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OBERSTAUFEN



THE ORIGINAL
OBERSTAUFEN
SCHROTH CURE



WWW.OBERSTAUFEN.DE/SCHROTH-CURE

The Schroth Cure is exhilarating



Enticement to true happiness

The Schroth Cure has more devotees than any other cure with nearly all of the Schroth Cure guests returning time and again.

Almost 200 years ago, the haulage contractor Johann Schroth, cured his injured knee with the help of a cold and wet compress. He then went on to invent the whole body compress or pack, using the same method, which is what the cure guests are given today, in the early morning hours. Johann Schroth's observations were that sick cattle refused the intake of food and restricted drinking to a minimum, these facts were used to develop the two further elements of the cure: the Schroth diet and the Schroth regulation of fluid intake. "The Original Oberstaufen Schroth Cure" is a naturopathic treatment and is always being adapted to suit the ever changing needs of people and current illnesses.

The general effect of the Schroth Cure is that it rids the body of the accumulated surplus acids, metabolic residues and harmful substances by excreting them through the skin, kidneys, lungs and intestines.

During the cure a lot of people experience a feeling of happiness and vitality which

they haven't experienced for a long time. The Schroth Cure becomes for them, a fond "enticement to true happiness".

In today's modern way of life there are many factors which come together and cause illness, which a healthy body could cope with if they appeared on their own: poor nutrition, emotional and physical stress, lack of exercise and high demands on everyday life and work. These cause the diseases resulting from modern day civilisation.

The Schroth Cure works with its four elements (see page 8/9) against this mish-mash of factors that lead to illnesses. According to today's medical beliefs the naturopathic treatment, that was founded by Johann Schroth and further developed in Oberstaufen, works like a regulatory therapy. It can bring the basic regulation that has gone wrong, back into balance. It strengthens the body's self-healing powers and immune system, enhances well-being, productivity, fitness and joy of life.

Approved for almost 200 years

The namesake of the Schroth Cure is the haulage contractor and "naturopath" Johann Schroth. In 1829 he launched the naturopathic treatment as a cure, which he invented in Nieder-Lindewiese in Silesia, now Dolni Lipova in the Czech Republic.

In 1947 after the Second World War and captivity as a prisoner of war in England, Dr Hermann Brosig came to Oberstaufen as the only living Schroth Cure doctor from Nieder-Lindewiese. A lot of expelled Sudeten Germans had found refuge in the region and among them qualified staff from Nieder-Lindewiese. That is why he could start carrying out the first Schroth Cures in 1949. Hermann Brosig worked here until 1979 as a Schroth Cure doctor and lived in Oberstaufen until 1994.

In 1956 Oberstaufen became a recognised Schroth Cure Spa, in 1969 it was awarded the name Climatic Health Resort and in 1991 it was given national recognition as a Schroth Spa Town, the only one in the whole of Germany so far.



No cure without a Schroth Cure doctor

The Schroth Cure affects the body's regulation system acutely and so it is vital that the cure is executed under medical supervision. The Schroth Cure doctor initially creates the cure plan according to your individual constitution and state of health.

The Schroth Cure is a recognised cure in Germany and is subsidised by the German health insurance fund.

It is important, when booking, to pay attention to the sign "Annerkannter Schrothkur-Betrieb" which means that it is a recognised Schroth Cure establishment. Only those that respect the modern standards of the German Schroth Association can carry this seal of approval. In Oberstaufen you can choose between around 55 establishments from small guest houses to 5 star hotels.

For further information visit the internet site www.oberstaufen.de/schroth-cure.





The autonomic nervous system determines your well-being

The autonomic nervous system (ANS) regulates the bodily functions such as organs metabolism, hormones and immune system without conscious control.

These functions can't consciously be controlled and therefore we don't have to worry about how to breathe or that our heart beats, our digestion functions properly etc.

The ANS is controlled by two main nerves: the sympathetic nervous system (which is known as the "fight or flight" response) and the parasympathetic nervous system (which is referred to as "rest and digest" system).

In stress situations the sympathetic nervous system provides sugar and fat to cope with quick reactions and caters for adrenalin highs in dangerous situations. Its opponent is the parasympathetic nervous system which is responsible for seeing that you can relax, regenerate and rest when the stress and danger has subsided.

Our self-healing powers only function optimally if both of these nervous systems are well-balanced. But if you find yourself constantly in tense situations then your regulation system is automatically put on standby. The self-healing powers are stopped by stress.

The function of the ANS can be determined by measuring the Heart Rate Variability (HRV). This examination is scientifically recognised. The variation in the time interval between heartbeats is measured as well as the stress and rest index of the heartbeat.



It activates self-healing powers

Modern-age medical knowledge is based on proven regulatory therapies such as the Schroth Cure.

It isn't just physical and psychological stress that sets off the warning bells. But poor nutrition, lack of exercise and an unhealthy lifestyle all put pressure on the body due to acids and harmful substances.

Excess acids and toxins are deposited by the organism in connective tissue, muscles and joints. On the one hand that causes pain and on the other hand it hinders our body's self-healing powers. The connective tissue isn't just essential as a supporting substance but it also has another important function, the so-called "system of basic regulation".

We literally react "angrily". The sympathetic nervous system pours out stress hormones and the body is constantly on the alert.

Depending on the body's constitution, it can result in a malfunction of the organs, metabolism, hormones and immune system.

At this point Johann Schroth's naturopathic treatment acts as a regulatory therapy. Due to the 4 elements of the Schroth Cure, the organism is relieved from the burden of the excess acids and toxins and the self-healing powers are activated. Due to the musculoskeletal system being unburdened by weight loss, back and joint pain are alleviated or even disappear completely.

The body can then bring itself back into balance due to the normalisation of the basic regulation system. This has a positive effect on various different illnesses. The metabolism and the function of the organs are improved (e.g. regulation of the function of the pancreas when suffering from diabetes – see page 18/19), hormonal imbalances (e.g. climax – see page 16/17) and the immune system is strengthened.

A doctor can detect whether the whole system functions properly by doing an ANS analysis. Regulatory problems of the autonomic nervous system are displayed on the monitor screen before they become serious illnesses in the body.

An analysis reading before and after the Schroth Cure, shows the improvement and makes it apparent why you feel so much better in yourself, than you did before the cure.

“ Look for the spark that the fire of your healing powers ignites

Paracelsus

Live a more conscious life – with the Schroth Cure in the fight against the metabolic syndrome

The positive side effects of weight loss are very gratifying but it must be said that the Schroth Cure isn't a diet meant for just decreasing your weight, it is a healing cure.

Weight loss is a welcome side effect of the Schroth Cure. The Schroth Cure food that is served isn't meant for long term nutrition to lose weight. It is actually comparable to a "targeted temporary undernourishment" and is therefore only administered under medical supervision and in specialised establishments.

- The Schroth Cure is a time limited detoxification healing cure. The intention is to prevent or to eradicate disorders in the basic regulation of the organism.
- The cure works efficiently and quickly against the negative effects of the most widespread illness in our civilisation today; the metabolic syndrome, otherwise known as the "deadly quartet".

According to Dr Susanne Neuy, "A Schroth Cure can bring your body back in balance, within a short period of time". As a medical doctor, she has been applying the cure in the area of regulative therapy, for over 20 years.

Dr. Neuy says: "The risk factors of a metabolic syndrome such as excess weight,



dyslipidemia, high blood pressure and diabetes, can be influenced positively and even entirely eliminated, within a period of a two to three week Schroth Cure".

Thanks to the de-acidifying and detoxification of the body, the spine and joints regenerate quickly. Gout and other chronic illnesses are positively affected due to the change of the organism.

Due to not enough alkaline nutrients in our diet in the form of fruit and vegetables, too many acidic foods such as meat, dairy products, bread and pasta, and a too high alcohol intake, sugar and lemonades as well as stress, hassle and fears. The body retaliates "in anger"! It deposits surplus acids in muscles, tendons and joints, where they don't belong. To counteract by using alkalines the body extracts potassium, calcium and magnesium from the muscles, bones and teeth. These are of course areas in the body where these minerals are still needed.

In addition, the over consumption of carbohydrates found in pastries and bread, potatoes, pasta and sweets causes a rise in the blood sugar levels. The body reacts with an over production of the hormone insulin, in order to regulate the blood sugars. Eating carbohydrates excessively on a regular basis can result in an insulin resistance known as type 2 diabetes. Fat cells grow, deposits in the blood vessels increase the risk of heart attacks, high blood pressure levels rise. The "metabolic syndrome" has arrived!



For the love of life

Dr. med. Susanne Neuy has written a book with the title „Aus Liebe zum Leben“ meaning, "for the love of life", which is made clear to the reader.

It explains easily the basic functioning of the body's regulation and how the Schroth Cure works. With suggestions for a healthier way of living and recipes to try out at home, with tabular lists of selected basic foods for "healthy" shopping.

At the moment this is only available in the German language.

(€16,95; ISBN 978-3-86410-002-4).





1 The Schroth diet

The calorie reduced diet is based on the principle of a fasting cure, which is thousands of years old. With a low irritability, rich in alkaline based vegetables, free from animal protein and fat and almost salt-free. Herbs are used for seasoning.

You will be surprised how the chefs can create tasty meals by just using fresh herbs, it's not as "tasteless" as you think. The cooked and steamed vegetables, fruit and rice, barley and semolina are gentler to the digestive system than raw foods are. Dried plums, apricots and special dietary crackers provide the body with vitamins and minerals.

You may find the first couple of days of fasting difficult, but the self-discipline is quickly rewarded: the body begins to use the most of its energy to de-acidify and detoxify. The craving of food eases and almost ceases completely.



2 The Schroth Cure packs

Most people shudder just at the thought of being wrapped in a moist, cold body pack. This soon changes after the first few experiences and people become enthusiastic instead.

Every day except Sunday you will be woken up in the early hours of the morning (from 4. a.m. onwards) by a qualified Schroth Cure therapist, called the "Packer", with a cup of hot herbal tea. Afterwards, fresh out of bed, the well warmed body is wrapped in a moist cold linen sheet. Up to three hot water bottles are added to the pack and the body is then covered up with thick blankets. After just a few minutes the pack becomes warm and cosy.

A natural hyperthermia treatment is carried out, a "healing fever" is induced, resulting in a raised temperature. The body reacts during the two hour pack by flushing out the metabolic residues and toxins. The nicest part of the Schroth Cure pack is the resting time afterwards, people tend to fall into a deep relaxing sleep.



3 The Schroth Cure regulated fluid intake

In the past there were days when it was allowed to drink a large amount and "dry" days, when hardly anything was drunk. Today they are still called "drinking" and "dry" days but without the strict regulation of days when nothing was allowed.

The rhythmic change in the quantity of fluids is individually prescribed by the Schroth Cure doctor. This supports the natural tissue drainage which in turn stimulates the body's self-healing powers.

During the cure you can drink either mineral water, fresh juice, teas and even on the so called "drinking" days, a dry wine in moderation. When allowed by the doctor, men can drink up to ½ litre and women up to ¼ litre. It has been proven scientifically that drinking wine in moderate amounts has a positive effect on your health. This is of course one's own choice, people can be in high spirits during the Schroth Cure without drinking wine.



4 Alternating between rest and exercise

In combination with the rhythmic change of fluid intake, the alternation of rest and exercise contributes to a successful cure. The body's metabolism is stimulated, helping to relieve stress and contributing to a further fat reduction. Whether you exercise moderately or engage in peaceful moments, the mild stimulating climate at an altitude of 800m to 1800m, has a positive healing effect on the organism. It is especially good for the respiratory tract, skin, and rheumatism and also works positively against heart and vascular disease.

On the "drinking" days you can join others on the guided walks, go dancing, golfing and enjoy other activities and exercises. On the "dry" days, it is time to rest.

On the resting days relaxation techniques, massages and easy strolls are recommended. You might even enjoy doing nothing, breathing in the fresh air, maybe reading or just lying in the sun, taking in the alpine panoramic views. This activates the parasympathetic nervous system and cares for the regeneration needed.



A cure with wonderful side effects

The Schroth Cure as a holistic naturopathic treatment, has effects that appear rather unspecific – and is therefore all the more effective.

There is no other cure that is considered having such sensual side effects as the Schroth Cure: the fountain of youth, a happiness cure, an anti-aging-cure, and all these positive facts in addition to the medical indications.

After a Schroth Cure the participant, known fondly as the “Schrothler”, feels younger and more agile. Only after a few days of starting the cure the production of the “happy hormone” serotonin, is boosted into action. This arouses a sense of ease and calmness and increases the sensual perception.

Psychotherapist and medical doctor, Dr. med Hans-Harald Köhler, points out: “both men and women can experience situations more relaxed and become more aware of their environment. Their senses are tuned to their surroundings. The varied landscape around Oberstaufen is beneficial towards exercising the body without being too demanding. In addition, visiting the alpine huts along one of the many walking tracks,

or going dancing in the afternoon or in the evening to one of the many popular meeting places, invites the Schroth Cure guest to be active.”

Such sensory stimulus contributes significantly towards a successful anti-aging Schroth Cure. Women during their menopause and men in their mid-life phases are often forced to ask the question, “was that it?” The Schroth Cure is convincing proof that there is more to life. Due to the increased sensual self-perception, the weakened ego is strengthened.

Weight loss, being one of the other positive side effects, helps to eradicate certain complaints that may have affected your zest for life. After a Schroth Cure it can motivate you to personally change your lifestyle permanently, for the better. After consulting your doctor certain medication can be reduced and in some cases dismissed for good.

This is how the “Pack” works

People who have never had the experience of an early morning pack can't imagine what it's like, let alone how it works. Therefore we would like to point out the advantages of the moist warm pack to you.

1st phase, approx. 10-20 mins.

When the moist cold sheet is applied the blood vessels contract in the subcutaneous tissue and the upper muscle layers. Due to muscle stimulation the body produces warmth. The blood pressure rises and breathing deepens.

2nd phase, approx. 30 mins.

The body responds by increasing the heat production, the arteries dilate and have a stronger blood circulation, the blood pressure sinks, the body relaxes. A pleasant warmth begins. During this stage some people fall back to sleep while others are awake. It would be wrong to watch TV now, instead the time should be used to reflect and to listen to your inner voice!

3rd phase, approx. 1-2 hours

A type of healing fever sets in: the body's inner temperature rises by one to two degrees. Outbreaks of sweating take place. This varies, to start with the body hardly sweats, but it is still healing. Some people have to learn how to sweat again. The imbalance between the sympathetic and the parasympathetic nerve in the autonomic nervous system disturbs the perspiration production in the body.

This naturally induced “healing fever” activates the body's own immune system, relieves pain and relaxes tense cramped muscles, it balances the inner organs and calms and also invigorates the skin. The autonomic nervous system switches to relaxation. Metabolic wastes, residues and toxins such as nicotine are transported out of the body over the skin, due to the transpiration.



May we introduce

Beate Kämpflein, Schroth Cure therapist, Packer

Have you ever done a Schroth Cure yourself? How did you like the pack?

Beate K: I've done a two and three week cure a few times. The pack is always difficult to start with, but once you are in it and wrapped up warm, it's fine, I usually stay in it at least 2 hours. Very good!

What do you recommend to guests who feel claustrophobic?

Beate K: I recommend they try the “bath robe pack”. Here their arms are free and not wrapped up inside the pack, they slip into the arms of the bathrobe instead. This isn't as effective, but is better than not doing one at all. I check them on a regular basis and quiet background music often helps.

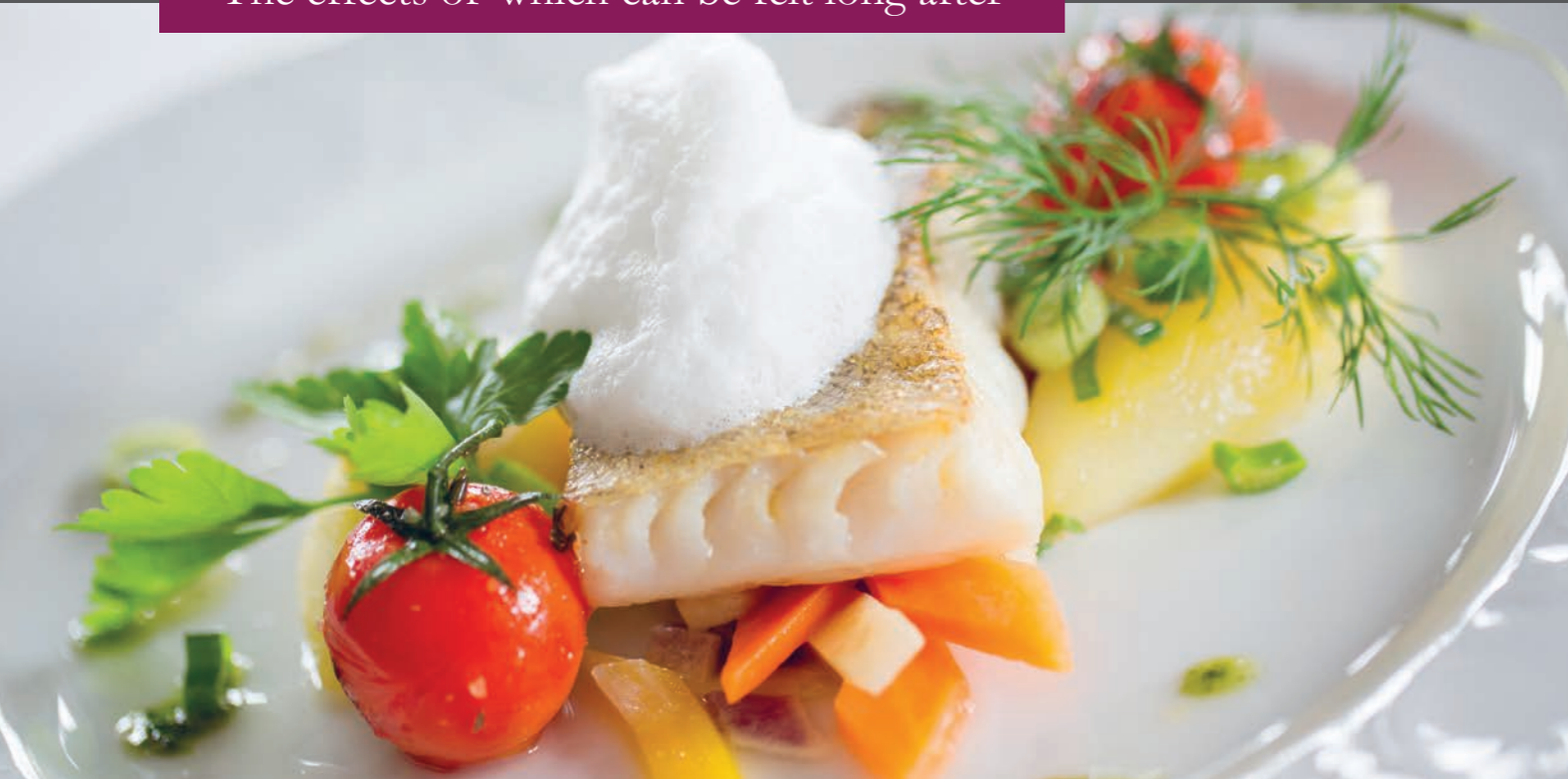
Does the pack always have to be tied up?

Beate K: I don't insist in using bands. Some Schroth Cure patients like to have them. Yet, quite a lot of guests find it more relaxing without. They feel more secure, having the possibility to free themselves easier from the pack if need be, without having to use the bell to call me. Therefore they willingly tend to stay longer in the pack.

Who determines how long they have to stay in the pack?

Beate K: The doctor determines the duration of the pack to start with. But the guest can decide when they have had enough. Even so, I try to encourage them to stay in the pack for at least one and a half hours to two hours. This time is needed in order to obtain the full effects.

The effects of which can be felt long after



Use the cure as an initial impulse for a healthier lifestyle

Regular exercise, relaxation and a diet that is rich in alkaline – that's the reason that the cure continues to work for a long time afterwards.

You experienced during the Schroth Cure how much fitter and better you felt when you were lighter and more relaxed. You can maintain this new feeling relatively easily:

- by integrating exercise and relaxation into our daily routine
- by taking the stairs instead of the lift, leave your car behind and go by bike
- by making sure that you have a healthy acid-base balance.

Physical exercise isn't just a good way of easing stress but it also has a positive effect on your acid-base balance.

A lack of exercise results in excess acid. Regular relaxation helps you to keep your stress levels low or decreases them, even if you are under a lot of pressure. The autonomic nervous system stays balanced and the basic regulation system works a lot more efficiently.

The Schroth diet wouldn't be sufficient at all in daily life. After the cure we recommend a permanent change of nutrition such as for example the LOGI diet from Dr. Nicolai Worm. She recommends a nutrition that is rich in protein and fibre, low in carbohydrates and is conscious of fats.

A check-up by the Schroth Cure doctor

Before you are allowed to begin the Schroth Cure it is vital to have a medical check-up by the Schroth Cure doctor. He / she will do the following:

1. Enquire about your medical history (anamnesis) and about current complaints.
2. A full medical examination which includes:
 - listening to the chest organs, heart, lungs etc.
 - examination of the abdominal organs
 - an assessment of the musculoskeletal system
 - blood pressure and pulse measurements
 - weight and height
3. The compilation of a personal, individual cure plan: Please bring with you to the initial medical examination the findings of a current blood analysis from the laboratory. If these are to be done locally, these will be charged accordingly.

Our Schroth Cure doctors additionally recommend:

- a weekly blood pressure and weight check*
- urine analysis during the cure*
- final consultation at the end of the cure*

* These will be charged extra according to the scale of German medical fees (GOÄ).



Helmut Beng, Head Chef

Have you done a Schroth Cure yourself?

Helmut B: I still have to do a Schroth Cure. But due to our weekly meetings with the guests, I get direct feedback and have changed one or two recipes accordingly.

Is it possible to cook something that tastes good, but doesn't contain any salt, animal proteins and fat?

Helmut B: Oh yes. I use a lot of herbs a little bit of chilli and spices. Also a freshly prepared vegetable broth or a good stock really improves the taste.

What do Schroth Cure guests really like? Which dishes do they like the best?

Helmut B: Our Schroth Cure guests really like the dishes that have been inspired by Asia with ginger and lemongrass. One of the favourites is vegetables prepared in the wok in an Indian sauce with tasty rice.

Which cooking tip can you give the Schroth Cure guests for the time after the cure?

Helmut B: After the cure, use less salt and sugar. Reduce the proportion of meat and carbohydrates and make sure you have more salads, vegetables, fish and an apple a day



The Schroth Cure as an all-rounder? Simply nature!

The holistic principle of the Schroth Cure leads to the wide spectrum of therapeutic indications: due to the organism being relieved, the basic regulation of the body normalises itself. This in turn helps the body to heal itself. This is why the cure is an ideal method used for prevention: when the

organism is balanced, this helps to stop any illnesses occurring.

The Schroth Cure is an ideal chance for you to spend your holiday in spectacular surroundings, whilst doing something good for your health.

Approved therapeutic indications

Metabolic disorders

- Overweight, obesity
- Increased cholesterol & blood lipid levels
- Fatty liver
- Diabetes mellitus type 2
- Metabolic syndrome
- Raised levels of uric acid, gout
- Kidney stones

Heart and vascular diseases

- High blood pressure
- Arteriosclerosis
- Coronary heart disease

Chronic inflammations

- Sinusitis
- Chronic bronchitis
- Inflammation of the genitourinary system
- Susceptibility to infections

Chronic intoxications

- Medication
- Nicotine
- Heavy metals

Diseases of the musculoskeletal system

- Spinal disease
- Arthroses
- Polyarthritits
- Rheumatoid diseases
- Soft tissue rheumatism

Gastro intestinal disorders

- Irritable colon
- Chronic constipation
- Diverticulosis

Skin diseases

- Eczemas
- Acne
- Allergies
- Neurodermatitis
- Psoriasis

Migraines

Menopausal symptoms

Menstrual problems

Water retention

Underactive thyroid gland

The complete listing of all indications in this brochure is not possible. Also the symptoms of each illness can vary greatly. In such a case, this should be individually discussed with your doctor beforehand. The contact details of our specialised doctors can be obtained online at www.oberstauen.de/schroth-cure.

Cure Plan (e.g.)	Monday Dry day	Tuesday Drink day	Wednesday Dry day	Thursday Drink day	Friday Dry day	Saturday Drink day	Sunday Drink day
Mornings	1 cup of tea with a slice of low salt bread Schroth Cure pack	1 cup of tea with a slice of low salt bread Schroth Cure pack	1 cup of tea with a slice of low salt bread Schroth Cure pack	1 cup of tea with a slice of low salt bread Schroth Cure pack	1 cup of tea with a slice of low salt bread Schroth Cure pack	1 cup of tea with a slice of low salt bread Schroth Cure pack	1 cup of tea with a slice of low salt bread
Midday	Soaked dried plums	Steamed fresh vegetables or prepared as a soup Dessert	Soaked dried apricots	Steamed fresh vegetables or prepared as a soup Dessert	Diet sauerkraut	Steamed fresh vegetables or prepared as a soup Dessert	Steamed fresh vegetables or prepared as a soup Dessert
Afternoons after 15.00 hrs.		1 litre of fluids (tea, water, juice); when prescribed by the Dr. a wine, max. ½ litre for men ¼ litre for women		1 litre of fluids (tea, water, juice); when prescribed by the Dr. a wine, max. ½ litre for men ¼ litre for women		1 litre of fluids (tea, water, juice); when prescribed by the Dr. a wine, max. ½ litre for men ¼ litre for women	1 litre of fluids (tea, water, juice); when prescribed by the Dr. a wine, max. ½ litre for men ¼ litre for women
Evenings	A selection of vegetables, 1 glass of fresh orange juice	A selection of vegetables	A selection of vegetables, 1 glass of fresh orange juice	A selection of vegetables	A selection of vegetables, 1 glass of fresh orange juice	A selection of vegetables	A selection of vegetables

The first day of the Schroth Cure begins with a "drink" day, irrelevant of the weekday when you start your cure.

Contraindications

A Schroth Cure shouldn't be attempted when a person is suffering from the following illnesses (contraindications): acute infections, inflammation of the liver or liver cirrhosis, renal insufficiency, cancerous tumours, alcoholism, severe heart and circulation diseases, severe fatigue, mental illnesses that restrict the exercise of free will. It is also not recommended during pregnancy.

The cure plan

The table shown is an example of an individual cure plan according to the stipulations of the Schroth Cure Association. It is repeated weekly, but due to the creative finesse of every chef, the food can be served differently, yet in keeping to the scheme. Small deviations can be made by the consulting doctor according to the person's individual constitution.

Don't be deterred: a good Schroth Cure chef can make "diet sauerkraut" into a delightful meal and the "fresh vegetables" into a seasonal feast.



It positively affects the hormone levels

Experience has shown that the production of hormones regains momentum as a direct result of the Schroth Cure.

“I recommend all couples that are wishing to conceive to do a Schroth Cure, especially if gynaecologists and urologists haven’t found any noticeable results. That can save a lot of time and stress as well as costs.” Dr. Vera Brosig can report about several “Schroth Cure babies.” These are not due to a romantic interlude whilst on the cure, but it is a welcome result of the effect that this naturopathic treatment has on the hormones.

The unfulfilled desire to have children or infertility is often caused by stress and metabolic disorders. If hormonal interaction is out of sync then that affects ovulation and the female menstrual cycle as well as the male reproductive cells.

Also environmental pollution can negatively affect the fertility of both men and women.

When the toxins are eliminated from the body during the Schroth Cure, the female menstrual cycle and the production of sperm by the male return to normal.

Often stress, work pressures and over acidification due to not having time to eat the right foods, are causes of the unfulfilled desire to have children in women. In these cases it is relatively easy for the three week cure to be successful.

Stress can drastically thwart the production of sperm suitable for reproduction. If that is the reason why the couple is unable to conceive then it is important to be patient, as it takes about three months for the sperm to completely mature.

Dr. Vera Brosig

For over 40 years, Dr. Vera Brosig has attended to Schroth Cure guests as a doctor. She is the daughter-in-law of Dr. Hermann Brosig, the founder of the cure in Oberstaufen.

Dr. med. Vera Brosig hasn’t just learned the methods of this naturopathic treatment at first hand but she also did her doctorate on the Schroth Cure. The general practitioner was until 2015 President of the German Schroth Association.



The fountain of youth cure during menopause

The proportion of fat in the body increases, muscle mass disappears, strength and bone density decreases, irritability and being ill-tempered become the norm. The interest in sex disappears as well as slight erection problems in men. But if your weight visibly and measurably goes down on a daily basis, then the testosterone levels in men go up and the oestrogen levels in women regain balance.

Dr. Vera Brosig: “The Schroth Cure has a regenerating and revitalising effect. It gives a boost to the hormonal balance.”

Women in the menopause often suffer from hot flushes, outbreaks of sweating, high blood pressure and weight gain. In these cases Dr. Brosig recommends a Schroth Cure.

“The naturopathic treatment stimulates the production of progesterone and oestrogen and often menstrual bleeding occurs despite being in the menopause. Due to the increased hormone production most women in the menopause feel a lot younger and are full of the joys of life after a three week Schroth Cure.”

Also in Brosig’s observations the effect on migraines caused by hormonal imbalances is usually positive, due to the reaction of the metabolism on the body and the autonomic system. “There is nearly always a significant improvement of migraines and even longer periods of time without one occurring.”

“I recommend all couples that are wishing to conceive to do a Schroth Cure, especially if gynaecologists and urologists haven’t found any noticeable results.”

Dr. Vera Brosig



Proven: The Schroth cure helps diabetics

Diabetologist Dr. Glück reports from his medical practice

Why should a diabetic come to Oberstaufen to carry out a Schroth Cure?

Dr. Glück: Experienced doctors have been successfully applying this naturopathic treatment for decades and have proven that the Schroth Cure can help diabetes sufferers to enjoy a better quality of life.

What impresses you the most about this naturopathic method as a practitioner for conventional medicine?

Dr. Glück: I know of many reports by doctors confirming the positive effects of a Schroth Cure for sufferers of diabetes mellitus type 2. In addition a diabetic pilot study, which was carried out by the scientists from the Mathias-Hochschule Rheine, showed findings which proved that a Schroth Cure works effectively. With all my years of experience as a Diabetologist, I can only stress how important it is that an active change in the lifestyle of the patient is crucial in the early stages of this illness.

You have specified how ideal Oberstaufen's location is for the prevention and treatment of type 2 diabetes in the early stages. Could you explain why?

Dr. Glück: The Schroth Cure acts as a trigger for recommended lifestyle changes; this is a fundamental aspect for diabetics suffering from type 2 diabetes. Exercise and healthy eating are essential factors to prevent the onset of other related complications. Oberstaufen's healthy climate and spectacular surroundings are very healing. There are various sports and activities on offer all year round, indoor and outdoor. The walking paths at various altitudes are made accessible during all seasons and mountain transport helps make them even easier to reach. There are many fully qualified sports and fitness instructors available and also hiking guides. Yoga and stretching exercises

are on offer and there are a sufficient number of physiotherapy treatment centres.

There are other places around with fabulous landscapes...

Dr. Glück: That's correct, but in addition Oberstaufen has the Schroth Cure. It isn't just a diabetes diet or a fasting cure, it also causes a positive change in the metabolism and reactivates a rigid autonomic nervous system. This in turn ensures a considerable weight loss! During the two to three week cure the diabetic begins a transformation towards a healthier way of living.

How's that?

Dr. Glück: During the Schroth Cure they will experience lots of support, receive valid information about nutrition and attend various talks, individually or in a group, given by fully qualified doctors and diabetes advisors. Another major factor is that everybody in the hotel and gastronomy sector are involved and informed about the Schroth Cure. Starting with the accommodation hosts, the chefs, the hotels and guest house employees and even right down to the alpine hut innkeeper, they are attuned to the Schroth Cure. This competent environment gives encouragement and helps change the eating habits and diet immensely.



Diabetologist and internist

Dr. med. Walter Glück has been working as a physician in his private practice here in Oberstaufen since 2012. Before that he ran a practice for 35 years, in Immenstadt which is only 18km away, specialising as an internist and diabetologist. As a practitioner for conventional medicine he furthered his knowledge in prevention management for type 2 diabetes at the Tumaini Institute in Dresden by Professor Schwarz. His practice in Oberstaufen is now the main contact point for medical queries about the "Schroth Cure for diabetics".

Eventually the cure comes to an end. How long do the effects last?

Dr. Glück: When the motivation is present and with the prospect of having to face the possibility of related complications arising as a diabetic, the patients' change of lifestyle and living a better quality of life is sustainable. What diabetic wouldn't wish for that: reducing medicines and coming off the insulin injections?

What happens next after the Schroth Cure?

Dr. Glück: We know that months later after the cure, sufferers of type 2 diabetes have been able to reduce their medication, and even some have reported that they could do without using any antidiabetic drugs and doses of insulin. When the guest arrives home we recommend that they keep themselves informed by reading our newsletter, checking our internet site and if need be, contacting us on our telephone-hotline. This helps to maintain a more stable change of life. It also goes without saying how important a regular contact to a diabetologist in their home town is.

Laboratory values Alfred A.

	22.01.2013	31.01.2013
LDL-cholesterol	141 mg	86 mg
Fructosamine* (norm 200-285 mnol)	370 mmol	340 mmol

*A long term blood-sugar level test, which is better for short term monitoring than by using the HbA1C-values.

A typical case: Alfred A.

Alfred A. was 60 years old when he came to do the "Schroth Cure for diabetics" in January 2013. He was diagnosed eight years previously with type 2 diabetes in connection with a metabolic syndrome. In addition to high blood pressure, weight gain and high blood lipid levels, a hyperinsulinism existed (a raised C-peptide). Alfred A works in an office where he is mostly seated, is under pressure and lacks exercise.

Dr. Glück reports: Alfred A. was treated with a Basal Supported Oral Therapy (BOT), with 24 E Levemir Basal insulin evenings and 2 x 1000 mg Metformin. The intake of a GLP-1-receptor agonist (Victoza) had to be stopped due to raised pancreas values. In order to sink his high blood pressure he took three medications, to lower his LDL-cholesterol a CSE-inhibitor.

At the start of the Schroth Cure on the 14th of January 2013, Mr. A's height was 178 cm and he weighed 114,4 kg. In February 2013 he reduced his weight by 14,8 kg.

At the start of the Schroth Cure the intake of Metformin was stopped due to the low calorie diet. Under permanent supervision and controlling the blood-sugar levels, the insulin intake was reduced to nil by the end of the cure.

The high blood pressure medications were reduced to the intake of just one, by constant good blood pressure readings. The intake of medication for lowering his cholesterol was stopped.

In depth talks with Alfred A. took place as also various seminars on changing his lifestyle, ideally suited for diabetics suffering from type 2 diabetes. He is very motivated to change his eating habits, i.e. with the LO-GI-method. Alfred A. felt a lot fitter towards the end of his cure. He has received a plan for regular exercise according to his social environment.

After the cure he will take Metformin again. The insulin will eventually be prescribed according to his blood-sugar levels. But at the end of his cure he has good initial values. He is therefore motivated to carry on the positive changes he experienced here in his nutrition and exercise, for a better quality of life.

Eleven things that you should bring with you to a Schroth Cure



1 The most important of all: motivation

You have to be motivated to do the Schroth Cure. There isn't any point in starting the cure if you don't have a little bit of self-discipline. Only those that actively want to do something good for themselves will be successful.

2 Current blood analysis results and medications

If you can bring your current blood analysis results with you from your General Practitioner then you will save yourself from having to have another blood sample taken. If you take any medications please bring them with you, we can usually reduce the dosage during the Schroth Cure.

3 Positive thinking

The Schroth Cure is a relaxing cure, with laughter, you can go out, dance and meet other interesting people. Let yourself be surprised, it is not called the "happiness cure" for nothing.

4 Dancing shoes

During the Schroth Cure, dancing is a form of exercise therapy. Even those that don't normally like dancing will take part. The first dancing locations open at 1p.m.

5 Peppermint sweets or oral spray

A fasting stomach can often result in mouth odour and you want to make a good impression when you're dancing.

6 Walking shoes

The Allgäu countryside is a dream if you are wearing the right shoes. Exercise is on the agenda on the "drinking" days. This strengthens the muscles, burns unnecessary fat and reduces stress levels.



7 Your favourite jeans that you don't fit into

It is only a side-effect but one that makes you feel great! You will be able to fit into your jeans just after a few days of doing the Schroth Cure. From then on it will only get better!

8 Active and swimwear

You will need these for yoga, physical workouts, water sports, visiting the doctor and the relaxing time in between.

9 A book

We recommend reading the book by Dr. Susanne Neuy ("Aus Liebe zum Leben"), but you can also read a good romantic novel. The three "dry" days per week are resting days and count as the best days for book worms.

10 A rucksack

On one of the many "drinking" days you can visit one of the rustic alpine huts. You will need a rucksack to carry the Allgäu mountain cheese, which you can buy at one of the alpine dairies. Unfortunately cheese isn't allowed whilst on the cure but it tastes twice as nice after the cure. Cheese specialities such as the meadow herb mountain cheese are great presents to take home with you.

11 Your smart phone

With thanks to your visitor's card you can surf the internet free of charge on your smart phone, tablet or laptop due to one of the many hot spots in Oberstaufen. You can keep up to date by using the service of the digital tourist information centre 24/7 in the "most digital spa town of Germany."



Do you have any more questions about the Schroth Cure? You might find the answers here

Most people are aware of the fact that Johann Schroth's naturopathic treatment hasn't got a lot to do with eating wholemeal grains.

Can't I do a Schroth Cure at home?

No, the exact implementation of the cure can only be done by specially trained staff, for the packs and the cure diet for example. It is also vital that the medical care is supervised by a Schroth Cure doctor in order to achieve the best results for your health.

How often do you recommend doing a Schroth Cure?

Basically it is recommended to completely cleanse your body once per year. This is especially vital if you suffer from high blood pressure, type-2 diabetes, dyslipidemia or are overweight. In the case of prevention then we recommend every two years.

How long should the cure last?

At least two weeks but three weeks are even better. The change of metabolism starts after the first week and the full effect of the Schroth Cure comes into light in the third week.

Why do you have "dry" days, when you should drink between two to three litres of liquid per day?

The Schroth Cure is a naturopathic treatment that has a time limit and responds to various stimuli and one of them is the change from "dry" days to "drinking" days. This encourages the drainage of the tissue and promotes the excretion of acids and toxins. The amount that you are allowed to drink is determined individually by the doctor before you begin the cure.

Here's some more information

If you make the decision to do a Schroth Cure in Oberstaufen then you have the choice of around 55 specialist accommodation hosts, ranging from guest houses to five-star hotels.

You can find information about each accommodation host including ratings from other guests on the website www.oberstaufen.de/schroth-cure.

On this site you will find more information and you can read how other guests rated the Schroth Cure and their accommodation host. You can also find other up to date information and exchange experiences on: www.facebook.com/schrothkur and www.twitter.com/schrothkur.

You will find there as well a list of all authorised Schroth Cure doctors.

You can also get answers to your questions at the Oberstaufen Tourist Office by calling the telephone number +49 8386 9300-0.



Doesn't the body need fats in order to absorb some vitamins?

Fat-soluble vitamins such as A, D, E and K can't be sufficiently absorbed during the Schroth Cure as there isn't any intake of fat. But this is acceptable for the short period of the cure as the body has adequate reserves.

Can't I visit the sauna instead of having the Schroth Cure pack?

No, you can't. In the sauna you sweat because of the high temperature of the air but you do it passively. In the pack the warmth is actively produced by the body and as is the case of a "healing fever", the body temperature stays high for a longer period of time. That activates the self-healing powers, but only does so after being packed for about two hours.

Am I allowed to drink coffee whilst on the cure?

Coffee is one of the stimulants that you should do without whilst on the cure. Black tea with a little bit of honey will get those with low blood pressure up and going.

Can a lack of protein be a problem during the cure?

During the cure your body gets approximately 15 grammes of vegetable protein per day. The normal requirement is about 1 gramme per kilogramme of ideal body weight (approx. 50 to 90 grammes). An average loss of protein of about 35 grammes per day in the first week of the cure isn't dangerous at all for the organism. After that the body starts burning fat and therefore reduces the daily protein loss itself.

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**„Without abstinence there are no pleasures,
[...] without a cleansing there is no healing.“**

Emanuel Schroth

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