

Welcome to the world of alkaline fasting

Dear alkaline fasting guest,

You have registered for an alkaline fasting program at our facility.
We look forward to accompanying you on this program.

Our fasting weeks are conducted as supervised groups and require a minimum of 6 participants.
A maximum of 15 people can participate. If there are fewer than 6 participants, we reserve the right to cancel the fasting week 7 days before arrival.

basenfasten – die wacker-methode® is fasting with fruit and vegetables – which means: You can eat, get full, and enjoy your meal during your alkaline fasting program. Let our creative, alkaline cuisine surprise you.

Your meals

Breakfast	Wacker® alkaline muesli, perhaps a glass of freshly squeezed fruit and/or vegetable juice, or a glass of smoothie.
In Between	We recommend avoiding snacks between meals, especially if you're trying to lose a few pounds. It's better for your metabolism if you leave a 4-5 hour break between meals. However, in an emergency, they can help you cope with cravings. Before you reach for an alkaline snack, pause for a moment: Drink something first, such as a sip of water or some herbal tea. This usually calms your stomach for the time being, and you can wait another hour or two before eating.
Lunch	An alkaline starter and a warm alkaline vegetable dish.
Dinner	A vegetable soup and a warm alkaline vegetable dish.
Drinks	Drink 2,5 to 3 liters of spring water, still water, or highly diluted herbal teas.
Rhythm	Please make sure to eat your meals at the same time every day.

SPA treatments and exercise

Your alkaline fasting treatment includes the services listed in your booking confirmation.

You will receive the program for the fasting week approx. 14 days before the start of the event.

When creating your program, we make sure your alkaline fasting program **isn't too strenuous**. If you feel fit during your alkaline fasting program, you can take longer hikes or even day trips in the region. Feel free to ask us about alkaline packed lunches and excursion tips.

If you're looking for peace and relaxation and are coming straight from a stressful day, just arrive and take a deep breath.

Preparation

To ensure that your alkaline fasting treatment is a **feel-good experience** for you right from the start, we recommend that you make the following preparations three days before starting your alkaline fasting treatment:

- Do not drink coffee, black tea, green tea, mate tea, fruit tea or rooibos tea
- Do not consume other caffeinated foods such as cola
- No sugar and no ready-made products
- Salt reduction
- Do not drink alcohol
- Avoid smoking if possible
- An irrigator or Glauber's salt for colon cleansing is available at the hotel

If you eat a diet rich in protein and/or carbohydrates, we also recommend **increasing your fruit and vegetable intake** in the three days before your alkaline fast. This will make the transition easier for you and help you feel fuller more quickly during your alkaline fast.

These are merely recommendations to make your alkaline fasting regimen as pleasant as possible from day one and to prevent you from suffering from **withdrawal symptoms** during the first few days of your alkaline fasting regimen. If it is not possible for you to prepare appropriately three days before the start of your alkaline fasting regimen, it is of course also possible to arrive without any preparation.

Packing list

For a pleasant stay, we recommend bringing the followin:

- Tracksuit
- Warm clothing: sweaters, etc. (fasting people shiver more easily)
- Hiking or sports shoes
- Rain protection
- Clothing for hiking and outdoor activities
- Body brush (for skin care and promoting blood circulation)
- Hot water bottle (for daily liver wrap)
- Thermos flask (for on the go)
- Irrigator/enema device (also available on site)
- Body oil for care
- Insurance card
- Passport for possible excursions
- Backpack (if excursions are planned)
- Reading as you please
- If you want to be creative: Diary, writing or drawing materials

If you want to motivate and prepare yourself for your alkaline fasting program at home, we recommend the following reading material:

- **basenfasten – die wacker-methode®**, ISBN: 9783830439530
Sabine Wacker, Dr. med. Andreas Wacker
- **basenfasten – das große Kochbuch**, ISBN: 9783830436850
Sabine Wacker

Should you have any questions about the preparation or the process of your alkaline fasting treatment in our facility, please feel free to contact us.

By the way, you are welcome to extend your stay if you wish. Extensions are possible for one to a maximum of seven nights. If you stay with us longer, you will also receive full basic board for the duration of your stay, but you will not be supervised, allowing you to tailor your program to your individual needs. If you are interested, please feel free to contact us.

We wish you a safe journey and look forward to accompanying you on your alkaline fasting treatment.

Best regards,
Your team at bora HotSpaResort

Fasting accompaniment

Our fasting weeks are supervised by one of our two fasting leaders:

Irina Futterer



Languages: German

Ms. Futterer is a naturopathic practitioner and yoga teacher who also practices in her own practice in the town of Aach at the source of the Aach River.

Ms. Futterer brings her many years of yoga experience to a diverse program. Her goal is to help people reconnect with themselves and become more aware. Through mindfulness, breathing, movement, stillness, and her wealth of experience, there is something for everyone.

In her practice, she focuses on intestinal cleansing, detoxification, and process support.

During the fasting weeks, she will support you through group discussions, excursions, yoga, lectures, and more.

Stefanie Wenker



Languages: German, English

Ms. Wenker is a certified yoga teacher (BDY/EYU) and has many years of practical experience.

In her yoga classes, she emphasizes regaining awareness of the body, becoming mindful, and finding a connection with oneself through breathing.

During the fasting weeks, she will support you through group discussions, excursions, yoga, lectures, and more.

You will receive the program for the fasting week and valuable additional information directly from the respective fasting leader approximately 14 days before the start of the event.

**Should you wish support in English,
we recommend booking a fasting week supervised by Ms. Wenker.**