

Welcome to the world of Juice fasting

Dear fasting guest,

You have registered for a juice 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 fewer than 6 people are registered, we reserve the right to cancel the fasting week up to 7 days before arrival.

Juice fasting is a drinking cure with vegetable broth, juices (fruit and vegetable), and teas. This fasting method is not completely calorie-free (approximately 300 kcal per day) and therefore places less strain on the metabolism than radical zero-calorie diets. We offer "juice fasting for healthy people" and ask that you inform us of any health restrictions before your arrival.

Relieving meals are planned on the day of arrival and on your first day of fasting.
On the second day, we begin with a Glauber's salt colon cleanse.

We also recommend that you perform an enema daily.
We will provide you with an irrigator or Glauber's salt for colon cleansing.

Your meals

Breakfast In the morning, you can help yourself to tea from our tea bar.
We start the new day lightly and relaxed.

In-between We recommend eating a teaspoon of honey daily, because "fats burn in the fire of carbohydrates," and a small amount of carbohydrates supports your fasting success. Ideally, you should put the teaspoon of honey in a small glass and enjoy it repeatedly throughout the day.

Lunch Enjoy a fruit and vegetable juice.

Dinner A warm vegetable broth rounds off the day.

Drinks Drink 2.5 to 3 liters of spring water, still water, or herbal tea.
A fresh lemon and ginger tea is especially recommended in cold weather.

Rhythm Please make sure to eat your meals at the same time every day.

Applications and exercise

Your juice fasting program includes the services listed in your booking confirmation.

You will receive the program for the fasting week approximately 14 days before the start of the program, directly from the fasting leader, by email.

When creating the program, we consciously ensure that your juice fasting program **isn't too extensive**. If you feel fit during the fasting period, you can go on longer hikes or even day trips in the region. Feel free to ask us about fruit and vegetable juices for the road and excursion tips.

If you're looking for peace and relaxation above all else and are coming straight from a stressful everyday life, **then simply arrive and take a deep breath**.

Preparation

At least three **days of relief** are recommended before starting your fasting treatment.

This means:

- Do not drink coffee, black tea, green tea, mate tea, fruit tea or rooibos tea
- Do not consume other caffeinated foods such as cola
- Do not consume sugar or processed foods
- Reduce salt intakes
- Do not drink alcohol
- Avoid smoking if possible
- You can obtain an irrigator or Glauber's salt for colon cleansing at the hotel

If headaches occur due to the dehydrating effect and the beginning of metabolic changes, rice or oats can be mixed with a pinch of sea salt.

Additionally, alkaline powder (1 teaspoon in 250 ml of water between meals) can help.

Important: Drink plenty of fluids (at least 2 liters of water and herbal teas).

Recipes for relief days

Vegetable broth

Wash and chop various vegetables and cook them in 1/4 liter of water for ten to twenty minutes, strain and season with herbs and spices, adding a little sea salt if desired.

Rice day

Three times a day, cook 50g of brown rice in twice its volume of water and serve with 200g of unsweetened compote or 200g of steamed vegetables.

Fruit day, vegetables, alkaline day

e.g.: eat 1.5 kg of fresh fruit and/or vegetables in 4-5 meals throughout the day.

For example: Potato day

Morning: 1 piece of fruit

At noon: 300g skinless potatoes, seasoned with caraway and marjoram, without salt, with 2 tomatoes, 1 small cucumber or leaf lettuce, optionally cottage cheese or low-fat quark with fresh herbs.

Evening: 300g baked potatoes (without fat) with 2 fresh tomatoes and low-fat quark, spread with fresh herbs.

Tips for well-being:

Relief also means shedding emotional burdens, reducing stress, releasing tension, and finding peace. Relaxation through drinking tea, taking a bath, exercising in the fresh air...

Packing list

For a pleasant stay, we recommend bringing the following:

- Tracksuit
- Warm clothing: sweaters, etc. (those fasting will feel cold more easily)
- Hiking or athletic shoes
- Rain gear
- Clothing for hiking and outdoor exercise
- Body brush (for skin care and promoting circulation)
- Hot water bottle (for daily liver wraps)
- Thermos flask (for use on the go)
- Irrigator/enema device (also available on-site)
- Body oil for skin care
- Insurance card
- Passport for possible excursions
- Backpack (if excursions are planned)
- Reading material of your choice
- If you want to be creative: journal, writing or drawing materials

If you have any questions about the preparation or the process of your therapeutic fasting treatment at our facility, please feel free to contact us.

We wish you a safe journey and look forward to accompanying you on your juice 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.**