

# *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.

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## **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  $\frac{1}{4}$  | men  $\frac{1}{2}$  | 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.

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## 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.

We wish you much success!

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