

Schrothkur

at VitalHotel Ascona



Healthy & fit with Schroth's holistic
naturopathic treatment



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The natural healing method according to Johann Schroth is based on the four pillars of Schroth's diet, Schroth's pack, Schroth's drinking regulation and the alternation between rest and exercise.

In this brochure, we have combined the basics of Schrothkur and you will get an overview of your diet during your stay.

For questions we are at your disposal.
We wish you much success!

Your team from VitalHotel Ascona

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Basics of Schroth cure

The Schrothkur has nothing to do with grain eating. Rather, it is a traditional natural healing process, based on millennia old principles of healing fasting.

The duration of a Schroth cure is usually 3 weeks. This is not a classic diet for weight loss. A Schroth cure rather serves the detoxification and regeneration of the organism.

Alternating drinking and drying days should stimulate the self-healing powers of the body, supported by a light diet as well as exercise and rest in change.

The Schrothkur is the perfect start for a long-term diet change!

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The four pillars of the Schrothkur

The Schroth diet

You will receive a reduced-calorie diet consisting mainly of steamed and cooked fruits and vegetables, as well as cereals. Animal protein and fats are omitted. Salt is used sparingly.

In addition to cooked and steamed fruits and vegetables, which is particularly irritating, we offer you rice, barley, herbs, semolina, dried prunes and apricots and dried bread. The vitamin and mineral supply is guaranteed.

The Schroth's pack

From Monday to Friday from 7 o'clock you will receive a hot herbal tea, which warms your body. Afterwards you will be wrapped in a cold / warm pack, which will stimulate the detoxification process and make you work up a sweat. For this you remain firmly packed in the package for two hours. After unpacking, half an hour bed rest is recommended.

The Schroth's drinking order

Dry and drinking days alternate. The background is that during the dry days, suction from the intercellular spaces in the slightly thicker blood is to arise. On the drinking day, the dissolved substances can then be eliminated. In addition to mineral water, tea and juices, we also offer you wine in moderate quantities. (Women $\frac{1}{4}$ l men $\frac{1}{2}$ l - other physiological conditions)

Rest and movement in change

Rest periods give the body the opportunity for intensive regeneration. A massage or a walk outside can help you to relax consciously.

Exercise should stimulate the metabolism and support fat loss.

Take a look at our sports program and register for the courses.

Make sure, however, that the body is not overloaded.

Your Schroth's diet plan

Monday: dry day

Early: 1 glass of herbal tea and dry bread
At noon: plum soup with toast
Evening: 200 ml cure juice
1 spa drink (4 cl juniper schnapps)
1 slice of flax bread with grated
carrots, parsley and chives

Tuesday: Drinking day

Early: 1 glass of herbal tea and spawn
Lunch: Tomato vegetable soup with 6-grain
mix
Evening: baked potato with steamed
vegetables
Drink: drink 1 liter (for example herbal tea,
water or wine – maximum quantity of
Schrothwine for women $\frac{1}{4}$ l and for
men $\frac{1}{2}$ l)

Wednesday, dry day

Early: 1 glass of herbal tea and dry bread
At noon: 8 soaked apricots with Schroth bread
Evening: 200 ml cure juice
1 spa drink (4 cl juniper schnapps)
Herb bread with carrot sauce

Thursday: Drinking day

Early: 1 glass of herbal tea and dry bread
Lunch: potato soup with herbs
In the evening: apple round grain rice
with fruit pulp
Drink: drink 1 liter
(for example herbal tea, water or wine
- maximum quantity of Schrothwine
for women $\frac{1}{4}$ l and for men $\frac{1}{2}$ l)

Friday: dry day

Early: 1 glass of herbal tea and dry bread
Lunchtime: Pineapple herb with Schroth bread
Evening: 200 ml course juice
1 spa drink (4 cl juniper schnapps)
Steamed vegetables with potatoes
and herbs

Saturday: Drinking day

Early: 1 glass of herbal tea and dry bread
Lunch: oatmeal soup with honey and apple
raspberry compote
In the evening: 1 jacket potato with broccoli
Drink: drink 1 liter
(for example herbal tea, water or wine - maximum
quantity of Schrothwine for women $\frac{1}{4}$ l and for men $\frac{1}{2}$ l)

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Sunday: Drinking day

- Early:** 1 glass of herbal tea and dry bread
- Lunch:** savoy cabbage - rice - soup and semolina pudding with raspberries
- Evening:** Romanescomus with cress and Schroth bread
- Drink:** drink 1 liter
(for example herbal tea, water or wine
- maximum quantity of Schrothwine
for women $\frac{1}{4}$ l and for men $\frac{1}{2}$ l)

After Schroth starting diet

The starting again diet at the end of each Schroth cure depend on the duration of your health holiday. Depending on whether you have braced 2 or 3 weeks, the length of the build-up days will change.

7 days = no set-up day

14 days = 1st build day - A or B

21 days = 2nd construction days - A and B

Building day A

- Breakfast:** 1 glass of herbal tea or black tea, Toast with dietary jam, honey or 100 g quark
- Lunch:** veal or chicken fricassee with brown rice
- Dinner:** 100 g herb quark with a jacket potato or
100 g quark with herbs or compote
Juice, juniper, wine

Building day B

- Breakfast:** 1 cup of coffee or black tea
1 bread roll with diet margarine, Quark or honey
- Lunch:** 1 trout with potatoes and horseradish quark, salad with lemon dressing
- Dinner:** 1 slice of bread with
100 g herb curd or
100 g quark with compote
Juice, juniper, wine

And how does it continue?

During the after-treatment period, first make sure that your food is low-salt and low-fat. Also avoid heavy digestions like cabbage, legumes and mushrooms.

Basically, your diet should be rich in fruits and vegetables. Do eat complex carbohydrates like wholegrain bread, rice, pasta or potatoes in moderation. Access to vegetable oils and fats (virgin olive oil, linseed oil, walnut oil) as these are high in unsaturated fatty acids. With meat, you should resort to lean, light meat, which is grilled or cooked. Your main meal should be taken at noon and in the evening on a light meal such curd or crisp bread.

Drink plenty of water and unsweetened teas.

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