

# *Fasten* Fasting according to Buchinger

at VitalHotel Ascona



More quality of life through conscious life!

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**ASCONA**



In this brochure you will find basic information on the subject of "fasting for healthy" according to Buchinger and an overview of your stay in our house.

Who wants to carry out a fasting cure with us, first requires a safety certificate from the family doctor.

Alternatively, you can sign a disclaimer.

For questions we are at your disposal.

We wish you a pleasant stay and a successful fasting cure.

Your team from VitalHotel Ascona

## **What is fasting?**

Fasting is the voluntary renunciation of food and luxury foods for a limited time. It is primarily about detoxification, excretion and regeneration.

The body is supplied with sufficient fluid and movement and rest alternate. Regular defecation is necessary. Fasting has nothing to do with deprivation, want or renunciation. Fasting takes a holistic approach that balances body, mind and soul.

The "fasting for healthy" can facilitate the entry into a long-term diet change and promote health.

### "Fasting for healthy" vs. therapeutic fasting

Methodically, the therapeutic fasting compared to fasting for healthy according to Buchinger / Lützner only differs in the responsibility, the objective of the (therapeutic) measure and the duration of fasting.

Fasting for healthy	Therapeutic fasting
short- term fasting (5-10 days)	long- term fasting (14-28 days)
in own responsibility	under medical control
health promotion	ill treatment
form of adult education	medical healing method
at home or on vacation	almost clinic
preclude risks beforehand	covers risks

## **Expiration of your stay**

### **Arrival**

On the day of arrival there will be an introductory talk. If you arrive at a later hour, the meeting will take place the following day. In the restaurant you start with a low-fat diet. Come to rest and enjoy the first evening in our house.

### **Day of discharge**

The day after your arrival you start with a Bircher muesli. For lunch, we serve you a raw food plate with vegetables and potatoes and curd for dessert. In the afternoon you will receive an apple and 10 hazelnuts. For dinner we serve fruit or fruit salad with flaxseed.

Remember to drink enough fluid!

Maybe you will go to the sauna or go for a walk.

## **First day of fasting**

In the restaurant you get your morning tea and your Glauber's salt. If necessary, you can also get the stomach-friendly FX Passagesalz.

At lunchtime and in the evening you can choose between vegetable stock, vegetable juice and fruit juice. Let us know what you favor during the introductory talk. We are happy to serve your meals in your room. Just let us know.

In addition, drink plenty of water and herbal teas and give yourself rest.

You will also receive your liver packs from the first day of fasting. These support the body in the detoxification process by placing a hot water bottle on the right side of the body. You will receive further information during your introductory discussion.

From the second fasting day more movement is announced again. Take part in our sports program in the hotel! Meals continue, as on the first fasting day.

The evacuation is done by means of sauerkraut juice every other day. Should this not be enough, Glauber's salt is used again.

For questions and requests, we are always at your disposal. Contact your fasting companion or the reception.



## **Break of fasting**

The fasting days are done and now the stomach has to get used to normal food again. We discuss the number of construction days individually with you.

### **First day after fasting break**

For breakfast you get an apple, like steamed. For lunch we serve a potato and vegetable soup and in the evening tomatoes, buttermilk with flaxseed, crisp bread and dried fruit. Continue to drink enough water and tea.

### **Second day after fasting break**

Breakfast includes a morning drink, prunes and a wheat meal. For lunch we serve salad, potatoes, vegetables and organic yoghurt. For dinner you will get raw food, cereals, vegetable soup, sour cream, flaxseed and crisp bread.

If spontaneous evacuation is not carried out on both days, Glauber's salt may be used again on the third day of construction.

### **And how does it continue?**

During the after-treatment period, make sure you have a low-salt and low-fat preparation of your food. Also avoid heavy digestions like cabbage, legumes and mushrooms.

Basically, your diet should be rich in fruits and vegetables. Do eat complex carbohydrates such as wholegrain bread, rice, pasta or potatoes in moderation. Access to vegetable oils and fats (virgin olive oil, linseed oil, walnut oil) as they are high in unsaturated fatty acids. For meat, you should resort to lean, light meat. Milk and dairy products should also be on your menu, as well as 2-3 fish meals per week to meet your protein needs.

Drink plenty of water and unsweetened teas.

We wish you much success!

Your team from VitalHotel Ascona



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