fasting.

At the end of the diet, for the "fast breaking day" you will get a sliced apple for breakfast and lunch. In the evening we will serve you a vegetable-potato soup for dinner

1 week fastening

1st „reconstructive-day" (1 week fastening) in the Rosenalp:

Breakfast:	1 glass of buttermilk cereals 2 soaked plums
Snack:	3 apples, throughout the day
Lunch:	Salad of raw vegetables with nuts and honey
Dinner:	1 steamed potato with vegetable and herbal curd

The departure day (1 week fastening) at the Rosenalp:

Breakfast:	1 glass of buttermilk cereals crisp bread with herbal curd
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2 weeks fastening

1st „reconstructive-day“ (2 weeks fastening) at the Rosenalp:

Breakfast:	1 glass of buttermilk cereals 2 soaked plums
Snack:	3 apples, throughout the day
Lunch:	Salad of raw vegetables with nuts and honey
Dinner:	vegetable plate with potatoes

2nd „reconstructive-day“ (2 weeks fastening) at the Rosenalp:

Breakfast:	crisp bread with herbal curd 2 soaked plums
Snack:	3 apples, throughout the day
Lunch:	Sautéed vegetable with rice and cream cheese sauce
Dinner:	1 baked potato with herbal curd and slices of tomatoes and cucumber

The departure day (2 weeks fastening) at the Rosenalp:

Breakfast:	1 glass of buttermilk crisp bread with herbal curd
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After your departure you should continue the „reconstructive-days“ according to the following commendations, meaning you should approach your usual nutrition gradually.

It is very important to stick strictly the meal times:

Breakfast:	8-9 am
Lunch:	12-1 pm
Dinner:	6-7 pm

During the change from fasting to regular nutrition the body needs regularity with meals. This regularity could also be transferred to everyday life.

1st „reconstructive-day“ at home

- Breakfast: 1 glass of buttermilk
2 soaked plums
cereals
- Snack: 3 apples, throughout the day
- Lunch: lettuce
Mashed potatoes
Raw carrots
- Dinner: Fresh fruits (apple, banana, orange, pine apple, mango)

2nd „reconstructive-day“ at home:

- Breakfast: 1 glass of buttermilk
2 slices of crisp bread with a little bit of butter
2 soaked plums
cereals
- Snack: 3 apples and 12 hazelnuts, throughout the day
- Lunch: lettuce
Carrots in butter
1 small cup of curd with fruits
- Dinner: Lettuce or tomato salad with a light vinegar-oil dressing

3rd „reconstructive-day“ at home:

- Breakfast: 1 glass of buttermilk
2 slices of crisp bread with a little bit of butter
2 soaked plums
cereals
- Snack: 3 apples and 12 hazelnuts, throughout the day
- Lunch: plate of raw vegetable
2 steamed potatoes with a little bit of butter
- Dinner: Souffle of millet seed with tomatoes and herbs
or
Vegetable soup with 1 slice of wholemeal bread and butter

4th „reconstructive-day“ at home:

- Breakfast: 1 glass of buttermilk
2 slices of crisp bread with a little bit of butter , jam and curd , alternatively cheese cereals
- Lunch: Steamed vegetable with mashed or steamed potatoes
- Dinner: warm meal (nothing too heavy)

The most important rules for the „reconstructive-days“:

- only eat small portions
- chew properly
- eat slowly
- eat consciously and enjoy the meal
- stop eating when saturated
- all ingredients should be as fresh and organic as possible

Stodgy, indigestible food usually contains fat and cannot be thoroughly minced to a pulp in the mouth. A lean, thin slice of turkey's breast on a slice of crisp-bread is okay during the reconstructive period. But a bigger portion of meat means hard work for the body/metabolism. A steak or roast should be avoided until the colon is fully active and working properly again

- no Fast Food or instant meals
- try to use a little salt as possible in your meals – fresh herbs are much better
- be careful with sugar- even better: try to avoid it totally

→ no alcohol, no coffee, no cigarettes, especially after fasting the effect these pleasing products have on the organism is extremely high

- look out to have enough liquid, drink plenty !
- do not eat stodgy food, such as meat, hard cheese, deep fried food etc.
- do not use any purgatives any longer

After fasting the colon is only starting to work correctly when filled. That is why purgatives are no longer allowed. On the 3rd „reconstructive-day“ (latest) there shouldn't any longer be problems with digestion. Should you have Problems with regular defecation, you should try dried prunes for breakfast and two teaspoons of flax seed with every meal. Also cereal, sour-kraut juice or buttermilk are an alternative. Please also care for enough action / activity!

If you feel slightly weary or lethargic in the first few days, this is because the body has to get used to use a third of its power for digestion again.

We wish you a great success with the Rosenalp – therapeutic fasting cure!