



rosenalp
cure

therapeutic fasting

so
healing
so
healthy

Interesting facts about
therapeutic fasting



*With all your senses
here and now*





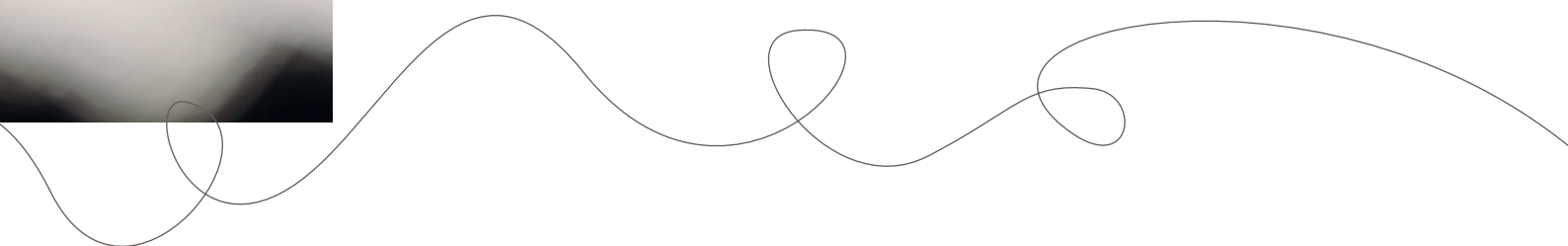
Fasting has been part of life since time began. In almost all religions and cultures, some form of abstaining consciously is firmly anchored. The more or less long periods of fasting serve to purify body, mind and soul and illustrate the holistic effect, that has always been attributed to fasting.

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

therapeutic fasting



so
healing
so
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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 choose to do a therapeutic fasting cure, 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 daily calorie intake is around 500 kcal.

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

Consciously abstaining from solid food activates a number of positive processes in the body. During therapeutic fasting, the body draws on stored reserves - fat deposits are broken down and the metabolism changes. Fat-soluble harmful substances can also be released from the tissue and excreted.

The body uses this phase of inner calm for profound regeneration processes: autophagy, a natural cell recycling process,

is stimulated, as is the strengthening of physical and mental resilience and the immune system. The cardiovascular system, blood sugar and fat metabolism can also benefit. On a cellular level, there is a comprehensive reorganization and cleansing.

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 Sense & Med Spa we offer a range of signature treatments such as detox wraps, alkaline treatments and cleansing facials that promote the cure effect.

*Time and space
for me*

PREPARATION FOR THE THERAPEUTIC FAST



Before starting the cure, we recommend that you prepare your body for the upcoming phase of abstinence. You will then feel better more quickly during the cure and the cure effect will also be enhanced. To do this, plan so-called relaxation days three days before you arrive: eliminate or reduce everything that puts a strain on the body or requires a lot of energy to metabolize: Do not drink any alcohol or soft drinks during these days. Avoid consuming animal-based foods, sausages, white flour products, sweets, fast food or convenience foods. Instead, eat mainly vegetables and fruit.

BOWEL CLEANSING – WHY AND HOW

Traditionally, classic therapeutic fasting usually begins with a deep bowel cleansing, which has been used for over a hundred years to prepare the body, mind and soul for the fasting period, while at the same time alleviating possible initial symptoms such as hunger, headaches or a feeling of discomfort.

In the last few years, the intestinal microbiome has become increasingly important. It is known that bowel cleansing not only eliminates unwanted substances such as old faecal residues, fermentation gases and metabolic waste products, but also influences the natural intestinal flora.

Whether a bowel cleanse makes sense for you depends on your personal goals and how you feel in your body. Many people find it relieving and beneficial - they report less bloating, a lighter stomach and a general feeling of well-being. For some, it is a helpful start to the fasting period or a conscious new beginning, so whether you want to start fasting with or without a bowel cleanse is up to you.

WE OFFER YOU THE FOLLOWING OPTIONS:

EPSOM SALT

This salt usually empties the bowel 1 to 2 hours after drinking. In traditional therapeutic fasting, which is based on complete abstinence from food, Epsom salt has always been used to prepare for the fasting period.

SHAREORIGINAL® PLUM

A fermented fruit with a sweet and sour taste and a powerful effect on the intestines. It is fermented for 30 months and then covered with herbs. The cleansing effect usually occurs 8 to 10 hours after consumption. It stimulates intestinal activity, supports the microbiome and is ideal for sluggish digestion.

IRRIGATOR

Another option for bowel cleansing is a water enema with an irrigator, which you can complete independently in your room. When cleansing with an irrigator, only the lower part of the bowel, i.e. the rectum, is usually cleansed.

COLON-HYDRO-THERAPY

A natural healing method for intensive cleansing of the colon - an internal Kneipp cure for the bowel, so to speak. The body is freed from toxins and waste products, which gets the bowel moving again.

*A reset for
body and soul*

TIP

Fruit juices contain a lot of fructose, which causes blood sugar levels to rise and can therefore have a negative effect on fasting and fat metabolism. Vegetable juices or clear vegetable broths, on the other hand, contain significantly less fructose and are therefore more suitable.

THE COURSE OF THE THERAPEUTIC FASTING CURE

On the day of your arrival, the group introductory talk will take place in the meeting room at 5 pm. Here you will receive all the important information you need to make your cure as successful and pleasant as possible. At the beginning of your fasting cure, you will have a cure-specific medical examination with our doctor. Based on your medical history, your individual cure plan will be created.

Your diet during the cure days is as follows: For breakfast you can choose from a variety of teas from our tea buffet in the restaurant. At lunchtime and in the evening, you will be served a vegetable broth and a selection of freshly squeezed fruit and vegetable juices. It is particularly important that you drink plenty of liquids during the entire cure. Throughout the day, you should drink 2 to 3 liters of liquid in the form of water or tea.

Important!

During the therapeutic fasting cure, you consume less than 1,000 calories a day. This means that you supply your body with far less energy than it actually needs. The therapeutic fasting cure is therefore considered a hypocaloric balanced diet. According to EU regulations, this diet must be prescribed by a doctor! In the Rosenalp, your professional spa medical care is guaranteed by the Medical Centre Dres. Fink directly in the house.

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

Potato: deacidifying

Carrots: for beautiful skin

Beetroot: Haematopoietic-blood building

Sauerkraut: stimulates digestion

Topinambour: diuretic

Celery: detoxifying

Nettle: diuretic

Artichoke: Body tissue strengthening

Pineapple: stimulates metabolism

Apple: regulates the stomach

Pear: draining, lowers blood pressure

Blackberry: expectorant

Strawberry: strengthens the nerves

Orange: strengthens the kidneys

Grape: blood cleansing

Grapefruit: strengthens the immune system

Sea buckthorn: antioxidant effect



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.

*Because I care
about myself*

- ☞ Pay attention to drinking the recommended 2 to 3 liters per day during fasting.
- ☞ If you have a headache, emptying your bowels again can provide relief.
- ☞ For circulatory problems or headaches, a teaspoon of honey may help.

- ☞ A sisal brush massage in the Rosenalp Sense 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 woollen socks will help.
- ☞ A warm foot bath in the evening reduces sleeping problems.
- ☞ A "Kneipp" walk or arm bath in the Rosenalp Sense Spa is effective for morning circulation problems.

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 fasting days, it is important to gently get the body used to solid food again step by step. The organism needs time to adjust to the increased energy required for metabolism. But you will also remember these days as an exciting experience: you will perceive aromas and flavors much more intensely after fasting. The anticipation of pleasure and the feeling of having successfully mastered the days of abstinence will provide a lot of euphoria on an emotional level. After breaking the fast, we plan one or two recovery days for you – depending on the duration of the cure.

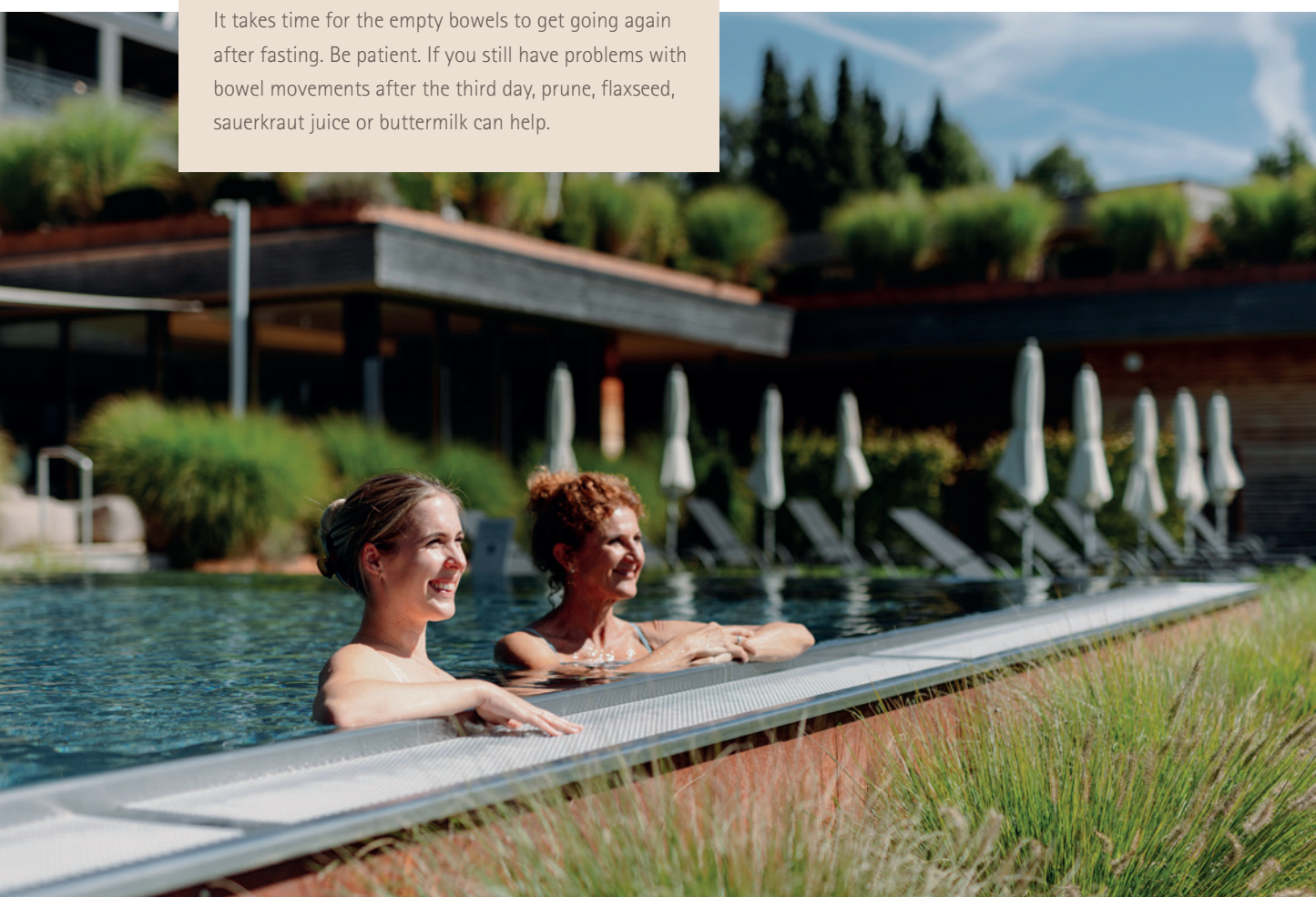
WHAT YOU CAN EAT AFTER THE CURE

Avoid highly seasoned, fatty or hard-to-digest foods as well as meat and sausage products during the build-up days, instead opting for wholemeal products, gently cooked vegetables, fresh fruit and milk products, and make sure you drink enough fluids – still water or herbal tea are ideal. 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.

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.



FAQ – what else might interest you



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

Inform yourself in advance about therapeutic fasting and deal with the topic of abstaining from food. Can I imagine not eating solid food for several days? All of this will not only help you with your decision, but will also have a positive influence on 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 immerse yourself in the intensive experience of fasting and let yourself be treated in the spa and wellness area. Thanks to the MedicalCenter, the physiotherapy practice and our nutritionist, you can also enjoy optimal medical and therapeutic care directly in the resort.

HOW LONG DOES THE CURE EFFECT LAST?

That depends on you! For many people, a fasting cure is also the start of a healthier and more conscious life: with the positive energy and new sense of well-being after the cure, it is easier to change your diet, exercise more and get rid of old habits.

*We look forward to
seeing you!*



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