



# PROCEDURE OF THE SCHROTH CURE

## The most important information - the 4 Schroth pillars

- **The Schroth pack**
  - From Mondays to Saturdays, the packs take place in the early morning hours according to your personal treatment plan
- **The Schroth drinking regulation**
  - Dry days = minimum fluid intake on Monday, Wednesday and Friday
  - Drinking days on Tuesday, Thursday, Saturday and Sunday
  - Follow your personal treatment plan
- **The Schroth diet**
  - hypocaloric calorie-reduced - 600 to 800 kcal per day
  - vegan, alkaline, cholesterol-free, low in protein, low in salt and free from animal protein
- **Rest and exercise**
  - Rest phase on dry days - gives the body the opportunity for intensive regeneration
  - Exercise on drinking days - stimulates the metabolism and ensures additional fat loss



To avoid unwanted circulatory problems, we advise you not to go to the sauna. Instead, you can enjoy the soothing warmth of the infrared cabin.

## Further support services

- Individual nutritional advice from our nutritionist
- Colon hydrotherapy - natural healing method for intensive cleansing of the colon at the Klarmann physiotherapy and osteopathy practice
- Detox infusion at Medical Dres. Fink
- Question time with chef Helmut Beng (appointment, see weekly program)

We wish you every success with your Schroth cure!



# PROCEDURE OF THE SCHROTH CURE

## Day of arrival

06:00 - 8:15 pm

### Dinner

Here we serve your first Schroth Cure menu in our spa restaurant

## Following days

07:00 - 10:00 am

### Breakfast

Discover the varied selection of teas, on the first three days of your treatment you are also welcome to take up to 2 slices of crispbread or wholemeal bread.

12:00 - 01:15 pm

### Lunch

Enjoy our varied Schroth Cure menu  
New arrivals from the previous day receive our delicious plum soup for lunch

06:00 - 08:15 pm

### Dinner

Enjoy our varied Schroth Cure menu

If you don't like a dish, you can always fall back on our alternatives. You can choose from sauerkraut with potatoes, porridge or pureed vegetable soup.

**A so-called "fasting crisis" can occur, particularly in the first three days of the cure. Below you will find helpful tips on how to overcome this successfully**

- Feeling cold - foot bath, hot water bottle on the stomach
- Insomnia - warm foot bath in the evening
- Circulatory problems in the morning - Kneipp walk in the SPA



# ***BUILD-UP DAYS AT THE END OF THE CURE***

At the end of your Schroth cure, you have one build-up day per fasting week.

Shortly before the end of your cure, our restaurant team will contact you to present the build-up menu. This gives you the opportunity to choose your individual build-up meal.

## **Build-up day 1 - for a one-week Schroth cure**

*07:00 - 10:00 am*

### **Breakfast**

Discover the diverse selection of teas

*12:00 - 01:15 pm*

### **Lunch**

We serve you a veal broth with wild rice, colorful vegetables, Brätspätzle and chives

*06:00 - 08:15 pm*

### **Dinner**

Here you can choose a dish from our special set menu

## **Departure day - for one week Schroth cure**

*07:00 - 10:00 am*

### **Breakfast buffet**

Here you have the opportunity to put together a small breakfast according to your wishes at our buffet



# ***BUILD-UP DAYS AT THE END OF THE CURE***

## **Build-up day 1 - for two weeks Schroth cure**

- 07:00 - 10:00 am**     **Breakfast**  
Discover the diverse selection of teas
- 12:00 - 01:15 pm**     **Lunch**  
Enjoy our varied Schroth Cure menu
- 06:00 - 08:15 pm**     **Dinner**  
We serve you a veal broth with wild rice, colorful vegetables, Brätspätzle and chives

## **Build-up day 2 - for two weeks Schroth cure**

- 07:00 - 10:00 am**     **Breakfast buffet**  
Here you have the opportunity to put together a small breakfast according to your wishes at our buffet
- 12:00 - 01:15 pm**     **Lunch**  
Here you can choose a dish from our special set menu
- 06:00 - 08:15 pm**     **Dinner**  
Here you can choose a dish from our special set menu

## **Departure day - for two weeks of fasting**

- 07:00 - 10:00 am**     **Breakfast buffet**  
Here you have the opportunity to put together a small breakfast according to your wishes at our buffet