

Welcome to the world of alkaline fasting

Dear alkaline fasting guest,

You have registered for an alkaline fasting treatment in our house. We're glad us to accompany you on this treatment.

alkaline fasting – the wacker method® is fasting with fruit and vegetables – This means: You can eat, be full and during your alkaline fasting treatment enjoy. Let yourself be surprised by our creative, basic cuisine.

Arrive, unpack, look around. There will be no applications and no initial interview on the day of arrival. Our team from the restaurant awaits you with the first basic menu from 6:00 p.m. to 8:00 p.m.

On the second day, after a basic breakfast, which takes place between 7:00 a.m. and 10:00 a.m., we await you for the initial interview in the "Limes" activity room on the 2nd floor. The exact time can be found in the schedule that you will receive upon arrival.

Your meals

Breakfast	The alkaline muesli according to Wacker®, alkaline waffles,
07:00 - 10:00	pancakes and porridge, possibly a glass of freshly squeezed fruit and/or vegetable juice, a glass of smoothie.
In between	We recommend avoiding snacks between meals. Especially if you want to lose a few pounds. It's better for your metabolism if you switch between the two Take a break of 4-5 hours between meals. In an emergency they can however, help to cope with cravings. However, before you reach for an alkaline snack, pause for a moment: drink something first, e.g. a sip of water or some herbal tea. This usually calms your stomach and you can wait another hour or two before eating something.



Lunch 12:00 – 13:30	A alkaline starter and a warm alkaline vegetable dish
Dinner 18:00 – 20:00	A vegetable soup and a warm alkaline vegetable dish
Allergies	Please let us know of any allergies or food intolerances before arrival. Set menus are served and there is a change on site no longer possible.
Drinks	Drink 2.5 to 3 liters of spring water, still water or highly diluted herbal teas.
Rhythm	Please make sure your meals are the same time every day.

Applications and exercise

Your alkaline fasting treatment includes a well-defined selection of applications contain:

- Online nutritional advice with Vanessa Valser (40 min.)
- 1 x sea salt peeling & base pack (25 min.)
- Daily liver wrap in the room
- Participation in our extensive range of courses

We have consciously made sure that your alkaline fasting treatment is not too big

program contains. If you feel fit during the alkaline fasting treatment, you can go on longer hikes or even day trips in the region.

If you want peace and relaxation above all and have come straight from a stressful everyday life, then just arrive and take a breath.

Since we don't usually only offer alkaline fasting on fixed dates, it can be also quite possible that there will be none during your stay. There are "like-minded people" in the house. Nevertheless, we and our employees are yours constant companion during your alkaline fasting treatment and always have an open one Listen to your questions and requests.

Preparation

So that your alkaline fasting treatment becomes a feel-good experience for you right from the start

We recommend that you do the following three days before starting your alkaline fasting treatment

Preparations to make:

- Do not drink coffee, black tea, green tea or mate tea
- Do not consume other caffeinated foods such as cola
- Don't eat chocolate
- do not drink alcohol
- Avoid smoking if possible
- Bring an irrigator for colon cleansing

You can also purchase accessories for your intestinal cleansing (irrigator) from us. If you eat a diet that is very high in protein and/or carbohydrates, we recommend You can also: Increase the proportion of fruit and vegetables in the three days before your alkaline fasting treatment. This way, the transition is easy for you easier and satiety sets in more quickly during your alkaline fasting treatment. These are merely recommendations to ensure your alkaline fasting treatment from day one to make it as pleasant as possible and prevent you from getting into it at first suffer from "withdrawal symptoms" during the days of your alkaline fasting treatment.

If you are unable to prepare accordingly three days before the start of the alkaline fasting treatment, it is of course also possible to arrive without preparation.

If you are already motivating yourself for your alkaline fasting treatment at home

If you want to prepare, we recommend you read the following:

- Alkaline fasting – the wacker method®, ISBN: 9783830439530
Sabine Wacker, Dr. med. Andreas Wacker
- alkaline fasting – the big cookbook, ISBN: 9783830436850
Sabine Wacker

Do you have any questions about the preparation or process of your alkaline fasting treatment? As basenfasten Guest Manager, my team and I are at your service happy to answer any of your questions.

We wish you a pleasant journey and look forward to seeing you to be able to accompany an individual alkaline fasting treatment.

Kind regards,
Your alkaline fasting guest manager