



A Liberating Experience

Fasting brings entirely new experiences and fundamentally retunes the complete system of body, mind and soul.

SpaDreams Fasting Guide



The term fasting refers to a myriad of therapeutic methods. The crucial factor these methods have in common is a voluntary abstinence from solid food for a limited period of time.

As a consequence of this abstinence, the body activates an internal system of nutrition and self-healing abilities. The body becomes detoxified and purified, and the metabolic system is stimulated. You become energised, excess fat is burned and your body can regenerate.



Contents

| | |
|--|-------------------------|
| WHAT IS FASTING? What is fasting? Effects | Pg. 2 |
| TYPES OF FASTING: OVERVIEW | Pg. 3 |
| TYPES OF FASTING AND THEIR EFFECTS Juice Fasting Fasting according to Dr. Buchinger Fasting according to F.X. Mayr Metabolic Balance Classic Schroth Cure | Pg. 4 Pg. 5 Pg. 6 |
| DETOX | Pg. 7 |
| FINDING THE RIGHT PROGRAMME | |



What is fasting?



What is fasting?

Fasting is a conscious partial or complete abstinence from solid food for a restricted period of time. As a healing cure, fasting is understood to lead to a heightened feeling of well-being and improved health. In addition to numerous forms of cures and fasting, several methods of purifying the body and soul under medical supervision were established in the 20th Century. All of these forms have the following elements in common: a few days of preparation, evacuation of the bowels and drinking around three litres of fluid a day. Medical examinations prior to fasting are recommended to minimise health risks. The end of the fast, formerly known as “fast-break” is carefully designed.



Effects

Food deprivation causes the body to switch to a mode known as “hunger metabolism” within one or two days, during which it burns as little energy as possible. In order to cover its energy needs, the organism uses up its energy reserves in the form of carbohydrates, fats and proteins. Around 150g of body fat from fatty tissues consisting of fatty acid and glycerine is burnt per day. The average person loses around 400g of weight each day by fasting. However, if it is not provided through supplements, protein is also broken down, resulting in muscle mass degradation. The loss after a short period of fasting can easily be made up in little time. Another effect of the stimulated metabolic processes is the build up of acetone, which becomes noticeable in the breath and body odour.

Furthermore, water retention is reduced and the functions of the liver, kidneys, stomach, intestines and lungs are normalised. Long periods of fasting also cause the body to release hormones which make the “hunger phase” more tolerable. Fasting can mitigate chronic diseases and also has positive external effects, such as making skin look smoother and giving you a fresher, healthier look.

However, fasting for several weeks can attack the heart muscles. Some doctors view fasting as incredibly strenuous for the body and recommend that fasting should only be undertaken after a consultation with a doctor, if at all.

Fasting cures in specialist clinics and their corresponding hotels guarantee professional medical support and all the right treatments (e.g. massages) for maximum effectiveness.



Types of Fasting: Overview



Fasting according to Buchinger

The most frequently used method of fasting. It involves drinking only vegetable soups and juices. The intestines are purged with the help of gentle laxatives.

Fasting according to F. X. Mayr

Essentially a “milk bread diet”. Based on the principles of protection, cleansing and training, it aims for long term bowel cleansing.

Classic Schroth cure

Characterised by switching between drinking and dry days. Another important component is the use of wet wraps.



Juice fasting

Only fruit and vegetable juices are consumed.

Fruit fasting

Only fruits, vegetables, herbs and nuts are consumed.

Metabolic balance®

Holistic approach to weight management. The development of an individual is central to this type of fasting.

Detox cure

The body is slowly detoxified. Combines individual elements of different fasting methods and focuses on an alkaline rich diet.



Types of Fasting and their Effects



Juice Fasting

The term juice fasting refers to a special form of fasting. For a limited period of time the faster consumes only fruit and vegetable juices, tea and water. Combined with fitness exercises, this should lead to an improvement of personal health. Juice fasting primarily aims at weight loss, however it is also an excellent method of detoxifying the body. The focus of the cure is not medical problems but rather regeneration, as well as the improvement of general health and wellbeing. The advantage and main difference between fruit fasting and other types of fasting is that, despite complete abstinence from solid food, a variety of vitamins and minerals are still consumed through fruit and vegetable juices.

We recommend Buchinger Fasting (a form of fasting based on vegetable juices) for anyone looking for a high quality, effective form of juice fasting.

Fasting according to Dr. Buchinger

Otto Buchinger (1878-1966) was a German doctor and the founder of Buchinger fasting. Buchinger explains the effectiveness of fasting, in that it cleanses the body and activates the capacity for self-healing. He called this "purification". During a Buchinger fasting cure, only vegetable broths and juices containing very few calories, vitamins and minerals are consumed. The fasting cure begins with a few relief days. During this time period, the body is prepared for the fast and only light dishes from the meal plan are consumed.

The actual fast begins with a complete evacuation of the bowels. For a fixed period of time, usually around 5 days, three litres of liquid are consumed throughout the day: in the form of herbal tea in the morning, through vegetable juice or broth at midday and herbal tea or mineral water in the afternoon. The evening meal is replaced by fruit juice or vegetable broth. Exercising during the fast is recommended, however stress and hecticness should be avoided in order to find inner peace. Meditation techniques such as yoga help to bring body and soul into harmony.

The fast ends with a phase known as "fast-breaking". The body becomes accustomed to solid food again, step by step, beginning with an apple and vegetable broth. The final phase is the "build up days". They include massages and showers which alternate between hot and cold water, as well as a light and conscientious diet. Numerous studies have proven that around 80% of people who have undertaken a fasting cure have noticed a significant improvement in their general condition.



Types of Fasting and their Effects



Fasting according to F.X. Mayr

The F.X. Mayr cure is a method of “purging” and improving health, named after its founder Franz Xaver Mayr (1875-1965). He was amongst other doctors specialising in healing cures in Styria, Karlovy Vary and Vienna, and his type of therapy was known as “Milk-bread cure”.

The main goal is the “rehabilitation” of the colon, in the sense of completely restoring all of the digestive functions. The therapy is based on three principles, which contribute towards a long term restoration of the colon:

1. Relief

The digestive system is given a break through fasting, in order to support regeneration.

2. Cleansing

“Cleansing” refers to the detoxification and deacidification of the digestive tract. This is achieved by ingesting Glauber salt (sodium sulphate) or another epsom salt every morning. Drinking cures with herbal tea and water support this cleansing.

3. Training

“Training” refers to the gentle training of organs to get them used to working properly again. Conscientious eating and thorough chewing are deemed to be particularly effective. A subsequent stomach massage causes the colon to contract and activates the functions of the liver and pancreas, as well making breathing become deeper and stimulating the circulation of blood and lymph. This massage is an essential component of FX. Mayr therapy.

The process of such a cure can be split into three parts. The first phase is serves to cleanse the colon, helped by a diet of tea, water and epsom salts.

Then comes the “milk-bread cure”. In the morning a dry bread roll is consumed - every bite should be thoroughly chewed and eventually washed down with a little bit of milk. After some time, the monotony of the meals should help the body to fully digest natural foods. The dry bread also requires thorough chewing, producing saliva, which is important for digestion. The “cleansing”, a diet low in salt and fat but rich in alkaline, comes at the end of the cure. Sometimes vitamins, trace elements, minerals and phytonutrients are provided in the form of food supplements during the treatment to prevent malnutrition.

Metabolic Balance®

The dieting concept “Metabolic Balance” comes from the USA and was developed by doctors and nutritionists. It is a holistic programme designed for long-term weight regulation and is based on blood analysis, which is used to create an individual nutrition plan. The nutrition plan corresponds to the dieter's “body chemistry” using specific suitable “chemistry of food” and should bring the metabolism into balance. Only foods which meet one's individual needs can be consumed.

The nutrition plan is orientated completely towards the individual's physical condition. The goal is to support a healthy metabolism and regulate body weight. Care is provided by certified professionals. Long term changes in the body are achieved through a suitable, healthy and varied diet in combination with an appropriate amount of exercise - the perfect cure for the vices of modern life. The restoration of natural nutritional balance leads to the re-establishing of natural body weight. At the same time, performance and concentration are heightened. As a consequence of this diet, body fat is lost, sleep improves and physical and mental strength are improved.

Types of Fasting and their Effects



Classic Schroth Cure

The Schroth cure was developed by Fuhrmann Johann Schroth as a natural healing method. It is known to activate self-healing mechanisms and, as a holistic method, has a positive effect on body, mind and soul. Schroth developed his cure around 1820 as an attempt to find a method by which to heal his own stiff knee after he was severely injured by a horse stepping on his knee. His experience: "wood, fruit and wine flourish in warm water, as do flesh and bone".

Schroth observed that ill cattle avoid food and drink little, which gave him the idea of applying this principle to ill humans. That was the origin of the Schroth cure. The main goal of anyone undertaking this 23 week long cure is detoxification. The principles of the Schroth cure lead towards internal and external detoxification and purification, which is achieved through a combination of fasting and external treatments using warm water. The Schroth cure consists of four pillars:

1. Schroth Diet

The first component of the Schroth cure is a special low salt, low protein and diet. It is also important not to eat raw food - food should be cooked or boiled. Fruit should also be avoided.



The first days of the cure are difficult, but the strict discipline is rewarding as the body draws from its reserves and the feeling of hunger disappears.

2. Schroth Wraps

The application of Schroth wraps involves being woken up very early, given a cup of tea to drink and wrapped up for around two hours. The naked body is covered in a special "pack" made from cold, wet towels and covered in blankets and towels. After a short time, the skin, which is warm from sleep, will react to the cold and blood supply will strengthen. As pores are opened by the pack, toxins can escape the body. After about half an hour, the body will begin to sweat. Due to the way the pack is woven together, the warmth stays in the pack and turns the cold towels into a warm cocoon, creating an artificial fever. Therefore it is important to get a sufficient amount of rest. The Schroth wraps train the body's immune system and the artificial fever kills bacteria.

3. Schroth Drinking Regulations

The Schroth drinking regulations denote switching between drinking and dry days i.e. days with a high intake of fluid and days with a low intake of fluid. This practice lifts the mood. During the dry days fluid is retained as conjunctive tissue in the blood, which is then released as urine during the drinking days. As a rule, only mineral water, tea and juice are drunk during the cure. Sometimes a small amount of dry wine is also consumed. The type and amount of fluid is dependent on the doctor running the treatment.

4. Exercise and Rest

Switching between active and rest days is another of the four pillars of the Schroth cure, contributing towards a sense of wellbeing and supporting detoxification. Following on from the principle of drinking regulations, on dry days one should focus on physical and spiritual relaxation. On drinking days, moderate exercise helps to activate the metabolism and prevents the degeneration of muscles, particularly the heart muscles.

Types of Fasting and their Effects



Detox

Detox cures as recommended by Western specialists, including SpaDreams, are becoming more popular. They are concerned with a thorough, gentle detoxification of the body. After just a few days, general wellbeing improves. One experiences a greater sense of vitality, sleeps better, is less affected by stress and infections and feels fresh and relaxed, as well as losing weight at the same time.

At the beginning of some detox programmes saline salts (e.g. epsom salts) are used for colon cleansing. This method relieves the liver, the most important metabolic organ, meaning that the body can cleanse in the optimum fashion, as only easily digestible meals are consumed during a detox cure.

Above all, sweet and indulgent foods, such as coffee and alcohol are abstained from. For thorough detoxification, the body is provided energy through natural alkaline based foods, such as fresh, lightly steamed vegetables. Raw, vegetarian food is avoided during some detox cures as it can be difficult to digest and lead to flatulence. Taking alkaline mineral supplements in addition to alkaline based foods is recommended during the cure. Alkaline infusions can also be administered to counteract high acidity.

Herbal and homeopathic healing methods are also used to support the liver, kidneys and lymph system during the cleansing. Milk thistle, dandelion and celandine are the classic herbs used for a thorough detoxification. Seaweed, coriander and wild garlic are highly effective for the elimination of heavy metals.

Similar to fasting, trusted methods such as damp, warm liver wraps are used in the context of a detox cure. Yellow herbal teas such as nettle, yarrow or lemon balm tea are drunk during a fasting cure, amongst other things. Red teas, such as rosehip and fruit teas, are acidic and are therefore avoided during a detox cure.

Finding the Right Programme

With many different fasting cures on offer, from healing fasting in a clinic to juice fasting at home, you must find out for yourself which cure is the best for you. It is important to know what the purpose of each type of fasting is. Fasting cures vary with regards to their duration and effects, and use different substances to nourish the body during this time. Your choice of fasting cure should predominantly be based on your personal goals.

It is important that you have professional guidance during your fast, particularly the first time you fast, and such support is best offered by a fasting specialist or doctor. Before beginning your fast, it is best to find an experienced therapist or doctor, discuss your individual goals and their methods and let them take good care of you during your fast. Without specialist support, fasting can quickly damage your health.

With over 40 year of experience in the Health & Wellness travel industry and a selection of high quality, trusted hotel and clinic partners, you can trust the SpaDreams team to help you to find the perfect hotel and a safe, healthy fasting cure to suit all of your needs and help you achieve your goals.



SpaDreams Travel Themes



Spa & Wellness

Perfect moments of relaxation:
Indulge in luxurious treatments and
let yourself be pampered.



Ayurveda

The knowledge of life:
Renew your senses and bring your
mind, body and soul into balance.



Cures & Health

Proven and up to date:
Active care and effective treatments
for a variety of medical conditions.



Yoga

Harmony between body and mind:
Exercises, breathing techniques
concentration and meditation.



Detox & Fasting

Purify your body:
Rid your body of toxins to kick start
a health new lifestyle.



Weight Loss

Slim down in style:
Lose weight on holiday with the
help of fitness and nutrition
specialists

Yoga Relaxation
Holiday Traditional healing cures Nutrition Aromatherapy
Slimming Detox Buchinger Massage
Regeneration Fitness Ayurveda Shaitsu Holistic
Burnout cures Peeling Wellness Climate cures Wellbeing
Cleanse Pampering Fasting Mineral bath Thalasso
Vitality Weight loss Beauty Exercise Romantic weekends Anti-stress
Retreat Kneipp Fango Mental health Dead Sea Rejuvenation
Luxury spa Qi Gong Thermal cures Metabolic balance

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