Base fasting

in the VitalHotel Ascona

We help you to eat healthily and enjoyably!

VITALHOTEL ★ ★ ★ ★
ASCONA

Zur Amtsheide 4, 29549 Bad Bevensen, **Tel.: 05821 /550**

www.hotelascona.de info@hotelascona.de

In this information brochure you will find basic information about the base fasting cure and an overview of your diet during your stay.

If you have any questions, please do not hesitate to contact us.

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

Your team at the VitalHotel Ascona

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The acid-base balance

The acid-base balance describes the ratio of acids and bases in the organism, which is expressed in the form of the pH value. In healthy people, the pH value is between 7.35 and 7.45.

The acid-base balance fulfils vital functions in the organism and is dependent on the supply of vital substances. Nutritional deficiencies can be compensated for by its diverse regulatory possibilities. Nevertheless, the buffer systems of the acid-base balance can reach their limits if an unhealthy diet is followed.

Many diseases of civilisation are associated with a diet that contains a disproportionate amount of acidifiers and can lead to depletion of the buffer systems. An alkaline surplus diet is therefore often recommended.

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Basics of alkaline nutrition

An alkaline diet consists mainly of foods that the body can convert into bases. These are mainly plant-based foods, including most types of fruit and vegetables, nuts, seeds, herbs and sprouts. Fruit and vegetables should always be eaten when fully ripe, as only then do they contain the optimum amount of alkalising minerals.

A distinction is made between an alkaline surplus diet, which consists of 70-80% alkaline foods, and a pure base fasting diet, which consists of 100% alkaline foods but is only carried out for a certain period of time.

The base fasting cure can relieve your body so that you feel fit and vital again. Find your way into a healthier diet with us and get to know new flavours!

A pleasant side effect is that you can lose weight at the end of the cure.

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Procedure of your stay

Day of arrival:

On the evening of your arrival, your body should be relieved with steamed vegetables or a vegetable soup.

base fasting days (up to 21 base fasting days):

For breakfast you can have fresh fruit, optionally with grains or nuts. Fruit should only ever be eaten in the morning during base fasting.

For lunch, they are given raw vegetables, for example in the form of a salad, or cooked vegetables, which may also be served as soup.

Dinner should be eaten by 6 pm to avoid overloading the liver. You will receive cooked vegetables grilled or steamed or in the form of a soup.

If necessary, we will discuss the form of laxation with you during the induction consultation.

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Avoid snacks in between meals. If you do get too hungry, a few almonds or unsulphured dried fruit can help.

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

You should also exercise for at least 45 minutes a day. Go for a walk, swim or do gymnastics. Take a look at our sports programme and sign up for Nordic walking, abdominal and leg exercises, Pilates or back exercises. We look forward to seeing you!

If you have any questions or requests, please contact us at any time!

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And how do we continue?

Focus on plant-based foods such as fruit and vegetables in your diet. You should only eat animal foods in moderation. For a balanced diet, it is nevertheless important to also eat foods such as cereals and dairy products to cover all essential macro and micronutrients.

Overall, an alkaline-rich diet consisting of 70-80% alkaline-forming foods is recommended.

We will provide you with a compilation of acid- and alkaline-forming foods for a fresh start at home.

We wish you much success!

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