

Basenfasten Base Fasting Cure

at VitalHotel Ascona



We help you to eat healthy & enjoyable!



Zur Amtsheide 4, 29549 Bad Bevensen, Tel.: 05821 /550
www.hotelascona.de info@hotelascona.de

This info booklet will provide you with basic information on base fasting and an overview of your diet during your stay.

For questions we are at your disposal.

We wish you a pleasant stay and a successful base fasting cure!

Your team from VitalHotel Ascona

VitalHotel Ascona
Zur Amtsheide 4, 29549 Bad Bevensen, Tel.: 05821-550
www.hotelascona.de Email: info@hotelascona.de

The acid-base balance

The acid-base balance describes the ratio of acids and bases in the organism, which is expressed in terms of pH.

In healthy people, the pH is 7.4.

The acid-base balance fulfills vital functions in the organism and is dependent on the supply of vital substances. Nutritional sins can be compensated for by its manifold regulatory options. Nevertheless, the acid-base balance systems can reach their limits in an unhealthy diet.

Many diseases of civilization are associated with a diet that contains disproportionately many acid generators and can lead to exhaustion of the buffer systems. An over-abundant diet is therefore often recommended.

Basics of basic nutrition

A basic diet consumes mainly foods that the organism can convert to bases. These are mainly vegetable foods, including most fruits and vegetables, nuts, seeds, herbs and seedlings. Fruits and vegetables should always be consumed fully ripe, because only then it contains the optimal amount of base-forming minerals.

A distinction is made between an over-abundant diet consisting of 70-80% basic foods and a pure base fasting that consists of 100% basic foods, but only for a certain period of time.

The base fast can relieve your body, so that you feel fit and vital again. Find the entry into a healthier diet and get to know new tastes!

A nice side effect is that you can lose weight at the end of the treatment.

Expiration of your stay

Day of arrival

On the evening of arrival your body should be relieved with stewed vegetables or a vegetable soup. Then a colon cleansing with Glauber's salt is carried out.

Base fast days (up to 21 base days of fasting)

For breakfast you get fresh fruit, with optional grains or nuts. Fruit should always be consumed in the morning when base fasting.

For lunch, you get raw vegetables, for example in form of a salad, or cooked vegetables, which can also be served as soup.

Dinner should be taken until 6pm to avoid overloading the liver. You get cooked vegetables grilled or stewed or in form of a soup.

Snacks are avoided. If the hunger is too big, a few almonds or unsulphured dried fruit can help.

Drink at least 2-3 liters of water, preferably still mineral water, and unsweetened herbal teas.

In addition, you should move at least 45 minutes a day. Go for a walk, swim or do gymnastics. Take a look at our sports program and sign up for Nordic walking, pilates or back exercises. We look forward to you!

If you have any questions or requests, feel free to contact us at any time!

And how does it continue?

For your diet, use predominantly plant-based foods such as fruits and vegetables. Animal foods should only be taken in moderation. However, for a balanced diet, it is also important to consume foods such as grains and dairy products to cover all essential macro- and micronutrients.

Overall, a base-rich diet consisting of 70-80% of base-forming foods is recommended.

We will provide you with a compilation of acid and base forming foods and a few selected home restarts.

We wish you much success!

Your team from VitalHotel Ascona

VitalHotel Ascona
Zur Amtsheide 4, 29549 Bad Bevensen, Tel.: 05821-550
www.hotelascona.de Email: info@hotelascona.de



VitalHotel Ascona
Zur Amtsheide 4, 29549 Bad Bevensen, Tel.: 05821-550
www.hotelascona.de Email: info@hotelascona.de